

## Supplement women 1 (KNGU B)

<b>D Score</b>	
<b>Difficulty value</b>	8 elements with highest value including dismount A (0.1) – B (0.2) – C (0.3) – D (0.4)** At least three acrobatic elements and at least three dance elements on beam and floor
<b>Compositional requirements</b>	Maximum of 2.00
<b>Connection value</b>	0.10 or 0.20 per connection
<b>E Score</b>	<b>Maximum of 10.00</b>
<b>Technical Execution</b>	Execution Artistry on beam and floor

\*\* E, F, G, and H elements may be performed for difficulty value, connection value and compositional requirements, but are valued as a D element.

### Compositional requirements

#### Vault

1. The gymnast is allowed to perform two vaults from the Code of Points.
2. During an all around competition, the score of the best vault will count. During an event final the average of two vaults will be counted.

#### Uneven bars

1. Flight from HB to LB or reversed 0.50
2. (Straddled) cast handstand with or without turn (max 30° deviation) (somewhere in the exercise) 0.50
3. Circle element from group 2, 4 or 5 to or through handstand position (max 30° deviation from vertical) 0.50
4. Element with LA turn of at least 180° in the exercise (no mount or dismount) 0.50

#### Beam – CR 1 - 4 must be performed on the beam, no MT/DMT

1. Dance series with at least one jump/leap requiring 180° in cross/side split or straddle position 0.50
2. A turn from group 3 0.50
3. One acrobatic series with at least one flight element 0.50
4. Acrobatic elements in different directions (backward and forward/sideward) 0.50

#### Floor - CR 2 - 4 must be performed in an acro series

1. Dance passage with min. two different leaps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position 0.50
2. Salto with 1/1 twist or more 0.50
3. An acro series with two saltos 0.50
4. Saltos forward and backward (not aerials) 0.50

### Connection bonus

<b>Uneven bars</b>	<b>0.10</b>	<b>0.20</b>
Same or different elements	B + B B + C	C + C or higher B + D or higher
<b>The order in which the elements are performed is free.</b>		
<b>Balance beam</b>	<b>0.10</b>	<b>0.20</b>
Acro with flight – can be the same elements	B + B	B + C or higher
Dance – 2 different elements	B + B A + C	B + C or higher A + D or higher
Turns – 2 different elements	A + B or higher	
Mix	B + B A + C	B + C or higher A + D or higher
Serie bonus – all combinations of acro and dance elements are possible – max 2 the same acro elements	A + B + B	
<b>The order in which the elements are performed is free.</b>		
<b>Floor exercise</b>	<b>0.10</b>	<b>0.20</b>
Saltos directly – can be the same saltos	A + B	B + B or higher A + C or higher
Saltos indirectly – can be the same saltos	B + B A + A + B A + C	B + C or higher A + A + C A + D or higher
<b>Indirect connections</b> are connections where directly connected acrobatic elements with flight and hand placement (such as round off, back handspring, front handspring) are performed between saltos.		
Dance – 2 different elements	B + B A + C	B + C or higher
Turns – 2 different elements	B + B or higher	
<b>The order in which the elements are performed is free in the connections above.</b>		
Mix – performed in indicated order:	B-salto + A-dance	C-salto or higher + A-dance

## Supplement women 2 (KNGU C with adjustments)

<b>D Score</b>	
<b>Difficulty value</b>	8 elements with highest value including dismount (7 on bars) A (0.1) – B (0.2) – C (0.3) ** At least three acrobatic elements and at least three dance elements on beam and floor
<b>Compositional requirements</b>	Maximum of 2.00
<b>Connection value</b>	0.10 or 0.20 per connection
<b>E Score</b>	<b>Maximum of 10.00</b>
<b>Technical Execution</b>	Execution

\*\* D, E, F, G, and H elements may be performed for difficulty value, connection value and compositional requirements, but are valued as a C element.

### Compositional requirements

#### Vault

1. The gymnast is allowed to perform two vaults from the Code of Points.
2. During an all around competition, the score of the best vault will count. During an event final the average of two vaults will be counted.

#### Uneven bars

1. Flight from HB to LB or reversed 0.50
2. (Straddle) cast handstand with or without turn or cast 45° above horizontal (somewhere in the exercise) 0.50
3. Circle element from groups 2, 3, 4 or 5 with at least B value (no flight) 0.50
4. Element with LA turn of at least 180° in the exercise (no mount or dismount) 0.50

#### Beam - CR 1 - 4 must be executed on the beam, no MT/DMT

1. Dance series with at least one jump/leap requiring 180° in cross/side split or straddle position 0.50
2. A turn from group 3 0.50
3. One acrobatic series with or without flight 0.50
4. Two different acrobatic elements 0.50

#### Floor - CR 2 - 4 must be performed in an acro series

1. Dance passage with min. two different leaps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position 0.50
2. Salto with 1/2 twist or more 0.50
3. A stretched salto 0.50
4. Saltos forward and backward (not aerials) 0.50

## Connection bonus

<b>Uneven bars</b>	<b>0.10</b>	<b>0.20</b>
Same or different elements	B + B	B + C or higher
<b>The order in which the elements are performed is free.</b>		
<b>Balance beam</b>	<b>0.10</b>	<b>0.20</b>
Acro - at least one element with flight – can be the same elements	A + B B + B	A + C or higher B + C or higher
Dance – 2 different elements	B + B A + C	B + C or higher
Turns – 2 different elements	A + B or higher	
Mix	A + B	B + B or higher A + C or higher
Serie bonus – all combinations of acro and dance elements are possible – max 2 the same acro elements	A + A + B	
<b>The order in which the elements are performed is free.</b>		
<b>Floor exercise</b>	<b>0.10</b>	<b>0.20</b>
Saltos directly – can be the same saltos	A + A	A + B or higher
Saltos indirectly – can be the same saltos	A + B	B + B or higher A + C or higher
<b>Indirect connections</b> are connections where directly connected acrobatic elements with flight and hand placement (such as round off, back handspring, front handspring) are performed between saltos.		
Dance – 2 different elements	B + B A + C	B + C or higher
Turns – 2 different elements	B + B or higher	
<b>The order in which the elements are performed is free in the connections above.</b>		
Mix – performed in indicated order:	A-salto + A-dance	B-salto or higher + A-dance

## Supplement women 3 (KNGU D with adjustments)

<b>D Score</b>	
<b>Difficulty value</b>	7 elements with highest value including dismount TA (0.1) - A (0.1) - B (0.2) - C (0.3)** At least three acrobatic elements and at least three dance elements on beam and floor
<b>Compositional requirements</b>	Maximum of 2.00
<b>Connection value</b>	0.10 or 0.20 per connection
<b>E Score</b>	<b>Maximum of 10.00</b>
<b>Technical Execution</b>	Execution

\*\* D, E, F, G, and H elements may be performed for difficulty value, connection value and compositional requirements, but are valued as a C element.

### Compositional requirements

#### Vault

- The gymnast is allowed to perform two vaults from the Code of Points.
- During an all around competition, the score of the best vault will count. During an event final the average of two vaults will be counted.

#### Uneven bars

- Two different kips 0.50
- Cast 45° above horizontal (somewhere in the exercise) 0.50
- Circle element from groups 2, 3, 4 or 5 with at least A value (no flight) 0.50
- Element with LA turn of at least 180° in the exercise (no mount or dismount) 0.50

#### Beam - CR 1 - 4 must be executed on the beam, no MT/DMT

- Dance series with at least one jump/leap requiring 180° in cross/side split or straddle position 0.50
- A turn from group 3 (at least A value) 0.50
- Two different acrobatic elements (At least one element with A value) 0.50
- An acrobatic element to or through handstand position (at least A value) 0.50

#### Floor - CR 2 - 4 must be performed in an acro series

- Dance passage with min. two different leaps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position 0.50
- Stretched salto or salto with at least 1/2 twist 0.50
- Salto forward 0.50
- Salto backward 0.50

## Connection bonus

<b>Uneven bars</b>	<b>0.10</b>	<b>0.20</b>
Same or different elements	A + B	B + B or higher A + C or higher
<b>The order in which the elements are performed is free.</b>		
<b>Balance beam</b>	<b>0.10</b>	<b>0.20</b>
Acro – can be the same elements	A + B	B + B or higher A + C or higher
Dance – 2 different elements	A + B	B + B or higher A + C or higher
Mix	A + B	B + B or higher A + C or higher
<b>The order in which the elements are performed is free.</b>		
<b>Floor exercise</b>	<b>0.10</b>	<b>0.20</b>
Salto directly or indirectly – can be the same saltos	A + A	A + B or higher
<b>Indirect connections</b> are connections where directly connected acrobatic elements with flight and hand placement (such as round off, back handspring, front handspring) are performed between saltos.		
Acro directly – 2 elements with flight including 1 salto	A + B or higher	
Dance – 2 different elements	A + B	B + B or higher A + C or higher
Turns – 2 different elements	A + B or higher	
<b>The order in which the elements are performed is free in the connections above.</b>		
Mix – performed in indicated order:	A-acro flight + A-dance	A-salto or higher + A-dance

## Supplement women 4 (KNGU E and F)

<b>D Score</b>	
<b>Difficulty value</b>	7 elements with highest value including dismount TA (0.1) - A (0.1) – B (0.2) ** At least two acrobatic elements and at least three dance elements on beam and floor
<b>Compositional requirements</b>	Maximum of 2.00
<b>Connection value</b>	0.10 or 0.20 per connection
<b>E Score</b>	<b>Maximum of 10.00</b>
<b>Technical Execution</b>	Execution

\*\* C, D, E, F, G, and H elements may be performed for difficulty value, connection value and compositional requirements, but are valued as a B element.

### Compositional requirements

#### Vault

- The gymnast is allowed to perform two vaults from the Code of Points.
- During an all around competition, the score of the best vault will count. During an event final the average of two vaults will be counted.

#### Uneven bars

- A kip 0.50
- Cast horizontal (somewhere in the exercise) 0.50
- Circle element from groups 2, 3, 4 or 5 with at least A value (no flight) 0.50
- Element with LA turn of at least 180° in the exercise (no mount or dismount) or two different kips 0.50

#### Beam - CR 1 - 4 must be executed on the beam, no MT/DMT

- Dance series with at least one jump/leap requiring 135° in cross/side split or straddle position 0.50
- A turn from group 3 0.50
- An acrobatic element with at least A value 0.50
- An acrobatic element to or through handstand position 0.50

#### Floor

- Dance passage with min. two different leaps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position 0.50
- Salto forward or backward 0.50
- An acro series with at least two different flight elements 0.50
- An acrobatic element with flight and hand support forward/sideward and backward 0.50

### Connection bonus

<b>Uneven bars</b>	<b>0.10</b>	<b>0.20</b>
Same or different elements	A + A	A + B or higher
<b>The order in which the elements are performed is free.</b>		
<b>Balance beam</b>	<b>0.10</b>	
Acro – can be the same elements	TA + A or higher	
Dance – 2 different elements	TA + A or higher	
Mix	TA + A or higher	
<b>The order in which the elements are performed is free.</b>		
<b>Floor exercise</b>	<b>0.10</b>	<b>0.20</b>
Acro – 2 elements with flight including 1 salto	A + A	A + B or higher
Dance – 2 different elements	A + A	A + B or higher
<b>The order in which the elements are performed is free in the connections above.</b>		
Mix – performed in indicated order:	A-acro with flight or higher + A-dance	

## Supplement women 5 (KNGU G)

<b>D Score</b>	
<b>Difficulty value</b>	6 elements with highest value including dismount TA (0.1) - A (0.1) ** At least two acrobatic elements and at least three dance elements on beam and floor
<b>Compositional requirements</b>	Maximum of 2.00
<b>Connection value</b>	0.10 per connection
<b>E Score</b>	<b>Maximum of 10.00</b>
<b>Technical Execution</b>	Execution

\*\* B, C, D, E, F, G, and H elements may be performed for difficulty value, connection value and compositional requirements, but are valued as an A element.

### Compositional requirements

#### Vault

1. The gymnast is allowed to perform two vaults from the Code of Points.
2. During an all around competition, the score of the best vault will count. During an event final the average of two vaults will be counted.

#### Uneven bars

1. A tap swing reaching at least 30° below horizontal 0.50
2. Cast horizontal (somewhere in the exercise) 0.50
3. Circle element from groups 2, 3, 4 or 5 (no flight) 0.50
4. A bar change from the Code of Points 0.50

#### Beam - CR 1 - 4 must be executed on the beam, no MT/DMT

1. Dance series with at least one jump/leap requiring 135° in cross/side split or straddle position 0.50
2. A turn from group 3 0.50
3. An acrobatic element 0.50
4. An acrobatic element to or through handstand position 0.50

#### Floor

1. Dance passage with min. two different leaps, directly or indirectly connected, with at least one leap requiring 135° in cross/side split or straddle position 0.50
2. An acrobatic element forward/sideward 0.50
3. An acrobatic element backward 0.50
4. An acro series of two different elements with at least one flight element 0.50

## Connection bonus

<b>Uneven bars</b>	<b>0.10</b>
Same or different elements	TA + A or higher
<b>The order in which the elements are performed is free.</b>	
<b>Balance beam</b>	<b>0.10</b>
Dance – 2 different elements	TA + A or higher
Mix	TA + A or higher
<b>The order in which the elements are performed is free.</b>	
<b>Floor exercise</b>	<b>0.10</b>
Acro – 2 elements with flight	A + A or higher
Dance – 2 different elements	TA + A or higher
<b>The order in which the elements are performed is free in the connections above.</b>	
Mix – performed in indicated order:	TA-acro or higher + A-dance A-acro or higher + TA-dance

## Supplement women 6 (KNGU H with adjustments)

<b>D Score</b>	
<b>Difficulty value</b>	6 elements with highest value including dismount (5 on bars) SA (0.1) - TA (0.2) - A (0.2) ** At least two acrobatic elements and at least three dance elements on beam and floor
<b>Compositional requirements</b>	Maximum of 2.00
<b>Connection value</b>	0.10 per connection
<b>E Score</b>	<b>Maximum of 10.00</b>
<b>Technical Execution</b>	Execution

\*\* B, C, D, E, F, G, and H elements may be performed for difficulty value, connection value and compositional requirements, but are valued as an A element.

### Compositional requirements

#### Vault

1. The gymnast is allowed to perform two vaults from the Code of Points.
2. During an all around competition, the score of the best vault will count. During an event final the average of two vaults will be counted.

#### Uneven bars

1. A tap swing reaching at least 30° below horizontal 0.50
2. An element on the low bar 0.50
3. Circle element from groups 2, 3, 4 or 5 (no flight) 0.50
4. An element on the high bar or to the high bar (no dismount) 0.50

\* Jump down from the high bar to perform the dismount on the low bar is allowed

#### Beam - CR 1 - 4 must be executed on the beam, no MT/DMT

1. Dance series with at least 2 different leaps/jumps 0.50
2. A turn from group 3 0.50
3. A movement or element close to the beam, the torso must touch the beam (does not have to be an element) 0.50
4. A hold (for example scale or handstand) 0.50

#### Floor

1. Dance passage with min. two different leaps, directly or indirectly connected 0.50
2. An acrobatic element with flight 0.50
3. An acrobatic element forward/sideward and backward 0.50
4. A turn or jump of at least 360° 0.50

## Connection bonus

<b>Uneven bars</b>	<b>0.10</b>
Same or different elements	TA + A or higher
<b>The order in which the elements are performed is free.</b>	
<b>Balance beam</b>	<b>0.10</b>
Dance – 2 different elements	TA + TA or higher
Mix	TA + TA or higher
<b>The order in which the elements are performed is free.</b>	
<b>Floor exercise</b>	<b>0.10</b>
Acro – at least 1 element with flight	TA + A or higher
Dance – 2 different elements	TA + A or higher
<b>The order in which the elements are performed is free in the connections above.</b>	
Mix – performed in indicated order:	TA-acro or higher + TA-dance TA-acro or higher + A-dance