

## Supplement Women 1 (KNGU B)

D - Score	
<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 3 acrobatic elements and at least 3 dance elements on beam and floor
<b>Compositional requirements</b>	Max. 2.00
<b>Connection value</b>	0.10 or 0.20 per connection
<b>Dismount bonus</b>	0.20 (bars, beam, floor)
<b>E Score</b>	<b>Max. 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 (CV) and compositional requirements (CR), but are valued as a D element.

Compositional requirements (0.50 per pnt.)

### 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 element from high bar to low bar or reversed
2. (Straddled) cast handstand with or without turn (max 30° deviation) (somewhere in the routine)
3. Circle element from group 2, 4 or 5 to or through handstand position (max 30° deviation from vertical)
4. Element with LA turn of at least 180° in the routine (not in mount or dismount)

### Beam - CR 1, 2 (turns), 3 and 4 must be performed on the beam

1. Dance series of at least two dance elements, with at least one jump/leap requiring 180° in cross/side split or straddle position
2. A turn from group 3 or roll/flair\*
3. An acrobatic series of at least two elements, of which at least one flight element.
4. Acrobatic elements in different directions (backward **and** forward/sideways)

\* 1.303, 1.403, 1.304, 1.207, 1.308, 4.203, 4.204, 4.304, 4.105, 4.305, 4.206, 4.306, 4.307, 5.405 can fulfill CR 2. Rolls can only be used to fulfill CR 2.

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

1. Dance passage with at least two different leaps or jumps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position
2. Salto with 360° twist or more
3. An acro series with two saltos
4. Salto forwards **and** backward (no aerials)

## Connection bonus

Uneven bars	0.10	0.20
Same or different elements	B + B B + C	C + C or higher B + D or higher
<b>The order in which the elements in the connection are performed is free.</b>		
Dismount bonus		C or higher
Beam	0.10	0.20
Acro with flight – can be the same elements (can be mount or dismount)	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 in the connection are performed is free.</b>		
Dismount bonus		C or higher
Floor	0.10	0.20
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 in which 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
<i>In a connection consisting of more than 2 directly connected gymnastic jumps, only the first connection can receive CV.</i>		
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 or higher	C-salto or higher + A-dance or higher
Dismount bonus		C or higher

## Supplement Women 2 (KNGU C with adjustments)

<b>D - Score</b>	
<b>Difficulty value</b>	8 elements with highest value (highest 7 on uneven bars) including dismount  A (0.1) – B (0.2) – C (0.3) *  At least 3 acrobatic elements and at least 3 dance elements on beam and floor
<b>Compositional requirements</b>	Max. 2.00
<b>Connection value</b>	0.10 of 0.20 per connection
<b>Dismount bonus</b>	0.20 (bars, beam, floor)
<b>E Score</b>	<b>Max. 10.00</b>
<b>Technical execution</b>	Execution Artistry on beam and floor

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

Compositional requirements (0.50 per pnt.)

### 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 high bar to low bar or reversed
2. Cast handstand **above** horizontal (somewhere in the routine)
3. Circle element from groups 2, 3, 4 or 5 with at least B value (no flight)
4. Element with LA turn of at least 180° in the routine (not in mount or dismount)

### Beam - CR 1, 2 (turns), 3 and 4 must be performed on the beam

1. Dance series of at least two dance elements, with at least one jump/leap requiring 180° in cross/side split or straddle position
2. A turn from group 3 **or** roll/flair\*
3. An acrobatic series of at least 2 elements (with or without flight)
4. 2 different acrobatic elements

\* 1.303, 1.403, 1.304, 1.207, 1.308, 4.203, 4.204, 4.304, 4.105, 4.305, 4.206, 4.306, 4.307, 5.405 can fulfill CR 2. Rolls can only be used to fulfill CR 2.

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

1. Dance passage with at least two different leaps or jumps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position
2. Salto with 180° twist
3. An acro series with 1 layout
4. Salto forward **and** backward (no aerials)

## Connection bonus

Uneven bars	0.10	0.20
Same or different elements	B + B A + C	B + C or higher
<b>The order in which the elements in the connection are performed is free.</b>		
Dismount bonus		B or higher
Beam	0.10	0.20
Acro with flight – can be the same elements (can be mount or dismount)	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 in the connection are performed is free.</b>		
Dismount bonus		B or higher
Floor	0.10	0.20
Salto's directly – can be the same saltos	A + A	A + B or higher
Salto's indirectly - can be the same saltos zijn	A + B	B + B or higher A + C or higher
<b>Indirect connections</b> are connections in which 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
<i>In a connection consisting of more than 2 directly connected gymnastic jumps, only the first connection can receive CV.</i>		
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 or higher	B-salto or higher + A-dance or higher
Dismount bonus		B or higher

## Supplement Women 3 (KNGU D with adjustments)

D - Score	
<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 2 acrobatic elements and at least 3 dance elements on beam and floor
<b>Compositional requirements</b>	Max. 2.00
<b>Connection value</b>	0.10 of 0.20 per connection
<b>Dismount bonus</b>	0.20 (bars, beam, floor)
<b>E Score</b>	<b>Max. 10.00</b>
<b>Technical execution</b>	Execution Artistry on beam and floor

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

Compositional requirements (0.50 per pnt.)

### 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. Two different kips
2. Cast at least horizontal (somewhere in the routine)
3. Two different elements from groups 2, 3, 4, or 5 (no flight) or 1 element of at least B value from groups 2, 3, 4, or 5 (no flight)
4. Element with LA turn of at least 180° in the exercise (not in mount or dismount)

### Beam - CR 1, 2 (turns), 3 and 4 must be performed on the beam

1. Dance series of at least two dance elements, with at least one jump/leap requiring 180° in cross/side split or straddle position
2. A turn from group 3 or roll/flair\*
3. Two different acrobatic elements (at least 1 element of at least A value)
4. An acrobatic element to or through handstand position (at least A value)

\* 1.303, 1.403, 1.304, 1.207, 1.308, 4.203, 4.204, 4.304, 4.105, 4.305, 4.206, 4.306, 4.307, 5.405 can fulfill CR 2.

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

1. Dance passage with at least two different leaps or jumps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position
2. Salto forward or backward
3. An acro series with at least 2 different elements with flight
4. Layout forward or backward or salto with at least 180° twist

## Connection bonus

Uneven bars	0.10	0.20
Same or different elements	A + B	B + B or higher A + C or higher
<b>The order in which the elements in the connection are performed is free.</b>		
Dismount bonus		B or higher
Beam	0.10	0.20
Acro with or without flight – 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 in the connection are performed is free.</b>		
Dismount bonus		B or higher
Floor	0.10	0.20
Salto directly or indirectly – can be the same saltos	A + A	A + B or higher
<b>Indirect connections</b> are connections in which 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 – at most 2 different elements	A + B	B + B or higher A + C or higher
<i>In a connection consisting of more than 2 directly connected gymnastic jumps, only the first connection can receive CV.</i>		
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 or higher	A-salto or higher + A-dance or higher
Dismount bonus		B or higher

## Supplement Women 4 (KNGU E and F)

D - Score	
<b>Difficulty value</b>	7 elements with highest value (highest 6 on uneven bars) including dismount  TA (0.1) – A (0.1) – B (0.2)*  At least 2 acrobatic elements and at least 3 dance elements on beam and floor
<b>Compositional requirements</b>	Max. 2.00
<b>Connection value</b>	0.10 or 0.20 per connection
<b>E Score</b>	<b>Max. 10.00</b>
<b>Technical execution</b>	Execution Artistry on beam and floor

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

Compositional requirements (0.50 per pnt.)

### 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. 1 kip
2. Horizontal cast (somewhere in the routine)
3. Circle element from groups 2, 4 or 5 with at least A value (no flight)
4. Element from low bar to high bar or reversed.

### Beam - CR 1 till 4 must be performed on the beam

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

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

1. Dance passage with at least two different leaps or jumps, directly or indirectly connected, with at least one leap requiring 180° in cross/side split or straddle position
2. Salto forward or backward
3. An acro series with at least 2 different flight elements
4. An acrobatic element backward and an acrobatic element with flight and hand support forward/sideways

## Connection bonus

Uneven bars	0.10	0.20
Same or different elements	A + A	A + B or higher
<b>The order in which the elements in the connection are performed is free.</b>		
Beam	0.10	0.20
Acro with or without flight – can be the same elements	A + A	A + B or higher
Dance – 2 different elements	A + A	A + B or higher
Mix	A + A	A + B or higher
<b>The order in which the elements in the connection are performed is free.</b>		
Floor	0.10	0.20
Acro – 2 elements with flight including at least 1 salto	A + A	A + B or higher
Dance – 2 different elements	A + A	A + B or higher
<i>In a connection consisting of more than 2 directly connected gymnastic jumps, only the first connection can receive CV.</i>		
<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 or higher

## Supplement Women 5 (KNGU G)

D - Score	
<b>Difficulty value</b>	6 elements with highest value including dismount  TA (0.1) – A (0.1)*  At least 2 acrobatic elements and at least 3 dance elements on beam and floor
<b>Compositional requirements</b>	Max. 2.00
<b>Connection value</b>	0.10 per connection
<b>E Score</b>	<b>Max. 10.00</b>
<b>Technical execution</b>	Execution Artistry on beam and floor

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

Compositional requirements (0.50 per pnt.)

### 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. 2 tap swings reaching at least 30° below horizontal
2. Horizontal cast (somewhere in the routine)
3. Circle element from groups 2, 4 or 5 with at least A value (no flight)
4. Element from low bar to high bar or reversed.

### Beam - CR 1 till 4 must be performed on the beam

1. Dance series of at least two dance elements, with at least one jump/leap requiring at least TA value in cross/side split or straddle position
2. A turn from group 3
3. An acrobatic element
4. An acrobatic element to or through handstand position

### Floor - The dismount will only be counted if there is at least two acro series.

1. Dance passage with at least two different leaps or jumps, with at least 1 leap requiring at least TA value
2. An acrobatic element forward/sideways
3. An acrobatic element backward
4. An acro series of at least two different elements of which at least one flight element

## 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 in the connection are performed is free.</b>	
<b>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 in the connection are performed is free.</b>	
<b>Floor</b>	<b>0.10</b>
Acro – 2 elements with flight	A + A or higher
Dance – at most 2 different elements	TA + A or higher
<i>In a connection consisting of more than 2 directly connected gymnastic jumps, only the first connection can receive CV.</i>	
<b>The order in which the elements are performed is free in the connections above.</b>	
Mix performed in the indicated order:	TA-acro + A-dance or higher A-acro or higher + TA-dance or higher

## Supplement Women 6 (KNGU H with adjustments)

D - Score	
<b>Difficulty value</b>	6 elements with highest value (highest 5 on uneven bars) including dismount  SA (0.1) – TA (0.1) – A (0.1)*  At least 2 acrobatic elements and at least 3 dance elements on beam and floor
<b>Compositional requirements</b>	Max. 2.00
<b>Connection value</b>	0.10 per connection
<b>E Score</b>	<b>Max. 10.00</b>
<b>Technical execution</b>	Execution Artistry on beam and floor

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

Compositional requirements (0.50 per pnt.)

### 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. An element from group 3
  2. An element on the low bar
  3. A circle element from groups 2, 4 or 5 (no flight element)
  4. An element on the high bar or to the high bar (no dismount)\*
- \* Jumping down from the high bar to perform the dismount on the low bar is allowed

### Beam - CR 1 till 4 must be performed on the beam

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

### Floor

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

## Connection bonus

<b>Uneven bars</b>	<b>0.10</b>
Same or different elements	TA + TA or higher
<b>The order in which the elements in the connection are performed is free.</b>	
<b>Balk</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 in the connection are performed is free.</b>	
<b>Floor</b>	<b>0.10</b>
Acro – at least 1 element with flight	TA + TA or higher
Dance – at most 2 different elements	TA + TA or higher
<i>In a connection consisting of more than 2 directly connected gymnastic jumps, only the first connection can receive CV.</i>	
<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 or higher