

# Range routines Judging Deductions

2018-2020 Season  
Deductions for Jan 2018 Edition  
Gymnastics Ireland

## Range Routines

<b>Level 3 - 5 Plus 13.00</b>	<b>Level 6 &amp; 7 Plus 13.00</b>	<b>Level 8 &amp; 9 Plus 13.00</b>
Leg holds front & back – on both legs (H) Kick to Handstand (H) Lower to straddle hold (H) <i>Lower to sit, join legs</i> Backward roll with straight arms & Legs to front support (H) <i>(Kneel &amp; pick up Blocks – coach may assist)</i> Lift to tuck planche (H) Press through to tucked Russian lever(H) Lower to pike Half lever (H) Lower to sit, <i>(leave blocks to the side – coach may assist)</i> Show Straddle fold (H) Slide forwards through box splits (H) To front lie, roll over & push to bridge (H) Kick over to slide through to splits (H) Turn to other cross split (H) Join legs to pike sit, roll back to shoulder stand, roll forwards to immediate high stretched jump. Split jump – on one leg	Leg holds front/side/back – on both legs (H) Forward roll to straddle hold (H) Straddle lever to handstand (H) Straddle down Straddle fold (H) Pike sit fold (H) Pike sit, swing Right leg around to splits (H) Return to pike sit and swing Left leg around to splits (H) Lie back and show bridge (H) Lift leg (H) Kick over holding split handstand (H) Join legs at end Split jump – both legs	Combination of kicks, front/side/back – on both legs Handstand (H) Split leg handstand (H) Change to other leg split (H) Lower to bridge with leg up (H) Bridge (H) Lift leg (H) Kick to handstand (H) Lower straddle hold (H) Straddle lever back up to Handstand (H) Lower to standing Pike fold (H) Return to stand, Back roll to handstand

\*(H) = Hold for 2 sec

**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections  
Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.  
Deduct 1.50 for gymnastic elements or connection or part of a Requirement.  
Deduct 2.50 for an acrobatic element**

<b>Level 3 – 5 PLUS 13.00</b>	<b>For all elements/ requirements - Apply deduction from FIG table of general faults (2017 – 2020) Deduct 0.5 when position is not held for 2 seconds where required. (H) Deduct 0.3 for any deviations from the text/order/additions.</b>		
	<b>Gymnastic Acrobatic Connection</b>	<b><u>Requirement/Expectation</u></b>	<b><u>Deductions/when requirement is not achieved</u></b>
<b>Leg holds front &amp; back – on both legs (H)</b>	Connection	Front - 45 degrees above horizontal – No deduction Back – 15 degrees above Horizontal, chest vertical – No deduction	@ or below Horizontal - 0.5 for not achieved (Both)
<b>Kick to Handstand (H)</b>	Acrobatic	Handstand @ vertical	0.1 for precision if within 10 degrees. More than 10 degrees is -1.00 'not achieved'
<b>Lower to straddle hold (H)</b>	Connection	Legs @ elbow height – No deduction	Only 2 inches off the floor – 0.5 (large error) Not lifted clearly off the floor - 1.00 for not achieved
<b>Backward roll with straight arms &amp; Legs to front support (H)</b>	Acrobatic	As stated	
<b>Lift to tuck planche (H)</b>	Connection	Body/hips above horizontal – no deduction	Body / hips 45 degrees below horizontal – not achieved – 0.5
<b>Press through to tucked Russian lever(H)</b>	Connection	Back more than 45 degrees away from arms – no deduction	30 degrees from arms – not achieved – 0.5
<b>Lower to pike Half lever (H)</b>	Connection	90 degree angle @ hips and body on line with arms @ vertical. Lifted higher than the blocks	Hips clearly back behind arms & or not clearly higher than blocks – not achieved-0.5
<b>Show Straddle fold (H)</b>	Connection	Legs 90 degrees. Back flat – No deduction	Not achieved when the back is up more than 30 degrees. 0.3 if legs wider than 90 degrees
<b>Slide forwards through box splits (H)</b>	Connection	Flat on the floor 180 degrees	0.1 for precision. Or not achieved when the split angle is 150 degrees or less – 0.5. (No deduction for hand support on crawl through)
<b>Bridge (H)</b>	Connection	Shoulders 30 degrees past vertical behind the hands	Shoulders @ vertical - 0.3 deduction. Any worse is 0.5 for not achieved
<b>Splits (H)</b>	Connection	Splits clearly down on the floor, without any twist of the hips	Not achieved when the front hip is clearly off the floor – 0.5 0.1 for precision when not down firmly
<b>Turn to other cross split (H)</b>	Connection	As above (Hand support may be used for turning)	As above
<b>Join legs to pike sit, roll back to shoulder stand, roll forwards to immediate high stretched jump.</b>	Connection	As stated	As per fig. Hand support used on roll forwards – 0.3 Not immediate high jump – 0.5
<b>Split jump – on one leg</b>	Gymnastic	180 degree split, good height, good upper body posture	As per fig - Not achieved when splits are 135 degrees as per fig - 0.5 + Body position faults

<b>Level 6 &amp; 7 Plus 13.00</b>	<b>Apply deduction from FIG table of general faults (2017 – 2020) if applicable. Deduct 0.5 when position is not held for 2 seconds were required. Deduct 0.3 for any deviations from the text/order</b>		
	<b>Gymnastic Acrobatic Connection</b>	<b><u>Requirement/Expectation</u></b>	<b><u>Deductions/when requirement is not achieved</u></b>
<b>Leg holds front/side/back – on both legs (H)</b>	Connection	Front & side - 45 degrees above horizontal – No deduction Back – 15 degrees above Horizontal, chest vertical – No deduction	@ or below Horizontal - 0.5 for not achieved (All)
<b>Forward roll to straddle hold (H)</b>	Acrobatic	Legs @ elbow height – No deduction	Only 2 inches off the floor – 0.5 (large error) Not lifted clearly off the floor - 1.00 for not achieved
<b>Straddle lever to handstand (H)</b>	Acrobatic	Handstand @ vertical	- 0.1 for precision if within 10 degrees/ 1.00 if not achieved. - 0.1 for each hesitation
<b>Straddle down</b> (if they don't get up to handstand, they should kick to handstand to perform the straddle down)	Connection	Straddle down slowly/smoothly with control	1.0 for fall if they fall down to the floor. 0.3 for too fast. 0.5 if not attempted
<b>Straddle fold (H)</b>	Connection	Legs 90 degrees. Back flat – No deduction	Not achieved when the back is up more than 30 degrees. 0.3 if legs wider than 90 degrees
<b>Pike sit fold (H)</b>	Connection	Upper body on legs and flat back	Not achieved when the hip angle is more than 45 degrees open
<b>Pike sit, swing Right leg around to splits (H)</b>	Connection	Splits clearly down on the floor, without any twist of the hips	Not achieved when the front hip is clearly off the floor.- 0.5 0.1 for precision when not down firmly
<b>Return to pike sit and swing Left leg around to splits (H)</b>	Connection	As above	As above
<b>Lie back and show bridge (H)</b>	Connection	Shoulders 30 degrees past vertical behind the hands	Shoulders @ vertical is - 0.3 deduction. Any worse is 0.5 for not achieved
<b>Lift leg (H)</b>	Connection	45 degrees past vertical – No deduction	@ vertical – 0.5 Not achieved
<b>Kick over holding split handstand Join legs at end</b>	Connection	180 degree split, hips to hands straight	0.1 / 0.3 for split angle. Less than 135 degree split - 0.5 not achieved
<b>Split jump – both legs</b>	Gymnastic	180 degree split, good height, good upper body posture	As per fig - Not achieved when splits are 135 degrees as per fig - 0.5 + Body position faults

<b>Level 8 &amp; 9 Plus 13.00</b>	<b>Apply deduction from FIG table of general faults (2017 – 2020) if applicable. Deduct 0.5 when position is not held for 2 seconds were required. Deduct 0.3 for any deviations from the text/order</b>		
	<b>Gymnastic Acrobatic Connection</b>	<b><u>Requirement/Expectation</u></b>	<b><u>Deductions/when requirement is not achieved</u></b>
<b>Combination of kicks, front/side/back – on both legs</b>	Connection	Front & side - 45 degrees above horizontal – No deduction Back – 15 degrees above Horizontal, chest vertical – No deduction	@ or below Horizontal - 0.5 for not achieved (All) Lack of dynamics – 0.1 or 0.3
<b>Handstand (H)</b>	Acrobatic	Handstand @ vertical	0.1 for precision if within 10 degrees. More than 10 degrees is -1.00 'not achieved'
<b>Split leg handstand (H)</b>	Connection	Hold for 2 sec or -0.5 for not held	0.2 / 0.3 for split angle. Less than 135 degree split - 0.5 not achieved
<b>Change to other leg split (H)</b>	Connection	As above Hold for 2 sec or -0.5 for not held	As above
<b>Lower to bridge with leg up (H)</b>	Connection	45 degrees past vertical – No deduction	@ vertical – 0.5 Not achieved
<b>Bridge (H)</b>	Connection	Shoulders 30 degrees past vertical behind the hands	Shoulders @ vertical - 0.3 deduction. Any worse is 0.5 for not achieved
<b>Lift leg (H)</b>	Connection	45 degrees past vertical – No deduction	@ vertical – 0.5 Not achieved
<b>Kick to handstand (H)</b>	Acrobatic	Handstand @ vertical	0.1 for precision if not at vertical but within 10 degrees. More than 10 degrees is -1.00 'not achieved'
<b>Lower to straddle hold (H)</b>	Connection	Legs @ elbow height – No deduction	Only 2 inches off the floor – 0.5 (large error) Not lifted clearly off the floor - 1.00 for not achieved
<b>Straddle lever back up to Handstand (H)</b>	Acrobatic	Handstand @ vertical	- 0.1 for precision if within 10 degrees/ 1.00 if not achieved. - 0.1 for hesitations (each)
<b>Lower to standing Pike fold (H) Return to stand,</b>	Connection	Upper body on legs and flat back	Not achieved when the hip angle is more than 45 degrees open
<b>Back roll to handstand</b>	Acrobatic	Handstand @ vertical	0.1 for precision if within 10 degrees. More than 10 degrees is -1.00 'not achieved'