

Preparatory Pairs & Groups

All routines are a maximum of two minutes.

Prep A and Prep B pairs & Prep Groups in the National finals (competitors qualifying for finals must be 9 in the year of competition and Silver members of BG)

For finalists, an age cap of 11yrs in the year of competition for Prep A and 12 yrs in the year of competition for Prep B & Prep Groups.

Gymnasts may only participate in one (1) grade and one (1) discipline only.

3 elements should be selected from rows A-D.

2 elements should be selected from rows E-F.

Only one element may be selected from any row.

An element from row G (flexibility) **MUST** be selected.

Any other 2 elements may be selected from rows H-J

Only one element may be selected from any row.

Conversion table

In addition to preparatory events this table will also be used for grades 1-3 pairs balance & dynamic, for grade 3 groups dynamic.

24	10.0	13	9.3
23	9.90	12	9.2
22	9.80	11	9.1
21	9.70	10	9.0
20	9.65	9	8.9
19	9.60	8	8.8
18	9.55	7	8.7
17	9.5	6	8.6
16	9.45	5	8.5
15	9.4	4	8.4
14	9.35		

Missing Elements

Each missing element will incur a penalty of 1.0 for Special Requirements and a further deduction of the maximum element value for the respective row. Time faults will also be applied.

See the FIG Code of Points

Tariff sheets must be handed in on the day of competition with the elements to be performed clearly identified and the routine difficulty identified.

In keeping with FIG competitions where an element is changed from the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards special requirements.

Preparatory A Pairs

	1 Value	2 Value	3 Value
A	As diagram. Position of Bases arms optional. Top shows strong front support position.	As diagram Bases arms can be bent	The top should be in a balanced handstand with the base providing minimal support A straight handstand is required from the top showing extension and good body tension
B	Top shows strong front support position. Base supports below the knee.	Top shows strong front support position holding below the Bases knees. Base supports below the knee.	The top forms an extended flat bodyline with the hands and shoulders directly over the knees of the base. The shoulders back and hips of the base should remain in contact with the floor. The base may support one or both legs of the top with one or both hands.
C	Base has knees together. Top shows strong front support position.	Base in box shape. Top in front support position, rests the lower part of one leg in the middle of the Bases back and raises the other leg which must be straight.	This is in balance and NOT counter balance. Arms of the base may be bent. The top should not make contact with the bases body. The top may be supported with one or two hands, the body should be fully extended. The base is kneeling with seat resting on the heels. The arms of the base and top should form a continuous line. When in balance support may be on the legs with the bases arms bent.
D	Start in upright position, open to counter, hold for 3" and return. Grip optional, straight arms in final position.	Base straight, Top in counter. Hold for 3". Grip optional, straight arms in final position	Bases legs should be straight. The Top should be in chair position supported by the Base in the lower back.
E	Gymnasts should be back to back at the start, each completes a full circle. Finishing where they started.	A: in arched position: head, arms, shoulders and ankles (with straight legs) clear of the floor. B: forward rolls over the waist, both hands reach over.	A; in dish: head, arms, shoulders and ankles clear of the floor. B; cartwheels over the waist with one hand either side.
F	Jump must take off and land on 2 feet. The top should not make contact with the bases body.	The Top should be tight in the roll and end in a standing position. NO jump. Base should go in early to support.	The jump of the top is assisted by each of the partners pushing against the forearms of the other. The body, ankles and feet of the top should be fully extended in the assisted flight with the feet of the top clearly leaving the floor.
G	Straddle sit: back straight, legs wide, toes pointed, arms free.	Japana 45°: legs wide, toes pointed, back and head in a straight line, showing a 45° angle.	Hip flexor stretch: ensure hips are pressed forward and the spine is not doing the stretch. Legs, knees and ankles together. Hands on heels.
H	Shoulders over hands, straight line from head to toe. Toes tucked under. Hold 2".	Head in a straight line with the body. Toes pointed. Fingers facing toes.	Frog Balance: Knees supported on elbows. Back flat (ish). Toes pointed.
I	Should be made from two feet. Execution must be smooth. The straddle sit should be upright with a straight back, arms outstretched. Hands contact the floor only at the start of the roll.	Should be made from two feet, show extension into a tight roll. Execution must be smooth. Hands contact the floor only at the start of the roll. Finish on 2 feet.	The backward roll is made to straddle stand, in pike or upright.
J	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. The jump should be straight and to two feet.	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. Movement throughout should be continuous and fluent.	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. The 180° jump should be straight and to two feet. Turns must be completed.

Preparatory B Pairs

	1 Value	2 Value	3 Value
A	The top should be in a balanced handstand with the base providing minimal support A straight handstand is required from the top showing extension and good body tension	The top is supported in balance. The arms of the base should be straight. The handstand may face either direction but should show an extended bodyline.	The arms of both performers in the final position should be straight. The legs of the base may be bent or raised straight. The shoulder stand should show an extended bodyline. Stag should show a good distance between partners.
B	Bases legs should be straight. The Top should be in chair position supported by the Base in the lower back.	Top may face either direction. This is in Counter. The top may be supported with one or two hands, the body should be fully extended. The base is kneeling with seat resting on the heels. The arms of the base and top should form a continuous line.	The top and base are in counter balance with body and arms fully extended. The arms form a continuous line, but may be crossed. Support may be with one hand.
C	This is in balance and NOT counter balance. Arms of the base may be bent. The top should not make contact with the bases body. The top may be supported with one or two hands, the body should be fully extended. The base is kneeling with seat resting on the heels. The arms of the base and top should form a continuous line. When in balance support may be on the legs with the bases arms bent.	This is in balance and NOT counter balance. Arms of the base may be bent. The top should not make contact with the bases body. One foot stand with 45° knee angle. Knees together.	The top should be in balance standing one foot on the knee of the base. The arms of both base and top should be fully extended.
D	The top forms an extended flat bodyline with the hands and shoulders directly over the knees of the base. The shoulders back and hips of the base should remain in contact with the floor. The base may support one or both legs of the top with one or both hands.	Base sitting on feet, ankles together supports bridge at the shoulders. Top has hands on Bases knees, feet on the floor.	The back angel position may be straight or show a slight curve. Bases legs should be straight. Base supports Top by the arms/wrists.
E	A: in dish: head, arms, shoulders and ankles clear of the floor. B: cartwheels over the waist with one hand either side.	The cartwheel should be supported throughout	Supported jump: The top is supported for the jump at the waist. The hips of the top should reach the bases shoulder height at a minimum. It is permitted to release and re-catch. Hands sliding up the body will incur deductions legs of the top should be fully extended. Shape optional.
F	The jump of the top is assisted by each of the partners pushing against the forearms of the other. The body, ankles and feet of the top should be fully extended in the assisted flight with the feet of the top clearly leaving the floor.	A leap frogs over B. Base may face either direction. Ideally bases legs should be straight.	The top jumps from two feet showing full extension in the flight before being caught by the base. Control should be shown before an exit. Catch should be no lower than the waist of the base
G	Hip flexor stretch: ensure hips are pressed forward and the spine is not doing the stretch. Legs, knees and ankles together. Hands on heels.	A typical hamstring stretch. The head must press forward toward the feet, not down to the knees which rounds and stretches the spine.	Bridge: shoulders pushed passed the hands which are shoulder width apart with straight arms. Legs straight, feet and legs together. Japana: straddle sit with stomach and chest in contact with the floor. Arms as the picture.
H	Frog Balance: Knees supported on elbows. Back flat (ish). Toes pointed.	Straight body position supported at the waist, elbows in. Legs vertical and together.	Both balances should be static for 2". One foot stand: Support leg must be straight and hips square to the front. V sit: may be supported, fingers forward.
I	The backward roll is made to straddle stand, in pike or upright.	The forward roll is made to straddle stand, in pike or upright. Tucked backward roll to STAND. Hands by ears at start. Feet and knees together throughout.	Backward roll legs should be straight throughout. Roll through passes through Japana position without stopping.
J	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. The 180° jump should be straight and to two feet. Turns must be completed.	Smooth tumble required with no additional steps.	A smooth fluent tumble is required without additional steps.

Preparatory Groups

	1	3	5
A	Base lying with straight legs at 90°, top sitting on feet. Middle performs arabesque with top and middle holding hands throughout balance.	Base and top perform front angel, middle performs arabesque. Top and middle hold hands throughout balance.	Base's legs should be straight and at no less than 45°. Middle is supported by base's feet at lower back. (i) Top is standing straight on knees of middle (ii) Top and middle in counterbalance with top on knees of middle – linking arms form a continuous line
B	All standing side-by-side, linking arms must be straight and remain in contact throughout balance holding hands or at wrists. Raised leg must have 90° bend and thigh parallel to floor	All partners perform arabesques, either facing inwards or side-by-side and must be in contact throughout with straight arms, holding hands or at wrists. Raised leg should be at least horizontal to floor and straight.	All partners perform wine glass, holding hands and must remain in contact throughout the balance. Raised leg should be at least 45° above horizontal and straight.
C	(i) Bases side-by-side giving minimal support to top's hands with one hand each. A straight handstand is required. (ii) Base kneels high with body straight. Middle in balanced arabesque with light support on shoulders of base. Top in balanced handstand with minimal support from straight arms of base	(i) Bases arms should be vertical and on shoulders of middle. Middle should be as flat as possible. Top should be upright and straight on knees of middle. (ii) Bases lie side-by-side with legs at 45°. Top in balanced handstand lightly supported by feet of bases. Handstand should be straight	Base in straddle sit with legs straight. Top standing on shoulders supported by base. Middle in balanced handstand with light support from top.
D	(i) Bases kneeling with seat on heels. Top supported in counter-balance by one hand of each base – tops arms may be straight or crossed but arms must form a continuous line. (ii) Bases kneeling on all fours with shoulders over hands and hips over knees. Top in stretched balance on lower backs of bases	(i) Bases kneeling with rear leg hip over knee and front leg knee over foot. Top in balance on one knee of each. Top may face either direction (ii) Bases kneeling with seat on heels. Top in stand on shoulders supported by one arm of each base.	Bases standing with top standing on shoulders, with bases supporting with one hand each. Bases in lunge with knee over foot and leg at 90°. Top should be in balance and upright.
E	(i) Top sits on platform and is pitched up and forward for dismount. Landing may be assisted. Top must show stretched body in air. (ii) Top stands on platform. Bases bend knees to at least 45° and stand straight again. Top must remain straight and balanced throughout	Bases form cradle with top lying parallel to ground – facing either direction. Bases throw and catch top. Flight must be clearly shown and top should be straight with good tension throughout	Dive to front support – this may be from run or standing. Flight should be seen before the catch.
F	Bases hold top dish on back. Top performs dive forward roll over the bases. Bases feet and shoulders should be clear of the floor.	Top leap frogs both bases in immediate succession. There should be an immediate rebound from the landing into the second leap frog.	Support jump, shape optional. The focus is on timing and working together. Partners do not have to release although releasing the upper arm will allow a better lift. Top must be supported by the arms and not in the armpit
V	Hip flexor stretch: ensure hips are pressed forward and the spine is not doing the stretch. Legs, knees and ankles together. Hands on heels.	A typical hamstring stretch. The head must press forward toward the feet, not down to the knees which rounds and stretches the spine.	Bridge: shoulders pushed passed the hands which are shoulder width apart with straight arms. Legs straight, feet and legs together. Japana: straddle sit with stomach and chest in contact with the floor. Arms as the picture.
H	Frog Balance: Knees supported on elbows. Back flat (ish). Toes pointed.	Straight body position supported at the waist, elbows in. Legs vertical and together.	Both balances should be static for 2". One foot stand: Support leg must be straight and hips square to the front. V sit: may be supported, fingers forward.
I	The backward roll is made to straddle stand, in pike or upright.	The forward roll is made to straddle stand, in pike or upright. Tucked backward roll to stand. Feet and knees together throughout.	Backward roll legs should be straight throughout. Roll through passes through Japana position without stopping.
J	The tumble should be smooth and continuous. The hands should only contact the floor in entry to a roll. Additional steps are NOT permitted. The 180° jump should be straight and to two feet. Turns must be completed.	Smooth tumble required with no additional steps.	A smooth fluent tumble is required without additional steps.