

Artistic Gymnastics Competition

TIP 2026

Choice of Competition

- There are 4 levels of competition: **Beginners**, **Intermediate**, **Advanced** and **Elite**.
- You can compete on 3 apparatuses: **Floor**, **Vault** and **Beam** ; you can also compete **All-around** (all 3 apparatuses).
- Thus, there is a total of 16 competitions:
 - Beginners on Floor
 - Beginners on Vault
 - Beginners on Beam
 - Beginners All-around
 - Intermediates on Floor
 - Intermediates on Vault
 - Intermediates on Beam
 - Intermediates All-around
 - Advanced on Floor
 - Advanced on Vault
 - Advanced on Beam
 - Advanced All-around
 - Elite on Floor
 - Elite on Vault
 - Elite on Beam
 - Elite All-around

All levels and apparatuses are mixed, without distinction of gender.

You may register for 1, 3 or all 3 apparatuses, even at different level for each. Registering for all apparatuses at the same level is the same as registering for All-around at that level.

Floor Competition

Gymnasts will perform a single free exercise containing at least **8 elements** to be chosen from the list provided below. You can perform more elements but only the **8 best recognized elements will be used to compute the D-score**.

Elements are grouped into **7 families** which must all be represented in the exercise. The families are the following:

- Holds and Flexibility
- Force

- Jumps
- Turns
- Forward Rotations
- Backward Rotations
- Balances and Alignments

Choice of level

Gymnasts may choose elements freely in the list of elements, but each level of competition has a maximum D-score. Errors in registration for level of difficulty will have judges switching the level of competition and will result in a -1pt penalty. The D-score is computed using the 8 best recognized elements.

- For **Beginners**, D-score must **not exceed 1.6 pts**.
- For **Intermediates**, D-score must be **between 1.7 pts and 3.2 pts**.
- For **Advanced**, D-score must be **between 3.3 pts and 4.8 pts**.
- For **Elite**, D-score must be **at least 4.9 pts**.

Requirements, Bonuses and Penalties

- Routines must contain least **8 elements**
- Each of the **7 families** must be represented
- Routines must contain series, meaning at least 2 elements perform one after the other without pauses
 - For **Beginners**, **at least 2 series**
 - For **Intermediates**, **at least 2 series** including one forward and one backward
 - For **Advanced**, **at least 3 series** including one forward, one backward and one of jumps
 - For **Elite**, **at least 3 series** including one of 3 elements, one forward, one backward and one of jumps
- Each missing element, family or series will result to a -1 pt penalty on the D-Score
- Routines must be accompanied by music and may include choreographic elements. Gymnastics are advised to express fully the artistic aspect of the discipline. The general presentation may result in bonus points.
 - +0.5 pt for consistency of movement with music
 - +0.5 pt for appropriate outfit, in relation to the theme

General

Gymnasts will perform a single free exercise.

Each routine will last at most **2 minutes**.

Failed or unrecognized elements may be attempted again, only recognized elements will be counted in the D-score. E-score deductions are counted on all attempted elements, recognized or not.

D-score is computed at the sum of the value of the 8 best recognized elements given by the list of elements below. E-score is computed starting at 10 pts and removing deduction for errors. The final score is the sum of the D-score and the E-score.



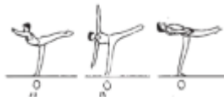



The judges present at the competition are trained by the *Fédération Sportive et Culturelle de France* and will grade the quality of execution, position and technique.






There is a **penalty of -1 pt for falls**, and a penalty of -0.5 pt for failure to greet the jury at the beginning and end of the routine.

Elements list by families


Elements are grouped by family The drawings are an aid to representation, but the text is the reference.



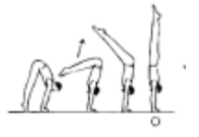



Holds and Flexibility

D value	Element	Drawing
0.1 pt	Straddle Standing Scale with 2 feet on the floor	
0.2 pt	Candlestick / Shoulder stand	
0.2 pt	Standing Scale held 2s	
0.3 pt	Pancake	
0.3 pt	Y	
0.4 pt	Side Split	


D value	Element	Drawing
0.5 pt	Cross Split	
0.6 pt	Backward Walkover	
0.6 pt	Forward Walkover	
0.7 pt	Tic-Tac / Walkover starting forward and ending backward without moving hands and touching the floor with the feet	
0.8 pt	Circle or Flair	


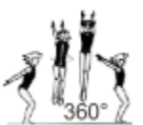






Strength




D value	Element	Drawing
0.1 pt	L-Sit with glutes on the floor and legs up (held 2s)	
0.1 pt	L-Sit with one foot on the ground	
0.2 pt	L-Sit	

D value	Element	Drawing
0.3 pt	Straddle L-Sit	
0.4 pt	Press to Handstand straddle	
0.5 pt	Press to Handstand joint legs	
0.6 pt	Press to Handstand from L-Sit (straddle or not)	
0.7 pt	Planche held 2s	
0.8 pt	Japanese Handtstand (hands at twice shoulder width)	





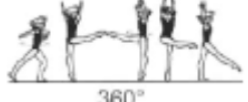
Jumps



D value	Element	Drawing
0.1 pt	Vertical jump or Jump forward	
0.1 pt	1/2 Jump (180°)	

D value	Element	Drawing
0.1 pt	Assemblé jump	
0.2 pt	Tucked Jump	
0.2 pt	1/1 jump (360°)	
0.3 pt	Pike jump	
0.3 pt	Cabriole Jump	
0.4 pt	Sissone Jump	
0.5 pt	Tucked Jump half turn	
0.5 pt	3/2 jump (540°)	
0.6 pt	2/1 jump (720°)	
0.7 pt	Split jump (at least 120°)	






D value	Element	Drawing
0.7 pt	Split Leap	
0.8 pt	Switch Leap	
0.8 pt	1/1 Split jump (360°)	


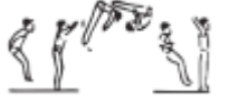


Turns

D value	Element	Drawing
0.1 pt	1/2 Turn pivot on two feet	
0.2 pt	1/2 Turn on one leg	
0.3 pt	1/1 Turn (360°) on one leg	
0.4 pt	3/2 Turn (540°) on one leg	
0.5 pt	1/1 Turn on one leg with heel of extended free leg forward at horizontal throughout turn	



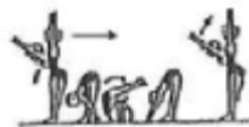
D value	Element	Drawing
0.6 pt	1/1 Turn in Tuck stand on one leg	
0.7 pt	1/1 Turn with free leg held upward in 180° split position throughout turn	









Forward Rotations


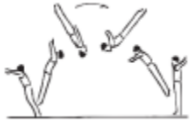


D value	Element	Drawing
0.1 pt	Forward Roll Tucked	
0.1 pt	Forward Roll Straddle	
0.2 pt	Forward Roll with Straight Legs	
0.3 pt	Dive roll	
0.4 pt	Salto forward tucked	

D value	Element	Drawing
0.4 pt	Handspring	
0.5 pt	Salto forward picked	
0.6 pt	Flyspring	
0.7 pt	Salto forward straight	




Backward Rotations









D value	Element	Drawing
0.1 pt	Backward roll with tucked or straddle	
0.2 pt	Cartwheel	
0.2 pt	Backward roll with Straight Legs	


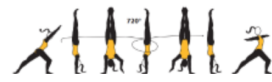

D value	Element	Drawing
0.3 pt	Cartwheel on One Hand	
0.3 pt	Backward Roll to Handstand (Handstand not held)	
0.4 pt	Roundoff	
0.4 pt	Back handspring	
0.5 pt	Salto backward tucked	
0.5 pt	Side Salto	
0.6 pt	Salto backward picked	
0.6 pt	Side Salto joint legs	

D value	Element	Drawing
0.7 pt	Tempo	
0.7 pt	Salto backward straight	
0.8 pt	Half Turn Forward Salto Tucked	
0.8 pt	Twist (Backward Salto Full Turn)	

Balance and Alignments

D value	Element	Drawing
0.1 pt	Tucked Handstand (not held)	
0.1 pt	Headstand	
0.2 pt	Handstand not held	

D value	Element	Drawing
0.3 pt	Hanstand held 2s	
0.3 pt	Handstand Rolled	
0.3 pt	Tucked or Straddle Handstand to Handstand (not held)	
0.4 pt	Healy	
0.5 pt	Handstand half turn	
0.5 pt	Tucked or Straddle Handstand to Handstand (held 2s)	
0.6 pt	Pike Backward Roll to Handstand and Half Turn	
0.7 pt	Handstand 1 turn (360°)	

D value	Element	Drawing
0.7 pt	Pike Backward Roll to Handstand and Full Turn	
0.8 pt	Handstand 2 turns	
0.8 pt	Rock to Handstand from prone position (held 2s, with Momentum)	

Vault Competition

Gymnasts will perform **2 attempts**.



The best of 2 grades will be kept.

It is possible to do a different vault at each attempt, but with the same kind of springboard and at the **same level** (Beginner, Intermediate, Advanced and Elite).



The judges present at the competition are trained by the *Fédération Sportive et Culturelle de France* and will grade the quality of execution, position and technique.

The drawings are an aid to representation, but the text is the reference.



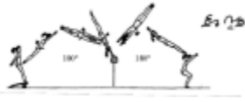


Beginner level

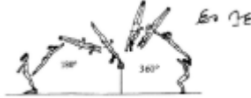
D value	Element	Drawing
1.5 pt	Through vault - Handstand (not held) fall on the back.	
2.0 pt	Vertical jump to the table - Vertical jump to the ground - Handstand (not held) fall on the back.	

Intermediate level




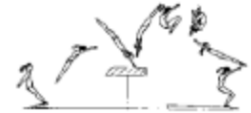



D value	Element	Drawing
2.2 pt	Handspring with Mini-trampoline	
2.5 pt	Handspring with Double Springboard	

Advanced level

D value	Element	Drawing
2.8 pt	Handspring with Springboard	
3.0 pt	Yamashita - Straddle Handspring Forward roll with trunk-leg closure during the ascending phase of the second flight.	
3.0 pt	1/2 Turn - 1/2 Turn Forward roll with a 1/2 turn during the first flight and a 1/2 turn during the second flight.	
3.5 pt	Straddle Handspring with 1/2 Turn Forward roll with trunk-leg closure during the ascending phase of the second flight and a 1/2 turn during the second flight.	
3.8 pt	Roundoff - back handspring with 1/2 turn - 1/2 turn out	
3.5 pt	Handspring Full turn Forward roll with a full turn during the second flight.	

D value	Element	Drawing
3.2 pt	1/2 Turn - 1/1 Turn Forward roll with a 1/2 turn during the first flight and a full turn during the second flight.	

Elite level

D value	Element	Drawing
4.0 pt	Tsukahara Tucked Forward roll with a 1/4 - 1/2 turn (90°-180°) during the first flight, tucked back somersault in the second flight.	
4.5 pt	Tsukahara Straddle Forward roll with a 1/4 - 1/2 turn (90°-180°) during the first flight, arched back somersault in the second flight.	
5.0 pt	Tsukahara Straight Forward roll with a 1/4 - 1/2 turn (90°-180°) during the first flight, straight back somersault in the second flight.	
5.0 pt	Handspring Salto Tucked Forward roll in the first flight, tucked forward somersault in the second flight	
6.0 pt	Yurchenko Tucked Note: Trampoline protection is mandatory for this vault; otherwise, the vault is null. Round-off flip, tucked back somersault in the second flight.	
6.2 pt	Yurchenko Straddle Note: Trampoline protection is mandatory for this vault; otherwise, the vault is null. Round-off flip, straddle back somersault in the second flight.	
6.5 pt	Yurchenko Straight Note: Trampoline protection is mandatory for this vault; otherwise, the vault is null. Round-off flip, straight back somersault in the second flight.	

Beam Competition

Gymnasts will perform a single free exercise containing at least **6 elements** to be chosen from the list provided below. You can perform more elements but only the **6 best recognized elements will be used to compute the D-score**.

Elements are grouped into **7 families**. Routines must start with a mount and end with a dismount. The families are the following:

- Mounts
- Holds, Flexibility and Balance
- Jumps
- Turns
- Forward Rotations
- Backward and Side Rotations
- Dismounts

Choice of level

Gymnasts may choose elements freely in the list of elements, but each level of competition has a maximum D-score. Errors in registration for level of difficulty will have judges switching the level of competition and will result in a -1pt penalty. The D-score is computed using the 6 best recognized elements.

- For **Beginners**, D-score must **not exceed 1.2 pts**.
- For **Intermediates**, D-score must be **between 1.3 pts and 2.4 pts**.
- For **Advanced**, D-score must be **between 2.5 pts and 3.6 pts**.
- For **Elite**, D-score must be **at least 3.7 pts**.

Requirements, Bonuses and Penalties

- Routines must contain least **6 elements**
- Depending on the level of competition, a minimum amount of families of elements must be represented
 - For **Beginners**, **at least 3 families**
 - For **Intermediates**, **at least 4 families**
 - For **Advanced**, **at least 5 families**
 - For **Elite**, **at least 6 families**
- Routines must start with a **mount** and end with a **dismount**. A fall ending the routine will not be counted as a dismount.
- Each missing element or family will result to a -1 pt penalty on the D-Score
- Routines will not be accompanied by music but may include choreographic elements. Gymnastics are advised to express fully the artistic aspect of the discipline. The general presentation may result in bonus points.
 - +0.5 pt for quality of the choreographic elements

General

Gymnasts will perform a single free exercise on the beam.

Each routing will last at most **2 minutes**, not counting falls.

Failed or unrecognized elements may be attempted again, only recognized elements will be counted in the D-score. E-score deductions are counted on all attempted elements, recognized or not.

D-score is computed at the sum of the value of the 8 best recognized elements given by the list of elements below. E-score is computed starting at 10 pts and removing deduction for errors. The final score is the sum of the D-score and the E-score.

The judges present at the competition are trained by the *Fédération Sportive et Culturelle de France* and will grade the quality of execution, position and technique.




There is a **penalty of -1 pt for falls**. In case of falls, the gymnast may mount the beam again in any way they like, grading will resume once they are back standing on the apparatus.




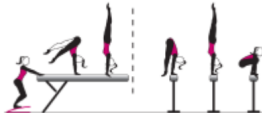



There is an additional penalty of -0.5 pt for failure to greet the jury at the beginning and end of the routine.

Elements list by families









Elements are grouped by family The drawings are an aid to representation, but the text is the reference.



Mounts

D value	Element	Drawing
0.1 pt	90° to the beam, Jump with hand support - Pass one leg straight to Cross straddle sit	
0.1 pt	From the end of the beam, Jump with hand support to Cross straddle sit	
0.2 pt	90° to the beam, Jump with hand support - Pass both legs between the arms to Sitting position	






D value	Element	Drawing
0.3 pt	From either the end or the side, Jump with hand support to L-Sit	
0.4 pt	Walkover forward to sitting position	
0.4 pt	Handstand tucked to Roll	
0.5 pt	Handstand tucked to Handstand	
0.6 pt	Handstand tucked to Handstand to L-Sit	
0.6 pt	Leap to Arabesque position (held)	
0.7 pt	Split Leap to Arabesque position (held)	
0.8 pt	Salto at the end of the beam	


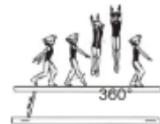



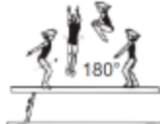

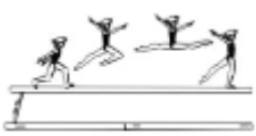

Holds, Flexibility and Balance


D value	Element	Drawing
0.1 pt	L-Sit with glutes on the beam and legs up (held 2s)	
0.1 pt	Flamingo - Stand on one leg, held	
0.2 pt	Arabesque	
0.2 pt	Candlestick / Shoulder stand	
0.3 pt	Standing Scale held 2s	
0.4 pt	At the end or across the beam, arced position on the lower back, free hands	
0.5 pt	Y	
0.5 pt	Cross Split	
0.5 pt	Bridge	

D value	Element	Drawing
0.6 pt	L-Sit	
0.7 pt	Press to Handstand	
0.8 pt	Press to Handstand to L-Sit	





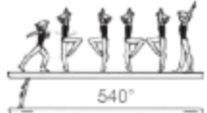


Jumps



D value	Element	Drawing
0.1 pt	Vertical jump or Jump forward	
0.1 pt	Assemblé jump	
0.1 pt	Cat leap	
0.2 pt	Tucked Jump	
0.2 pt	1/2 Jump (180°)	

D value	Element	Drawing
0.3 pt	Scisor leap	
0.3 pt	1/1 Jump (360°)	
0.4 pt	Pike jump	
0.4 pt	Cabriole Jump	
0.5 pt	Sissone Jump	
0.6 pt	1/2 Tucked jump	
0.6 pt	Split jump (at least 120°)	
0.7 pt	Split Leap	
0.7 pt	Switch Leap	

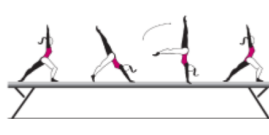





D value	Element	Drawing
0.8 pt	1/2 Split jump (180°)	



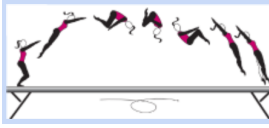
Turns

D value	Element	Drawing
0.1 pt	1/2 Turn on two feet	
0.2 pt	1/2 Turn on one leg	
0.3 pt	1/1 Turn (360°) on one leg	
0.4 pt	1/2 Turn (180°) on one leg with heel of extended free leg forward at horizontal	
0.4 pt	3/2 Turn (540°) on one leg	
0.5 pt	1/1 Turn on one leg with heel of extended free leg forward at horizontal throughout turn	
0.6 pt	1/1 Turn with free leg held upward in 180° split position throughout turn	




D value	Element	Drawing
0.7 pt	1/1 Turn in Tuck stand on one leg	
0.8 pt	1/1 Turn with free leg held upward in 180° split position throughout turn	




Forward Rotations

D value	Element	Drawing
0.1 pt	Tucked Handstand	
0.2 pt	Handstand with one leg on the beam	
0.3 pt	Handstand (not held)	
0.2 pt	Roll forward to Cross straddle sit or roll backward free ending	
0.4 pt	Handstand (held 2s)	
0.3 pt	Forward roll ending standing up	
0.6 pt	Walkaround forward	



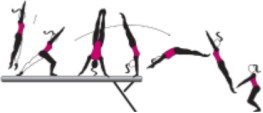
D value	Element	Drawing
0.5 pt	Handstand Split	
0.7 pt	Tic-Tac / Walkover starting forward and ending backward without moving hands and touching the floor with the feet	
0.8 pt	Salto forward tucked	

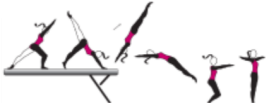
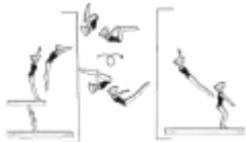


Backward Rotations

D value	Element	Drawing
0.1 pt	Broken candlestick	
0.2 pt	Cartwheel	
0.3 pt	Cartwheel on shoulders	
0.3 pt	Cartwheel stopped at Handstand and lowered on the side	
0.4 pt	Cartwheel on one arm	
0.5 pt	Roundoff	

D value	Element	Drawing
0.6 pt	Backflip	
0.7 pt	Salto Backward	
0.8 pt	Side Salto / one foot after the other	

Dismounts

D value	Element	Drawing
0.1 pt	Vertical Jump	
0.2 pt	Tucked Jump	
0.3 pt	Straddle Jump	
0.4 pt	Cartwheel landing joint feet - no momentum	
0.5 pt	Roundoff	

D value	Element	Drawing
0.5 pt	Handspring	
0.6 pt	Salto forward	
0.6 pt	Salto Backward	
0.7 pt	Roundoff - Salto Backward	
0.8 pt	Side Salto	

Appendix: E-score errors chart

Errors	Small 0.1 pt	Medium 0.3 pt	Large 0.5 pt	Very large 0.8 pt or +
Execution errors				
Bent arms and legs	•	•	•	
Legs apart	•	Shoulder width and +		
Non-distinct positions (tuck, pike, straight)	•	•		
Bent body position for straight body elements	•	•		
Poor or relaxed posture	•	•		
Lack of dynamism	•	•	•	
Position not held		•		

Errors	Small 0.1 pt	Medium 0.3 pt	Large 0.5 pt	Very large 0.8 pt or +
Reception errors (all elements including dismounts)				
Deviation from reception axis	•	•		
Legs apart on landing	•			
Lack of openness after a tucked or pike before landing	•	•		
Attempts to keep balance (without falls)	No more than 0.8 pt if there is no fall			
• Every additional torso or arm moves	•	•		
• Every small step or hop	•			Max 0.8 pt
• Large step or hop (more than 1 m)		•		Max 0.8 pt
• Deep bending			•	
• Brushing against the apparatus		•		
Additional hand support				1.0 pt
Fall on the apparatus or floor				1.0 pt
Not landing feet first (on Vault)	Null jump			
Floor and Beam errors				
Lack of connection between 2 non-acrobatic elements		•		
Lack of connection between 2 acrobatic elements			•	
Insufficient split	•	•		
Walking flat feet	•			
Additional or intermediate hand support (to stand up after a roll, etc.)		•		
Lack of precision for turns and jumps		•		
Angular deviations in handstands		•		
Angular deviations in acrobatic elements	< 10°		10° – 30°	
Not keeping a flat back when seating or tucking	< 10°	10° – 30°	> 30°	
Additional leg support on the beam	•	•		
Brushing against the beam with a leg or foot		•		
Stepping outside the floor	•	•		

Note : Elements executed but not in lists may still be counted, at the judges' discretion. They will assign a D-value to them.