

2024-2025 年度全港小學校際體操比賽
All Hong Kong Inter-Primary Schools
Gymnastics Competition 2024-2025

聯合主辦



Primary Girls C Grade – Vault

<i>Primary Girls C Grade :</i>	Vaulting box (1 attempt only)	
<i>Apparatus Requirement:</i>	3-deck vertical box, panel mats, thick crash mats of 60cm Springboard can be with 3 springs or 5 springs	
<i>Determination of Final Score:</i>	D-score + E-score = Final Score	
	D-score (Difficulty Value):	Maximum 5.0
	E-score:	Maximum 10.0
	Final Score:	Maximum 15.0

	Skills	Difficulty Value
A	Run, hurdle step, 2 feet take off from springboard, straight jump up to the box (run-up distance at least 5 meters)	2.5
B	Stand on the folding mat, kick to handstand, repulsion to flatback on thick mat	2.5

1. Event Requirements:

1.1 Gymnasts must perform both A and B.

If either A or B is judged as invalid, the D-score will be 2.5 only and the maximum E-score will be 5.0

1.2 After the athlete completes A, any movement made while preparing for action B will not be penalized.

2. Evaluation of Invalid Vaults: (Score = 0.00)

2.1 More than two running attempts

2.2 Run and touch the springboard or apparatus without performing the skill

A will be considered invalid if:

(1) Hand support during straight jump up onto the box

(2) Leap onto the box

2024-2025 年度全港小學校際體操比賽
All Hong Kong Inter-Primary Schools
Gymnastics Competition 2024-2025

聯合主辦



B will be considered invalid if:

- (1) Head support on the mat during handstand
- (2) Pushing into a handstand with both feet
- (3) Straddling or stepping onto the box with split legs
- (4) More than one kick attempt to handstand

Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points

2024-2025 年度全港小學校際體操比賽
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Gymnastics Competition 2024-2025

聯合主辦



Primary Girls C Grade – Floor Exercise

<i>Apparatus Requirement:</i>	14m x 1.5m
<i>Time:</i>	Maximum 60 seconds (no music required)
<i>Composition Requirements:</i>	<u>Choreography at the beginning and ending of the routine, as well as movement touching floor</u> (including min. trunk, or thigh, or knee or head) must be included in each routine. Skills 1-7 can be performed in any order.
<i>Determination of Final Score:</i>	D-score + E-score = Final Score D-score (Max 5.0) E-score (Max 10.0) Final Score (Max 15.0)

	Required Skills/Elements	Value
1*	From two feet hurdle cartwheel, cartwheel	0.8, 0.8
2	Backward roll to angry cat position	0.4
3	Scale balance (hold 2 seconds) to forward roll <i>OR</i>	0.4 <i>OR</i>
	Handstand forward roll	0.6
4	Lie flat on back, bridge, push to stand <i>OR</i>	0.2 <i>OR</i>
	kick over to stand	0.4
5	1/1 turn (360°) on one leg	0.4
6	chassé, front kick to needle kick	0.4
7	Dance passage: Split leap, Split leap (one on each leg)	0.6, 0.6

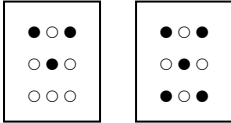
Judging Specifications	
<i>Faults</i>	<i>Deductions/Evaluations</i>
Missing choreography at the beginning, ending, and/or movement touching floor	Evaluated according to 2022-2024 FIG WAG Code of Points (deductions will be taken from E-score)
Missing required skill(s)	No Difficulty Value(s) given and minus 1.0 from final score
Execution, choreography, and artistry requirements (except music requirements)	Evaluated according to 2022-2024 FIG WAG Code of Points

Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points

2024-2025 年度全港小學校際體操比賽
All Hong Kong Inter-Primary Schools
Gymnastics Competition 2024-2025



Primary Girls B Grade – Vault

<i>Primary Girls B Grade :</i>	Vaulting box (1 attempt only)
<i>Apparatus Requirement:</i>	4-deck horizontal box, thick crash mats with same height as the box Springboard can be with 3 springs or 5 springs 
<i>Determination of Final Score:</i>	<p align="center">D-score + E-score = Final Score</p> <p>D-score (Difficulty Value): 5.0</p> <p>E-score: Maximum 10.0</p> <p>Final Score: Maximum 15.0</p>

Skills	Difficulty Value
Run, hurdle step, 2 feet take off from springboard, repulsion into handstand flatback on thick mat	5.0

1 Evaluation of Invalid Vaults: (Score = 0.00)

- 1.1 More than two running attempts
- 1.2 Run and touch the springboard or apparatus without performing the skill
- 1.3 Performing a headspring vault
- 1.4 Dropping back to springboard or running pathway during handspring
- 1.5 Spotting assistance from coach


Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points

2024-2025 年度全港小學校際體操比賽
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Gymnastics Competition 2024-2025



Primary Girls B Grade – Beam

<i>Apparatus Requirement:</i>	Height of 30cm
<i>Time:</i>	Within 60 seconds
<i>Composition Requirements:</i>	Skills #2-7 can be performed in any order
<i>Determination of Final Score:</i>	D-score + E-score = Final Score
	D-score (Difficulty Value of Skills) – Maximum 5.0
	E-score (Execution &/or Artistry Deductions) – Maximum 10.0
	Final Score: Maximum 15.0

	Skills	Value
1	Mount: Straight jump onto the apparatus with legs together, arms in horizontal position	0.4
2	Walk two steps forward in relevé (must include a slight hold with the free leg lifted for each step)	0.2, 0.2
3	Straight jump to tuck jump series	0.2, 0.4
4	Split jump	0.8
5	Forward kick connected to a backward kick	0.2, 0.2
6	Handstand in cross position (legs in split or together), step down to lunge	0.8
7	Lift one leg to side passé, then move leg to front passé. Repeat on other leg. 1/2 (180°) turn on one foot	0.2, 0.2 0.6
8	Run (2 steps or above), punch (feet together) straight jump off the beam or Run (2 steps or above), punch (feet together) straddle pike jump off the beam  1 step 2 step punch jump	0.4 or 0.6

*Maximum deduction

2024-2025 年度全港小學校際體操比賽
All Hong Kong Inter-Primary Schools
Gymnastics Competition 2024-2025

聯合主辦



Judging Specifications

<i>Faults</i>	<i>Evaluations</i>
Missing required skill/element	-1.0 each, and no Difficulty Value(s)
Execution, choreography, and artistry requirements (except mount requirements)	Unless otherwise specified, all these will be evaluated according to 2022-2024 FIG WAG Code of Points

Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points

2024-2025 年度全港小學校際體操比賽
All Hong Kong Inter-Primary Schools
Gymnastics Competition 2024-2025



Primary Girls B Grade – Floor Exercise

<i>Apparatus Requirement:</i>	14m x 1.5m
<i>Time:</i>	Maximum 60 seconds (no music required)
<i>Composition Requirements:</i>	<u>Choreography at the beginning and ending of the routine, as well as movement touching floor</u> (including min. trunk, or thigh, or knee or head) must be included in each routine. Skills 1-6 can be performed in any order.
<i>Determination of Final Score:</i>	D-score + E-score = Final Score D-score (Max 5.0) E-score (Max 10.0) Final Score (Max 15.0)

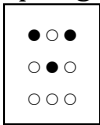
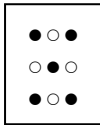
	Required Skills/Elements	Value
1	Run 2-3 steps, round-off rebound to straight jump	0.8, 0.2
2	Forward or backward walkover <i>OR</i> From stand, back bend to bridge, kick over	0.8 <i>OR</i> 0.4
3	Handstand forward roll to Split jump	0.6, 0.6
4	1/1 turn (360°) on one leg	0.4
5	Stretch jump with 1/1 turn (360°)	0.4
6	Dance passage: Split leap to any single-leg take off jump/leap/hop from FIG group A/B (If using split leap, each leg must take off once)	0.6, 0.6

Judging Specifications	
<i>Faults</i>	<i>Deductions/Evaluations</i>
Missing choreography at the beginning, ending, and/or movement touching floor	Evaluated according to 2022-2024 FIG WAG Code of Points (deductions will be taken from E-score)
Missing required skill(s)	No Difficulty Value(s) given and minus 1.0 from final score
Execution, choreography, and artistry requirements (except music requirements)	Evaluated according to 2022-2024 FIG WAG Code of Points

Unless otherwise specified, all execution and behavioural deduction Will be applied according to the 2022-2024 FIG WAG Code of Points



Primary Girls A Grade – Vault

<i>Primary Girls A Grade :</i>	Vaulting box/ Vaulting Table (1 attempt only)	
<i>Apparatus Requirement:</i>	5-deck box or Vaulting Table of 1.15m Springboard can be with 3 springs or 5 springs	
		
<i>Determination of Final Score:</i>	D-score + E-score = Final Score for each vault	
	D-score (Difficulty Value):	Maximum 5.0
	E-score:	Maximum 10.0
The <u>score of the first vault</u> will count towards the All Around and Team results.		
The <u>average score</u> of the two vaults will count towards the Final Score for Event Final.		

1. Event Requirements

1.1 Gymnasts must choose the vaults from the “Table of Elements” below

2. Table of Elements

Vault Number	Name of Vault	Difficulty Value
100	Handspring forward	4.0
101	Handspring forward on, ½ (180°) turn off	4.2
120	Handspring forward with ½ (180°) on- repulsion off	4.2
121	Handspring forward with ½ (180°) on- ½ (180°) off (in either direction)	4.4
140	Round-off, flic-flac on – repulsion off	5.0

*During the competition, gymnast must flash the vault number on the flashboard provided by the organizer.

Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points

2024–2025年度全港小學校際體操比賽

All Hong Kong Inter-Primary Schools
Gymnastics Competition 2024-2025

聯合主辦



Primary Girls A Grade – Bars

<i>Apparatus Requirement:</i>	Low bar (Height = 1.5 m) <i>*face away from the high bar of an uneven bar set</i>
	(D-score + E-score) = Final Score
<i>Determination of Final Score:</i>	D-score (Difficulty Value) – Maximum 5.0 E-score (Execution Deductions) – Maximum 10.0
	Final Score – Maximum 15.0

Skills Summary

	Required Skills/Elements	Value
1	Glide swing	1.0
2	Pullover <i>OR</i> Chin-up pullover	0.6 <i>OR</i> 1.0
3	Cast (toes to bar height), cast (toes to bar height), back hip circle	0.6, 0.6, 1.0
4	Cast to clear underswing dismount <i>OR</i> Cast to toe-shoot dismount (pike or straddle)	0.6 <i>OR</i> 0.8

* = maximum deductions

Judging Specifications

<i>Faults</i>	<i>Deductions/Evaluations</i>
Missing required skill(s)	Minus 1.0 (each skill) and NO DV
Pause more than 5 seconds between skills #1 & 2	Minus 1.0 from E-score
Pause more than 2 seconds between skills #2-4	Minus 0.5 (each time) from E-score
Execution errors	Unless otherwise specified, all elements will be evaluated according to the 2022-2024 FIG WAG Code of Points

Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points

2024–2025年度全港小學校際體操比賽

All Hong Kong Inter-Primary Schools
Gymnastics Competition 2024-2025

聯合主辦



Primary Girls A Grade – Beam

<i>Apparatus Requirement:</i>	Height of 1.0 metre
<i>Time:</i>	Within 90 seconds
<i>Combination of Elements:</i>	All elements counted for DV must be chosen from the Table of Elements below
<i>Determination of Final Score:</i>	<p>(D-score + E-score) – Neutral Deduction = Final Score</p> <p>D-score</p> <ol style="list-style-type: none"> 1. Difficulty Value (DV) – Total value of the <u>highest 8 elements</u> performed in the routine (including Dismount) *must include min. 3 acro and min. 3 dance elements 2. Composition Requirements (CR) – According to the 4 composition requirements listed below, each worth 0.5, maximum 2.0 3. Connection Value (CV) – maximum 0.4 <p>E-score (Maximum 10.0)</p> <ul style="list-style-type: none"> - any execution and/or artistry deduction <p>Neutral Deduction (ND):</p> <ul style="list-style-type: none"> - Deductions such as over-time, attire, behavior etc. - For more details please refer to the 2022-2024 FIG WAG Code of Points

1. Table of Elements

Groups of Elements	0.1	0.2	0.3	0.4
Mounts	Facing and with hands on side of beam, jump to squat on Jump to straddle support (hold 2 sec.) – from side stand or cross stand		Any 'A'-value mounts listed in FIG Code of Points	Any 'B'-value or above mounts listed in FIG Code of Points
Gymnastics leaps, jumps and hops	Straight jump	Tuck jump Straight jump with ½ turn (180°)	Any 'A'-value jumps, leaps or hops listed in FIG Code of Points	Any 'B'-value or above jumps, leaps or hops listed in FIG Code of Points

2024–2025年度全港小學校際體操比賽

All Hong Kong Inter-Primary Schools Gymnastics Competition 2024-2025

聯合主辦



Gymnastics turns	½ turn on two feet (pivot turn)	½ turn on one leg (180°)	Any 'A'-value gymnastic turns listed in FIG Code of Points	Any 'B'-value or above gymnastics turns listed in FIG Code of Points
Balance / Hold		Scale balance (back leg reaches horizontal to 135°) Side scale (horizontal to 135°)	Any 'A'-value hold or balance elements listed under Hold and Acro Non-flight elements in FIG Code of Points	Any 'B'-value or above hold or balance elements listed under Hold and Acro Non-flight elements in FIG Code of Points
Acrobatic elements		Forward roll	Any 'A'-value Acrobatic Elements listed in FIG Code of Points	Any 'B'-value or above acrobatic elements listed in FIG Code of Points
Dismount	Round-off performed off the end of beam	Free (aerial) cartwheel Cartwheel step-in to straight jump off	Any 'A'-value Dismounts listed in FIG Code of Points	Any 'B'-value or above dismounts listed in FIG Code of Points

*Tic-toc will be counted as a forward acrobatic element

✘For the "cartwheel step-in to straight jump off" dismount, the connection needs to be immediate and the arms must lift to above shoulder height in the straight jump. Otherwise, it will be counted as an acro skill (cartwheel) with no dismount.

2. Composition Requirements (each worth 0.5, maximum 2.0)

- 2.1. One direct connection of at least **two (2)** different dance elements chosen from the table of elements below
- 2.2. Acrobatic elements in different directions (forward/sideward and backward)
- 2.3. A 1/1 (360°) turn, roll or flairs on the balance beam
- 2.4. Dismount

3. Connection Value (each of the following can be credited maximum one time)

- 2.1 Direct connection of an acro element to a dance element *award 0.2*
- 2.2 Direct connection of two (2) acro elements *award 0.2*

Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points



Primary Girls A Grade – Floor Exercise

<i>Apparatus Requirement:</i>	12m x 12m
<i>Time:</i>	Maximum 90 seconds (Music required)
<i>Combination of Elements:</i>	All elements must be chosen from the Table of Elements below and each routine must be performed to music.
<i>Determination of Final Score:</i>	<p>D-score + E-score = Final Score</p> <p>D-score</p> <ol style="list-style-type: none"> 1. Difficulty Value (DV) – Total value of the <u>highest 8 elements</u> performed in the routine (including Dismount); must include <u>min. 3 acro and min. 3 dance elements</u> 2. Composition Requirements (CR) – Each worth 0.5, maximum 2.0 3. Connection Value (CV) – Maximum 0.4 <p>E-score (Maximum 10.0)</p>

1. Specific Apparatus Requirements

(1) Dismount is the highest-value element in the last counting acro line*. If the gymnast only performs 1 (one) acro line, **no dismount** will be credited (**Neutral Deduction -0.5**)

**An acro line consists of a minimum of 2 directly connected acro elements*

** Any acro elements performed after Dismount will not count towards DV*

(2) All counting elements must be from the table of elements below. Acro skills with hand support that worth 0.2 or above may be repeated only once to fulfill CR below, but DV and CV will only be credited once according to chronological order of performance.

2. Composition Requirements (each worth 0.5)

(1) A dance passage composed of 2 (two) different hops or leaps connected directly or indirectly (with running steps, small leaps, hops, chasse, chaine turns), one of them with 180° cross/side split or straddle position

(2) An acro line consisting minimum 2 (two) acro elements, one of which is a flight element

(3) Forward/sideways and backward acro elements in same or different acro lines

(4) Any salto

2024–2025年度全港小學校際體操比賽

All Hong Kong Inter-Primary Schools Gymnastics Competition 2024-2025

聯合主辦



3. Table of Elements

	Element Groups	Values			
		0.1	0.2	0.3	0.4
<p><i>Dance elements</i> *Select at least 3 from these groups</p>	<p>Jumps, Leaps, and Hops</p> <ul style="list-style-type: none"> - Cat leap - Wolf jump - Stag jump - Sissone Jump 	<ul style="list-style-type: none"> - Split jump - Straight jump with 1/1 turn (360°) - Straddle jump - Split leap 	<ul style="list-style-type: none"> - Switch leap - Ring jump - Wolf jump with 1/2 turn (180°) - Split jump with 1/2 turn (180°) - Straddle jump with 1/2 turn (180°) - Straight jump with 2/1 turn (720°) 	<ul style="list-style-type: none"> - Switch leap with 90°/180° turn - Tour jeté with 1/2 turn (180°) - Split ring leap - Switch leap to ring - Split jump with 1/1 turn (360°) - Straddle jump with 1/1 turn (360°) 	
	<p>Spins</p> <ul style="list-style-type: none"> - 1/1 turn on one leg (360°) 	<ul style="list-style-type: none"> - 1/1 turn in tuck stand on 1 leg (360°) 	<ul style="list-style-type: none"> - 2/1 turn on one leg (720°) 	<ul style="list-style-type: none"> - 1/1 turn with heel of free leg at horizontal throughout (360°) - 1/1 turn with free leg held upward in 180° split position throughout (360°) - Illusion with 1/1 turn (360°) 	
<p><i>Acro elements</i> *Select at least 3 from these groups</p>	<p>Acro w/ Hand Support</p> <ul style="list-style-type: none"> - Cartwheel - One-arm cartwheel - Fwd walkover - Bwd walkover - Handstand to fwd roll 	<ul style="list-style-type: none"> - Front handspring - Back Handspring - Round-off - Backward roll to handstand 			
	<p>Salto</p>		<ul style="list-style-type: none"> - Aerial cartwheel - Aerial walkover - Whip back salto - Salto fwd (tucked/piked) - Salto bwd (tucked/piked) 	<ul style="list-style-type: none"> - Salto fwd (Stretched) - Salto fwd with 180°/360° twist - Salto bwd (Stretched) - Salto bwd with 180°/360° twist - 	

2024–2025年度全港小學校際體操比賽

All Hong Kong Inter-Primary Schools Gymnastics Competition 2024-2025

聯合主辦



4. Connection Value (each worth 0.2, maximum 0.4)

- (1) Salto + jump/~~leap~~/~~hop~~ (must have rebound) (must be in this order)
- (2) Direct connection of 2 acro elements, one must be a salto (must have rebound)

Unless otherwise specified, all execution and behavioural deduction will be applied according to the 2022-2024 FIG WAG Code of Points
