

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 – Scoring Criteria

| | 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 |

| Skill A | Incorrect movement | Execution |
|----------------------|--|-----------|
| Run-up | Uncoordinated arm swing | *0.3 |
| | Uncoordinated body posture | *0.3 |
| | Speed | *0.5 |
| Takeoff on the board | Insufficient push-off and acceleration in the last step before the board | *0.3 |
| | Insufficient strength | *0.3 |
| | Upper body leaning forward | *0.3 |
| Jumping onto the box | Squatting position higher than horizontal / torso bending more than 90° | 1.0 |
| | Legs stepping onto the box one after another instead of simultaneously | 0.5 |
| | Insufficient jump | *0.5 |
| | Height and hip angle | *0.5 |
| | Bent legs | *0.5 |
| | Split legs | *0.5 |
| | Insufficient or uncoordinated arm movement | *0.3 |
| Landing | Falling off the vaulting box | *0.3 |

| Skill B | Incorrect movement | Execution |
|-------------------------------|---|-----------|
| Handstand push-off on the mat | Without handstand / head touched the mat | 1.0 |
| | Hands touched the landing mat | 0.5 |
| | Insufficient momentum | *0.5 |
| | Insufficient push-off height | *0.5 |
| | Insufficient push-off distance | *0.3 |
| | <u>Body Posture</u> | *0.5 |
| | - Shoulder angle | *0.5 |
| | - Arching the back | *0.5 |
| - Hip angle | *0.5 | |
| Landing on the mat | Landed in a seated position | 1.0 |
| | Body landed sequentially | *0.5 |
| | Deviating from centerline | *0.3 |
| Overall | Failure to acknowledge judge after exercise | 0.3 |

*Maximum possible deduction

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

Updated: 4/2025

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Primary Girls C Grade – Floor Exercise – Scoring Criteria

| | Required Skills/ Elements | Value | Faults | Deduction |
|---|---|-------------------------|--|---|
| 1 | From two feet hurdle cartwheel, cartwheel | 0.8, 0.8 | Run to cartwheel Cartwheel - Insufficient leg split Cartwheel - Hip joint angle less than 90° Cartwheel - Insufficient hip joint angle Cartwheel - Not in a straight line Poor rhythm | 0.3 *0.3 No DV *0.3 *0.3 *0.3 |
| 2 | Backward roll to angry cat position | 0.4 | Poor rhythm | *0.3 |
| 3 | Scale balance (hold 2 seconds) to forward roll <i>OR</i> Handstand forward roll | 0.4 OR 0.6 | <u>Scale balance</u> Back leg below horizontal Back leg below 135° Back leg below 160° Upper body below horizontal Hold less than 2 seconds Poor rhythm Handstand - Incorrect body posture More than one kick to handstand | No DV *0.3 *0.1 0.1 0.3 *0.3 *0.3 0.5 |
| 4 | Lie flat on back, bridge, push to stand <i>OR</i> kick over to stand | 0.2 OR 0.4 | Unable to push up to bridge with hands Bridge - head touching the floor / More than one push with hands or shoulders / More than one kick to stand Legs apart wider than shoulders Hands and Legs too far apart Kick over - not passing through handstand / Failed to complete the flip | No DV 0.5 *0.3 *0.3 No DV |
| 5 | 1/1 turn (360°) on one leg | 0.4 | Insufficient turn more than 45° Insufficient turn by 0° - 45° | No DV *0.3 |
| 6 | chassé, front kick to needle kick | 0.4 | Kick less than 90° Kick less than 135° Kick less than 160° | No DV *0.3 *0.1 |
| 7 | Dance passage: Split leap, Split leap (one on each leg) | 0.6, 0.6 | Split less than 90° Split less than 135° Split less than 160° Two leaps start with the same leg Insufficient height | No DV *0.3 *0.1 2 nd Split Leap No DV *0.3 |

*Max Deductions

Choreography and Artistry Deductions (Scoring criteria applicable to this event are as follows)

| | | | |
|-------------------------------------|-----|-------------------------------------|------|
| Poor expression | 0.1 | Creativity in dance and transitions | 0.1 |
| Lack of confidence | 0.1 | Failure to fully utilize the floor | 0.1 |
| Lack of personal style | 0.1 | Missing movement touching floor | 0.1 |
| Lack of engagement | 0.1 | Pause (2 seconds) | @0.1 |
| Lack of connectivity and smoothness | 0.1 | | |

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Primary Girls B Grade – Vault – Scoring Criteria

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

| Phase | Incorrect movement | Execution |
|----------------------|--|-----------|
| Run-up | Uncoordinated arm swing | *0.3 |
| | Uncoordinated body posture | *0.3 |
| | Speed | *0.5 |
| Takeoff on the board | Insufficient push-off and acceleration in the last step before the board | *0.3 |
| | Insufficient strength | *0.3 |
| | Upper body leaning forward | *0.3 |
| First Flight Phase | Jump too high / too low | *0.3 |
| | <u>Body Posture</u> | |
| | - Bent legs | *0.5 |
| | - Split legs | *0.3 |
| Push-off Phase | - Arched back/ Hip angle | *0.3 |
| | Bent arms | *0.5 |
| | Shoulder angle | *0.3 |
| Second Flight Phase | Hands pressing on the box one after another | 0.3 |
| | Insufficient height | *0.5 |
| | Body not kept straight | *0.3 |
| Landing | Insufficient distance | *0.3 |
| | Landed in a seated position | 1.0 |
| | Body landed sequentially deviating from the centerline | *0.5 |
| Overall | | *0.3 |
| | Failure to acknowledge judge after exercise | 0.3 |

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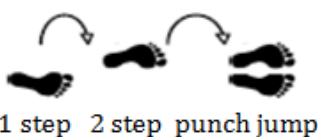
聯合主辦



Primary Girls B Grade – Beam – Scoring Criteria

Skills Summary

| | Skills | Value | Execution Faults | Deductions |
|---|--|--------------------------|---|---------------------------------------|
| 1 | Mount: Straight jump onto the apparatus with legs together, arms in horizontal position | 0.4 | Tuck jump onto the apparatus Both feet not landing simultaneously Lack of body tension or control Insufficient amplitude in jump | No DV *0.3 *0.3 *0.3 |
| 2 | Walk two steps forward in relevé (must include a slight hold with the free leg lifted for each step) | 0.2, 0.2 | Feet not pointed Bent knees Poor rhythm | *0.1 *0.3 *0.3 |
| 3 | Straight jump to tuck jump series | 0.2, 0.4 | Lack of body tension or control Insufficient amplitude Poor rhythm | *0.3 *0.3 *0.3 |
| 4 | Split jump | 0.8 | Split with less than 90° Split between 90° and 135° Split between 135° and 160° Insufficient amplitude | No DV *0.3 *0.1 *0.3 |
| 5 | Forward kick connected to a backward kick | 0.2, 0.2 | Forward or backward kick with less than 90° Kicks between 90° and 135° Kicks between 135° and 160° | No DV *0.3 *0.1 |
| 6 | Handstand in cross position (legs in split or together), step down to lunge | 0.8 | Any part of the body deviating from vertical position for more than 45° at handstand (legs together) Back leg passing through handstand position but with less than 45° from vertical position (legs in split) Split with legs not parallel to the floor Lack of body tension or control | No DV No DV 0.1 *0.3 |
| 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 | Angle between trunk and thigh in passé: - more than 150° - more than 135° - more than 90° Poor rhythm | No DV *0.3 *0.1 *0.3 |
| 8 | Run (2 steps or above), punch (feet together) straight jump off the beam | 0.4 or 0.6 | Run with less than 2 steps Tuck jump off the beam Lack of body tension or control | 0.3 No DV *0.3 |
| | Run (2 steps or above), punch (feet together) straddle pike jump off the beam | | Run with less than 2 steps Straddle pike jump with less than 90° Straddle pike jump between 90° and 135° Straddle pike jump between 135° and 160° Lack of body tension or control | 0.3 No DV *0.3 *0.1 *0.3 |



*Maximum deduction

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Deduction on choreography and artistry requirements: applicable to the evaluation of choreography and artistry for this competition

| | |
|---|-----|
| Lack of confidence | 0.1 |
| Lack of personal style | 0.1 |
| Insufficient variation in rhythm & tempo in movements (no DV) | 0.1 |
| Performance of the entire exercise as a series of disconnected elements & movements (lack of fluency) | 0.1 |
| Insufficient creativity in choreography and transition elements | 0.1 |

| | |
|--|------|
| Lack of side movements (no DV) *must travel | 0.1 |
| Insufficient use of the entire length of the beam | 0.1 |
| More than one ½ turn on 2 feet with straight legs (pivot turn) throughout exercise | @0.1 |
| Pause (2 sec) | @0.1 |

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Primary Girls B Grade – Floor Exercise – Scoring Criteria

| | Required Skills/ Elements | Value | Faults | Deductions |
|---|--|-----------------------------|---|---|
| 1 | Run 2-3 steps, round-off rebound to straight jump 1 st step 2 nd step 3 rd step take off | 0.8, 0.2 | Round-off hip joint less than 90° Failed to rebound immediately Insufficient rebound height Lack of body tension or control Run missing | No DV 0.3 *0.3 *0.3 0.3 |
| 2 | Forward or backward walkover <i>OR</i> From stand, back bend to bridge, kick over | 0.8 OR 0.4 | Walkover - not passing through handstand / Failed to complete the flip Walk over - leg split less than 90° Walk over - leg split less than 135° From stand to bridge - Fall Kick over - not passing through handstand/ Failed to complete the flip Head touching the floor/ More than one kick | No DV *0.3 *0.1 No DV No DV 0.5 |
| 3 | Handstand forward roll to Split jump | 0.6, 0.6 | Not passing through handstand Split less than 90° Split less than 135° Split less than 160° Lack of body tension or control Poor rhythm Insufficient height | No DV No DV *0.3 *0.1 *0.3 *0.3 *0.3 |
| 4 | 1/1 turn (360°) on one leg | 0.4 | Insufficient turn more than 45° Insufficient turn by 0° - 45° | No DV *0.3 |
| 5 | Stretch jump with 1/1 turn (360°) | 0.4 | Insufficient turn more than 45° Insufficient turn by 0° - 45° Insufficient height | No DV *0.3 *0.3 |
| 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 | Split less than 90° Split less than 135° Split less than 160° Two leaps start with the same leg Insufficient height Poor rhythm | No DV *0.3 *0.1 2 nd Split Leap No DV *0.3 *0.3 |

*Max Deductions

Choreography and Artistry Deductions (Scoring criteria applicable to this event are as follows)

| | | | |
|-------------------------------------|-----|-------------------------------------|------|
| Poor expression | 0.1 | Creativity in dance and transitions | 0.1 |
| Lack of confidence | 0.1 | Failure to fully utilize the floor | 0.1 |
| Lack of personal style | 0.1 | Missing movement touching floor | 0.1 |
| Lack of engagement | 0.1 | Pause (2 seconds) | @0.1 |
| Lack of connectivity and smoothness | 0.1 | | |

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Primary Girls A Grade – Bars – Scoring Criteria

Skills Summary

| | Required Skills/Elements | Value | Execution Faults | Deductions |
|---|--|----------------------|--|--|
| 1 | Glide swing | 1.0 | Insufficient extension (hip angle <90°) Insufficient extension (hip angle between 90° and 135°) Insufficient extension (hip angle between 135° and 160°) Bent arms Feet brushing mat in glide Feet hitting mat in glide | No DV *0.3 *0.1 *0.5 0.3 1.0 |
| 2 | Pullover <i>OR</i> Chin-up pullover | 0.6 <i>OR</i> 1.0 | Jump in chin-up pullover Bent legs Lack of body tension or control Poor rhythm Release of hands from the bar during pullover | 0.3 *0.5 *0.3 *0.3 *0.3 |
| 3 | Cast (toes to bar height), cast (toes to bar height), back hip circle | 0.6, 0.6, 1.0 | Cast below bar height Lack of control or body tension Bent arms Poor rhythm Pause Bent legs Incorrect body position (arch or pike) | *0.3 *0.3 *0.5 *0.3 0.3 *0.5 *0.3 each |
| 4 | Cast to clear underswing dismount <i>OR</i> Cast to toe-shoot dismount (pike or straddle) | 0.6 <i>OR</i> 0.8 | Insufficient amplitude Lack of body tension or control Bent arms | *0.3 *0.3 *0.5 |

* = 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 deductions will be applied according to the 2022-2024 FIG WAG Code of Points