

2025-2026年度全港小學校際體操比賽
All Hong Kong Inter-Primary Schools
Gymnastics Competition 2025-2026

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	*0.3
	Insufficient or uncoordinated arm movement	*0.3
Landing	Falling off the vaulting box	1.0

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

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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> Lie flat on back, bridge, 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° Insufficient height Two leaps start with the same leg	No DV *0.3 *0.1 *0.3 2 nd Split Leap No DV

*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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Updated: 4/2026

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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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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 height 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 height 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 height	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	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  1 step 2 step punch jump	or 0.6	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 Insufficient height Poor rhythm	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 0.5 *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	Feet brushing mat Feet hitting mat Insufficient amplitude Bent arms Lack of body tension or control	0.5 1.0 *0.3 *0.5 *0.3

* = 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 2025-2028 FIG WAG Code of Points