

2025–2026年度全港中學校際體操比賽
All Hong Kong Inter-Secondary Schools
Gymnastics Competition 2025-2026

聯合主辦



Secondary Girls C 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
	Insufficient momentum	
	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 2025-2028 FIG WAG Code of Points

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Secondary Girls C Grade - Floor Exercise - Scoring Criteria

	Required Skills/ Elements	Value	Faults	Deduction
1	From two feet hurdle cartwheel to cartwheel	0.6, 0.6	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 walkover OR Lie flat on back, bridge, kick over to stand	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° Kick over - not passing through handstand/ Failed to complete the flip Head touching the floor/ More than one push with hands/ More than one kick Legs apart wider than shoulders	No DV *0.3 *0.1 No DV 0.5 *0.3
3	Kick up to handstand, end with lunge	0.6	Handstand – Any body parts deviates more than 45° from vertical (Legs together) Lack of body tension or control	No DV *0.3
4	Stretch jump with 1/1 turn (360°)	0.6	Insufficient turn more than 45° Insufficient turn by 0° - 45° Insufficient height	No DV *0.3 *0.3
5	1/1 turn (360°) on one leg	0.6	Insufficient turn more than 45° Insufficient turn by 0° - 45°	No DV *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° Insufficient height Poor rhythm	No DV *0.3 *0.1 *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	More than one closed-leg standing turn 180°	@0.1
Lack of connectivity and smoothness	0.1	Pause (2 seconds)	@0.1

All unlisted elements deductions will be applied according to 2025-2028 FIG WAG Code of Points.

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Secondary Girls B Grade – Beam – Scoring Criteria

	Skills	Value	Execution Faults	Deductions	
1	Leap onto beam to land in scale position (back leg at min. horizontal)	0.6	(Leap on) Landing with free back leg below horizontal	0.1	
	or	<i>or</i>			
	Jump to clear straddle support (from end or side of beam). Hold 2 seconds	0.4			
	or	<i>or</i>			
	From stand facing side of the beam, jump to tuck stand	0.4	Squat on with feet not landing simultaneously	0.1	
2	Lift one leg to side passé, then move leg to front passé. Repeat on other leg to 1/2 (180°) turn on one foot	0.2,	Angle between trunk and thigh in passé:	No DV	
		0.2,	- more than 150°	*0.3	
		0.6	- more than 135°	*0.1	
			- more than 90°	*0.3	
			Poor rhythm		
3	Straight jump to sissone jump series	0.4, 0.6	Sissone - split with less than 90°	No DV	
			Sissone - split between 90° and 135°	*0.3	
			Sissone - split between 135° and 160°	*0.1	
			Insufficient height	*0.3	
			Lack of body tension or control	*0.3	
			Poor rhythm	*0.3	
4	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)	No DV	
			Back leg passing through handstand position but with less than 45° from vertical position (legs in split)	No DV	
			Split with legs not parallel to the floor	0.1	
	or	<i>or</i>		Lack of body tension or control	*0.3
	Scale balance (leg at min. horizontal)	0.4	<u>Scale balance:</u>		
			- Back leg below horizontal	No DV	
			- Split angle less than 135°	*0.3	
- Split angle less than 160°			*0.1		
	Body dropping below horizontal	0.1			
	Insufficient hold	0.3			

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5	Forward walkover / Backward walkover / Tic-toc / Cartwheel / Free forward roll	0.8 or 0.4	Poor rhythm Walkover fwd / Walkover bwd / Walkover fwd, bwd (Tic-toc): Fall without passing through handstand position or incomplete walkover Split with less than 90° Split between 90° and 135° Cartwheel Insufficient split in cartwheel Hip angle less than 90° Insufficient opening of hip angle Deviation from straight direction Poor rhythm	*0.3 No DV *0.3 *0.1 0.3 No DV *0.3 *0.3 *0.3
	or Forward roll			
6	Run (2 steps or above) into punch (feet together) straddle pike jump off the beam  1 step 2 step punch jump	0.4	Straddle jump Dismount 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
	or Round-off dismount off the end of beam	or 0.8	Round-off Dismount Hip angle less than 90° Lack of body tension or control No repulsion	No DV *0.3 *0.3

*Maximum deduction

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
Missing combination of movements/elements close to the beam	0.1
Insufficient use of entire length of beam	0.1
More than one ½ turn on 2 feet with straight legs throughout exercise	@0.1
Pause (2 sec)	@0.1

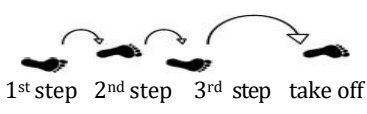
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Secondary Girls B Grade – Floor Exercise – Scoring Criteria

	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, 0.4	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	Handstand to forward roll	0.8	Not passing through handstand Lack of body tension or control Poor rhythm	No DV *0.3 *0.3
3	Backward walkover OR 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
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	Tuck jump with 1/1 turn (360°)	0.6	Insufficient turn more than 45° Insufficient turn by 0° - 45° Hip angle more than 135° Hip angle 90° - 135° Insufficient height	No DV *0.3 No DV *0.3 *0.3
6	Dance passage: Switch leg leap, Split leap (any order)	0.8, 0.4	Switch leg leap - Free leg swings less than 45° or bent Split less than 90° Split less than 135° Split less than 160° Insufficient height Poor rhythm	*0.3 No DV *0.3 *0.1 *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		

All unlisted elements deductions will be applied according to 2025-2028 FIG WAG Code of Points.