

Vault (VT)

Each vault is awarded a value according to its difficulty. The height and the length of the vault are of crucial importance together with the exactness of the turns before and after the somersault and the controlled landing.

Uneven Bars (UB)

Swinging and continuous movements are required on this apparatus. The exercise should include movements in both directions, above and below the bars. Elements with twists and somersaults with multiple grip changes and high flight should be demonstrated to maximise scores. Often a spectacular dismount ends the routine.

Balance Beam (BB)

A routine on the beam should be an artistic combination of a variety of acrobatic elements, gymnastic leaps, jumps, turns, step and running combinations, waves and balance elements in standing, sitting and lying positions.

Floor Exercise (FX)

The floor exercise, accompanied by music to enhance the performance, should combine dance movements and sequences with a variety of tumbling and acrobatic elements. The floor measures 12 x 12 metres, with an additional safety border of 1 metre and the performance area is constructed of a sprung surface to allow for power during take-off and softness for landing.