

Artistic Gymnastics Competition

EuroGames Lyon 2025

Choice of Competition

There are 3 levels of competition: **Beginners**, **Intermediate** and **Advanced**.

You can compete on 2 apparatuses: **Floor** and **Vault** ; you can also compete **All-around** (Floor plus Vault).

Thus, there is a total of 9 ways to compete:

- Beginners on Floor
- Beginners on Vault
- Beginners on Floor and Vault
- Intermediate on Floor
- Intermediate on Vault
- Intermediate on Floor and Vault
- Advanced on Floor
- Advanced on Vault
- Advanced on Floor and Vault

All levels and apparatuses are mixed, without distinction of gender.

Floor Competition

The gymnasts will make a free pass containing at least **8 elements** to be chosen from the list of imposed provided below. We also provide **examples of routines** for each level.

The elements are grouped into **6 families** which will all be represented in the sequences. The families are as follows:

- Holds and Flexibility
- Force
- Jumps and Pivots
- Forward Rotations
- Backward and Side Rotations
- Balances and Alignments

There will be a penalty of -1pt for each missing family in the routine.

Routines may be accompanied by music and include choreographic elements. The general presentation may be subject to bonus points.

- +0,5pt Presentation in music
- +0,5pt Original composition
- +0,5pt Consistency of movement with music
- +0.5pt Appropriate clothing, in relation to the theme

General

- There will be a single routine presentation per gymnast
- Each routine will last 2 minutes at most
- Missed elements that are unidentifiable by judges can be attempt again once
- The best 8 elements will be evaluated.

Penalties

- -0,5pt No presentation or greeting at the beginning and end of competition
- -1,0pt By fall of the gymnast
- -1,0pt By missing element family

The judges present at the competition are trained by the *Fédération Sportive et Culturelle de France* and will grade according to the FSCF rules.

Elements Table

Elements are classified by degree from A to G, corresponding to the associated degree of difficulty.


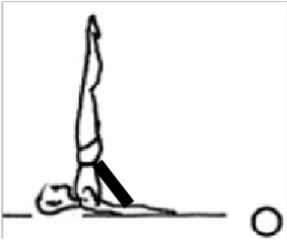

- 0,5pt for A and B
- 1,0pt for C and D
- 1,5pt for E and F
- 2,0pt for G



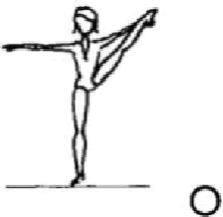
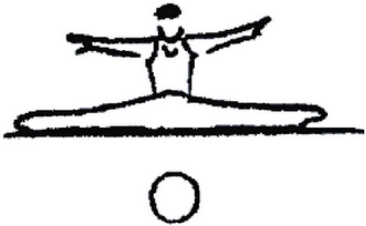
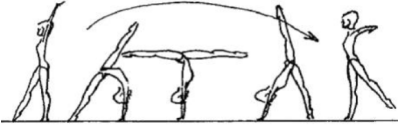
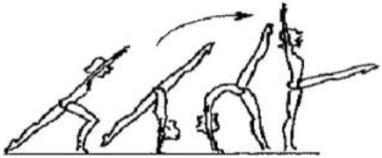

Depending on the chosen level, gymnasts will have to follow rules in the choice of elements.

- **Beginners** only A and B
- **Intermediates** only from A to D of which at least 2 in C or D
- **Advanced** only from C to G of which at least 2 from E to G

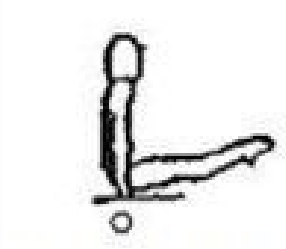
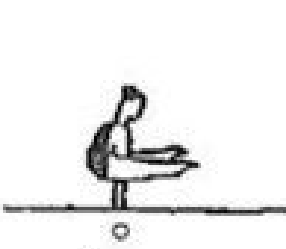
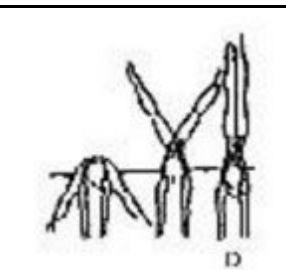
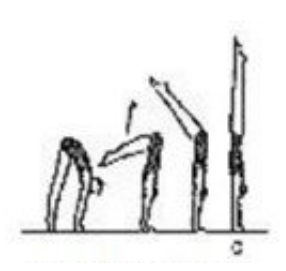
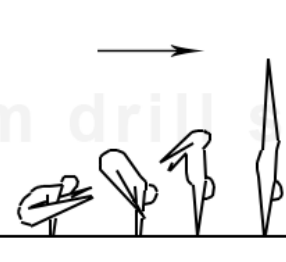
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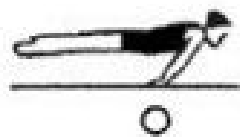
Holds and Flexibility

Level	Degree of Diff.	Element	Drawing
A	0,5pt	Straddle Standing Scale with 2 feet on the ground	
A	0,5pt	Shoulder Stand / Candlestick	
B	0,5pt	Standing Scale	

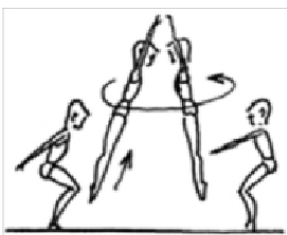


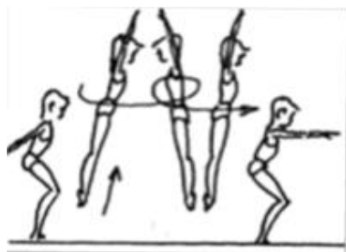

Level	Degree of Diff.	Element	Drawing
C	1,0pt	Pancake	
D	1,0pt	Side Split	
D	1,0pt	Y	
E	1,5pt	Cross Split	
E	1,5pt	Backward Walkover	
F	1,5pt	Forward Walkover	
G	2,0pt	Circle 720° (Russian or Thomas)	


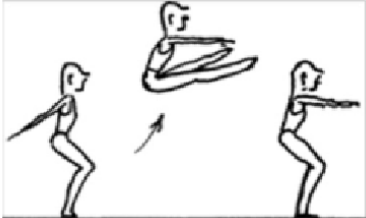




Force

Level	Degree of Diff.	Element	Drawing
A	0,5pt	L-Sit with glutes on the floor (held 2s)	
B	0,5pt	L-Sit with one foot on the ground	
C	1,0pt	L-Sit	
D	1,0pt	Straddle L-Sit	
E	1,5pt	Press to Handstand with Straddle legs	
F	1,5pt	Press to Handstand with Joint legs	
G	2,0pt	Press to Handstand from Straddle L-Sit	

Level	Degree of Diff.	Element	Drawing
G	2,0pt	Planche	

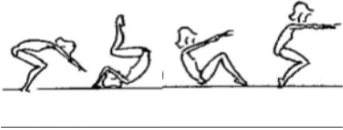


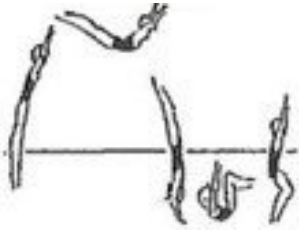

Jumps and Pivots



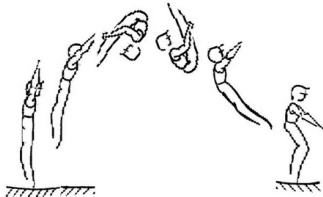
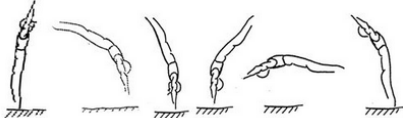
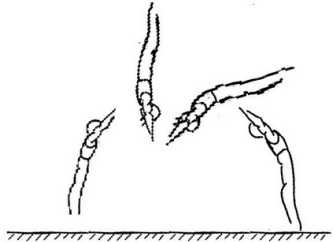
Level	Degree of Diff.	Element	Drawing
A	0,5pt	Half Turn Jump	
A	0,5pt	Tucked Jump	
A	0,5pt	Half Turn Pivot	
B	0,5pt	Full Turn Jump	
B	0,5pt	Cabriole Jump	

Level	Degree of Diff.	Element	Drawing
B	0,5pt	Sissone Jump	
C	1,0pt	Straddle Jump (horizontal legs)	
C	1,0pt	Cabriole + Sissone	
D	1,0pt	Full Turn Pivot	
D	1,0pt	Side Split Leap	
E	1,5pt	Tucked Full Turn Jump	
F	1,5pt	2 Turns Jump	


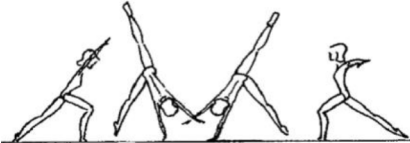

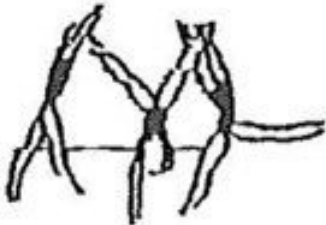


Level	Degree of Diff.	Element	Drawing
G	2,0pt	Full Turn Jump, Side Split halfway to the turn, landing legs joint	





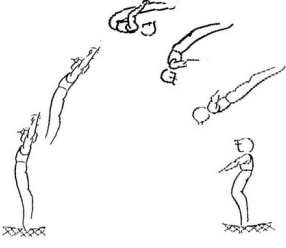
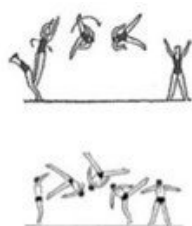
Forward Rotations


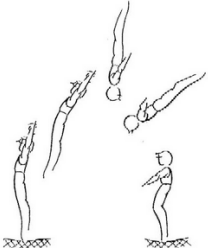
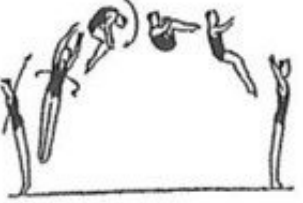
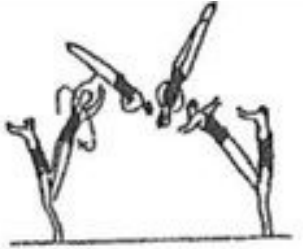
Level	Degree of Diff.	Element	Drawing
A	0,5pt	Forward Roll Tucked	
B	0,5pt	Forward Roll Straddle	
C	1,0pt	Forward Roll with Straight Legs	
C	1,0pt	Dive Roll	
D	1,0pt	Handspring	

Level	Degree of Diff.	Element	Drawing
D	1,0pt	Forward Salto Tucked	 A sequence of five line drawings showing the progression of a forward salto tucked. The sequence starts with a person in a starting crouch, followed by takeoff, mid-air with knees pulled up towards the chest, and ends with landing in a crouched position.
D	1,0pt	Roundoff	 A sequence of four line drawings showing the progression of a roundoff. The sequence starts with a person in a starting crouch, followed by takeoff, mid-air with legs split wide and arms extended, and ends with landing in a crouched position.
E	1,5pt	Forward Salto Straddle	 A sequence of four line drawings showing the progression of a forward salto straddle. The sequence starts with a person in a starting crouch, followed by takeoff, mid-air with legs split wide and arms extended, and ends with landing in a crouched position.
E	1,5pt	Frontflip	 A sequence of six line drawings showing the progression of a frontflip. The sequence starts with a person in a starting crouch, followed by takeoff, mid-air with legs bent and arms extended, and ends with landing in a crouched position.
F	1,5pt	Roundoff Salto	
F	1,5pt	Roundoff Frontflip	
G	2,0pt	Salto Salto (Forward)	
G	2,0pt	Forward Salto Straight	 A sequence of four line drawings showing the progression of a forward salto straight. The sequence starts with a person in a starting crouch, followed by takeoff, mid-air with legs straight and arms extended, and ends with landing in a crouched position.



Backward and Side Rotations


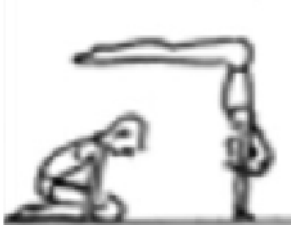
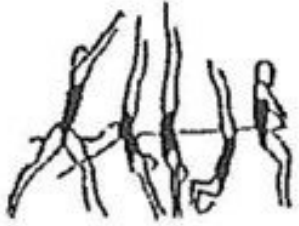
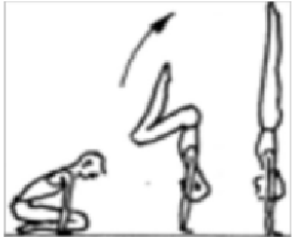

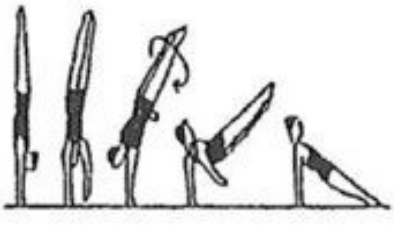

Level	Degree of Diff.	Element	Drawing
A	0,5pt	Backward Roll (Tucked or Straddle)	
A	0,5pt	Cartwheel	
B	0,5pt	Backward roll with Straight Legs	
B	0,5pt	Cartwheel on One Hand	
C	1,0pt	Backward Roll to Handstand (Handstand doesn't have to be held)	
C	1,0pt	Roundoff	

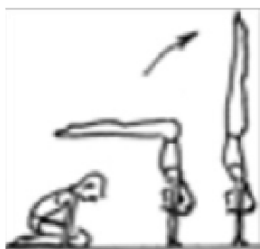
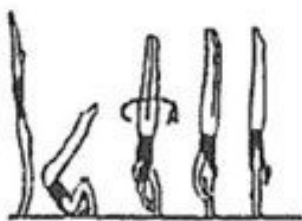
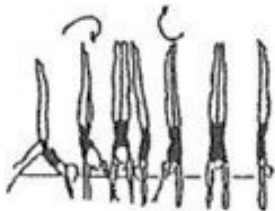
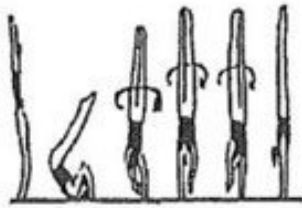
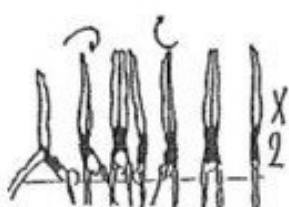


Level	Degree of Diff.	Element	Drawing
D	1,0pt	Backflip	
D	1,0pt	Backward Salto Tucked	
D	1,0pt	Side Salto	
D	1,0pt	Half Turn to Dive Roll	
E	1,5pt	Backflip Backflip	
E	1,5pt	Backward Salto Straddle	
E	1,5pt	Side Salto Joint feet	

Level	Degree of Diff.	Element	Drawing
F	1,5pt	Tempo Backflip	
F	1,5pt	Backward Salto Straight	
F	1,5pt	Half Turn Forward Salto Tucked	
G	2,0pt	Twist (Backward Salto Full Turn)	

Balance and Alignments

Level	Degree of Diff.	Element	Drawing
A	0,5pt	Tucked Handstand	
A	0,5pt	Headstand	

Level	Degree of Diff.	Element	Drawing
A	0,5pt	Handstand non held	
B	0,5pt	Pike Handstand to Reversed L-Sit	
B	0,5pt	Handstand Rolled	
C	1,0pt	Tucked or Straddle Handstand to Handstand	
C	1,0pt	Handstand (held 2s)	
C	1,0pt	Healy	
C	1,0pt	Handstand Half Turn	

Level	Degree of Diff.	Element	Drawing
D	1,0pt	Pike Handstand to Handstand	
D	1,0pt	Pike Backward Roll to Handstand and Half Turn	
D	1,0pt	Handstand Full Turn	
E	1,5pt	Pike Backward Roll to Handstand and Full Turn	
E	1,5pt	Handstand 2 Turns (720°)	
F	1,5pt	Handspring to Healy	
G	2,0pt	Rock to Handstand from prone position (held 2s, with Momentum)	

Sample Routines

Beginner Routine (4pt)

1. L-Sit with glutes on the floor (2s) (A)
2. Tucked Forward Roll (A)
3. Half Turn Jump (A)
4. Straddle Backward Roll (A)
5. Straddle Standing Scale with 2 feet on the ground (A)
6. Tucked Handstand (A)
7. Candlestick (A)
8. Tucked Jump (A)

Intermediate Routine (5,5pt)

1. Full Turn Jump (B)
2. Forward Roll with Straight Legs (C)
3. L-Sit with one foot on the ground (B)
4. Tucked Backward Roll (A)
5. Candlestick held 2s, with hands on the ground (A)
6. Tucked Jump (A)
7. Handstand held 2s (C)
8. Roundoff (C)

Advanced Routine (9pt)

1. Y (D)
2. Full Turn Pivot (D)
3. Flip Flip (E)
4. Press to Handstand with Straddle legs (E)
5. Healy (C)
6. Pike Backward Roll to Handstand and Half Turn (D)
7. Pancake (C)
8. Handspring (D)

Vault Competition



- Gymnasts will do **2 attempts**
- The best of 2 grades will be kept
- The gymnasts will do 2 passes The best of 2 notes will be retained It is possible to make a different jump at each attempt, but with the same kind of springboard and at the same level (Beginner, Intermediate or Advanced)

The judges present at the competition are trained by the *Fédération Sportive et Culturelle de France* and will grade according to the FSCF rules.




The drawings are an aid to representation, but the text is the reference.

Beginner level Jumps

Level	Degree of Diff.	Element	Drawing
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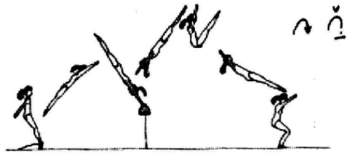
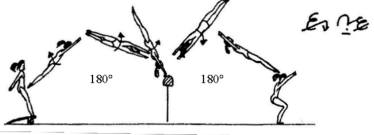
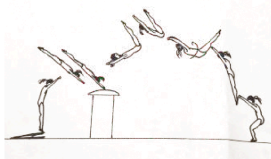
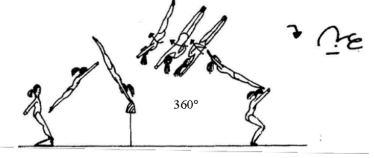
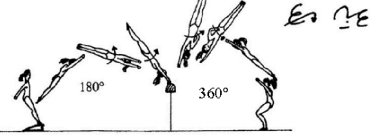
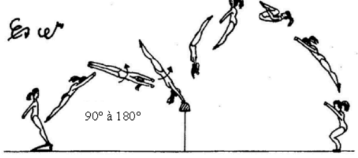
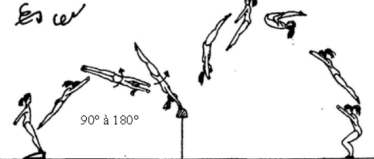
Level	Degree of Diff.	Element	Drawing
A	4,0pt	Run, Vertical Jump, Landing. No Vaulting Table	
B	5,0pt	Run, Vertical Jump, Landing on the Table. Handstand fall on the back.	

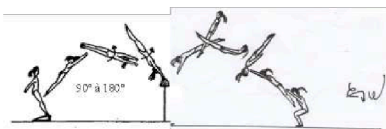
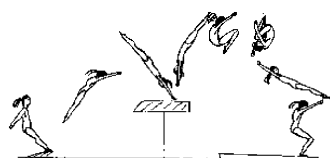
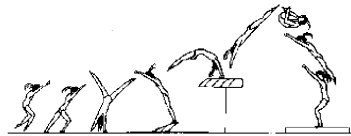
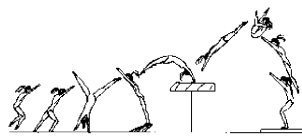
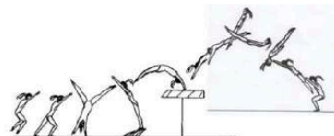
Intermediate level Jumps

Level	Degree of Diff.	Element	Drawing
C	6,0pt	Handspring with Mini-trampoline	
D	8,0pt	Handspring with Double Springboard	
E	10,0pt	Handspring with Springboard	

Advanced level Jumps

Level	Degree of Diff.	Element	Drawing
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Level	Degree of Diff.	Element	Drawing
F	11,7pt	Yamashita - Straddle Handspring Forward roll with trunk-leg closure during the ascending phase of the second flight.	 A sequence of four line drawings showing the progression of a Yamashita - Straddle Handspring. It starts with a forward roll, followed by a handspring where the legs are straddled and closed during the ascending phase. To the right, there are handwritten notes: '2 1/2' and a small sketch of a person in a tucked position.
F	12,0pt	1/2 Turn - 1/2 Turn Forward roll with a 1/2 turn during the first flight and a 1/2 turn during the second flight.	 A sequence of four line drawings showing a forward roll with a 1/2 turn in the first flight and another 1/2 turn in the second flight. The second flight is labeled '180°'. To the right, there are handwritten notes: 'E 2 1/2' and a small sketch of a person in a tucked position.
F	12,0pt	Straddle Handspring with 1/2 Turn Forward roll with trunk-leg closure during the ascending phase of the second flight and a 1/2 turn during the second flight.	 A sequence of four line drawings showing a forward roll with a straddle handspring and a 1/2 turn during the second flight. To the right, there are handwritten notes: '2 1/2' and a small sketch of a person in a tucked position.
F	12,5pt	Handspring Full turn Forward roll with a full turn during the second flight.	 A sequence of four line drawings showing a forward roll with a full turn during the second flight. The second flight is labeled '360°'. To the right, there are handwritten notes: '2 1/2' and a small sketch of a person in a tucked position.
F	12,5pt	1/2 Turn - 1/1 Turn Forward roll with a 1/2 turn during the first flight and a full turn during the second flight.	 A sequence of four line drawings showing a forward roll with a 1/2 turn in the first flight and a full turn in the second flight. The first flight is labeled '180°' and the second flight is labeled '360°'. To the right, there are handwritten notes: 'E 2 1/2' and a small sketch of a person in a tucked position.
G	13,0pt	Tsukahara Tucked Forward roll with a 1/4 - 1/2 turn (90°-180°) during the first flight, tucked back somersault in the second flight.	 A sequence of four line drawings showing a forward roll with a 1/4 - 1/2 turn in the first flight and a tucked back somersault in the second flight. The first flight is labeled '90° à 180°'. To the right, there are handwritten notes: 'E 2 1/2' and a small sketch of a person in a tucked position.
G	13,0pt	Tsukahara Straddle Forward roll with a 1/4 - 1/2 turn (90°-180°) during the first flight, arched back somersault in the second flight.	 A sequence of four line drawings showing a forward roll with a 1/4 - 1/2 turn in the first flight and an arched back somersault in the second flight. The first flight is labeled '90° à 180°'. To the right, there are handwritten notes: 'E 2 1/2' and a small sketch of a person in a tucked position.

Level	Degree of Diff.	Element	Drawing
G	13,0pt	Tsukahara Straight Forward roll with a 1/4 - 1/2 turn (90°-180°) during the first flight, straight back somersault in the second flight.	
G	13,0pt	Handspring Salto Tucked Forward roll in the first flight, tucked forward somersault in the second flight.	
G	13,0pt	Yurchenko Tucked Note: Trampoline protection is mandatory for this vault; otherwise, the vault is null. Round-off flip, tucked back somersault in the second flight.	
G	13,0pt	Yurchenko Straddle Note: Trampoline protection is mandatory for this vault; otherwise, the vault is null. Round-off flip, straddle back somersault in the second flight.	
G	13,0pt	Yurchenko Straight Note: Trampoline protection is mandatory for this vault; otherwise, the vault is null. Round-off flip, straight back somersault in the second flight.	

All-around Competition

The gymnasts participating in the All-around competition will have to compete on both **Floor** and **Vault**, at the same level, according to the rules explained above. Their scores will be added up.