

MILO Indian School Gymnastics League 2017

MODIFIED CODE OF POINTS

Author/Development Credit: Mr. Anil Kumar Gupta (NSNIS certified)

AGE GROUP: - Under 8 Years Boys

The Modify Code of Points will be followed in this competition

Floor Exercise (10MX10M)

Time Duration :- (60 sec. to 70 sec.)

S.no	Elements	Class group	Value
1.	Forward Roll	A	0.20
2.	Backward Roll	A	0.20
3.	Straddle Forward Roll	A	0.30
4.	Straddle Backward Roll	A	0.30
5.	Cartwheel	B	0.30
6.	One Hand Cartwheel	B	0.40
7.	Legs Open	A	0.20
8.	T - Balance (Minimum 2 Sec. Hold)	A	0.20
9.	Y - Balance (Minimum 2 Sec. Hold)	A	0.20
10.	Round Off	B	0.30
11.	Unlisted Elements 1, 2, 3, 4	-	0.10
12.	HIGHER LEVEL 1, 2, 3, 4	C	0.50

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the "D" jury in the category of "C" class. The value of C class elements is 0.50.

EGR (Elementary Group Requirement) cum special bonus

Group		value
1.	Straddle Forward Roll/ Straddle Backward Roll	0.50Mark
2.	T - Balance/ Y – Balance (Minimum 2 Sec. Hold)	0.50 Mark
3.	Legs Open	0.50 Mark
4.	One Hand Cartwheel	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
- Each elements will be recognized only one in a routine.

Short exercise rules

No. of Elements	"E" Jury Score
1 to 2	2
3	4
4	6
5	8
6	9
7	10

General deductions

- As per FIG (0.1 small, 0.3 medium, 0.5 large, 1.00 fall)

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Time Duration :- (60 sec. to 70 sec.)

S.no	Elements	Class group	Value
1.	Round Off	A	0.20
2.	Handstand To Forward Roll	A	0.30
3.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold)	A	0.20
4.	One Hand Cartwheel	B	0.30
5.	Legs Open (Three Direction)	A	0.30
6.	L - Hold (Minimum 2 Sec. Hold)	A	0.20
7.	Standing Back Flick	B	0.50
8.	Dive Roll	B	0.30
9.	Forward/Backward Walkover	B	0.30
10.	Back Roll To Handstand	B	0.30
11.	Round Off To Back Flick	C	0.60
12.	Handspring	B	0.50
13.	Somersault (Forward/ Backwards)	C	0.60
14.	Unlisted Elements 1, 2, 3, 4	-	0.10
15.	HIGHER LEVEL 1, 2, 3, 4	D	0.80

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise it's also evaluate by the "D" jury in the category of "D" class. The value of D class elements is 0.80

EGR (Elementary Group Requirement) cum special bonus

Group		value
1.	Forward/Backward Walkover	0.50 Mark
2.	Back Roll To Handstand	0.50 Mark
3.	Back Flick/ Handspring	0.50 Mark
4.	Y – Balance/ L- Hold (Minimum 2 Sec. Hold)	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
- Each elements will be recognized only one in a routine.

Short exercise rules

No. of Elements	"E" Jury Score
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General deductions

As per FIG (0.1 small, 0.3 medium, 0.5 large, 1.00 fall)

MODIFIED CODE OF POINTS

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AGE GROUP: - Under 12 Years Boys

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Floor Exercise (10MX10M)

Time Duration :- (60 sec. to 70 sec.)

S.no	Elements	Class group	Value
1.	Dive Roll (Technical Corrected)	A	0.20
2.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold)	A	0.20
3.	L-Hold (Minimum 2 Sec. Hold)	A	0.20
4.	Handspring	B	0.50
5.	Cartwheel	A	0.20
6.	Flick Flack	B	0.50
7.	Press Handstand	B	0.50
8.	Legs Open (Three Direction)	A	0.30
9.	Round Off	A	0.20
10.	Back Roll To Handstand (Minimum 2 Sec. Hold)	B	0.30
11.	Somersault(Forward/ Backwards)	C	0.60
12.	Flying Handspring	B	0.50
13.	Unlisted Elements 1, 2, 3, 4	-	0.10
14.	HIGHER LEVEL 1, 2, 3, 4	D	0.80

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise it's also evaluate by the "D" jury in the category of "D" class. The value of D class elements is 0.80

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Flick Flack / Somersault	0.50 Mark
2.	Handspring	0.50 Mark
3.	Press Handstand / Back Roll To Handstand	0.50 Mark
4.	Legs Open (Three Direction)	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
- Each elements will be recognized only one in a routine.

Short exercise rules

No. of Elements	"E" Jury Score
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4	6
5	8
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7	10

General deductions : As per FIG (0.1 small, 0.3 medium, 0.5 large, 1.00 fall)

MODIFIED CODE OF POINTS

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AGE GROUP: - Under 14 Years Boys

The Modify Code of Points will be followed in this competition

Floor Exercise (10MX10M)

Time Duration :- (60 sec. to 70 sec.)

S.no	Elements	Class group	Value
1.	Dive Roll (Technical Corrected)	A	0.20
2.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold)	A	0.20
3.	V-Hold (Minimum 2 Sec. Hold)	B	0.30
4.	Handspring	A	0.30
5.	Arial Cartwheel	B	0.50
6.	Flick Flack	B	0.50
7.	Press Handstand	B	0.50
8.	Legs Open (Three Direction)	A	0.30
9.	Round Off	A	0.20
10.	Flying Handspring	B	0.30
11.	Somersault(Forward/ Backwards)	C	0.50
12.	Unlisted Elements 1, 2, 3, 4	-	0.10
13.	HIGHER LEVEL 1, 2, 3, 4	D	0.80

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise it's also evaluate by the "D" jury in the category of "D" class. The value of D class elements is 0.80.

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Flying Handspring	0.50 Mark
2.	Arial Cartwheel	0.50 Mark
3.	Press Handstand/ V- Hold	0.50 Mark
4.	Flick Flack/Somersault	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
- Each elements will be recognized only one in a routine.

Short exercise rules

No. of Elements	"E" Jury Score
1 to 2	2
3	4
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- As per FIG (0.1 small, 0.3 medium, 0.5 large, 1.00 fall)

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Apparatus (BUCK HORSE):- Under 8 years

Height: - 105 cm

CATEGORY: - BOYS/ GIRLS

EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Handspring	3.00

Apparatus (BUCK HORSE/ VAULTING HORSE):- Under 10 years

Height: - 110 cm

CATEGORY: - BOYS/ GIRLS

EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Handspring	3.00
4.	Handspring pike	3.50
5.	Handspring with 180° turn	3.80

Apparatus (TABLE VAULT):- Under 12 years

Height: - 110 cm

CATEGORY: - BOYS/ GIRLS

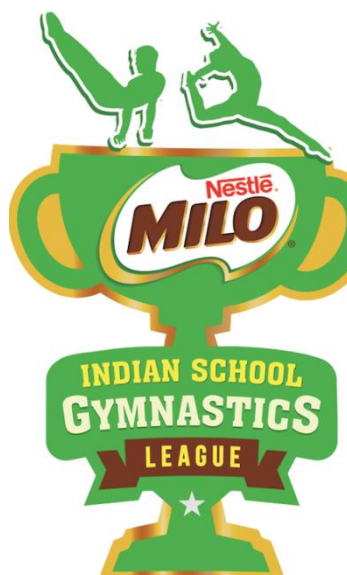
EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Handspring	3.00
4.	Handspring pike	3.50
5.	Handspring with 180° turn	3.80

Apparatus (TABLE VAULT):- Under 14 years

Height: - 125 cm

CATEGORY: - BOYS/ GIRLS

EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Round off	2.00
4.	Handspring	3.00
5.	Handspring pike	3.50
6.	Handspring with 180° turn	3.80
7.	Handspring pike turn	3.80
8.	Handspring 360° turn	4.20
9.	Round off tsukahara	4.50



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Floor Exercise (10MX10M)

Time Duration :- (70 sec. to 90 sec.)

S.no	Elements	Class group	Value
1.	Forward Roll	A	0.20
2.	Backward Roll	A	0.20
3.	Straddle Forward Roll	A	0.30
4.	Straddle Backward Roll	A	0.30
5.	Cartwheel	A	0.30
6.	One Hand Cartwheel	B	0.50
7.	Legs Open (Three Side)	A	0.30
8.	Y – Balance/ T – Balance (Minimum 2 Sec. Hold)	A	0.30
9.	Leap (Minimum 130° To 160°)	B	0.50
10.	Round Off	A	0.30
11.	Any Jump(Simple, Tuck, Pike)	A	0.30
12.	Walkover (Forward/ Backward)	B	0.50
13.	Unlisted 1, 2, 3, 4	-	0.10
14.	HIGHER LEVEL 1, 2, 3, 4	C	0.60

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the “D” jury in the category of “C” class. The value of C class elements is 0.60

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Straddle Forward Roll/ Straddle Backward Roll	0.50 Mark
2.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold)	0.50 Mark
3.	Leap/ Walkover	0.50 Mark
4.	Minimum Three Dancing Steps	0.50 Mark

Balancing Beam

S.no	Elements	Class group	Value
1.	Walk On Toes	A	0.20
2.	Forward Roll	B	0.50
3.	Minimum Three Dancing Step	A	0.30
4.	Toe Turn (Minimum 180° Turn)	B	0.50
5.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold)	A	0.30
6.	Leap Jump (Minimum 140° To 160°)	B	0.50
7.	Legs Split (Any Direction)	A	0.30
8.	Straddle Jump	A	0.30
9.	Cartwheel	B	0.50
10.	Simple Jump With 180° Turn	B	0.50
11.	Unlisted 1, 2, 3, 4	-	0.10
12.	HIGHER LEVEL 1, 2, 3, 4	C	0.60

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the “D” jury in the category of “C” class. The value of C class elements is 0.60

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Cartwheel	0.50 Mark
2.	Minimum Three Dancing Steps	0.50 Mark
3.	Legs Split/ Forward Roll	0.50 Mark
4.	Leap With Any Jump	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
- Each elements will be recognized only one in a routine.

Short exercise rules

No. of Elements	"E" Jury Score
1 to 2	2
3	4
4	6
5	8
6	9
7	10

General deductions

As per FIG (0.1 small, 0.3 medium, 0.5 large, 1.00 fall)

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Floor Exercise (10MX10M)

Time Duration :- (70 sec. to 90 sec.)

S.no	Elements	Class group	Value
1.	Round Off Straddle Jump	A	0.30
2.	Leap Jump (Minimum 160°)	A	0.30
3.	Handstand To Forward Roll	A	0.30
4.	One Hand Cartwheel	A	0.50
5.	Legs Split(All Direction)	A	0.30
6.	Y – Balance/ T - Balance ((Minimum 2 Sec. Hold))	A	0.30
7.	Dance Steps (Minimum Three)	A	0.30
8.	Forward Walkover	B	0.50
9.	Backward Walkover	B	0.50
10.	Round Off Flick Flack	C	0.60
11.	Any Jump Minimum 360° (Simple, Tuck, Pike)	B	0.50
12.	Somersault (Forward/ Backward)	C	0.60
13.	Unlisted 1, 2, 3, 4	-	0.10
14.	HIGHER LEVEL 1, 2, 3, 4	D	0.80

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the "D" jury in the category of "D" class. The value of D class elements is 0.80

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Forward Walkover/ Backward Walkover	0.50 Mark
2.	Round Off Flick Flack/ Somersault	0.50 Mark
3.	Leap With Any Jump	0.50 Mark
4.	Minimum Three Dancing Steps	0.50 Mark

Balancing Beam

S.no	Elements	Class group	Value
1.	Walk On Toes	A	0.20
2.	Forward Roll	A	0.30
3.	Minimum Three Dancing Step	A	0.30
4.	Toe Turn (Minimum 360° Turn)	B	0.50
5.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold)	A	0.30
6.	Leap Jump (Minimum 140° To 160°)	B	0.50
7.	Legs Split (Any Direction)	A	0.30
8.	Forward Walkover	B	0.50
9.	Cartwheel/ Round Off	B	0.50
10.	Simple Jump With 180° Turn	B	0.50
11.	Backward Walkover	B	0.50
12.	Unlisted	-	0.10
13.	HIGHER LEVEL 1, 2, 3, 4	C	0.60

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the “D” jury in the category of “C” class. The value of C class elements is 0.60

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Leap With Any Jump	0.50 Mark
2.	Minimum Three Dancing Steps	0.50 Mark
3.	Any Turn With Minimum 360°	0.50 Mark
4.	Cartwheel/ Round Off	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
- Each elements will be recognized only one in a routine.

Short exercise rules

No. of Elements	"E" Jury Score
1 to 2	2
3	4
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General deductions

As per FIG (0.1 small, 0.3 medium, 0.5 large, 1.00 fall)

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Floor Exercise (10MX10M)

Time Duration :- (70 sec. to 90 sec.)

S.no	Elements	Class group	Value
1.	Dance Steps (Minimum Three)	A	0.30
2.	Leap Jump	A	0.30
3.	One Leg/ Both Leg Handspring	A	0.30
4.	Legs Split(All Direction)	A	0.30
5.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold))	A	0.30
6.	Round Off / Cartwheel	A	0.30
7.	Flick Flack	C	0.60
8.	Forward Walkover	B	0.50
9.	Backward Walkover	B	0.50
10.	Backward Roll To Handstand	B	0.50
11.	Any Jump Minimum 360° (Simple, Tuck, Pike)	B	0.50
12.	Somersault (Forward/ Backward)	C	0.60
13.	Unlisted 1, 2, 3, 4	-	0.10
14.	HIGHER LEVEL 1, 2, 3, 4	D	0.80

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the "D" jury in the category of "D" class. The value of D class elements is 0.80

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Backward Roll To Handstand/ Handspring	0.50 Mark
2.	Flick Flack/Somersault	0.50 Mark
3.	Leap With Any Jump	0.50 Mark
4.	Minimum Three Dancing Steps	0.50 Mark

Balancing beam

S.no	Elements	Class group	Value
1.	Minimum Three Dancing Step	A	0.30
2.	Forward Roll (Without Support)	B	0.50
3.	Leap With Any Jump	A	0.30
4.	Tuck Jump (Minimum 180° Turn)	B	0.50
5.	Handspring	B	0.50
6.	Y – Balance/ T - Balance ((Minimum 2 Sec. Hold))	A	0.30
7.	Legs Split (Any Direction)	A	0.30
8.	Forward Walkover	B	0.50
9.	Cartwheel/ Round Off	B	0.50
10.	Simple Jump, Pike Jump, Straddle Jump (Any Two)	A	0.30
11.	Backward Walkover	B	0.50
12.	Unlisted 1, 2, 3, 4	-	0.10
13.	HIGHER LEVEL 1, 2, 3, 4	C	0.60

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the “D” jury in the category of “C” class. The value of C class elements is 0.60

EGR (Elementary Group Requirement) cum special bonus

Group		value
1.	Leap With Any Jump	0.50 Mark
2.	Minimum Three Dancing Steps	0.50 Mark
3.	Any Turn With Minimum 360°	0.50 Mark
4.	Handspring /Round Off	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
- Each elements will be recognized only one in a routine.

Short exercise rules

No. of Elements	"E" Jury Score
1 to 2	2
3	4
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General deductions

As per FIG (0.1 small, 0.3 medium, 0.5 large, 1.00 fall)

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Time Duration :- (70 sec. to 90 sec.)

S.no	Elements	Class group	Value
1.	Dance Steps (Minimum Three)	A	0.30
2.	Leap Jump	A	0.30
3.	Handspring	A	0.30
4.	Legs Split(Three Direction)	A	0.50
5.	Y – Balance/ T - Balance (Minimum 2 Sec. Hold)	A	0.30
6.	Round Off / Cartwheel	A	0.30
7.	Flick Flack	B	0.50
8.	Forward / Backward Walkover	B	0.50
9.	Flying Handspring	B	0.50
10.	Somersault (Forward/ Backward)	C	0.60
11.	Any Jump Minimum 360° (Simple, Tuck, Pike)	B	0.50
12.	Unlisted 1, 2, 3, 4	-	0.10
13.	HIGHER LEVEL 1, 2, 3, 4	D	0.80

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the "D" jury in the category of "D" class. The value of D class elements is 0.90.

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Forward Walkover/ Backward Walkover	0.50 Mark
2.	Round Off Flick Flack/ Somersault	0.50 Mark
3.	Leap With Any Jump	0.50 Mark
4.	Minimum Three Dancing Steps	0.50 Mark

Balancing Beam

S.no	Elements	Class group	Value
1.	Minimum Three Dancing Step	A	0.30
2.	Leap Jump With Any Jump	B	0.50
3.	Forward Roll	A	0.30
4.	Toe Turn (Minimum 360° Turn)	B	0.50
5.	Y – Balance/ T - Balance ((Minimum 2 Sec. Hold))	A	0.30
6.	Flick Flack/Somersault	C	0.80
7.	Legs Split (Any Direction)	A	0.30
8.	Forward/Backward Walkover	B	0.50
9.	Cartwheel/ Round Off	B	0.50
10.	Simple/Tuck Jump With 360° Turn	B	0.50
11.	Handspring	C	0.60
12.	Unlisted	-	0.10
13.	HIGHER LEVEL 1, 2, 3, 4	D	0.80

Note: - if any gymnast will perform the higher level of difficult elements from the compulsory exercise its also evaluate by the “D” jury in the category of “D” class. The value of D class elements is 0.80.

EGR (Elementary Group Requirement) cum special bonus

Group		Value
1.	Leap With Any Jump	0.50 Mark
2.	Minimum Three Dancing Steps	0.50 Mark
3.	Any Turn With Minimum 360°	0.50 Mark
4.	Handspring / Somersault	0.50 Mark

Exercise Evaluation

- Total 20 marks:- Exercise presentation score (out of 10.00)+ value of difficulty +value of performed EGR

Elements:-

- 7 elements in a routine.
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Height: - 105 cm

CATEGORY: - BOYS/ GIRLS

EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Handspring	3.00

Apparatus (BUCK HORSE/ VAULTING HORSE):- Under 10 years Girls

Height: - 110 cm

CATEGORY: - BOYS/ GIRLS

EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Handspring	3.00
4.	Handspring pike	3.50
5.	Handspring with 180° turn	3.80

Apparatus (TABLE VAULT):- Under 12 years Girls

Height: - 110 cm

CATEGORY: - BOYS/ GIRLS

EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Handspring	3.00
4.	Handspring pike	3.50
5.	Handspring with 180° turn	3.80

Apparatus (TABLE VAULT):- Under 14 years Girls

Height: - 125 cm

CATEGORY: - BOYS/ GIRLS

EGR	Description of the elements	Start value
1.	Stoop vault	2.00
2.	Split vault	2.00
3.	Round off	2.00
4.	Handspring	3.00
5.	Handspring pike	3.50
6.	Handspring with 180° turn	3.80
7.	Handspring pike turn	3.80
8.	Handspring 360° turn	4.20
9.	Round off tsukahara	4.50

