

Oxfordshire Under 8 League rules 2026

Any gymnasts who will be 6 or 7 in the year of competition can take part.

Three competitions will be held during the year on the following dates:

8th March (at Abingdon GC), 27th June and 11th October (at Carterton GC).

Gymnasts do NOT need to compete on all apparatus. They can compete on 1-5 pieces in March, 1 or 2 pieces in June, and 1-4 pieces in October. **Please note that Range and Conditioning will only be held at the grades competition in March.** Floor routines will be performed on a strip of the floor area without music.

No placings will be given but participation ribbons (coloured according to score range) will be presented on each piece. Gymnasts can aim to improve the colour of their ribbons as the year goes on. The scoring bands will be:

| 2026 ribbons | Vault | Bars | Beam | Floor | R&C |
|--------------|----------------|----------------|--------------|----------------|---------------|
| Bronze | < 10.8 | < 10.0 | < 8.5 | < 10.3 | < 9.5 |
| Silver | 10.8 to 11.299 | 10.0 to 10.799 | 8.5 to 9.799 | 10.3 to 10.799 | 9.5 to 10.999 |
| Gold | 11.3+ | 10.8+ | 9.8+ | 10.8+ | 11.0+ |

VAULT

D SCORE 2.30

Handspring flat back onto pile of safety mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast.

Only the specified vault may be performed. 1 x springboard only allowed.

Best score of 2 performed vaults. No deduction if only one vault is performed.

| PHASE | EXECUTION FAULTS | EXECUTION DEDUCTIONS | | |
|------------------------|--|----------------------|------|-------|
| | | 0.10 | 0.30 | 0.50+ |
| TAKE OFF BOARD | Poor co-ordination of arm swing | x | | |
| | Arms already up on jump onto board | | x | |
| | Rebound from 1 foot, or double bounce on board | | | x |
| FIRST FLIGHT | Hip angle | x | x | |
| | Arch | x | x | |
| | Bent knees | x | x | x |
| | Leg or knee separations | x | x | |
| REPULSION | Shoulder angle on contact with mat | x | x | |
| | Bent arms | x | x | x |
| | Walking on hands | x (per step) | | |
| | Double bounce on hands | | | 1.00 |
| SECOND FLIGHT | Bent knees | x | x | x |
| | Failure to maintain straight position | x | x | |
| | Insufficient height | x | x | x |
| | Distance (insufficient length) | x | x | |
| | Leg or knee separations | x | x | |
| LANDING ON SAFETY MATS | Landing on mats with legs apart | x | x | |
| | Failure to land on flat back (landing in dish) | | x | |
| GENERAL | Body alignment at any phase (taken once only) | x | | |
| | Dynamics | x | x | |
| | Support from coach (applies to each vault) | | | 2.00 |

Judging finishes when the gymnast has landed on the mats

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BARS

Set low bar routine only (FIG height of 175cm). Choose from of one of the set routines shown below:

Gymnasts may start their exercise between the bars and dismount away from the bars. For routine A, gymnasts can use the high bar instead (with safety mats underneath) if their feet touch/brush the floor when using the low bar. A safety mat (depth 20cm) and/or jersey style mat (depth 10cm) can be moved/placed as needed but must not block the judges' view.

| ROUTINE A | ROUTINE B | ROUTINE C |
|---|--|---|
| D SCORE 1.3 | D SCORE 1.7 | D SCORE 2.0 |
| <ul style="list-style-type: none"> Assisted by coach: Jump to catch the bar. Show straight hang with good body position. Chin up (chin over the bar) lower to straight hang in control. 1 x leg lift with straight legs (feet to touch the bar), lower to straight hang in control Dish (hold), Arch (hold), then 2 dish, arch swings (fish) Release bar to land | <ul style="list-style-type: none"> Upward circle to front support Cast into backhip circle (NO composition deduction for empty swing after back hip circle) Cast into straddle or clear undershoot dismount | <ul style="list-style-type: none"> Upstart (NO penalty for a stop after the upstart) Cast into backhip circle (NO composition deduction for empty swing after back hip circle) Cast into straddle or clear undershoot dismount |

| D Panel - Penalties | Penalty | Taken from |
|---|---------|-------------|
| ROUTINE A | | |
| Forehead not at the height of the bar in chin up | 0.50 | D score |
| Failure to lift legs to horizontal in leg lift | 0.50 | D score |
| Failure to hold dish shape | 0.30 | Final score |
| Failure to hold arch shape | 0.30 | Final score |
| Only 1 dish/arch (fish) swing | 0.30 | Final score |
| ROUTINE B | | |
| Failure to complete circle to front support (mount) | 0.50 | D score |
| Failure to complete the circle to front support (back hip circle) | 0.50 | D score |
| ROUTINE C | | |
| Failure to complete upstart | 0.50 | D score |
| Failure to complete the circle to front support (back hip circle) | 0.50 | D score |

| E Panel - Specific deductions | | | |
|--|---|-----------------|----------------|
| Please note FIG SPECIFIC APPARATUS & LANDING PENALTIES ALSO APPLY (unless stated otherwise in the routine descriptions) | Small fault | Medium fault | Large fault |
| | 0.10 | 0.30 | 0.50 |
| ROUTINE A | | | |
| Lack of body extension in jump and hang | x | x | |
| Chin resting on bar in chin up | | x | |
| Poor technique in chin up (initiation of a swing) | | x | |
| Failure to lift legs to 45° from vertical in leg lift | | x | |
| Failure to touch the bar with feet in leg lift | x | | |
| Failure to finish in straight hang after leg lift (finishing in dish) | x | | |
| Shoulder angle in leg lift | x | | |
| Lack of dish and/or arch (in holds) | x | x | |
| Lack of co-ordination in fish swing | x | x | |
| ROUTINES B and C | | | |
| Kicking one leg into circle up (routine B only) | x | | |
| Failure to complete upstart (routine C only) | | | 1.00 |
| Going around twice in back hip circle | | | x |
| Feet not touching bar in straddle undershoot | | x | |
| CAST PENALTIES | | | |
| Handstand (0°) to 90° | No cast deduction | | |
| Below 90° | - 0.10 cast deduction with value (D Panel) | | |

Cast Diagram

Handstand (0°)

No cast deduction
with value (D Panel)

90°

Below 90°
- 0.10 cast deduction
with value (D Panel)

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BEAM

FIG beam regulations with safety mats (20cm) placed under the beam for safety. A jersey style mat (10cm) is allowed for dismounts (optional).

- **5 elements only are required - 5 highest elements will count for DV including dismount (2 acrobatic + 2 dance + 1 optional). Coaches must stand in for salto dismounts (if not present -1.00 deduction).**
- Any uncoded mount can be used (as the optional element only). Listed uncoded (U) elements will be given 0.10 difficulty value. Only the permitted elements listed can be used for DV.

| Composition Requirements (CR): | Permitted elements and their difficulty value (DV) |
|---|--|
| ½ spin on one foot OR releve ½ turn | ½ spin (U) , releve ½ turn on 2 feet (straight legs only) |
| Connection of any 2 dance elements (can be same or different) | Straight jump (U), tuck jump (U), changement (U), straight jump with half turn (U), cat leap OR scissor kick (A), split leap (A), sissone (A), Wolf jump OR hop (A), pike jump (A), tuck jump half turn (B), split jump (B), straddle jump (B) |
| Leap or jump with 180° split (cross or side) or straddle | Split leap (A), sissone (A), split jump (B), straddle jump (B) |
| BACKWARD acro element performed ON the beam (i.e. not mount or dismount) | Backward roll over one shoulder (U), backward roll to feet (A), backward walkover (A) |
| FORWARD OR SIDEWARD acro element performed ON the beam (i.e. not mount or dismount) | Forward roll (U), *kick towards split handstand as per preparation grade 1 (U), *kick to side or cross handstand hold for 2 secs (A), cartwheel (A), tic-toc OR forward walkover (A). * These elements will be recognised for CR at U8 level only. |
| A gymnast should fulfil 3 of the 5 CR's. CR = 0.50 each - Maximum CR awarded: 1.50 | Elements can only count once for DV (awarded in chronological order). An element can be utilised to fulfil more than one CR (unless otherwise stated). |
| MAXIMUM D SCORE = 2.30 | |
| Dismounts - only those listed here are permitted: Unpermitted dismount = 0.50 deduction from final score | Cartwheel into rebounding straight jump (U), round off (U), handspring (U), cartwheel to handstand drop down to side of beam (U), tuck salto forward (A), tuck salto backward (A) |

| D Panel - Penalties | Penalty | Taken from |
|---|-----------------------|-------------|
| Short routine - less than 5 elements | 1.00 per missing move | Final score |
| Coach not present for salto dismount | 1.00 | Final score |
| Unpermitted elements (i.e. not on the permitted element list - excluding uncoded or A value mounts) | No DV or CR given | |
| Unpermitted dismount | 0.50 | Final score |
| No link in cartwheel into straight jump dismount (if gymnast falls after the cartwheel they must remount and perform the straight jump off or they will incur unpermitted dismount penalty instead in addition to -1.00 for fall) | 0.30 | Final score |

Amended artistry rules apply (as shown below) :

| E Panel - Insufficient artistry of performance throughout the exercise: | Small fault | Medium fault |
|---|-------------|--------------|
| | 0.10 | 0.20 |
| Poor body posture (head/shoulders/trunk) | X | X |
| Insufficient amplitude of the movements | X | |
| Insufficient involvement of the body parts | X | |
| Insufficient amplitude of leg swings or kicks | X | |
| Feet not pointed/relaxed/turned in | X | |
| Poor work in releve | X | |
| Lack of movements sideways (no DV) | X | |
| Missing combination of movements/ elements close to beam with a part of the torso (including thigh, knee or head) touching the beam - element not necessary | X | |

| E Panel - Specific apparatus deductions | Small fault | Medium fault | Large fault |
|--|-------------|--------------|-------------|
| | 0.10 | 0.30 | 0.50 |
| Poor rhythm in connection (with DV) - each time | X | | |
| Adjustments (steps without choreography/unnecessary movements) - each time | X | | |
| Excessive arm swing before dance elements - each time | X | | |
| Pause (apply at 2 secs) - each time | X | | |
| Additional support of leg against the side surface of the beam | | X | |
| Grasp of beam in order to avoid a fall | | | X |
| Additional movements to maintain balance | X | X | X |

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FLOOR

FIG Floor Regulations - Floor routines will be performed on a strip of the floor area. There is NO requirement to use the whole floor area and music is not allowed.

- **5 elements only are required - 5 highest elements will count for DV including dismount (2 acrobatic + 2 dance + 1 optional).** Please note that no acro lines are required. **Salto**s are NOT allowed at this level.
- Listed uncoded (U) elements will be given 0.10 difficulty value. Only the permitted elements listed can be used for DV.
- An acro element may be repeated without DV for purposes of fulfilling a mixed series.
- A scissor leap (A value element) will be recognised as different from a cat leap **AT THIS LEVEL ONLY**.

| Permitted elements | Difficulty values (DV) |
|--|---|
| Leaps/hops (for use in a dance passage OR a mixed series) | Cat leap (A), cat leap ½ turn (U), *scissor kick (A), stag leap (U), split leap (A), split leap 1/4 turn (A), stride leap fwd with change of legs to wolf position (A), wolf hop (A), fouette hop (A), split change (B) *scissor kick will be recognised as different from a cat leap at this level only. |
| Jumps (performed on their own OR within a mixed series) | Changement (U), tuck jump (U), wolf jump (A), pike jump (A), straddle jump (A), split jump OR sissonne (A), straight jump full turn (A), tuck jump full turn (B) |
| Spins | Full spin (A), double spin (B), full spin with leg at horizontal (B) |
| Acro elements forwards/sideways | Forward walkover (U), tic-toc (U), cartwheel (U), round off (A) , handspring (A) , kick to handstand-optional exit with or without pirouette (A), handstand 1 ½ pirouette (B) |
| Acro elements backwards | Backward roll optional exit (U), backward roll to handstand (U), backward walkover (U), backflip (A) |
| Elements can only count once for DV (awarded in chronological order). | Acro elements in bold will be considered as flighted elements. An acro element may be repeated without DV for purposes of fulfilling a mixed series. |

| Composition Requirements (CR): | D Panel - Penalties | Penalty | Taken from |
|--|--------------------------------------|-----------------------|-------------------|
| Acro line with min 2 elements (non-flighted allowed) | Short routine - less than 5 elements | 1.00 per missing move | Final score |
| Mixed series minimum 2 directly connected elements | Unpermitted elements performed | | No DV or CR given |
| A dance passage of 2 different leaps/hops - no split required | | | |
| Acro elements forwards / sideways & backwards (non flighted allowed) | | | |
| Flighted Acro element | | | |
| A gymnast should fulfil 3 of the 5 CR's. CR = 0.50 each - | | | |
| Maximum CR awarded : 1.50 | | | |
| MAXIMUM D SCORE = 2.30 | | | |

Amended artistry rules apply (as shown below):

| E Panel - Artistry & composition deductions | Small fault | Medium fault | E Panel - Specific apparatus deductions | Small fault |
|---|-------------|--------------|--|-------------|
| | 0.10 | 0.20 | | 0.10 |
| Poor body posture (head/shoulders/trunk) | x | x | Adjustments (steps without choreography) - each time | x |
| Feet not pointed/relaxed/turned in | x | | Excessive arm swings before dance elements - each time | x |
| Insufficient amplitude of the movements | x | | Pause (apply at 2 secs) - each time | x |
| Insufficient involvement of the body parts | x | | | |
| Missing movement touching the floor | x | | | |

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RANGE & CONDITIONING

As per Preparation Grade 1

D SCORE 4.0

| D Panel - Penalties | Penalty | Taken from |
|---|--------------|-------------|
| Elements performed out of order (taken once only) | 0.50 | Final score |
| Non attempt of element (i.e. completely missed) | 2.00 | Final score |
| | VM | D score |
| Incomplete / failed attempt of element | VM | D score |
| Lack of fluency | 0.10 OR 0.30 | Final score |

Elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.

Elements must be performed in the stated order. The specific deductions shown below are in addition to the general table of faults & Technical Directives in the Code of Points.

| VALUE | DESCRIPTION | ADDITIONAL EXECUTIONAL FAULTS | EXECUTION DEDUCTIONS | | |
|-------|---|---|---|------|--------------------------------|
| | | | 0.10 | 0.30 | 0.50 |
| 0.50 | Crouch down and forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit (show position) | Execution Penalties | | | As COP |
| 0.50 | Lift to straddle $\frac{1}{2}$ lever hold with feet higher than hips. HOLD for 2 seconds Lower to straddle sit position | Legs held at or below horizontal | x | x | |
| | | Position not held for 2 seconds | | | 0.30 Neutral Penalty (D Panel) |
| 0.50 | Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds | Back not straight during lean forwards | x | | |
| | | Widening legs before Japana fold | x | | |
| | | Torso not close to floor in hold position | x | | |
| | | Position not held for 2 seconds | | | 0.30 Neutral Penalty (D Panel) |
| 0.50 | Take legs backwards (swim through) to join together with arms by ears. Push up to front support with toes pointed. HOLD for 2 seconds | Lack of splits in swim through | x | x | |
| | | Position not held for 2 seconds | | | 0.30 Neutral Penalty (D Panel) |
| 0.50 | Swing one leg forwards to sit in splits HOLD for 2 seconds | Lack of flexibility in splits | | | As COP |
| | | Hands on floor in hold position | | x | |
| | | Position not held for 2 seconds | | | 0.30 Neutral Penalty (D Panel) |
| 0.50 | $\frac{1}{2}$ turn to sit in splits on other leg (may use hands in transition without penalty) HOLD for 2 seconds | Lack of flexibility in splits | | | As COP |
| | | Hands on floor in hold position | | x | |
| | | Position not held for 2 seconds | | | 0.30 Neutral Penalty (D Panel) |
| 0.50 | <i>Bring back leg forwards to long sit with legs together</i> Lift arms to ears and pike fold placing hands flat on floor beside feet Hold position for 2 seconds | Insufficient pike | | | As COP |
| | | Position not held for 2 seconds | | | 0.30 Neutral Penalty (D Panel) |
| 0.50 | <i>Lie on back and push to bridge with feet together.</i> Straighten legs and Hold position for 2 seconds | Insufficient shoulder extension | x | x | |
| | | Position not held for 2 seconds | | | 0.30 Neutral Penalty (D Panel) |
| 0.50 | <i>Lift one leg straight to vertical (may move support leg if needed) and Kick over through split handstand to stand</i> | Lack of flexibility in splits | | | As COP |
| | | Failure to kick over to stand | | | 1.00 (Fall) + VM |
| 0.50 | <i>Lift one leg to horizontal arms pressed out to side and perform a leg dip, Step forward and</i> | Failure to achieve deep squat | x | x | |
| | | Free leg touching the floor | | x | |
| 0.50 | <i>Lift other leg to horizontal arms to side and perform a leg dip on the other leg</i> | Failure to achieve deep squat | x | x | |
| | | Free leg touching the floor | | x | |
| | | | Lack of fluency throughout the exercise | x | x |