

The logo for British Gymnastics, featuring the words "British" and "Gymnastics" stacked vertically in a white, sans-serif font. The background is a gradient of blue and purple, with a white curved shape on the right side.

British
Gymnastics

2022
Women's Artistic National
Voluntary Levels
For Coaches
Listed by Level
Published December 2021

Level 4 – Minimum age 9 years (for gymnasts who have passed Compulsory 4 in the same year)

<p>Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2022 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – max 4 x Acro lines. Same element can only count once EXCEPT on Bars where a FIG Coded element may be repeated for Difficulty Value. *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>					
<p>A/U = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>		<p>Short Exercises</p>			
<p>FIG rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>					
		Vault	Bars	Beam	Floor
Apparatus	<p>Safety mats or block to height 60 cm from the floor. Additional 20cm soft mat for gymnast to fall onto Yurchenko collar compulsory for all vaults</p>	<p>FIG Bars Regulations with:</p> <ul style="list-style-type: none"> FIG landing mats (20cm) plus additional 10cm mat throughout + Additional 20cm landing mat <p>Total height of landing mats equals 50cms.</p>	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> Total height of landing mats equals 30 cms. 20cm crash mats throughout length of beam 	<p>FIG Floor Regulations</p>	
Requirements	<p>Best score of 2 vaults No deduction if only 1 vault performed</p> <ul style="list-style-type: none"> Straight front salto from the board to land on feet and fall to front lying (see appendix) DV = 3.50 	<p>Gymnast automatically receives 2.00 for CR</p> <p>Dismount must be included in counting elements - *A value only allowed*</p> <p>Unpermitted dismount 0.30 deduction only</p> <p>The sole circle [5.108] may be performed with bent legs without incurring execution penalty</p>	<ol style="list-style-type: none"> Connection of min 2 different dance elements: <ul style="list-style-type: none"> To include 1x leap or jump with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forward direction 1 x acrobatic series with 2 elements [min] <ul style="list-style-type: none"> 1 x with flight [not salto] not connected into dismount Acro elements in different directions [fwd/swd & bwd] (If a tic toc is used in the acro series then an additional forwards element must be performed) <p>Dismount must be included in counting elements - *A value only allowed*</p> <p>Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops: <ul style="list-style-type: none"> To include 1 x leap or hop with 180° split (cross or side) or straddle position Salto bwd and salto fwd (no aerials) in the same or different acro line 2 x acro lines, 1 with 2 different saltos Spin min 360 (any position) <p>Dismount must be included in counting elements</p> <p>*an A or B salto must be in last Acro line*</p> <p>Unpermitted dismount 0.30 deduction only</p>	
Un-coded Permitted Elements (receive 0.10 DV)		<p>Cast above 45° (see diagram for penalties) ¾ Giant from LB to HB (no penalty for empty swing at the end of this element) Cast squat, stoop or straddle onto low bar - jump to catch high bar - (no penalty for performing jump LB to HB or sole circle-jump) Straddle or pike on undershoot dismount or ¾ sole circle dismount</p>	<p>Tuck jump Straight jump</p>		
Barred Elements (prohibited / receive no DV)		<p>Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Any saltos [other than dismount] Free cartwheel Side salto Free walkover Hops/jumps/leaps with 360° turn Hops/jumps/leaps to front support</p>	<p>All acro elements above B in difficulty value Attempt without performance of an element (eg additional hurdle) 0.30 deduction each time</p>	
GBR Bonus (in addition to FIG)		<p>0.50 - Backward giant without fall [awarded once only] 0.50 - Close bar element, min 45° (awarded once only)</p>	<p>0.20 - Dance/Acro min A+B (mixed only, any order) 0.40 - Series bonus of 3 elements (Dance or Acro or Mixed) min BBA, BAB, ABB Bonus awarded only within routine time limit (1 min 30).</p>		

Clarifications/Help Desk/Updated Notes from Q & A for Level 4

General Notes:

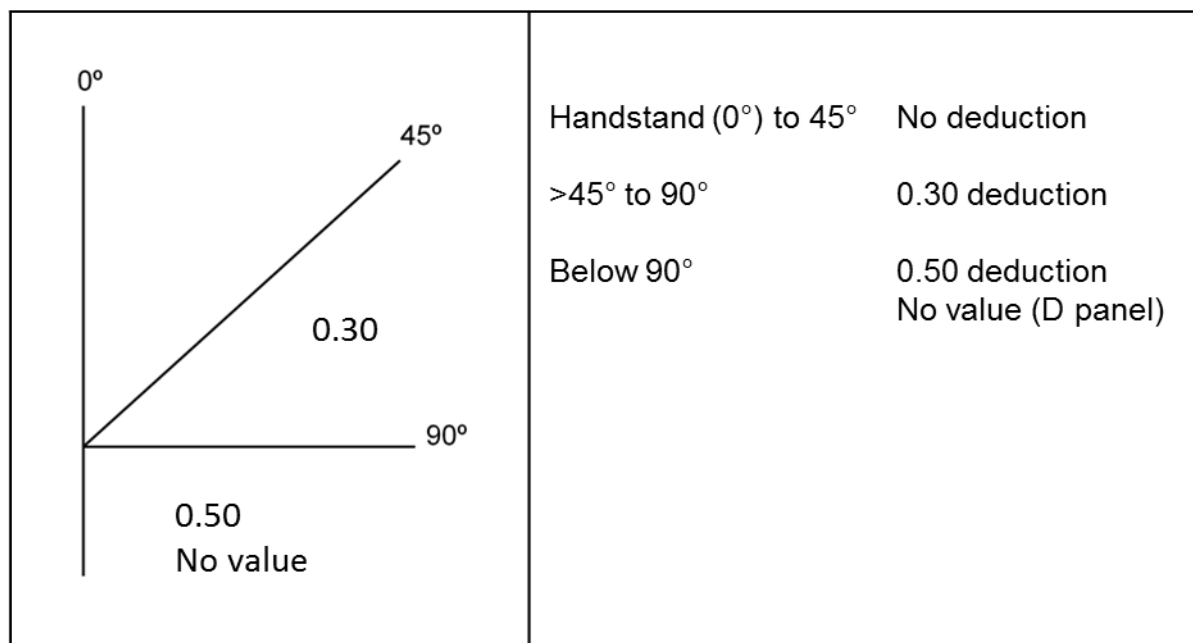
- Un-coded elements 'U' which are permitted are listed in the tables and have a value of 0.10 for DV. They will fulfil the same criteria as A value elements.
- "Unpermitted dismount" is a dismount which has been performed, but not at the Difficulty Value specified.
- The penalty for this is 0.30 which is taken as a neutral deduction, however if the difficulty value performed is greater than the specified value, the higher value will be treated as the specified value and will also incur the 0.30 deduction.

Vault:

- Refer to vault diagrams (in appendix) and WTC Update 2018 Vault Guidance

Bars:

Diagram for Voluntary Age Group Level 4 Bars – Un-coded element (value - 0.10) – Cast to above 45°



Beam: Conditions for bonuses

- The maximum bonus that can be awarded for a series of 3 elements, is 0.40 (connections with more than 3 elements will still only earn 0.40).
- The mixed series bonus (0.20) can only be awarded if not used in conjunction with any other bonus.
- A combination of 3 elements may not be used to gain mixed bonus twice (0.20 + 0.20) example W-Jump-Flic-Sissone.
- A gymnast may perform as many different bonus connections of 2 mixed elements or 3 consecutive elements within the maximum time limit.
- N.B The specific connection of 3 flics (same or different) will be awarded 0.40 bonus.

Level 3 - Minimum age 10 years (for gymnasts who have passed Compulsory 3 in the same year)

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p style="text-align: center;">Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2024</p> <p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount. BEAM – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – 4 acrobatic + 4 dance and max 4 x Acro lines. BARS – backward giant can receive Difficulty Value twice. Beam Bonus awarded only within routine time limit (1 min 30). *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercises	FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	<p>Vault table at 115cm with:</p> <ul style="list-style-type: none"> Additional 5cm mat over vaulting table Mats to 120cm height Yurchenko guard compulsory 	<p>FIG Bars Regulations with:</p> <ul style="list-style-type: none"> FIG landing mats (20cm) plus additional 10cm mat throughout + additional 20cm landing mat Total height of landing mats equals 50cms. 	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> FIG landing mats Total height of landing mats equals 30 cms. 	<p>FIG Floor Regulations</p>
Requirements	<p>Best score of 2 vaults performed onto piled up mats:</p> <ul style="list-style-type: none"> Yurchenko prep to stand and fall back DV = 3.50 <p>No deduction if only 1 vault performed</p>	<p>At least one skill to be performed on low bar (0.5 penalty if missing) No penalty for performing jump from LB to HB</p> <ol style="list-style-type: none"> Cast to within 10° of handstand 2 close bar circle elements [non-flight] same or different * see appendix 2 x 180° (min) turn non-flight giant circle elements Straight backaway dismount <p>Dismount must be included in counting elements - *A value only allowed* Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1 x leap or jump with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot 1 x acrobatic series with [min] 2 x flight elements performed on the beam <ul style="list-style-type: none"> salto not required not connected into dismount Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements - *A or B value only allowed* Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops (from the CoP) <ul style="list-style-type: none"> To include 1 x leap or hop with 180° split (cross or side) or straddle position Straight salto with minimum 360° LA turn - forward or backward in an acro line Acro line 2 x different saltos, minimum 1 forwards salto A third different acro line <p>Routine must include 4 acro & 4 dance skills - 0.20 penalty for any missing element Dismount must be included in counting elements *a B or C value Salto must be in last Acro line* Unpermitted dismount 0.30 deduction only</p>
Un-coded Permitted Elements (receive 0.10 DV)		<p>Cast squat, stoop or straddle onto low bar - jump to catch high bar - (no penalty for performing jump LB to HB) The sole circle [5.108] may be performed with bent legs without incurring execution penalty</p>		
Barred Elements (prohibited / receive no DV)		<p>Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Flight on same bar [release] Dismounts: Salto forward tucked or piked [6.108]</p>	<p>Salto forwards from two feet [mount or content] Salto sideward [5.412] Hops/jumps/leaps to front support</p>	<p>Connections from salto backward with 540° Double salto Salto backward with LA turn greater than 720° Attempt without performance of an element (eg additional hurdle) 0.30 deduction each time</p>
GBR Bonus (in addition to FIG)		<p>0.30 - 3 different close bar circle elements to within 30° of handstand 0.50 - 2 x different grips Not within flight or dismount Can be awarded once only 0.50 - Clear pike circle [4.407] to min 45° (awarded once only)</p>	<p>Bonus awarded only within routine time limit (1 min 30). 0.20 - Each A+B+B min series in any order, including dismount (acro/dance/mixed) Awarded once only for acro & once only for dance / mixed 0.20 – Jump with 180° split or straddle in-side position (awarded once only)</p>	

Clarifications/Help Desk/Updated Notes from Q & A for Level 3

Bars:

- A sole circle (5.108,5.105,5.106 in the Code of Points) may be used as a close bar element once only (backwards and forwards).
- If the sole circle is used to get to the high bar from the low bar, it is considered complete in conjunction with the hands letting go of the low bar.
- The same close bar element (except sole circle) may be repeated for CR1 but will receive Difficulty Value only once.

Beam:

- When the dismount is included as part of the A+B+B(min)series, the value of the dismount can be either A or B.
- Acrobatic skills included as part of the A+B+B(min) series may be with or without flight.

Floor:

- Saltos with B value may be performed at any time during the routine, but to avoid penalty there MUST be a B or C Salto performed in the last acrobatic line.

Level 2 - 11 years minimum. For gymnasts who have passed Compulsory 3 in the previous year. For progression to British Championships, gymnasts must have passed Compulsory 2 & achieved a minimum score at Voluntary 2 in the same year. Score TBC.

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2024 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercises	FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 7 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 125cm with: <ul style="list-style-type: none"> FIG 30cms landing mats (soft side uppermost) with additional 10cm mat (optional) Yurchenko guard compulsory 	FIG Bars Regulations with: <ul style="list-style-type: none"> FIG 30cms landing mats 	FIG Beam Regulations with: <ul style="list-style-type: none"> Total height of landing mats equals 30 cms. 	FIG Floor Regulations with: <ul style="list-style-type: none"> Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.
Requirements	Any FIG Vault The best score from any 2 vaults (same or different)	<ul style="list-style-type: none"> Non flight element with 360° LA turn to fail by <30°, 0.50 deduction not 1.00 - DV given. No deduction for an upstart after a Shap <ol style="list-style-type: none"> 1. An element performed on the LB 2. 2 x different grips 3. Non-flight element with 360° LA turn [not mount] 4. 2 different close bar circle elements to within 30° of handstand (FIG deductions will apply) <p>Dismount must be included in counting elements <u>*A or B salto only allowed*</u> Unpermitted dismount 0.30 deduction only</p>	<ul style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1 x leap or jump with 180° split (cross or side) or straddle position To include 1 x C leap or jump Minimum 1/1 spin 1 x crobatic series with 2 flight elements - minimum 1 x salto Salto / aerial elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements <u>*A or B value only allowed*</u> Unpermitted dismount 0.30 deduction only</p>	<ul style="list-style-type: none"> Dance passage of minimum 2 x different leaps or hops: <p style="margin-left: 20px;"><i>To include 1 x leap or hop with 180° split (cross or side) or straddle position with no tolerance (0.50 penalty) & minimum 1 x C leap or hop</i></p> 1 x Acro line [2 x different saltos] minimum 1 x C salto Salto bwd and salto fwd (no aerials) in the same or different acro line Spin min 'B' (any position) <p>Dismount must be included in counting elements <u>*A, B or C value salto only allowed in last Acro line*</u> Unpermitted dismount 0.30 deduction only If less than 3 Acro lines are performed the gymnast will receive a deduction of 2.00</p>
Barred Elements <i>(prohibited / receive no DV)</i>		Back/forward hip circle [2.105/2.104] Flight element from HB to LB & Flight element on the same bar Dismounts: Salto backward with 540°/900° LA turn Salto forward with 360°/720° LA turn		Double front [4.501] [4.601] Double Arabian [4.505] [4.605] [4.705] Attempt without performance of an element (eg additional hurdle) 0.30 deduction each time
GBR Bonus <i>(in addition to FIG)</i>		0.30 - 3 different close-bar elements (any sole circle is NOT considered a close bar element) 0.50 - Backwards double tuck 0.50 - Clear pike circle [4.407] to min 45° 0.30 - LB to HB element 0.50 - Invert & invert ½ (L-Grip skills each time – not sole circle in L-Grip)	Bonus awarded only within routine time limit (1 min 30) 0.20 – Additional different C dance element (max twice only) 0.20 - Series B+B+C or above (+ FIG 0.10) 0.20 B+B+B Dismount series 0.30 - Jump full turn any shape awarded once only 0.30 - For each double spin as per FIG	0.20 – Salto minimum 720° LA turn 0.30 – Minimum 3 x C Different Dance elements 0.50 - Double back salto once only

Clarifications/Help Desk/Updated Notes from Q & A for Level 2

Bars:

- FIG Deductions will be applied for bent legs in sole circle, but the jump to high bar will not attract FIG uncharacteristic element deductions.
- Cast squat, stoop, or straddle onto low bar, jump to high bar will not attract FIG uncharacteristic element deductions, but no DV will be given for this move.

Beam:

- Acrobatic elements may be with or without flight for bonus.

Floor:

- One leap or hop in the dance passage must have a 180° split with no tolerance (0.50 penalty).

British Espoir 2022 – 12/13 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2024 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercises	FIG Rules apply for all apparatus			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 125cm. Total height of landing mats equals 30cm. soft side uppermost	FIG Bars Regulations. Total height of landing mats equals 30cms plus <ul style="list-style-type: none"> • Additional 2mx1.4mx10cm Gymnova “jersey” style mat will be permitted on bars without incurring a penalty and may be moved during the routine providing it does not hinder the view of the judges. 	FIG Beam Regulations with: <ul style="list-style-type: none"> • Total height of landing mats equals 30 cms. 	FIG Floor Regulations with: <ul style="list-style-type: none"> • Additional 5cm landing mat permitted for double salto and bwd triple twist <i>without incurring a penalty</i>. Must be removed after performing the element.
Requirements	<p>For the All-Around Competition: - Any two FIG vaults (same or different) must be performed. The best score of the two vaults counts towards the all-around.</p> <p>For vault ranking: As an individual apparatus, any two FIG vaults (can be same group but with a different number) must be performed. The average score of the two vaults counts.</p>	<p>As per FIG Code of Points:</p> <ul style="list-style-type: none"> • Flight from HB to LB • Flight element on same bar * • Different grips (not cast, MT or DMT) • Non-flight element with minimum 360° turn (not mount)* <p>If a gymnast is awarded all 4 FIG CRs, she will receive a 0.30 bonus.</p> <p>Plus 0.50 - GBR penalty for not showing minimum 1 x cast to handstand without ½ turn (<i>straddle permitted</i>) *no tolerance*</p> <p>*Bar to same bar release and catch – if gymnast grasps or touches – 0.50 deduction for a fall, and DV/CR given.</p> <ul style="list-style-type: none"> • *Full pirouette, to fail by <30°, 0.50 deduction for a fall and DV/CR given. • No deduction for an upstart after a Shap or after a clear hip hecht with 180° turn. <p>A coach (<i>holding the relevant BG qualification</i>) must stand in for all releases and D+ dismounts. A penalty of 0.50 will be applied if the coach is not present.</p>	<p>As per FIG Code of Points (except CR2):</p> <ul style="list-style-type: none"> • One Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (cross or side) or straddle position • Turn (Gr 3) • 1 x acro series min of 2 flight elements 1 being a salto (elements may be the same) • Acro elements in different directions [fwd/swd & bwd] <p>Plus:</p> <ul style="list-style-type: none"> • 0.50 - GBR penalty for not showing minimum 1 x 180° split (cross or side) in leap/jump elements *no tolerance* 	<p>As per FIG Code of Points:</p> <ul style="list-style-type: none"> • A dance passage 2 different leaps or hops (from CoP) connected directly or indirectly, one of them with 180° split (cross or side) or straddle position • Salto with LA turn (min 360°) • Salto with double BA • Salto backward & salto forward (no aerials) in the same or different acro line CRS 2,3 & 4 must be performed in an acro line <p>Plus:</p> <p>0.50 - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements *no tolerance*</p> <p>If less than 3 acro lines are performed the gymnast will receive a penalty of 1.0</p>
Barred Elements <i>(prohibited / receive no DV)</i>		Dismounts: <ul style="list-style-type: none"> • Dismounts 6.407, 6.408, 6.507 & 6.508 		Double front [4.501] [4.601] Double Arabian [4.505] [4.605]
GBR Bonus <i>(in addition to FIG)</i>		0.30 - 3 x different root skills 0.50 - Clear pike circle [4.407] to min 45° 0.50 - Invert & invert ½ or more 0.30 bonus for heel drive technique on front giant	0.20 - D or above salto/aerial performed in series with coded dance element 0.20 - Any series min B+B+C (+ FIG 0.10 SB)	0.10 - 1 x acrobatic line [2 x different saltos direct connection] one being a C salto 0.20 - 2 x different saltos with direct connection D+A or more. D salto must contain LA turn (+FIG 0.10) 0.20 - 3 x C or above dance elements
			Bonuses awarded only within routine time limit (1 min 30 sec) and only awarded if performed without a fall.	Bonuses are only awarded if performed without a fall.

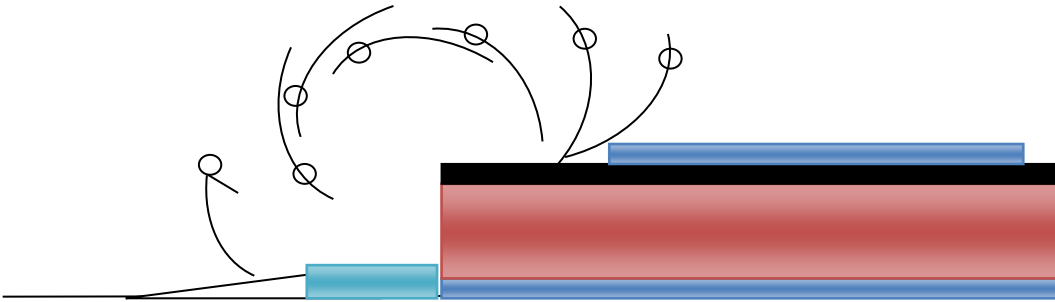
Vault Appendix

Voluntary Level 4 Vault

Straight front salto from the board

D score 3.50

(Land on feet and FALL to front lying, jump not permitted -Level landing OR optional one mat higher for bonus of 0.5 - Only applicable if the E score is 1.0 mark or less)



Vault Level 4 – straight front salto vault

Springboard (4 spring, 5 spring adapted, FIG soft)

Springboard 'safety guard' Gymnova Ref (To be used for all vaults)

Gymnastic landing/safety mats to height 60 cm from the floor

Gymnova jersey mat (Ref: 7011) to be replaced as the mat to fall on – compulsory 2115

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance Less than 17m or more than 25m deduction		X	
• Lack of acceleration, or deceleration shown, during run up	X	X	
Flight Phase onto the board			
• Landing off centre in any direction	X		
Second phase take off from the board to inverted position			
• No heel drive into salto	X	X	
• Excessive pike/arch into inverted position	X	X	X
• Bent legs	X	X	X
• Insufficient height/rotation into the inverted position	X	X	X
• Leg or knee separations	X	X	
Third phase from inverted position to landing			
• Failure to maintain correct body position to landing (excessive pike)	X	X	X
• Leg or knee separations	X	X	
Landing faults			
• Under rotation of salto			
○ without falling forwards	X		
○ with fall forwards		X	
• Steps	X	X	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

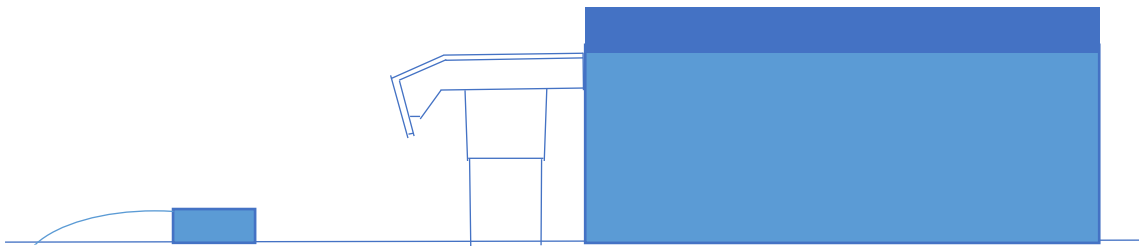
NB: Safety collar compulsory – score 0 if not used



Voluntary Level 3 Vault

Yurchenko prep vault

D score 3.50



Vaulting Table 115 cm

Springboard (4 spring, 5 spring adapted, FIG)

Mat on table only, 5 cm

Landing/Safety mat 120 cm from the ground

≤5 cm depth round off mat

From the table onto built up mats - Land on feet and FALL to back lying, jump not permitted – Level landing

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
• Lack of acceleration, or deceleration shown, during run up	X	X	
First Flight Phase and feet landing on board			
• Landing off centre in any direction	X		
• Incorrect body position	X	X	
• Too high onto table	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Repulsion Phase			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
Second Flight Phase			
• Height	X	X	X
• Failure to maintain correct body position	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Distance			
• Insufficient length	X	X	
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Landing with feet on the table			0.80
General			
• Dynamics	X	X	X
• Failure to maintain correct body position during fall	X	X	
• Under rotation of vault			
○ without falling forwards	X		
○ with fall forwards		X	
• FIG body posture on landing penalties apply	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X		
• Correct body position maintained but feet not touching mat			X