



FIG Range & Conditioning 2020 Mark Sheet

#	Description	Minor Fault(s)	Major Fault(s)
1	Handstand, forward roll to stand	Legs bent in transition to/from handstand Movement of hands to balance	No discernable hold (pause) in handstand Element not performed in one continuous movement Major bend in legs in handstand
2	Backward roll to handstand, to stand	Legs bent in transition to/from handstand Movement of hands to balance	No discernable hold (pause) in handstand Element not performed in one continuous movement Major bend in legs in handstand
3	Bend to 1/2 & hold for approx 2 seconds	Arms bent Not holding for approximately 2 seconds Minor bend in knees (soft knees)	Hands not reaching the floor Significant bend in knees
4	Tip toes forward roll to dish hold	Minor bend in knees (soft knees) Heels tap to floor	Significant bend in knees Balls of feet on floor in tip-toe portion Heels on floor in dish portion
5	2 x V sits	Minor bend in knees (soft knees) Hands not making contact with feet Legs apart (not touching) Not controlling descent of v-sit	Significant bend in knees
6	L Sit	Slight bend in arms	Arms not vertical above shoulders Significant bend in arms
7	Back Lift	Slight bend in arms Not holding for approximately 2 seconds Slight pike/arch in hold	Hips significantly out of line with trunk of body (not straight)
8	Pike Fold	Arms not straight in transition to pike Not holding for approximately 2 seconds (min) Slight bend in legs at any point in the element	Hands not touching legs below the knees or the feet Angle between trunk and legs greater than 45° Significant bend in legs

9	Japana	Slight bend in arms Not holding for approximately 2 seconds Slight bend in legs Toes not pointed Bend in back (hunched over)	Legs less than 90° apart Significant bend in legs Significant bend in arms Angle between trunk and floor greater than 45°
10	Splits left	Slight bend in arms Not holding for approximately 2 seconds Slight bend in legs Toes not pointed Hips out of line/twisted	Angle between each leg less than 135° Significant bend in legs Arms not coming up to at least shoulder height
11	Splits right	Slight bend in arms Not holding for approximately 2 seconds Slight bend in legs Toes not pointed Hips out of line/twisted	Angle between each leg less than 135° Significant bend in legs Arms not coming up to at least shoulder height
12	Back Arch (hold for 2 seconds)	Slight bend in arms Slight bend in legs Toes not pointed Unequal lift in legs and arms	Not holding for 2 seconds Significant bend in arms Significant bend in legs
13	Front support	Slight bend in arms Not holding for approximately 2 seconds Slight bend in legs Toes not pointed Soft/Hunched back	Shoulders / Knees not lifted off the floor Significant bend in legs / arms
14	3 x Press Ups	Slight bend at hip (pike or dish) Slight bend to legs Soft back / movement around middle of body	Not performing 3 'full range' pressups Significant pause between each press up Significant bend in legs
15	Squat in Jump	Slight bend in arms during jump Slight pause in motion Slight bend in legs in jump	Not performing in one continuous motion (i.e. significant pause) Arms not above shoulders in jump Feet not leaving floor in jump

16	3 x squats	Slight bend in arms Not returning to upright position in a controlled, continuous movement	Arms not raised to at least shoulder height Significant bend in arms Angle at knees during squat greater than 90°
17	Full turn	Slight bend in arms during jump Slight bend in legs in jump Performing less / more than a full turn (position of feet to determine)	Not completing at least 3/4, or more than a 1 1/4 turn (position of feet to determine) Significant bend in legs during jump Significant bend in arms during jump

Recommended marks

No more than 10 minor faults

No major faults permitted

Notes

Significant bend at hip/knee/arms defined as an angle less than 135°