



Adult Open Competition 2025 Women’s Artistic Handbook

Entry Instructions

All entries for this competition are made via our website: www.react-club.com. You can find the entry form under the ‘competition registration’ tab. An online handbook for all disciplines can also be found on our website under this tab.

Categories

Categories will be divided into ability levels: novice, intermediate and experienced.

Competitors are required to enter the correct level according to their age and ability level.

Age Bonus:

A competitor’s age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score

Age	18-22	23-25	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52	53-55	56-58
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2

Age	59-61	62-64	65-67	68-70	71-73	74-76	77-79	80
Age bonus	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

Categories – Ability Levels

Novice

Set routines apply, any missing elements a 1.0 will be deducted from the D score

Vault

Table vault 110, 115, 120 or 125cm, 1x springboard (4 or 7 springs)

Squat on DV 0.70

Squat through/straddle over DV 1.00

Handspring or ½ on with repulsion off DV 1.60

Bars

FIG bar regulations

Set routine 1 (low bar only) DV 2.00

1. Upward circle/jump to front support from block
2. Cast
3. Back hip circle
4. Cast push back to land/straddle undershoot dismount/squat on jump down

Bonus 0.1 – stuck dismount

Set routine 2 (Asymmetric bars) DV 3.0

1. Upward circle or upstart – 0.5 Bonus
2. Cast
3. Back hip circle
4. Squat onto low bar catch high bar
5. Baby giant or long upstart – 0.5 Bonus
6. Straddle/pike undershoot dismount

Bonus 0.1 stuck dismount, Upstart Bonus awarded once only (max 0.5)

Beam

FIG beam regulations, artistry deductions will apply - DV 3.0

1. Any mount
2. ½ spin on one foot
3. 2 dance elements connected (can be the same or different)
4. Acro element on the beam (bunny hop, handstand, forward roll, backward roll, cartwheel, back walkover)
5. Dismount (run rebound 2 feet, cartwheel to handstand drop down, round off, handspring, cartwheel jump back)

Floor

FIG floor regulations, max 90s, artistry deductions will apply - DV 3.0

1. Acro line with minimum 2 elements (non-flighted allowed)
2. Mixed series minimum 2 directly connected elements
3. A dance passage of 2 different leaps/hops, 1 with 180-degree split

Intermediate

FIG rules apply, uncoded = 0.10, A = 0.10, B = 0.20, C = 0.30*Dance elements only

Moves of higher value are not permitted.

Vault

Table vault 110, 115, 120 or 125cm, 1x springboard (4 or 7 springs)

Any vault without salto from the new vault table (Please refer to the Adult British Women's Artistic Handbook 2024)

Bars

FIG bar regulations, chose 4 elements from the list below, maximum CR awarded 2.00, maximum D score 2.50

1. FIG coded mount on LB
2. Close bar circle element (back hip circle allowed)
3. Any bar change LB to HB
4. Cast to within 45° handstand
5. A different close bar element
6. An element on HB (not dismount)
7. An element with min 180° turn (including mount & dismount)

Bonus 0.1 stuck dismount

Beam

FIG beam regulations, artistry deductions will apply, chose 5 elements from the list below, maximum CR awarded 2.50, maximum D score 3.60

1. ½ spin ½ turn or 1/1 spin
2. Connection 2 different dance elements (must be different)
3. Leap or jump with 180° split (cross or side) or straddle
4. Acro element on the beam
5. Mixed Series (Minimum 2 element – no flight required on acro element)
6. 'A' valued salto dismount

Floor

FIG floor regulations, max 90s, artistry deductions will apply, chose 5 elements from the list below, maximum CR awarded 2.50, maximum D score 3.70

1. Acro line with a backward salto
2. Forward salto (in or out of an acro line)
3. A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle
4. Additional leap, hop or jump
5. 360° spin
6. Mixed series minimum 2 directly connected elements

Experienced

FIG rules apply, uncoded = 0.10, A = 0.10, B = 0.20, C = 0.30, D = 0.40, E = 0.50, F, G, H = 0.50

Vault

Table vault 120 or 125cm, 1x springboard (4 or 7 springs)

Any vault from the new vault table. (Please refer to the Adult British Women's Artistic Handbook 2024)

Bars

FIG bar regulations, chose 4 elements from the list below, maximum CR awarded 2.00

1. Close bar circle element min
2. A flighted element LB to HB
3. A giant circle in any direction
4. A cast / circle element with min 180° turn
5. A Dismount minimum 'B' value or a salto dismount

Bonus 0.1 stuck dismount

Beam

FIG beam regulations, artistry deductions will apply, chose 4 elements from the list below, maximum CR awarded 2.00

1. Turn (Grp 3) or Roll / Flairs
2. Salto or aerial skill
3. Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle
4. 1 x acrobatic series with 2 min elements at least one with flight
5. Mixed Series (Minimum 2 element – no flight required on acro element) may include mount

Floor

FIG floor regulations, max 90s, artistry deductions will apply, chose 4 elements from the list below, maximum CR awarded 2.00

1. Acro line with min 2 saltos
2. A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle
3. Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance)
4. Saltos in different directions (no aerals). Acro line not necessary, no stationary skills.
5. Salto with LA Turn (min 360) (acro line not necessary)