

# ROUTINES

## SUTL 6

### FIRST ROUTINE

Option 1	Option 2
Half twist jump	Full twist jump
Straddle jump	Straddle jump
Seat landing	Seat landing
To feet	Half twist to feet
Half twist jump	Pike jump
Pike jump	Seat landing
Half twist to seat	To feet
Half twist to feet	Tuck jump
Tuck jump	Front landing
Full twist jump	To feet

### SECOND ROUTINE

Somersault rotation must not exceed 270° and must be without twist.

Minimum Difficulty: 0.5  
Maximum Difficulty: 1.1

## SUTL 5

### FIRST ROUTINE

Option 1	Option 2
Full twist jump	Back s/s (T)
Straddle jump	Straddle jump
Seat landing	Seat landing
Half twist to seat	Half twist to seat
Half twist to feet	Half twist to feet
Pike jump	Tuck jump
Back landing	Half twist to front
Half twist to feet	To feet
Tuck jump	Pike jump
Front s/s (T)	Full twist jump

### SECOND ROUTINE

There may be a maximum of two somersaults, not exceeding 360° of rotation and without twist.

Minimum Difficulty: 1.2  
Maximum Difficulty: 2.0

## SUTL 4

### FIRST ROUTINE

Option 1	Option 2
Back s/s (T)	Back s/s (S)
Straddle jump	Straddle jump
Barani (T/P)	Back s/s to seat (T)
Tuck jump	Half twist to feet
Half twist jump	Half twist jump
Pike jump	Tuck jump
Back landing	Half twist to front
Half twist to feet	To feet
Tuck jump	Pike jump
Front s/s (P)	Front s/s (T)

### SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: 2.1  
Maximum Difficulty: 2.9

## SUTL 3

### FIRST ROUTINE

Option 1	Option 2
Back s/s (S)	Back s/s (S)
Straddle jump	Barani (S)
Back s/s to seat (T)	Straddle jump
Half twist to feet	Back s/s (P)
Half twist jump	Barani (P)
Tuck jump	Pike jump
Barani (T)	Full twist jump
Back s/s (T)	Tuck jump
Pike jump	¾ front s/s to back
Front s/s (P)	To Feet

### SECOND ROUTINE

Somersaults must not exceed 360° of rotation and 180° of twist.

Minimum Difficulty: 3.0  
Maximum Difficulty: 3.9

## SUTL 2

### FIRST ROUTINE

10 different elements with at least 7 somersaults of at least 270° somersault rotation to include at least one of:

- An element of 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.
- A back somersault with 360° somersault rotation and 360° of twist.
- A front somersault with 360° somersault rotation and 540° of twist.

Somersaults must not exceed 630° of rotation.

### SECOND ROUTINE

Somersaults must not exceed 630° of rotation.

Minimum Difficulty: 3.9

Maximum Difficulty: 5.4

## SUTL 1

### FIRST ROUTINE

10 different elements with at least 9 somersaults of at least 270° somersault rotation to include:

- An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.

and at least one of:

- A back somersault with 360° somersault rotation and 360° of twist, or,
- A front somersault with 360° somersault rotation and 540° of twist, or,
- A double somersault

### SECOND ROUTINE

Difficulty shall be awarded in the second routine.

Minimum Difficulty: 5.5

Maximum Difficulty: 7.9

## SUTL ELITE

### FIRST ROUTINE

10 different elements of at least 270° somersault rotation to include:

- An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.
- A double somersault.

### SECOND ROUTINE

Difficulty shall be awarded in the second routine.

Minimum Difficulty: 8.0

Maximum Difficulty: Unlimited

## SUTL SYNCHRONISED 1 – 3

A first and second routine shall be performed, as prescribed, at the category of the lowest level competitor in the pair. The routine requirements of this category shall apply to both competitors as per the individual event, and difficulty shall be awarded.

### SS1

Pairs of any combination of gender comprising competitors at levels SUTL ELITE – SUTL 2.

### SS2

Pairs of any combination of gender comprising competitors at levels SUTL 3 – SUTL 4.

### SS3

Pairs of any combination of gender comprising competitors at levels SUTL 5 – SUTL 6.

## PENALTIES

### FIRST ROUTINE

SUTL 6 - SUTL 3:  
Interruptions apply (per Code of Points)  
SUTL 2 - SUTL ELITE:  
Below minimum requirements: 2.0 penalty

### SECOND ROUTINE

SUTL 6 - SUTL ELITE:  
Below minimum difficulty: 2.0 penalty  
Above maximum difficulty: Disqualification

Further penalties can be found in the Rules and British Gymnastics Code of Points 2017-2020