

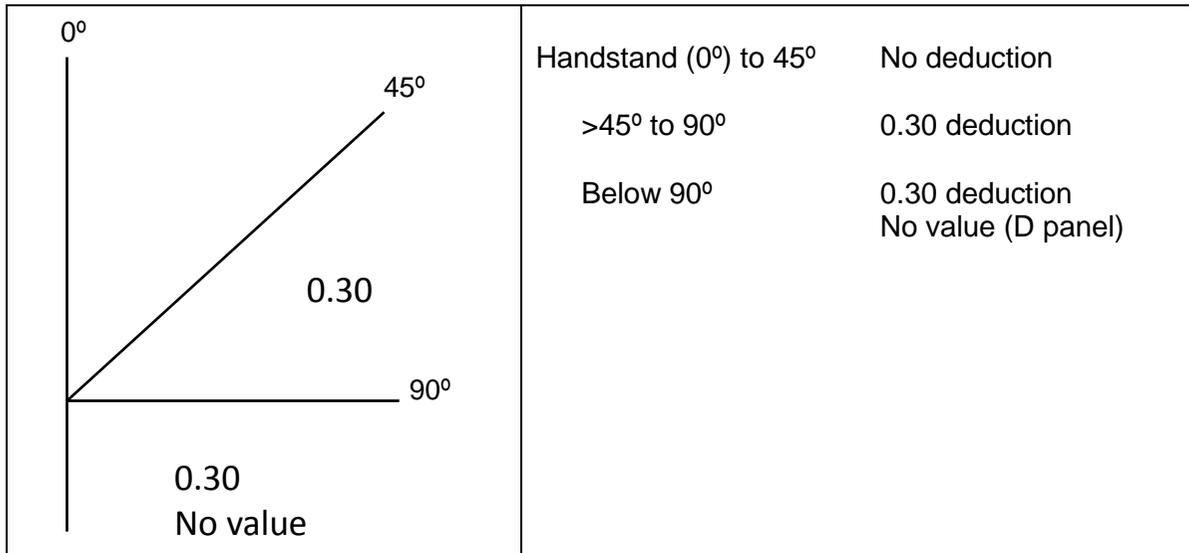
VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2017

Level 4 - 9 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points 2017-2020 Rules and Regulations are as FIG Cycle 14 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 an FIG Coded element may be repeated for Difficulty Value <i>*Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</i></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>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 105cm with:</p> <ul style="list-style-type: none"> Additional 5cm roll mat over vaulting table Mats to 110cm height + 20cm Yurchenko surround compulsory for all vaults 	<p>FIG Bars Regulations with:</p> <ul style="list-style-type: none"> 20cm safety mats throughout with 10cm additional mat on top (no base mats) 	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> Soft dismount mats 	<p>FIG Floor Regulations</p>
<p>Requirements</p>	<p>Best score of 2 vaults:</p> <ul style="list-style-type: none"> Handspring to flat back - 3.50 Tsukahara prep to knees - 3.50 Yurchenko prep to knees - 4.00 <p><i>*Judging will be as per the judging guidelines published on BG website 11.9.13</i></p> <p>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault.</p>	<p>Gymnast receives 2.00 for CR</p> <p>Dismount must be included in counting elements</p> <p><u>*A only allowed*</u></p> <p>Unpermitted dismount 0.30 deduction</p>	<ol style="list-style-type: none"> Connection of minimum 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] <p>Dismount must be included in counting elements</p> <p><u>*A only allowed*</u></p> <p>Unpermitted dismount 0.30 deduction</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 2 x saltos in different directions [fwd & bwd] 2 x acro lines, 1 with 2 different saltos Dismount <p>Dismount must be included in counting elements</p> <p><u>*A or B salto only allowed in last Acro line*</u></p> <p>Unpermitted dismount 0.30 deduction</p>
<p>Uncoded Permitted Elements (receive 0.10 DV)</p>		<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) Squat onto low bar – jump to catch high bar (no penalty for performing jump LB to HB) Straddle or pike on undershoot dismount or ¾ sole circle dismount</p>	<p>Forward roll Tuck jump Straight jump</p>	<p>Cartwheel Backward walkover Forward walkover Backward roll to handstand Handstand forward roll</p> <p>Valdez Headspring Tuck jump</p>
<p>Barred Elements (prohibited / receive no DV)</p>		<p>Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Back hip circle [2.105] 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 elements above B in difficulty value Hops/jumps/leaps to front support</p>
<p>Notes</p>		<p>The sole circle [5.108] may be performed with bent legs without incurring execution penalty</p>	<p>Re bonus below - optional order & any Acro element (ie. flight not required). Bonus awarded only within routine time limit (1 min 30)</p>	
<p>GBR Bonus (in addition to FIG)</p>	<p>0.50 - Performance of vault with additional 20cm mat Only credited if less than 1.00 in E deductions</p>	<p>0.50 - Backward giant without fall [awarded once only] 0.50 - Close bar element on LB only, min 45°</p>	<p>0.20 - Dance/Acro min A+B 0.40 - Series bonus of 3 elements (Dance or Acro or Mixed) Example A+B+A = 0.20+0.20</p>	

Diagram for Voluntary Age Group Level 4 Bars – August 2016

Uncoded element (value - 0.10) – Cast to above 45°



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Level 3 - 10 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points 2017-2020 Rules and Regulations are as FIG Cycle 14 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 *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</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>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 115cm with: • Additional 5cm mat over vaulting table • Mats to 120cm height + 20cm • Yurchenko collar compulsory for all vaults</p>	<p>FIG Bars Regulations with: • 20cm safety mats throughout with 10cm additional mat on top (no base mats)</p>	<p>FIG Beam Regulations with: • Soft dismount mats</p>	<p>FIG Floor Regulations</p>
<p>Requirements</p>	<p>Average 2 different optional entry vaults onto piled up mats from the following options: • Handspring to stand - 3.50 • Tsukahara to shoulder stand - 3.50 • Yurchenko to shoulder stand - 4.00 *Judging will be as per the judging guidelines published on BG website 11.9.13 There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault</p>	<p>At least one skill to be performed on low bar No penalty for performing jump from LB to HB <i>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus:</i> 1. 2 close bar circle elements [non flight] same or different 2. Back giant 3. 180° (min) turn non flight element [not mount] Dismount must be included in counting elements *A only allowed* Unpermitted dismount 0.30 deduction</p>	<p>1. Connection of minimum 2 different dance elements: • To include 1 x leap or jump with 180° split (cross or side) or straddle position 2. Any coded 1/1 spin on one foot in forward direction 3. 1 x acrobatic series with [min] 2 x flight elements performed on the beam • salto not required 4. Acro elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements *A or B only allowed* Unpermitted dismount 0.30 deduction</p>	<p>1. Dance passage to include minimum 2 x different leaps or hops: • To include 1 x leap or hop with 180° split (cross or side) or straddle position 2. Straight salto with minimum 360° LA turn – forward or backward 3. Forward acro line (min 2 elements) 4. Salto bwd and salto fwd in the same or different acro line Routine must include 4 acro & 4 dance skills – 0.20 penalty for any missing element Dismount must be included in counting elements *B salto only allowed in last Acro line* Unpermitted dismount 0.30 deduction</p>
<p>Barred Elements (prohibited / receive no DV)</p>		<p>Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Back/front hip circle [2.105/2.104] Flight on same bar [release] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</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° Hops/jumps/leaps to front support</p>
<p>GBR Bonus (in addition to FIG)</p>	<p>0.30 - Performance of vault with additional 20cm mat Only credited if less than 1.00 in E deductions</p>	<p>0.30 - Additional different 180° min non flight element, not mount 0.50 - 2 x different grips Not within flight or dismount Can be awarded once only 0.50 - Free stoop</p>	<p>Back spin and forward spin will both be awarded a value 0.20 - Full spin full spin connection any direction 0.20 - Each A+B+B series in any order, including dismount 0.20 - Jump in side position min B Bonus awarded only within routine time limit (1 min 30)</p>	

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Level 2 - 11 years

<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points 2017-2020 Rules and Regulations are as FIG Cycle 14 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 min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</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	Vault table at 125cm with: <ul style="list-style-type: none"> 20cm safety mats with additional 10cm mat Yurchenko surround compulsory for all vaults 	FIG Bar Height Regulations with: <ul style="list-style-type: none"> 20cm safety mats throughout with 10cm additional mat (no base mats) 	FIG Beam Regulations with: <ul style="list-style-type: none"> Soft dismount mats 	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	GBR modifications apply (recognition of an open tuck) Any FIG vault Open tuck Yurchenko – 3.50 [No. 4.00] Open tuck Tsukahara – 3.70 [No. 3.00] The average score from any 2 vaults	<ul style="list-style-type: none"> Gymnasts may start on LB or HB (coded MT) Board (if required) placed on top of all mats Full pirouette to fail by <30°, 0.50 deduction not 1.00 No deduction for an upstart after a Shap <p><i>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus:</i></p> <ol style="list-style-type: none"> 2 x different grips Non flight element with 360° LA turn [not mount] 2 different close bar elements <p>Dismount must be included in counting elements <u>*B or C salto only allowed*</u> Unpermitted dismount 0.30 deduction</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 To include 1 x C leap or jump Minimum 1/1 spin 1 x backward acrobatic series with 2 flight elements - minimum 1 x salto Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements <u>*B or C only allowed*</u> Unpermitted dismount 0.30 deduction</p>	<ol style="list-style-type: none"> Dance passage of 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 1 x Acro line [2 x different saltos] 2 x saltos in different directions fwd & bwd Straight salto with minimum 360° LA turn - forward or backward <p>Dismount must be included in counting elements <u>*B or C salto only allowed in last Acro line*</u> Unpermitted dismount 0.30 deduction If less than 3 Acro lines are performed the gymnast will receive a deduction of 2.00</p>
Un-coded Permitted Elements (receive 0.10 DV)		Squat onto LB bar - jump to catch HB (no penalty for performing jump from LB to HB)		
Barred Elements (prohibited / receive no DV)	Vaults higher than 4.80 in DV	Back/forward hip circle [2.105/2.104] Flight element on same bar Flight element from HB to LB Dismounts: Salto backward with 180°/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] More than one double BA salto in routine If performed, 2 nd element will receive no DV Hops/jumps/leaps to front support
GBR Bonus (in addition to FIG)	0.50 - for performing any salto vault that shows an inverted stretched shape in the second flight 0.50 - for any 2 different salto vaults Only awarded if performed without a fall	0.30 - 3 different in bar root skills 0.50 - Backwards double tuck or pike salto 0.50 - Front-away with 540° LA turn 0.50 - Free stoop in/out to min 45° 0.50 - Invert & invert ½ 0.50 - LB to HB element NB: the sole circle is NOT considered a close bar element (backward sole circle jump from LB to HB [5.108])	0.10 - Any Series A+B+C – no max 0.20 - Series B+B+C or above (+ FIG 0.10) 0.30 - Jump full turn any shape 0.50 - For each double spin Bonus awarded only within routine time limit (1 min 30)	0.20 - Direct connection of 2 x saltos [1 x Straight minimum 360° LA turn] 0.50 - Double back salto FIG Bonus will apply for indirect connections

British Espoir – 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 according to FIG Cycle 14 Code of Points 2017-2020 Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise FIG Execution and Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 4 acrobatic [min] + 3 dance [min] and 1 optional element FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for all apparatus On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 125cm with:</p> <ul style="list-style-type: none"> 20cm safety mats with additional 10cm mat 	<p>FIG Bar Height Regulations with:</p> <ul style="list-style-type: none"> 20cm safety mats throughout with 10cm additional mat (no base mats) Additional 10cm supplementary mat (2m x 2m) to be positioned and may be repositioned once only 	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> Soft dismount mats 	<p>FIG Floor Regulations with:</p> <ul style="list-style-type: none"> Additional 5cm landing mat permitted for double salto <i>without incurring a penalty</i>. Must be removed after performing the element. 10cm landing mat NOT permitted
<p>Requirements</p>	<p>FIG Junior Code applies</p> <p>Vaults from FIG Code of Points</p> <ul style="list-style-type: none"> For apparatus finals 2 different vaults (maybe from same group different number) <p>Open tuck Yurchenko – 3.50 [No.4.00] Open tuck Tsukahara – 3.70 [No.3.00]</p>	<p>As per FIG Code of Points:</p> <ol style="list-style-type: none"> Flight from HB to LB Flight element on same bar Different grips (no cast, MT or DMT) Non flight element with minimum 360° turn (no mount) <p>Plus</p> <ul style="list-style-type: none"> 1.00 - GBR penalty for not showing minimum 1 x cast to handstand without ½ turn (<i>straddle permitted</i>) *no tolerance* <ul style="list-style-type: none"> Full pirouette, to fail by <30°, 0.50 deduction not 1.00 No deduction for an upstart after a Shap <p>A coach (<i>holding the relevant BG qualification</i>) must stand in for all releases and D dismounts and above. <i>Failure to do so will result in the element not being credited DV or CR.</i> Dismount must be included in counting elements</p>	<p>As per FIG Code of Points:</p> <ol style="list-style-type: none"> Connection of at least 2 different dance elements 1 being a leap or jump 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"> 1.00 - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements *no tolerance* <p>Dismount must be included in counting elements</p>	<p>As per FIG Code of Points:</p> <ol style="list-style-type: none"> A dance passage 2 different leaps or hops (from CoP) Salto with LA turn min 360° Salto with double BA Salto backward and salto forward <p>Plus:</p> <ul style="list-style-type: none"> 1.00 - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements *no tolerance* If less than 3 acro lines are performed the gymnast will receive a deduction of 2.0 Out of bounds 0.30 flat deduction each time <p>Dismount must be included in counting elements</p>
<p>Barred Elements (prohibited / receive no DV)</p>		<p>Dismounts:</p> <ul style="list-style-type: none"> Dismount higher than D Salto forward with 360°/720° turn Single salto backward with 180°/540°/900°turn Dismounts 6.407, 6.408, 6.507 & 6.508 		<p>Double front salto [4.501] [4.601] Double Arabian [4.505] [4.605]</p>
<p>GBR Bonus (in addition to FIG)</p>	<p>0.30 - if 2 different vaults from same group with salto 0.70 - if 2 different groups with salto (saltos may be the same body shape or different)</p> <p>Only awarded if performed without a fall</p>	<p>0.20 - Cast handstand ½ turn, if turn before vertical 0.20 - Double tuck salto backwards with hands not touching the legs 0.20 - Double pike back salto 0.20 - Stuck D dismount 0.30 - 3 x different root skills 0.50 - Free stoop in/out to min 45° 0.50 - Invert & invert ½ 0.50 - Permitted D dismount</p>	<p>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) 0.20 - Stuck D dismount 0.50 - Double spin 0.50 - D or above dismount</p> <p>Bonus awarded only within routine time limit (1 min 30 sec)</p>	<p>0.20 - 1 x acrobatic line [2 x different saltos in direct connection] including C salto 0.20 - 2 x different saltos with direct connection D+A or more difficult. D salto must contain LA turn 0.20 - 3 x C or above dance elements 0.20 - All landings stuck from D saltos 0.30 - If routine has 4 acro lines, each containing 1 element minimum C value</p>