



Voluntary National Age Group Championships 2012

Level 2 - 11 years

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	<p>Only FIG Coded elements may be used. Elements will be given Difficulty Value according to FIG Cycle 12 Code of Points [2009] Rules and Regulations are as FIG Cycle 12 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 5 acrobatic [max] + 3 dance [min] FLOOR – 4 x acro lines [max] Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Same element can only count once. No repetition of elements is allowed. IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<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
Any Vault with higher Difficulty Value than 4.60	Barred Elements	<p>Cast to handstand with legs straddled [hips bent] Gienger roll with turn after handstand Dismount Salto backward with 180°/540°/900° turn off Salto forward with 360°/720° turn off</p>		<p>Salto backwards 900° LA turn Double salto piked Hops/jumps/leaps with more than 360° LA turn except those recommended Hops/jumps/leaps to front support</p>
<p>Vault 1.00 DV 2.40 Handspring Vault 1.02 DV 3.20 Handspring - 1/1 off Vault 2.10 DV 4.40 Handspring front tucked Vault 3.10 DV 4.00 Tsukahara tucked Vault 3.20 DV 4.20 Tsukahara piked Vault 3.30 DV 4.60 Tsukahara straight Vault 4.10 DV 3.80 Yurchenko Tucked Vault 4.20 DV 4.00 Yurchenko piked Vault 4.30 DV 4.40 Yurchenko straight</p>	<p>Recommended Elements</p>	<p>* Giant circle backward with 180°/360° turn to handstand * Giant circle forward with 180° turn to handstand * Giant circle forward in 'L' grip * Close circle elements to handstand * Dismount Double salto backwards</p>		<p>* Double salto tucked * Salto Backward 720° turn * Salto Forward 360°/540°/720° turn * Salto forward step out/Arabian * Connection of recommended elements * Hops/jumps/leaps with 360° LA turn * Dance with emphasis on facial expression * Split leap with up to 180° LA turn * Change leg split leap with up to 360° LA turn * Straddle jump/Straddle piked jump with up to 360° turn * Pike/Wolf jump with up to 360° LA turn * Tour jete * Spin [360° LA turn] free leg above horizontal * Spin [720°-1080° LA turn] free leg optional * Connections between previously learned elements</p>
<p>Height – 125cm 1 x springboard</p>	<p>X Award 0.50</p>	<p>A Bars - HB 2.50 – LB 1.70 Gymnast starts and performs routine on HB only</p>		<p>Dance passage of 2 x different coded elements [minimum] [1 x leap or hop with 180° cross split] ✓</p>
<p>Average score of 2 performed Vaults</p>	<p>✓ Must be performed for 0.50</p>	<p>Flight element from HB to LB & LB to HB X Flight element on same bar X 2 x grips + Close circle element [non flight] Back Hip Circle [2.105] not allowed ✓ 360° non flight element [not mount] ✓ Dismount – B or C [DV + CR] ✓ D or more – No DV or CR</p>		<p>1 x acrobatic line [2 x different saltos] ✓ 2 x saltos in different directions fwd/swd & bwd ✓ Double BA salto & salto with 360° LA turn ✓ Dismount – B or C salto [DV + CR] ✓ D or more – No DV or CR</p>
<p>Bonus of 0.50 for performing a Yurchenko Vault [Group 4 or 5] without a fall Must be within the allowed DV</p>	<p>CV as per FIG criteria</p>	<p>No FIG or GB CV Coaches and gymnasts should concentrate their efforts on technical execution.</p>		<p>Exercise with no fall & with all CRs fulfilled 0.50 Any connection between: 2 x acrobatic elements [1 x salto] 0.20 3 x different flic flacs 0.20 2 x different flic flacs 0.10 2 x jump/leap with 180° split* [min] optional leg 0.20 1/1 spin & jump/leap with 180° split* [min] 0.10 * no tolerance allowed</p>
	<p>Specific Apparatus Deductions</p>	<p>Use deductions for Bars/Beam/Floor as in Articles 9/10/11 In Cycle 12 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION</p>		<p>Indirect Connection between: 3 x saltos 0.10 2 x saltos [1 x 360° LA turn] 0.10 Direct connection between: 2 x saltos forward [1 x 360° LA turn] 0.20</p>
		<p>Bar change without performing an element X</p>		<p>Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11</p>