

Level 3 - 10 years

Difficulty Value		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 <u>including</u> 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 EXCEPT on Bars where a Backward Giant may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50					
Short Exercises		FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
Vault		Bars	Beam	Floor	
Any Vault with higher Difficulty Value than 4.00		Barred Elements Cast to handstand with legs straddled [hips bent] Flight on same bar [release] Dismount Higher than salto backward straight	Salto f'wards or s'wards [Mount or content] Free cartwheel/Free walkover allowed Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support	Connections from Salto backward with 540° Double salto Hops/jumps/leaps with more than 360° LA turn except those recommended Hops/jumps/leaps to front support	
Vault 3.10 DV 4.00 Tsukahara tucked Vault 4.10 DV 3.80 Yurchenko Tucked Vault 1.00 DV 2.40 Handspring on Handspring off Vault 1.02 DV 3.20 Handspring - 1/1 off		Recommended Elements * Giant circle backward with 180°-360° turn to 45° above horizontal * Giant circle forward [reverse grip only] * Close circle element – min 45° above horizontal * Cast to handstand with 180° LA turn on LB & HB * Giant circle backwards to handstand * Giant circle backwards [accelerated] * Cast and straddle pike/pike onto LB. * Cast to handstand * Dismount - Downswing and salto backwards straight to stand. BG Deduction [Age Groups only] For turns in handstand Completed after handstand Up tp 30° 0.10 deduction Up to 60° 0.30 deduction Up to 90° 0.50 deduction	* Mount - Press to handstand from various positions * Connection of 2 x flic-flacs [any variation] * Gainer Flic [clear swing of the backward leg] * Spin [variations below horizontal] * Variation of turns on other body parts * Variations of turn on one leg * Connections between previously learnt elements	* Salto Backward 720° turn * Round off – Whip * Salto Forward tuck/pike with 180° turn * Handspring - Salto Forward straight. * Flyspring * Connection saltos forward with no turn * Dance with use of good body movement * Variety of Dance Elements [positions/shapes] * Split leap [straight leg/Passê- developē] * Straddle jump/Straddle piked jump with 180° turn * Change leg split leap * Vertical jump with up to 720° LA turn * Pike/Wolf jump with up to 180° LA turn * Spin [360° LA turn] free leg Passē] * Spin [up to 720° LA turn] free leg optional * Connections between previously learned elements	
Height 120cm 1 x springboard		CR 0.50 X Award 0.50 Must be performed for 0.50	Single bar - HB 2.50 Flight element from HB to LB & LB to HB and Flight element on same bar X 2 x different grips [no flight/mount/dismount] ✓ Close bar circle element [non flight] ✓ Back Hip Circle [2.105] not allowed ✓ 180° non flight element [not mount] ✓ Dismount - A only allowed ✓ B/C/D or more – No DV or CR ✓	Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross split] ✓ Turn [Group 3] ✓ 1 x acrobatic series with 2 elements [min] -1 x with flight [salto not required] – not connected into d'mt ✓ Acro elements in different directions [f'wd/swd & bwd] ✓ Dismount - A or B [DV + CR] ✓ C or more – No DV or CR ✓	Dance passage of 2 x different coded elements [minimum] [1 x leap or hop with 180° cross split] ✓ 1 x Acrobatic line [2 x different saltos] ✓ 2 x saltos in different directions f'wd/swd & bwd ✓ Salto with 360° LA turn [2/2 salto not required] ✓ Dismount - A or B salto only [DV + CR] ✓ C or more – No DV or CR ✓
Average score of 2 performed Vaults		CV As per FIG criteria	No FIG or GB CV Coaches and gymnasts should concentrate their efforts on technical execution.	Exercise with no fall and with all CRs fulfilled 0.50 Any connection between: 2 x different flic flacs May connect into dismount 0.20 Flic flac & walkover [any order] May connect into dism't 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	Any Indirect Connection between: whip and salto 0.10
Specific Apparatus Deductions		Use deductions for Bars/Beam/Floor as in Article 9/10/11 in Cycle 12 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION			
		Bar change without performing an element X	Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11		