

Voluntary National Age Group Championships 2012

Level 4 - 9 years

<div>Difficulty Value</div> <div>A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50</div>	<div>Elements will be given Difficulty Value according to FIG Cycle 12 Code of Points [2009]</div> <div>Rules and Regulations are as FIG Cycle 12 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.</div> <div>BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max]</div> <div>Recommended elements are guidelines for a programme of development and other elements may be used.</div> <div>Barred elements are not allowed and no Difficulty Value will be given if they are performed.</div> <div>Uncoded elements as listed below will be recognised and awarded 0.10 each</div> <div>Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value</div> <div>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</div>						
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 other than a Handspring	Barred Elements	Cast to handstand with legs straddled [hips bent] Dismount Higher than salto backward straight	Any Saltos [other than dismount] Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support	Salto backward with 540° & any Double salto Hops/jumps/leaps with LA turn [except vertical 360°] Hops, jumps leaps to front support			
Vault 1.00 DV 2.40 Handspring on handspring off	Recommended Elements	* Giant circle backwards to handstand * Giant circle backwards [accelerated] * Cast and straddle pike onto LB. * Cast to handstand with 180°LA turn on LB * Cast to handstand [not straddled] * Dismount - Downswing and straight b'ward salto	* Sissone & Split Leap * Straddle jump [cross or side of beam] * Tucked and Wolf jump * Spin on one foot (passé) * Various turns on one foot – optional free leg * Flic-flac [any variation without turn] * Walkover any connection/combination * Handstand [hold in cross or side beam] * Variation of waves * Variation of steps	* Salto Backward 360° turn [not EGR] * Salto Backward tuck/pike/straight * Salto Forward tuck/pike/straight * Variety of Dance Elements [positions/shapes] * Sissone * Split leap * Vertical jump with 360° LA turn * Straddle jump/Straddle piked jump * Tuck jump/Cat leap * Wolf hop * Spin [360° LA turn - Passé-developpé]			
		<div>BG Deduction [Age Groups only]</div> <div>For turns in handstand</div>				Completed after handstand Up tp 30° 0.10 deduction Up to 60° 0.30 deduction Up to 90° 0.50 deduction	
Height 115cm 1 x springboard	Uncoded Elements 0.10 each	Cast above 45° Squat onto Low Bar Tucked sole circle ¾ Giant from LB to HB	Dismounts* *Straddle on undershoot *Will fulfil dismount CR	Forward roll Cat leap Tuck jump	Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Cat leap Tuck jump Wolf jump/hop Straight jump with 1/1		
Best score of 2 performed Vaults	X Award 0.50 Must be performed for 0.50 ✓	CR 0.50 A Bars - HB 2.50 – LB 1.70 Flight element from HB to LB & LB to HB Flight element on same bar 2 x Grips + Close circle element [non flight] 360° non flight element [not mount] Dismount - A only allowed* B/C/D or more – No DV or CR	X X X X ✓	Connection of minimum 2 different dance elements [1x leap/jump/hop with180° cross split] Turn [Group 3] 1 x acrobatic series with 2 elements [minimum] 1 x with flight [not salto] – <i>not connected into d'mt</i> Acro elements in diff directions [fwd/swd & bwd] Dismount - A only allowed B/C/D or more – No DV or CR	✓ ✓ ✓ ✓ ✓ ✓	Dance passage of 2 x different elements [minimum] [1 x leap or hop with 180° cross split] 1 x acrobatic line with 2 x different saltos 2 x saltos in different directions [f'wd/swd & bwd] Double BA salto & salto with LA turn [360° min] Dismount - A or B salto only allowed [DV+CR] C or more – No DV or CR	✓ ✓ ✓ ✓ X ✓
		Specific Apparatus Deductions	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				
			Bar change without performing an element X	More than 1 x 180° turn on 2 feet with straight legs [throughout exercise] Mount not from table of elements	X X		
		Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11					