



LONDON GYMNASTICS

COMPULSORY LEVEL 5 - 2014 – 2017

AGE 8 IN YEAR OF COMPETITION – BORN 2008 Out of Age gymnasts Born 2007 and 2006

FIG PENALTIES APPLY + ARTISTRY REQUIREMENTS

APPARATUS AS PER FIG

JUDGES NOTES

PROCEDURES FOR CALCULATING THE FINAL SCORE FOR COMPULSORY LEVELS

JUDGES PLEASE NOTE THAT LEVEL 5 IS AN INTRODUCTION TO THE ELITE PATH AND ENCOURAGEMENT AND NOT DISCOURAGEMENT TOWARDS THE GYMNASTS SHOULD BE KEPT IN MIND.

Aim to avoid having negative D score. If it becomes negative award 0.00 D score.

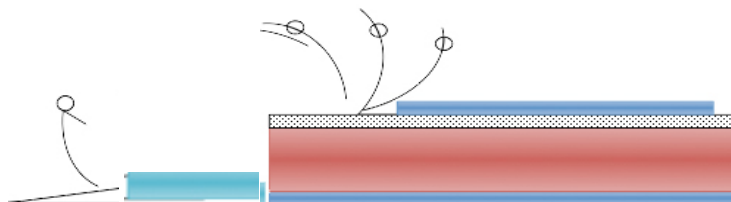
The principle for taking the value of the element and deductions in the case of Compulsory levels 2014 is based on the following:

- The technical requirements of the element being completed successfully to be credited with the value (VM). This is indicated in the text.
- Situations that are decided by the D judges which are FIG considerations or specific criteria for stops in connections, holds and reaching a certain degree of height where specified.
- FIG execution deductions, taken by the E judges e.g. bent arms, bent legs, insufficient tuck/pike/straight position etc. and artistry deductions on floor and beam.

<p>VALUE OF ELEMENT (VM)</p> <p>Element not completed to the technical requirement</p> <p>e.g. spins incomplete</p>	<p>D judges deduction</p>	<p>From D score</p>
<p>FAULTS CONSIDERED BY D JUDGES BUT ARE TAKEN AS NEUTRAL DEDUCTIONS (PENALTIES)</p> <ul style="list-style-type: none"> • Elements considered as non-attempt • Stop in connections • Holds 	<p>D judges deduction</p>	<p>Record as penalties and take from final score</p>
<p>E SCORE - FIG DEDUCTIONS FOR EXECUTION</p> <p>e.g.</p> <ul style="list-style-type: none"> • Bent arms, bent legs • Body posture • Insufficient tuck/pike/straight in elements • Height • Flight • Rotation • Falls • Artistry beam and floor 	<p>E judges deduction</p>	<p>From 10.00</p>

VAULT D score 4.00

Handspring to land on feet (fly spring) FALL with correct posture to front lying
Jump not permitted from landing to front lying
Level landing or optional one mat higher for 0.50 bonus



2 VAULTS – Best Score of 2 Performed Vaults
Vault height from floor 60 cm (Set up as Compulsory Level 4)
Optional additional 20 cms + 0.50 bonus
Safety collar compulsory – score 0 if not used

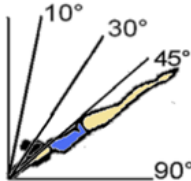
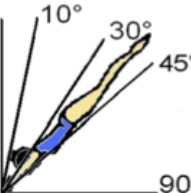

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance 25 m max.			
• Lack of acceleration during run up	x	x	
First phase and feet landing onto the board			
• Feet landing off centre in any direction	x		
• Arms not behind body in hurdle step	x	x	
• Hip Angle	x	x	
• Arch	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Repulsion phase			
• Shoulder angle	x	x	
• Failure to pass through vertical	x		
• Bent arms	x	x	x
• Lack of repulsion from hands	x	x	
Second flight phase			
• Height	x	x	x
• Failure of correct body position on landing	x	x	x
• Leg or knee separations	x	x	
• Bent knees			
Landing Faults			
Under rotation of fly spring			
• Without falling backwards	x		
• With fall backwards		x	
• Steps	x	x	0.80 max
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	x	x	x
• Deviation from straight direction on landing (1 st contact)	x	x	
• Legs apart on landing	x	x	
• Dynamics throughout	x	x	x
• Failure to land feet first – invalid vault			0.00

UNEVEN BARS ROUTINE

All body parts must reach the required angle.

- If there is a pike in the body, the line is from the hands to the feet or lowest body part
- If there is excessive arch that puts the feet in the higher sector, the line is through the centre of mass
- No attempt at an element (missing element) **D panel deduction VM + 1.00**
- Cast below 135° **D panel deduction VM**
- Straddle cast to handstand NOT permitted **D panel deduction VM**
- **E panel** - Use FIG deductions throughout the exercise except where specified

STRAP BAR ROUTINE WITH OPTIONS – MUST BE PERFORMED IN ORDER SET Strap bar height 2.50 m.	D score SV = 3.50/3.80/4.10	VALUE
<p><u>BONUSES</u></p> <p>Cast to 90° or above = 0.30 (given only to the first cast before the back hip circle)</p>  <p>Swing forward to free baby giant = 0.30</p> <p><u>PENALTIES</u></p>  <p>E panel penalties for swings</p> <p>0° – 30° = 0.00 30° – 45° = 0.10 45° - 90° = 0.30 Below 90° = 0.50</p> <p>NOTE:- BONUS MARKS ONLY AWARDED IF “E PANEL” DEDUCTIONS ARE BELOW 2.00 MARKS.</p> <p>APPLIES TO A. BARS ONLY</p>	<ol style="list-style-type: none"> 1. 2 leg lifts (feet must touch and reach bar or above to be Credited) 0.50 each 2. Chin up and circle over to front support shape 0.50 each 3. Cast above horizontal (BONUS if above 90° = 0.30) (Below horizontal = 135° = 0.30 below 135° = VM) 0.50 4. Back hip circle 0.50 5. Back hip undershoot to 0.50 6. Swings backward and forward x 2 0.50 each 7. 3rd Swing forward to baby giant or Free baby giant (Coach stops swing if required) (BONUS - swing forward to FREE baby giant = 0.30) 0.50 <p>Please see video of Bar Routine</p> <div style="text-align: center;">  COMPULSORY 5 BARS ROUTINE.MOV </div>	

BALANCE BEAM ROUTINE

Optional routines with compulsory elements in optional order

- Time 1.30 max
- On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall
- If the gymnast falls between the dismount connection, the whole connection may be repeated once
- All HOLDS must be 2 seconds **D panel deduction**
- 0.30 deduction for Lack of hold **D panel deduction**
- No attempt at an element (missing element) **D panel deduction VM + 1.00**
- Split deductions 180° split required FIG deductions Below 135° **D panel deduction VM**
- Dismount – stop between cartwheel and straight jump off **D panel deduction 0.50**
- **E panel** - Use FIG deductions throughout the exercise except where specified

ELEMENTS PERFORMED IN OPTIONAL ORDER ROUTINES WITH 2 OPTIONS	D score SV = 3.50/4.00/4.50	VALUE
<p><u>BONUSES</u></p> <p>Mount - Optional entry to Russian Lever with legs together = 0.50</p> <p>CR3 = 0.50</p> <p><u>PENALTIES</u></p> <p>Straight jump rebound (if NO immediate rebound = VM)</p> <p>FIG Penalties for splits</p> <p>0° - 20° = 0.10 20° - 45° = 0.30 Below 45° = VM</p> <p>CR 6. Dismount – Stop between elements – 1.00 from Final Score</p>	<p>1. Mount - Optional entry to pike lever hold (minimum Legs horizontal) (BONUS Russian Lever 0.50)</p> <p>Either option BLUE</p> <p>2. In cross position - Handstand to legs in split position back to stand stop – on toes, circle arms bwd –drop heels, back walkover</p> <p>or option PINK</p> <p>3. Back walkover stop – on toes, circle arms backward – drop heels, back walkover – (BONUS 0.50)</p> <p>4. Split jump to 180° - pause and pose - Straight jump, rebound straight jump</p> <p>5. ½ spin on toes , finish in relevé - stay on toes – half turn finish in relevé – arms to finish above head</p> <p>6. DISMOUNT – Cartwheel / straight jump off backwards to land</p>	<p>0.50</p> <p>0.50</p> <p>1.00</p> <p>1.00</p> <p>1.00</p> <p>0.50</p> <p>0.50</p> <p>1.00</p>

FLOOR

Optional routine with compulsory elements in optional order

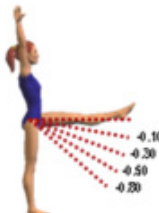

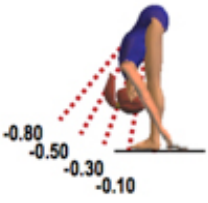


- All elements in an acrobatic series on floor must be completed continuously
- Handspring to 2 must have clear flight with hands and feet clear of the floor at the same time
- NO clear flight in Handspring to 2 - **E panel deduction 0.30**
- No attempt at an element (missing element) **VM + 1.00 D Panel Deduction**
- **E panel** - Use FIG deductions throughout the exercise except where specified

ELEMENTS AND SERIES PERFORMED IN OPTIONAL ORDER	D scores SV - 3.50/4.00	VALUE
<p><u>BONUS</u></p> <p>Free Cartwheel = 0.50</p>	<ol style="list-style-type: none"> 1. Jump from 2 feet into Round Off, 2 flicks extended straight jump 2. Handspring to 2 feet, rebound jump (NO value) rebound dive forward roll (not hecht) (From Jump from 2 feet OR run optional) 3. 1/1 spin, step ½ spin (spins on toes – can be either direction – but must be on different legs) 4. Dive cartwheel or free cartwheel (3 steps max or jump from 2 feet) (BONUS free cartwheel 0.50) 5. Dance Series - Cat leap, chassé split leap, chassé split leap Can be performed as FIG dance passage, i.e. Running steps, small leaps, hops, chassé, chaîné turns) 	<p>1.00 0.50 each</p> <p>1.00 0.50</p> <p>1.00</p> <p>1.00</p> <p>0.50 each</p>

RANGE & CONDITIONING

Set routine – must be performed in order set

- General penalties to be applied throughout – **E panel deductions** =
- HOLDS 2 seconds Failure to hold 0.30
- CR 1 & 2 - Legs below horizontal in leg lifts 0.30
- CR 1 & 2 - Chest below horizontal in arabesque 0.10/0.30
- CR 1 & 2 - Lack of control in transitions 0.10/0.30
- Failure to show shoulder stand in forward roll 0.10/0.30
- Legs resting on arms in lever 0.30
- Legs below horizontal in straddle lever 0.30
- Feet brushing floor in transition to front support 0.30
- Feet hitting floor in transition to front support 0.50
- Spit deductions FIG deduction for split 0.10/0.30
- Feet not together in bridge 0.10/0.30
- FIG deductions for bent arms, bent legs, body alignment apply to all elements

Set routine	D score SV 4.00	VALUE
  <p>Failure to show shoulder stand 0.10/ 0.30 Legs resting on arms in lever 0.30 Legs below horizontal in lever 0.30</p>	<ol style="list-style-type: none"> 1. Standing leg lift on RIGHT leg (Minimum horizontal) show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position. Return to stand 2. Standing leg lift on LEFT leg (Minimum horizontal) show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position. Return to stand 3. Forward roll through shoulder stand to 4. Straddle lever – HOLD 	<p>0.50</p> <p>0.50</p> <p>0.50</p> <p>0.50</p>
   <p>Feet not together in bridge 0.10, 0.30</p>	<ol style="list-style-type: none"> 5. Lift legs round to show front support 6. Slide feet up to pike fold 7. Straddle Lift up to handstand (Elephant lift) – HOLD 8. Drop over to bridge with legs together - show bridge 	<p>0.30</p> <p>0.30</p> <p>0.50</p> <p>0.50</p>

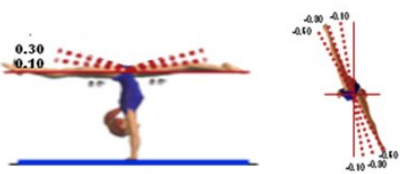
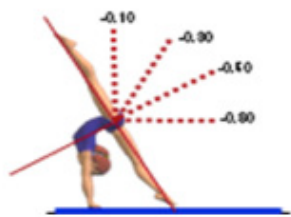


FIG Split deductions apply

9. Lift one leg to split bridge

0.50

10. Return legs together

0.00

11. Lift alternate leg to split bridge

0.50

12. Lift back to handstand with legs in split position – **show**

0.50

13. Through to stand

0.00

14. Split jump, split jump on opposite leg, straddle jump
(linked but NOT rebounded)

0.30
each

FIG Penalties for splits

0° - 20° = 0.10

20° - 45° = 0.30

Below 45° = VM