

## LONDON GYMNASTICS – AGE GROUP RULES LEVEL 5 –IN & OUT OF AGE (8 – 15+ YEARS)

### DIFFICULTY VALUE (DV)

Elements will be given Difficulty Value according to FIG cycle 12 Code of Points. FIG Execution and Artistry penalties will be applied  
 A.BARS/BEAM/FLOOR 8 Highest elements including Dismount BEAM/FLOOR 5 Acro (max) + 3 Dance (min) FLOOR Max 4 Acro lines

### SHORT EXERCISE

**BEAM/FLOOR FIG Short Exercise Rules apply. A. BARS Exercise with less than 5 elements will be deducted 1.00 for each missing element**

VAULT	RULES for AB/BB/FX	A.BARS	BEAM	FLOOR
<p><b>OPTIONAL VAULT FOR ALL AGES</b></p> <p><b>Height</b></p> <p>100 cm</p> <p>95cm piled mats 5cm roll mat over piled mats</p> <p>HANDSPRING FLAT BACK</p> <p>DV 1.40</p> <p style="text-align: center;"><b>OR</b></p> <p><b>ALL AGES FIG CODED VAULT</b></p> <p><b>NO FIG VAULTS WITH SALTOS Group 1 ONLY</b></p> <p><b>Height</b></p> <p>9 – 100 cm 10/11 - 110 cm 12/13 - 120 cm 14+ - 125cm</p> <p><b>2 Vaults Best Vault to Count</b></p>	<p><b>Permitted Un-coded Elements can be used to fulfil CR</b></p> <p><b>Difficulty Value (DV)</b>                      FIG A = 0.10                      B = 0.20                      Uncoded element = 0.10</p> <p>7 or more elements – no deduction                      5 - 6 elements - 4.00 P                      3 - 4 elements - 6.00 P                      1 - 2 elements - 8.00 P                      No elements - 10.00 P</p>	<p><b>PERMITTED UN-CODED ELEMENTS</b></p> <p>Mount: Circle up LB                      Cast above horizontal                      *Squat on LB jump to catch HB                      *Tucked/Straight leg sole circle                      *No E panel deduction for Jump from LB to HB                      ¾ Giant from LB to HB + on HB</p> <p>Dismount: Straddle or Pike on undershoot                      ¾ Sole circle                      (May fulfil CR)</p> <p style="text-align: center;"><b>MAX 3 FIG 'B' ELEMENTS                      NO ELEMENT HIGHER THAN 'B'</b></p>	<p><b>PERMITTED UN-CODED ELEMENTS</b></p> <p>Forward Roll (can count for CR4)                      Cat Leap                      Tuck jump</p> <p>Mounts: Squat on/Straddle on/                      Japana/Straddle lever</p> <p>Dismount: Round off or Handspring                      (May fulfil CR)</p> <p style="text-align: center;"><b>MAX 3 FIG 'B' ELEMENTS                      NO ELEMENT HIGHER THAN 'B'</b></p>	<p><b>PERMITTED UN-CODED ELEMENTS</b></p> <p>Cartwheel                      Bwd/Fwd walkover                      Valdez                      Bwd roll to handstand                      Headspring                      Handstand fwd roll                      Cat leap                      Tuck jump</p> <p><b>CR.5 Acro Line must have either 2 connecting elements min. (coded or un-coded) fwd or bwd OR one flight element without hand support and with take off from 2 feet (rebound) front somi tucked or piked is considered as an acro line.</b></p> <p style="text-align: center;"><b>MAX 3 FIG 'B' ELEMENTS                      NO ELEMENT HIGHER THAN 'B'</b></p>
	<p><b>COMPOSITION REQUIREMENTS =</b></p> <p>Repeated elements <b>DO NOT</b> count towards DV</p> <p style="background-color: yellow;">Any element higher than a FIG 'B' that element will not receive DV and the exercise will have 1 element less in the 'D' calculation</p>	<p>The only CR required at this level is the dismount                      The gymnast will receive 2.50 for CR as long as she performs a routine with an "A" dismount or permitted un-coded dismount                      Incorrect dismount 2.00 CR credited</p> <p>Dismount – FIG A = 0.50                      Uncoded Element = 0.30</p> <p>Dismount no higher than an "A"                      B or more – No CR or DV</p> <p><b>IN AGE (8) NEW RULE OPTION– SINGLE HB 0.50</b> Deduction on SV 'D' Panel                      Coach to life gymnast to hang on HB                      Circle up on HB – continue routine</p>	<p>CR1. Connection of any 2 different dance elements with immediate rebound action</p> <p>CR2. <b>OPTION</b> ¼ spin in relevé, immediate ½ turn in Relevé- must finish on toes <b>OR</b> Any 1/1 spin on one foot in forward direction</p> <p>CR3. Any coded split leap or jump with 180° Split (FIG Execution deductions applied – E panel)</p> <p>CR4. Acro element Forward or Side</p> <p>CR5. Dismount – FIG A = 0.50                      Uncoded Element = 0.30</p> <p>Dismount no higher than an "A"                      B or more – No CR or DV</p>	<p>CR1. Dance passage of 2 different leaps or hops to include 1 x 180° (cross or side) or straddle position</p> <p>CR2. 1 x Backward Acro element</p> <p>CR3. 1 x Acro element forward or side</p> <p>CR4. 1 x Acrobatic line with 2 acro elements (min) 1 with flight</p> <p>CR5. Dismount (Last counting acro line)                      Dismount – FIG A = 0.50 (last element)                      Uncoded Element = 0.30 (last element)</p> <p>Dismount no higher than an "A"                      B or more – No CR or DV</p>
	<p style="text-align: center;"><b>BONUS</b></p>	<p>1 x Short Upstart + 0.20                      1 x Long Upstart + 0.20</p>	<p>1 x FIG backward acro element + 0.20                      1 x FIG backward acro element with flight + 0.30 (both given once only)</p>	<p>1 x Salto forward or backward + 0.20 (given once only)</p>