

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 4 – OUT OF AGE (10 – 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 style="text-align: center;">NO FIG VAULTS WITH SALTOS</p> <p style="text-align: center;">Height</p> <p>10/11 - 115 cm 12/13 - 120 cm 14+ - 125cm</p> <p style="text-align: center;">2 Vaults Best Vault to Count Group 1 ONLY</p> <p style="text-align: center;">In Age Height</p> <p>9 In Age – 110 cm</p>	<p style="text-align: center;">Permitted Un-coded Elements can be used to fulfil CR</p> <p style="text-align: center;">Difficulty Value (DV) FIG A = 0.10 B = 0.20 C = 0.30 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 style="text-align: center;">PERMITTED UN-CODED ELEMENTS</p> <p style="text-align: center;">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</p> <p style="text-align: center;">¼ Giant from LB to HB + on HB</p> <p>Dismount: Straddle or Pike on undershoot or ¾ Sole Circle (May fulfil CR)</p> <p style="text-align: center;">MAX 3 FIG 'C' ELEMENTS NO ELEMENT HIGHER THAN 'C'</p>	<p style="text-align: center;">PERMITTED UN-CODED ELEMENTS</p> <p style="text-align: center;">Mount: Squat on/ Straddle on Japana/Straddle lever</p> <p style="text-align: center;">Forward Roll Cat Leap Tuck jump</p> <p style="text-align: center;">Dismount: Round Off or Handspring (May fulfil CR)</p> <p style="text-align: center;">MAX 3 FIG 'C' ELEMENTS NO ELEMENT HIGHER THAN 'C'</p>	<p style="text-align: center;">PERMITTED UN-CODED ELEMENTS</p> <p style="text-align: center;">Cartwheel Bwd/Fwd walkover Valdez Bwd roll to handstand Handspring Handstand fwd roll Cat leap Tuck jump</p> <p style="text-align: center;">2 Acro Lines required Minimum Only 1 =</p> <p style="text-align: center;">D Panel 0.50 CR deduction, count max. 7 els E panel 0.50 ded. No attempt to dismount</p> <p style="text-align: center;">MAX 3 FIG 'C' ELEMENTS NO ELEMENT HIGHER THAN 'C'</p>
	<p style="text-align: center;">COMPOSITION REQUIREMENTS =</p> <p style="text-align: center;">Repeated elements DO NOT count towards DV unless otherwise stated</p> <p style="text-align: center;">Any element higher than a FIG 'C' 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</p> <p>The gymnast will receive 2.50 for CR as long as she performs a routine with an "A" dismount or permitted un-coded dismount</p> <p>Incorrect dismount 2.00 CR credited</p> <p>Dismount – FIG A or permitted un-coded element allowed only</p> <p style="text-align: center;">B or more – No CR or DV</p> <p>Bwd giant may be repeated & receive DV twice Straddle cast to handstand allowed</p>	<p>CR1 .Connection of 2 different dance els. (1 x leap/jump/hop with 180° split (cross or side) or straddle position</p> <p>CR2 .Any coded 1/1 spin on one foot in forwards direction</p> <p style="text-align: center;">CR3 .1 x Acro element backwards</p> <p style="text-align: center;">CR4. Acro element forward or side</p> <p>CR5. Dismount - FIG A or permitted un-coded element allowed only</p> <p style="text-align: center;">B or more – No CR or DV</p>	<p>CR1. Dance passage of 2 different leaps or hops to include 1 x 180° split (cross or side) or straddle position</p> <p>CR2. Any coded 1/1 S0pin (min)</p> <p>CR3. 2 x Saltos in different directions (fwd / side and bwd.</p> <p style="text-align: center;">CR4. 1 x acro line with a salto</p> <p>CR5. Dismount - (Last counting acro line, credit highest DV) FIG A or B salto only allowed (DV+CR)</p> <p style="text-align: center;">C or more – No CR or DV</p>
	BONUS	<p style="text-align: center;">1 x Bwd Giant without fall (given once only) + 0.30</p> <p style="text-align: center;">Salto backward straight + 0.20</p>	<p style="text-align: center;">1 x FIG backward acro element with flight + 0.20</p> <p style="text-align: center;">1 x Acro series min 2 elements + 0.30 (both given once only)</p>	<p style="text-align: center;">1 Acro Line with 2 different saltos + 0.20</p>