Update 14.03.16 **EMGA - Regional In Age level 5** Age group 8 years only in 2016

Target group is In age Level 4 gymnasts in 2017

|  |  |
| --- | --- |
| Difficulty Value | Elements will be given Difficulty Value according to FIG Code of Points (2013). FIG Execution Penalties will be applied.BARS/BEAM/FLOOR– 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic (max) + 3 dance (min) Barred elements are not allowed and no Difficulty Value will be given if they are performed and a 0.5 penalty will be taken for each barred element performed. Only uncoded A & B value moves allowed. Uncoded elements as listed below will be recognized and awarded 0.10 each Same element can only count once EXCEPT on Bars where any element may be repeated for Difficulty Value |
| Uncoded = 0.10A = 0.10B = 0.20 |  |
| **Short Exercise** | 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**  |
| Handspring over block vault Tariff 3.50 orHandspring to stand on block Tariff 4.00 | **Barred elements** |  **B/C/D Dismounts** **C or above elements** | **Any Saltos (Not including dismount) Free Cartwheels & Free Walkovers** **C or above elements** | **All leaps jumps and hops with LA****turn except straight jump 1/1****Any Saltos higher than A value****C or above elements** |
| Height - 20cm crash mat 60cm block20cm landing mat | **Uncoded elements 0.10 each** | Cast above 45 Upward circleSquat on to LB | 3/4 Giant from LB-HBStraddle/Pike undershoot will fulfill CR | Stretch jump (On beam & DMT) Forward roll Cat Leap 1/2 SpinTuck jump Squat on MountJapana mount Round Off DMT | Cartwheel Backward walkover Forward walkover Backward roll tohandstand | H'stand fwd roll headspring straight jumpCat leapTuck jump |
| Best score of 2 vaults performed | **2.50 if all CR’s completed****Deduct 0.5 for each missing CR** | A Bars -  1.Upstart 2.Cast to 45° 3. Coded or Uncoded dismount (A only) 2 safety mats may be placed lengthways under the bar | 1. Series of 2 different dance elements (x1 leap/jump/hop with 135 min cross split)
2. 1/2 Spin Minimum
3. Acro element on beam (cartwheel dismount cannot be used to gain this CR)
4. Dismount: A dismount or Cartwheel stretch jump (If fall or stop between elements DMT will be given but no CR).
 | 1. Dance passage of 2 x different leaps

or hops (min) one with 135 cross split 1. Fwd/Swd acro element

(flight not required)1. Full Spin (Minimum)
2. Handspring to either 1 or 2 feet
3. Round off flic tuck back salto (acro series)
 |
|  EMGA Bonus | **CV** | Handstand 0.5 bonusGiant 0.5 bonus2nd Upstart 0.5 bonus(Bonuses will only be given if completed without fall)Routine with all Cr’s given and no falls/stops  0.50 bonus | 1/1 Spin 0.5 Flight element 1.00Cartwheel Tuck back somersault dismount 0.50 (Bonuses will only be given if completed without a fall)Routine with all Cr’s given and no falls 0.5 bonus  |  2 linked handsprings 0.5 bonusBonus will only be given if completed without a fallRoutine with all Cr’s given and no falls 0.50 bonus  |
|  | **Specific apparatus deductions** | Use deductions for Bars/Beam/Floor as in Code of Points EXCEPT AS STATED BELOW(X) where there will be NO DEDUCTION |
| 0.5 deductions for 2 boards used for mount One board can be place on top of safety mat for mountNo deduction for empty swing after hip circles & ¾ giants | More than 1 x 180 on 2 feet with straight legs(throughout exercise) XMount not from table of elements X |  |
| Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 12/13 |