

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 2 – OUT OF AGE (12 – 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 FIG	RULES for AB/BB/FX	A.BARS	BEAM	FLOOR
<p style="text-align: center;">Height</p> <p style="text-align: center;">12+ - 125 cm</p> <p style="text-align: center;">2 Vaults Best Vault to count</p>	<p style="text-align: center;">COMPOSITION REQUIREMENTS =</p> <p style="color: red;">X – Does not need to be performed, will receive 0.50</p> <p style="text-align: center;">Difficulty Value (DV) FIG A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F = 0.60 G = 0.70</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>CR1. Flight element HB to LB X CR given + 0.50</p> <p>CR2 .Flight element on same bar X CR given + 0.50</p> <p>CR3. Close bar circle element (non flight) to 45° minimum (back or fwd hip circle NOT allowed)</p> <p>CR4. Non flight element with 180° LA turn (min) (not mount)</p> <p>CR5. Dismount – A, B or C only allowed</p> <p style="text-align: center;">D or more – No CR or DV</p> <p style="color: blue;"><u>UNCODED PERMITTED ELEMENTS DV= 0.10</u></p> <p>Squat on LB jump to catch HB – NO PENALTY Tucked/Straight leg sole circle – NO PENALTY</p>	<p>CR1 .Connection of 2 different dance elements (1 x leap/jump/hop with 180° split (cross or side) or straddle position)</p> <p>CR2 .Minimum 1/1 spin</p> <p>CR3. 1 x acro series min 2 flight elements 1 being salto (els. may be the same, DV given only once)</p> <p>CR4. Acro els. in different directions (fwd / side & bwd)</p> <p>CR5. Dismount - A, B or C only allowed</p> <p style="text-align: center;">D 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. 1 x Acro Line (2 different saltos)</p> <p>CR3. 2 x Saltos fwd / side & bwd</p> <p>CR4. Salto with (min) 360° LA turn - (forward or backward)</p> <p>CR5. Dismount - (Last counting acro line, credit highest DV)</p> <p style="text-align: center;">FIG A, B or C salto only allowed</p> <p style="text-align: center;">D or more – No CR or DV</p>
	BONUS	<p style="color: blue;">Backwards double tuck salto + 0.50</p> <p style="color: blue;">2 x Different grips + 0.50 (no cast, mount or dismount)</p>	<p style="color: blue;">Connection 1/1 spin & jump/leap with 180° split.(no tolerance) + 0.30</p> <p style="color: blue;">(Can be performed in any order)</p>	<p style="color: blue;">INDIRECT CONNECTION 2 x Saltos (1 x Straight 360° LA Turn) + 0.30</p> <p style="color: blue;">DIRECT CONNECTION 2 x Saltos fwd (1 x Straight min.) + 0.30</p> <p style="color: blue;">Double Back Salto + 0.50</p>
	NO DEDUCTION FOR :-	<p style="color: red;">Jump from LB to catch HB (Squat on OR Tucked/Straight leg sole circle – tucked no deduction for bent legs)</p>		