VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2015

Level 2 - 11 years

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50	Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*
Short Exercises	**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*
Apparatus	Vault table at 125cm with: 20cm safety mats with 10cm roll mat - Yurchenko surround compulsory for all vaults	FIG Bar Height Regulations with: 20cm safety mats throughout with 10cm roll mat (matting compulsory, no base mats) - Raised bar for tall gymnasts who touch mats	FIG Beam Regulations	FIG Floor Regulations with: Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.
Requirements	GBR Modifications Apply (recognition of an open tuck) Any FIG vault, maximum D score - 4.40 Open tuck yurchenko – 4.20 (No.4.00) Open tuck tsukahara – 4.40 (No.3.00) One vault only	- Gymnasts may start on LB or HB (coded MT.) - Board (if required) placed on top of all mats - Flight elements not required - award 0.50 CR *Gymnasts must perform the following CR to receive 0.50 for each (a gymnast who does not meet any of these requirements will still receive 0.50 in CR as stated above)* 2 x different grips - Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] not allowed - Non flight element with 360º LA turn [not mount] **Dismount** *B or C salto only allowed* **OR NO DV/CR** (A value dismount can be performed but will not receive CR)	1. Connection of minimum 2 different dance elements: - To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position - To include 1 x C leap/jump/hop 2. Minimum 1/1 Spin 3. 1 x **backward** acrobatic series with 2 flight elements - minimum 1 x salto 4. Acro elements in different directions [fwd/swd & bwd] **5. Dismount** *B or C only allowed* **OR NO DV/CR** (A value dismount can be performed but will not receive CR)	1. Dance passage of minimum 2 x different leaps or hops: To include 1 x leap or hop with 180° split (cross or side) or straddle position 2. 1 x acrobatic line [2 x different saltos] 3. 2 x saltos in different directions fwd/swd & bwd 4. Straight salto with minimum 360º LA turn - forward or backward **5. Dismount** *B or C <u>salto only allowed</u>* **OR NO DV/CR** (A value dismount can be performed but will not receive CR)
Uncoded Permitted Elements (receive 0.1 DV)		Squat onto low bar - jump to catch high bar *(There will be no penalty for performing a jump from LB to HB)*		

Barred Elements (prohibited/ receive no DV)	Vaults higher than 4.40 in DV	Back hip circle [2.105]
		Flight element on same bar
		Flight element from HB to LB & LB to HB
		  Not including jump to catch high bar
		Dismounts:
		Salto backward with 180°/540°/900° turn
		Salto forward with 360°/720° turn
			Salto forward from two feet [Mount or content]	Salto backwards greater than 720º turn
				Hops/jumps/leaps to front support
				Double front [4.501] [4.601]
				Double arabian [4.505] [4.605] [4.705]
				More than one double BA salto in routine
				  If performed, 2nd element will receive no DV

GBR Bonus (in addition to FIG)	0.5 - Performing yurchenko entry vault with salto	**0.5 –** Backwards double tuck salto or frontaway with 540º LA turn	**0.3 –** Connection of 1/1 spin & jump/leap with [min] 180° split *No tolerance allowed* **Can be performed in any order** **0.3 -** Free walkover/free cartwheel/side salto in series with dance element **Can be performed in any order**	Indirect connection between: 3 x saltos **0.1** 2 x saltos [1 x Straight minimum 360° LA] **0.1** Direct connection between: 2 x saltos forward [1 x Straight minimum 360° LA] **0.2** Double back salto **0.5**