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
OPTIONAL VAULT FOR ALL AGES **Height** 100 cm 95cm piled mats 5cm roll mat over piled mats HANDSPRING FLAT BACK DV 1.40 **OR** **ALL AGES FIG CODED VAULT** **NO FIG VAULTS WITH SALTOS Group 1 ONLY** **Height** 9 – 100 cm 10/11 - 110 cm 12/13 - 120 cm 14+ - 125cm **2 Vaults Best Vault to Count**	Permitted Un-coded Elements can be used to fulfil CR Difficulty Value (DV) FIG A = 0.10 B = 0.20 Uncoded element = 0.10 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 **COMPOSITION REQUIREMENTS =** Repeated elements **DO NOT count** towards DV 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	**PERMITTED UN-CODED ELEMENTS** 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 Dismount: Straddle or Pike on undershoot ¾ Sole circle (May fulfil CR) MAX 3 FIG 'B' ELEMENTS NO ELEMENT HIGHER THAN 'B' --- 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 Dismount – FIG A = 0.50 Uncoded Element = 0.30 Dismount no higher than an "A" B or more – No CR or DV **IN AGE (8) NEW RULE OPTION– SINGLE HB** **0.50** Deduction on SV 'D' Panel Coach to lift gymnast to hang on HB Circle up on HB – continue routine	**PERMITTED UN-CODED ELEMENTS** Forward Roll (can count for CR4) Cat Leap Tuck jump Mounts: Squat on/Straddle on/ Japana/Straddle lever Dismount: Round off or Handspring (May fulfil CR) MAX 3 FIG 'B' ELEMENTS NO ELEMENT HIGHER THAN 'B' --- CR1 .Connection of any 2 different dance elements with immediate rebound action CR2 OPTION ½ spin in reléve, immediate ½ turn in Reléve- must finish on toes OR Any 1/1 spin on one foot in forward direction CR3 Any coded split leap or jump with 180° Split (FIG Execution deductions applied – E panel) CR4. Acro element Forward or Side CR5 . Dismount – FIG A = 0.50 Uncoded Element = 0.30 Dismount no higher than an "A" B or more – No CR or DV	**PERMITTED UN-CODED ELEMENTS** Cartwheel Bwd/Fwd walkover Valdez Bwd roll to handstand Headspring Handstand fwd roll Cat leap Tuck jump **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. **2 Acro Lines must be included in the routine** MAX 3 FIG 'B' ELEMENTS NO ELEMENT HIGHER THAN 'B' --- CR1. Dance passage of 2 different leaps or hops to include 1 x 180° (cross or side) or straddle position CR2. 1 x Backward Acro element CR3. 1 x Acro element forward or side CR4. 1 x Acrobatic line with 2 acro elements (min) I with flight **(may be connected with coded or un-coded els)** CR5. Dismount - **2ⁿᵈ Acro Line** (Last counting acro line) Dismount – FIG A = 0.50 (last element) Uncoded Element = 0.30 (last element) Dismount no higher than an "A" B or more – No CR or DV
	BONUS	**1 x Short Upstart + 0.20 1 x Long Upstart + 0.20**	**1 x FIG backward acro element without flight + 0.20 1 FIG backward acro element with flight + 0.30 (both given once only may be Connected or Unconnected or awarded individually)**	**1 x Salto forward or backward + 0.20 (given once only)**