

WTC NI - Introductory Level 5 Requirements (for 2, 3 & 4 pieces)

All Fig Rules apply with any modifications included below.

Age Groups: 7-8, 9-10, 11-12 & 13+	Vault (Heights – see below)	Bars (FIG heights apply)	Beam (FIG heights apply)	Floor (4m x 12m area, no music)
Barred Elements	Any vault with higher difficulty value than 2.4	Giants Somersaults in dismounts	Any saltos (other than dismount) Hops/jumps/leaps with LA turn Hops/Leaps Jumps to front support Elements with flight	Salto Backward with 360° turn or higher Salto Forward pike/straight Hops, jumps, leaps to front support Hops, jumps, leaps with LA turn (except vertical straight jump full turn)
Recommended Elements	1) Handspring to flat back drop = "D" score 2.0. (On table vault with safety mats for flat back at level of vault height.) 2) Handspring	SET ROUTINE OF 6 ELEMENTS Facing low bar – 1) Upward hip circle 2) Backward hip circle 3) Squat on jump to HB 4) 3x swings, then 5) 4 th swing forward into mini giant 6) Straddle shoot dismount (Note – all elements are uncoded in FIG except the backward hip circle.)	❖ Sissone and Split Leap ❖ Tucked and Wolf jump ❖ Walkover Forward and Backward ❖ Tic Toc ❖ Cartwheel ❖ Variation of steps (Note – a forward walkover and a tic-toc are considered the same element, so DV will only count once.)	❖ Handsprings to one or two feet ❖ Round off flip or double flip ❖ Salto bwd & fwd tuck ❖ Variety of Dance Elements (Positions/shapes) ❖ Sissone & Split leap ❖ Vertical Jump with 360° LA turn ❖ Straddle Jump/Straddle Pike Jump ❖ Tuck Jump/cat leap ❖ Wolf Hop ❖ Spin (360 LA turn – Passe-develop)
Uncoded Elements (J) 0.10 each	1x spring board Height: 7-8yrs - 1m 9-10yrs - 1.10m 11-12yrs - 1.15m 13+yrs – 1.15m	Upward hip circle Squat on/stoop on Swings x 3 Mini Giant Straddle shoot dismount	Forward roll Cat leap Tuck jump Handspring dismount	Cartwheel Back Walk Over Forward Walk Over Valdez Tuck jump Handstand fwd roll Headspring Bwd roll to handstand Cat leap
CR 0.50 X Award 0.50 √ Must be performed for 0.50	Only 1 vault to be performed from the choice of 2 outlined above	❖ Flight element from HB to LB X ❖ Flight element on same bar X ❖ Different grips X ❖ 360 turn on bar (no flight) X ❖ Dismount straddle shoot only √ (Note - E score from 10 if all 6 elements performed. 1.00 deducted from E score for each missing element)	❖ Split leap/jump – cross position √ ❖ ½ turn on one foot immediately followed by ½ turn on two feet (must be on toes) √ ❖ *Acro series with 2 elements (elements may be same but no DV for repeated element) √ ❖ *Acro elements fwd/swd & bwd (* must be non-flight) √ ❖ Dismount A only allowed √	❖ Passage of 2 x diff dance elements [1x leap or hop with 180° cross split or straddle] √ ❖ *Acro elements fwd/swd & bwd (* flight or non-flight) √ ❖ Salto with LA turn (min. 360) X ❖ Double BA salto X ❖ Dismount A only allowed (DV & EGR) B/C or more – No DV or EGR √
CV/Bonus		Bonus – Exercise without Fall 0.50 (providing all elements and CR are fulfilled and no composition deductions were applied)	Bonus – Exercise without Fall 0.50 (providing all CR are fulfilled)	Bonus – apply DV and award 0.5 if include: • Double spin, and/or • Spin with leg horizontal (only apply bonus if deductions for each element total 0.3 or less)
Composition X Do not apply deduction √ Apply deduction		> 2 of same element into DMT 0.1 √ Bar change without element 0.5 X Empty swing 0.3 √ Intermediate swing 0.5 √ No attempt to dismount 0.5 √ (Additional safety mat permitted for landing from bar dismount – no penalty.)	> 1x ½ turn on 2 feet 0.10 √ Mount not in code 0.10 √ Missing moves close to beam 0.10 √ No attempt to dismount 0.50 √	> 1 element to prone position 0.1 √ Missing move touching floor 0.1 √ Turn on one foot 0.3 √ No attempt to DMT 0.5 √ More than one lunge (acro) 0.1 √

(Amended 12 March 2013 by Zoe Johnston)