

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 3 – OUT OF AGE (11 – 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 or SINGLE BAR	BEAM	FLOOR	
<p style="text-align: center;">Height</p> <p>11 - 120 cm</p> <p>12+ - 125 cm</p> <p style="text-align: center;">2 Vaults Best Vault to count</p> <p style="background-color: yellow;">No vault with higher tariff of 4.20</p> <p style="text-align: center;">Height In Age</p> <p>10 - 120 cm</p>	<p>COMPOSITION REQUIREMENTS =</p> <p>X – Does not need to be performed, will receive 0.50</p> <p style="background-color: yellow;">Any element higher than a FIG 'D' that element will not receive DV and the exercise will have 1 element less in the 'D' calculation</p> <p style="text-align: center;">Difficulty Value (DV) FIG A = 0.10 B = 0.20 C = 0.30 D = 4.0</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 style="background-color: yellow;">NO ELEMENT HIGHER THAN 'D'</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. 1 x Bwd Giant</p> <p>CR4. Close bar circle element to horizontal (min) (non flight) Back or forward hip circle not allowed</p> <p>CR5. Dismount – A or B only allowed C,D or more – No CR or DV</p> <p style="color: red;">Bwd giant may be repeated & receive DV twice Straddle cast to handstand allowed</p> <p style="background-color: blue; color: white;"><u>UNCODED PERMITTED ELEMENTS DV= 0.10</u></p> <p>Squat on LB jump to catch HB Tucked/Straight leg sole circle</p>	<p style="background-color: yellow;">NO ELEMENT HIGHER THAN 'D'</p> <p>CR1 .Connection of 2 different dance els. (1 x leap/jump/hop with 180° split (cross or side) or straddle position</p> <p>CR2 .Any coded 1/1 spin on one foot</p> <p style="background-color: cyan;">CR3 .1 x acro series with 2 elements (min) 1 el. with flight – Not connected into dismount</p> <p>CR4. Acro els. in different directions (fwd / side & bwd)</p> <p>CR5. Dismount - A or B only allowed C or more – No CR or DV</p>	<p style="background-color: yellow;">NO ELEMENT HIGHER THAN 'D'</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 in different directions (fwd / side & bwd)</p> <p>CR4. Salto with 180° LA turn – (min) (forward or backward)</p> <p>CR5. Dismount - (Last counting acro line, credit highest DV)</p> <p style="background-color: yellow;">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="background-color: yellow;">180° (min) non flight element + 0.30 (not mount)</p> <p style="background-color: yellow;">2 different grips (given once only) + 0.50</p>	<p style="background-color: cyan;">Acro series with 2 flight elements + 0.30 Salto forward or backward + 0.50 (GIVEN ONCE ONLY)</p>	<p style="background-color: yellow;">Salto with 540° LA turn backward + 0.30</p> <p style="background-color: yellow;">Salto with 360° LA turn forward + 030</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>		