

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2015

Level 2 - 11 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>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*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 125cm with:</p> <ul style="list-style-type: none"> 20cm safety mats with 10cm roll mat Yurchenko surround compulsory for all vaults 	<p>FIG Bar Height Regulations with:</p> <ul style="list-style-type: none"> 20cm safety mats throughout with 10cm roll mat (matting compulsory, no base mats) Raised bar for tall gymnasts who touch mats 	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations with:</p> <ul style="list-style-type: none"> Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.
<p>Requirements</p>	<p>GBR Modifications Apply (recognition of an open tuck)</p> <p>Any FIG vault, maximum D score - 4.40</p> <p>Open tuck yurchenko – 4.20 (No.4.00) Open tuck tsukahara – 4.40 (No.3.00)</p> <p>One vault only</p>	<ul style="list-style-type: none"> 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 <i>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)</i> 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 360° 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) Gymnasts lifted to the high bar to commence their routine will incur a 1.00 deduction for spotting assistance and a 0.50 empty swing penalty for the trolley swing. 	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position To include 1 x C leap/jump/hop Minimum 1/1 Spin 1 x backward acrobatic series with 2 flight elements - minimum 1 x salto Acro elements in different directions [fwd/swd & bwd] Dismount *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR) 	<ol style="list-style-type: none"> 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 1 x acrobatic line [2 x different saltos] 2 x saltos in different directions fwd/swd & bwd Straight salto with minimum 360° LA turn - forward or backward Dismount *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR)
<p>Uncoded Permitted Elements (receive 0.1 DV)</p>		<p>Squat onto low bar - jump to catch high bar</p> <p>(There will be no penalty for performing a jump from LB to HB)</p>		
<p>Barred Elements (prohibited/ receive no DV)</p>	<p>Vaults higher than 4.40 in DV</p>	<p>Back hip circle [2.105] Flight element on same bar Flight element from HB to LB & LB to HB <i>Not including jump to catch high bar</i></p> <p>Dismounts: Salto backward with 180°/540°/900° turn Salto forward with 360°/720° turn</p>	<p>Salto forward from two feet [Mount or content]</p>	<p>Salto backwards greater than 720° 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 <i>If performed, 2nd element will receive no DV</i></p>
<p>GBR Bonus (in addition to FIG)</p>	<p>0.5 - Performing yurchenko entry vault with salto</p>	<p>0.5 – Backwards double tuck salto or frontaway with 540° LA turn</p>	<p>0.3 – Connection of 1/1 spin & jump/leap with [min] 180° split <i>No tolerance allowed</i> 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</p>	<p>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</p>