

2016 EASTERN COUNTIES GYMNASTICS ASSOCIATION

LEVEL 5, 4 & 3 OUT OF AGE FROM COUNTY QUALIFIERS

LEVEL 2 REGIONAL CHAMPIONSHIP

As at 12th July 2016

EAST REGION VOLUNTARY RULES 2016

LEVEL 6 –Age groups 8, 9/10, 11+

U = 0.10 A = 0.20 <u>CR - 0.50 EACH</u>	6 X A/Uncoded elements (UB = 5) (BB & FX – Minimum 3 dance) No B Elements or higher Less than required elements = 1.00 penalty for each missing			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	Crash mats	FIG Bar regulations -	FIG Beam regulations	FIG Floor regulations
Age 8 100cm Age 9/10 100cm Age 11+ 110cm	DV 2.00 All ages Flat back onto crash mats Two attempts - best score to count	No Salto Dismount 5 A Coded or Uncoded* elements CR: 1. Close bar element 2. 1 Bar change LB to HB 3. 0.50 credited – no element required 4. Cast to horizontal 5. A/Uncoded Valued Dismount <u>Use of only 1 bar = 1.00 Penalty</u>	A Value Salto allowed 6A Coded or Uncoded* elements CR: 1. Acro element no flight 2. Dance series 3. Leap/Hop/Jump 135° <i>split</i> 4. Spin (180° for 0.30 360° for 0.50CR) 5. A/Uncoded Dismount	A Value Saltos allowed 6A Coded or Uncoded* elements CR: 1. Dance passage 2 el 1 with >135 split 2. Acro series (1 element with flight) 3. Acro element FWD/SWD & BWD 4. 360° spin 5. A/U dismount (must be acro but need not be salto)
*Uncoded Elements Permitted		Pullover Cast to horizontal or above ¾ sole circle dismount Squat on Sole circle (tucked) Baby giant Straddle/Pike on undershoot	Holds and Rolls can fulfil CR; Squat/Straddle on mount Forward roll Japana mount Cat Leap Round off/Handspring dismount Arabesque (2sec hold) Tuck jump 180° spin Jump to clear straddle support mount	Cartwheel (any variety) Bwd/Fwd walkover/Tic Toc/Valdez Headspring Handstand forward roll Cat leap Backward roll to handstand Tuck jump Wolf jump/hop Straight jump 360° Turn
Bonus – allowed once	<u>N/A</u>	<u>Upstart = 0.50</u>	Artistry deductions apply except mount from CoP not required <u>0.50 Awarded for an exercise without a fall that fulfils all DV and CR</u>	Artistry deductions apply except a 360°spin is_only required if stated <u>Salto = 0.50</u>

As at 12th July 2016

EAST REGION LEVEL 5 OUT OF AGE VOLUNTARY RULES 2016

OUT OF AGE 9 10/11 12+

*U = 10 *A = 20 *B = 30 CR .50 Each	FIG A or B valued and any Uncoded Elements as shown below. Difficulty Value as stated* Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied unless stated.			
7 x B/A/U elements (UB = 5) No C elements or higher. (BB & FX – min 3 dance. Less than 7 elements – 1.00 penalty for each missing element)				
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	One Vault to be performed	FIG Bar regulations	FIG Beam regulations	FIG Floor regulations
	Handspring over vault table 1 springboard allowed DV 2.40 Height 9 & 10/11 110cm 12+ 120cm	5 B/A/U coded or uncoded* elements 1. Upstart 2. Bar change LB to HB 3. Close bar element 4. Cast above horizontal 5. 1 A/uncoded dismount** A valued salto dismount allowed <u>Use of only 1 Bar = penalty 2.00</u>	7 B/A/U coded or uncoded* elements 1. Acro element BWD 2. Acro element FWD/SWD 3. 360° spin 4. Dance series 1 split 135° 5. A Value Salto dismount <u>Artistry deductions apply except mount from CoP not required</u>	7 B/A/U coded or uncoded* elements 1. Dance passage 2 elements 1 > 135°split 2. Acro series 2 elements (with flight) 3. Salto BWD 4. Salto FWD/SWD 5. 360°Spin <u>Artistry deducts except 360° spin is only required if stated</u>
Uncoded Elements Permitted		Squat on Pullover Tuck Sole circle Cast to horizontal or above Baby giant **Straddle/pike on undershoot ** ¾ sole circle dismount	(Holds and rolls can fulfil CR) Squat/straddle on mount Japana mount Jump to clear support mount Forward roll Arabesque (90°& 2 sec hold) Tuck Jump Cat leap 180°spin Round off/Handspring dismount	Cartwheel (any) Backward walkover Forward walkover Valdez/Tick Toc Headspring Handstand forward roll Cat leap Backward roll to handstand Tuck jump Wolf jump/hop Straight jump 360° turn
BONUS Awarded only once		N/A	A bonus of .50 awarded for an exercise without a fall that fulfils all DV and CR's	Salto = 0.50

EASTERN COUNTIES OUT OF AGE VOLUNTARY RULES 2016

LEVEL 4 – 10/11 12/13 14+

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F,G,H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] together with permitted *Uncoded Elements as shown below 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 including dismount BEAM/FLOOR - 5 acrobatic (max) + 3 dance (min) FLOOR 4 Acro lines (max) Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p align="center">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>			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
<p>Apparatus</p>	<p>FIG Vault regulations (including standard landing area) Height 10/11 - 120cm 12+ 125cm</p>	<p>FIG Bar regulations - 20cm safety mats throughout with 10cm roll mat on top (no base mats)</p>	<p>FIG Beam regulations</p>	<p>FIG Floor regulations</p>
<p>Requirements</p>	<p>A coded vault from the FIG code of points One vault only Maximum DV 4.00 Somersault vaults are not permitted.</p>	<p><i>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.</i></p> <p><i>If she performs a higher value dismount or an unpermitted uncoded dismount she will receive 2.00 CR</i></p> <p>Dismount <u>*A only allowed* OR NO DV/CR</u></p> <p>NOTE: Sole circle may be performed with bent legs without incurring execution penalty</p>	<p>1. 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 </p> <p>2. Any coded 1/1 spin on one foot in forwards direction</p> <p>3. 1 x acrobatic series with 2 elements (min) <ul style="list-style-type: none"> • 1 x with flight (not salto) • not connected into dismount </p> <p>4. Acro elements in different directions (fwd/swd & bwd)</p> <p>5. <u>Dismount only A</u> allowed or NO DV/CR</p>	<p>1. Dance passage to include minimum 2 x different leap or hops: <ul style="list-style-type: none"> • To include a leap or hop with 180° split (cross or side) or straddle position </p> <p>2. Any coded 1/1 spin on one foot in forwards direction - D panel deduct for missing CR if spin is not performed, E panel do not apply the penalty in composition/choreography</p> <p>3. 2 x saltos in different directions fwd/swd & bwd</p> <p>4. 1 x acrobatics line with 2 x different saltos</p> <p>5. <u>Dismount A or B salto</u> only allowed or No DV/CR</p>
<p>*Uncoded Elements Permitted (may receive 0.10 DV)</p>		<p>Cast above 45° 3/4 giant from LB to HB – No penalty for empty swing at end of element Squat onto low bar - jump to high bar (There will be no penalty for performing a jump from LB to HB) Straddle or pike on undershoot dismount or 3/4 sole circle - will fulfil the dismount CR</p>	<p>Forward roll Cat leap Tuck jump</p>	<p>Cartwheel Valdez Backward walkover Forward walkover Headspring Handstand forward roll Cat leap Tuck jump Backward roll to handstand</p>
<p>Barred elements as Vol In Age</p>		<p>Barred elements do not apply to OOA gymnasts</p>	<p>Barred elements do not apply to OOA gymnasts</p>	<p>Barred elements do not apply to OOA gymnasts</p>
<p>BONUS in addition to FIG</p>		<p>0.50 - Backward giant without a fall (given once only)</p>		

EASTERN COUNTIES OUT OF AGE VOLUNTARY RULES 2016

LEVEL 3 – 12/13, 14+

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F,G,H = 0.50</p>	<p style="text-align: center;">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 including dismount BEAM/FLOOR - 5 acrobatic (max) + 3 dance (min) FLOOR 4 Acro lines (max) BARS - Backward giant can receive Difficulty Value twice *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercise	FIG Rules apply for Beam & Floor - On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	FIG Vault regulations (including standard landing area) Height 125cm	FIG Bar regulations - performed on asymmetric bars	FIG Beam regulations	FIG Floor regulations
	<p>A coded vault from the FIG code of points One vault only Maximum DV 4.20</p>	<p><i>Flight element from HB to LB & Flight element on same bar - Not required. Gymnast receives 1.00 CR (.50 + .50)</i></p> <p><i>Gymnasts must perform the following CRs to receive .50 for each (a gymnast who does not meet any of these requirements will still receive 1.00 in CR as stated above)</i></p> <ul style="list-style-type: none"> •**Close bar circle element (non flight) Back hip circle (2.105) and forward hip circle (2.104 not allowed) • •180° (minimum) non flight element (not mount) • •<u>Dismount A only</u> allowed or NO DV/CR 	<ol style="list-style-type: none"> 1. 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 2. Any coded 1/1 spin on one foot in a forwards direction 3. 1 x acrobatic series with (min) 2 flight elements <ul style="list-style-type: none"> • salto not required • not connected into dismount 4. Acro elements in different directions (fwd/swd & bwd) 5. <u>Dismount A or B</u> only allowed or NO DV/CR 	<ol style="list-style-type: none"> 1. Dance passage to include minimum 2 x different leap or hops: <ul style="list-style-type: none"> • To include a leap or hop with 180° split (cross or side) or straddle position 2. 1 x Acrobatic line (2 different saltos) 3. 2 x saltos in different directions fwd/swd & bwd 4. Straight salto with minimum 360° LA turn forward or backward 5. <u>Dismount A or B</u> only allowed or NO DV/CR
Uncoded Elements not permitted	<p>GBR Modifications Apply (recognition of open tuck)</p> <p>Open tuck yurchenko -4.20 (no 4.00) Open tuck tsukahara - 4.40 (no 3.00)</p>	<p>*Back hip circle (2.106) and piked sole circle are permitted elements for DV but do not fulfil close bar element CR** NOTE: sole circle may be performed with bent legs without incurring execution penalty</p>		
Barred elements	<p>Except the open tuck positions set out above, no vault with a DV higher than 4.20 is permitted.</p>	<p>Barred elements do not apply to OOA gymnasts</p>	<p>Barred elements do not apply to OOA gymnasts</p>	<p>Barred elements do not apply to OOA gymnasts</p>
BONUS		<p>0.50 - 2 x different grips Not within flight or dismount Can be awarded once only</p>	<p>0.30 Connection of 1/1 spin & jump leap with (min) 180° split - No tolerance allowed. Can be performed in any order</p>	

EASTERN COUNTIES OUT OF AGE VOLUNTARY RULES 2016

LEVEL 2 – 12/13 14+

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F,G,H = 0.50</p>	<p style="text-align: center;">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 including dismount BEAM/FLOOR - 5 acrobatic (max) + 3 dance (min) FLOOR 4 Acro lines (max) *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
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			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	FIG Vault regulations (including standard landing area) Height 125cm	FIG Bar regulations - performed on asymmetric bars	FIG Beam regulations	FIG Floor regulations Additional 5cm mat permitted for double back <i>without incurring a penalty</i> . Must be removed after performing the element
Requirements	<p>A coded vault from the FIG code of points One vault only Maximum DV 4.40</p> <p>GBR Modifications Apply (recognition of c Open tuck yurchenko - 4.20 (no 4.00) Open tuck tsukahara - 4.40 (no 3.00)</p>	<p>Gymnasts may start on LB or HB (coded MT). Board (if required) placed onto of all mats</p> <p><i>Flight elements not required - award .50 CR</i></p> <p><i>Gymnasts must perform the following CRs to receive .50 for each (a gymnast who does not meet any of these requirements will still receive .50n CR as stated above</i></p> <ul style="list-style-type: none"> •2 different grips •Close bar circle element (non flight) Back hip circle (2.105) and forward hip circle (2.104) not allowed •None flight element with 360° LA turn (not mount) •Dismount B or C only allowed or NO DV/CR (A value dismount can be performed but will not receive CR) <p>Gymnasts lifted to the high bar to commence their routine will incur a 1.00 deduction for spotting assistance and a .50 empty swing penalty for her trolley swing</p>	<ol style="list-style-type: none"> 1. 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 2. Minimum 1/1 spin 3. 1 x 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) 	<ol style="list-style-type: none"> 1. Dance passage of minimum 2 x different leap or hops: <ul style="list-style-type: none"> • To include a 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 360° LA turn forward or backward 5. Dismount B or C salto only allowed or NO DV/CR <p>(A value dismount can be performed but will not receive CR)</p>
Uncoded Permitted Elements Received 0.10 DV		Squat onto low bar - jump to catch high bar <i>There will be no penalty for performing a jump from LB to HB</i>		
BONUS	0.50 Performing yurchenko entry vault with salto	0.50 Backwards double tuck salto or frontaway 540° LA turn	0.30 Connection of 1/1 spin & jump leap with (min) 180° split - No tolerance allowed. Can be performed in any order 0.30 Free walkover/free cartwheel/side salto in series with dance element. Can be performed in any order	<p>Indirect connection between</p> <p>0.10 3 x saltos.</p> <p>0.10 2 x saltos (1 x straight 360° LA turn) Direct connection between:</p> <p>0.20 2 x saltos forward (1 x straight 360° LA turn)</p> <p>0.50 Double back salto</p>

Barred elements (as In Age Voluntary) do not apply to OOA gymnasts