

# VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2016

## 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 style="text-align: center;"><b>Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013]</b>  <b>Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise.</b>  <b>FIG Execution, Artistry and Choreography Penalties will be applied.</b>  <b>BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max]</b>  <b>*Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</b></p>			
<p><b>Short Exercises</b></p>	<p style="text-align: center;"><b>FIG Rules apply for Beam &amp; Floor</b>  <b>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</b></p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<p style="text-align: center;"><b>Apparatus</b></p>	<p>Vault table at 125cm with:</p> <ul style="list-style-type: none"> <li>▪ 20cm safety mats with 10cm roll mat</li> <li>▪ Yurchenko surround compulsory for all vaults</li> </ul>	<p>FIG Bar Height Regulations with:</p> <ul style="list-style-type: none"> <li>▪ 20cm safety mats throughout with 10cm roll mat (matting compulsory, no base mats)</li> <li>▪ Raised bar for tall gymnasts who touch mats</li> </ul>	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations with:</p> <ul style="list-style-type: none"> <li>▪ Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.</li> </ul>
<p style="text-align: center;"><b>Requirements</b></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"> <li>▪ Gymnasts may start on LB or HB (coded MT.)</li> <li>▪ Board (if required) placed on top of all mats</li> <li>▪ Flight elements not required - award 0.50 CR</li> </ul> <p><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></p> <ul style="list-style-type: none"> <li>▪ 2 x different grips</li> <li>▪ Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] not allowed</li> <li>▪ Non flight element with 360° LA turn [not mount]</li> <li>▪ <b>Dismount</b> *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR)</li> <li>• 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.</li> </ul>	<ol style="list-style-type: none"> <li>1. Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> <li>▪ To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position</li> <li>▪ To include 1 x C leap/jump/hop</li> </ul> </li> <li>2. Minimum 1/1 Spin</li> <li>3. 1 x <b>backward</b> acrobatic series with 2 flight elements - minimum 1 x salto</li> <li>4. Acro elements in different directions [fwd/swd &amp; bwd]</li> <li>5. <b>Dismount</b> *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR)</li> </ol>	<ol style="list-style-type: none"> <li>1. 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</li> <li>2. 1 x acrobatic line [2 x different saltos]</li> <li>3. 2 x saltos in different directions fwd/swd &amp; bwd</li> <li>4. Straight salto with minimum 360° LA turn - forward or backward</li> <li>5. <b>Dismount</b> *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR)</li> </ol>
<p style="text-align: center;"><b>Uncoded Permitted Elements</b> (receive 0.1 DV)</p>		<p>Squat onto low bar - jump to catch high bar</p> <p><i>(There will be no penalty for performing a jump from LB to HB)</i></p>		
<p style="text-align: center;"><b>Barred Elements</b> (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 &amp; LB to HB <i>Not including jump to catch high bar</i></p> <p><b>Dismounts:</b> 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, 2<sup>nd</sup> element will receive no DV</i></p>
<p style="text-align: center;"><b>GBR Bonus</b> (in addition to FIG)</p>	<p><b>0.5</b> - Performing yurchenko entry vault with salto <b>Only awarded if performed without a fall</b></p>	<p><b>0.5</b> – Backwards double tuck salto or frontaway with 540° LA turn</p> <p><b>NB – the sole circle is NOT considered a close bar element</b></p>	<p><b>0.3</b> – Connection of 1/1 spin &amp; jump/leap with [min] 180° split <i>No tolerance allowed</i> <b>Can be performed in any order</b></p> <p><b>0.3</b> - Free walkover/free cartwheel/side salto in series with dance element <b>Can be performed in any order</b></p>	<p>Indirect connection between: 3 x saltos <b>0.1</b> 2 x saltos [1 x Straight minimum 360° LA] <b>0.1</b></p> <p>Direct connection between: 2 x saltos forward [1 x Straight minimum 360° LA] <b>0.2</b> Double back salto <b>0.5</b></p>