

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2016

Level 3 - 10 years

<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 x 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>			
<p>Short Exercises</p>	<p style="text-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>			
<p>Apparatus</p>	<p style="text-align: center;">Vault</p> <p>Vault table at 115cm with:</p> <ul style="list-style-type: none"> ▪ Additional 5cm roll mat over vaulting table ▪ Piled mats to vault height + 10 cms ▪ Yurchenko surround compulsory for all vaults 	<p style="text-align: center;">Bars</p> <p>Single bar - High bar 2.50m</p> <ul style="list-style-type: none"> ▪ 20cm safety mats throughout with 10cm roll mat on top (No base mats) ▪ Routine to begin from static hang with hands in overgrasp ▪ Gymnast must dismount away from the Low Bar uprights 	<p style="text-align: center;">Beam</p> <p>FIG Beam Regulations</p>	<p style="text-align: center;">Floor</p> <p>FIG Floor Regulations</p>
<p>Requirements</p>	<p>Optional entry vault to piled mats from the following options:</p> <ul style="list-style-type: none"> ▪ Handspring – 3.50 ▪ Tsukahara – 3.50 ▪ Yurchenko – 4.00 <p>*Judging will be as per the judging guidelines published on BG website 11.9.13</p> <p>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault</p> <p>Jumping onto the back or front will incur a deduction of 0.30</p> <p>One vault only</p>	<p><i>Flight element from HB to LB & Flight element on same bar - Not required, gymnast receives 1.00 CR (0.50 + 0.50)</i></p> <p><i>Gymnasts must perform the following CRs to receive 0.50 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] <i>Back hip circle [2.105] and forward hip circle [2.104] not allowed</i> ▪ 180° (minimum) non flight element [not mount] ▪ Dismount <i>*A only allowed* OR NO DV/CR</i> 	<ol style="list-style-type: none"> 1. Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> ▪ <i>To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position</i> 2. Any coded 1/1 spin on one foot in forwards direction 3. 1 x acrobatic series with [min] 2 x 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. Dismount <i>*A or B only allowed* OR NO DV/CR</i> 	<ol style="list-style-type: none"> 1. Dance passage to include minimum 2 x different leaps or hops: <ul style="list-style-type: none"> ▪ To include 1 x 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 <i>*A or B only allowed* OR NO DV/CR</i>
<p>Barred Elements <i>(prohibited/ receive no DV)</i></p>		<p>Cast to handstand with legs straddled [2.101] Cast to hdstd straddle legs & ½ turn [2.201] Back hip circle [2.105] Flight on same bar [release] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Salto forwards from two feet [mount or content] Salto sideward [5.412] Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</p>	<p>Connections from salto backward with 540° Double salto Hops/jumps/leaps to front support Salto backward with LA turn greater than 720°</p>
<p>GBR Bonus <i>(in addition to FIG)</i></p>	<p>0.3 - Performance of vault with additional 20cm mat.</p> <ul style="list-style-type: none"> • <i>Only credited if less than 1.0 deductions</i> 	<p>0.5 - 2 x different grips <i>Not within flight or dismount</i> <i>Can be awarded once only</i></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 Back spin and forward spin will both be awarded a value</p>	