

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2016

Level 4 - 9 years

<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] 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] 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>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 105cm</p> <ul style="list-style-type: none"> Additional 5cm roll mat over vaulting table Piled mats to vault height Yurchenko surround compulsory for all vaults 	<p>FIG Bars Regulations</p> <ul style="list-style-type: none"> 20cm safety mats throughout with 10cm roll mat on top (No base mats) 	<p>FIG Beam Regulations</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> <ul style="list-style-type: none"> There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault. Jumping onto the back or front will incur a deduction of 0.30 One vault only 	<ul style="list-style-type: none"> 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. If she performs a higher value dismount or an unpermitted uncoded dismount she will receive 2.00 CR <p>Dismount *A only allowed* OR NO DV/CR</p>	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1x leap/jump/hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forwards direction 1 x acrobatic series with 2 elements [minimum] <ul style="list-style-type: none"> 1 x with flight [not salto] not connected into dismount Acro elements in different directions [fwd/swd & bwd] Dismount *A only allowed* OR NO DV/CR 	<ol style="list-style-type: none"> 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 Any coded 1/1 spin on one foot in forwards direction – D panel deduct for the missing CR if a spin is not performed, E panel do not apply the penalty in composition/choreography 2 x saltos in different directions [fwd/swd & bwd] 1 x acrobatic line with 2 x different saltos Dismount *A or B salto only allowed* OR NO DV/CR
<p>Uncoded Permitted Elements (receive 0.1 DV)</p>		<p>Cast above 45° (See diagram for penalties) ¾ Giant from LB to HB (No penalty for empty swing at the end of this element) Squat onto low bar – jump to catch high bar (There will be no penalty for performing a jump from LB to HB) Straddle or pike on undershoot dismount or ¾ sole circle – will fulfil the dismount CR</p>	<p>Forward roll Cat leap Tuck jump</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Cat leap Tuck jump</p>
<p>Barred Elements (prohibited/ receive no DV)</p>		<p>Cast to handstand with legs straddled [2.101] Cast to hdstd straddle legs & ½ turn [2.201] Back hip circle [2.105] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Any saltos [other than dismount], free cartwheel, side salto and free walkovers Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</p>	<p>All elements above B in difficulty value Hops, jumps, leaps to front support</p>
<p>Notes</p>		<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>		
<p>GBR Bonus (in addition to FIG)</p>		<p>0.5 - Backward giant without fall [given once only]</p>		

Diagram for Voluntary Age Group Level 4 Bars – August 2016

Uncoded element (value - 0.10) – Cast to above 45°

