

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 5 –IN & OUT OF AGE (8 – 15+ YEARS)

DIFFICULTY VALUE (DV)

Elements will be given Difficulty Value according to FIG cycle 13 Code of Points. FIG Execution and Artistry penalties will be applied
A.BARS/BEAM/FLOOR 8 Highest elements including Dismount BEAM/FLOOR 5 Acro (max) + 3 Dance (min) FLOOR Max 4 Acro lines

SHORT EXERCISE

BEAM/FLOOR FIG Short Exercise Rules apply. **A. BARS Exercise with less than 5 elements will be deducted 1.00 for each missing element**

VAULT	RULES for AB/BB/FX	A.BARS	BEAM	FLOOR																
<p style="text-align: center;">OPTIONAL VAULT FOR ALL AGES</p> <p style="text-align: center;">HANDSPRING FLAT BACK</p> <p style="text-align: center;">Height 100 cm</p> <p style="text-align: center;">95 cm piled mats + 5cm roll mat over piled mats</p> <p style="text-align: center;">DV 1.40</p> <p style="text-align: center;"><u>OR</u></p> <p style="text-align: center;">ALL AGES FIG CODED VAULT</p> <p style="text-align: center;">NO FIG VAULTS WITH SALTOS Group 1 ONLY</p> <p style="text-align: center;">Height</p> <p style="text-align: center;">9 – 105 cm 10/11 - 110 cm 12/13 - 120 cm 14+ - 125cm</p> <p style="text-align: center;">2 Vaults Best Vault to Count</p> <p style="text-align: center;">2 different vaults may be performed</p>	<p>Permitted Un-coded Elements can be used to fulfil CR</p> <p style="text-align: center;">Difficulty Value (DV) FIG A = 0.10 B = 0.20 Uncoded element = 0.10</p> <p>7 or more elements – no deduction 5 - 6 elements - 4.00 P 3 – 4 elements - 6.00 P 1 – 2 elements - 8.00 P No elements - 10.00 P</p>	<p style="text-align: center;">PERMITTED UN-CODED ELEMENTS</p> <p style="text-align: center;">Mount: Circle up LB Cast above horizontal *Squat on LB jump to catch HB *Tucked/Straight leg sole circle *No E panel deduction for Jump from LB to HB **¾ Giant from LB to HB + on HB **No penalty for empty swing at the end of this element also for any giant swing that completes 1 full circle then returns to the bar</p> <p>Dismount: Straddle or Pike on undershoot ¾ Sole circle (May fulfil CR)</p> <p style="text-align: center;">MAX 2 FIG 'B' ELEMENTS NO ELEMENT HIGHER THAN 'B'</p>	<p style="text-align: center;">PERMITTED UN-CODED ELEMENTS</p> <p style="text-align: center;">Forward Roll (can count for CR4) Cat Leap Tuck jump Straight jump Assemble jump</p> <p style="text-align: center;">Mounts: Squat on/Straddle on/ Japana/Straddle lever</p> <p style="text-align: center;">Dismount: Round off or Handspring (May fulfil CR)</p> <p style="text-align: center;">MAX 2 FIG 'B' ELEMENTS NO ELEMENT HIGHER THAN 'B'</p>	<p style="text-align: center;">PERMITTED UN-CODED ELEMENTS</p> <table style="width: 100%; border: none;"> <tr> <td>Cartwheel</td> <td>Headspring</td> </tr> <tr> <td>Handstand fwd roll</td> <td>Cat leap</td> </tr> <tr> <td>Bwd/Fwd walkover</td> <td>Tuck jump</td> </tr> <tr> <td>Bwd roll to handstand</td> <td>Valdez</td> </tr> <tr> <td>Fwd roll & Free fwd roll</td> <td>Bwd roll to feet</td> </tr> </table> <p style="text-align: center;">ELEMENTS WITH FLIGHT</p> <table style="width: 100%; border: none;"> <tr> <td>Flic to 1</td> <td>Handspring to 1</td> </tr> <tr> <td>Flic to 2</td> <td>Handspring to 2</td> </tr> <tr> <td>Gainer flic</td> <td>Round off</td> </tr> </table> <p style="text-align: center;">NON FLIGHT ELEMENTS</p> <p>Free cartwheel Free walkover Side somi</p> <p style="text-align: center;">MAX 2 FIG 'B' ELEMENTS</p> <p style="text-align: center;">Acro Line is any connection of 2 acro elements OR as per FIG a salto from 2 feet e.g. Front somi on its own can count</p> <p style="text-align: center;">2 Acro Lines MUST BE INCLUDED in the routine</p> <p style="text-align: center;">ONLY 1 Acro Line– D panel deduct 0.50 CR and count max. 7 els</p> <p style="text-align: center;">E panel – deduct 0.50 (No attempt to dismount)</p>	Cartwheel	Headspring	Handstand fwd roll	Cat leap	Bwd/Fwd walkover	Tuck jump	Bwd roll to handstand	Valdez	Fwd roll & Free fwd roll	Bwd roll to feet	Flic to 1	Handspring to 1	Flic to 2	Handspring to 2	Gainer flic	Round off
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	<p style="text-align: center;">COMPOSITION REQUIREMENTS =</p> <p style="text-align: center;">Repeated elements DO NOT count towards DV</p> <p style="text-align: center;">Any element higher than a FIG 'B' that element will not receive DV and the exercise will have 1 element less in the 'D' calculation</p>	<p>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 or permitted un-coded dismount Incorrect dismount 2.00 CR credited</p> <p style="text-align: center;">Dismount – FIG A = 0.50 Uncoded Element = 0.30</p> <p style="text-align: center;">Dismount no higher than an "A" B or more – No CR or DV</p> <p style="text-align: center;">IN AGE (8) NEW RULE OPTION– SINGLE HBSV minus 0.50 by 'D' Panel Coach to lift gymnast to hang on HB Circle up on HB – continue routine</p>	<p>CR1 .Connection of any 2 different dance elements with immediate rebound action</p> <p>CR2 OPTION ½ spin in relevé, immediate ½ turn in Relevé- must finish on toes OR Any 1/1 spin</p> <p>CR3 Any coded split leap or jump with 180° Split (Can be connected to CR1) (E panel - FIG execution deductions applied)</p> <p>CR4. Acro element Forward or Side</p> <p>CR5 . Dismount – FIG A = 0.50 Uncoded Element = 0.30</p> <p style="text-align: center;">Dismount no higher than an "A" B or more – No CR or DV</p>	<p>CR1. Dance passage of 2 different leaps or hops one of them with 1 x 180° split (cross or side) or straddle position (E panel – FIG execution deductions applied)</p> <p>CR2. 1 x Backward Acro element</p> <p>CR3. 1 x Acro element forward or side</p> <p>CR4. 1 x Acrobatic line with 2 acro elements (min)</p> <p>CR5. Dismount</p> <p style="text-align: center;">Dismount – FIG A = 0.50 (last element) Uncoded Element = 0.30 (last element)</p> <p style="text-align: center;">Dismount no higher than an "A" B or more – No CR or DV</p>																
	<p style="text-align: center;">BONUS</p> <p style="text-align: center;">All Bonuses only awarded if performed without a fall</p>	<p style="text-align: center;">1 x Short Upstart + 0.20 1 x Long Upstart + 0.20</p>	<p style="text-align: center;">1 x FIG backward acro element without flight + 0.20 1 FIG backward acro element with flight + 0.30 (both given once only may be Connected or Unconnected or awarded individually)</p>	<p style="text-align: center;">1 x Salto forward or backward + 0.20 (given once only)</p>																