

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

CONTENT OF THE EXERCISE: Maximum 8 highest difficulties including dismount are counted for DV
INTERMEDIATE FALL TIME - BEAM - 10 secs. Exceed 10 secs. fall time – 0.30 deduction (D panel) (FS)
 Exceed 60 secs. fall time – exercise terminated
A. BARS - 30 secs. Exceed 30 secs. fall time – 0.30 deduction (D panel) (FS)
 Exceed 60 secs, fall time – exercise terminated

FLOOR :- **Minimum 3 Dance & 3 Acro + 2 optional elements**
NO DISMOUNT – count only 7 elements for DV – 0.50 deduction (D panel) (FS)
NO DISMOUNT will be credited if only 1 acro line / Maximum number of acro lines is 4
Any difficulty (acro) performed after last counting acro line will not be counted for DV
 FIG A = 0.10 B = 0.20 Uncoded element = 0.10

DIFFICULTY VALUE: **DURATION OF EXERCISE - BEAM & FLOOR – Exercise may not exceed 90 seconds. Overtime – 0.10 deduction (D panel) (FS)**

SHORT EXERCISE:

BEAM & FLOOR - 7 els or more – 0.00 / 5-6 els – 4.00 / 3-4 els – 6.00 / 1-2 els -8.00 / No els - 10.00 (D panel) (FS)

A. BARS - Exercise with less than 5 elements will be deducted 1.00 for each missing element **Any element higher than a FIG ‘B’ that element will not receive DV (D panel)**

VAULT	A.BARS	BEAM	FLOOR
<p>OPTIONAL VAULT FOR ALL AGES</p> <p>HANDSPRING FLAT BACK</p> <p>Height 100 cm</p> <p>95 cm piled mats + 5cm roll mat over piled mats</p> <p>DV 1.40</p> <p>OR</p> <p>ALL AGES FIG CODED VAULT</p> <p>NO FIG VAULTS WITH SALTOS Group 1 ONLY</p> <p>Height</p> <p>9 – 105 cm</p> <p>10/11 - 110 cm</p> <p>12/13 - 120 cm</p> <p>14+ - 125cm</p> <p>2 Vaults</p> <p>Best Vault to Count</p> <p>2 different vaults may be performed</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Mount: Circle up LB Cast above horizontal (min) (as per diagram) *Squat on LB jump to catch HB **Tucked/Straight leg sole circle ***% Giant from LB to HB + on HB</p> <p>Dismount Elements: Straddle or Pike on undershoot ¾ Sole circle</p> <p>Repeated elements DO NOT count towards DV</p> <p>MAX 2 FIG ‘B’ ELEMENTS NO ELEMENT HIGHER THAN ‘B’</p> <p>No CR’s are required at this level – Min 5 els credited in a routine</p> <p>CR1 Awarded 0.50 CR2 Awarded 0.50 CR3 Awarded 0.50 CR4 Awarded 0.50</p> <p>Total CR = 2.00</p> <p>Dismount Element = FIG DV Dismount Uncoded Element = 0.10 DV</p> <p>IN AGE (8) NEW RULE OPTION – SINGLE BAR (HIGH BAR ONLY)- SV minus 0.50 by ‘D’ Panel</p> <p>Coach to lift gymnast to hang on HB Circle up on HB – continue routine</p> <p>BONUS :- 1 x Short Upstart + 0.20 1 x Long Upstart + 0.20</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Forward Roll (can count for CR4) Tuck jump Straight jump Assemble jump</p> <p>Mount without DV - Deduct 0.10 (E panel) – (All Mounts without DV will be commonly recognised as “A” (except straddle over to sit or squat on) (FIG COP)</p> <p>Mounts: Straddle over to sit & Squat on (allowed for Level 5 only)</p> <p>Dismount Elements: Round off or Handspring</p> <p>MAX 2 FIG ‘B’ ELEMENTS NO ELEMENT HIGHER THAN ‘B’</p> <p>CR1 Connection of at least 2 different dance elements (leaps or jumps) with immediate rebound action</p> <p>CR2 OPTION - ½ spin in relevé, immediate ½ turn in Relevé (no pause) - must finish on toes OR Any 1/1 spin</p> <p>CR3 Any coded split leap or jump with 180° Split (cross,side or straddle position) (Can be connected to CR1)</p> <p>CR4 Acro element Forward or Side</p> <p>Total CR = 2.00</p> <p>Dismount Element = FIG DV Dismount Uncoded Element = 0.10 DV</p> <p>BONUS:- 1 x FIG bwd or fwd acro element without flight + 0.20</p>	<p>PERMITTED UN-CODED ACR0 ELEMENTS</p> <p>Cartwheel Headspring Tuck jump Handstand fwd roll Bwd/Fwd walkover Valdez Bwd roll to handstand / to feet Fwd roll & Free fwd roll</p> <p>ACRO ELEMENTS WITH FLIGHT</p> <p>Flic to 1/Flic to 2 Handspring to 1/ Handspring to 2 Gainer flic Round off</p> <p>NON FLIGHT ACR0 ELEMENTS</p> <p>Free cartwheel Free walkover Side somi</p> <p>ONLY 1 ACR0 LINE– NO DMT - 0.50 from FS - count 7 els for DV (D panel)</p> <p>MAX 2 FIG ‘B’ ELEMENTS NO ELEMENT HIGHER THAN ‘B’</p> <p>CR1 Dance passage of 2 different leaps or hops connected directly or indirectly. one with 1 x 180° split (cross , side or straddle) (no jumps or turns)</p> <p>CR2 Backward Acro element (no aerials)</p> <p>CR3 Forward Acro element (no aerials)</p> <p>CR4 Mixed Series</p> <p>Total CR = 2.00</p> <p>CR2 & CR3 may be performed in same or different Acro line</p> <p>Dismount Element = FIG DV Dismount Uncoded Element = 0.10 DV</p> <p>The dismount is the last counting acro line (credit highest DV) Acro Line is any connection of 2 ACR0 ELEMENTS OR WITH SALTO(S). 2 Acro Lines MUST BE INCLUDED in the routine</p> <p>BONUS:- 1 x Salto forward or backward + 0.20 (given once only)</p>
<p>NO DEDUCTION FOR :-</p>	<p>* Squat on LB jump to catch HB **Tucked/Straight leg sole circle – tucked no deduction for bent legs) *** 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>		