

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 2 – OUT OF AGE (12 – 15+ YEARS)

CONTENT OF THE EXERCISE: Maximum 8 highest difficulties including dismount are counted for DV
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 C = 0.30 D = 0.40 E = 5.00 Uncoded element = 0.10

(FS) FLOOR :-

DIFFICULTY VALUE:
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

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)
 Exceed 60 secs, fall time – exercise terminated

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

VAULT FIG	A.BARS	BEAM	FLOOR
<p>Height</p> <p>12+ - 125 cm</p> <p>2 Vaults</p> <p>Best Vault to count</p>	<p>CR1 Flight element HB to LB X CR given + 0.50</p> <p>CR2 Flight element on same bar X CR given + 0.50</p> <p>CR3 Close bar circle element (non flight) to 45° min backward or forward hip circle & sole circle not allowed</p> <p>CR4 Non flight element with 180° LA turn (min) (not mount)</p> <p>Total CR = 2.00</p> <p>UNCODED PERMITTED ELEMENTS DV= 0.10</p> <p>*Squat on LB jump to catch HB</p> <p>**Tucked/Straight leg sole circle</p> <p>BONUS:-</p> <p>Backwards double tuck salto + 0.50 2 x different grips + 0.50</p>	<p>CR1 .Connection of 2 different dance elements (1 x leap/jump/hop with 180° split (cross or side) or straddle position)</p> <p>CR2 .Minimum 1/1 spin</p> <p>CR3 .1 x acro series min 2 flight elements (els. may be the same) DV given only once)</p> <p>CR4 .Acro els. in different directions (fwd / side & bwd)</p> <p>Total CR = 2.00</p> <p>CR's 1 – 4 must be performed on the beam, Rolls, handstands and holds cannot be used for CR's</p> <p>BONUS:-</p> <p>Acro series 2 flight elements 1 with optional salto + 0.30</p>	<p>CR1 .Dance passage of 2 different leaps or hops (from code) connected directly or indirectly, to include 1 x 180° split (cross, side or straddle position) No jumps or turns,</p> <p>CR2 .Mixed series</p> <p>CR3 .Salto backward & salto forward (no aeriels) in same or different acro line</p> <p>CR4 .Salto with (min) 360° LA turn - (forward or backward)</p> <p>Total CR = 2.00</p> <p>The dismount is the last counting acro line (credit highest DV)</p> <p>Any acro performed after last counting acro line will not be counted for DV.</p>
NO DEDUCTION FOR :-	<p>* Squat on LB jump to catch HB</p> <p>**Tucked/Straight leg sole circle – tucked no deduction for bent legs)</p>		