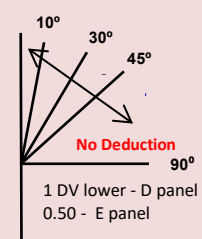


LONDON GYMNASTICS – AGE GROUP RULES LEVEL 3 – OUT OF AGE (11 – 15+ YEARS)

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)
FLOOR :- **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
DIFFICULTY VALUE: FIG A = 0.10 B = 0.20 C = 0.30 D = 0.40 Uncoded element = 0.10
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) (FS)
 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)

Any element higher than a FIG ‘D’ that element will not receive DV (D panel)

VAULT FIG	A.BARS or SINGLE BAR	BEAM	FLOOR
<p>Height</p> <p>11 - 120 cm</p> <p>12+ - 125 cm</p> <p>2 Vaults Best Vault to count</p> <p>No vault with higher tariff of 4.20</p> <p>Height In Age</p> <p>10 - 120 cm</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 1 x Bwd Giant</p> <p>CR4 Close bar circle element above horizontal (min) (non flight) Back or forward hip circle not allowed for this CR 4</p>  <p>Total CR = 2.00</p> <p>Bwd giant may be repeated & receive DV twice</p> <p>UNCODED PERMITTED ELEMENTS DV= 0.10</p> <p>*Squat on LB jump to catch HB **Tucked/Straight leg sole circle</p> <p>NO ELEMENT HIGHER THAN ‘D’</p>	<p>CR1 Connection of at least 2 different dance els. 1 being a leap or jump with 180° split (cross or side or straddle position)</p> <p>CR2 Turn (Group 3)</p> <p>CR3 1 x acro series min 2 elements 1 el. with flight (elements may be same)</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>NO ELEMENT HIGHER THAN ‘D’</p>	<p>CR1 Dance passage of 2 different leaps or hops (from the code) connected directly or indirectly 1 with 180° split (cross or side or straddle position)</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 180° LA turn – (min) (forward or backward)</p> <p>Total CR = 2.00</p> <p>CR 3 & 4 must be performed within an Acro Line The dismount is the last counting acro line (credit highest DV) Any acro performed after last counting acro line will not be counted for DV.</p> <p>NO ELEMENT HIGHER THAN ‘D’</p>
	<p>BONUS: Non flight element with 180° (min) turn (top change, blind change) + 0.30 (not mount, or dismount)</p> <p>2 different grips (given once only) + 0.30</p>	<p>BONUS:-</p> <p>Salto forward or backward + 0.30</p> <p>Can be connected to acro series in CR3 <u>or</u> performed on its own (GIVEN ONCE ONLY)</p>	<p>BONUS:-</p> <p>Salto with 540° or 720° LA turn backward + 0.30</p> <p>Salto with 360° LA turn forward + 0.30</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> <p>Straddle cast to handstand</p>		