

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 4 – OUT OF AGE (10 – 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 Uncoded Element = 0.10

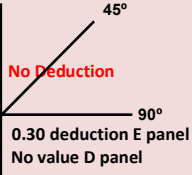
FLOOR :-

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) (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 ‘C’ that element will not receive DV (D panel)

VAULT	A.BARS	BEAM	FLOOR
<p>NO FIG VAULTS WITH SALTOS</p> <p>Height</p> <p>10/11 - 115 cm 12/13 - 120 cm 14+ - 125cm</p> <p>2 Vaults Best Vault to Count Group 1 ONLY</p> <p>In Age Height</p> <p>9 In Age – 110 cm</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Mount: Circle up LB *Squat on LB jump to catch HB **Tucked/Straight leg sole circle ***% Giant from LB to HB + on HB</p> <p>Dismount Els: Straddle or Pike on undershoot / ¼ Sole circle</p> <p>MAX 2 FIG ‘C’ ELEMENTS NO ELEMENT HIGHER THAN ‘C’</p> <p>CR1 Short Upstart CR2 Cast above horizontal (min) 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>Bwd giant may be repeated & receive DV twice</p> <p>Min. 5 els. Credited in a routine</p> <p>BONUS:- 1 x Bwd Giant without fall + 0.20 (given once only) Salto backward straight + 0.30</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Mounts:- Japana/Straddle lever Forward Roll Tuck jump Dismount Els: Round off or Handspring</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>MAX 2 FIG ‘C’ ELEMENTS NO ELEMENT HIGHER THAN ‘C’</p> <p>CR1 Connection of 2 different dance elements 1 being a leap or jump with 180° split (cross, side or straddle position) CR2 Turn (Group 3) CR3 .Acro element backwards CR4 .Acro element forward or side</p> <p>CR’s 1-4 must be performed on the beam</p> <p>Total CR = 2.00</p> <p>Dismount Element = FIG DV Dismount Uncoded Element = 0.10 DV</p> <p>BONUS:- 1 x Acro series (min 2 els.) 1 el. with flight + 0.30</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Cartwheel Valdez Headspring Tuck jump</p> <p>Bwd/Fwd walkover Bwd roll to handstand Handstand fwd roll</p> <p>ONLY 1 ACRO LINE– NO DMT - 0.50 from FS - count 7 els for DV (D panel)</p> <p>MAX 2 FIG ‘C’ ELEMENTS NO ELEMENT HIGHER THAN ‘C’</p> <p>CR1 Dance passage of 2 different leaps or hops (from Code) Connected directly or directly , 1 with 180° split (cross, Side or straddle position) (no jumps or turns) CR2 Mixed Series CR3 Salto backward & salto forward (no aeriels) in same or Different acro line CR4 Acro line with a Straight salto (forward or backward) (must be directly connected to a flight element)</p> <p>Total CR = 2.00</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) 2 Acro Lines MUST BE INCLUDED in the routine</p> <p>BONUS:- Salto Fwd or Bwd with 1/1 LA turn + 0.20</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> <p>Straddle cast to handstand allowed</p>		