|  |
| --- |
|  |

**EAST REGION LEVEL 5 OUT OF AGE VOLUNTARY RULES 2017**

|  |
| --- |
| **OUT OF AGE 9 10/11 12+** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| \*U = 10   |  | | --- | |  |   CR .50 Each | |  | | --- | | FIG A or B valued and any Uncoded Permitted Elements as shown below. Difficulty Value as stated\*  Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise.  FIG Execution, Artistry and Choreography penalties will be applied unless stated.  **7 x B/A/U elements (UB = 5) No C elements or higher. (BB & FX – min 3 dance). Less than 7 elements – 1.00 penalty for each missing element** | | | | |
|  | **VAULT** | **BARS** | **BEAM** | **FLOOR** |
| Apparatus | **Two Vaults to be performed** | FIG Bar regulations | FIG Beam regulations | FIG Floor regulations |
|  | **Handspring over vault table**  **1 springboard allowed DV 2.00**  **Height**  **9 & 10/11 110cm**  **12+ 120cm**  **Best score to count** | **A valued salto dismount allowed**   |  | | --- | | 1. Upstart  2. Bar change LB to HB  3. Close bar element  4. Cast above horizontal | | **Use of only 1 Bar = penalty 2.00** | | |  | | --- | | **A value salto dismount allowed**  1. Acro element BWD  2. Acro element FWD/SWD  3. Dance series 1 element with 180° split    4. 360° spin |   **Artistry deductions apply except mount from CoP not required** | |  | | --- | | **A value saltos allowed (no B’s)**  1. Dance passage 2 elements one with  180°split  2. Salto backward in acro line  3. Salto FWD/SWD  4. 360°Spin | |  | |  |   **Artistry deductions apply** |
| Uncoded Permitted Elements |  | Squat on low bar to catch high bar Pullover Cast to horizontal or above  Baby giant  Straddle/pike on undershoot  ¾ sole circle dismount | (Holds and rolls can fulfil CR)  Squat/straddle/Japana mount  Jump to clear support mount  Forward roll Arabesque (90°& 2 sec hold)  Tuck Jump  Round off/Handspring dismount | Cartwheel (any) Backward walkover  Forward walkover Valdez/Tick Toc  Headspring Handstand forward roll  Backward roll to handstand  Tuck jump Wolf jump/hop  Cat leap |
| BONUS  Awarded only once |  | **N/A** | **A bonus of .50 awarded for an exercise without a fall that fulfils all DV and CR’s** | **Both saltos in acro lines = 0.50 bonus** |