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

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

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|   \*U = 10

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CR .50 Each |

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| 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** |

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|  | **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**

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| 1. Upstart2. Bar change LB to HB3. Close bar element4. Cast above horizontal |
| **Use of only 1 Bar = penalty 2.00** |

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| **A value salto dismount allowed** 1. Acro element BWD2. Acro element FWD/SWD 3. Dance series 1 element with 180° split  4. 360° spin |

**Artistry deductions apply except mount from CoP not required** |

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|  **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/SWD4. 360°Spin  |
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**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 walkoverForward walkover Valdez/Tick Toc Headspring Handstand forward rollBackward roll to handstandTuck jump Wolf jump/hop  Cat leap  |
| BONUSAwarded 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** |