**EAST REGION VOLUNTARY RULES 2017**

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| **LEVEL 6 –Age groups 8, 9/10, 11+** |

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| |  | | --- | | **U = 0.10**    **CR - 0.50 EACH** | | FIG A/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.  **6 X A/Uncoded elements (UB = 5) No B elements or higher (except B dance elements allowed for BB & FX BB & FX – Minimum 3 dance)**  **Less than required elements = 1.00 penalty for each missing element**  **Bonus is awarded only once and if element is performed without a fall** | |  | | | | |
|  | **VAULT** | **BARS** | **BEAM** | **FLOOR** |
| Apparatus | Crash mats | FIG Bar regulations - | FIG Beam regulations | FIG Floor regulations |
| Age 8  100cm  Age 9/10  100cm  Age 11+  110cm | **DV 1.50 All ages**  **Flat back onto crash mats**  **Two attempts - best score to count** | **No Salto Dismount**  **5 A Coded or Uncoded\* elements**  **CR:**   |  | | --- | | 1. Close bar element   2. 1 Bar change LB to HB  3. 0.50 credited – no element required  4. Cast to horizontal  **Use of only 1 bar = 1.00 Penalty** | | |  | | --- | | A Value Salto allowed  6 A Coded/Uncoded\* elements  CR:  1. Acro element no flight  2. Dance series  3. Leap/Hop/Jump 135*° split*  4. Spin (180*° for 0.30,*  *360 ° for 0.50CR + bonus)*  B dance elements may be performed | | |  | | --- | | A Value Saltos allowed  Acro series of two different elements with/Acro ser 6 A Coded/Uncoded\* elements   1. CR: 2. 1. Dance passage 2 el 1 with >135 split   2. Acro series (1 element with flight)    3. Acro element FWD/SWD & BWD    4. 360° spin | | B dance elements may be performed | |
| Permitted elements  (Elements cannot be repeated for DV) |  | Pullover Cast to horizontal or above  Squat on low bar to catch high bar  Baby giant Straddle/Pike on undershoot to stand ¾ sole circle dismount | Any A value elements from the Code of Points  and any B dance elements may be performed.  Holds and Rolls can fulfil CR;  Squat/Straddle/Japana on mount  Jump to clear straddle support  Forward roll Arabesque (90° 2sec hold)  Tuck jump 180*°* spin  Round off/Handspring dismount | Any A value elements from the Code of Points  and any B dance elements may be performed  Cartwheel (any variety)  Bwd/Fwd walkover/Tic Toc/Valdez  Headspring Handstand forward roll  Backward roll to handstand  Tuck jump Wolf jump/hop |
| Bonus – allowed once | **N/A** | **Upstart = 0.50** | Artistry deductions apply except mount from CoP not required  **0.50 Awarded for an exercise without a fall that fulfils all DV and CR** | Artistry deductions apply  **Salto = 0.50 (once only)** |