**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.

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|  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** |
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|  | **VAULT** | **BARS** | **BEAM** | **FLOOR** |
| Apparatus | Crash mats | FIG Bar regulations -  | FIG Beam regulations | FIG Floor regulations |
| Age 8100cmAge 9/10100cmAge 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:**

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| 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** |

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| A Value Salto allowed6 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 |

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|  A Value Saltos allowedAcro 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 |

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| Permitted elements(Elements cannot be repeated for DV) |  | Pullover Cast to horizontal or aboveSquat 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 performedCartwheel (any variety) Bwd/Fwd walkover/Tic Toc/Valdez Headspring Handstand forward rollBackward roll to handstandTuck 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)** |