

EAST REGION VOLUNTARY RULES

LEVEL 4 OOA – 10/11, 12/13 & 14+

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional FLOOR 4 x Acro lines [max] Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements* ***BG Amendments for in age will apply to OOA rules – if the rules are unclear then the benefit will be given to the gymnast***</p>			
<p>Short Exercise</p>	<p>FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	Vault table at 1.20m (10/11), 1.25m (12/13 & 14+) FIG specification landing area	FIG Bar regulations	FIG Beam regulations	FIG Floor regulations
Requirements	<p>A vault from the FIG code of points, maximum DV of 3.00.</p> <p>No somersault vaults permitted.</p> <p>Best score to count of 2 vaults (can be the same or different)</p>	<p><i>The gymnast will receive 2.00 for CR</i></p> <p>Dismount must be included in counting elements</p> <p><i>*A only allowed*</i></p> <p><i>Unpermitted dismount = 0.30 deduction</i></p>	<ol style="list-style-type: none"> 1. Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> ▪ To include 1x leap/jump/hop with 180° split (cross or side) or straddle position 2. Any coded 1/1 spin on one foot in forwards direction 3. 1 x acrobatic series with min 2 element: <ul style="list-style-type: none"> • 1 element with flight ▪ [not salto] ▪ not connected into dismount 4. Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements <i>*A only allowed*</i> <i>Unpermitted dismount = 0.30 deduction</i></p>	<ol style="list-style-type: none"> 1. Dance passage to include minimum 2 x different leaps or hops: <ul style="list-style-type: none"> ▪ To include 1 x leap or hop with 180° split (cross or side) or straddle position 2. 2 saltos in different directions FWD & BWD 3. 2 x acro lines, one with 2 different saltos 4. Dismount <p>Dismount must be included in counting elements <i>*A only allowed*</i> <i>Unpermitted dismount = 0.30 deduction</i></p>
Uncoded Elements Permitted May receive 0.10 DV		<p>Cast above 45°</p> <p>¼ Giant from LB to HB (no penalty for empty swing)</p> <p>Squat onto low bar - jump to catch high bar (no penalty)</p> <p>Straddle/ Pike on undershoot dismount</p> <p>¾ sole circle dismount</p> <p>**Back hip circle [2.105] is permitted**</p>	<p>Forward roll</p> <p>Straight jump</p> <p>Tuck jump</p>	<p>Cartwheel</p> <p>Backward walkover</p> <p>Forward walkover</p> <p>Valdez</p> <p>Backward roll to handstand</p> <p>Headspring</p> <p>Handstand forward roll</p> <p>Cat leap</p> <p>Tuck jump</p>
Barred Elements Not permitted NO DV	<u>Any vault above 3.00 DV</u>	<u>Barred elements do not apply to OOA gymnasts</u>	<u>Barred elements do not apply to OOA gymnasts</u>	<u>Barred elements do not apply to OOA gymnasts</u>
GBR Bonus In addition to FIG		0.5 - Backward giant without fall <i>[given once only]</i>	0.2 – Dance + Acro (Min A + B) (mixed only) 0.40 – Series bonus of 3 elements (Dance Acro or Mixed) (Example B+B+A or BAB or ABB)	