

## EAST REGION VOLUNTARY RULES

### LEVEL 2 OOA – 12/13, 14+

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 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 a BWD giant can receive Difficulty Value twice                      *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*  <b>***BG Amendments for in age will apply to OOA rules – if the rules are unclear then the benefit will be given to the gymnast***</b></p>			
<p><b>Short Exercise</b></p>	<p><b>FIG Rules apply for Beam &amp; Floor</b>  <b>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</b></p>			
	<b><u>VAULT</u></b>	<b><u>BARS</u></b>	<b><u>BEAM</u></b>	<b><u>FLOOR</u></b>
Apparatus	Vault table at 1.25m 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 4.00</p> <p><b>GB open tuck options are available:</b>                      Open tuck Yurchenko : 3.50 (No 4.00)                      Open tuck Tsukahara : 3.70 (No. 3.00)</p> <p><b>1 Vault ONLY</b></p>	<p>Gymnasts may start on LB or HB (coded MT) Board (if required) placed on top of all mats</p> <ul style="list-style-type: none"> <li>• Full pirouette to fail by &lt;30°, 0.50 deduction not 1.00</li> <li>• No deduction for an upstart after a Shap</li> </ul> <p>1. 2 x different grips</p> <p>2. Non flight element with 360° LA turn [not mount]</p> <p>3. A close bar element to handstand (10 degree tolerance)</p> <p><i>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus</i></p> <p><b>Dismount must be included in counting elements</b></p> <p><i>*B or C only allowed*</i></p> <p><i>Unpermitted dismount = 0.30 deduction</i></p>	<p>1. Connection of minimum 2 different dance elements, to include:</p> <ul style="list-style-type: none"> <li>▪ 1x leap/jump/hop with 180° split (cross or side) or straddle position</li> <li>▪ 1 x C leap or jump</li> </ul> <p>2. Minimum 1/1 spin</p> <p>3. 1 x Acrobatic series with min 2 element:</p> <ul style="list-style-type: none"> <li>• Both elements with flight</li> <li>• Minimum 1 salto</li> <li>• <b>Can be FWD or BWD</b></li> </ul> <p>4. Acro elements in different directions [fwd/swd &amp; bwd]</p> <p><b>Dismount must be included in counting elements</b> <i>*B or C only allowed*</i>  <i>Unpermitted dismount = 0.30 deduction</i></p>	<p>Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.</p> <p>1. Dance passage to include minimum 2 x different leaps or hops:</p> <ul style="list-style-type: none"> <li>▪ To include 1 x leap or hop with 180° split (cross or side) or straddle position</li> </ul> <p>2. 1 x Acro line with 2 different saltos</p> <p>3. 2 saltos in different direction FWD &amp; BWD</p> <p>4. Straight salto with minimum 360° LA turn – FWD or BWD</p> <p>If less than 3 Acro lines are performed the gymnast will receive a deduction of 2.00</p> <p><b>Dismount must be included in counting elements</b> <i>*B or C only allowed*</i>  <i>Unpermitted dismount = 0.30 deduction</i></p>
Uncoded Elements Permitted May receive 0.10 DV		<b><u>No penalty for jumping LB – HB without element</u></b>		
Barred Elements Not permitted NO DV	<b><u>Any vault above 4.80 DV</u></b>	<b><u>Barred elements do not apply to OOA gymnasts</u></b>	<b><u>Barred elements do not apply to OOA gymnasts</u></b>	<b><u>Barred elements do not apply to OOA gymnasts</u></b>
GBR Bonus In addition to FIG	<b>0.50 – for performing any salto vault that shows inverted stretched shape in 2<sup>nd</sup> flight</b>	<p><b>0.30 – 2 diff close bar elements to handstand (10' tolerance)</b>  <b>0.50 – BWD double tuck or Pike dismount</b>  <b>0.50 – Frontaway 540' LA turn</b>  <b>0.50 – Clear pike sole circle to min 45'</b>  <b>0.50 – invert and invert ½</b>  <b>0.50 – LB – HB element (not sole circle)</b>  <i>[given once only]</i></p>	<p><b>0.10 - Any Series A+B+C – no max</b>  <b>0.20 - Series B+B+C or above (+ FIG 0.10)</b>  <b>0.30 - Jump full turn any shape</b>  <b>0.50 - For each double spin</b></p>	<p><b>0.20 - Direct connection of 2 x saltos [1 x Straight minimum 360° LA turn]</b>  <b>0.50 - Double back salto</b></p> <p><b>FIG Bonus will apply for indirect connections</b></p>