

JANUARY – JULY 2018

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LONDON GYMNASTICS – AGE GROUP RULES LEVEL 4 – OUT OF AGE (10 – 15+ YEARS)

CONTENT OF THE EXERCISE: Maximum 8 highest difficulties including dismount are counted for DV
Minimum 3 Dance & 3 Acro + 2 optional elements
NO DISMOUNT – count only 7 elements for DV – 0.50 deduction (D panel) (FS)
NO DISMOUNT will be credited if only 1 acro line / Maximum number of acro lines is 4
Any difficulty (acro) performed after last counting acro line will not be counted for DV
DIFFICULTY VALUE: FIG A = 0.10 B = 0.20 C=0.30 Uncoded Element = 0.10
SHORT EXERCISE:
BEAM & FLOOR - 7 els or more – 0.00 / 5-6 els – 4.00 / 3-4 els – 6.00 / 1-2 els -8.00 / No els - 10.00 (D panel) (FS)
A. BARS - Exercise with less than 5 elements will be deducted 1.00 for each missing element

INTERMEDIATE FALL TIME - BEAM - 10 secs. Exceed 10 secs. fall time – 0.30 deduction (D panel) (FS)
 Exceed 60 secs. fall time – exercise terminated
A. BARS - 30 secs. Exceed 30 secs. fall time – 0.30 deduction (D panel) (FS)
 Exceed 60 secs, fall time – exercise terminated
DURATION OF EXERCISE - BEAM & FLOOR – Exercise may not exceed 90 seconds. Overtime – 0.10 deduction (D panel) (FS)

Any element higher than a FIG 'C' that element will not receive DV (D panel)

VAULT	A.BARS	BEAM	FLOOR
<p>NO FIG VAULTS WITH SALTOS</p> <p>Height</p> <p>10/11 - 120 cm 12/13 - 125 cm 14+ - 125cm</p> <p>2 Vaults Best Vault to Count Group 1 ONLY</p> <p>In Age Height</p> <p>9 In Age – 110 cm or 120 cm</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Mount: Circle up LB 1. Squat on LB jump to catch HB 2. ¼ Giant from LB to HB + on HB 3. Cast above 90° min on LB + HB (both els. Count if above 90°) (see diagram)</p> <p>Dismount Els: Straddle or Pike on undershoot / ¼ Sole circle</p> <p>MAX 2 FIG 'C' ELEMENTS NO ELEMENT HIGHER THAN 'C'</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Forward Roll - Tuck jump – Straight jump Dismount Els: Round off or Handspring Mount without DV - Deduct 0.10 (E panel) All Mounts without DV will be commonly recognised as "A" (except straddle over to sit or squat on) (FIG COP)</p> <p>MAX 2 FIG 'C' ELEMENTS NO ELEMENT HIGHER THAN 'C'</p>	<p>PERMITTED UN-CODED ELEMENTS</p> <p>Cartwheel Valdez Headspring Tuck jump</p> <p>Bwd/Fwd walkover Bwd roll to handstand Handstand fwd roll</p> <p>ONLY 1 ACRO LINE– NO DMT - 0.50 from FS - count 7 els for DV (D panel)</p> <p>MAX 2 FIG 'C' ELEMENTS NO ELEMENT HIGHER THAN 'C'</p>
	<p>Min. 5 els. Credited in a routine</p> <p>CR1 Short Upstart CR2 Cast above horizontal (90° min) (see diagram) (LB or HB) (Straddle or straight legs) CR3 Awarded 0.50 CR4 Awarded 0.50</p> <p>Total CR = 2.00 + Dismount Element = FIG DV Dismount Uncoded Element = 0.10 DV</p> <p>Bwd giant may be repeated & receive DV twice</p>	<p>CR1 Connection of 2 different dance elements 1 being a leap or jump with 180° split (cross, side or straddle position) CR2 Turn (Group 3) CR3 .1 x Acro series with minimum 2 elements (flight not required) (elements may be the same – DV given once only) CR4. Acro element fwd/swd & backward</p> <p>Total CR = 2.00 + Dismount Element = FIG DV Dismount Uncoded Element = 0.10 DV</p>	<p>CR1 Dance passage of 2 different leaps or hops (from Code) Connected directly or indirectly , 1 with 180° split (cross, Side or straddle position) (no jumps or turns) CR2 Salto backward (must be performed in an acro line (min 2 els.) CR3 Salto forward (must be performed in an acro line (min 2 els) (CR2 & CR3 may be performed in same or different Acro Line) CR4 2 Acro lines</p> <p>Total CR = 2.00 + Dismount Element = FIG DV Dismount Uncoded Element = 0.10 DV The dismount is the last counting acro line (credit highest DV)</p>
	<p>BONUS:- 1 x Bwd Giant without fall + 0.20 (given once only) Salto backward straight + 0.30</p>	<p>BONUS:- 1 x Acro series (min 2 els.) 1 el. with flight + 0.30</p>	<p>BONUS:- Salto Fwd or Bwd with 1/1 LA turn (min) + 0.30 (given once only)</p>
<p>NO DEDUCTION FOR :-</p> <p>1. Squat on LB jump to catch HB – No penalty 2. ¼ giant – No penalty for empty swing OR for any giant swing that completes 1 full circle then returns to the bar 4. Bar change without an element</p>			

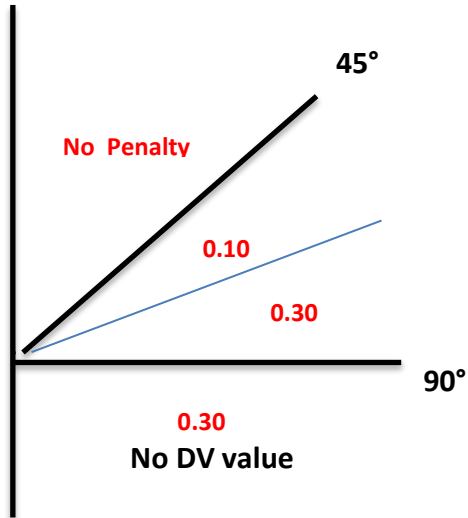
DIAGRAMS FOR VOLUNTARY AGE GROUP OUT OF AGE LEVEL 4

D PANEL

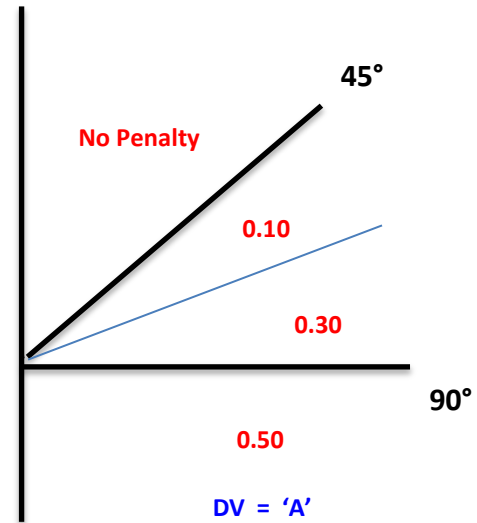
UNCODED ELEMENT VALUE	CAST	90° - 45°	A - 0.10
		ABOVE 45°	B - 0.20
		BELOW 90°	NO VALUE

D PANEL

SHORT CLEAR CIRCLE	ABOVE	45°	C - 0.30
		90° - 45°	B - 0.20
		BELOW 90°	A - 0.10



E Panel deductions in red



E Panel deductions in red