

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 3 – OUT OF AGE (11 – 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
FIG A = 0.10 B = 0.20 Uncoded element = 0.10

FLOOR :-

DIFFICULTY VALUE:

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 ‘D’ that element will not receive DV (D panel)

VAULT FIG	A.BARS	BEAM	FLOOR
<p>Height</p> <p>11 - 120 cm or 125cm</p> <p>12+ - 125 cm</p> <p>2 Vaults</p> <p>Best Vault to count</p> <p>No vault with higher tariff of 4.00</p> <p>Height In Age</p> <p>10 - 120 cm/125cm</p>	<p>At least one skill to be performed on low bar</p> <p>CR1 Awarded X CR given + 0.50</p> <p>CR2 Cast to handstand (straddle or straight legs)</p> <p>CR3 1 x Bwd Giant <i>(Bwd giant may be repeated & receive DV twice)</i></p> <p>CR4 Close bar circle element above horizontal (min) (non flight) (see diagram) Allowed Clear Pike Sole Circle (4.407) to min 90° Not allowed Back or forward hip circle</p> <p>Total CR = 2.00 +</p> <p>Dismount Element = FIG DV</p> <p>UNCODED PERMITTED ELEMENTS DV= 0.10</p> <p>*Squat on LB jump to catch HB (NO DEDUCTION for jump from LB to catch HB)</p> <p>NO ELEMENT HIGHER THAN ‘D’</p>	<p>CR1 Connection of at least 2 different dance els. 1 being a leap or jump with 180° split (cross or side or straddle position)</p> <p>CR2 Turn (Group 3)</p> <p>CR3 1 x acro series min 2 elements 1 el. with flight (elements may be same - DV given once only) (Not connected into dismount)</p> <p>CR4 Acro els. in different directions (fwd / side & bwd)</p> <p>Total CR = 2.00 +</p> <p>Dismount Element = FIG DV</p> <p>CR’s 1 – 4 must be performed on the beam, Rolls, handstands and holds cannot be used for CR’s</p> <p>NO ELEMENT HIGHER THAN ‘D’</p>	<p>CR1 Dance passage of 2 different leaps or hops (from the code) connected directly or indirectly 1 with 180° split (cross or side or straddle position)</p> <p>CR2 Salto with 180° (min) LA turn (forward or backward)</p> <p>CR3 Salto backward & salto forward (no aeriels) in same or different acro line CR 2 & 3 must be performed within an Acro Line</p> <p>CR4 Forward acro line (minimum 2 elements)</p> <p>Total CR = 2.00 +</p> <p>Dismount Element = FIG DV</p> <p>The dismount is the last counting acro line (credit highest DV) Any acro performed after last counting acro line will not be counted for DV.</p> <p>NO ELEMENT HIGHER THAN ‘D’</p>
	<p>BONUS:-</p> <p>Non flight element with 180° (min) turn (top change or blind change) (not dismount) + 0.30</p> <p>2 different grips (given once only) + 0.30</p>	<p>BONUS:-</p> <p>Salto forward /side or backward as single element + 0.20</p> <p>Acro series with (min) 2 x flight elements + 0.20</p> <p>Acro series 2 flight elements 1 with optional salto + 0.30 (not connected into dismount)</p>	<p>BONUS:-</p> <p>Salto with 360° (min) LA turn backward + 0.30</p> <p>Salto with 360°(min) LA turn forward + 0.30</p>
NO DEDUCTION FOR: =	<p>1. Jump from LB to catch HB – No penalty</p> <p>2. Bar change without an element</p>		

DIAGRAMS FOR VOLUNTARY AGE GROUP OUT OF AGE LEVEL 3

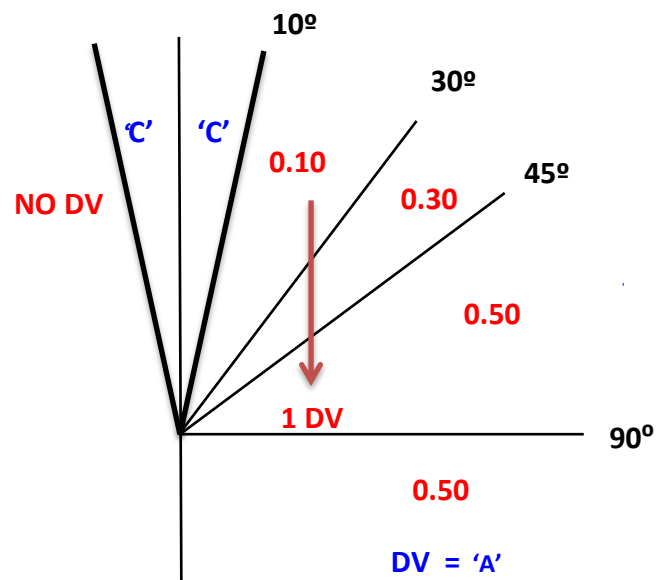
D PANEL SHORT CLEAR CIRCLE TO HANDSTAND DV = C

IF ELEMENT COMPLETED

>10° WITHIN VERTICAL - CREDIT DV

10° - 90° - 1 DV LOWER

BELOW 90° - DV = A



E PANEL

> 0° - 10° No deduction

> 10° - 30° - 0.10 deduction

> 30° - 45° - 0.30 deduction

>45° - 0.50 deduction

E PANEL DEDUCTIONS IN RED