


EAST REGION VOLUNTARY RULES

LEVEL 5 – 8 Years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p style="text-align: center;">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*</p>			
<p>Short Exercise</p>	<p style="text-align: center;">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	Spring board 80cm safety mats + 20cm additional mat	FIG Bar regulations	FIG Beam regulations	FIG Floor regulations
Requirements	<p>Handspring from springboard to feet on level mats immediate fall to front – 3.50</p>  <p>Judges will cease scoring once the gymnast lands on her feet. There will be no deduction if the gymnast over rotates in the direction of the vault. (Gymnasts who land with insufficient rotation and step/fall will be deducted accordingly).</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 element with flight <ul style="list-style-type: none"> ▪ [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. Acro line with salto FWD 3. Acro line with salto BWD 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	Best of 2 vaults	<p>Cast above 45° ¼ Giant from LB to HB 9 (no penalty for empty swing) Squat onto low bar - jump to catch high bar (no penalty) Straddle/ Pike on undershoot dismount ¼ sole circle dismount</p> <p>**Back hip circle [2.105] is permitted**</p>	<p>Forward roll Straight jump Tuck jump</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Handspring Handstand forward roll Cat leap Tuck jump</p>
Barred Elements Not permitted NO DV		<p>Cast to handstand with legs straddled Cast to hdstd straddle legs & ½ turn</p> <p>Dismounts: Salto backward tucked or piked Salto forward tucked or piked DV higher than salto backward straight</p>	<p>Any saltos [other than dismount], free cartwheel, side salto and free walkovers Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</p>	<p>All elements above B in difficulty value Hops, jumps, leaps to front support</p>
GBR Bonus In addition to FIG	0.50 – Vault performed with additional 20cm mat [only is less than 1.00 E Deductions]	0.5 - Backward giant without fall <i>[given once only]</i>		