

2018 EAST REGION

VOLUNTARY LEVELS 7, 6 & 5 RULES

OPEN TO GYMNASTS WHO HAVE NOT PREVIOUSLY COMPETED IN A VOLUNTARY COMP (LEVEL 4 OR ABOVE) AT COUNTY LEVEL OR HIGHER

Level 6 and 5 ONLY: The top 3 gymnasts in each category will progress to a regional final
(Level 7 is a county competition only)

	<u>LEVEL 5</u>	<u>LEVEL 6</u>	<u>LEVEL 7</u>
Age Group	9, 10/11, 12+	8, 9/10, 11+	7, 8/9, 10+
Difficulty As per COP U = 0.1	7 x B/A/U elements (UB = 5) No C Elements or higher (BB & FX - Min 3 Dance) Less than 7 (UB 5) els. = 1.00 Penalty for each missing element	6 x A/uncoded elements (UB = 5) No B Elements or higher (except dance els) (BB & FX - Min 3 Dance) Less than 6 els. (UB 5) = 1.00 Penalty for each missing element	5 x A/uncoded elements (UB = 4) No B Elements or higher (except dance els) (BB & FX - Min 2 Dance) Less than 5 elements(UB 4) = 1.00 Penalty for each missingelement
VAULT 2 vaults best to count	Handspring over table vault SV 2.00 Height 110cms (9 & 10/11) 120cms (12+)	Flat Back onto crash mat SV 1.50 Height 100cms (8, 9/10) 110cms (11+)	Flat Back onto crash mats SV 1.50 Height 90cms (7 & 8/9) 100cms (10+)
BARS CRs 0.5 each 0.5 each 0.5 each 0.5 each	A value salto dismounts allowed Upstart 1 Bar change LB to HB Close bar element Cast above horizontal	No Salto Dismounts Close bar element 1 Bar change LB to HB 0.5 credited no element required Cast to horizontal	No Salto Dismounts 0.5 credited no element required Mount A/uncoded Close bar element Cast min 45 below the bar
Composition	Use of only 1 bar = 2.00 Penalty	Upstart = 0.5 bonus Use of only 1 bar = 1.00 Penalty	At all levels bonus is only awarded once if the element is performed without a fall
Permitted Elements (fulfils CR)	At all levels gymnasts may perform Any 'A' Value element from the Code of Points and any U moves from the following list (Elements cannot be repeated for DV). There is no deduction for jumping from LB to HB Pullover Cast 45 degrees below bar (L7 ONLY) Cast to horizontal or above 3/4 sole circle dismount Squat on Baby giant Straddle/ Pike on undershoot		
BEAM CR 0.5 each 0.5 each 0.5 each 0.5 each	A value salto dismounts allowed Acro element BWD Acro element FWD/SWD Dance series one split 180 ° 360° spin	A value salto dismounts allowed Acro element no flight Dance series Leap/Hop/Jump 135° split Spin (180 for 0.3, 360 for 0.5 CR+bonus)	A value salto dismounts allowed Acro element no flight Dance series Large leap/Hop/Jump min 135 split Spin on one foot min 180
Composition	Artistry deductions apply EXCEPT mount from CoP is not required ***BONUS - 0.50 awarded for an exercise without a fall that fulfils all DV and full CR***		
Permitted Elements (fulfils CR)	At all levels gymnasts may perform Any 'A' Value element from the Code of Points and any of the following: (holds and rolls can fulfil CR): Squat/ Straddle on mount Fwd roll 180° spin Japana mount R.off/ handspring dismount Arabesque (2 sec hold - 90° required) Jump to clear straddle support mount Tuck jump Straight jump *** B dance elements MAY be performed at any level ***		
FLOOR CR 0.5 each 0.5 each 0.5 each 0.5 each	A value saltos allowed (no Bs) Dance Passage 2 els 1 with > 180 split Salto BWD in acro line Salto FWD from 2 feet 360° Spin	A value saltos allowed Dance Passage 2 els 1 with >135 split Acro series (1 element with flight) Acro element FWD/SWD & BWD 360° Spin	No Saltos Acro series (2 elements) Acro element FWD/SWD & BWD 180° Spin (or more) Dance passage 2 elements (leaps /hops)
Composition	Both saltos in different acro lines = 0.50 BONUS	Salto from 2 feet = 0.5 BONUS (once only)	2 x flight elements linked = 0.5 BONUS
	Artistry deductions apply *** Unless indicated flight elements are permitted but not required***		
Permitted Elements (fulfils CR)	At all levels gymnasts may perform Any 'A' Value element from the Code of Points and any moves from the following list: Cartwheel (any variety) Handspring Bwd/ Fwd Walkover/ Tic Toc/ Valdez Handstand fwd roll Tuck jump Bwd roll to handstand *** B dance elements MAY be performed at any level ***		