LONDON GYMNASTICS – AGE GROUP RULES LEVEL 2 – OUT OF AGE (12 – 15+ YEARS)

DIFFICULTY VALUE (DV)
Elements will be given Difficulty Value according to FIG cycle 12 Code of Points. FIG Execution and Artistry penalties will be applied
A.BARS/BEAM/FLOOR   8 Highest elements including Dismount BEAM/FLOOR 5 Acro (max) + 3 Dance (min) FLOOR Max 4 Acro lines

SHORT EXERCISE
BEAM/FLOOR FIG Short Exercise Rules apply.   A. BARS Exercise with less than 5 elements will be deducted 1.00 for each missing element

VAULT FIG	RULES for AB/BB/FX	A.BARS		BEAM		FLOOR	

Height
 	
12+ - 125 cm
 	
Best Vault to count
	COMPOSITION REQUIREMENTS =
	
	X – Does not need to be performed, will receive 0.50
	
	Difficulty Value (DV)
	FIG A = 0.10 B = 0.20 C = 0.30
	D = 0.40 E = 0.50 F = 0.60 G = 0.70
		1. Flight element HB to LB **X**
		
		2 .Flight element on same bar **X**
		
		3. 2 x Different grips (no cast, mount or dismount)
		
		4. Non flight element with 180o LA turn (not mount)
		
		5. Dismount – A , B or C only allowed (DV + CR)
		  D or more – No CR or DV
		
		UNCODED PERMITTED ELEMENTS DV= 0.10
		
		Squat on LB jump to catch HB
		Tucked/Straight leg sole circle
				1 .Connection of 2 different dance elements (1 x leap/jump/hop with 180o split (cross or side) or straddle position
				
				2 .Minimum 1/1 spin
				
				3. 1 x acro series min 2 flight elements 1 being salto (els. may be the same)
				
				4. Acro els. in different directions (fwd / side & bwd)
				
				5. Dismount - A, B or C only allowed (DV + CR)
				  D or more – No CR or DV
						1. Dance passage of 2 different leaps or hops connected directly or indirectly 1 with 180o split (cross or side) or straddle position
						
						2. 1 x Acro Line (2 different saltos)
						
						3. 2 x Saltos fwd / side & bwd
						
						4. Salto with (min) 360o LA turn - (forward or backward)
						
						5. Dismount - A, B or C salto only allowed (DV + CR)
						  D or more – No CR or DV	

	BONUS	Backwards double tuck salto	0.50	Connection 1/1 spin & jump/leap with 180o split. (Can be performed in any order)	0.30	INDIRECT CONNECTION 2 x Saltos (1 x Straight 360o LA Turn) DIRECT CONNECTION 2 x Saltos fwd (1 x Straight min.) Double Back Salto	0.10 0.20 0.50
	NO DEDUCTION FOR :-	**Jump from LB to catch HB (Squat on OR Tucked/Straight leg sole circle – tucked no deduction for bent legs)**					