

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 3 – OUT OF AGE (11 – 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 or SINGLE BAR	BEAM	FLOOR	
<p style="text-align: center;">Height</p> <p>11 - 120 cm</p> <p>12+ - 125 cm</p> <p style="text-align: center;">Best Vault to count</p> <p style="text-align: center;">Height In Age</p>	<p style="text-align: center;">COMPOSITION REQUIREMENTS =</p> <p>X – Does not need to be performed, will receive 0.50</p> <p style="text-align: center;">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</p>	<p>1. Flight element HB to LB X</p> <p>2. Flight element on same bar X</p> <p>3. 1 x Bwd Giant</p> <p>4. Non flight element with 180o LA turn (not mount)</p> <p>5. Dismount – A or B only allowed C,D or more – No CR or DV</p> <p>Bwd giant may be repeated & receive DV twice Straddle cast to handstand allowed</p> <p><u>UNCODED PERMITTED ELEMENTS DV= 0.10</u></p> <p>Squat on LB jump to catch HB Tucked/Straight leg sole circle</p>	<p>1. Connection of 2 different dance els. (1 x leap/jump/hop with 180o split (cross or side) or straddle position</p> <p>2. Any coded 1/1 spin on one foot in forwards direction</p> <p>3. 1 x acro series with 2 elements (min) 1 el. with flight (not salto) – Not connected into dismount</p> <p>4. Acro els. in different directions (fwd / side & bwd)</p> <p>5. Dismount - A or B only allowed (DV + CR) C or more – No CR or DV</p>	<p>1. Dance passage of 2 different leaps or hops connected directly or indirectly 1 with 180o split (cross or side) or straddle position</p> <p>2. 1 x Acro line (2 different saltos)</p> <p>3. 2 x Saltos in different directions (fwd / side & bwd)</p> <p>4. Salto with (min) 180o LA turn - (forward or backward)</p> <p>5. Dismount - A or B salto only allowed (DV+CR) C or more – No CR or DV</p>	
		<p style="text-align: center;">BONUS</p>	<p>2 different grips (given once only) 0.50</p>	<p>Acro series with 2 flight els. 0.30</p>	<p>Salto with 360o LA Turn (fwd or bwd) 0.30</p>
		<p>10 - 120 cm</p>	<p style="text-align: center;">NO DEDUCTION FOR :-</p>	<p style="text-align: center;">Jump from LB to catch HB (Squat on OR Tucked/Straight leg sole circle – tucked no deduction for bent legs)</p>	