

LONDON GYMNASTICS – AGE GROUP RULES LEVEL 4 – OUT OF AGE (10 – 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	RULES for AB/BB/FX	A.BARS	BEAM	FLOOR
<p style="text-align: center;">NO FIG VAULTS WITH SALTOS</p> <p style="text-align: center;">Height</p> <p style="text-align: center;">10/11 - 115 cm 12/13 - 120 cm 14+ - 125cm</p> <p style="text-align: center;">Best Vault to Count</p> <p style="text-align: center;">In Age Height</p> <p style="text-align: center;">9 In Age – 110 cm</p>	<p>Permitted Un-coded Elements can be used to fulfil CR</p> <p>DV = 0.10 each</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 style="text-align: center;">Mount: Circle up LB Cast above horizontal</p> <p style="text-align: center;">*Squat on LB jump to catch HB *Tucked/straight leg sole circle *No E panel deduction for Jump from LB to HB</p> <p style="text-align: center;">¼ Giant from LB to HB + on HB</p> <p style="text-align: center;">Dismount: Straddle or Pike on undershoot (May fulfil CR)</p>	<p style="text-align: center;">Mount: Squat on/ Straddle on Japana</p> <p style="text-align: center;">Forward Roll Backward Roll to 2 feet Cat Leap Tuck jump</p> <p style="text-align: center;">Dismount: Round Off (May fulfil CR)</p>	<p style="text-align: center;">Cartwheel Bwd/Fwd walkover Valdez Bwd roll to handstand Headspring Handstand fwd roll Cat leap Tuck jump</p>
	<p style="text-align: center;">COMPOSITION REQUIREMENTS =</p>	<p>The only CR required at this level is the dismount</p> <p>The gymnast will receive 2.50 for CR as long as she performs a routine with an "A" dismount or permitted un-coded dismount</p> <p>Incorrect dismount 2.00 CR credited</p> <p>Dismount – FIG A or permitted un-coded element allowed only B,C,D or more – No CR or DV</p> <p style="color: blue;">Bwd giant may be repeated & receive DV twice</p> <p style="color: blue;">Straddle cast to handstand allowed</p>	<ol style="list-style-type: none"> 1 .Connection of 2 different dance els. (1 x leap/jump/hop with 180o split (cross or side) or straddle position 2 .Any coded 1/1 spin on one foot in forwards direction 3 .1 x Acro Series with 2 elements. (els. may be the same – not connected into the dismount) 4. Acro els. in different directions (fwd / side & bwd) 5. Dismount - FIG A or permitted un-coded element allowed only B,C,D or more – No CR or DV 	<ol style="list-style-type: none"> 1. Dance passage of 2 different leaps or hops connected directly or indirectly 1 with 180o split (cross or side) or straddle position 2. Any coded Spin on one foot in forwards Direction (D panel deduction if not performed – No CR) E panel do not apply penalty 3. 2 x Saltos in different directions (fwd / side and bwd. 4. 1 x acro line with 2 different saltos 5. Dismount - FIG A or B salto only allowed (DV+CR) C or more – No CR or DV <p style="color: red; text-align: center;">Minimum 2 Acro Lines required</p>
	<p style="text-align: center;">BONUS</p>	<p>1 x Bwd Giant without fall + 0.50 (given once only)</p> <p>Salto backward straight + 0.50</p>	<p>1 x Acro element with flight + 0.20 (given once only)</p>	