

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2018 (as of 18 July 2018)

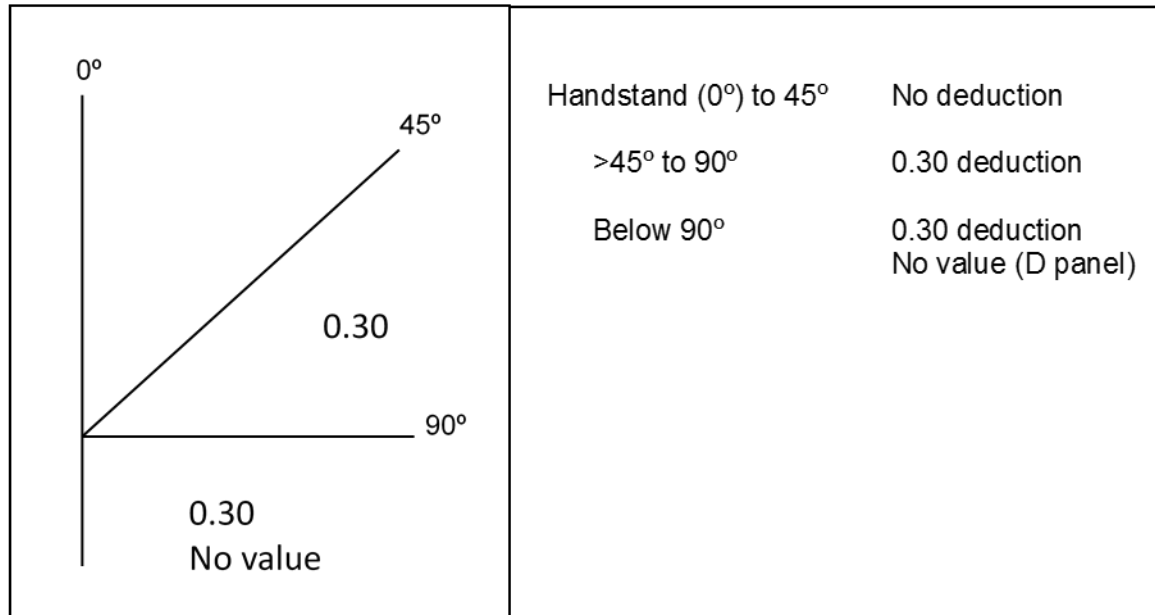
BG/NC 01/06/18

Level 4 - 9 years - Pass Mark 48.00

	Elements will be given Difficulty Value per FIG Cycle 14 Code of Points 2017-2020			
<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>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 <u>including</u> dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – max 4 x Acro lines. BEAM – for any series, Tic-Toc is considered a backward element. If performed as a single element, it will be considered a forward one as per F.I.G. It can only be performed once for value. 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>			
Short Exercises	FIG rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 105cm with: <ul style="list-style-type: none"> Additional 5cm roll mat over vaulting table Matting to 130cm from ground Yurchenko collar compulsory for all vaults 	FIG Bars Regulations with: <ul style="list-style-type: none"> FIG landing mats soft side uppermost and 10cm supplementary mat 	FIG Beam Regulations with: <ul style="list-style-type: none"> FIG landing mats soft side uppermost 	FIG Floor Regulations
Requirements	Best score of 2 vaults No deduction if only 1 vault performed <ul style="list-style-type: none"> Handspring to flat back - 3.50 Tsukahara prep to knees - 3.50 Yurchenko prep to knees - 4.00 <p>*Judging will be as per the judging guidelines published on BG website 11.9.13 (to be updated)</p> There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault.	Gymnast automatically receives 2.00 for CR <p>Dismount must be included in counting elements</p> <p style="text-align: center;">*A only allowed*</p> Unpermitted dismount 0.30 deduction only The sole circle [5.108] may be performed with bent legs without incurring execution penalty	<ol style="list-style-type: none"> Connection of min 2 different dance elements: <ul style="list-style-type: none"> To include 1x leap or jump with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forward direction 1 x acrobatic series with 2 elements [min] <ul style="list-style-type: none"> 1 x with flight [not salto] not connected into dismount Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements</p> <p style="text-align: center;">*A only allowed*</p> Unpermitted dismount 0.30 deduction only	<ol style="list-style-type: none"> 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 x saltos in different directions [fwd & bwd] 2 x acro lines, 1 with 2 different saltos Spin min 360 (any position) <p>Dismount must be included in counting elements</p> <p style="text-align: center;">*an A or B salto must be in last Acro line*</p> Unpermitted dismount 0.30 deduction only
Uncoded Permitted Elements (receive 0.10 DV)		Cast above 45° (see diagram for penalties) ¾ Giant from LB to HB (no penalty for empty swing at the end of this element) Cast squat, stoop or straddle onto low bar - jump to catch high bar (no penalty for performing jump LB to HB) Straddle or pike on undershoot dismount or ¾ sole circle dismount	Forward roll Tuck jump Straight jump	Cartwheel Backward walkover Forward walkover Backward roll to handstand Handstand forward roll Valdez Headspring Tuck jump
Barred Elements (prohibited / receive no DV)		Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Back hip circle [2.105] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight	Any saltos [other than dismount] Free cartwheel Side salto Free walkover Hops/jumps/leaps with 360° turn Hops/jumps/leaps to front support	All acro elements above B in difficulty value Hops/jumps/leaps to front support
GBR Bonus (in addition to FIG)	0.50 - Performance of vault with additional 20cm mat Only credited if less than 1.00 in E deductions	0.50 - Backward giant without fall [awarded once only] 0.50 - Close bar element on LB only, min 45°	Re bonus below: optional order & any Acro element (ie. flight not required). Bonus awarded only within routine time limit (1 min 30). 0.20 - Dance/Acro min A+B (mixed only) 0.40 - Series bonus of 3 elements (Dance or Acro or Mixed) BBA, BAB, ABB (excluding fwd/bwd acro or reversed) See above for tic-toc rule	

Diagram for Voluntary Age Group Level 4 Bars – (Unchanged for 2017 onwards)

Un-coded element (value - 0.10) – Cast to above 45°



VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2018 (as of 18 July 2018)

BG/NC 01/06/18

Revised July 18

Level 3 - 10 years - Pass Mark 46.00

Elements will be given Difficulty Value per FIG Cycle 14 Code of Points 2017-2020				
<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>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 <u>including</u> dismount. BEAM – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – 4 acrobatic + 4 dance and max 4 x Acro lines. BARS – backward giant can receive Difficulty Value twice. BEAM – for any series, Tic-Toc is considered a backward element. If performed as a single element, it will be considered a forward one as per F.I.G. It can only be performed once for value. Beam Bonus awarded only within routine time limit (1 min 30). *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercises	<p>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>			
	Vault	Bars	Beam	Floor
Apparatus	<p>Vault table at 115cm with:</p> <ul style="list-style-type: none"> Additional 5cm mat over vaulting table Mats to 120cm height (see below for bonus) Yurchenko collar compulsory for all vaults 	<p>FIG Bars Regulations with:</p> <ul style="list-style-type: none"> FIG landing mats soft side uppermost and 10cm supplementary mat 	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> FIG landing mats soft side uppermost 	<p>FIG Floor Regulations</p>
Requirements	<p>Average of 2 different optional entry vaults onto piled up mats from the following options:</p> <ul style="list-style-type: none"> Handspring to stand then fall fwd - 3.50 Tsuk prep to shoulder stand - 3.50 Yurchenko prep to shoulder stand - 4.00 <p>*Judging will be as per the judging guidelines published on BG website 11.9.13 (to be updated)</p> <p>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault.</p> <p>If only one vault performed, the score will be averaged.</p>	<p>At least one skill to be performed on low bar No penalty for performing jump from LB to HB</p> <p><i>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus:</i></p> <ol style="list-style-type: none"> 1. 2 close bar circle elements [non-flight] same or different 2. Back giant 3. 180° (min) turn non-flight element [not mount] <p>Dismount must be included in counting elements</p> <p style="text-align: center;">*A only allowed*</p> <p style="text-align: center;">Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> 1. Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1 x leap or jump with 180° split (cross or side) or straddle position 2. Any coded 1/1 spin on one foot in forward direction 3. 1 x acrobatic series with [min] 2 x flight elements performed on the beam <ul style="list-style-type: none"> salto not required not connected into dismount 4. Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements</p> <p style="text-align: center;">*A or B only allowed*</p> <p style="text-align: center;">Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> 1. Dance passage to include minimum 2 x different leaps or hops (from the CoP) <ul style="list-style-type: none"> To include 1 x leap or hop with 180° split (cross or side) or straddle position 2. Straight salto with minimum 360° LA turn - forward or backward 3. Forward acro line (min 2 elements) directly connected (a Round-Off is NOT considered a forward acro element for this requirement) 4. Routine must contain saltos in different directions, which may be in the same acro line <p>Routine must include 4 acro & 4 dance skills - 0.20 penalty for any missing element</p> <p>Dismount must be included in counting elements</p> <p style="text-align: center;">*a B salto must be in last Acro line*</p> <p style="text-align: center;">Unpermitted dismount 0.30 deduction only</p>
Uncoded Permitted Elements (receive 0.10 DV)		<p>Cast squat, stoop or straddle onto low bar - jump to catch high bar <i>(no penalty for performing jump LB to HB)</i></p>		
Barred Elements (prohibited / receive no DV)		<p>Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Back/front hip circle [2.105/2.104] Flight on same bar [release] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Salto forwards from two feet [mount or content] Salto sideward [5.412] Hops/jumps/leaps to front support</p>	<p>Connections from salto backward with 540° Double salto Salto backward with LA turn greater than 720° Hops/jumps/leaps to front support</p>
GBR Bonus (in addition to FIG)	<p>0.30 - Performance of vault with additional 20cm mat <i>Only credited if less than 1.00 in E deductions</i></p>	<p>0.30 - Additional different 180° min non-flight element [not mount] 0.50 - 2 x different grips <i>Not within flight or dismount Can be awarded once only</i> 0.50 - Clear pike sole circle [4.407] to min 45°</p>	<p>Back spin and forward spin will both be awarded a value. 0.20 - Full spin full spin connection any direction 0.20 - Each A+B+B series in any order, including dismount (acro/dance/mixed) For tic-toc see above. 0.20 - Jump in side position min B (each time)</p>	

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2018 (as of 18 July 2018)

BG/NC 01/06/18

Revised July 18

Level 2 - 11 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>Elements will be given Difficulty Value per FIG Cycle 14 Code of Points 2017-2020 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] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercises	FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	<p>Vault table at 125cm with:</p> <ul style="list-style-type: none"> FIG landing mats soft side uppermost with additional 10cm mat Yurchenko collar compulsory for all vaults 	<p>FIG Bar Height Regulations with:</p> <ul style="list-style-type: none"> FIG landing mats soft side uppermost and 10cm supplementary mat 	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> FIG landing mats soft side uppermost 	<p>FIG Floor Regulations with:</p> <ul style="list-style-type: none"> Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.
Requirements	<p>GBR modifications apply (recognition of an open tuck)</p> <p>Any FIG vault</p> <p>Open tuck Yurchenko – 3.50 [No. 4.00] Open tuck Tsukahara – 3.70 [No. 3.00]</p> <p>The average score from any 2 vaults</p> <p>If only one vault performed, the score will be divided by 2</p>	<ul style="list-style-type: none"> Gymnasts may start on LB or HB (coded MT) Board (if required) placed on top of all mats Full pirouette to fail by <30°, 0.50 deduction not 1.00 No deduction for an upstart after a Shap <p><i>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus:</i></p> <ol style="list-style-type: none"> 2 x different grips Non-flight element with 360° LA turn [not mount] 2 different close bar elements <p>Dismount must be included in counting elements *B or C salto only allowed* Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1 x leap or jump with 180° split (cross or side) or straddle position To include 1 x C leap or jump Minimum 1/1 spin 1 x backward acrobatic series with 2 flight elements - minimum 1 x salto Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements *B or C only allowed* Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> Dance passage of 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 1 x Acro line [2 x different saltos] 1 x Acro line with saltos in different directions fwd & bwd (or reversed) Straight salto with minimum 360° LA turn - forward or backward <p>Dismount must be included in counting elements *B or C salto only allowed in last Acro line* Unpermitted dismount 0.30 deduction only If less than 3 Acro lines are performed the gymnast will receive a deduction of 2.00</p>
Un-coded Permitted Elements <i>(receive 0.10 DV)</i>		<p>Cast squat, stoop or straddle onto low bar – <i>(no penalty for performing jump from LB to HB)</i></p>		
Barred Elements <i>(prohibited / receive no DV)</i>		<p>Back/forward hip circle [2.105/2.104] Flight element from HB to LB Dismounts: Salto backward with 180°/540°/900° LA turn Salto forward with 360°/720° LA turn</p>		<p>Double front [4.501] [4.601] Double Arabian [4.505] [4.605] [4.705] More than one double BA salto in routine <i>If performed, 2nd element will receive no DV</i> Hops/jumps/leaps to front support</p>
GBR Bonus <i>(in addition to FIG)</i>	<p>0.50 - for performing any salto vault that shows an inverted stretched shape in the second flight (award one time only)</p> <p>0.50 - for salto vaults from different groups</p> <p>Only awarded if performed without a fall</p>	<p>0.30 - 3 different in bar root skills</p> <p>0.50 - Backwards double tuck or pike salto</p> <p>0.50 - Front-away with 540° LA turn</p> <p>0.50 - Clear pike sole circle [4.407] to min 45°</p> <p>0.50 - Invert & invert ½</p> <p>0.50 - LB to HB element</p> <p>NB: the sole circle is NOT considered a close bar element (backward sole circle jump from LB to HB [5.108])</p>	<p>0.10 - Any Series A+B+C – no max</p> <p>0.20 - Series B+B+C or above (+ FIG 0.10)</p> <p>0.30 - Jump full turn any shape</p> <p>0.50 - For each double spin</p> <p>Bonus awarded only within routine time limit (1 min 30)</p>	<p>0.20 - Direct connection of 2 x saltos [1 x Straight minimum 360° LA turn]</p> <p>0.50 - Double back salto</p> <p>FIG Bonus will apply for indirect connections</p>