

EAST MIDLANDS OUT OF AGE LEVEL 2 2019

Difficulty Value as per FIG code of points cycle 14 (2017 -2020)	<p>Execution penalties as per FIG code of points cycle 14 (2017 -2020) will be applied</p> <p>BARRED elements are not allowed and will have no Difficulty Value if they are performed.</p> <p>BARS/BEAM/FLOOR 8 Highest elements including dismount. BEAM/FLOOR 3 acro (min) + 3 dance (min)</p> <p>ALTHOUGH DISMOUNTS ARE NOT A CR - A DISMOUNT IS STILL NEEDED TO AVOID FIG PENALTIES FOR FAILURE TO ATTEMPT DISMOUNT</p> <p>FLOOR maximum 4 Acro lines</p> <p>Same element can only count once EXCEPT on Bars where an element may repeated ONCE for Difficulty Value</p>			
SHORT EXERCISE	<p>FIG rules apply for beam and floor</p> <p>On bars an exercise with less than 7 elements will be deducted 1.0 for each missing element</p>			
APPARATUS	VAULT	BARS	BEAM	FLOOR
	Height – 1.20 or above 1X springboard	FIG Bars regulations HB 2.50 – LB 1.70	FIG beam regulations 1.25 from floor	FIG Floor regulations
Deduct 0.5 for each missing CR. Maximum CR BARS/BEAM/FLOOR - 2.0	Min Difficulty Value of 2.0 Best score of 2 performed vaults No deduction for false run will be taken	<ul style="list-style-type: none"> • Flight LB – HB (no deduction for jump from LB – HB) • 2 grip changes • Close bar element to min 45 degrees (back hip/fwd hip circles will NOT fulfil this requirement) • Backward giant 	<ul style="list-style-type: none"> • Connection of minimum 2 different dance elements (1X leap/jump/hop with 180 cross split) • Turn from group 3 • 1X acro series with min 2 elements both with flight 1X salto • Acro elements in different direction (fwd/swd & bkd) 	<ul style="list-style-type: none"> • Dance passage of 2X different leaps or hops(min) one with 180 cross split. • 1X acro series (2 different saltos) • 2X saltos in different directions (fwd/swd & bkd) • Salto with 360 turn
Barred Elements	Any vault with higher DV than 4.2	Flight element on same bar (release) Back hip circle if performed 0.5 PENALTY and no DV (empty swing deduction also applies)	Dismount higher than C value	
EMGA Bonus		0.5 Flight element from HB to LB with upstart out of it (must catch HB) 0.5 Routine with all CR given and no stops (if back hip circle included in routine no bonus will be given)	0.1 Any series A+B+C 0.2 Any series B+B+C (+FIG 0.1) 0.3 Any full turning jump 0.5 Double spin (each different one) 0.5 Routine with all CR's given and no falls	0.1 indirect connection of 2 salto one with 360 LA turn 0.2 direct connection between 2 salto fwd one with 360 LA turn 0.5 Double back 0.5 Routine with all CR's given and no falls