

EAST MIDLANDS OUT OF AGE LEVEL 4 2019

Difficulty Value Accepted uncoded = 0.10 Other moves as per FIG code of points cycle 14 (2017 -2020)	Execution penalties as per FIG code of points cycle 14 (2017 -2020) will be applied BARRED elements are not allowed and will have no Difficulty Value if they are performed. BARS/BEAM/FLOOR 8 Highest elements including dismount. BEAM/FLOOR 3 acro (min) + 3 dance (min) ALTHOUGH DISMOUNTS ARE NOT A CR - A DISMOUNT IS STILL NEEDED TO AVOID FIG PENALTIES FOR FAILURE TO ATTEMPT DISMOUNT FLOOR maximum 4 Acro lines Same element can only count once EXCEPT on Bars where an element may repeated ONCE for Difficulty Value			
SHORT EXERCISE	FIG rules apply for beam and floor On bars an exercise with less than 5 elements will be deducted 1.0 for each missing element			
APPARATUS	VAULT	BARS	BEAM	FLOOR
	Height – 1.10 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	Min Difficulty Value of 2.0 Best score of 2 performed vaults	The gymnast will receive 0.5 bonus CR as long as she performs a routine with <ul style="list-style-type: none"> • Coded elements on both bars • Upstart LB - HB • An A or uncoded dismount 	<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 1 with flight (salto not required) • Acro elements in different direction (fwd/swd & bkd) ALLOWED UNCODED ELEMENTS MAY FULFIL CR AND BONUS	<ul style="list-style-type: none"> • Dance passage of 2X different leaps or hops(min) one with 180 split. • 2X Acro lines 1 with 2 different saltos • 2X saltos in different directions (fwd & bkd) • Dismount A or B salto only allowed 0.3 penalty for unpermitted dismount
Uncoded permitted elements – Value 0.1 each		Cast above 45 – see EM angle of completion guidelines for assessing this ¾ giant from LB – HB Squat on to LB to catch HB Straddle or stoop undershoot Backaway not from handstand	Forward roll Tuck jump Stretch Jump	Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Handstand forward roll Tuck jump
Barred Elements	Any vault with higher DV than 3.5	Dismount with Higher DV than A value Upward circle mount (if performed 0.5 PENALTY)	Any salto apart from dismount	All saltos above B in difficulty value
EMGA Bonus		0.5 Back giant without a fall (given once only) 0.5 Routine with all CR given and no stops (if back hip circle included in routine no bonus will be given)	0.2 mixed series A+B (any order) 0.4 series bonus of any 3 elements +0.1 additional bonus if min 2 moves are B value or higher in the above series 0.5 Routine with all CR's given and no falls	0.3 1/1 twist back salto 0.5 Routine with all CR's given and no falls
Variation from FIG apparatus deductions	No deduction for false run will be taken.	Jump from LB - HB		