

NOTTINGHAMSHIRE COUNTY LEVEL 6 RULES 2019

In-age, 2012 born gymnasts. Open age, 2011+ born gymnasts - Routines have a maximum score of 13.00

Vault D-score: 3.0 Bars, Beam and Floor D-score: 3.0 if all elements completed, Deduct 0.5 for each missing element

	<u>VAULT</u>	<u>BAR</u>	<u>BEAM</u>	<u>FLOOR</u>
APPARATUS	60 cm foam block + 5cm roll mat	low bar of FIG setting Asymmetric bars, roll mat under bar for dismount	Full height beam with 30cm mats underneath and 30cm mat for dismount	Single strip of floor area required Floor may be sprung or un-sprung
ROUTINE DESCRIPTION	Handstand flat back	7. Upstart float from 40cm (+/- 10 cm) platform returning to stand <i>(may land on platform or floor without deduction)</i> 8. Upward circle OR Upstart 9. Cast towards 45 degrees 10. Back Hip Circle 11. Straddle / pike undershoot OR squat on jump off **Only one cast to be performed before back hip circle**	7. Squat on OR japana mount 8. Split jump 135' 9. Split Handstand OR Cartwheel OR Backward walkover 10. 1/2 spin on one foot 11. Releve and ½ turn on 2 feet 12. Round Off dismount (Hands on beam, push off to mat)	7. Handstand forward roll with straight arms 8. Forward roll to straddle sit & straddle lever (2 secs) 9. Lower to japana (2 secs) and swim through, Press up and swing leg through to splits with arms lifted to side (2 secs) , turn to other leg splits with arms lifted to side (2 secs) 10. Bring back leg round, lower to lying position, push to Bridge (2 secs) and kick over through split handstand to lunge landing. 11. Cartwheel 12. Split jump 135' 13. Round Off OR Handspring OR Round Off flick
BONUSES AND SCORING	2 vaults allowed, best vault to count	BONUS 0.5 bonus for upstart performed without fall 0.3 bonus for cast above horizontal 0.3 bonus squat on, jump to land without fall	BONUS 0.3 ½ spin and releve ½ turn connected 0.4 cartwheel performed without fall 0.5 Backward walkover performed without fall	BONUS 0.3 Handspring performed without fall 0.5 Round off Flick performed without fall
SPECIFIC APPARATUS DEDUCTIONS	Deductions as per British Club Grade 5, 2018	<ul style="list-style-type: none"> - Excessive pike jumping to bar 0.1 / 0.3 - Insufficient extension in float 0.1 - Cast below height of bar 0.5 - Cast between bar and horizontal 0.3 - Cast at horizontal or above – no deduction - No “empty swing” deduction taken after back hip circle, but all other empty swings / stops MUST be deducted 0.5 	Releve ½ turn or ½ spin not completed – 0.5 element Value not awarded Split penalties in split handstand 0.1 / 0.3 Max 2 lengths routine, time max 90secs	<ul style="list-style-type: none"> - Feet below hips in straddle lever 0.3 - Flexibility deductions as per British Club grade 6/5 Range and Conditioning 2018. - Arms not lifted in splits 0.3 each time - Missing any hold (2 seconds) = 0.3 deduction. Only lose element value if element not shown. - 0.5 deduction if skills not completed in the order shown (May only be taken once)