

EAST MIDLANDS COUNTY TEAM FLOOR AND VAULT 2019

Elements will be given difficulty value according to Cycle 14 (2017-2021) code of points. FIG execution penalties will apply
 8 highest elements on floor min 3 dance + min 3 acro
 Barred elements are not allowed and no DV will be given if performed
 Uncoded elements as listed below will be allowed and awarded 0.1 each
 Same element can only count once

SHORT EXERCISE	An exercise with less than 8 elements will be deducted 1.0 for each missing element.		
APPARATUS	VAULT	FLOOR	Uncoded permitted elements
	Height optional. 1X spring board Best of 2 vaults to count	Requirements 0.5 each	VALUE 0.1 EACH
	Deduction for false run will not be taken		Cartwheel Backward & forward walkovers
	Handspring 2.0 half on half off 2.8 Flat back 1.0	1. Dance passage of 2 leaps or hops one(min 1 with 180 split) 2. Full spin 3. Acro line with salto bkd min 2 elements 4. Front salto from 2 feet (does not need to be in an acro line) and cannot be included in acro line for CR 3 0.5 Bonus if front salto is linked to a handspring	Valdez Backward roll to handstand Handstand forward roll Tuck jump
BARRED ELEMENTS	ANY OTHER VAULTS THAN THOSE LISTED ABOVE	ACRO ELEMENTS B VALUE OR HIGHER AND DANCE ELEMENTS C VALUE AND HIGHER.	

SEE WTC HANDBOOK FOR CRITERIA FOR ENTRY

EMWTC DEC 2018