

## NOTTINGHAMSHIRE COUNTY LEVEL 6 RULES 2018

In age, 2011 born gymnasts. Out of age, 2010+ born gymnasts - Routines have a maximum score of 13.00, each element value = 0.5

**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>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
<b>APPARATUS</b>	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
<b>ROUTINE DESCRIPTION</b>	Handstand flat back	Gymnast lifted to bar by coach to hang in over grasp  1. Upstart float from 40cm platform returning to stand 2. Upward circle <b>OR</b> Upstart 3. Cast towards 45 degrees (may be separate or connected to back hip circle) 4. Back Hip Circle 5. Straddle / pike undershoot <b>OR</b> squat on jump off	1. Squat on <b>OR</b> japana mount  2. Split jump 135' 3. Split Handstand <b>OR</b> Cartwheel <b>OR</b> Backward walkover 4. 1/2 spin on one foot  5. Releve and ½ turn on 2 feet  6. Round Off dismount (Hands on beam, push off to mat)	1. Handstand forward roll with straight arms 2. Forward roll to straddle sit & straddle lever ( <b>2 secs</b> ) 3. Lower to japana ( <b>2 secs</b> ) and swim through, Press up and swing leg through to splits ( <b>2 secs</b> ), turn to other leg splits ( <b>2 secs</b> ) 4. Bring back leg round, lower to lying position, push to Bridge ( <b>2 secs</b> ) and kick over through split handstand to lunge landing. 5. Cartwheel 6. Split jump 135' 7. Round Off <b>OR</b> Handspring <b>OR</b> Round Off flick
<b>BONUSES AND SCORING</b>	2 vaults allowed, best vault to count	<b>BONUS</b> 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	<b>BONUS</b> <b>0.3</b> ½ spin and releve ½ turn connected 0.3 cartwheel performed without fall 0.4 backward walkover performed without fall	<b>BONUS</b> 0.3 Roundoff performed without fall 0.5 Handspring performed without fall 1.0 Round off Flick performed without fall
<b>SPECIFIC APPARATUS DEDUCTIONS</b>	Deductions as per British Club Grade 5, 2018	Excessive pike jumping to bar 0.1 / 0.3 Insufficient extension in float 0.1  No deduction for landing back on platform <b>OR</b> floor from float No cast deduction for extra cast into back hip circle.	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	Feet below hips in straddle lever 0.3  Flexibility deductions as per British Club grade 6/5 Range and Conditioning 2018.  Missing any hold (2 seconds) = 0.3 deduction Only lose CR if element not shown.