

	<b>Novice</b>	<b>Novice +</b>
Age Groups	6/7yrs 8/9yrs 10/11yrs 12/13yrs 14+yrs	8/9yrs 10/11yrs 12/13yrs 14+yrs
Difficulty/ Content	U and A Elements ONLY	U, A and B Elements ONLY
Missing Elements	<b>1.00 Penalty for each missing element</b>	<b>1.00 Penalty for each missing element</b>
<b>VAULT</b> Height Optional on Table Vault Best of 2 Vaults	Handspring Flat Back s.v 1.0 (Approx. 80cm Flat Back on to mats) Handspring s.v 2.0	Handspring Flatback s.v 1.0 (Approx. 100cm Flat Back on to mats) Handspring s.v 2.0 1/2 on 1/2 off s.v 2.8
Barred Elements	Any Vaults other than those listed	Any Vaults other than those listed
<b>BARS</b> CR's: 0.5 each	Low Bar 4 elements: s.v 2.0 Mount* Cast towards Horizontal Back hip Circle Straddle Shoot	6 elements: s.v 3.0 Mount Cast above Horizontal Back hip Circle 1 Bar change LB to HB A Valued Dismount
<b>Composition</b>	*0.5 Bonus for Upstart Mount	* 0.5 Bonus for a 2nd Upstart Use of 1 bar 1.00 Penalty
<b>Permitted Elements</b> (will for fill CR's)	<b>All gymnasts in both levels may perform any 'A' valued elements from the code of points and any moves from the list below.</b> Chin up circle over mount Cast above horizontal Straddle/Pike under shoot Squat on Sole circle (tucked) 3/4 baby giant  <b>** A cast that does not hit horizontal at Novice + will count as an element but not CR**</b>	
<b>BEAM</b> 8 Elements CR's 0.5 each	A' Valued salto dismount allowed Acro element No flight 1/2 Spin Dance series Leap/Jump with 135' split Dismount	Acro element FWD Acro element BWD Dance series ( with 180' split) Full spin Salto Dismount ( Bwd or Fwd)
<b>Composition</b>	* 0.5 Bonus for Salto Dismount	* 0.5 Bonus for acro element with flight
<b>Barred elements</b> (will for fill CR's)	<b>Dismount elements B or higher and Dance elements C or higher in Novice +) from the code of points and any moves from the list below.</b> Squat/ Straddle on Japana Mount 1/2 spin Cat Leap Forward Roll Handstand Straight Jump Tuck Jump Arabesque/ Y balance ( 2 secs hold) R off/ Handspring Dismount	
<b>FLOOR</b> 8 Elements CR's 0.5 each	Dance Passage ( 2 elements with 135' split) 1/2 spin 1/2 turn Acro line 2 elements 1 flighted Acro FWD/SIDEWAYS Acro BWDS	Dance Passage of 2 leaps or hops ( min 1 with 180' split) Full Spin Arco line (min 2 elements) with A BWD salto Front salto from 2 feet (does not need to be in an arco line) Cannot be included in Acro line above for CR
<b>Composition</b>	* 0.5 Bonus for an 'A' Salto	* 0.5 Bonus for handspring linked to front salto tucked
	<b>Floor routine to music Min 30secs Max 1.30secs</b>	
<b>Permitted Elements</b> (will for fill CR's)	<b>All gymnasts in both levels may perform any 'A' valued elements (and B in Novice+)</b> <b>from the code of points and any moves from the list below.</b> Cartwheel Backward walkover Forward Walkover Valdez Backward roll to handstand (with straight arms) Handstand Fwd Roll Backward roll to pike (novice only) Tuck Jump	
<b>Barred elements</b>	<b>Acro elements B or higher and Dance elements C or higher</b>	