

# **Nottinghamshire County Gymnastics Association**

## **Women's Artistic Handbook 2019**

### **Nottinghamshire Women's Artistic Representative:**

Katie Foster

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### **2019 Competition Dates:**

**Open Age Club Grade 6 & 5** – Saturday 30<sup>th</sup> March at Notts Gymnastics Academy

CLOSING DATE: FRIDAY 1<sup>st</sup> MARCH

- Please see British Gymnastics club grade rules for this event
- All Around Medals will be awarded to the top 3 gymnasts
- Apparatus Ribbons will be awarded to the top 3 gymnasts on each apparatus

**Level 6 & 7 County Championships** – Sunday 7<sup>th</sup> July at Notts Gymnastics Academy

CLOSING DATE: FRIDAY 7<sup>th</sup> JUNE

**Level 5 IA, 5 OA, 5+ OA, 4 IA, 4 OA, 3 IA, 3 OA, 2 IA, 2 OA, Challenge & FIG County Championships** – Sunday 8<sup>th</sup> September at Notts Gymnastics Academy

CLOSING DATE: FRIDAY 9<sup>th</sup> AUGUST

- Rules for in-age level 4, 3 and 2, and FIG competitions will be as per British Gymnastics website.
- Challenge Competitions run on the full FIG code
- Rules for In-age level 5 and Open Age level 4, 3, and 2 will be as per the East Midlands Gymnastics Website:

<https://www.british-gymnastics.org/east-midlands/womens-artistic/entry-form-rules>

- For level 6, 7, and Open age competitions, please find rules from page 6 onwards in this document. Please note, amendments from the 2018 rules are shown in red.

At all County Championship events:

- All Around Medals will be awarded to the top 3 gymnasts in each level and age group.
- Trophies will be awarded to the overall in-age and open age Champions at each level.
- Apparatus Medals will be awarded to the top 3 gymnasts on each apparatus in each level and age-group.

**Senior & Junior County Teams** – 1<sup>st</sup> December 2019 – at New College Leicester

(Selection will be required to be part of the Nottinghamshire Team, see “County Teams competition selection” on page 4. This competition is run by the East Midlands Women's technical committee, please see the East Midlands WTC handbook for further details.)

## **Affiliation**

All competing gymnasts must be a member of a gymnastics club that is affiliated to the Nottinghamshire Gymnastics Association. All gymnasts and coaches must be a member of the British Gymnastics.

Gymnasts must hold a minimum of Bronze level British Gymnastics Membership to compete in county level 6 & 7, and a minimum of Silver level Competitive membership if competing in club grade 6 & 5 or voluntary level 5 or above. Club coaches completing competition entries are responsible for ensuring their gymnasts have the required level of British Gymnastics membership for the competition they are entering.

## **Gymnast Progression**

Any gymnast achieving a pass mark at club grade 6 or 5 will not be permitted to repeat the same grade in the following competitive year, and will be required to compete at a higher grade for which they are age-eligible.

Gymnasts achieving 47.00 or more at level 6 and 7, or 44.00 or more at voluntary level 5, 5+, 4, 3 or 2 will not be permitted to repeat the same level in the following competitive year, and will be required to compete at a higher level for which they are age-eligible.

Only gymnasts who have gained qualification to the British Championships compete in FIG levels. Those who graduate from level 2 must compete in the challenge category.

## **Gymnast's Age**

Age groups refer to the age the gymnast will reach during the competition year i.e. age at 31st December.

## **Competition Entries & Fees**

Competition entry forms must be completed and returned to Katie foster via E-mail by the specified entry dates below:

Open Age Club Grade 6 & 5 – 00:00 Friday 1<sup>st</sup> March 2019

Level 6 & 7 County championships – 00:00 Friday 7<sup>th</sup> June 2019

Level 5 to FIG County Championships – 00:00 Friday 9<sup>th</sup> August 2019

Entries will only be accepted if all gymnasts and coaches have the required British Gymnastics membership and where DBS's and safeguarding are up to date. Only coaches submitted on entry forms and competing gymnasts will be allowed in the competition area.

Nominated judges must also have BG membership.

Competition entry fees are as shown below:

Open Age Club Grade 6 & 5 – £30 per gymnast

Level 6 & 7 County championships – £6 per apparatus or £24 for All Around

Level 5 to FIG County Championships – £6 per apparatus or £24 for All Around

Late entries cannot be guaranteed a place and will be charged three times the normal fee. Please contact Katie Foster if this is required.

Changes to coaches/judges after the entry has been submitted will incur a £10.00 administration fee per change.

All entry fees must be paid by BACS to the Nottinghamshire Gymnastics Association using the details below:

**Account Number:** 81551914

**Sort code:** 40- 35- 18

**Reference:** "Club Name, competition Name"

### **Provision of Judges**

Clubs **must** supply a judge/s with their competition entry. Judges must be qualified at a minimum of club judge level. Clubs will be responsible for the expenses incurred by their nominated judge.

The women's artistic representative will decide and communicate the judging panels at the same time as the competition start list.

Entries will **not** be accepted where a judge or sufficient judges have not been nominated in line with the below guidelines.

1-8 gymnasts entered - 1 judge required

9-16 gymnasts entered - 2 judges required

17 + gymnasts entered - 3 judges required

Competitions may be cancelled if sufficient judges cannot attend.

If a Club's nominated judge does not arrive at a competition or cancels prior to the competition date without a suitable substitute being found, the Club will be charged a fee of £50.00.

### **Withdrawal from Competition**

Neither competition entry nor judging/coach fee will be refunded in the event of a club or gymnast withdrawing from a competition.

### **Gymnast's Dress and Conduct**

All gymnasts should be suitably dressed in a well-fitting leotard. Long hair should be neatly tied back. No jewellery is permitted.

Full length tights/leggings can be worn but must be the main colour of the leotard. See FIG ruling.

Gymnasts wearing shorts during their routines will be deducted as per the FIG code of points unless agreed with the competition organiser by the conclusion of the general warm up.

### **Coaches Qualification, Dress and Conduct**

Coaches must hold a current cycle British Gymnastics coaching qualification that covers the skills that their gymnasts are performing.

One coach per gymnast will be allowed in the competition area at competitions. Only nominated coaches are allowed in the competition area. Coaches are required to register along with their gymnasts at each event.

Coaches must be qualified to a minimum Women's Artistic standard of Level 2 Coach.

Coaches must be appropriately dressed in a club kit.

The only jewelry coaches are permitted to wear while in the competition area is a plain banded wedding ring. Small watches can be worn but must be removed when supporting a gymnast. Long hair must be tied back.

### **County Teams competition selection**

Nottinghamshire County Gymnastics Association will endeavor to enter teams into both the junior and senior County team competitions.

Junior gymnasts must be 9-12 years old in the year of competition and will compete under the regional open age level 3 rules.

Senior gymnasts must be a minimum of 11 years old in the year of competition and will compete using full FIG rules.

A maximum of two in-age gymnasts are allowed per team and gymnasts qualified for the British Championships are not eligible to compete.

The Nottinghamshire Women's Artistic representative will review scores from the Nottinghamshire County Championships and East Midlands Regional Championships during the current competition year in order to select the Nottinghamshire teams for this event.

Coaches will be contacted and must respond within 7 days of selection to confirm their Gymnasts availability to compete. If a selection is declined, the Women's artistic representative will approach alternative gymnasts in order to form a team.

Team members will be required to attend a minimum of one training day prior to the competition. The date, time and location of the training day will be communicated following the confirmed team selection.

The entry fee for this competition will be paid by the Nottinghamshire Gymnastics Association.

Gymnasts selected for the team will be required to purchase Nottinghamshire kit, details of which will be sent to coaches once their gymnasts availability has been confirmed.

### **Apparatus**

All gymnasts will use the apparatus supplied at the competition venue. Wherever possible equipment dimensions will be set up to FIG specifications unless otherwise stated in the rules of the competition.

On floor safety mat >10cm will be allowed for double back, D and E saltos.

A Yurchenko safety block must be placed around the springboard for performance of this vault and the gymnast's personal hand placement mat can be used. The club is responsible for bringing its own hand placement mat to the competition.

Parallettes will be provided by the for Grade 6 & 5.

### **Tall Gymnasts**

Uneven bar may be raised in accordance with FIG regulations for tall gymnasts. Requests for the bar to be raised must be made at registration for an event.

### **Floor Music**

All music must be provided on CD, and there must be one CD per gymnast regardless of whether multiple gymnasts are using the same piece of music. A spare copy should also be available carried by either the coach or gymnast at competition.

### **Safety**

It is strongly recommended that a coach should be close enough to the landing area for dismount on vault, bars and beam.

Judges will not deduct due to the presence of a coach, however this rule does not permit the coach to touch the gymnast during the routine unless it is to prevent an accident.

### **Mobile Phones /Devices**

Coaches, judges and officials must not use their mobile phones/devices when in the competition area.

### **Scoring Enquiries**

Coaches may approach apparatus judges at the completion of a rotation to enquire about a gymnast's D Score only. If the protest cannot be settled between the apparatus judge and coach, the nominated head judge for the event will be required to make a decision. The decision of the nominated head judge shall be final. Photo or video evidence is not allowed.

Coaches are reminded that appropriate language, tone and politeness must be utilized when making an enquiry. Any coach who is deemed to have spoken to a judge in an inappropriate manner, may be removed from the competition area, and their gymnasts may not be able to continue with the competition if another nominated and appropriately qualified coach is not available.

### **Competition Results**

Where possible, one set of results per club will be provided on the day of the competition. The results will then be circulated to competing clubs within 5 days of the competition. It is the clubs responsibility to circulate the results to their members.

### **Spectators**

At Women's artistic competitions in 2019, spectators will be charged:

£4 for adults

£2 for children

### **Photography & Video**

British Gymnastics has announced that no prior registration is required for the use of cameras/phones/videos and any other electrical items but spectators may be requested to register at the event and may be asked for identification. East Midlands will be following these guidelines.

## NOTTINGHAMSHIRE COUNTY LEVEL 7 RULES 2019

In age, 2013 born gymnasts. Open age, 2012+ 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 With level safety mats from block for handspring flat back	Single bar at 2.5m or High bar on Uneven bars  30cm safety mat under bar.	Low floor beam	Single strip of floor area required Floor may be sprung or un-sprung
<b>ROUTINE DESCRIPTION</b>	Stretch jump to land on 60cm block, Handspring flat back from block to level mats  (British Club Grade 6 vault)	Gymnast lifted to bar by coach to hang in over grasp  1. Chin up <b>or Chin circle over and return to hang through chin up</b> 2. <b>2 x Leg lift</b> 3. Dish hold <b>(2 secs)</b> 4. Arch hold <b>(2 secs)</b> 5. 3 x fish swings 6. release bar and hold landing <b>(2 secs)</b>	1. Straddle lever to pike stand and bunny hop onto the end of the Beam <b>3-5 optional steps</b> 2. With 2 feet together, balance on toes, arms stretched by ears <b>(2 secs)</b> 3. Stretch jump 4. <b>Step forward into</b> toe to knee balance with arms by ears <b>(2 secs)</b> 5. Kick towards handstand <b>Optional steps to end of beam</b> 6. Stretch jump dismount <b>and hold landing (2 secs)</b>	1. Forward roll to straddle sit 2. Straddle lever <b>(2 secs)</b> 3. Lower to japana <b>(2 secs)</b> 4. Bring legs together to pike sit, lower to lying on back and push to Bridge <b>(2 secs)</b> 5. lower and Roll to stand <b>OR</b> kick over through split handstand to lunge 6. split jump towards 135'
<b>BONUSES AND SCORING</b>	2 vaults allowed, best vault to count	<b>BONUS</b> <b>0.5 bonus if chin circle over performed</b>	<b>BONUS</b> 0.3 If kick to handstand performed and has one leg at vertical	<b>BONUS</b> 0.5 Bridge Kick over performed without fall
<b>SPECIFIC APPARATUS DEDUCTIONS</b>	Deductions as per British Club Grade 6, 2018	Chin up, leg lifts, fish swings deductions as per British club grade 6, 2018  Missing any hold (2 seconds) – 0.3 each. Only lose <b>element value</b> if element not shown.	Missing any hold (2 seconds) = 0.3 deduction Only lose <b>element value</b> if element not shown.	Missing any hold (2 seconds) = 0.3 deduction Only lose CR if element not shown.

## 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>
<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	7. Upstart float from 40cm (+/- 10 cm) platform returning to stand <i>(may land on platform or floor without deduction)</i> 8. Upward circle <b>OR</b> Upstart 9. Cast towards 45 degrees 10. Back Hip Circle 11. Straddle / pike undershoot <b>OR</b> squat on jump off  <b>**Only one cast to be performed before back hip circle**</b>	7. Squat on <b>OR</b> japana mount 8. Split jump 135' 9. Split Handstand <b>OR</b> Cartwheel <b>OR</b> 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 ( <b>2 secs</b> ) 9. Lower to japana ( <b>2 secs</b> ) and swim through, Press up and swing leg through to splits <b>with arms lifted to side (2 secs)</b> , turn to other leg splits <b>with arms lifted to side (2 secs)</b> 10. Bring back leg round, lower to lying position, push to Bridge ( <b>2 secs</b> ) and kick over through split handstand to lunge landing. 11. Cartwheel 12. Split jump 135' 13. Round Off <b>OR</b> Handspring <b>OR</b> Round Off flick
<b>BONUSES AND SCORING</b>	2 vaults allowed, best vault to count	<u><b>BONUS</b></u> 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	<u><b>BONUS</b></u> 0.3 ½ spin and releve ½ turn connected 0.4 cartwheel performed without fall <b>0.5</b> Backward walkover performed without fall	<u><b>BONUS</b></u> <b>0.3</b> Handspring performed without fall <b>0.5</b> Round off Flick performed without fall
<b>SPECIFIC APPARATUS DEDUCTIONS</b>	Deductions as per British Club Grade 5, 2018	<ul style="list-style-type: none"> <li>- Excessive pike jumping to bar 0.1 / 0.3</li> <li>- Insufficient extension in float 0.1</li> <li>- <b>Cast below height of bar 0.5</b></li> <li>- <b>Cast between bar and horizontal 0.3</b></li> <li>- <b>Cast at horizontal or above – no deduction</b></li> <li>- <b>No “empty swing” deduction taken after back hip circle, but all other empty swings / stops MUST be deducted 0.5</b></li> </ul>	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"> <li>- Feet below hips in straddle lever 0.3</li> <li>- Flexibility deductions as per British Club grade 6/5 Range and Conditioning 2018.</li> <li>- Arms not lifted in splits 0.3 each time</li> <li>- Missing any hold (2 seconds) = 0.3 deduction. Only lose <b>element value</b> if element not shown.</li> <li>- <b>0.5 deduction if skills not completed in the order shown (May only be taken once)</b></li> </ul>

## Nottinghamshire Open Age Level 5 Rules 2019

<p>Difficulty Value:</p> <p>Listed uncoded elements = 0.10</p> <p>Other elements as per FIG code</p>	<ul style="list-style-type: none"> <li>Gymnasts 9 years or older in the year of competition are eligible for this level</li> <li>Barred elements will have no Difficulty Value if they are performed and a 0.5 deduction will be applied per barred element in addition to execution deductions</li> <li>Beam and Floor: min 3 acro and 3 dance moves with 2 optional moves to count (as FIG rules)</li> <li>Elements may only count once EXCEPT on Bars where an element may be repeated <b>once</b> for Difficulty Value</li> <li>Short exercise : 1.00 mark penalty for each move less than 7 in the routine on Beam &amp; Floor , 5 moves on bars</li> </ul>		
	<b>Requirements</b>	<b>Bonuses</b>	<b>BARRED/ NOTES</b>
<p><b>Vault</b></p> <ul style="list-style-type: none"> <li>Height optional min 1.00m</li> <li>2 attempts permitted</li> <li>2 different vaults may be performed, best to count</li> </ul>	<p>Handspring 2.00</p> <p>Handspring flat back 1.10</p> <p>(Mats piled behind vaulting table to same height)</p>	N/A	No other vaults permitted.
<p><b>Bars</b></p> <p><u>Uncoded elements (U)</u></p> <ul style="list-style-type: none"> <li>Circle up mount</li> <li>Cast to horizontal</li> <li>Squat onto LB</li> <li>Tuck sole circle</li> <li>¾ giant LB to HB</li> </ul> <p><b>Uncoded Dismounts:</b></p> <ul style="list-style-type: none"> <li>Straddle / pike undershoot</li> </ul>	<p>Max 6 'A' or uncoded elements to count 0.10 each</p> <ul style="list-style-type: none"> <li>'A' or uncoded mount 0.50</li> <li>Cast to horizontal 0.50</li> <li>Routine with no stops 0.50</li> <li>(empty swing following BHC is permitted)</li> <li>'A' or U Dismount 0.50</li> </ul>	0.5 awarded for the Successful performance of an upstart (float or long)	<p>Any element B value or above is barred</p> <p>No deduction for empty swing after back hip circle</p>
<p><b>Beam</b></p> <p><u>Uncoded elements (U)</u></p> <ul style="list-style-type: none"> <li>Squat / straddle on mount</li> <li>Forward roll</li> <li>Handstand (hold 2 secs)</li> <li>Stretch / Tuck Jump</li> <li>Arabesque or Y balance (2 secs)</li> </ul> <p><b>Uncoded Dismounts:</b></p> <ul style="list-style-type: none"> <li>Round off or handspring</li> </ul>	<p>Voluntary Routine max 90 secs, max 8 A/U elements to count 0.10 each</p> <ul style="list-style-type: none"> <li>Any A or U mount 0.50</li> <li>Dance series including 145° split 0.50</li> <li>Full spin 0.50</li> <li>A or U acro elements, forward / sideways &amp; backwards 0.50</li> </ul>	<p>0.5 If dismount is a salto</p> <p>0.5 for routine with all CR and no falls</p>	Any element B value or above is barred with the exception of split leap/jump
<p><b>Floor</b></p> <p><u>Uncoded elements (U)</u></p> <ul style="list-style-type: none"> <li>Cartwheel</li> <li>Back walkover</li> <li>Forward walkover</li> <li>Backward roll to handstand</li> <li>Handstand forward roll</li> <li>Tuck jump</li> </ul>	<p>Voluntary Routine max 90 seconds, max 8 'A' or U elements to count 0.10 each</p> <ul style="list-style-type: none"> <li>Round off, flick connected 0.50</li> <li>Dance passage including 180° split 0.50</li> <li>Acro moves forwards / side &amp; back 0.50</li> <li>full spin 0.50</li> </ul>	0.5 awarded for the successful performance of a handspring	<p>BARRED</p> <p>Any element B value or above is barred.</p>



## Nottinghamshire Open Age Level 5+ Rules 2019

<p>Difficulty Value:</p> <p>Listed uncoded elements = 0.10</p> <p>Other elements as per FIG code</p>	<ul style="list-style-type: none"> <li>Gymnasts 9 years or older in the year of competition are eligible for this level</li> <li>Barred elements will have no Difficulty Value if they are performed and a 0.5 deduction will be applied per barred element in addition to execution deductions</li> <li>Beam and Floor: min 3 acro and 3 dance moves with 2 optional moves to count (as FIG rules)</li> <li>Elements may only count once EXCEPT on Bars where an element may be repeated <b>once</b> for Difficulty Value</li> <li>Short exercise: 1.00 mark penalty for each move less than 7 in the routine on Beam &amp; Floor, 5 moves on bars</li> </ul>										
	<b>Requirements</b>	<b>Bonuses</b>	<b>BARRED/ NOTES</b>								
<p><b>Vault</b></p> <ul style="list-style-type: none"> <li>Height optional min 1.00m</li> <li>2 attempts permitted</li> <li>2 different vaults may be performed, best to count</li> </ul>	<p>Any group 1, FIG vault up to a maximum D score of 2.8</p> <p>Common examples:</p> <table style="width: 100%; border: none;"> <tr> <td>Handspring</td> <td style="text-align: center;">2.0</td> <td>Half on</td> <td style="text-align: center;">2.0</td> </tr> <tr> <td>Half on, Half off</td> <td style="text-align: center;">2.8</td> <td>Yamashita</td> <td style="text-align: center;">2.4</td> </tr> </table>	Handspring	2.0	Half on	2.0	Half on, Half off	2.8	Yamashita	2.4	N/A	<p>No other vaults permitted.</p>
Handspring	2.0	Half on	2.0								
Half on, Half off	2.8	Yamashita	2.4								
<p><b>Bars</b></p> <p><b>Uncoded elements (U)</b></p> <ul style="list-style-type: none"> <li>Circle up mount</li> <li>Cast to horizontal</li> <li>Squat onto LB</li> <li>Tuck sole circle</li> <li>¾ giant LB to HB</li> </ul> <p><b>Uncoded Dismounts:</b></p> <ul style="list-style-type: none"> <li>Straddle / pike undershoot</li> </ul>	<p>Max 6 'A' or uncoded elements to count 0.10 each</p> <ul style="list-style-type: none"> <li>Upstart (float or long) 0.50</li> <li>Cast to <b>horizontal</b> 0.50</li> <li>Routine with no stops 0.50 <b>(empty swing following BHC is permitted)</b></li> <li>'A' or <b>uncoded</b> Dismount 0.50</li> </ul>	0.5 awarded for second upstart in routine	<ul style="list-style-type: none"> <li>Any element B value or above is barred</li> <li>No deduction for empty swing after back hip circle</li> <li><b>Cast below height of bar 0.5</b></li> <li><b>Cast between height of bar and horizontal 0.3</b></li> </ul>								
<p><b>Beam</b></p> <p><b>Uncoded elements (U)</b></p> <ul style="list-style-type: none"> <li>Squat / straddle on mount</li> <li>Split Handstand (no hold required)</li> <li>Tuck / Stretch Jump</li> <li>Arabesque or Y balance (2 secs)</li> </ul> <p><b>Uncoded Dismounts:</b></p> <ul style="list-style-type: none"> <li>Round off or handspring</li> </ul>	<p>Voluntary Routine max 90 secs, max 8 A/U elements to count 0.10 each</p> <ul style="list-style-type: none"> <li>Dance series including 180° split 0.50</li> <li>Full spin 0.50</li> <li>A or U acro elements, forward / sideways &amp; backwards 0.50</li> <li>Acro Series (flight not required) 0.50</li> </ul>	<p>0.5 If dismount is a salto</p> <p>0.5 for performance of a flick</p> <p>0.5 for routine with all CR and no falls</p>	<ul style="list-style-type: none"> <li>Any element C value or above is barred</li> <li>handstand step down may be used as first element in acro series</li> <li>Acro elements in series can be the same for CR, but DV will only be given once</li> <li>Coded rolls may be used to fulfil CR</li> </ul>								
<p><b>Floor</b></p> <p><b>Uncoded elements (U)</b></p> <ul style="list-style-type: none"> <li>Cartwheel</li> <li>Back walkover</li> <li>Forward walkover</li> <li>Backward roll to handstand</li> <li>Handstand forward roll</li> <li>Tuck jump</li> </ul>	<p>Voluntary Routine max 90 seconds, max 8 'A' or U elements to count 0.10 each</p> <ul style="list-style-type: none"> <li>Acro line, minimum 2 flight elements, including 1 salto 0.50</li> <li>Dance passage including 180° split 0.50</li> <li>Acro moves forwards / side &amp; back 0.50</li> <li>full spin 0.50</li> </ul>	<p>0.5 for second different acro line, minimum 2 flight elements, including 1 salto</p> <p><b>(Acro elements may be repeated for second tumbling line provided different salto is performed.</b></p> <p><b>e.g. Round off, flick, tuck back AND tuck front walkout, round off)</b></p>	<ul style="list-style-type: none"> <li>Any acro element B value or above is barred.</li> <li>Any dance element C value or above is barred</li> </ul>								