

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2013

Level 4 - 9 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 105cm</p> <ul style="list-style-type: none"> Additional 5cm roll mat over vaulting table Piled mats to vault height 	<p>FIG Bars Regulations</p>	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations</p>
<p>Requirements</p>	<p>Optional entry vault to piled mats from the following options:</p> <ul style="list-style-type: none"> Handspring – 3.50 Tsukahara – 3.50 Yurchenko - 4.00 <p>*Judging will be as per the judging guidelines published on BG website 11.9.13</p> <p>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault.</p> <p>One vault only</p>	<ul style="list-style-type: none"> The only CR required at this level is the dismount. The gymnast will receive 2.50 for CR as long as she performs a routine with an A dismount. If she performs a higher value dismount or an unpermitted uncoded dismount she will receive 2.00 CR <p>Dismount *A only allowed* OR NO DV/CR</p>	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1x leap/jump/hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forwards direction 1 x acrobatic series with 2 elements [minimum] <ul style="list-style-type: none"> 1 x with flight [not salto] not connected into dismount Acro elements in different directions [fwd/swd & bwd] Dismount *A only allowed* OR NO DV/CR 	<ol style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops: <ul style="list-style-type: none"> To include 1 x leap or hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forwards direction – D panel deduct for the missing CR if a spin is not performed, E panel do not apply the penalty in composition/choreography 2 x saltos in different directions [fwd/swd & bwd] 1 x acrobatic line with 2 x different saltos Dismount *A or B salto only allowed* OR NO DV/CR
<p>Uncoded Permitted Elements (may receive 0.1 DV)</p>		<p>Cast above 45° ¾ Giant from LB to HB Squat onto low bar - jump to catch high bar Tucked/straight leg sole circle (Neither of the above will incur 0.50 deduction for "Jump from LB to HB". The tucked sole circle will not incur bent leg penalties) Straddle on undershoot dismount – will fulfil the dismount CR</p>	<p>Forward roll Cat leap Tuck jump</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Cat leap Tuck jump</p>
<p>Barred Elements (prohibited/ receive no DV)</p>		<p>Cast to handstand with legs straddled [2.101] Cast to hdstd straddle legs & ½ turn [2.201] Back hip circle [2.105] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Any saltos [other than dismount], free cartwheel, side salto and free walkovers Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</p>	<p>All elements above B in difficulty value Hops, jumps, leaps to front support</p>
<p>GBR Bonus (in addition to FIG)</p>		<p>0.5 - Backward giant without fall [given once only]</p>		

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Level 3 - 10 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] BARS – backward giant can receive Difficulty Value twice *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 115cm with:</p> <ul style="list-style-type: none"> Additional 5cm roll mat over vaulting table Piled mats to vault height + 10 cms 	<p>Single bar - High bar 2.50m</p> <ul style="list-style-type: none"> 20cm safety mats throughout with 5cm roll mat on top Routine to begin from static hang with hands in overgrasp 	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations</p>
<p>Requirements</p>	<p>Optional entry vault to piled mats from the following options:</p> <ul style="list-style-type: none"> Handspring – 3.50 Tsukahara – 3.50 Yurchenko – 4.00 <p>*Judging will be as per the judging guidelines published on BG website 11.9.13</p> <p>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault</p> <p>One vault only</p>	<p><i>Flight element from HB to LB & Flight element on same bar - Not required, gymnast receives 1.00 CR (0.50 + 0.50)</i></p> <p><i>Gymnasts must perform the following CRs to receive 0.50 for each (a gymnast who does not meet any of these requirements will still receive 1.00 in CR as stated above)</i></p> <ul style="list-style-type: none"> Close bar circle element [non flight] <i>Back hip circle [2.105] and forward hip circle [2.104] not allowed</i> 180° non flight element [not mount] Dismount <i>*A only allowed* OR NO DV/CR</i> 	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forwards direction 1 x acrobatic series with [min] 2 x flight elements <ul style="list-style-type: none"> salto not required not connected into dismount Acro elements in different directions [fwd/swd & bwd] Dismount <i>*A or B only allowed* OR NO DV/CR</i> 	<ol style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops: <ul style="list-style-type: none"> To include 1 x leap or hop with 180° split (cross or side) or straddle position 1 x Acrobatic line [2 x different saltos] 2 x saltos in different directions fwd/swd & bwd Straight salto with (min.) 360° LA turn - forward or backward Dismount <i>*A or B only allowed* OR NO DV/CR</i>
<p>Barred Elements <i>(prohibited/ receive no DV)</i></p>		<p>Cast to handstand with legs straddled [2.101] Cast to hdst straddle legs & ½ turn [2.201] Back hip circle [2.105] Flight on same bar [release] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Salto forwards from two feet [mount or content] Salto sideward [5.412] Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</p>	<p>Connections from salto backward with 540° Double salto Hops/jumps/leaps to front support Salto backward with LA turn greater than 720°</p>
<p>GBR Bonus <i>(in addition to FIG)</i></p>	<p>0.3 - Performance of vault with additional 20cm mat.</p> <ul style="list-style-type: none"> Only credited if less than 1.0 deductions 	<p>0.5 - 2 x different grips <i>Not within flight or dismount</i> <i>Can be awarded once only</i></p>	<p>0.3 – Connection of 1/1 spin & jump/leap with [min] 180° split - <i>No tolerance allowed</i> Can be performed in any order</p>	

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2013

Level 2 - 11 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p style="text-align: center;">Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p style="text-align: center;">FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	Vault	Bars	Beam	Floor
Apparatus	<p>Vault table at 125cm with:</p> <ul style="list-style-type: none"> ▪ 20cm safety mats with 10cm roll mat 	<p>FIG Bar Height Regulations with:</p> <ul style="list-style-type: none"> ▪ 20cm safety mats throughout with 5cm roll mat (matting compulsory) ▪ Raised bar for tall gymnasts who touch mats 	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations with:</p> <ul style="list-style-type: none"> ▪ Additional 5cm mat permitted for double back <i>without incurring a penalty</i>. Must be removed after performing the element.
Requirements	<p>GBR Modifications Apply (recognition of an open tuck)</p> <p>Open tuck yurchenko – 4.20 (No.4.00) Open tuck tsukahara – 4.40 (No.3.00)</p> <p>One vault only</p>	<p><i>Gymnasts may start on LB or HB (coded MT.) Board (if required) placed on top of all mats</i> <i>Flight elements not required - award 0.50 CR</i> <i>Gymnasts must perform the following CR to receive 0.50 for each (a gymnast who does not meet any of these requirements will still receive 0.50 in CR as stated above)</i></p> <ul style="list-style-type: none"> ▪ 2 x different grips ▪ Close bar circle element [non flight] <i>back hip Circle [2.105] and forward hip circle [2.104] not allowed</i> ▪ Non flight element with 360° LA turn [not mount] ▪ Dismount *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR) 	<ol style="list-style-type: none"> 1. Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> ▪ To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position ▪ To include 1 x C leap/jump/hop 2. Minimum 1/1 Spin 3. 1 x backward acrobatic series with 2 flight elements - minimum 1 x salto 4. Acro elements in different directions [fwd/swd & bwd] 5. Dismount *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR) 	<ol style="list-style-type: none"> 1. Dance passage of minimum 2 x different leaps or hops: <ul style="list-style-type: none"> ▪ To include 1 x leap or hop with 180° split (cross or side) or straddle position 2. 1 x acrobatic line [2 x different saltos] 3. 2 x saltos in different directions fwd/swd & bwd 4. Straight salto with (min.) 360° LA turn - forward or backward 5. Dismount *B or C salto only allowed* OR NO DV/CR (A value dismount can be performed but will not receive CR)
Uncoded Permitted Elements (may receive 0.1 DV)		<p>Squat onto low bar - jump to catch high bar Tucked/straight leg sole circle <i>(Neither of the above will incur 0.50 deduction for "Jump from LB to HB") Tucked sole circle will not incur a penalty for bent legs</i></p>		
Barred Elements (prohibited/ receive no DV)	<p>Vaults higher than 4.40 in DV</p>	<p>Back hip circle [2.105] Flight element on same bar Flight element from HB to LB & LB to HB <i>Not including jump to catch high bar</i> Dismounts: Salto backward with 180°/540°/900° turn Salto forward with 360°/720° turn</p>	<p>Salto forward from two feet [Mount or content]</p>	<p>Salto backwards greater than 720° turn Hops/jumps/leaps to front support Double front [4.501] [4.601] Double arabian [4.505] [4.605] [4.705] More than one double BA salto in routine <i>If performed, 2nd element will receive no DV</i></p>
GBR Bonus (in addition to FIG)	<p>0.5 - Performing yurchenko entry vault with salto</p>	<p>0.5 – Backwards Double tuck salto or frontaway with 540° LA turn</p>	<p>0.3 – Connection of 1/1 spin & jump/leap with [min] 180° split <i>No tolerance allowed</i> Can be performed in any order 0.3 - Free walkover/free cartwheel/side salto in series with dance element Can be performed in any order</p>	<p>Indirect connection between: 3 x saltos 0.1 2 x saltos [1 x Straight 360° LA turn] 0.1 Direct connection between: 2 x saltos forward [1 x Straight 360° LA turn] 0.2 Double back salto 0.5</p>

BRITISH CHAMPIONSHIPS 2013

British Espoir – 12/13 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Junior Code of Points, unless stated otherwise. FIG Execution and Artistry and Choreography Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR – Min 3 / Max 4 acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for all apparatus On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 125cm with: ▪ 20cm safety mats with 10cm roll mat</p>	<p>FIG Bar Height Regulations with: ▪ 10cm supplementary mat (4m x 2m) - to be placed once ▪ Additional 10cm supplementary mat (2m x 2m) to be positioned and may be repositioned once only</p>	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations with: ▪ Additional 5cm mat permitted for double salto <i>without incurring a penalty</i>. Must be removed after performing the element. ▪ 10cm mat NOT permitted</p>
<p>Requirements</p>	<p>FIG Junior Code applies Open tuck vault is permitted Open tuck tsukahara – 4.40 (Vault No.3.00) Open tuck yurchenko - 4.20 (Vault No. 4.00)</p>	<p>As for FIG Junior Code of Points plus: ▪ 1.0 - GBR penalty for not showing minimum 1 x cast to handstand without ½ turn (<i>straddle permitted</i>) *no tolerance* A coach (<i>holding the relevant BG qualification</i>) must stand in for all releases and D dismounts and above. <i>Failure to do so will result in the element not being credited DV or CR.</i></p>	<p>As for FIG Junior Code of Points plus: ▪ 1.0 - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements *no tolerance*</p>	<p>As for FIG Junior Code of Points plus: ▪ 1.0 - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements *no tolerance* ▪ If less than 3 acro lines are performed the gymnast will receive a deduction of 2.00</p>
<p>Barred Elements (prohibited / receive no DV)</p>		<p>Dismounts Salto forward with 360°/720° turn Single salto backward with 180°/540°/900° turn</p>		<p>Double front salto [4.501] [4.601]</p>
<p>GBR Bonus (in addition to FIG)</p>		<p>0.5 - Permitted D dismount</p>	<p>Gymnasts may be awarded bonus for a maximum of two out of the following three options: 0.2 – D Salto or above performed in series with dance element 0.3 - For performing 'FIG Series Bonus' - must be completed on the beam for GBR bonus.(FIG series bonus awarded for a series which includes the dismount) 0.3 – Double Spin</p>	<p>0.2 - 1 x acrobatic line [2 x different saltos in direct connection] including C salto 0.2 - 3 x C or above dance elements</p>

Asymmetric Bar Dismounts (6.407) (6.408) (6.507) (6.508) to be barred elements from January 1st 2014. Gymnasts wishing to perform these elements in the 2013 British Espoir Championships must seek prior approval from the Women's Artistic Performance Department.