

VOLUNTARY NATIONAL AGE GROUP CHAMPIONSHIPS 2015

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 Yurchenko surround compulsory for all vaults 	<p>Single bar - High bar 2.50m</p> <ul style="list-style-type: none"> 20cm safety mats throughout with 10cm roll mat on top (No base mats) Routine to begin from static hang with hands in overgrasp Gymnast must dismount away from the Low Bar uprights 	<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>Jumping onto the back or front will incur a deduction of 0.30</p> <p>One vault only</p>	<p>Flight element from HB to LB & Flight element on same bar - Not required, gymnast receives 1.00 CR (0.50 + 0.50)</p> <p>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)</p> <ul style="list-style-type: none"> Close bar circle element [non flight] Back hip circle [2.105] and forward hip circle [2.104] not allowed 180° (minimum) non flight element [not mount] Dismount *A only allowed* OR NO DV/CR 	<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 *A or B 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 1 x Acrobatic line [2 x different saltos] 2 x saltos in different directions fwd/swd & bwd Straight salto with minimum 360° LA turn - forward or backward Dismount *A or B only allowed* OR NO DV/CR
<p>Barred Elements (prohibited/ receive no DV)</p>		<p>Cast to handstand with legs straddled [2.101] Cast to hstd 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 (in addition to FIG)</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 Not within flight or dismount Can be awarded once only</p>	<p>0.3 – Connection of 1/1 spin & jump/leap with [min] 180° split - No tolerance allowed Can be performed in any order</p>	