

West Midlands Voluntary Out of Age Group Championships 2008

Level 2

12 years +

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.60 G=0.70	Only FIG Coded elements may be used. Elements will be given Difficulty Value according to FIG Cycle 11 Code of Points [2007] FIG Execution Penalties will be applied. BARS & FLOOR - 9 highest elements + dismount BEAM - 8 highest elements + spin + dismount Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Same element can only count once EXCEPT on Bars where a Coded element may <u>each</u> be repeated <u>once</u> for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.							
Short Exercises	FIG Rules apply for Beam & Floor – On Bars An exercise with less than 5 elements will be deducted 1.00 for each missing element– eg 4 elements deduct 1.00 , 3 elements deduct 2.00							
Vault		A Bars	Beam	Floor				
Any Vault with higher Difficulty Value than 4.60	Barred Elements	Cast to handstand with legs straddled [hips bent] Gienger roll with turn after handstand Dismount Salto backward with 180°/540°/900° turn off Salto forward with 360°/720° turn off	Saltos f'orwards [Mount or content] Free cartwheel/Free walkover allowed Hops/jumps/leaps with more than 360°LA turn	Connections from Salto backward with 540° Double salto piked Hops/jumps/leaps with more than 540° LA turn except those recommended Hops/jumps/leaps to front support				
Best score of 2 performed Vaults Value as per FIG Height – 125cm 1 x springboard	Recommended Elements	* Giant circle backward with 180°/360° turn to handstand * Giant circle forward with 180° turn to handstand * Giant circle forward in 'L' grip * Close circle elements to handstand * Dismount - Double salto backwards <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">BG Deduction [Age Groups only]</td> <td style="text-align: center;">Completed after handstand</td> </tr> <tr> <td style="text-align: center;">For turns in handstand</td> <td style="text-align: center;">Up tp 30° 0.10 deduction Up to 60° 0.30 deduction Up to 90° 0.50 deduction</td> </tr> </table>	BG Deduction [Age Groups only]	Completed after handstand	For turns in handstand	Up tp 30° 0.10 deduction Up to 60° 0.30 deduction Up to 90° 0.50 deduction	* Mount – Coded elements only Connection of: * 2 x Acrobatic elements [1 x salto] * 3 x elements [min 1 x Acrobatic] * Spin [variations above horizontal] * Leaps with up to 360° LA turn * Variations of turn on one leg Connections between * Acrobatic and Artistic elements * Previously learnt elements	* Salto Backward 720° turn * Salto Forward 360°/540°/720° turn * Salto forward step out/Arabian * Connection of recommended elements * Hops/jumps/leaps with 360°LA turn * Split leap with up to 180° LA turn * Change leg split leap with up to 540° LA turn * Straddle jump/Straddle piked jump with up to 540° turn * Pike/Wolf jump with up to 540° LA turn * Tour jete * Spin [360° LA turn] free leg above horizontal * Spin [720°-1080° LA turn] free leg optional
BG Deduction [Age Groups only]	Completed after handstand							
For turns in handstand	Up tp 30° 0.10 deduction Up to 60° 0.30 deduction Up to 90° 0.50 deduction							
	EGR	2 Bars - HB 2.50 LB 1.70 Flight High Bar to Low Bar X Flight Low Bar to High Bar ✓ Flight to same bar X Close circle element Group 2/4/5 ✓ Dismount – A or B [DV + 0.50 EGR] ✓ C or more –No DV or EGR & penalty of 0.10 ✓	Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross split] ✓ Turn on 1 foot [spin] relevée ✓ 1 x acrobatic series with salto [not forward but may perform free walkover] 2 elements minimum ✓ Acro elements in diff directions [f'wd/swd & bwd] ✓ Dismount – A, B or C [DV + 0.50 EGR] ✓ D or more –No DV or EGR & penalty 0.10	Passage of 2 x different dance elements [minimum] [1 x leap or hop with 180° cross split] ✓ 1 x Acrobatic series [2 x different saltos] ✓ 2 x saltos in different directions f'wd/swd & bwd ✓ Double BA salto OR salto with LA turn min 540° ✓ Dismount – A or B [DV + 0.5 EGR] ✓ C or more – No DV or EGR ✓				
Bonus of 0.50 for performing a Yurchenko Vault [Group 4 or 5] without a fall Must be within the allowed DV	CV / BONUS	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">BONUS</td> <td style="text-align: center;">Turn in handstand Min 180°</td> <td style="text-align: center;">0.50</td> </tr> </table>	BONUS	Turn in handstand Min 180°	0.50	Exercise with no fall with all EGR's fulfilled 0.50 Any connection between: 2 x acrobatic elements [1 x salto] 0.20 3 x different flic flacs 0.20 2 x different flic flacs 0.10 2 x jump/leap with 180° split in both 0.20 1/1 spin & jump/leap with 180° split 0.10	Indirect Connection between: 3 x saltos 0.10 2 x saltos [1 x 360° LA turn] 0.10 Direct connection between: 2 x saltos forward [1 x 360° LA turn] 0.20	
BONUS	Turn in handstand Min 180°	0.50						
	Composition	More than 1 element before mount 0.30 ✓ Less than 2 grip changes 0.30 X Bar change with no element 0.10 ✓ No element with 180° LA turn 0.30 ✓ Empty swing 0.30 ✓ 2+ same element before dismount 0.10 ✓ No attempt to dismount 0.30 ✓	More than 1 element before mount 0.30 ✓ 1 x Full spin 0.10 ✓ Mount not in code 0.10 ✓ More than 1 l/j/h to support 0.10 ✓ Missing move close to beam 0.10 ✓ No attempt to dismount 0.30 ✓	More than 1 leap/jump/hop to support 0.10 ✓ Missing movement close to the floor 0.10 ✓ Missing turn on one foot 0.10 ✓ No attempt to dismount 0.30 ✓				
	No deduct Must fulfil criteria							