

West Midlands Voluntary Out of Age Championships 2008

Level 3 11 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 (except those listed in bars). 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 each Coded element may be repeated once only 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 etc.				
Vault		A Bars	Beam	Floor	
Any Vault with higher Difficulty Value than 4.00	Barred Elements	Flight on same bar [release] Dismount Higher than salto backward straight	Saltos f'wards or s'wards [Mount or content] Free cartwheel/Free walkover allowed Hops/jumps/leaps with more than 360 LA turn Hops/jumps/leaps to front support	Connections from Salto backward with 540° Double salto Hops/jumps/leaps with more than 540° LA turn except vertical with 720° Hops/jumps/leaps to front support	
For Example:- Vault 3.10 DV 3.80 Tsukahara tucked Vault 4.10 DV 4.00 Yurchenko Tucked Vault 1.00 DV 2.40 Handspring Vault 1.02 DV 3.20 Handspring - 1/1 off	Recommended Elements	Upstart, Clear Hip circle , Cast to handstand, Backward Giant Uncoded Elements – Value 0.0 NO DV but will count towards element Total And for EGR Cast above 45° Squat onto Low Bar Tucked/Straight/Pike sole circle Back hip circle ¾ Giant from LB to HB Dismount**Will fulfil dismount EGR *Straddle on undershoot *Backaway not from handstand	* Mount - Press to handstand from various positions * Connection of 2 x flic-flacs [any variation] * Gainer Flic [clear swing of the backward leg] * Spin [variations below horizontal] * Variation of turns on other body parts * Variations of turn on one leg * Connections between previously learnt elements	* Salto Backward 720° turn * Round off – Whip * Salto Forward tuck/pike with 180° turn * Handspring - Salto Forward straight - * Flyspring * Connection saltos forward with no turn * Dance with use of good body movement * Variety of Dance Elements [positions/shapes] * Split leap [straight leg/Passé- developé] * Straddle jump/Straddle piked jump with 540° turn * Change leg split leap * Vertical jump with up to 720° LA turn * Pike/Wolf jump with up to 540° LA turn * Spin [360° LA turn] free leg Passé] * Spin [up to 720° LA turn] free leg optional	
Height 11/12yrs -120cm 13+yrs -125cm 1 x springboard	EGR 0.50 X Award 0.50 ✓ Must be performed for 0.50	2 Bars - HB 2.50 LB 1.70 Flight High Bar to Low Bar X Flight Low Bar to High Bar X Flight to same bar X Close circle element Group 2/4/5 or uncoded ✓ Dismount - A only allowed ✓ B/C/D or more – No DV or EGR & penalty of 0.10/0.30/0.50 respectively	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 2 elements [minimum] 1 with flight [not salto] ✓ Acro elements in diff directions [fwd/swd & bwd] ✓ Dismount - A or B [DV + 0.50 EGR] ✓ C or more – No DV or EGR & penalty of 0.30/0.50 respectively	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 fwd/swd & bwd ✓ Salto with 360° LA turn [2/2 salto not required] ✓ Dismount - A or B only [DV + 0.5 EGR] ✓ C or more – No DV or EGR	
Best score of 2 performed Vaults	CV / BONUS	GB Bonus Backward Giant without fall 0.50 [given once only]	Exercise with no fall with all EGR's fulfilled 0.50 Any connection between: 2 x different flic flacs 0.20 Flic flac & walkover [any order] 0.10 2 x jump/leap with 180° split in both 0.20 1/1 spin & jump/leap with 180° split 0.10	Any Indirect Connection between: whip and salto 0.10 2 x saltos 0.10	
	Composition	More than 1 element before mount 0.30 ✓ Less than 2 grip changes 0.30 X Bar change with no element 0.10 X No element with LA turn 0.30 X 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 ½ turn on 2 feet [straight legs] 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 ✓	
	X No deduct ✓ Must fulfil criteria				