

West Midlands Voluntary Out of Age Group Championships 2008

Level 4 10 year +

Difficulty Value	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. Uncoded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where a <u>Coded</u> 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					
Vault	Bars		Beam	Floor		
Any Vault with higher Difficulty Value than 4.00	Barred Elements <i>Cast to handstand with legs straddled [hips bent] Dismount Higher than salto backward straight</i>		<i>Any Saltos [other than dismount] Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</i>	<i>Salto backward with 540° & any Double salto Hops/jumps/leaps with more than 360° LA turn Hops, jumps leaps to front support</i>		
Vault 3.10 DV 3.80 Tsukahara tucked Vault 1.00 DV 2.40 Handspring on – handspring off	Recommended Elements * Giant circle backwards to handstand * Giant circle backwards [accelerated] * Cast and straddle pike onto LB. * Cast to handstand with 180°LA turn on LB * Cast to handstand [not straddled] * Dismount - Downswing and straight backward salto to stand. BG Deduction For turns in handstand Completed after handstand Up to 30° 0.10 deduction Up to 60° 0.30 deduction Up to 90° 0.50 deduction		* Sissone & Split Leap * Straddle jump [cross or side of beam] * Tucked and Wolf jump * Spin on one foot (passé) * Various turns on one foot – optional free leg * Flic-flac [any variation without turn] * Walkover any connection/combination * Handstand [hold in cross or side beam] * Variation of waves * Variation of steps	* Salto Backward 360° turn [not EGR] * Salto Backward tuck/pike/straight * Salto Forward tuck/pike/straight * Variety of Dance Elements [positions/shapes] * Sissone * Split leap * Vertical jump with 360° LA turn * Straddle jump/Straddle piked jump * Tuck jump/Cat leap * Wolf hop * Spin [360° LA turn - Passé-developpé]		
Height – 10/11yr- 115cm 12 + 120cm 1 x springboard	Uncoded Elements 0.10 each UNCODED ELEMENTS Cast above 45° Squat onto Low Bar Tucked sole circle Backward hip circle ¾ Giant from LB to HB		Dismounts* *Straddle on undershoot *Backaway not from handstand *Will fulfil dismount EGR	Forward roll Handstand [hold 2 seconds] Cat leap Tuck jump	Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Handstand forward roll Headspring Cat leap / 180 Tuck jump /180 Wolf jump/hop /180 Vertical jump with 360°	
Best score of 2 performed Vaults	EGR 0.50 X Award 0.50 ✓ Must be performed for 0.50	A 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 X 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 only allowed ✓ B/C/D or more – No DV or EGR & penalty of 0.10/0.30/0.50 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] ✓ Double BA salto & salto with LA turn X Dismount - A or B only [DV + 0.5 EGR] ✓ C or more – No DV or EGR	
	CV	GB Bonus Backward Giant without fall [given once only] 0.50	GB Bonus Exercise without a fall 0.50 [provided all EGR's are fulfilled]	No GB Bonus		
	Composition X No deduct ✓ Must fulfil criteria	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 1/1 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 Spin 0.10 ✓ Mount not in code 0.10 X More than 1 l/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 ✓		