

West Midlands Voluntary Level 5 Championships 2008

| Difficulty Value | Elements will be recognised according to FIG Cycle 11 Code of Points [2007] and specific listed elements below FIG Execution Penalties will be applied. Exercises will be marked out of 10 for Execution + 2.5 if all EGRs achieved, + element value for max 10 elements plus any bonus. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Uncoded elements as listed below will be recognised. Same element can only count once EXCEPT on Bars where each element may be repeated once only. | | | | | | |
|---|---|---|--|---|---|---|---|
| Short Exercises | 7 elements required for Beam & Floor. Deduct 1.00 for each missing element 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 | | | |
| Barred Elements | Dismount Higher than salto backward straight Backward or forward Giant No element higher than "B" | | Any Saltos [other than dismount] Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support No element higher than "B" | | Hops/jumps/leaps with LA turn except listed below Hops, jumps leaps to front support Any Salto No element higher than "B" | | |
| Flat Back (To land in tension) | Recommended Elements | Upstart Dismount – Straddle undershoot Cast to handstand Back Hip circle Clear Hip Circle Squat on NB. Upward circle will not receive DV but can be used as a Mount & will count towards required 5 elements PENALTIES WILL APPLY. | | * Sissone & Split Leap * Straddle jump [cross or side of beam] * Tucked and Wolf jump * Spin on one foot (relevee) * Handstand [hold in cross or side beam] * Variation of steps | | * Variety of Dance Elements [positions/shapes] * Sissone /* Split leap * Straddle jump/Straddle piked jump * Tuck jump/Cat leap * Wolf hop *Round off / Flic * Spin with 360° LA turn – Relevée | |
| Height 110cm 1 x springboard | All Listed J & Uncoded Elements 0.10 each | Cast above 45° Forward Circle Tucked sole circle ¼ Giant from LB to HB Squat On Back Hip Circle | Dismounts* *Straddle on undershoot *Backaway not from handstand *Will fulfil dismount EGR | Forward roll Handstand Cat leap Tuck jump Stretch jump Switch Jump | Dismounts* Round Off Handspring Mounts Squat on | Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Handstand forward roll Headspring / Handspring | Cat leap Tuck jump Wolf jump/hop Vertical jump with 180° |
| Best score of 2 performed Vaults | X ✓ | A Bars - HB 2.50 – LB 1.70 5 Elements ✓ 1 Bar Change ✓ Cast above 45 ✓ Dismount - A only allowed* ✓ Penalty – 2.0 deduction for use of one bar only | | Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross split] ✓ Turn on 1 foot in relevée [1/2 spin only] ✓ 1 x mixed series with 2 elements ✓ 1 Acro element –can be within mixed series ✓ Dismount - A or listed only allowed* ✓ | | Passage of 2 x different dance elements [minimum] [1 x leap or hop with 180° cross split] ✓ Full Spin in relevée ✓ 1 Acro element with flight ✓ 2nd Acro element with flight ✓ Dismount - A only allowed ✓ | |
| | CV/ Bonus | Bonus 0.3 for routine with one or more upstarts 0.3 for routine with no stops (no pauses/flows) | | Bonus Exercise without a fall 0.50 [provided all EGR's are fulfilled] | | Bonus 0.3 – for a flic with no fall (once) | |
| | X ✓ | Composition No deduct Must fulfil criteria | More than 1 element before mount 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 ½ turn on 2 feet 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 ✓ | | |