



Voluntary National Age Group Championships 2011

Level 3 - 10 years

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	<p>Only FIG Coded elements may be used. Elements will be given Difficulty Value according to FIG Cycle 12 Code of Points [2009] Rules and Regulations as per FIG Cycle 12 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.</p> <p>BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 5 acrobatic [max] + 3 dance [min] FLOOR - 4 x Acro lines [max]</p> <p>Recommended elements are guidelines for a programme of development and other elements may be used.</p> <p>Barred elements are not allowed and no Difficulty Value will be given if they are performed.</p> <p>Same element can only count once EXCEPT on Bars where a Backward Giant may be repeated for Difficulty Value</p> <p>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>
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Short Exercises		FIG Rules apply for Beam & Floor				
Vault		On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element				
Barred Elements		Bars	Beam	Floor		
Any Vault with higher Difficulty Value than 4.00		Cast to handstand with legs straddled [hips bent] Flight on same bar [release] Dismount Higher than salto backward straight	Salto f'wards or s'wards [Mount or content] Free cartwheel/Free walkover allowed Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support	Connections from Salto backward with 540° Double salto Hops/jumps/leaps with more than 360° LA turn except those recommended Hops/jumps/leaps to front support		
Vault 3.10 DV 4.00 Tsukahara tucked Vault 4.10 DV 3.80 Yurchenko Tucked Vault 1.00 DV 2.40 Handspring on Handspring off		* Giant circle backward with 180°:360° turn to 45° above horizontal * Giant circle forward [reverse grip only] * Close circle element – min 45° above horizontal * Cast to handstand with 180° LA turn on LB & HB * Giant circle backwards to handstand * Giant circle backwards [accelerated] * Cast and straddle pike/pike onto LB. * Cast to handstand * Dismount - Downswing and salto backwards straight to stand.	* Mount - Press to handstand from various positions * Connection of 2 x fic-flacs [any variation] * Gainer Fic [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 salto forward with no turn * Variety of Dance Elements [positions/shapes] * Split leap [straight leg/Passé- developé] * Straddle jump/Straddle piked jump with 180° turn * Change leg split leap * Vertical jump with up to 720° LA turn * Pike/W of jump with up to 180° LA turn * Spin [360° LA turn] free leg Passé * Spin [up to 720° LA turn] free leg optional * Connections between previously learned elements		
Vault 1.02 DV 3.20 Handspring - 1/1 off		BG Deduction [Age Groups only] 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	Connection of minimum 2 different dance elements [1 x leap/jump/hop with 180° cross split] Turn [Group 3] 1 x acrobatic series with 2 elements [minimum] 1 x with flight [not salto] – not connected into d'mt Acro elements in diff directions [f'wd/swd & bwd] Dismount - A or B [DV + CR] C or more – No DV or CR	Dance passage of 2 x different coded elements [minimum] 1 x leap or hop with 180° cross split] 1 x Acrobatic line [2 x different saltos] 2 x saltos in different directions f'wd/swd & bwd Salto with 360° LA turn [2/2 salto not required] Dismount - A or B salto only [DV + CR] C or more – No DV or CR	✓ ✓ ✓ ✓ ✓	
Height 120cm 1 x springboard		Single bar - HB 2.50 Flight element from HB to LB & LB to HB and Flight element on same bar 2 x different grips [no flight/mount/dismount] Close bar circle element [non flight] Back Hip Circle [2.105] not allowed 180° non flight element [not mount] Dismount - A only allowed B/C/D or more – No DV or CR	Exercise with no fall and with all CRs fulfilled Any connection between: 2 x different fic flacs May connect into dism't Fic flac & walkover [any order] May connect into dism't 2 x jump/leap with 180° split * [min] optional leg 1/1 spin & jump/leap with 180° split * [min] * no tolerance allowed		0.50 0.20 0.20 0.20 0.10	
Average score of 2 performed Vaults		No FIG or GB CV Coaches and gymnasts should concentrate their efforts on technical execution.		Any Indirect Connection between: whip and salto	0.10	
Specific Apparatus Deductions		Use deductions for Bars/Beam/Floor as in Article 9/10/11 in Cycle 12 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION				
		Bar change without performing an element	X			