

EAST MIDLANDS OUT OF AGE LEVEL 3 2020

<p>Difficulty Values As per FIG code of points cycle 14 (2017 -2020) Bars permitted uncoded see below</p>	<p>Execution penalties as per FIG code of points cycle 14 (2017 -2020) will be applied BARRED elements are not allowed and will have no Difficulty Value if they are performed. BARS/BEAM/FLOOR 8 Highest elements including dismount. BEAM/FLOOR 3 acro (min) + 3 dance (min) ALTHOUGH DISMOUNTS ARE NOT A CR - A DISMOUNT IS STILL NEEDED TO AVOID FIG PENALTIES FOR FAILURE TO ATTEMPT DISMOUNT FLOOR maximum 4 Acro lines Same element can only count once EXCEPT on Bars where an element may repeated ONCE for Difficulty Value</p>			
<p>SHORT EXERCISE</p>	<p>FIG rules apply for beam and floor On bars an exercise with less than 5 elements will be deducted 1.0 for each missing element</p>			
APPARATUS	VAULT	BARS	BEAM	FLOOR
	Height – 1.10 or above 1X springboard	FIG Bars regulations HB 2.50 – LB 1.70	FIG beam regulations 1.25 from floor	FIG Floor regulations
<p>Composition requirements Deduct 0.5 for each missing CR. Maximum CR BARS/BEAM/FLOOR - 2.0</p>	<p>Min Difficulty Value of 2.0 Best score of 2 performed vaults No deduction for false run will be taken</p>	<ul style="list-style-type: none"> Close bar element to 45 degree angle of completion (back hip/fwd hip / sole circles will therefore NOT fulfil this requirement) Backward giant Upstart from LB – HB Cast to handstand (to fulfil CR must be to min 30 deg –(SEE EM ANGLE OF COMPLETION SHEET) 	<ul style="list-style-type: none"> Connection of minimum 2 different dance elements (1X leap/jump/hop with 180 cross split) Turn from group 3 1X acro series with min 2 elements both with flight (salto not required) (elements can both be the same but only 1st element will be given DV) Acro elements in different direction (fwd/swd & bkd) 	<ul style="list-style-type: none"> Dance passage of 2X different leaps or hops (min) one with 180 split. Fwd acro line (min 2 elements one being a salto) Salto bkd and salto fwd in same or different acro line Straight salto with min 360 turn within an acro line
Uncoded permitted elements		<p>DV 0.0 Squat on to LB jump to catch HB Cast 30 – 90 deg DV 0.1 Cast 10-30 degrees</p>		FLOOR NOTE – ROUNDOFFS AND CARTWHEELS ARE NOT FORWARD ELEMENTS
Barred Elements	Any vault with higher DV than 3.7	<p>Flight element on same bar (release) Dismount with Higher DV than B value Back hip circle if performed 0.5 PENALTY and no DV (empty swing deduction also applies)</p>	<p>Any fwd salto from 2 feet apart from dismount. Dismount higher than B value</p>	All saltos above C in difficulty value Connection from bkd salto 540
EMGA Bonus		<p>0.5 Flight element from LB to HB with upstart out of it (must catch HB) 0.5 Routine with all CR given and no stops (if back hip circle included in routine no bonus will be given)</p>	<p>0.2 Any A+A+B any order can inc dismount 0.2 routine with all CR ** 0.5 Routine with all CR's given and no falls ** **only one of these CR can be awarded</p>	<p>0.3 C value salto in an acro line 0.3 Min B salto in last acro line 0.5 Routine with all CR's given and no falls</p>