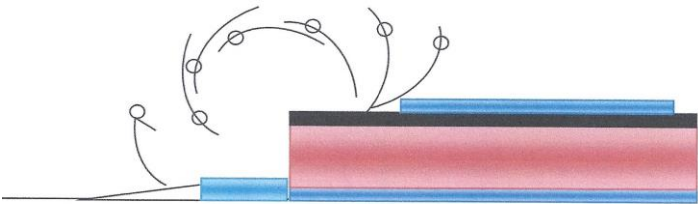


EAST MIDLANDS IN AGE LEVEL 5 2022 (for gymnasts who have passed Compulsory 5 in 2022)

Difficulty Value Uncoded = 0.10 A elements 0.1 B elements 0.2	Execution penalties as per FIG code of points cycle 15 (2022 -2024) will be applied BARRED elements are not allowed and will have no Difficulty Value and be given a 0.5 penalty per barred element performed BARS/BEAM 8 Highest elements including dismount. FLOOR 3 Acro (min) + 3 dance (min) BEAM min 3 dance (3 ACRO NOT REQUIRED) Same element can only count once EXCEPT on Bars where an element may repeated ONCE for Difficulty Value			
SHORT EXERCISE	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			
APPARATUS	VAULT	BARS	BEAM	FLOOR
	As per Compulsory 5	FIG Bars regulations HB 2.50 – LB 1.70 2 safety mats may be placed lengthways under the bars	FIG beam regulations 1.25 from floor	FIG Floor regulations
Deduct 0.5 for each missing CR	Straight front salto to stand and fall forwards 3.50 See appendix for details and deductions.	<ul style="list-style-type: none"> Coded mount Upstart from LB - HB Cast to 45 degrees A/ U dismount 	<ul style="list-style-type: none"> Connection of minimum 2 different dance elements (1X leap/jump/hop with 135 cross split) full spin Flick Non flighted acro element (can be connected to dismount) 	<ul style="list-style-type: none"> Dance passage of 2X different leaps or hops (min) one with 135 cross split. Min full spin from group 3 Handspring to one foot connected to handspring to 2 feet Roundoff flick tuck back salto
Uncoded permitted elements – Value 0.1 each		Cast above 45 – see Level 5 appendix Upward circle mount ¾ giant from LB – HB Squat on to LB Straddle or stoop undershoot	squat on mount ½ spin Stretch jump on beam Tuck jump Cartwheel stretch jump DMT (linked) Roundoff dismount	Cartwheel Valdez Backward walkover Forward walkover Backward roll to handstand Handstand forward roll Tuck jump
Barred Elements	All other vaults	Dismount with Higher DV than A value Moves of higher value than B	Any salto apart from dismount Moves C value or higher	All saltos above A in difficulty value C and above value elements Jumps/leaps/hops with LA turn (except straight full turn)
EMGA Bonus All only given once and if performed without a fall		0.5 Back giant 0.5 Handstand 0.5 Routine with all CR given and no stops	0.5 cartwheel tuck back DMT 0.5 Routine with all CR given and no falls	0.5 Routine with all CR's given and no falls 0.5 forward salto rebound / jump into handspring (replacing handspring CR)
Variation from FIG apparatus deductions	No deduction for false run will be taken.	Jump from LB – HB No deduction for empty swing after hip circles and ¾ giants 0.5 deduction if 2 boards used for mount.	No deduction for missing mount from table of elements or for more than 2 180 turns on toes	No deduction for missing spin only deduct for missing CR IF ALL CR'S ARE GIVEN THEN THERE WILL BE NO DEDUCTION FOR NOT HAVING A DISMOUNT (2 ND ACRO LINE NOT REQUIRED)

LEVEL 5 APPENDIX

LEVEL 5 VAULT



DEDUCTIONS IN ADDITION TO USUAL FIG DEDUCTIONS

APPROACH PENALTIES	
Run up distance Less than 17m / more than 25m	0.3
Lack of acceleration in run up	0.1 / 0.3
FIRST HALF OF SALTO PENALTIES	
No heel drive into salto	0.1 / 0.3
Excessive pike/ arch into inverted position in salto	0.1 / 0.3 /0.5
Bent legs less than 90 degrees	0.1 /0.3 /0.5
SECOND HALF OF SALTO PENALTIES	
Failure to maintain stretched body shape after inverted position (piked)	0.1 / 0.3 /0.5
Bent legs less than 90 degrees	0.1 / 0.3 /0.5
PENALTIES THROUGHOUT SALTO	
Bent legs more than 90 degrees throughout (tucked salto)	INVALID
Insufficient height in salto	0.1 /0.3 /0.5
LANDING FAULTS IN ADDITION TO FIG DEDUCTIONS	
Under rotation (no fall bkd)	0.3
Under rotation (fall bkd)	0.5 (+1.00 fall)
Poor body tension /shape in fall forwards	0.1 /0.3 /0.5
DYNAMICS THROUGHOUT	
	0.1 /0.3 /0.5

ANGLE OF COMPLETION GUIDANCE FOR BARS

