

2017 EASTERN COUNTIES GYMNASTICS ASSOCIATION

LEVEL 6, 5, 4 & 3 OUT OF AGE FROM COUNTY QUALIFIERS

LEVEL 2 REGIONAL CHAMPIONSHIP

EAST REGION VOLUNTARY RULES 2017

LEVEL 6 –Age groups 8, 9/10, 11+

<p>U = 0.10</p> <p><u>CR - 0.50 EACH</u></p>	<p>FIG A/B valued and any Uncoded Permitted Elements as shown below. Difficulty Value as stated*</p> <p>Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise.</p> <p>FIG Execution, Artistry and Choreography penalties will be applied unless stated.</p> <p>6 X A/Uncoded elements (UB = 5) No B elements or higher (except B dance elements allowed for BB & FX BB & FX – Minimum 3 dance)</p> <p>Less than required elements = 1.00 penalty for each missing element</p> <p>Bonus is awarded only once and if element is performed without a fall</p>			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	Crash mats	FIG Bar regulations -	FIG Beam regulations	FIG Floor regulations
<p>Age 8 100cm</p> <p>Age 9/10 100cm</p> <p>Age 11+ 110cm</p>	<p>DV 1.50 All ages</p> <p>Flat back onto crash mats</p> <p>Two attempts - best score to count</p>	<p>No Salto Dismount</p> <p>5 A Coded or Uncoded* elements</p> <p>CR:</p> <ol style="list-style-type: none"> 1. Close bar element 2. 1 Bar change LB to HB 3. 0.50 credited – no element required 4. Cast to horizontal <p><u>Use of only 1 bar = 1.00 Penalty</u></p>	<p>A Value Salto allowed</p> <p>6 A Coded/Uncoded* elements</p> <p>CR:</p> <ol style="list-style-type: none"> 1. Acro element no flight 2. Dance series 3. Leap/Hop/Jump 135° <i>split</i> 4. Spin (180° for 0.30, 360° for 0.50CR + bonus) <p><u>B dance elements may be performed</u></p>	<p>A Value Saltos allowed</p> <p>6 A Coded/Uncoded* elements</p> <p>CR:</p> <ol style="list-style-type: none"> 1. Dance passage 2 el 1 with >135 split 2. Acro series (1 element with flight) 3. Acro element FWD/SWD & BWD 4. 360° spin <p><u>B dance elements may be performed</u></p>
Permitted elements (Elements cannot be repeated for DV)		<p>Pullover Cast to horizontal or above</p> <p>Squat on low bar to catch high bar</p> <p>Baby giant Straddle/Pike on undershoot to stand ¾ sole circle dismount</p>	<p>Any A value elements from the Code of Points and any B dance elements may be performed.</p> <p>Holds and Rolls can fulfil CR;</p> <p>Squat/Straddle/Japana on mount</p> <p>Jump to clear straddle support</p> <p>Forward roll Arabesque (90° 2sec hold)</p> <p>Tuck jump 180° spin</p> <p>Round off/Handspring dismount</p>	<p>Any A value elements from the Code of Points and any B dance elements may be performed</p> <p>Cartwheel (any variety)</p> <p>Bwd/Fwd walkover/Tic Toc/Valdez</p> <p>Headspring Handstand forward roll</p> <p>Backward roll to handstand</p> <p>Tuck jump Wolf jump/hop</p>
Bonus – allowed once	<u>N/A</u>	<u>Upstart = 0.50</u>	<p>Artistry deductions apply except mount from CoP not required</p> <p><u>0.50 Awarded for an exercise without a fall that fulfils all DV and CR</u></p>	<p>Artistry deductions apply</p> <p><u>Salto = 0.50 (once only)</u></p>

EAST REGION LEVEL 5 OUT OF AGE VOLUNTARY RULES 2017

OUT OF AGE 9 10/11 12+

U = 10	FIG A or B valued and any Uncoded Permitted Elements as shown below. Difficulty Value as stated Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied unless stated.			
<u>CR .50 Each</u>	7 x B/A/U elements (UB = 5) No C elements or higher. (BB & FX – min 3 dance). Less than 7 elements – 1.00 penalty for each missing element			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	Two Vaults to be performed	FIG Bar regulations	FIG Beam regulations	FIG Floor regulations
	Handspring over vault table 1 springboard allowed DV 2.00 Height 9 & 10/11 110cm 12+ 120cm <u>Best score to count</u>	A valued salto dismount allowed 1. Upstart 2. Bar change LB to HB 3. Close bar element 4. Cast above horizontal <u>Use of only 1 Bar = penalty 2.00</u>	A value salto dismount allowed 1. Acro element BWD 2. Acro element FWD/SWD 3. Dance series 1 element with 180° split 4. 360° spin <u>Artistry deductions apply except mount from CoP not required</u>	A value saltos allowed (no B's) 1. Dance passage 2 elements one with 180° split 2. Salto backward in acro line 3. Salto FWD/SWD 4. 360° Spin <u>Artistry deductions apply</u>
Uncoded Permitted Elements		Squat on low bar to catch high bar Pullover Cast to horizontal or above Baby giant Straddle/pike on undershoot ¾ sole circle dismount	(Holds and rolls can fulfil CR) Squat/straddle/Japana mount Jump to clear support mount Forward roll Arabesque (90° & 2 sec hold) Tuck Jump Round off/Handspring dismount	Cartwheel (any) Backward walkover Forward walkover Valdez/Tick Toc Headspring Handstand forward roll Backward roll to handstand Tuck jump Wolf jump/hop Cat leap
BONUS Awarded only once		N/A	A bonus of .50 awarded for an exercise without a fall that fulfils all DV and CR's	Both saltos in acro lines = 0.50 bonus

EASTERN COUNTIES LEVEL 4 OUT OF AGE VOLUNTARY RULES 2017

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F,G,H = 0.50	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017] together with permitted *Uncoded Elements as shown below</p> <p>Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied</p> <p>BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 3 acrobatic (min) + 3 dance (min) + 2 optional FLOOR 4 x Acro lines (max)</p> <p>Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value</p> <p>*Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
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			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	FIG Vault regulations (including standard landing area) Height 10/11 - 120cm 12+ 125cm	FIG Bar regulations	FIG Beam regulations	FIG Floor regulations
Requirements	<p>A coded vault from the FIG code of points</p> <p>Maximum DV 3.00</p> <p>Somersault vaults are not permitted.</p> <p>Best score to count of 2 vaults (can be the same or different)</p>	<p><i>The gymnast will receive 2.00 for CR .</i></p> <p><i>Dismount must be included in counting elements</i></p> <p>Dismount <i>*A only allowed*</i></p> <p><i>Unpermitted dismount = 0.30 deduction</i></p>	<p>1. Connection of minimum 2 different dance elements :</p> <ul style="list-style-type: none"> To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position <p>2. Any coded 1/1 spin on one foot in forwards direction</p> <p>3. 1 x acrobatic series with 2 elements (min)</p> <ul style="list-style-type: none"> 1 x with flight (not salto) not connected into dismount <p>4. Acro elements in different directions (fwd/swd & bwd)</p> <p>Dismount must be included in counting elements A only allowed</p> <p>Unpermitted dismount = 0.30 deduction</p>	<p>1. Dance passage to include minimum 2 x different leap or hops:</p> <ul style="list-style-type: none"> To include a leap or hop with 180° split (cross or side) or straddle position <p>2. 2 x saltos in different directions fwd & bwd</p> <p>3. 2 x acro lines, one with 2 different saltos</p> <p>4. Dismount</p> <p>Dismount must be included in counting elements A only allowed</p> <p>Unpermitted dismount = 0.30 deduction</p>
*Uncoded Elements Permitted (may receive 0.10 DV)		<p>Cast above 45°</p> <p>3/4 giant from LB to HB – No penalty for empty swing at end of element</p> <p>Squat onto low bar jump to catch high bar (no penalty)</p> <p>Straddle or pike on undershoot dismount</p> <p>3/4 sole circle dismount</p>	<p>Forward roll Straight jump Tuck jump</p>	<p>Cartwheel Valdez</p> <p>Backward walkover Forward walkover</p> <p>Headspring Handstand forward roll</p> <p>Cat leap Tuck jump</p> <p>Backward roll to handstand</p>
Barred elements as Vol In Age	Any vault above 3.00 DV	Barred elements do not apply to OOA gymnasts	Barred elements do not apply to OOA gymnasts	Barred elements do not apply to OOA gymnasts
BONUS in addition to FIG		0.50 - Backward giant without a fall (given once only)	<p>0.20 Dance + Acro (Min a + B)</p> <p>0.40 Series bonus of 3 elements (Dance, Acro or Mixed. ie. A+B+A = 020 +020</p>	

As at 1st July 2017

EASTERN COUNTIES OUT OF AGE VOLUNTARY RULES 2017

LEVEL 3 – 11/12, 13+

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E, F, G H I = 0.50	<p style="text-align: center;">Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017]. Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 3 acrobatic (min) + 3 dance (min) + 2 optional. FLOOR 4 Acro lines (max) BARS - Backward giant can receive Difficulty Value twice *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercise	FIG Rules apply for Beam & Floor - On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	FIG Vault regulations (including standard landing area) Height 125cm	FIG Bar regulations	FIG Beam regulations	FIG Floor regulations
	<p>A coded vault from the FIG code of points</p> <p>One vault only Maximum DV 3.70</p>	<ol style="list-style-type: none"> 1. Close bar circle element (non flight) (NB BWD/FWD hip circle or sole circle do not fulfil this requirement) 2. Back giant 3. 180° (minimum) non flight element (not mount) <p>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus</p> <p>Dismount must be included in counting elements</p> <p><u>Dismount A only</u> allowed</p> <p>Unpermitted dismount = 0.30 deduction</p>	<ol style="list-style-type: none"> 1. Connection of minimum 2 different dance elements : <ul style="list-style-type: none"> • To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position 2. Any coded 1/1 spin on one foot in a forwards direction 3. 1 x acrobatic series with (min) 2 elements <ul style="list-style-type: none"> • Both elements with flight • (Salto not required) • not connected into dismount 4. Acro elements in different directions (fwd/swd & bwd) <p>Dismount must be included in counting elements</p> <p><u>Dismount A or B</u> only allowed</p> <p>Unpermitted dismount = 0.30 deduction</p>	<ol style="list-style-type: none"> 1. Dance passage to include minimum 2 x different leap or hops: <ul style="list-style-type: none"> • To include a leap or hop with 180° split (cross or side) or straddle position 2. Straight salto with minimum 360° LA turn FWD or BWD 3 FWD acro line (min 2 elements) 4. Salto BWD and Salto FWD in the same or different acro line <p>Routine must include 4 acro and 4 dance skills – 0.2 any missing element</p> <p>Dismount must be included in counting elements</p> <p><u>Dismount B</u> only allowed</p> <p>Unpermitted dismount = 0.30 deduction</p>
Uncoded Elements not permitted		No penalty for jumping LB to HB without element		
Barred elements	Any vault above 3.70 DV	Barred elements do not apply to OOA gymnasts	Barred elements do not apply to OOA gymnasts	Barred elements do not apply to OOA gymnasts
BONUS		0.50 – Additional different close bar element 0.50 - 2 different grips 0.50 – Free Stoop Can be awarded once only	Back spin and forward spin will both be awarded a value 0.20 Full spin, full spin connection any direction 0.20 Each A+B+B series any order, including dismount 0.20 Jump in side position min B Bonus awarded only if routine time limit (1.30)	

As at 1st July 2017

EASTERN COUNTIES OUT OF AGE VOLUNTARY RULES 2016

LEVEL 2 – 12/13 14+

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F,G,H = 0.50	<p style="text-align: center;">Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013]. Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise.</p> <p style="text-align: center;">FIG Execution, Artistry and Choreography penalties will be applied</p> <p style="text-align: center;">BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 5 acrobatic (max) + 3 dance (min) FLOOR 4 Acro lines (max)</p> <p style="text-align: center;">*Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
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			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	FIG Vault regulations (including standard landing area) Height 125cm	FIG Bar regulations - performed on asymmetric bars	FIG Beam regulations	FIG Floor regulations Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element
Requirements	<p>A coded vault from the FIG code of points One vault only Maximum DV 4.40</p> <p>GBR Modifications Apply (recognition of open tuck) Open tuck yurchenko - 4.20 (no 4.00) Open tuck tsukahara - 4.40 (no 3.00)</p>	<p>Gymnasts may start on LB or HB (coded MT). Board (if required) placed onto of all mats</p> <p><i>Flight elements not required - award .50 CR</i></p> <p><i>Gymnasts must perform the following CRs to receive .50 for each (a gymnast who does not meet any of these requirements will still receive .50n CR as stated above)</i></p> <p>2 different grips</p> <p>Close bar circle element (non flight) Back hip circle (2.105) and forward hip circle (2.104) not allowed</p> <p>None flight element with 360° LA turn (not mount)</p> <ul style="list-style-type: none"> Dismount B or C only allowed or NO DV/CR (A value dismount can be performed but will not receive CR) <p>Gymnasts lifted to the high bar to commence their routine will incur a 1.00 deduction for spotting assistance and a .50 empty swing penalty for her trolley swing</p>	<p>1. Connection of minimum 2 different dance elements :</p> <ul style="list-style-type: none"> To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position To include 1 x C leap/jump/hop <p>2. Minimum 1/1 spin</p> <p>3. 1 x acrobatic series with 2 flight elements minimum 1 x salto</p> <p>4. Acro elements in different directions (fwd/swd & bwd)</p> <p>5. Dismount B or C only allowed or NO DV/CR (A value dismount can be performed but will not receive CR)</p>	<p>1. Dance passage of minimum 2 x different leap or hops:</p> <ul style="list-style-type: none"> To include a leap or hop with 180° split (cross or side) or straddle position <p>2. 1 x Acrobatic line (2 x different saltos)</p> <p>3. 2 x Saltos in different directions fwd/swd & bwd</p> <p>4. Straight salto with minimum 360° LA turn forward or backward</p> <p>5. Dismount B or C salto only allowed or NO DV/CR</p> <p>(A value dismount can be performed but will not receive CR)</p>
Uncoded Permitted Elements Received 0.10 DV		<p>Squat onto low bar - jump to catch high bar <i>There will be no penalty for performing a jump from LB to HB. Sole circle is not considered a close bar element</i></p>		
BONUS	0.50 Performing yurchenko entry vault with salto <u>Only awarded if performed with no fall WTC: 8/82016</u>	0.50 Backwards double tuck salto or frontaway 540° LA turn	0.30 Connection of 1/1 spin & jump leap with (min) 180° split - No tolerance allowed. Can be performed in any order 0.30 Free walkover/free cartwheel/side salto in series with dance element. Can be performed in any order	<p>Indirect connection between</p> <p>0.10 3 x saltos.</p> <p>0.10 2 x saltos (1 x straight 360° LA turn)</p> <p>Direct connection between:</p> <p>0.20 2 x saltos forward (1 x straight 360° LA turn)</p> <p>0.50 Double back salto</p>

Barred elements (as In Age Voluntary) do not apply to OOA gymnasts

As at 1st July 2017