

A = 0.1

LONDON NOVICE RULES 2022 (8 – 15+ YEARS)

Rules, Regulations and Difficulty Value are as FIG Cycle 14 Code of Points unless otherwise stated

Any element higher than A will not receive DV

Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value



	VAULT	A.BARS	BEAM	FLOOR
Short Exercise		Exercise with less than 5 elements will be deducted 1.00 for each missing element	Exercise with less than 5 elements will be deducted 1.00 for each missing element	Exercise with less than 7 elements will be deducted 1.00 for each missing element
Content		6 Elements inc dismount Counted for DV	7 Elements inc dismount are counted for DV Minimum 2 Dance & 2 Acro (Must be on beam)	8 Elements inc dismount are counted for DV Minimum 3 Dance & 3 Acro
Requirements	<p>HANDSPRING FLAT BACK DV 1.4 Height 100 cm</p> <p>OR</p> <p>Up to 11 years Handspring 12+ up to ½ on</p> <p>Height 8/9 100 cm 10/11 - 110 cm 12+ - 120 cm</p> <p>2 Vaults Best Vault to Count 2 different vaults may be performed</p>	<p>No CR's Required at this level</p> <p>CR1 Awarded 0.50 CR2 Awarded 0.50 CR3 Awarded 0.50 CR4 Awarded 0.50</p> <p>Total CR = 2.00</p>	<p>CR1 One connection of 2 different dance elements (leaps or jumps)</p> <p>CR2 ½ spin OR Any Grp 3 turns</p> <p>CR3 Leap / Jump 135° split</p> <p>CR4 Acro Element no flight</p> <p>Total CR = 2.00</p>	<p>CR1 Dance passage 2 different leaps/hops (from code), connected directly or indirectly. 1 with 135° split (cross/side or straddle)</p> <p>CR2 Acro series (flight not req)</p> <p>CR3 Acro element FWD/SWD & BWD</p> <p>CR4 2nd acro series with or without flight</p> <p>Total CR =2.00</p>
Bonus		<p>Routine with no falls or stop 0.5 (Intermediate swing = stop) Must have all CR'S</p>	<p>Routine with no falls 0.5 Must have all CR'S</p>	
Uncoded Permitted Elements (0.1 value)		<p>Mount Jump to Front Support Circle up low bar Cast to horizontal or above Squat on LB to catch HB ¾ Giant from LB to HB ¾ Giant on HB Dismount Elements: Straddle or Pike on undershoot ¾ Sole circle</p>	<p>Squat / Straddle / Japana on mount Jump to clear straddle support Forward Roll Tuck jump Straight jump 180° spin Arabesque (90° 2 sec hold) Dismount: Round off or Handspring Kick to handstand (Not held)</p>	<p>Cartwheel Any variety Bwd/Fwd walkover / Valdez Headspring Fwd roll & Free fwd roll Handstand fwd roll Bwd Roll Bwd roll to handstand Tuck jump Wolf jump</p>
Notes		<p>No deduction for jump to HB No deduction for bent leg sole circle No intermediate swing deduction</p>		<p>The dismount is the last counting acro line</p> <p>Flic to one and Flic to 2 are different elements at novice</p> <p>NO DISMOUNT will be credited if only 1 acro line Any difficulty (acro) performed after last counting acro line will not be counted for DV</p>

A = 0.1
B = 0.2

LONDON ZINC (CLUB) RULES 2022 (8 – 15+ YEARS)

Rules, Regulations and Difficulty Value are as National Classic Challenge Rules with amendments below



	VAULT	A.BARS	BEAM	FLOOR
Requirements	In addition FIG CODED VAULT NO Vault with Salto	As per National rules	As per National rules	As per National rules
Uncoded Permitted Elements (0.1 value)		Sole Circle ¾ Giant on HB Dismount Elements: Straddle or Pike on undershoot HB ¾ Sole circle	Mounts: Straddle over to sit & Squat	Headspring Fwd roll & Free fwd roll Bwd Roll Valdez
Bonus		Routine with no stop 0.5 (Intermediate swing = stop)	Routine with no falls 0.5	
Notes		No deduction for bent leg sole circle No intermediate swing deduction		

Diagram for Novice

D PANEL

UNCODED ELEMENT VALUE CAST

90° A - 0.10 ded
BELOW 90° NO DV

E Panel deductions in red

