



# Voluntary National Age Group Championships 2008

## Level 2 - 11 years

Difficulty Value	Only FIG Coded elements may be used. Elements will be given Difficulty Value according to FIG Cycle 11 Code of Points [2007] FIG Execution Penalties will be applied. <b>BARS &amp; FLOOR - 9 highest elements + dismount    BEAM - 8 highest elements + spin + dismount</b> Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Same element can only count once. No repetition of elements is allowed. <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.							
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							
Vault	Bars		Beam		Floor			
<b>A=0.10 B=0.20</b> <b>C=0.30 D=0.40</b> <b>E=0.50 F=0.60</b> <b>G=0.70</b>								
<b>Any Vault with higher Difficulty Value than 4.60</b>	<b>Barred Elements</b>		<b>Cast to handstand with legs straddled [hips bent]</b> <i>Gienger roll with turn after handstand</i> <b>Dismount</b> <i>Salto backward with 180°/540°/900° turn off</i> <i>Salto forward with 360°/720° turn off</i>		<b>Salto backwards [Mount or content]</b> <i>Free cartwheel/Free walkover allowed</i> <b>Hops/jumps/leaps with more than 180° LA turn except 360° vertical jump</b>			
<b>Vault 1.00 DV 2.40</b> Handspring <b>Vault 1.02 DV 3.20</b> Handspring - 1/1 off <b>Vault 2.10 DV 4.40</b> Handspring front tucked <b>Vault 3.10 DV 4.00</b> Tsukahara tucked <b>Vault 3.20 DV 4.20</b> Tsukahara piked <b>Vault 3.30 DV 4.60</b> Tsukahara straight <b>Vault 4.10 DV 3.80</b> Yurchenko Tucked <b>Vault 4.20 DV 4.00</b> Yurchenko piked <b>Vault 4.30 DV 4.40</b> Yurchenko straight	<b>Recommended Elements</b>		<ul style="list-style-type: none"> <li>* Giant circle backward with 180°/360° turn to handstand</li> <li>* Giant circle forward with 180° turn to handstand</li> <li>* Giant circle forward in 'L' grip</li> <li>* Close circle elements to handstand</li> <li>* Dismount</li> <li>Double salto backwards</li> </ul>		<ul style="list-style-type: none"> <li>* Mount – Coded elements only</li> <li>Connection of:</li> <li>* 2 x Acrobatic elements [1 x salto]</li> <li>* 3 x elements [min 1 x Acrobatic]</li> <li>* Spin [variations above horizontal]</li> <li>* Leaps with up to 180° LA turn</li> <li>* Variations of turn on one leg</li> <li>Connections between</li> <li>* Acrobatic and Artistic elements</li> <li>* Previously learnt elements</li> </ul>			
<b>Height – 125cm</b> <b>1 x springboard</b>	<b>X Award 0.50</b>	<b>BG Deduction [Age Groups only]</b> 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		<ul style="list-style-type: none"> <li>* Double salto tucked</li> <li>* Salto Backward 720° turn</li> <li>* Salto Forward 360°/540°/720° turn</li> <li>* Salto forward step out/Arabian</li> <li>* Connection of recommended elements</li> <li>* Hops/jumps/leaps with 360° LA turn</li> <li>* Dance with emphasis on facial expression</li> <li>* Split leap with up to 180° LA turn</li> <li>* Change leg split leap with up to 360° LA turn</li> <li>* Straddle jump/Straddle piked jump with up to 360° turn</li> <li>* Pike/Wolf jump with up to 360° LA turn</li> <li>* Tour jete</li> <li>* Spin [360° LA turn] free leg above horizontal</li> <li>* Spin [720°-1080° LA turn] free leg optional</li> <li>* Connections between previously learned elements</li> </ul>		
<b>Average score of 2 performed Vaults</b>	<b>✓ Must be performed for 0.50</b>	<b>Single bar - HB 2.50</b> Flight High Bar to Low Bar <b>X</b> Flight Low Bar to High Bar <b>X</b> Flight to same bar <b>X</b> Close circle element Group 2/4/5 <b>✓</b> <b>Dismount – A, B or C [DV + 0.50 EGR] ✓</b> <b>D or more – No DV or EGR &amp; penalty of 0.10</b>		Connection of minimum 2 different dance elements [1 x leap/jump/hop with 180° cross split] <b>✓</b> Turn on 1 foot [spin] <b>✓</b> 1 x acrobatic series with salto [not forward but may perform free walkover] 2 elements minimum <b>✓</b> Acro elements in diff directions [fwd/swd & bwd] <b>✓</b> <b>Dismount – A, B or C [DV + 0.50 EGR] ✓</b> <b>D or more – No DV or EGR &amp; penalty of 0.10</b>		Passage of 2 x different dance elements [minimum] [1 x leap or hop with 180° cross split] <b>✓</b> 1 x Acrobatic series [2 x different saltos] <b>✓</b> 2 x saltos in different directions [fwd/swd & bwd] <b>✓</b> Double BA salto & salto with 360° LA turn <b>✓</b> <b>Dismount – A, B or C [DV + EGR] ✓</b> <b>D or more – No DV or EGR</b>		
<b>Bonus of 0.80 for performing a Yurchenko Vault [Group 4 or 5] without a fall</b>  <b>Must be within the allowed DV</b>	<b>CV as per FIG criteria</b>		<b>No FIG or GB CV</b> <b>Coaches and gymnasts should concentrate their efforts on technical execution.</b>		<b>Exercise with no fall with all EGR's fulfilled 0.50</b> Any connection between: 2 x acrobatic elements [1 x salto] 0.20 3 x different flic flacs 0.20 2 x different flic flacs 0.10 2 x jump/leap with 180° split optional leg 0.20 1/1 spin & jump/leap with 180° split 0.10		Indirect Connection between: 3 x saltos 0.10 2 x saltos [1 x 360° LA turn] 0.10 Direct connection between: 2 x saltos forward [1 x 360° LA turn] 0.20	
<b>Composition</b>		More than 1 x element before mount 0.30 <b>✓</b> Less than 2 grip changes 0.30 <b>✓</b> Bar change with no element 0.10 <b>X</b> No element with 1/1 LA turn 0.30 <b>✓</b> Empty swing 0.30 <b>✓</b> 2+ same element before dismount 0.10 <b>✓</b> No attempt to dismount 0.30 <b>✓</b>		More than 1 element before mount 0.30 <b>✓</b> < 1 x ½ turn on 2 feet 0.10 <b>✓</b> Mount not in code 0.10 <b>✓</b> More than 1 l/j/h to support 0.10 <b>✓</b> Missing move close to beam 0.10 <b>✓</b> No attempt to dismount 0.30 <b>✓</b>		More than 1 leap/jump/hop to support 0.10 <b>✓</b> Missing movement close to the floor 0.10 <b>✓</b> Missing turn on one foot 0.10 <b>✓</b> No attempt to dismount 0.30 <b>✓</b>		





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## Level 4 - 9 years

Difficulty Value	Elements will be given Difficulty Value according to FIG Cycle 11 Code of Points [2007] FIG Execution Penalties will be applied. <b>BARS &amp; FLOOR - 9 highest elements + dismount</b> <b>BEAM - 8 highest elements + spin + dismount</b> Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Uncoded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.					
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					
Vault	Bars		Beam		Floor	
Any Vault with higher Difficulty Value than 4.00	<b>Barred Elements</b>		<i>Cast to handstand with legs straddled [hips bent] Dismount Higher than salto backward straight</i>		<i>Any Saltos [other than dismount] Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</i>	
Vault 3.10 DV 4.00 Tsukahara tucked  Vault 1.00 DV 2.40 Handspring on – handspring off	<b>Recommended Elements</b>		<ul style="list-style-type: none"> <li>* Giant circle backwards to handstand</li> <li>* Giant circle backwards [accelerated]</li> <li>* Cast and straddle pike onto LB.</li> <li>* Cast to handstand with 180°LA turn on LB</li> <li>* Cast to handstand [not straddled]</li> <li>* Dismount - Downswing and straight backward salto to stand.</li> </ul>		<ul style="list-style-type: none"> <li>* Sissone &amp; Split Leap</li> <li>* Straddle jump [cross or side of beam]</li> <li>* Tucked and Wolf jump</li> <li>* Spin on one foot (passé)</li> <li>* Various turns on one foot – optional free leg</li> <li>* Flic-flac [any variation without turn]</li> <li>* Walkover any connection/combination</li> <li>* Handstand [hold in cross or side beam]</li> <li>* Variation of waves</li> <li>* Variation of steps</li> </ul>	
	<b>BG Deduction [Age Groups only]</b> 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			
Height – 115cm 1 x springboard	<b>Uncoded Elements 0.10 each</b>		Cast above 45° Squat onto Low Bar Tucked sole circle Backward hip circle ¾ Giant from LB to HB  <b>Dismounts*</b> *Straddle on undershoot  *Will fulfil dismount EGR		Forward roll Handstand [hold 2 seconds] Cat leap Tuck jump  Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand  Handstand forward roll Headspring Cat leap Tuck jump Wolf jump/hop	
Best score of 2 performed Vaults	<b>EGR 0.50</b>		<b>A Bars - HB 2.50 – LB 1.70</b>		Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross split] ✓	
	X Award 0.50		Flight High Bar to Low Bar X Flight Low Bar to High Bar X Flight to same bar X Close circle element Group 2/4/5 X Dismount - A only allowed* ✓		Turn on 1 foot [spin] ✓ 1 x acrobatic series with 2 elements [minimum] ✓ 1 with flight [not salto] ✓ Acro elements in diff directions [fwd/swd & bwd] ✓ Dismount - A only allowed ✓	
	✓ Must be performed for 0.50		B/C/D or more – No DV or EGR & penalty of 0.10/0.30/0.50 respectively		B/C/D or more – No DV or EGR & penalty of 0.10/0.30/0.50 respectively ✓ C or more – No DV or EGR ✓	
	<b>CV</b>		GB Bonus Backward Giant without fall 0.50 [given once only]		GB Bonus Exercise without a fall 0.50 [provided all EGR's are fulfilled]	
	<b>Composition</b>		More than 1 element before mount 0.30 ✓ Less than 2 grip changes 0.30 X Bar change with no element 0.10 X No element with 1/1 LA turn 0.30 X Empty swing 0.30 ✓ 2+ same element before dismount 0.10 ✓ No attempt to dismount 0.30 ✓		More than 1 element before mount 0.30 ✓ < 1 x ½ turn on 2 feet 0.10 X Mount not in code 0.10 X More than 1 l/j/h to support 0.10 ✓ Missing move close to beam 0.10 ✓ No attempt to dismount 0.30 ✓	
	X No deduct				More than 1 leap/jump/hop to support 0.10 ✓ Missing movement close to the floor 0.10 ✓ Missing turn on one foot 0.10 ✓ No attempt to dismount 0.30 ✓	
	✓ Must fulfil criteria					