



Voluntary National Age Group Championships 2010

Level 4 - 9 years

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.60 G=0.70	Elements will be given Difficulty Value according to FIG Cycle 12 Code of Points [2009] FIG Execution Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] 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 IMPORTANT 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								
<i>Any Vault with higher Difficulty Value than 4.00</i>	Barred Elements	<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>	<i>Salto backward with 540° & any Double salto Hops/jumps/leaps with LA turn [except vertical 360°] 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	Recommended Elements	<ul style="list-style-type: none"> * Giant circle backwards to handstand * Giant circle backwards [accelerated] * Cast and straddle pike onto LB. * Cast to handstand with 180° LA turn on LB * Cast to handstand [not straddled] * Dismount - Downswing and straight b'ward salto <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="padding: 2px;">BG Deduction [Age Groups only]</td> <td style="padding: 2px;">Completed after handstand</td> </tr> <tr> <td style="padding: 2px;">For turns in handstand</td> <td style="padding: 2px;">Up to 30° 0.10 deduction</td> </tr> <tr> <td></td> <td style="padding: 2px;">Up to 60° 0.30 deduction</td> </tr> <tr> <td></td> <td style="padding: 2px;">Up to 90° 0.50 deduction</td> </tr> </table>	BG Deduction [Age Groups only]	Completed after handstand	For turns in 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"> * Sissone & Split Leap * Straddle jump [cross or side of beam] * Tucked and Wolf jump * Spin on one foot (passé) * Various turns on one foot – optional free leg * Flic-flac [any variation without turn] * Walkover any connection/combination * Handstand [hold in cross or side beam] * Variation of waves * Variation of steps 	<ul style="list-style-type: none"> * Salto Backward 360° turn [not EGR] * Salto Backward tuck/pike/straight * Salto Forward tuck/pike/straight * Variety of Dance Elements [positions/shapes] * Sissone * Split leap * Vertical jump with 360° LA turn * Straddle jump/Straddle piked jump * Tuck jump/Cat leap * Wolf hop * Spin [360° LA turn - Pass é-developpé]
BG Deduction [Age Groups only]	Completed after handstand											
For turns in handstand	Up to 30° 0.10 deduction											
	Up to 60° 0.30 deduction											
	Up to 90° 0.50 deduction											
Height – 115cm 1 x springboard	Uncoded Elements 0.10 each	Cast above 45° Squat onto Low Bar Tucked sole circle ¾ Giant from LB to HB	Dismounts* *Straddle on undershoot *Will fulfil dismount CR	Forward roll Cat leap Tuck jump Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Cat leap Tuck jump Wolf jump/hop Straight jump with 1/1								
Best score of 2 performed Vaults	CR 0.50 X Award 0.50 ✓ Must be performed for 0.50	A Bars - HB 2.50 – LB 1.70 Flight element from HB to LB & LB to HB X Flight element on same bar X 2 x Grips + Close circle element [non flight] X 360° non flight element [not mount] X Dismount - A only allowed* ✓ B/C/D or more – No DV or CR	Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross split] ✓ Turn [Group 3] ✓ 1 x acrobatic series with 2 elements [minimum] ✓ 1 x with flight [not salto] – not connected into d'mt ✓ Acro elements in diff directions [f'wd/swd & bwd] ✓ Dismount - A only allowed ✓ B/C/D or more – No DV or CR	Dance passage of 2 x different coded elements [minimum] [1 x leap or hop with 180° cross split] ✓ 1 x acrobatic line with 2 x different saltos ✓ 2 x saltos in different directions [f'wd/swd & bwd] ✓ Double BA salto & salto with LA turn [360° min] X Dismount - A or B salto only allowed [DV+CR] ✓ C or more – No DV or CR								
	CV	GB Bonus Backward Giant without fall 0.50 [given once only]	GB Bonus Exercise without a fall 0.50 [provided all CR's are fulfilled]	No GB Bonus								
	Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Articles 9/10/11 in Cycle 12 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION										
		Bar change without performing an element X	More than 1 x 180° turn on 2 feet with straight legs [throughout exercise] X Mount not from table of elements X	Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11								