

Level 7 - Brass

Gymnasts born in 2017 / 2016 ONLY

ENTRY REQUIREMENTS	Only gymnasts born in 2017 or 2016 may enter this level.		
GENERAL	<p>All routines must include the Set skills as listed below: Bars MUST be performed in the set order as outlined All routines will have a DV of 4.0 - except where bonus is awarded</p>		
Vault	TWO VAULTS - best to count	APPARATUS	BONUS
	Handspring flat back	70cm safety mats MUST use Yurchenko surround	
Bars	METAL BAR ROUTINE	APPARATUS	BONUS
	<p>(must be performed in this order)</p> <ol style="list-style-type: none"> 1. Straight body hang 2. 1 x Leg Lift 3. Chin Up (HOLD 3 secs) 4. Circle over to front support (HOLD 3 secs) 5. Forward Circle to show chin up and return to hang 6. 5 x Fish swings to show good dish and arch shapes 	Single metal bar	
Beam	CR's	APPARATUS	BONUS
	<ul style="list-style-type: none"> - pike lever HOLD - 1/2 Spin to land on toes - Kick to Split handstand (SHOW position) - Cartwheel - Straight Jump - Tuck jump - Any dismount of your choice 	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required	<p>0.5 for performance of Backward Walkover where both feet land on the beam</p> <p>0.5 for performance of a cartwheel straight jump dismount</p>
Floor	CR's	APPARATUS	BONUS
	<ul style="list-style-type: none"> - Acro connection of minimum 2 skills - Forward / sideways acrobatic skill (not cartwheel) - Connection of 2 leaps (split not required) - 1/2 spin to toes immediate 1/2 turn on two feet - Straight Jump into EITHER W, Split OR Straddle Jump - Cat Leap immediate Carthwheel 1/4 turn to lunge 	Floor Area as per FIG	<p>0.5 for acro series with 2 directly connected flight elements</p> <p>0.5 awarded for performance of a forward acrobatic element with flight (ariels permitted)</p>

Level 6 - Aluminium

Gymnasts born in 2016 / 2015 ONLY

ENTRY REQUIREMENTS	Only gymnasts born in 2016 or 2015 may enter this level.		
GENERAL	<p>All routines must include the Set skills as listed below: Bars MUST be performed in the set order as outlined All routines will have a DV of 4.0 - except where bonus is awarded</p>		
Vault	TWO VAULTS - best to count	APPARATUS	BONUS
	- Tuck front somersault to land	30cm safety mats - with an additional 20cm safety mat for the fall to tummy MUST use Yurchenko surround	
Bars	METAL BAR ROUTINE	APPARATUS	BONUS
	<p>(must be performed in this order)</p> <ol style="list-style-type: none"> 1. Dish hold (3 secs) return to straight hang 2. Arch hold (3 secs) return to hang 3. Chin Up (Hold 3 secs) 4. Circle over to front support 5. Cast in a dish shape 6. 5 x Swings forwards and backwards showing good body alignment 	Single metal bar	
Beam	CR's	APPARATUS	BONUS
	<ul style="list-style-type: none"> - pike lever HOLD - 1/2 Spin to land on toes immediate 1/2 turn on 2 feet - Kick to Split handstand (SHOW position) - Cartwheel - Straight Jump - Tuck jump - Split jump with min 135 split - Straight jump fwds or backwards (may be preceded by another skill) 	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required	<p>AWARD 0.5 for performance of Backward Walkover where both feet land on the beam</p> <p>AWARD 0.3 if the straight jump and Tuck jump are connected</p>
Floor	CR's	APPARATUS	BONUS
	<ul style="list-style-type: none"> - Round off Flic - Handspring OR Free Cartwheel - Split Leap immediate Hop with leg above horizontal - Full Spin - Straight Jump into EITHER W, Split OR Straddle Jump - Cat Leap immediate Carthwheel 1/4 turn to lunge 	Floor Area as per FIG	

Level 5 - Platinum

Open Age Aimed at gymnasts who are following the compulsory pathway. 2015 / 2014 / 2013			
GENERAL	Difficulty Value uncoded elements 0.0 A value 0.1 B value 0.2 <b style="color: red;">Performance of any C value element or above is not permitted and will be awarded no DV / CR Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for DV		
Vault	2 Vaults - Average Score Handspring to Stand - fall to tummy	APPARATUS 80cm block / safety mats	BONUS
Bars	CR's - cast above 45degrees from the bar** - upstart on LB & HB - close bar element - bar change	APPARATUS Asymmetric Bars	BONUS 0.5 awarded for successful performance of: - a cast to handstand 0.5 awarded for successful performance of: - a backward giant <i style="color: purple;">once only each (max bonus is</i>
Beam	CR's - 1/1 spin - Connection of 2 diff leaps/jumps (one showing 180° cross/side split) - acro elements fwd/side & backward - acro flight element	APPARATUS Apparatus as per FIG with the option of an additional 20cm safety mat under the beam (FOR 8 YEARS ONLY)	BONUS 0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.
Floor	CR's - Bwd acro line with salto - acro flight elements Fwd/Side & Back (must have flight) Note: round off does NOT fulfil this requirement - Dance passage of 2 different leaps/hops (1x180°cross or side split) - B Value Jump	APPARATUS Floor Area as per FIG	BONUS <b style="color: red;">BARRED ELEMENTS Any B value saltos forward acro line
SHORT EXERCISES	Beam and Floor as per FIG <b style="color: red;">The principal of Acro lines DOES NOT APPLY TO THIS LEVEL - Single acrobatic skills may count regardless of their order within the routine Bars: Minimum 5 elements (1.00 penalty for each missing element)		
Uncoded elements PERMITTED as per North of England Uncoded elements list			

** Cast requirements



No penalty

