	Elite Level 6 - 20	D11 ONLY	
ENTRY REQUIREMENTS	Only gymnasts born in 2011 may enter this level.		
GENERAL	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		
	TWO VAULTS - best to count	APPARATUS	BONUS
Vault	- Tuck front somersault to land and fall to tummy	30cm safety mats - with an additional 20cm safety mat for the fall to tummy  MUST use Yurchenko surround	<b>0.5</b> awarded for performance of the vault with LESS THAN 1.0 DEDUCTIONS
	METAL BAR ROUTINE	APPARATUS	BONUS
Bars	(must be performed in this order) 1. Dish hold (3 secs) return to straight hang 2. Arch hold (3 secs) 3. Chin Up 4. Circle over to 5. Cast in a dish 6. 5 x Swings forwards and backwards showing good body alignment	Single metal bar	
	CR's	APPARATUS	BONUS
Beam	<ul> <li>pike lever HOLD</li> <li>1/2 Spin to land on toes</li> <li>Kick to Split handstand (SHOW position)</li> <li>Cartwheel</li> <li>Straight Jump</li> <li>Tuck jump</li> <li>Split jump with min 135 split</li> </ul>	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required	AWARD 0.5 for performance of Backward Walkover where both feet land on the AWARD 0.3 if the straight jump and Tuck jump are connected
	CR's	APPARATUS	BONUS
Floor	<ul> <li>Round off Flic</li> <li>Handspring OR Free Cartwheel</li> <li>Split Leap immediate Hop with leg above</li> <li>Full Spin</li> <li>Straight Jump into EITHER W, Split OR Straddle</li> <li>Cat Leap immediate Carthwheel 1/4 turn to lunge</li> </ul>	Floor Area as per FIG	

	North Region Volur	ntary Level 6		
	Gymnasts are NOT ELIGIBLE if they have			
	- in any previous Regional Voluntary Levels			
	- in any Previous Regional Voluntary Levels - in any Regional Grades above NDP club grade 5			
FAITDV	, 0	e 5		
ENTRY REQUIREMENTS	- in any North Grades above GRADE 3			
REQUIREIVES	- in North Development Grades			
	Age Groups: 8 years, 11&U, 12&Over	. 2040)		
	minimum age of entry is 8 years (gymnast	s born in 2010)		
	Difficulty Value uncoded elements	0.0		
	A value	0.1		
	/\ value	0.1		
GENERAL	Performance of any B value element o	r above will be awarded	no DV / CR (with the	
GENERAL	-	Split jump on beam)	, , , , , , , , ,	
	Same element can only count once EXCE		coded element may be	
	•	ated for DV	coded cicinent may be	
	-	APPARATUS	BONUS	
	ONE VAULT ONLY 8 yrs and 11 & Under	60cm block plus safety mats		
	Handspring to Flat back	built up to the following	performance of the vault	
	Tranaspring to Flat back	heights:	with LESS THAN 1.0	
			DEDUCTIONS	
Vault		8 years - 80cm +/- 5cm		
	DV 2.4	11 & U - 80cm +/- 5cm		
	12 & Over		BARRED ELEMENTS	
	As per code of points	Vault height 115cm	Any vault higher than	
	DV 2.8 (max)		,	
	CR's	APPARATUS	BONUS	
	- cast above 45degrees from the bar	Asymmetric Bars	0.5 awarded for successful	
			or arranged for succession	
	- element that starts and finishes on LB	Additional 20cm safety mat	performance of an upstart	
Bars		may be used between the	performance of an upstart on either bar. (max bonus	
Bars	<ul><li>element that starts and finishes on LB</li><li>close bar element</li></ul>	· ·	performance of an upstart	
Bars	<ul><li>element that starts and finishes on LB</li><li>close bar element</li></ul>	may be used between the	performance of an upstart on either bar. (max bonus	
Bars	<ul><li>element that starts and finishes on LB</li><li>close bar element</li></ul>	may be used between the	performance of an upstart on either bar. (max bonus	
Bars	<ul> <li>element that starts and finishes on LB</li> <li>close bar element</li> <li>bar change</li> </ul> CR's <ul> <li>1/2 spin to land on toes</li> </ul>	may be used between the bars for <b>8 vears onlv</b>	performance of an upstart on either bar. (max bonus 1.0)	
Bars	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional	performance of an upstart on either bar. (max bonus 1.0)  BONUS	
Bars Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position	may be used between the bars for 8 vears onlv  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for	
	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine	
	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position	may be used between the bars for 8 vears onlv  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL	
	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL	
	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support	may be used between the bars for 8 vears only  APPARATUS Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS Floor Area as per FIG  BARRED ELEMENTS	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acrobatic element forward / sideways (must	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS  Floor Area as per FIG  BARRED ELEMENTS  Backward Saltos	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acrobatic element forward / sideways (must have flight) Note: round off does NOT fulfil this	may be used between the bars for 8 vears only  APPARATUS Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acrobatic element forward / sideways (must have flight) Note: round off does NOT fulfil this requirement	may be used between the bars for 8 vears only  APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS  Floor Area as per FIG  BARRED ELEMENTS  Backward Saltos	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acrobatic element forward / sideways (must have flight) Note: round off does NOT fulfil this requirement Beam and Floor as per FIG	may be used between the bars for 8 vears only  APPARATUS Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward saltos	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acrobatic element forward / sideways (must have flight) Note: round off does NOT fulfil this requirement	may be used between the bars for 8 vears only  APPARATUS Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward saltos	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acrobatic element forward / sideways (must have flight) Note: round off does NOT fulfil this requirement Beam and Floor as per FIG  The principal of Acro lines DOES NOT APPLY regardless of their order within the routine	may be used between the bars for 8 vears only  APPARATUS Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward saltos	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS	
Beam	- element that starts and finishes on LB - close bar element - bar change  CR's - 1/2 spin to land on toes - Connection of 2 diff leaps/jumps - leap/jump showing 180° split position - 1 x backward acro element  (Split jump is permitted)  CR's - Acro series with 3 flight elements - bkwd roll to front support - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acrobatic element forward / sideways (must have flight) Note: round off does NOT fulfil this requirement Beam and Floor as per FIG  The principal of Acro lines DOES NOT APPLY	may be used between the bars for 8 vears only  APPARATUS Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward saltos	performance of an upstart on either bar. (max bonus 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS	

	Nort	h Region Voluntary Level 5		
	Gymnasts are NOT ELIGIBLE if they have co			
ENTRY	- in any previous Regional Voluntary levels ABOVE level 5 WITHIN OUR REGION - in any National Grades 4-1			
REQUIREMENTS	Age Groups: 8 years, 11&U, 12&Over			
	minimum age of entry is 8 years (gymnasts born in 2010)			
	Difficulty Value uncoded elements	0.0		
	A value B value	0.1 0.2		
GENERAL		element or above is not permitted and will be awarded no	DV / CR	
	Same element can only count once	e EXCEPT on bars where an FIG coded element may be	repeated for DV	
	ONE VAULT ONLY	APPARATUS	BONUS (only applies to 8yrs gymnasts)	
	Handspring to Stand - fall to tummy	60cm block plus safety mats built up to the following heights:	<b>0.5</b> awarded for performance of the vault with LESS THAN 1.0	
Vault		8 years - 100cm +/- 5cm (elite pathway) 8 years - 80cm +/- 5cm (national / development pathway)	DEDUCTIONS	
	As per code of points	11 & U - 110cm table 12 & O - 120cm table	BARRED ELEMENTS Any vault higher than 3.5	
	CR's	APPARATUS	BONUS	
	- cast above 45degrees from the bar	Asymmetric Bars	<b>0.5</b> awarded for successful	
Bars	- upstart on LB & HB - close bar element	Asymmetric bars	performance of:	
Bars	- upstart on LB & HB	Asymmetric bars		
Bars	- upstart on LB & HB - close bar element	APPARATUS	performance of:  - a cast to handstand  - a backward giant once only each	
Bars Beam	- upstart on LB & HB - close bar element - bar change		performance of:  - a cast to handstand  - a backward giant once only each (max bonus is 1.0)	
	- upstart on LB & HB - close bar element - bar change  CR's - 1/1 spin - Connection of 2 diff leaps/jumps (one showing 180° cross/side split) - acro elements fwd/side & backward	APPARATUS Apparatus as per FIG with the option of an additional 20cm	performance of:  - a cast to handstand - a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL	
Beam	- upstart on LB & HB - close bar element - bar change  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  CR's - Acro line with salto - acro flight elements Fwd/Side & Back	APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)	performance of:  - a cast to handstand - a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
	- upstart on LB & HB - close bar element - bar change  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  CR's - Acro line with salto	APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)  APPARATUS	performance of:  - a cast to handstand - a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
Beam	- upstart on LB & HB - close bar element - bar change  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  CR's - Acro line with salto - acro flight elements Fwd/Side & Back - Dance passage of 2 different leaps/hops	APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)  APPARATUS  Floor Area as per FIG	performance of:  - a cast to handstand - a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.	
Beam	- upstart on LB & HB - close bar element - bar change  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  CR's - Acro line with salto - acro flight elements Fwd/Side & Back - Dance passage of 2 different leaps/hops (1x180° cross or side split) - B Value Jump  Beam and Floor as per FIG	APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)  APPARATUS  Floor Area as per FIG  BARRED ELEMENTS  Any B value saltos	performance of:  - a cast to handstand - a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS	
Beam	- upstart on LB & HB - close bar element - bar change  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  CR's - Acro line with salto - acro flight elements Fwd/Side & Back - Dance passage of 2 different leaps/hops (1x180° cross or side split) - B Value Jump  Beam and Floor as per FIG The principal of Acro lines DOES NOT APPLY TO routine	APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)  APPARATUS  Floor Area as per FIG  BARRED ELEMENTS  Any B value saltos  THIS LEVEL - Single acrobatic skils may count regardless of	performance of:  - a cast to handstand - a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS	
Beam Floor	- upstart on LB & HB - close bar element - bar change  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  CR's - Acro line with salto - acro flight elements Fwd/Side & Back - Dance passage of 2 different leaps/hops (1x180° cross or side split) - B Value Jump  Beam and Floor as per FIG The principal of Acro lines DOES NOT APPLY TO routine Bars: Minimum 5 elements (1.00 penalty for each mis	APPARATUS  Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)  APPARATUS  Floor Area as per FIG  BARRED ELEMENTS  Any B value saltos  THIS LEVEL - Single acrobatic skils may count regardless of	performance of:  - a cast to handstand - a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS  their order within the	

	North Region Volu	ntary Level 4		
	Gymnasts are NOT ELIGIBLE if they have con	•		
	- in any previous Regional Voluntary levels ABOVE level 4 WITHIN OUR REGION			
	- in any National Grades ABOVE Grade 3			
ENTRY	- in any National Compulsory levels ABOVE level 4			
REQUIREMENTS	- in the Regional Challenge Cup	T		
	Age Groups: 11&U, 12&Over			
	minimum age of entry is 9 years			
	Difficulty Value A value	0.1		
	B value	0.2		
	C value	0.3		
	The state of the s	0.0		
GENERAL	Performance of any D value element or abo	ove is not permitted and	will be awarded no DV / CR	
	Came alament can only sount and EVCE	DT on have whore on Fl	Cooded alament may be	
	Same element can only count once EXCE	eated for DV	G coded element may be	
	·	APPARATUS	BONUS	
	ONE VAULT ONLY	Vault heights as follows:	BOINUS	
	Vaults as per the code of points	Taute Heights as follows:		
	value as per the code of points	11 & U - 115cm		
Vault		12 & O - 125cm		
			BARRED ELEMENTS	
			Any vault with DV higher than	
			3.7	
	CR's	APPARATUS	BONUS	
	- cast ABOVE 90° (above horizontal)	Asymmetric Bars	<b>0.5</b> awarded for successful	
	- upstart on LB & HB		performance of:	
Bars	- close bar element (back hip circle doesn't fulfill this			
	req't) - B value element which starts and finishes on HB		- a cast to handstand (NO TOLERANCE)	
	- b value element which starts and finishes of the		- a backward giant	
			once only	
	CR's	APPARATUS	BONUS	
	- 1/1 spin - Connection of 2 diff leaps/jumps (one showing 180°	Apparatus as per FIG	<b>0.5</b> awarded for performance	
	cross/side split)		of a routine without falls wher	
Beam	- acro elements fwd/side & backward		all CR's are fulfilled	
	- acro series with 2 elements (1 x flight NOT SALTO)		BARRED ELEMENTS	
			Any Salto	
	ent	ADDADATUC	DONILIC	
	CR's - Acro line with forward salto	APPARATUS Floor Area as per FIG	BONUS	
	-Salto's Fwd/Side & Back	Tiour Area as per rid		
	- Dance passage of 2 different leaps/hops			
Floor	(1x180°cross or side split)			
Floor				
Floor	- Acro line to include Salto in the straight position		BARRED ELEMENTS	
Floor			Any Double Salto	
Floor	- Acro line to include Salto in the straight position			

	North Region Volunta	ary Level 3	
	Gymnasts are NOT ELIGIBLE if they have com	•	
	- in any previous Regional Voluntary levels ABOVE level 3 WITHIN OUR REGION		
	- in any National Grades ABOVE Grade 2		
ENTRY	- in any National Compulsory levels ABOVE level 3	<b>.</b>	
REQUIREMENTS	- in the National Challenge Cup		
	Age Groups: 11&U, 12&Over		
	minimum age of entry is 10 years		
	Difficulty Value A value	0.1	
	B value	0.2	
	C value	0.3	
	D value	0.4	
GENERAL	D value	0.1	
	Performance of any E value element or above	e is not permitted and wil	ll be awarded no DV / CR
	ONE VAULT ONLY	APPARATUS	BONUS
		Vault heights as follows:	
	Vaults as per the code of points	11 & U - 120cm	
Vault		12 & O - 125cm	
			BARRED ELEMENTS
			Any vault with DV higher
			than 3.7
	CR's	APPARATUS	BONUS
	- Flight element from LB to HB <u>OR</u> HB to LB	Asymmetric Bars	
	- giant circle with/without 1/2 turn		
Bars	- close bar element (back hip circle doesn't fulfill this		
	req't)		
	- Cast to handstand (feet together or straddled) NO		
	- Cast to handstand (feet together or straddled) NO TOLERANCE		
	TOLERANCE		
	TOLERANCE  CR's	APPARATUS	BONUS
	TOLERANCE  CR's - Minimum 1/1 spin	APPARATUS Apparatus as per FIG	<b>0.5</b> awarded for
	TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180°		<b>0.5</b> awarded for performance of a routine
Beam	TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)		<b>0.5</b> awarded for performance of a routine without falls where all CR's
Beam	TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward	Apparatus as per FIG	<b>0.5</b> awarded for performance of a routine without falls where all CR's are fulfilled
Beam	TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)	Apparatus as per FIG	<b>0.5</b> awarded for performance of a routine without falls where all CR's
Beam	CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)	Apparatus as per FIG	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS
Beam	TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)  CR's	Apparatus as per FIG  APPARATUS	<b>0.5</b> awarded for performance of a routine without falls where all CR's are fulfilled
Beam	CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)	Apparatus as per FIG  APPARATUS	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS
	CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)  CR's  -Acro line to include Salto forward in the straight positions and the straight positions of the salto's Fwd/Side & Back  - Dance passage of 2 different B Value (minimum)	Apparatus as per FIG  APPARATUS	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS  BONUS
Beam	CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)  CR's  -Acro line to include Salto forward in the straight positi-Salto's Fwd/Side & Back  - Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split)	Apparatus as per FIG  APPARATUS	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS  BONUS  BARRED ELEMENTS
	CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)  CR's  -Acro line to include Salto forward in the straight positicular salto's Fwd/Side & Back  - Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split)  - Acro line to include backward somersault with min	Apparatus as per FIG  APPARATUS	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS  BONUS  BARRED ELEMENTS  Any Double Salto
	CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)  CR's  -Acro line to include Salto forward in the straight positi-Salto's Fwd/Side & Back  - Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split)	Apparatus as per FIG  APPARATUS	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS  BONUS  BARRED ELEMENTS  Any Double Salto Salto with more than 720°
	CR's  - Minimum 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)  - acro elements fwd/side & backward  - acro series with 2 flight elements SALTO not required but may be performed)  CR's  -Acro line to include Salto forward in the straight positicular salto's Fwd/Side & Back  - Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split)  - Acro line to include backward somersault with min	Apparatus as per FIG  APPARATUS	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS  BONUS  BARRED ELEMENTS  Any Double Salto

	North Region Volunt		
	Gymnasts are NOT ELIGIBLE if they have com	peted:	
	- in National Compulsory level 1		
	- in the British Championships		
ENTRY REQUIREMENTS			
REQUIREMENTS			
	Age Groups: Open Age		
	minimum age of entry is 11 years		
	Difficulty Value A value	0.1	
	B value	0.2	
	C value	0.3	
	D value	0.4	
GENERAL	2 13.30	• • • • • • • • • • • • • • • • • • • •	
	Performance of any E value element or abov	e is not permitted and will	be awarded no DV / CR
	-		I=
	ONE VAULT ONLY	APPARATUS	BONUS
	Vaults as per the code of points	All gymnasts to compete at	
Vault		125cm	BARRED ELEMENTS
			Any vault with DV higher tha
			4.0
	CR's	APPARATUS	BONUS
	- Flight element from LB to HB <u>OR</u> HB to LB	Asymmetric Bars	
	- 2 x different grips - close bar element (back hip circle doesn't fulfill this		
Bars	req't)		
	- 360° non-flight		
	CDI-	ADDADATUS	DONILIC
	CR's - Minimum 1/1 spin	Apparatus as per FIC	BONUS
	- Connection of 2 diff leaps/jumps (one showing 180°	Apparatus as per FIG	<b>0.5</b> awarded for performand of a routine without falls
	cross/side split)		where all CR's are fulfilled
Beam	- acro elements fwd/side & backward		Where an erro are ranned
	- acro series with 2 flight elements (1 x salto)		BARRED ELEMENTS
			Any Front Salto (free
			cartwheel/Free Walkover
			permitted)
		APPARATUS	BONUS
	CR's		
	- Acro line to include Salto forward in the straight positi		
	- Acro line to include Salto forward in the straight positi-Salto's Fwd/Side & Back		
Floor	<ul> <li>Acro line to include Salto forward in the straight position</li> <li>Salto's Fwd/Side &amp; Back</li> <li>Dance passage of 2 different B Value (minimum)</li> </ul>		DADDED ELEMENTS
Floor	<ul> <li>- Acro line to include Salto forward in the straight positi-Salto's Fwd/Side &amp; Back</li> <li>- Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split)</li> </ul>		BARRED ELEMENTS  Any double salto with LA tur
Floor	<ul> <li>Acro line to include Salto forward in the straight position</li> <li>Salto's Fwd/Side &amp; Back</li> <li>Dance passage of 2 different B Value (minimum)</li> </ul>		
Floor	<ul> <li>- Acro line to include Salto forward in the straight positi-Salto's Fwd/Side &amp; Back</li> <li>- Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split)</li> <li>- Acro line to include C value Salto</li> </ul>		BARRED ELEMENTS Any double salto with LA tur
	<ul> <li>- Acro line to include Salto forward in the straight positi-Salto's Fwd/Side &amp; Back</li> <li>- Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split)</li> </ul>	c Floor Area as per FIG	

## NORTH OF ENGLAND Uncoded Elements List 2018

## Uncoded elements will receive 0.0 DV but will count in your 8 elements and can be used to fulfil CR's EXCEPT WHERE STATED

Upward circle mount
Squat on to low bar
3/4 circle from LB to HB
3/4 giant circle around same bar
piked sole circle dismount
Bars
Straddle undershoot dismount
pike undershoot dismount

THE FOLLOWING SKILLS WILL BE AWARDED B VALUE but judged as per the COP:

Clear hip circle, stalder circle, endo circle, toe on and off where HANDSTAND IS NOT ACHIEVED

All mounts except jump to front support and squat on are now classed as coded therefore NO uncoded mounts are permitted

1/2 spin straight jump with /without half turn tuck jump

Beam | tuck jump

handstand (legs together or split) not held

forward/ backward roll round off dismount handspring dismount free round off dismount

tuck jump with / without 1/2 turn

splits

cartwheel

1 handed cartwheel

Dive cartwheel

backward roll to straddle backward roll to handstand

backward roll to front support

handstand forward roll

backward walkover

forward walkover

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