

Elite Level 6 - 2012 ONLY

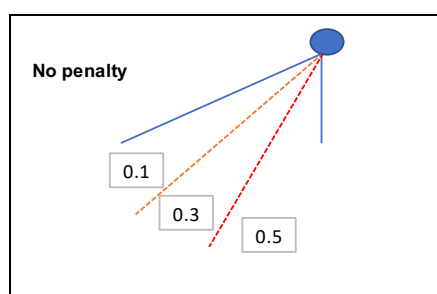
ENTRY REQUIREMENTS	Only gymnasts born in 2012 may enter this level.		
GENERAL	All routines must include the Set skills as listed below: Bars MUST be performed in the set order as outlined All routines will have a DV of 4.0 - except where bonus is awarded		
Vault	TWO VAULTS - best to count	APPARATUS	BONUS
	- 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	0.5 awarded for performance of the vault with LESS THAN 1.0 DEDUCTIONS
Bars	METAL BAR ROUTINE	APPARATUS	BONUS
	(must be performed in this order) 1. Dish hold (3 secs) return to straight hang 2. Arch hold (3 secs) return to hang 3. Chin Up 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
	- pike lever HOLD - 1/2 Spin to land on toes - 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	AWARD 0.5 for performance of Backward Walkover where both feet land on the beam AWARD 0.3 if the straight jump and Tuck jump are connected
Floor	CR's	APPARATUS	BONUS
	- Round off Flic - Handspring OR Free Cartwheel - Split Leap immediate Hop with leg above - Full Spin - Straight Jump into EITHER W, Split OR Straddle - Cat Leap immediate Carthwheel 1/4 turn to	Floor Area as per FIG	

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Voluntary Level 6

Uncoded Elements List	Gymnasts are NOT ELIGIBLE if they have competed: - in any previous Regional Voluntary Levels - in any Regional Grades above NDP club grade 5 - in any North Grades above GRADE 3 - in North Development Grades Age Groups: 8 years, 9 years, 11&U, 12&Over minimum age of entry is 8 years (gymnasts born in 2011)		
	GENERAL	Difficulty Value uncoded elements 0.0 A value 0.1	Performance of any B value element or above will be awarded no DV / CR (with the exception of a Split leap/jump on beam) Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for DV
Vault	ONE VAULT ONLY	APPARATUS	BONUS
	8 yrs and 11 & Under Handspring to Flat back DV 2.4	60cm block plus safety mats built up to the following heights: 8 years - 80cm +/- 5cm 11 & U - 80cm +/- 5cm	0.5 awarded for performance of the vault with LESS THAN 1.0 DEDUCTIONS
	12 & Over As per code of points DV 2.8 (max)	Vault height 115cm	BARRED ELEMENTS Any vault higher than 2.8
Bars	CR's	APPARATUS	BONUS
	- cast above 45degrees from the bar ** - element that starts and finishes on LB - close bar element - bar change	Asymmetric Bars Additional 20cm safety mat may be used between the bars for 8 years only	0.5 awarded for successful performance of an upstart on either bar. (max bonus 1.0)
Beam	CR's	APPARATUS	BONUS
	- 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 leap/jump is permitted)	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required for 8 years only	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.
Floor	CR's	APPARATUS	BONUS
	- 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	Floor Area as per FIG	BARRED ELEMENTS straight bwd saltos Connections from forward saltos forward acro line
SHORT EXERCISES	Beam and Floor as per FIG 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

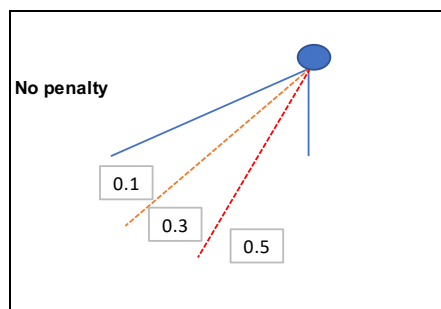


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Voluntary Level 5

Uncoded Elements List	Gymnasts are NOT ELIGIBLE if they have competed: - in any previous Regional Voluntary levels ABOVE level 5 WITHIN OUR REGION - in any National Grades 4-1		
	Age Groups: 8 years, 9 years, 11&U, 12&Over minimum age of entry is 8 years (gymnasts born in 2011)		
GENERAL	Difficulty Value uncoded elements 0.0 A value 0.1 B value 0.2	<p style="text-align: center;">Performance of any C value element or above is not permitted and will be awarded no DV / CR</p> Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for DV	
Vault	ONE VAULT ONLY Handspring to Stand - fall to tummy	APPARATUS 60cm block plus safety mats built up to the following heights: Pre-Level 4 - 100cm +/- 5cm (8 years - compulsory pathway) 8 years - 80cm +/- 5cm (national / development pathway)	BONUS (only applies to 8yrs) 0.5 awarded for performance of the vault with LESS THAN 1.0 DEDUCTIONS
	As per code of points	11 & U - 110cm table 12 & O - 120cm table	BARRED ELEMENTS Any vault higher than 3.5
Bars	CR's - cast above 45degrees from the bar** - upstart on LB & HB - close bar element - bar change	APPARATUS Asymmetric Bars	BONUS 0.3 awarded for successful performance of: - a cast to handstand 0.5 awarded for successful performance of: - a backward giant once only each (max bonus is 0.8)
	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 BARRED ELEMENTS Any B value saltos (8 yrs / 9 yrs only) forward acro line
	Beam and Floor as per FIG		
SHORT EXERCISES	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

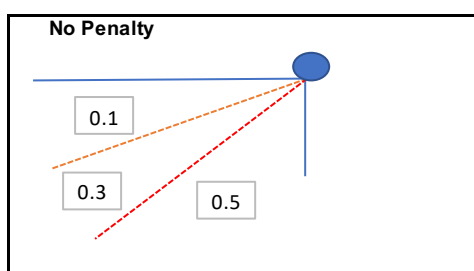


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Voluntary Level 4

Uncoded Elements List	<p>Gymnasts are NOT ELIGIBLE if they have competed:</p> <ul style="list-style-type: none"> - in any previous Regional Voluntary levels ABOVE level 4 WITHIN OUR REGION - in any National Grades ABOVE Grade 3 - in any National Compulsory levels ABOVE level 4 - in the Regional Challenge Cup <p>Age Groups: 11&U, 12&Over minimum age of entry is 9 years</p>							
	GENERAL	<p>Difficulty Value</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding-right: 20px;">A value</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>B value</td> <td style="text-align: right;">0.2</td> </tr> <tr> <td>C value</td> <td style="text-align: right;">0.3</td> </tr> </table> <p style="text-align: center; color: red;">Performance of any D value element or above is not permitted and will be awarded no DV / CR</p> <p style="text-align: center;">Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for DV</p>		A value	0.1	B value	0.2	C value
A value	0.1							
B value	0.2							
C value	0.3							
Vault	ONE VAULT ONLY	APPARATUS	BONUS					
	Vaults as per the code of points	Vault heights as follows: 11 & U - 115cm 12 & O - 125cm	BARRED ELEMENTS Any vault with DV higher than 3.7					
Bars	CR's	APPARATUS	BONUS					
	<ul style="list-style-type: none"> - cast ABOVE 90° (above horizontal)** - upstart on LB & HB - close bar element (back hip circle doesn't fulfill this requirement) - B value element which starts and finishes on HB 	Asymmetric Bars	0.5 awarded for successful performance of: <ul style="list-style-type: none"> - a cast to handstand (NO TOLERANCE) - a backward giant once only 					
Beam	CR's	APPARATUS	BONUS					
	<ul style="list-style-type: none"> - 1/1 spin - Connection of 2 diff leaps/jumps (one showing 180° cross/side split) - acro elements fwd/side & backward - acro series with 2 elements (1 x flight NOT SALTO) 	Apparatus as per FIG	0.5 awarded for performance of a routine without falls where all CR's are fulfilled BARRED ELEMENTS Any Salto					
Floor	CR's	APPARATUS	BONUS					
	<ul style="list-style-type: none"> - Acro line with forward salto - Saltos Fwd/Side & Back - Dance passage of 2 different leaps/hops (1x180°cross or side split) - Acro line to include Salto in the straight position with/without LA turn 	Floor Area as per FIG	BARRED ELEMENTS Any Double Salto					
SHORT EXERCISES	Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing element)							

** Cast requirements



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Voluntary Level 3

Uncoded Elements List	<p>Gymnasts are NOT ELIGIBLE if they have competed:</p> <ul style="list-style-type: none"> - in any previous Regional Voluntary levels ABOVE level 3 WITHIN OUR REGION - in any National Grades ABOVE Grade 2 - in any National Compulsory levels ABOVE level 3 - in the National Challenge Cup <p>Age Groups: 11&U, 12&Over minimum age of entry is 10 years</p>										
	GENERAL	<p>Difficulty Value</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding-right: 20px;">A value</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>B value</td> <td style="text-align: right;">0.2</td> </tr> <tr> <td>C value</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>D value</td> <td style="text-align: right;">0.4</td> </tr> </table> <p style="text-align: center; color: red;">Performance of any E value element or above is not permitted and will be awarded no DV / CR</p>	A value	0.1	B value	0.2	C value	0.3	D value	0.4	
A value	0.1										
B value	0.2										
C value	0.3										
D value	0.4										
Vault	ONE VAULT ONLY	APPARATUS	BONUS								
	Vaults as per the code of points	Vault heights as follows: 11 & U - 120cm 12 & O - 125cm									
			BARRED ELEMENTS Any vault with DV higher than 3.7								
Bars	CR's	APPARATUS	BONUS								
	<ul style="list-style-type: none"> - Flight element from LB to HB OR HB to LB - giant circle with/without 1/2 turn - close bar element (back hip circle doesn't fulfill this req't) - Cast to handstand (feet together or straddled) NO TOLERANCE 	Asymmetric Bars									
Beam	CR's	APPARATUS	BONUS								
	<ul style="list-style-type: none"> - 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 Any Front Salto to land on 2 feet (free cartwheel/Free Walkover permitted)								
Floor	CR's	APPARATUS	BONUS								
	<ul style="list-style-type: none"> -Acro line to include Salto forward in the straight position -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 360° turn 	Floor Area as per FIG									
			BARRED ELEMENTS Any Double Salto Salto with more than 720° LA Turn								
SHORT EXERCISES	Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing element)										

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Voluntary Level 2

Uncoded Elements List	Gymnasts are NOT ELIGIBLE if they have competed: - in National Compulsory level 1 - in the British Championships - In the National Challenge Cup in 2018		
	Age Groups: Open Age minimum age of entry is 11 years		
GENERAL	Difficulty Value A value 0.1 B value 0.2 C value 0.3 D value 0.4	<p align="center">Performance of any E value element or above is not permitted and will be awarded no DV / CR</p>	
Vault	ONE VAULT ONLY	APPARATUS	BONUS
	Vaults as per the code of points	All gymnasts to compete at 125cm	
			BARRED ELEMENTS Any vault with DV higher than 4.0
Bars	CR's	APPARATUS	BONUS
	- Flight element from LB to HB OR HB to LB - 2 x different grips - close bar element (back hip circle doesn't fulfill this req't) - 360° non-flight element	Asymmetric Bars	
Beam	CR's	APPARATUS	BONUS
	- 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 (1 x salto)	Apparatus as per FIG	0.5 awarded for performance of a routine without falls where all CR's are fulfilled
			BARRED ELEMENTS Any Front Salto (free cartwheel/Free Walkover permitted)
Floor	CR's	APPARATUS	BONUS
	- Acro line to include Salto forward in the straight position -Salto's Fwd/Side & Back - Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split) - Acro line to include C value Salto	Floor Area as per FIG	
			BARRED ELEMENTS Any double salto with LA turn
SHORT EXERCISES	Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing element)		

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Uncoded Elements List

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

Bars	<p>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 Straddle undershoot dismount pike undershoot dismount</p> <p>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</p>
Beam	<p>All mounts except jump to front support and squat on are now classed as coded therefore NO uncoded mounts are permitted</p> <p>1/2 spin straight jump with /without half turn tuck jump handstand (legs together or split) not held forward/ backward roll round off dismount handspring dismount free round off dismount</p>
	<p>tuck jump with / without 1/2 turn star jump Scissor leap half spin to land on toes 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 tic-toc</p>