	Elite Level 6 - borr	2011 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. Missing elements will lose 0 value of move and consider whether 2.0 neutral penalty for non-attempt should also be applied			
	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	0.5 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 front 5. Cast in a dish shape 6. 5 x Swings forwards and backwards showing good body alignment 	Single metal bar		
	CR's	APPARATUS	BONUS	
Beam	 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 	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	
	CR's	APPARATUS	BONUS	
Floor	 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		

	North Region Volum	tary Level 6		
	Gymnasts are NOT ELIGIBLE if they have cor			
	- in any previous Regional Voluntary Levels			
	- in any Regional Grades above NDP club grade 5			
ENTRY	- in any North Grades above GRADE 3			
REQUIREMENTS	- in North Development Grades			
	Age Groups: 8 years, 11&U, 12&Over			
	minimum age of entry is 8 years (gymnasts b	orn in 2010)		
		John m 2010)		
	Difficulty Value uncoded elements	0.0		
	A value	0.1		
GENERAL	Performance of any B value element or abo		/ CR (with the exception	
		jump on beam)		
	Same element can only count once EXCE		oded element may be	
		ated for DV		
	ONE VAULT ONLY	APPARATUS	BONUS	
	8 yrs and 11 & Under	60cm block plus safety mats	0.5 awarded for performance	
	Handspring to Flat back	built up to the following	of the vault with LESS THAN	
		heights:	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)		Any vault nigher than	
	CR's	APPARATUS	BONUS	
	- cast above 45degrees from the bar	Asymmetric Bars	0.5 awarded for successful	
	- element that starts and finishes on LB	Additional 20cm safety mat	performance of an upstart on	
Bars	- close bar element	may be used between the bars	either bar. (max bonus 1.0)	
	- bar change	for 8 vears onlv		
	CR's	APPARATUS	BONUS	
	- 1/2 spin to land on toes	Apparatus as per FIG with the	0.5 awarded for performance	
	- Connection of 2 diff leaps/jumps	option of an additional 20cm	of a routine without falls	
Beam	 leap/jump showing 180° split position 1 x backward acro element 	safety mat under the beam if	WHERE ALL CR'S ARE	
		required for 8 years only	FULFILLED.	
	(Split jump is permitted)			
	CPIe		PONUS	
	CR's - Acro series with 3 flight elements	APPARATUS Floor Area as per FIG	BONUS	
	- bkwd roll to front support			
Floor	- Dance passage of 2 different leaps/hops (1x180°cross			
Floor	or side split)		BARRED ELEMENTS	
	- Acrobatic element forward / sideways (must have		Backward Saltos	
			Connections from forward	
	flight) Note: round off does NOT fulfil this requirement		a a litera	
			saltos	
	Beam and Floor as per FIG	HIS LEVEL - Single acrobatics		
SHORT EXERCISES		HIS LEVEL - Single acrobatic		
SHORT EXERCISES	Beam and Floor as per FIG The principal of Acro lines DOES NOT APPLY TO T their order within the routine			
	Beam and Floor as per FIG The principal of Acro lines DOES NOT APPLY TO T	ng element)	skils may count regardless of	

	T	North Region Vo		
ENTRY REQUIREMENTS	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, 11&U, 12&Over minimum age of entry is 8 years (gymnasts born in 2010)			
GENERAL	Difficulty Value	uncoded elements A value	0.0 0.1	
	Perfor	B value mance of any C value element or a	0.2 above is not permitted and will b	e awarded no DV / CR
	Same element	can only count once EXCEPT on	bars where an FIG coded elen	nent may be repeated for DV
	ONE VAULT ONL	Y	APPARATUS	BONUS (only applies to 8yrs gymnasts)
	Handspring to Stand -	- fall to tummy	60cm block plus safety mats built up to the following heights:	0.5 awarded for performance of th vault with LESS THAN 1.0
Vault			8 years - 100cm +/- 5cm (elite pathway) 8 years - 80cm +/- 5cm (national /	DEDUCTIONS development pathway)
	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
Bars	- cast above 45degre - upstart on LB & HB - close bar element - bar change	es from the bar	Asymmetric Bars	 0.3 awarded for successful performance of: - a cast to handstand - a backward giant once only each (max bonus is 0.6)
	CR's		APPARATUS	BONUS
	- 1/1 spin	leaps/jumps (one showing 180°	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8	0.5 awarded for performance of a routine without falls WHERE ALL CR
Beam	cross/side split) - acro elements fwd/s - acro flight element	side & backward	YEARS ONLY)	
Beam	- acro elements fwd/s	side & backward		BONUS
Beam	 acro elements fwd/s acro flight element CR's Bwd acro line with sa acro flight elements 	alto	YEARS ONLY)	BARRED ELEMENTS straight bwd salto (9yrs only) Any B value saltos (9 yrs only)
	 acro elements fwd/s acro flight element CR's Bwd acro line with s acro flight elements Dance passage of 2 side split) B Value Jump Beam and Floor as per The principal of Activity 	alto Fwd/Side & Back different leaps/hops (1x180°cross or er FIG er FIG	YEARS ONLY) APPARATUS Floor Area as per FIG LEVEL - Single acrobatic skils may	BARRED ELEMENTS straight bwd salto (9yrs only) Any B value saltos (9 yrs only) forward acro line

	North Region Volum	tary Level 4		
	Gymnasts are NOT ELIGIBLE if they have comp	beted:		
	- in any previous Regional Voluntary levels ABOVE le	vel 4 WITHIN OUR REGION	l .	
	- in any National Grades ABOVE Grade 3			
ENTRY	- in any National Compulsory levels ABOVE level 4			
REQUIREMENTS	- in the Regional Challenge Cup			
	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		
GENERAL	Performance of any D 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		
	ONE VAULT ONLY	APPARATUS	BONUS	
		Vault heights as follows:		
	Vaults 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	0.5 awarded for successful	
	- upstart on LB & HB		performance of:	
Bars	- close bar element (back hip circle doesn't fulfill this		a sect to be addressed	
	requirement) - B value element which starts and finishes on HB		 a cast to handstand (NO TOLERANCE) 	
	- D value element which starts and finishes of the		- a backward giant	
			once only	
	CR's	APPARATUS	BONUS	
	- 1/1 spin	Apparatus as per FIG	0.5 awarded for performance of a	
	- Connection of 2 diff leaps/jumps (one showing 180°		routine without falls where all CR	
Beam	cross/side split) - acro elements fwd/side & backward		are fulfilled	
	- acro series with 2 elements (1 x flight NOT SALTO)		BARRED ELEMENTS	
			Any Salto	
	CR's	APPARATUS	BONUS	
	- Acro line with forward salto	Floor Area as per FIG		
	-Saltos Fwd/Side & Back			
Floor	- Dance passage of 2 different leaps/hops (1x180°cross or			
Floor	side split)			
	- Acro line to include Salto in the straight position		BARRED ELEMENTS	
			Any Double Salto	
	with/without LA turn		Any Double Suite	
SHORT EXERCISES	with/without LA turn Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing			
	with/without LA turn			

	North Region Volunta	ry Level 3		
	Gymnasts are NOT ELIGIBLE if they have compet	ed:		
	- in any previous Regional Voluntary levels ABOVE level	3 WITHIN OUR REGION		
	- in any National Grades ABOVE Grade 2			
ENTRY REQUIREMENTS	- in any National Compulsory levels ABOVE level 3			
	- 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		
GENERAL	D value	0.4		
	Performance of any E value element or above is not permitted and will 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		
vauit			BARRED ELEMENTS	
			Any vault with DV higher tha	
			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			
	TOLERANCE			
	CR's	APPARATUS	BONUS	
	- Minimum 1/1 spin	Apparatus as per FIG	0.5 awarded for performance	
	- Connection of 2 diff leaps/jumps (one showing 180°		of a routine without falls whe	
			all CR's are fulfilled	
Beam	cross/side split) - acro elements fwd/side & backward		all CK's are fulfilled	
Beam	- acro elements fwd/side & backward			
Beam				
Beam	- acro elements fwd/side & backward - acro series with 2 flight elements SALTO not required but may be performed) CR's	APPARATUS	BONUS	
Beam	 acro elements fwd/side & backward acro series with 2 flight elements SALTO not required but may be performed) 	APPARATUS Floor Area as per FIG		
	 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 position 			
Beam	 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 position Salto's Fwd/Side & Back Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split) 	Floor Area as per FIG		
	 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 position Salto's Fwd/Side & Back Dance passage of 2 different B Value (minimum) 	Floor Area as per FIG	BONUS BARRED ELEMENTS Any Double Salto	
	 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 position Salto's Fwd/Side & Back Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split) 	Floor Area as per FIG	BONUS BONUS BARRED ELEMENTS Any Double Salto Salto with more than 720°	
	 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 position Salto's Fwd/Side & Back Dance passage of 2 different B Value (minimum) leaps/hops (1x180°cross or side split) 	Floor Area as per FIG	BONUS BARRED ELEMENTS Any Double Salto	

	North Region Volun		
	Gymnasts are NOT ELIGIBLE if they have compo	eted:	
ENTRY REQUIREMENTS	- in National Compulsory level 1		
	- in the British Championships		
	Age Groups: Open Age		
	minimum age of entry is 11 years		
	Difficulty Value A value	0.1	
	B value	0.2	
	C value	0.2	
	D value	0.4	
GENERAL	Performance of any Evalue element or abo		be awarded no DV / CR
	ONE VAULT ONLY	APPARATUS	BONUS
Marsh	Vaults as per the code of points	All gymnasts to compete at 125cm	
Vault		12.3.11	BARRED ELEMENTS
			Any vault with DV higher than
			4.0
	CR's	APPARATUS	BONUS
	- Flight element from LB to HB OR HB to LB	Asymmetric Bars	
	- 2 x different grips		
Bars	- close bar element (back hip circle doesn't fulfill this req't)		
	- 360° non-flight element		
	CR's	APPARATUS	BONUS
	- Minimum 1/1 spin	Apparatus as per FIG	0.5 awarded for performance
	- Connection of 2 diff leaps/jumps (one showing 180°		a routine without falls where a
Poom	cross/side split) - acro elements fwd/side & backward		CR's are fulfilled
Beam	- acro series with 2 flight elements (1 x salto)		BARRED ELEMENTS
			Any Front Salto (free
			cartwheel/Free Walkover
			permitted)
	CR's	APPARATUS	BONUS
	 Acro line to include Salto forward in the straight position Salto's Fwd/Side & Back 	Floor Area as per FIG	
	- Dance passage of 2 different B Value (minimum)		
			BARRED ELEMENTS
Floor	leaps/hops (1x180°cross or side split)		
Floor	leaps/hops (1x180°cross or side split) - Acro line to include C value Salto		Any double salto with LA turn
Floor	- Acro line to include C value Salto		Any double salto with LA turn
Floor SHORT EXERCISES	- Acro line to include C value Salto Beam and Floor as per FIG		Any double salto with LA turn

	NORTH OF ENGLAND Uncoded Elements List 2018		
Uncod	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		
Bars	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 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		
Beam	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 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 star jump Scissor leap half spin to land on toes splits cartwheel 1 handed cartwheel Dive cartwheel backward roll to straddle backward roll to straddle backward roll to front support handstand forward roll backward walkover forward walkover tic-toc		