

**Elite Level 6 - born 2011 ONLY**

<b>ENTRY REQUIREMENTS</b>	<b>Only gymnasts born in 2011 may enter this level.</b>		
<b>GENERAL</b>	<p><b>All routines must include the Set skills as listed below:</b>  <b>Bars MUST be performed in the set order as outlined</b></p> <p><b>All routines will have a DV of 4.0 - except where bonus is awarded. Missing elements will lose 0.5 value of move and consider whether 2.0 neutral penalty for non-attempt should also be applied</b></p>		
<b>Vault</b>	<b>TWO VAULTS - best to count</b>	<b>APPARATUS</b>	<b>BONUS</b>
	- 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
<b>Bars</b>	<b>METAL BAR ROUTINE</b> <b>(must be performed in this order)</b>	<b>APPARATUS</b>	<b>BONUS</b>
	<ol style="list-style-type: none"> <li>1. Dish hold (3 secs) return to straight hang</li> <li>2. Arch hold (3 secs)</li> <li>3. Chin Up</li> <li>4. Circle over to front</li> <li>5. Cast in a dish shape</li> <li>6. 5 x Swings forwards and backwards showing good body alignment</li> </ol>	Single metal bar	
<b>Beam</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	<ul style="list-style-type: none"> <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	<p><b>AWARD 0.5</b> for performance of Backward Walkover where both feet land on the beam</p> <p><b>AWARD 0.3</b> if the straight jump and Tuck jump are connected</p>
<b>Floor</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	<ul style="list-style-type: none"> <li>- Round off Flic</li> <li>- Handspring OR Free Cartwheel</li> <li>- Split Leap immediate Hop with leg above horizontal</li> <li>- Full Spin</li> <li>- Straight Jump into EITHER W, Split OR Straddle Jump</li> <li>- Cat Leap immediate Cartwheel 1/4 turn to lunge</li> </ul>	Floor Area as per FIG	



## North Region Voluntary Level 5

<b>ENTRY REQUIREMENTS</b>	<b>Gymnasts are NOT ELIGIBLE if they have competed:</b> - in any previous Regional Voluntary levels ABOVE level 5 WITHIN OUR REGION - in any National Grades 4-1		
	<b>Age Groups: 8 years, 11&amp;U, 12&amp;Over</b> minimum age of entry is 8 years (gymnasts born in 2010)		
<b>GENERAL</b>	<b>Difficulty Value</b>	uncoded elements                      0.0 A value    0.1 B value    0.2	
	<b>Performance of any C value element or above is not permitted and will be awarded no DV / CR</b>  Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for DV		
<b>Vault</b>	<b>ONE VAULT ONLY</b>	<b>APPARATUS</b>	<b>BONUS (only applies to 8yrs gymnasts)</b>
	Handspring to Stand - fall to tummy	60cm block plus safety mats built up to the following heights:  8 years - 100cm +/- 5cm (elite pathway) 8 years - 80cm +/- 5cm (national / development pathway)	<b>0.5</b> 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	<b>BARRED ELEMENTS</b> Any vault higher than 3.5
<b>Bars</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	- cast above 45degrees from the bar - upstart on LB & HB - close bar element - bar change	Asymmetric Bars	<b>0.3</b> awarded for successful performance of:  - a cast to handstand - a backward giant once only each (max bonus is 0.6)
<b>Beam</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	- 1/1 spin - Connection of 2 diff leaps/jumps (one showing 180° cross/side split) - acro elements fwd/side & backward - acro flight element	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)	<b>0.5</b> awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.
<b>Floor</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	- Bwd 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	Floor Area as per FIG	
			<b>BARRED ELEMENTS</b> straight bwd salto (9yrs only) Any B value saltos (9 yrs only) forward acro line
<b>SHORT EXERCISES</b>	Beam and Floor as per FIG		
	<b>The principal of Acro lines DOES NOT APPLY TO THIS LEVEL - Single acrobatic skills may count regardless of their order within the routine</b>		
Bars: Minimum 5 elements (1.00 penalty for each missing element)			
<b>Uncoded elements PERMITTED as per North of England Uncoded elements list</b>			

### North Region Voluntary Level 4

<b>ENTRY REQUIREMENTS</b>	<b>Gymnasts are NOT ELIGIBLE if they have competed:</b> - 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		
	<b>Age Groups: 11&amp;U, 12&amp;Over</b> minimum age of entry is 9 years		
<b>GENERAL</b>	<b>Difficulty Value</b> A value                      0.1 B value                         0.2 C value                         0.3	<p style="text-align: center;"><b>Performance of any D value element or above is not permitted and will be awarded no DV / CR</b></p> Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for DV	
<b>Vault</b>	<b>ONE VAULT ONLY</b>	<b>APPARATUS</b>	<b>BONUS</b>
	Vaults as per the code of points	Vault heights as follows:  11 & U - 115cm 12 & O - 125cm	
			<b>BARRED ELEMENTS</b> Any vault with DV higher than 3.7
<b>Bars</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	- 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	<b>0.5</b> awarded for successful performance of:  - a cast to handstand <b>(NO TOLERANCE)</b> - a backward giant once only
<b>Beam</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	- 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 ( <b>1 x flight NOT SALTO</b> )	Apparatus as per FIG	<b>0.5</b> awarded for performance of a routine without falls where all CR's are fulfilled
			<b>BARRED ELEMENTS</b> Any Salto
<b>Floor</b>	<b>CR's</b>	<b>APPARATUS</b>	<b>BONUS</b>
	- 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	
			<b>BARRED ELEMENTS</b> Any Double Salto
<b>SHORT EXERCISES</b>	Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing element)		

### North Region Voluntary Level 3

<b>ENTRY REQUIREMENTS</b>	<p><b>Gymnasts are NOT ELIGIBLE if they have competed:</b></p> <ul style="list-style-type: none"> <li>- in any previous Regional Voluntary levels ABOVE level 3 <b>WITHIN OUR REGION</b></li> <li>- in any National Grades ABOVE Grade 2</li> <li>- in any National Compulsory levels ABOVE level 3</li> <li>- in the National Challenge Cup</li> </ul>										
	<p><b>Age Groups: 11&amp;U, 12&amp;Over</b> minimum age of entry is 10 years</p>										
<b>GENERAL</b>	<p><b>Difficulty Value</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">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>	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										
<p><b>Performance of any E value element or above is not permitted and will be awarded no DV / CR</b></p>											
<b>Vault</b>	<b>ONE VAULT ONLY</b>		<b>APPARATUS</b>	<b>BONUS</b>							
	Vaults as per the code of points		Vault heights as follows:  11 & U - 120cm 12 & O - 125cm								
				<p><b>BARRED ELEMENTS</b></p> <p>Any vault with DV higher than 3.7</p>							
<b>Bars</b>	<b>CR's</b>		<b>APPARATUS</b>	<b>BONUS</b>							
	<ul style="list-style-type: none"> <li>- Flight element from LB to HB <b>OR</b> HB to LB</li> <li>- giant circle with/without 1/2 turn</li> <li>- close bar element (back hip circle doesn't fulfill this req't)</li> <li>- Cast to handstand (feet together or straddled) NO TOLERANCE</li> </ul>		Asymmetric Bars								
<b>Beam</b>	<b>CR's</b>		<b>APPARATUS</b>	<b>BONUS</b>							
	<ul style="list-style-type: none"> <li>- Minimum 1/1 spin</li> <li>- Connection of 2 diff leaps/jumps (one showing 180° cross/side split)</li> <li>- acro elements fwd/side &amp; backward</li> <li>- acro series with 2 flight elements <b>SALTO not required but may be performed)</b></li> </ul>		Apparatus as per FIG	<b>0.5</b> awarded for performance of a routine without falls where all CR's are fulfilled							
<b>Floor</b>	<b>CR's</b>		<b>APPARATUS</b>	<b>BONUS</b>							
	<ul style="list-style-type: none"> <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) leaps/hops (1x180°cross or side split)</li> <li>- Acro line to include backward somersault with min 360° turn</li> </ul>		Floor Area as per FIG								
				<p><b>BARRED ELEMENTS</b></p> <p>Any Double Salto Salto with more than 720° LA turn</p>							
<b>SHORT EXERCISES</b>	<p>Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing element)</p>										

## North Region Voluntary Level 2

<b>ENTRY REQUIREMENTS</b>	<b>Gymnasts are NOT ELIGIBLE if they have competed:</b> - in National Compulsory level 1 - in the British Championships		
	<b>Age Groups: Open Age</b> minimum age of entry is 11 years		
<b>GENERAL</b>	<b>Difficulty Value</b>	A value B value C value D value	0.1 0.2 0.3 0.4
<b>Performance of any E value element or above is not permitted and will be awarded no DV / CR</b>			
<b>Vault</b>	<b>ONE VAULT ONLY</b>		<b>APPARATUS</b>
	Vaults as per the code of points		All gymnasts to compete at 125cm
			<b>BARRED ELEMENTS</b> Any vault with DV higher than 4.0
<b>Bars</b>	<b>CR's</b>		<b>APPARATUS</b>
	- Flight element from LB to HB <b>OR</b> 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
<b>Beam</b>	<b>CR's</b>		<b>APPARATUS</b>
	- 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 ( <b>1 x salto</b> )		Apparatus as per FIG
			<b>BARRED ELEMENTS</b> Any Front Salto (free cartwheel/Free Walkover permitted)
<b>Floor</b>	<b>CR's</b>		<b>APPARATUS</b>
	- 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
			<b>BARRED ELEMENTS</b> Any double salto with LA turn
<b>SHORT EXERCISES</b>	Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing element)		

**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**

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><b>THE FOLLOWING SKILLS WILL BE AWARDED B VALUE but judged as per the COP:</b> Clear hip circle, stalder circle, endo circle, toe on and off <b>WHERE HANDSTAND IS NOT ACHIEVED</b></p>
Beam	<p><b>All mounts except jump to front support and squat on are now classed as coded therefore NO uncoded mounts are permitted</b></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>