	North Region Volui	atary Level 7				
		•				
	Gymnasts are NOT ELIGIBLE if they have competed:					
	- in any previous regional voluntary levels					
	- in any Regional Grades above NDP Grade 6					
ENTRY REQUIREMENTS	- in any North Grades above GRADE 6					
	Age Groups: 8 years, 11&U, 12&Over					
	minimum age of entry is 8 years (gymnasts born in 2009)					
	Difficulty Value uncoded elements	0.0				
	A value	0.1				
GENERAL	Performance of any B value elen	nent or above will be awar	ded no DV/CR			
	Same element can only count once for DV					
	ONE VAULT ONLY	APPARATUS	BONUS			
		60cm block plus level safety	<b>0.5</b> awarded for performance			
	- Straight Jump onto vault - kick to handstand flat	mats built up at the end of the				
	back off the end	block	1.0 DEDUCTIONS			
Vault						
	DV 2.4					
	SINGLE BAR ROUTINE	APPARATUS	BONUS			
	(must be performed in this order)	Low bar of Asymmetric Bars				
	1. Upward circle	or a single high bar. (OLDER				
Bars		GYMNASTS MAY USE HIGH				
24.0	2. Cast towards horizontal immediate back hip circle	BAR BUT MAY ONLY				
	3. Dismount (either squat on and straight jump off	STRADDLE SHOOT IF THEY				
	OR Straddle shoot)	CHOOSE THIS OPTION)				
	DV 3.0	ADDADATUS	DONIUS			
	CR's	APPARATUS	BONUS			
	- 1/2 spin - 1 x coded leap	Apparatus as per FIG with the option of an additional 20cm	<b>0.5</b> awarded for performance			
	- 1 x coded acro element fwd/side OR backward (not		of a routine without falls WHERE ALL CR's ARE			
Beam	handstand)	required	FULFILLED.			
	- 1 x coded jump	- oquinou	TOLFILLED.			
	CR's	APPARATUS	BONUS			
	<ul><li>- Acro series with 2 flight elements</li><li>- bkwd walkover <u>OR</u> bkwd roll with straight arms</li></ul>	Floor Area as per FIG				
Floor		BARRED ELEMENTS				
501	- Dance passage of 2 different leaps/hops	All Saltos including free				
	- Dance element with 180 degree cross or side split	cartwheel / free walkover				
	(can be a straddle)					
	Beam and Floor as per FIG					
SHORT EXERCISES	The principal of Acro lines DOES NOT APPLY TO	THIS LEVEL - Single acrobation	skils may count regardless			
	of their order within the routine		,			
	of their order within the routine					
Unc	oded elements PERMITTED as per Nor	th of England Uncoded	elements list			

		North Region Vo	oluntary Level 6			
	Gymnasts are NOT ELIGIBLE if they have competed:					
	- in any previous Regional Voluntary Levels					
	- in any Regional Grades above NDP club grade 5					
ENTDV		_				
ENTRY REQUIREMENTS	- in any North Grades above GRADE 4					
	Age Groups: 8 years, 11&U, 12&Over					
	minimum age of entry is 8 years (gymnasts born in 2009)					
	Difficulty Value	uncoded elements	0.0			
		A value	0.1			
GENERAL	Perfor	mance of any B value e	lement or above will be awa	rded no DV / CR		
	Same elemen	t can only count once E	XCEPT on bars where an FIG	coded element may be		
		I	repeated for DV			
	ONE VAULT ONLY	'	APPARATUS	BONUS		
			60cm block plus safety mats	<b>0.5</b> awarded for performance		
	Handspring to Flat ba	ick	built up to the following	of the vault with LESS THAN		
Vault			heights:	1.0 DEDUCTIONS		
			8 years - 80cm +/- 5cm			
			11 & U - 80cm +/- 5cm			
			12 & O - 100cm +/- 5cm			
	DV 2.4					
	CR's		APPARATUS	BONUS		
	- cast above 45degree		Asymmetric Bars	<b>0.5</b> awarded for successful		
	- element that starts	and finishes on LB		performance of an upstart or		
Bars	- close bar element			either bar. (max bonus 1.0)		
	- bar change					
	CR's		APPARATUS	BONUS		
	CR's - 1/2 spin to land on t	toes	APPARATUS Apparatus as per FIG with the			
	- 1/2 spin to land on t - Connection of 2 diff	leaps/jumps	Apparatus as per FIG with the option of an additional 20cm	<b>0.5</b> awarded for performance of a routine without falls		
Beam	- 1/2 spin to land on to Connection of 2 diffing leap/jump showing	leaps/jumps 180° split position	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if	<b>0.5</b> awarded for performand of a routine without falls		
Beam	- 1/2 spin to land on t - Connection of 2 diff	leaps/jumps 180° split position	Apparatus as per FIG with the option of an additional 20cm	<b>0.5</b> awarded for performance of a routine without falls		
Beam	- 1/2 spin to land on to Connection of 2 diffing leap/jump showing	leaps/jumps 180° split position	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE		
Beam	- 1/2 spin to land on to Connection of 2 diffine leap/jump showing - 1 x backward acro e	leaps/jumps 180° split position lement	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE		
Beam	- 1/2 spin to land on to Connection of 2 diffine leap/jump showing - 1 x backward acro e	leaps/jumps 180° split position lement ight elements	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.		
Beam	- 1/2 spin to land on to Connection of 2 difficulty leap/jump showing - 1 x backward acro e  CR's - Acro series with 3 flush bkwd roll to front such	leaps/jumps 180° split position lement  ight elements upport	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.		
Beam	- 1/2 spin to land on to Connection of 2 difficulty leap/jump showing - 1 x backward acro e  CR's  - Acro series with 3 floor backward roll to front such that contains the contains a cont	leaps/jumps 180° split position lement  ight elements upport different leaps/hops	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.		
	- 1/2 spin to land on to Connection of 2 difficulty leap/jump showing - 1 x backward acro expenses with 3 flustration between the control of	leaps/jumps 180° split position lement  ight elements upport different leaps/hops split)	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG  BARRED ELEMENTS	<b>0.5</b> awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.		
	- 1/2 spin to land on to Connection of 2 difficulty leap/jump showing - 1 x backward acro e  CR's  - Acro series with 3 floor backward roll to front such that contains the contains a cont	leaps/jumps 180° split position lement  ight elements upport different leaps/hops split)	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos	<b>0.5</b> awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.		
	- 1/2 spin to land on to Connection of 2 difficulty leap/jump showing - 1 x backward acro expenses with 3 flustration between the control of	leaps/jumps 180° split position lement  ight elements upport different leaps/hops split)	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG  BARRED ELEMENTS	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.		
	- 1/2 spin to land on to Connection of 2 difficulty leap/jump showing - 1 x backward acro expenses with 3 flustration between the control of	leaps/jumps 180° split position lement  ight elements upport different leaps/hops split) orward	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.		
Floor	- 1/2 spin to land on to Connection of 2 diffication of 2	leaps/jumps 180° split position lement  ight elements upport different leaps/hops split) orward	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward	O.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS		
	- 1/2 spin to land on to Connection of 2 diffication of 2	leaps/jumps 180° split position lement  ight elements upport different leaps/hops split) orward  er FIG ro lines DOES NOT APPLY in the routine	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward saltos  TO THIS LEVEL - Single acrobati	0.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS		
Floor	- 1/2 spin to land on to Connection of 2 diffication of 2	leaps/jumps 180° split position lement  ight elements upport different leaps/hops split) orward er FIG ro lines DOES NOT APPLY	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required  APPARATUS Floor Area as per FIG  BARRED ELEMENTS Backward Saltos Connections from forward saltos  TO THIS LEVEL - Single acrobati	O.5 awarded for performance of a routine without falls WHERE ALL CR's ARE FULFILLED.  BONUS		

	North Region Volum	tary Level 5				
	Gymnasts are NOT ELIGIBLE if they have compe					
	- in any previous Regional Voluntary levels ABOVE level 5					
	- in any National Grades 4-1					
ENTRY						
REQUIREMENTS						
	Age Groups: 8 years, 11&U, 12&Over					
	inimum age of entry is 8 years (gymnasts born in 2009)					
	Difficulty Value uncoded elements	0.0				
	A value	0.1				
	B value	0.2				
GENERAL	D value	0.2				
GENERAL	Performance of any C value element or abov	e is not permitted and will be	awarded no DV / CR			
	Same element can only count once EXCEPT on b	ars where an FIG coded eler	nent may be repeated for			
		DV				
			BONUS (only applies to 8yrs			
	ONE VAULT ONLY	APPARATUS				
			gymnasts)			
		60cm block plus safety mats	<b>0.5</b> awarded for performance			
	Handspring to Stand - fall to tummy	built up to the following	of the vault with LESS THAN			
Vault		heights: 8 years - 100cm +/- 5cm	1.0 DEDUCTIONS			
		8 years - 100cm +/- 3cm	DADDED ELEMENTS			
			BARRED ELEMENTS			
	As per code of points	11 & U - 110cm table	Any vault higher than 3.5			
		12 & O - 120cm table				
	CR's	APPARATUS	BONUS			
	- cast above 45degrees from the bar	Asymmetric Bars	<b>0.5</b> awarded for successful			
	- upstart on LB & HB		performance of:			
	-lass ban slamant		•			
Doug	lars					
Bars	- close bar element - bar change		- a cast to handstand			
Bars			- a cast to handstand - a backward giant			
Bars						
Bars			- a backward giant			
Bars	- bar change	ADDARATUS	- a backward giant once only each (max bonus is 1.0)			
Bars	- bar change  CR's	APPARATUS	- a backward giant once only each (max bonus is 1.0) BONUS			
Bars	- bar change  CR's - 1/1 spin	Apparatus as per FIG with the	- a backward giant once only each (max bonus is 1.0) BONUS 0.5 awarded for performance			
Bars	- bar change  CR's  - 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180°	Apparatus as per FIG with the option of an additional 20cm	- a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls			
Bars Beam	- bar change  CR's  - 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR	- 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			
	- 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 as per FIG with the option of an additional 20cm	- a backward giant once only each (max bonus is 1.0)  BONUS  0.5 awarded for performance of a routine without falls			
	- bar change  CR's  - 1/1 spin  - Connection of 2 diff leaps/jumps (one showing 180° cross/side split)	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR	- 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			
	- 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 as per FIG with the option of an additional 20cm safety mat under the beam FOR	- 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			
	- 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	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)	- 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.			
	- 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	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)  APPARATUS	- 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			
	- 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 as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)	- 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.			
	- 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 as per FIG with the option of an additional 20cm safety mat under the beam FOR 8 YEARS ONLY)  APPARATUS	- 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.			
	- 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	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	- 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	- 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)	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	- 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	- 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	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	- 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	- 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)	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	- 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	- 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	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	- 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	- 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 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	- 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	- 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 THIS	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	- 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	- 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 THIS their order within the routine	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	- 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 SHORT EXERCISES	- 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 THIS their order within the routine  Bars: Minimum 5 elements (1.00 penalty for each missing	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  LEVEL - Single acrobatic skils element)	- 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  may count regardless of			
Beam Floor SHORT EXERCISES	- 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 THIS their order within the routine	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  LEVEL - Single acrobatic skils element)	- 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  may count regardless of			

	North Region Volu	ntary Level 4				
	Gymnasts are NOT ELIGIBLE if they have comp	eted:				
	- in any previous Regional Voluntary levels ABOVE level 4					
	- in any National Grades ABOVE Grade 3					
ENTRY	- in any National Compulsory levels ABOVE level 4					
REQUIREMENTS						
	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				
OFNIED AL						
GENERAL	Performance of any D value element or abo	ove is not permitted and w	vill be awarded no DV / CR			
	Same element can only count once EXCEPT on	hars where an EIC code	d alamant may be repeated fo			
	Same element can only count once excert on	DV	a element may be repeated to			
	ONE VAULT ONLY	APPARATUS	BONUS			
	ONE VACET CIVET	Vault heights as follows:	BONOS			
	Vaults as per the code of points	The state of the s				
		11 & U - 115cm				
Vault		12 & O - 125cm	BARRED ELEMENTS			
			Any vault with DV higher than 3.			
			, , , , , , , , , , , , , , , , , , , ,			
	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)		- a cast to handstand			
	- B value element which starts and finishes on HB		(NO TOLERANCE)			
			- 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 of			
D.	cross/side split)		a routine without falls where all CR's are fulfilled			
Beam	- acro elements fwd/side & backward		Cit's are runnied			
	- 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				
	-Salto's Fwd/Side & Back					
Floor	- Dance passage of 2 different leaps/hops (1x180°cross					
	or side split) - Acro line to include Salto in the straight position		BARRED ELEMENTS			
	with/without LA turn		Any Double Salto			
	with/without LA turn					
	with without LA turn		Tany Bousic Suite			
	Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missin		, my Boasic saits			

		North Region Volunta	ry Level 3			
	<b>Gymnasts are NO</b>	T ELIGIBLE if they have compet	ed:			
	- in any previous Re	gional Voluntary levels ABOVE leve	el 3			
	- in any National Grades ABOVE Grade 2					
ENTRY	- in any National Compulsory levels ABOVE level 3					
REQUIREMENTS						
	Age Groups: 11&U,	12&Over				
	minimum age of e					
		, , , , , , , , , , , , , , , , , , , ,				
	Difficulty Value	A value	0.1			
	·	B value	0.2			
		C value	0.3			
GENERAL		D value	0.4			
	Danfannana	f	:	ha assaulad na DV / CD		
	Pertormanc	e of any E value element or above	is not permitted and will	be awarded no DV / CK		
	ONE VAULT ONLY	,	APPARATUS	BONUS		
	ONE VACET CIVET		Vault heights as follows:	BONOS		
	Vaults as per the code	e of points	Table to the second to the sec			
			11 & U - 120cm			
Vault			12 & O - 125cm	242222		
				BARRED ELEMENTS		
				Any vault with DV higher tha 3.7		
				3.7		
	CR's		APPARATUS	BONUS		
		LB to HB <u>OR</u> HB to LB	Asymmetric Bars			
	- giant circle with/wit					
	_					
Bars	_	back hip circle doesn't fulfill this req't)				
Bars	- close bar element (b					
Bars	- close bar element (b	eet together or straddled) NO				
Bars	- close bar element (b - Cast to handstand (f TOLERANCE					
Bars	- close bar element (b - Cast to handstand (f TOLERANCE		APPARATUS	BONUS		
Bars	- close bar element (b - Cast to handstand (f TOLERANCE CR's - Minimum 1/1 spin	eet together or straddled) NO	APPARATUS Apparatus as per FIG	<b>0.5</b> awarded for performance		
	- close bar element (b - Cast to handstand (f TOLERANCE CR's - Minimum 1/1 spin			<b>0.5</b> awarded for performand of a routine without falls		
Bars Beam	- close bar element (b - Cast to handstand (f TOLERANCE  CR's  - Minimum 1/1 spin - Connection of 2 diff	leaps/jumps (one showing 180°		<b>0.5</b> awarded for performance		
	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s - acro series with 2 fli	leaps/jumps (one showing 180°	Apparatus as per FIG	<b>0.5</b> awarded for performand of a routine without falls		
	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s	leaps/jumps (one showing 180°	Apparatus as per FIG	<b>0.5</b> awarded for performand of a routine without falls where all CR's are fulfilled		
	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s - acro series with 2 fli may be performed)	leaps/jumps (one showing 180°	Apparatus as per FIG	0.5 awarded for performance of a routine without falls where all CR's are fulfilled  BARRED ELEMENTS		
	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s - acro series with 2 fli may be performed)  CR's	leaps/jumps (one showing 180° side & backward ght elements <b>SALTO not required but</b>	Apparatus as per FIG  APPARATUS	<b>0.5</b> awarded for performand of a routine without falls where all CR's are fulfilled		
	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s - acro series with 2 fli may be performed)  CR's	leaps/jumps (one showing 180° side & backward ght elements SALTO not required but	Apparatus as per FIG	0.5 awarded for performance of a routine without falls where all CR's are fulfilled  BARRED ELEMENTS		
Beam	- close bar element (b - Cast to handstand (f TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff cross/side split)  - acro elements fwd/s  - acro series with 2 flimay be performed)  CR's  -Acro line to include S  -Salto's Fwd/Side & E	leaps/jumps (one showing 180° side & backward ght elements SALTO not required but	Apparatus as per FIG  APPARATUS	0.5 awarded for performance of a routine without falls where all CR's are fulfilled  BARRED ELEMENTS		
	- close bar element (b - Cast to handstand (f TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff cross/side split)  - acro elements fwd/s  - acro series with 2 fli may be performed)  CR's  -Acro line to include S  -Salto's Fwd/Side & E  - Dance passage of 2 of leaps/hops (1x180°cro	leaps/jumps (one showing 180° side & backward ght elements SALTO not required but salto forward in the straight position back different B Value (minimum) poss 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		
Beam	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s - acro series with 2 fli may be performed)  CR's -Acro line to include S -Salto's Fwd/Side & E - Dance passage of 2 deaps/hops (1x180°cro - Acro line to include	leaps/jumps (one showing 180° side & backward ght elements SALTO not required but salto forward in the straight position back different B Value (minimum)	Apparatus as per FIG  APPARATUS	O.5 awarded for performance of a routine without falls where all CR's are fulfilled  BARRED ELEMENTS  BONUS  BARRED ELEMENTS  Any Double Salto		
Beam	- close bar element (b - Cast to handstand (f TOLERANCE  CR's  - Minimum 1/1 spin  - Connection of 2 diff cross/side split)  - acro elements fwd/s  - acro series with 2 fli may be performed)  CR's  -Acro line to include S  -Salto's Fwd/Side & E  - Dance passage of 2 of leaps/hops (1x180°cro	leaps/jumps (one showing 180° side & backward ght elements SALTO not required but salto forward in the straight position back different B Value (minimum) poss or side split)	Apparatus as per FIG  APPARATUS	O.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°		
Beam	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s - acro series with 2 fli may be performed)  CR's -Acro line to include S -Salto's Fwd/Side & E - Dance passage of 2 deaps/hops (1x180°cro - Acro line to include	leaps/jumps (one showing 180° side & backward ght elements SALTO not required but different B Value (minimum) coss or side split) backward somersault with min 360°	Apparatus as per FIG  APPARATUS	O.5 awarded for performance of a routine without falls where all CR's are fulfilled  BARRED ELEMENTS  BONUS  BARRED ELEMENTS  Any Double Salto		
Beam	- close bar element (b - Cast to handstand (f TOLERANCE  CR's - Minimum 1/1 spin - Connection of 2 diff cross/side split) - acro elements fwd/s - acro series with 2 fli may be performed)  CR's - Acro line to include S - Salto's Fwd/Side & E - Dance passage of 2 deps/hops (1x180°cro - Acro line to include turn  Beam and Floor as pe	leaps/jumps (one showing 180° side & backward ght elements SALTO not required but different B Value (minimum) coss or side split) backward somersault with min 360°	Apparatus as per FIG  APPARATUS Floor Area as per FIG	O.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°		

	_	North Region Volun	•		
	<b>Gymnasts are NOT E</b>	LIGIBLE if they have compe	ted:		
	- in National Compulsory	level 1			
ENTRY REQUIREMENTS	- in the British Championships				
REQUIREMENTS	Age Groups: Open Age				
	minimum age of ent	A value	0.1		
	Difficulty Value	B value	0.1		
		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	
	Vaults as per the code of	points	All gymnasts to compete at		
Vault			125cm	DADDED ELEMENTS	
				BARRED ELEMENTS  Any vault with DV higher than	
				4.0	
	CR's		APPARATUS	BONUS	
	- Flight element from LB	to HB <u>OR</u> HB to LB	Asymmetric Bars		
	- 2 x different grips				
Bars	- close bar element (back	chip circle doesn't fulfill this req't	)		
	- 360° non-flight element				
	Joo Holl Hight Clement				
	CR's		APPARATUS	BONUS	
	- Minimum 1/1 spin	and in the property of the second	APPARATUS Apparatus as per FIG	<b>0.5</b> awarded for performance	
	- Minimum 1/1 spin - Connection of 2 diff lea	ps/jumps (one showing 180°		<b>0.5</b> awarded for performance a routine without falls where	
Beam	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split)			<b>0.5</b> awarded for performance	
Beam	- Minimum 1/1 spin - Connection of 2 diff lea	& backward		<b>0.5</b> awarded for performance a routine without falls where CR's are fulfilled	
Beam	<ul> <li>Minimum 1/1 spin</li> <li>Connection of 2 diff lea cross/side split)</li> <li>acro elements fwd/side</li> </ul>	& backward		<b>0.5</b> awarded for performance a routine without falls where	
Beam	<ul> <li>Minimum 1/1 spin</li> <li>Connection of 2 diff lea cross/side split)</li> <li>acro elements fwd/side</li> </ul>	& backward		0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS	
Beam	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split) - acro elements fwd/side - acro series with 2 flight	& backward		0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS  Any Front Salto (free cartwheel/Free Walkover permitted)	
Beam	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split) - acro elements fwd/side - acro series with 2 flight	& backward elements <b>(1 x salto)</b>	Apparatus as per FIG  APPARATUS	0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS  Any Front Salto (free cartwheel/Free Walkover	
Beam	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split) - acro elements fwd/side - acro series with 2 flight  CR's - Acro line to include Salt	e & backward elements (1 x salto)  co forward in the straight position	Apparatus as per FIG  APPARATUS	0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS  Any Front Salto (free cartwheel/Free Walkover permitted)	
	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split) - acro elements fwd/side - acro series with 2 flight  CR's - Acro line to include Salt -Salto's Fwd/Side & Back	e & backward elements (1 x salto) to forward in the straight position	Apparatus as per FIG  APPARATUS	0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS  Any Front Salto (free cartwheel/Free Walkover permitted)	
Beam	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split) - acro elements fwd/side - acro series with 2 flight  CR's - Acro line to include Salt - Salto's Fwd/Side & Back - Dance passage of 2 diffe	e & backward elements (1 x salto)  co forward in the straight position cerent B Value (minimum)	Apparatus as per FIG  APPARATUS	0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS  Any Front Salto (free cartwheel/Free Walkover permitted)	
	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split) - acro elements fwd/side - acro series with 2 flight  CR's - Acro line to include Salt -Salto's Fwd/Side & Back	to forward in the straight position (cerent B Value (minimum) or side split)	Apparatus as per FIG  APPARATUS	0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS  Any Front Salto (free cartwheel/Free Walkover permitted)  BONUS  BARRED ELEMENTS	
	- Minimum 1/1 spin - Connection of 2 diff lea cross/side split) - acro elements fwd/side - acro series with 2 flight  CR's - Acro line to include Salt -Salto's Fwd/Side & Back - Dance passage of 2 diffe leaps/hops (1x180°cross	e & backward elements (1 x salto)  to forward in the straight position cerent B Value (minimum) or side split) alue Salto	Apparatus as per FIG  APPARATUS	0.5 awarded for performance a routine without falls where CR's are fulfilled  BARRED ELEMENTS  Any Front Salto (free cartwheel/Free Walkover permitted)  BONUS	

	North Region Voluntary Level 1				
ENTRY REQUIREMENTS	Gymnasts are NOT ELIGIBLE if they have competed: - in British Compulsory Level 1 - in the British Championships				
	Age Groups: Open Age minimum age of entry is 12 years				
	Difficulty Value	A value	0.1		
		B value	0.2		
GENERAL		C value	0.3		
		D value	0.4		
		E value	0.5		
Vault	AS PER FIG JUNIOR (	CODE			
Bars	AS PER FIG JUNIOR (	CODE			
Beam	AS PER FIG JUNIOR (	CODE			
Floor	AS PER FIG JUNIOR (	CODE			
SHORT EXERCISES	AS PER FIG JUNIOR (	CODE			

## NORTH OF ENGLAND Uncoded Elements List 2017

## 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
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

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

Bars

Beam

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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