

North Region Voluntary Level 7					
ENTRY REQUIREMENTS	Gymnasts are NOT ELIGIBLE if they have competed: - in any previous regional voluntary levels - in any Regional Grades above NDP Grade 6 - 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)				
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 Same element can only count once for DV					
Vault	ONE VAULT ONLY		APPARATUS	BONUS	
	- Straight Jump onto vault - kick to handstand flat back off the end DV 2.4		60cm block plus level safety mats built up at the end of the block	0.5 awarded for performance of the vault with LESS THAN 1.0 DEDUCTIONS	
Bars	SINGLE BAR ROUTINE		APPARATUS	BONUS	
	(must be performed in this order) 1. Upward circle 2. Cast towards horizontal immediate back hip circle 3. Dismount (<i>either squat on and straight jump off OR Straddle shoot</i>) DV 3.0		Low bar of Asymmetric Bars or a single high bar. (OLDER GYMNASTS MAY USE HIGH BAR BUT MAY ONLY STRADDLE SHOOT IF THEY CHOOSE THIS OPTION)		
Beam	CR's		APPARATUS	BONUS	
	- 1/2 spin - 1 x coded leap - 1 x coded acro element fwd/side OR backward (not handstand) - 1 x coded jump		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.	
Floor	CR's		APPARATUS	BONUS	
	- Acro series with 2 flight elements - bkwd walkover OR bkwd roll with straight arms		Floor Area as per FIG		
	- Dance passage of 2 different leaps/hops - Dance element with 180 degree cross or side split (can be a straddle)		BARRED ELEMENTS		
			All Saltos including free cartwheel / free walkover		
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				
Uncoded elements PERMITTED as per North of England Uncoded elements list					

North Region Voluntary Level 6									
ENTRY REQUIREMENTS	Gymnasts are NOT ELIGIBLE if they have competed: <ul style="list-style-type: none">- in any previous Regional Voluntary Levels- in any Regional Grades above NDP club grade 5- 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)								
GENERAL	<table><tr><td>Difficulty Value</td><td>uncoded elements</td><td>0.0</td></tr><tr><td></td><td>A value</td><td>0.1</td></tr></table> <p>Performance of any B value element or above will be awarded no DV / CR</p> <p>Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for DV</p>			Difficulty Value	uncoded elements	0.0		A value	0.1
Difficulty Value	uncoded elements	0.0							
	A value	0.1							
Vault	ONE VAULT ONLY	APPARATUS	BONUS						
	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 12 & O - 100cm +/- 5cm	0.5 awarded for performance of the vault with LESS THAN 1.0 DEDUCTIONS						
Bars	CR's	APPARATUS	BONUS						
	<ul style="list-style-type: none">- cast above 45degrees from the bar- element that starts and finishes on LB- close bar element- bar change	Asymmetric Bars	0.5 awarded for successful performance of an upstart on either bar. (max bonus 1.0)						
Beam	CR's	APPARATUS	BONUS						
	<ul style="list-style-type: none">- 1/2 spin to land on toes- Connection of 2 diff leaps/jumps- leap/jump showing 180° split position- 1 x backward acro element	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.						
Floor	CR's <ul style="list-style-type: none">- 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	APPARATUS	BONUS						
		BARRED ELEMENTS							
		Backward Saltos Connections from forward saltos							
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									

North Region Voluntary Level 5

ENTRY REQUIREMENTS	Gymnasts are NOT ELIGIBLE if they have competed: - in any previous Regional Voluntary levels ABOVE level 5 - in any National Grades 4-1		
	Age Groups: 8 years, 11&U, 12&Over minimum age of entry is 8 years (gymnasts born in 2009)		
GENERAL	Difficulty Value uncoded elements 0.0 A value 0.1 B value 0.2	Performance of any C 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	
Vault	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: 8 years - 100cm +/- 5cm	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 0.5 awarded for successful performance of: - a cast to handstand - a backward giant once only each (max bonus is 1.0)
	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 - 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 Floor Area as per FIG	BONUS
		BARRED ELEMENTS	
		Any B value saltos	
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			

North Region Voluntary Level 4

ENTRY REQUIREMENTS	Gymnasts are NOT ELIGIBLE if they have competed: - in any previous Regional Voluntary levels ABOVE level 4 - in any National Grades ABOVE Grade 3 - in any National Compulsory levels ABOVE level 4		
	Age Groups: 11&U, 12&Over minimum age of entry is 9 years		
GENERAL	Difficulty Value A value B value C value	 0.1 0.2 0.3	
	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		
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 - cast ABOVE 90° (above horizontal) - upstart on LB & HB - close bar element (back hip circle doesn't fulfill this req't) - B value element which starts and finishes on HB	APPARATUS Asymmetric Bars	BONUS 0.5 awarded for successful performance of: - a cast to handstand (NO TOLERANCE) - a backward giant once only
	Beam	CR's - 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 Apparatus as per FIG
			BARRED ELEMENTS Any Salto
Floor		CR's - Acro line with forward salto -Salto's 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	APPARATUS 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)		

North Region Voluntary Level 3

ENTRY REQUIREMENTS	Gymnasts are NOT ELIGIBLE if they have competed: - in any previous Regional Voluntary levels ABOVE level 3 - in any National Grades ABOVE Grade 2 - in any National Compulsory levels ABOVE level 3		
	Age Groups: 11&U, 12&Over minimum age of entry is 10 years		
GENERAL	Difficulty Value	A value B value C value D value	0.1 0.2 0.3 0.4
Performance of any E value element or above is not permitted and will be awarded no DV / CR			
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
	- 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
	- 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
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 backward somersault with min 360º turn	Floor Area as per FIG	
			BARRED ELEMENTS Any Double Salto Salto with more than 720º LA turn
SHORT EXERCISES	Beam and Floor as per FIG Bars: Minimum 5 elements (1.00 penalty for each missing element)		

North Region Voluntary Level 2

ENTRY REQUIREMENTS	Gymnasts are NOT ELIGIBLE if they have competed: - in National Compulsory level 1 - in the British Championships		
	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	Performance of any E value element or above is not permitted and will be awarded no DV / CR	
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 6 elements (1.00 penalty for each missing element)		

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										
GENERAL	Difficulty Value <table> <tr><td>A value</td><td>0.1</td></tr> <tr><td>B value</td><td>0.2</td></tr> <tr><td>C value</td><td>0.3</td></tr> <tr><td>D value</td><td>0.4</td></tr> <tr><td>E value</td><td>0.5</td></tr> </table>	A value	0.1	B value	0.2	C value	0.3	D value	0.4	E value	0.5
A value	0.1										
B value	0.2										
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**

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 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>