

EMGA – In Age Level 5 2012

Age Group 8yrs only

Difficulty Value Uncoded = 0.10 A = 0.10 B = 0.20	<p style="text-align: center;">Elements will be given Difficulty Value according to FIG Cycle 12 Code of Points (2009). FIG Execution Penalties will be applied. BARS/BEAM/FLOOR– 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic (max) + 3 dance (min) Barred elements are not allowed and no Difficulty Value will be given if they are performed and a 0.5 penalty will be taken for each barred element performed. Only uncoded A & B value moves allowed. Uncoded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where any element may be repeated for Difficulty Value</p>				
Short Exercise	<p>FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>				
<i>Vault</i>		<i>Bars</i>		<i>Beam</i>	<i>Floor</i>
<i>Handspring Flat Back Tarriff 2.40</i>	<i>Barred Elements</i>	<i>B/C/D Dismounts C or above elements</i>		<i>Any Saltos (including dismount) Free Cartwheels & Free Walkovers C or above elements</i>	<i>Any Saltos and jumps with turns apart from stretch jumps C or above elements</i>
Height – 1.00 metre Blocks / safety mats	Uncoded Elements 0.10 each	<p>Cast above 45° Squat onto Low Bar Tucked sole circle Upward Circle</p>	<p>$\frac{3}{4}$ Giant from LB to HB Dismounts* *Straddle on undershoot (* will fulfill dismount CR)</p>	<p>Stretch Jump (can be used on beam & dismount) Forward Roll Cat Leap Cat Leap $\frac{1}{2}$ Spin Tuck Jump Squat on Mount Japanna Mount Round – off Dismount</p>	<p>Cartwheel Backward walkover Forward walkover Backward roll to handstand</p> <p>Handstand fwd roll Headspring Cat leap Tuck jump Wolf jump/hop Straight Jump</p>
Best score of 2 performed vaults	CR 0.50 √ Must be performed for 0.50	<p>A Bars – HB 2.50 – LB 1.70</p> <p>1.Element from LB to HB (coded or uncoded) ✓ 2. Upstart ✓ 3. Cast 45° or above ✓ 4.Uncoded or Coded Dismount (A only) ✓</p> <p>3 safety mats to be placed leghways under the bars for all gymnasts.</p>		<p>1. Series of 2 different Dance elements (1 x leap/jump/hop with 135 cross split) ✓ 2. $\frac{1}{2}$ spin (minimum) ✓ 3. Acro element on beam ✓ 4. C.Wheel stretch jump dismount (must be linked to get CR). ✓ If a fall or stop between elements dismount will be given but no CR)</p>	<p>1. Dance passage of 2 x different leaps or hops (min) one with 135° cross split ✓ 2. Fwd/Swd acro element ✓ 3. Full Spin (Minimum) ✓ 4. Handspring to either 1 or 2 feet ✓ 5. Round off flic (acro series) ✓</p>
	CV	2nd upstart in routine Bonus 0.50		1/1 spin 0.50	No Bonus
	Specific Apparatus Deductions	<p>Use deductions for Bars/Beam/Floor as in Articles 9/10/11 in cycle 12 Code of Points EXCEPT AS STATED BELOW (X) where there will be NO DEDUCTION</p>			
		Bar change without performing an element X	More than 1 x 180° on 2 feet with straight legs (throughout exercise) X	Mount not from table of elements X	
		<p>Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11</p>			

