

# East Midlands Open Age Group Championships 2012 – Rule Clarifications

## Level 4 – 10 years plus

|  |  |   |   |   |   |
|--|--|---|---|---|---|
| <b>Difficulty Value</b><br>A = 0.10 B = 0.20<br>C = 0.30 D = 0.40<br>E = 0.50 F = 0.60<br>G = 0.70 | Elements will be given Difficulty Value according to FIG Cycle 12 Code of Points (2009). FIG Execution Penalties will be applied.<br>BARS/BEAM/FLOOR– 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic (max) + 3 dance (min)<br>FLOOR 4 x acro lines (max)<br>Barred elements are not allowed and no Difficulty Value will be given if they are performed<br>Uncoded elements as listed below will be recognised and awarded 0.10/0.20 each<br>Same element can only count once EXCEPT on Bars where an element may be repeated for Difficulty Value |   |   |   |   |
| <b>Short Exercise</b>  | FIG Rules apply for Beam & Floor<br>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element  |   |   |   |   |
| <i>Vault</i>   |  | <i>Bars</i>   | <i>Beam</i>   | <i>Floor</i>  |   |
| <i>Any Vault with higher Difficulty Value than 4.00</i>  | <b>Barred Elements</b>   | <i>Dismount higher DV than salto backward straight</i>  | <i>Any Saltos (other than dismount)</i>   | <i>Salto backward 540°<br/>Any double salto</i>   |   |
|  | <b>Uncoded Elements 0.10 except cl circle 0.20</b>   | Cast above 45°<br>Squat onto Low Bar<br>Tucked sole circle  | ¼ Giant from LB to HB<br>Clear circle to horizontal<br>Dismounts<br>Straddle on undershoot will fulfill dismount CR)  | Forward Roll<br>Cat Leap<br>Tuck Jump   | Cartwheel<br>Backward walkover<br>Forward walkover<br>Valdez<br>Backward roll to handstand<br>Handstand fwd roll<br>Headspring<br>Cat leap<br>Tuck jump<br>Wolf jump/hop<br>Straight Jump 1/1 |
| <b>Height – optional<br/>1 x springboard<br/>Best score of 2 performed vaults</b>                  | <b>CR 0.50</b><br><br>X Award 0.50<br><br>✓ Must be performed for 0.50   | <b>A Bars – HB 2.50 – LB 1.70</b><br><br>Flight HB to LB and LB to HB X<br>Flight element on same bar X<br>2 x grips + close circle element (non flight) X<br>360° non flight element (not mount) X<br>Dismount A only ✓<br>B/C/D or more – No DV or CR | Connection of minimum 2 different dance elements (1 x leap/jump/hop with 180°cross split) ✓<br>Turn (group 3) ✓<br>1 x acrobatic series with 2 elements (minimum) 1 with flight (not salto) ✓<br>Acro elements in diff directions (fwd/swd & bwd) ✓<br>Dismount A only allowed ✓<br>B/C/D or more – No DV or CR | Dance passage of 2 x different leaps or hops (min) one with 180° cross split ✓<br>1 x Acro sereis (2 x different saltos) ✓<br>2 x saltos in different directions (fwd/swd & bwd) ✓<br>Double bk salto & salto with LA turn (360°min) X<br>Dismount – A or B salto only allowed (DV + CR) ✓<br>C or more – no DV or CR |   |
|  | <b>CV</b>  | <b>GB Bonus Backward Giant without fall 0.50 (given only once)</b>  | <b>GB BonusExercise without a fall 0.50 (provided all CR's are fulfilled)</b>   | <b>No GB Bonus</b>  |   |
|  | <b>Specific Apparatus Deductions</b>   | 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  |   |   |   |
|  |  | <b>Bar change without performing an element</b> X   | More than 1 x 180° on 2 feet with straight legs (throughout exercise) X<br>Mount not from table of elements X   |   |   |
|  |  | Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11  |   |   |   |