

East Midlands Open Age Group Championships 2012

Level 3 – 11 years plus

Difficulty Value A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F = 0.60 G = 0.70	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) FLOOR – 4 acro lines (max) Barred elements are not allowed and no Difficulty Value will be given if they are performed Same element can only count once EXCEPT on Bars where a max 2 uncoded elements (0.10/0.20) and coded elements may be repeated for Difficulty Value				
Short Exercise	FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element				
Vault		Bars	Beam	Floor	
<i>Any Vault with higher Difficulty Value than 4.00</i>	Barred Elements	<i>Flight on same bar (release)</i>		Salto fwd/swd (mount or content) (Free cartwheel/Free walkover ALLOWED)	Connections from salto bwd with 540° Double salto
Height – optional 1 x springboard	Uncoded Elements 0.10 apart from cl. circle 0.20	Cast above 45° Squat onto Low Bar Tucked sole circle Clear circle to horizontal	¾ Giant from LB to HB Dismounts Straddle on undershoot will fulfill dismount CR)		
Height – optional 1 x springboard Best score of 2 performed vaults	CR 0.50 ✓ Must be performed for 0.50	A Bars – HB 2.50 – LB 1.70 Close bar element (back hip circle not allowed) Cast to 45° or handstand Backward giant circle Flight HB to LB and LB to HB Dismount A or B only C/D or more – No DV or CR	✓ ✓ ✓ X ✓	Connection of minimum 2 different dance elements (1 x leap/jump/hop with 180°cross split) ✓ Turn (group 3) ✓ 1 x acrobatic series with 2 elements (minimum) 1 with flight (not salto)- not connected into dismount ✓ Acro elements in diff directions (fwd/swd & bwd) ✓ Dismount A or B only allowed ✓ C/D or more – No DV or CR	Dance passage of 2 x different coded elements (min) (1 leap or hop with 180° cross split) ✓ 1 x Acro series (2 x different saltos) ✓ 2 x saltos in different directions (fwd/swd & bwd) ✓ Salto with 360° LA turn (2/2 salto not required) ✓ Dismount – A or B salto only allowed (DV + CR) ✓ C or more – no DV or CR
Yurchenko entry on ½ off 3.00 Yurchenko entry on 1/1 off 3.40	CV	EMGA bonus for element from LB-HB(must catch high bar) 0.50 (not upstart or ¾ giant)	GB Bonus Exercise without a fall (provided all CR's are fulfilled) 0.50 Any connection between: 2 x different flics 0.20 flic & walkover (any order) 0.10 (may connect into dismount) 2 x j/l with 180° split optional leg 0.20 1/1 spin & j/l with 180°split*(min) 0.10 * no deviation allowed	Any indirect connection between: whip and salto 0.10	
	Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Article 9/10/11 in Cycle 12 Code of Points EXCEPT AS STATED BELOW (X) where there will be NO DEDUCTIONS			
		Bar change without performing an element X	Use ARTISTRY DEDUCTION on Beam & Floor as in Article 10 & 11		

