



Voluntary National Age Group Championships 2009

Level 2 - 11 years

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.60 G=0.70	Only FIG Coded elements may be used. 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 x acro lines Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Same element can only count once. No repetition of elements is allowed. IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	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
Any Vault with higher Difficulty Value than 4.60	Barred Elements	<i>Cast to handstand with legs straddled [hips bent]</i> <i>Gienger roll with turn after handstand</i> <i>Dismount</i> <i>Salto backward with 180°/540°/900° turn off</i> <i>Salto forward with 360°/720° turn off</i>	<i>Salto forwards [Mount or content]</i> <i>Free cartwheel/Free walkover allowed</i> <i>Hops/jumps/leaps with more than 180° LA turn except 360° vertical jump</i>	<i>Salto backwards 900° LA turn</i> <i>Double salto piked</i> <i>Hops/jumps/leaps with more than 360° LA turn except those recommended</i> <i>Hops/jumps/leaps to front support</i>
Vault 1.00 DV 2.40 Handspring Vault 1.02 DV 3.20 Handspring - 1/1 off Vault 2.10 DV 4.40 Handspring front tucked Vault 3.10 DV 4.00 Tsukahara tucked Vault 3.20 DV 4.20 Tsukahara piked Vault 3.30 DV 4.60 Tsukahara straight Vault 4.10 DV 3.80 Yurchenko Tucked Vault 4.20 DV 4.00 Yurchenko piked Vault 4.30 DV 4.40 Yurchenko straight	Recommended Elements	<ul style="list-style-type: none"> * Giant circle backward with 180°/360° turn to handstand * Giant circle forward with 180° turn to handstand * Giant circle forward in 'L' grip * Close circle elements to handstand * Dismount <li style="padding-left: 20px;">Double salto backwards 	<ul style="list-style-type: none"> * Mount – Coded elements only Connection of: * 2 x Acrobatic elements [1 x salto] * 3 x elements [min 1 x Acrobatic] * Spin [variations above horizontal] * Leaps with up to 180° LA turn * Variations of turn on one leg Connections between * Acrobatic and Artistic elements * Previously learnt elements 	<ul style="list-style-type: none"> * Double salto tucked * Salto Backward 720° turn * Salto Forward 360°/540°/720° turn * Salto forward step out/Arabian * Connection of recommended elements * Hops/jumps/leaps with 360° LA turn * Dance with emphasis on facial expression * Split leap with up to 180° LA turn * Change leg split leap with up to 360° LA turn * Straddle jump/Straddle piked jump with up to 360° turn * Pike/Wolf jump with up to 360° LA turn * Tour jete * Spin [360° LA turn] free leg above horizontal * Spin [720°-1080° LA turn] free leg optional * Connections between previously learned elements
Height – 125cm 1 x springboard	CR Award 0.50	Single bar - HB 2.50 Flight element from HB to LB & LB to HB X Flight element on same bar X 2 x grips + Close circle element [non flight] ✓ 360° non flight element [not mount] ✓ Dismount – B or C [DV + CR] ✓ D or more – No DV or CR	Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross split] ✓ Turn [group 3] ✓ 1 x acrobatic series with salto [not forward but may perform free walkover] 2 elements minimum] ✓ Acro elements in diff directions [fwd/swd & bwd] ✓ Dismount – B or C [DV + CR] ✓ D or more – No DV or CR	Dance passage of 2 x different coded elements [minimum] [1 x leap or hop with 180° cross split] ✓ 1 x acrobatic line [2 x different saltos] ✓ 2 x saltos in different directions fwd/swd & bwd ✓ Double BA salto & salto with 360° LA turn ✓ Dismount – B or C salto [DV + CR] ✓ D or more – No DV or CR
Average score of 2 performed Vaults	Must be performed for 0.50			
Bonus of 0.50 for performing a Yurchenko Vault [Group 4 or 5] without a fall	CV as per FIG criteria	No FIG or GB CV Coaches and gymnasts should concentrate their efforts on technical execution.	Exercise with no fall with all CR's fulfilled 0.50 Any connection between: 2 x acrobatic elements [1 x salto] 0.20 3 x different flic flacs 0.20 2 x different flic flacs 0.10 2 x jump/leap with 180° split optional leg 0.20 1/1 spin & jump/leap with 180° split 0.10	Indirect Connection between: 3 x saltos 0.10 2 x saltos [1 x 360° LA turn] 0.10 Direct connection between: 2 x saltos forward [1 x 360° LA turn] 0.20
Must be within the allowed DV	Specific Apparatus Deductions	Bar change without performing an element X	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 Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11	