



Voluntary National Age Group Championships 2009

Level 3 - 10 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 [max] 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 EXCEPT on Bars where a Backward Giant may be repeated for Difficulty Value 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
Piked Yurchenko and any Vault with higher Difficulty Value than 4.00	Barred Elements	<i>Cast to handstand with legs straddled [hips bent]</i> <i>Flight on same bar [release]</i> <i>Dismount</i> <i>Higher than salto backward straight</i>	<i>Salto f'wards or s'wards [Mount or content]</i> <i>Free cartwheel/Free walkover allowed</i> <i>Hops/jumps/leaps with LA turn</i> <i>Hops/jumps/leaps to front support</i>	<i>Connections from Salto backward with 540°</i> <i>Double salto</i> <i>Hops/jumps/leaps with more than 360° LA turn except those recommended</i> <i>Hops/jumps/leaps to front support</i>
Vault 3.10 DV 4.00 Tsukahara tucked Vault 4.10 DV 3.80 Yurchenko Tucked Vault 1.00 DV 2.40 Handspring on - Handspring off Vault 1.02 DV 3.20 Handspring - 1/1 off	Recommended Elements	* Giant circle backward with 180°-360° turn to 45° above horizontal * Giant circle forward [reverse grip only] * Close circle element – min 45° above horizontal * Cast to handstand with 180° LA turn on LB & HB * Giant circle backwards to handstand * Giant circle backwards [accelerated] * Cast and straddle pike/pike onto LB. * Cast to handstand * Dismount - Downswing and salto backwards straight to stand.	* Mount - Press to handstand from various positions * Connection of 2 x flic-flacs [any variation] * Gainer Flic [clear swing of the backward leg] * Spin [variations below horizontal] * Variation of turns on other body parts * Variations of turn on one leg * Connections between previously learnt elements	* Salto Backward 720° turn * Round off – Whip * Salto Forward tuck/pike with 180° turn * Handspring - Salto Forward straight. * Flyspring * Connection salto forward with no turn * Dance with use of good body movement * Variety of Dance Elements [positions/shapes] * Split leap [straight leg/Passē-developpē] * Straddle jump/Straddle piked jump with 180° turn * Change leg split leap * Vertical jump with up to 720° LA turn * Pike/Wolf jump with up to 180° LA turn * Spin [360° LA turn] free leg Passē] * Spin [up to 720° LA turn] free leg optional * Connections between previously learned elements
Height – 120cm 1 x springboard	CR 0.50 X Award 0.50 ✓ Must be performed for 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] X 360° non flight element [not mount] X Dismount - A only allowed ✓ B/C/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 2 elements [min] ✓ 1 x with flight [not salto] ✓ Acro elements in diff directions [fwd/swd & bwd] ✓ Dismount - A or B [DV + CR] ✓ C 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 ✓ 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
Average score of 2 performed Vaults	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 different flic flacs 0.20 Flic flac & walkover [any order] 0.10 2 x jump/leap with 180° split optional leg 0.20 1/1 spin & jump/leap with 180° split 0.10	Any Indirect Connection between: whip and salto 0.10 2 x saltos 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 DEDUCTION		
		Bar change without performing an element X	Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11	