



# Voluntary National Age Group Championships 2009

## Level 4 - 9 years

<b>Difficulty Value</b> 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. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> 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. Uncoded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.				
<b>Short Exercises</b>	<b>FIG Rules apply for Beam &amp; Floor</b> On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element				
<b>Vault</b>		<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	
<i>Piked Yurchenko and any Vault with higher Difficulty Value than 4.00</i>	<b>Barred Elements</b>	<i>Cast to handstand with legs straddled [hips bent]</i> <i>Dismount</i> <i>Higher than salto backward straight</i>	<i>Any Saltos [other than dismount]</i> <i>Hops/jumps/leaps with LA turn</i> <i>Hops/jumps/leaps to front support</i>	<i>Salto backward with 540° &amp; any Double salto</i> <i>Hops/jumps/leaps with LA turn [except vertical 360°]</i> <i>Hops, jumps/leaps to front support</i>	
<b>Vault 3.10 DV 4.00</b> Tsukahara tucked  <b>Vault 1.00 DV 2.40</b> Handspring on – handspring off	<b>Recommended Elements</b>	* Giant circle backwards to handstand * Giant circle backwards [accelerated] * Cast and straddle pike onto LB. * Cast to handstand with 180°LA turn on LB * Cast to handstand [not straddled] * Dismount - Downswing and straight b'ward salto  <b>BG Deduction [Age Groups only]</b> For turns in handstand	* Sissone & Split Leap * Straddle jump [cross or side of beam] * Tucked and Wolf jump * Spin on one foot (passé) * Various turns on one foot – optional free leg * Flic-flac [any variation without turn] * Walkover any connection/combination * Handstand [hold in cross or side beam] * Variation of waves * Variation of steps	* Salto Backward 360° turn [not CR] * Salto Backward tuck/pike/straight * Salto Forward tuck/pike/straight * Variety of Dance Elements [positions/shapes] * Sissone * Split leap * Vertical jump with 360° LA turn * Straddle jump/Straddle piked jump * Tuck jump/Cat leap * Wolf hop * Spin [360° LA turn - Passé-developpé]	
<b>Height – 115cm</b> <b>1 x springboard</b>	<b>Uncoded Elements 0.10 each</b>	Cast above 45° Squat onto Low Bar Tucked sole circle ¾ Giant from LB to HB	<b>Dismounts*</b> *Straddle on undershoot  *Will fulfil dismount CR	Forward roll Cat leap Tuck jump	Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Cat leap Tuck jump Wolf jump/hop Straight jump with 1/1
<b>Best score of 2 performed Vaults</b>	<b>CR 0.50</b>  X Award 0.50 ✓ Must be performed for 0.50	<b>A Bars - HB 2.50 – LB 1.70</b> 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 [minimum] ✓ 1 x with flight [not salto] ✓ Acro elements in diff directions [fwd/swd & bwd] ✓ Dismount - A only allowed ✓ B/C/D or more – No DV or CR	Dance passage of 2 x different leaps or hops [min] one with 180° cross split ✓ 1 x acrobatic line with 2 x different saltos ✓ 2 x saltos in different directions [fwd/swd & bwd] ✓ Double BA salto & salto with LA turn [360° min] X Dismount - A or B salto only allowed [DV+CR] ✓ C or more – No DV or CR	
	<b>CV</b>	<b>GB Bonus Backward Giant without fall [given once only] 0.50</b>	<b>GB Bonus Exercise without a fall [provided all CR's are fulfilled] 0.50</b>	<b>No GB Bonus</b>	
	<b>Specific Apparatus Deductions</b>	<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 X	More than 1 x 180° on 2 feet with straight legs [throughout exercise] X Mount not from table of elements X		
		<b>Use ARTISTRY DEDUCTIONS on Beam &amp; Floor as in Articles 10 &amp; 11</b>			