

2013 S E Voluntary & Teams MOD Level 5 Rules - 9-12 Years

Difficulty Value	2013 S E Voluntary & Teams MOD Level 5 Rules - 9-12 Years						
A = 0.10 B = 0.20	* Only FIG and the Uncoded Elements listed below may be used and awarded Difficulty Value according to the FIG Cycle 13 Code of Points (2013). FIG Execution Penalties will apply. * BARS - 8 Highest Elements Including Dismount + SE Bonus. FIG and listed Uncoded Elements may be Repeated <u>Once</u> for Difficulty Value * BEAM - 8 Highest Elements Including Dismount + SE Bonus.max 5 acro+ 3 Dance min. FIG and listed Uncoded Elements may only be used <u>Once</u> for Difficulty Value * FLOOR - 8 Highest Elements Including Dismount+ Bonus.max 5 acro+ 3 Dance min. 4 x Acro lines max FIG and listed Uncoded Elements may only be used <u>Once</u> for Difficulty Value * 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 * Dismount. 'A' value only allowed 'E Any Element above a "B" in the routine will only be credited 0.20 and on Bars cannot be repeated * Bonus will be Awarded <u>Once</u> Only providing the Element/Series is Performed without a Fall						
LEVEL 5	VAULT - Best Score of 2 Vaults 110 - 120cm	BARS		BEAM		FLOOR	
BARRED ELEMENTS	Set Vault: Handspring Flat Back from Table (110cm) onto Pile of Safety			* Any Saltos (apart from Dismount) * Hops/Leaps/Jumps with LA Turn *		* Salto backward with LA Turn & any Double salto * Hops/Leaps/Jumps LA Turn (except Straight Jump)	
CRs @ 0.5	PLEASE NOTE 9 year olds can do either Handspring flat back or 1/2 on to front. 10 Years + (120cm) will do Handspring with no Mats piled up	* Flight HB to LB	AUTO	* 1 Dance Element (1 x 150° crosso,side or straddle)	YES	* Passage of 2 Dance (1 x 150° cross,side or straddle)	YES
		* Flight to Same Bar (R & C)	AUTO	* Turn on One Foot (can be 180°)	YES	* Acro Line with x 1 Flight Element	YES
		2 Grips	AUTO	* Acro Element (non-flight OK)	YES	* Acro Fwd/Swd & Bwd (non-flight OK)	YES
		360° Non Flight Element	AUTO	* Acro Fwd/Swd & Bwd (non-flight OK)	YES	*Salto with LA Turn	AUTO
		* A Value Dismount (uncoded OK)	YES	* A Value Dismount (uncoded OK)	YES	* A Value Dismount	AUTO
"AUTO" REFERS TO THE FACT THAT THE GYMNAST IS NOT REQUIRED TO FULFILL THIS CR & WILL AUTOMATICALLY BE AWARDED 0.5 FOR @ "AUTO CR" TOWARD THEIR A-SCORE							
"YES" REFERS TO THE FACT THAT THE GYMNAST MUST FULFILL THE CR STATED IN ORDER TO RECEIVE THE 0.5 TOWARD THEIR A-SCORE							
BONUS Awarded <u>Once</u> Only	Note** The FIG ded for run out will not apply to any apparatus	Upstart LB (cannot be repeated) Upstart HB (cannot be repeated)	0.2 0.2	* Exercise without a Fall (providing all CRs are Fulfilled)	0.5	Any Soma in Acro line (straight or Tuck)	0.5
UNCODED ELEMENTS 0.10 Each All OK to Fulfill CRs		* Upward Circle to FS on LB * Cast above 45° * Squat on * Tucked Back Sole Circle * ¾ Giant from LB to HB * ¾ Giant on HB * Counter Swing on HB(can be 1 or 2) * Straddle/Pike Undershoot	0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	* Forward Roll *Handstand Held for 2 Secs (no CR) * Cat-Leap * Tuck Jump * 180° Turn on One Foot * 150° Split Leap * Jump to Straddle Lever Mount * Jump to Japana Splits Mount * backward Roll will count as CR * Free Cartwheel Dismount * Round off Dismount * Squat on	0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	* Cartwheel * Backward Walkover * Forward Walkover * Tic-Toc * Valdez * Backward Roll to Handstand * Handstand Forward Roll * Straight Jump with 1/1 * Headspring * 150° Split Leap * Cat-Leap * Tuck or Wolf Jump can do both for dv	0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1
Specific Apparatus Deductions		Squat or Pike on, no Ded	X	More Than 1 x 180 ° on 2 feet with straight Legs Mount Not from Table Of Elements	X X	Artistry, Article 12 &13 in Code	March 2012 Jul-13