

## 2013 South East Voluntary & Teams MOD Level 3 Rules -Out Of Age 11 + Years

<b>Difficulty Value</b>  <b>A = 0.10</b> <b>B = 0.20</b> <b>C = 0.30</b>	<p>* 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.</p> <p>* <b>BARS</b> - 8 Highest Elements Including Dismount. Backward Giants may be Repeated <u>Once</u> for Difficulty Value</p> <p>* <b>BEAM</b> - 8 Highest Elements Including Dismount max 5 acro+ 3 Dance min.</p> <p>* <b>FLOOR</b> - 8 Highest Elements Including Dismount.max 5 acro+ 3 Dance min. 4 x Acro lines max.</p> <p>* <b>Short Exercises:</b> FIG Rules apply for Beam &amp; Floor. On Bars an exercise with less than 5 Elements will be deducted 1.00 for each missing element</p> <p>* Dismount.Bars= 'A' value only allowed. <b>'B' or more = No DV or CR. On Floor/Beam 'A' or 'B' Allowed. 'C' or more= No DV or CR. Any Element higher than a "C" will only be awarded 0.30</b></p> <p>* <b>Bonus</b> will be Awarded <u>Once</u> Only providing the Routine is performed without any falls and all CR's are fulfilled</p>
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LEVEL 3	VAULT - Average Score of 2 Vaults <small>Vault height 120 or 125cm</small>	BARS <small>Double Bars</small>	BEAM	FLOOR	
<b>BARRED ELEMENTS</b>	Any vault higher than 4.00		* Saltos Fwd & Swd (Mount or Content)	* Salto backward with more than 720° & any Double salto * Hops/Leaps/Jumps	
<b>CRs @ 0.5</b>		Flight HB to LB	<b>Auto</b> * Connection of 2 Dance (1 x 150° cross, side or straddle)	<b>YES</b> * Passage of 2 Dance (1 x 180° cross, side or straddle)	
		Flight same Bar	<b>Auto</b> * Turn on One Foot ( Group 3)	<b>YES</b> * Salto Fwd/Swd & Bwd	
		Grip change	<b>Auto</b> * Acro Series with 2 Elements	<b>YES</b> * Salto with LA Turn (can be 180 and Arabian)	
		<b>No Flight Min 360 turn</b>	<b>Auto</b> (Not required to have flight)		Salto with BA turn <b>Auto</b>
		* A Value Dismount	<b>YES</b> * Acro Elements Fwd/Swd & Bwd	<b>YES</b>	* A/B Value Dismount <b>YES</b>
				* A/B Value Dismount	<b>YES</b>
<b>BONUS</b>		<b>NO BONUS</b>	* Exercise without a Fall (providing all CRs are Fulfilled)	<b>0.5</b> Cat leap without turn	
		tuck sole circle	<b>0.1</b> * Forward Roll	<b>0.1</b>	
		Back away Tuck /Straight not from H/S	<b>0.1</b> * Cat-Leap	<b>0.1</b>	
			* Tuck Jump	<b>0.1</b> *CR 3 if arabian can be tucked	
			* Cartwheel Straight Jump off	<b>0.1</b>	
			*Free Round off Dismount	<b>0.1</b>	
<b>Specific Apparatus Deductions</b>		Squat or Pike on, no Ded	Use Artistry Deductions on Beam as in Article 12	Use Artistry Deductions on Floor as in Article 13	

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.