

2013 South East Modified Voluntary and Teams Level 4 Rules- 10 Years +

Difficulty Value	<p>A = 0.10 * 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 = 0.20 * BARS - 8 Highest Elements Including Dismount + SE Bonus. FIG and listed Uncoded Elements may be Repeated <u>Once</u> for Difficulty Value</p> <p>* 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</p> <p>* 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</p> <p>* 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</p> <p>* Dismount. 'A/B' value only allowed.Any Elements in the routine above a 'C' or more = Will be awarded "B". Only</p>						
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LEVEL 4	VAULT - Best Score of 2 Vaults	BARS			BEAM			FLOOR		
Modified	(120/125cm) Choice of Height									
	Any Vault with Higher DV than 3.80 can be performed but will not receive a higher DV	"C" elements can be performed but will only be given a "B" for DV			"C" elements can be performed but will only be given a "B" for DV			"C" elements can be performed but will only be given a "B" for DV		Uncoded Elements can be used
CRs @ 0.5		* Flight HB to LB	AUTO		* Connection of 2 Dance (1 x 150°cross,side or straddle)	YES		* Passage of 2 Dance (1 x 180° cross, side or straddle)	YES	ie Split leap, cat leap
		* Flight to Same Bar (R & C)	AUTO		* Turn on One Foot (can be 180°)	YES		* Salto Fwd/Swd & Bwd	YES	
		2 x Grips	AUTO		* Acro Series with 2 Elements	YES		* Salto with LA Turn	Auto	
		360° non Flight Element(not mount)	AUTO		(need not have Flight orSalto)			Salt with BA	Auto	
		* A/B Value Dismount	YES		* Acro Elements Fwd/Swd & Bwd	YES		* A /B Value Dismount	YES	
				* A /B Value Dismount	YES					
BONUS Awarded Once Only		* Back Giant without a Fall (given once only)	0.5		* Exercise without a Fall (providing all CRs are Fulfilled)	0.5		NO BONUS		
					Acro Series 1 x Elemnet with Flight	0.1				
UNCODED ELEMENTS 0.10 Each All OK to Fulfill CRs		* Cast above 45°	0.1		* Forward Roll	0.1		* Cartwheel	0.1	
		* Clear Circle below 45°	0.1		* Cat-Leap	0.1		* Backward Walkover	0.1	
		* Squat on to LB	0.1		* Tuck Jump	0.1		* Forward Walkover	0.1	
		* Back Hip Circle	0.1		* Cartwheel Straight Jump off	0.1		* Valdez	0.1	
		* Tucked Back Sole Circle	0.1		*Free Round off Dismount	0.1		* Backward Roll to Handstand	0.1	
		* ¾ Giant from LB to HB	0.1		* Squat on	0.1		* Handstand Forward Roll	0.1	
		* Swing Between	0.1		* Run jump on to 1 or 2 Feet	0.1		* Headspring	0.1	
		Dismounts:	0.1		* 1/2 turn	0.1		* Cat-Leap	0.1	
		* Straddle Undershoot						* Straight Jump with1/1	0.1	
		Back away Tuck /Straight not from H/S (the Above will fulfill CRs)			(the Above will fulfill CRs)			* Tuck Jump	0.1	
							* Wolf Jump / Hop	0.1		
Specific Apparatus Deductions		Pike and Squat on, no Ded			Artisty article 12			Artisty article 13		

Jul-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.

Marh 2012