

## Oxfordshire Under 8 league rules 2024

Any gymnasts who will be 6 or 7 in the year of competition can take part. Three competitions will take place a year. No placings will be given but participation ribbons (coloured according to score range) will be presented on each piece. Gymnasts can aim to improve the colour of their ribbons as the year goes on.

Gymnasts can compete on 1-5 pieces at each competition. In the June and October competitions they may need to choose between floor and R and C as only 4 judging panels will be available.

**Element recognition and deductions are as per FIG Code of Points, unless the rules specifically state otherwise. An element can be utilised to fulfil more than one CR (unless otherwise stated). The same element can only count once for DV. Listed uncoded and 'A' value elements only are permitted at this level with the exception of 'B' dance elements on beam and floor. Any higher value elements will receive NO DV or CR. Listed uncoded elements can be used for DV and CR and will be recognised with the same value as 'A' elements (0.1). There are no bonus' at this level.**

### **VAULT:**

**Handspring flat back on pile of mats as per Tin rules.**

Only the specified vault may be performed.

1 x springboard only allowed.

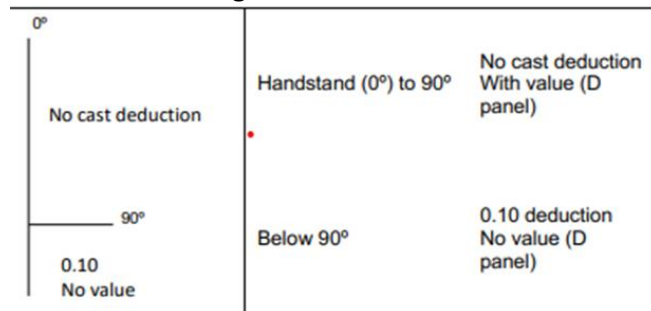
Additional modified 4 & 5 coil springboards will be available.

### **BARS:**

Gymnasts may start their exercise between the bars and dismount away from the bars.

A safety mat (depth 20cm) and/or jersey style mat (depth 10cm) can be moved/placed as needed but must not block the judges view.

**Please refer to diagram below for cast deductions:**



**Low bar routine with 3 options;**

**Routine A-** Assisted by coach: Jump to catch the bar. Show straight hang with good body position. Chin up (chin over the bar) Lower to straight hang in control. 1 x leg lift with straight legs (feet to touch the bar) Dish (H) Arch (H) then 2 dish, arch swings (fish) release bar to land **D score 1.3**

**If the gymnast is too tall to hang on the low bar, they may use the high bar instead (with safety mat in place underneath).**

**Routine B-** Circle up, cast into backhip circle, cast into straddle or clear undershoot dismount **D score 1.7**

**Routine C-** Upstart, cast into backhip circle, cast into straddle undershoot dismount **D score 2.0** no penalty for a stop after the upstart

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**BEAM/FLOOR - 5 elements only are required - 5 highest elements will count for DV including dismount (2 acrobatic + 2 dance + 1 optional).**

Short Routine: **An exercise with 4 elements or less will be deducted -1.00 for each missing move.**

**BEAM: Tin** rules with **amended artistry and composition deductions (see below).**

A safety mat can be placed under the beam for safety. A jersey style mat (10cm) is allowed for dismounts (optional).

A backward roll on one shoulder will be classed as a backward element at this level. A forward roll will count as a forwards element for CR.

B dance elements are allowed. A split leap/jump with 160° split is acceptable at this level.

**Coaches must be present for any salto dismounts (or 1.00 penalty).**

### ARTISTRY FOR BEAM:

Poor body posture (head/shoulders/trunk):	0.1	Insufficient movement of the body parts:	0.1
Insufficient amplitude (maximum elongation of the movements):	0.1	Insufficient variation in rhythm & tempo in movements (no DV):	0.1
Insufficient amplitude of leg swings or kicks	0.1	Lack of movements sideways (no DV):	0.1
Feet not pointed/relaxed/turned in:	0.1	Missing combination of movements/ elements close to beam	0.1
Poor work in releve:	0.1		

### SPECIFIC DEDUCTIONS FOR BEAM:

Poor rhythm in connection (with DV)	0.1 each	Additional support of leg against the side surface of the beam	0.3
Adjustments (steps without choreography/unnecessary movements)	0.1 each	Grasp of beam to avoid a fall	0.5
Excessive arm swing before dance elements	0.1 each	Additional movements to maintain balance	0.1/0.3/0.5
Pause (apply at 2 secs)	0.1 each		

**FLOOR: Tin** rules with **amended artistry and composition deductions (see below)-**

Music and pattern using the whole floor is **not** required. **No acro lines required.** Floor routines will be performed on a strip of the floor area. For October if gymnasts wish to compete a floor routine with music this will be allowed.

An acro element may be repeated without DV for purposes of fulfilling a mixed series. B dance elements are allowed.

**A scissor leap (A value element) will be recognised as different from a cat leap,** and a split leap/jump with 160° split is acceptable at this level.

### ARTISTRY FOR FLOOR

Poor body posture (head/shoulders/trunk):	0.1	<b>If music is used:</b>	
Insufficient amplitude (maximum elongation of the movements):	0.1	Insufficient complexity or creativity of movements throughout exercise	0.1
Feet not pointed/relaxed/turned in:	0.1	Poor expressive engagement according to the style of music	0.1
Insufficient involvement of the body parts:	0.1	Lack of synchronisation between movement & musical beat at the end	0.1
Missing movement touching the floor	0.1	Background music	0.1 / 0.3

### SPECIFIC DEDUCTIONS FOR FLOOR:

Adjustments (steps without choreography)	0.1 each
Excessive arm swings before dance elements	0.1 each
Pause (apply at 2 secs)	0.1 each

**RANGE AND CONDITIONING: Preparation Grade 1** rules **D score 4.00.** Please refer to the National Development Plan Grades booklet (Preparation Grade 1) for further details.

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Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted *Dance elements only	Element recognition and deductions are as per FIG Cycle 15 Code of Points, unless the rules specifically state otherwise. <b>BEAM/FLOOR: 2 acrobatic + 2 dance + 1 optional. FLOOR No acro lines required.</b> An element can be utilised to fulfil more than one CR (unless otherwise stated). Same element can only count once. Uncoded elements as listed below can be used for DV & CR and will be recognised with the same value as 'A' elements. Elements above an 'A' value are NOT permitted at this level with the exception of 'B' value dance elements on beam and floor. Any higher value elements will receive NO DV or CR. There are no bonus' at this level.																																							
Short exercises	On Bars, any element missing (or incomplete) from the specified routine will be deducted the Value of the move (VM) – please refer to U8 judging notes. On Beam and Floor, an exercise with 4 elements or less will be deducted -1.00 for each missing move																																							
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>																																				
<b>Apparatus</b>	Piled mats to height of 60cm, 90cm or 120 cm  1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm) and/or jersey style mat (depth 10cm), can be placed as needed, but must not block the judges view.	FIG Beam Regulations with: A safety mat (depth 20cm) can be placed underneath the beam and a jersey style mat (depth 10cm) is allowed for dismounts (optional)	FIG Floor Regulations. Music and pattern using the whole floor is <b>not</b> required. Floor routines will be performed on a strip of the floor area. For October if gymnasts wish to compete a floor routine with music this will be allowed. <b>No acro lines are required.</b>																																				
<b>Requirements</b>	<p style="text-align: center;"><b>DV 2.30</b></p> Handspring flat back onto pile of safety mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast  <b>2.00 penalty for coach support. Applies to each vault</b>  Best score of 2 performed vaults	<p style="text-align: center;"><b>Low bar routine only</b></p> <p><b>Routine A - D score 1.3</b> Assisted by coach:</p> <ul style="list-style-type: none"> <li>• Jump to catch the bar.</li> <li>• Show straight hang with good body position.</li> <li>• Chin up (chin over the bar) lower to straight hang in control.</li> <li>• 1 x leg lift with straight legs (feet to touch the bar)</li> <li>• Dish (hold)</li> <li>• Arch (hold)</li> <li>• Then 2 dish, arch swings (fish) release bar to land</li> </ul> <p><b>Routine B - D score 1.7</b></p> <ul style="list-style-type: none"> <li>• Circle up</li> <li>• Cast into backhip circle</li> <li>• Cast into Straddle or clear undershoot dismount</li> </ul> <p><b>Routine C - D score 2.0</b></p> <ul style="list-style-type: none"> <li>• Upstart</li> <li>• Cast into backhip circle</li> <li>• Cast into Straddle undershoot dismount</li> </ul> <p style="color: red;">No penalty for a stop after the upstart</p>	A gymnast should fulfil 3 of the 5 CR's (maximum awarded 1.50) <ul style="list-style-type: none"> <li>• ½ spin on one foot</li> <li>• Connection of 2 Dance elements (can be same or different)</li> <li>• Leap or jump with 160° split (cross or side) or straddle</li> <li>• Acro element backwards (must be performed on the beam)</li> <li>• Acro element forwards/sideways (must be performed on the beam)</li> </ul> <p><b>Maximum D score 2.30</b> <b>Uncoded, A and B dance elements only</b></p>	A gymnast should fulfil 3 of the 5 CR's (maximum awarded 1.50) <ul style="list-style-type: none"> <li>• Acro line with min 2 elements (non-flighted allowed)</li> <li>• Mixed series minimum 2 directly connected elements.</li> <li>• A dance passage of 2 different leaps/hops - <b>no</b> split required (nb: a split leap with 160° split is acceptable at this level).</li> <li>• Acro elements forwards / sideways &amp; backwards (non flighted allowed)</li> <li>• Flighted Acro element</li> </ul> <p><b>Maximum D score 2.30</b> <b>Uncoded, A and B dance elements only</b></p>																																				
<b>Uncoded permitted elements (receive 0.1 DV)</b>	No deduction if only one vault is performed.	<p><b>Routine C - D score 2.0</b></p> <ul style="list-style-type: none"> <li>• Circle up</li> <li>• Cast into backhip circle</li> <li>• Cast into Straddle or clear undershoot dismount</li> </ul> <p><b>Routine C - D score 2.0</b></p> <ul style="list-style-type: none"> <li>• Upstart</li> <li>• Cast into backhip circle</li> <li>• Cast into Straddle undershoot dismount</li> </ul> <p style="color: red;">No penalty for a stop after the upstart</p>	<table border="0"> <tr> <td>Tuck Jump</td> <td>Dismounts:</td> </tr> <tr> <td>Stretched OR</td> <td>Cartwheel rebounding</td> </tr> <tr> <td>arched jump</td> <td>straight jump</td> </tr> <tr> <td>Changement</td> <td>Roundoff</td> </tr> <tr> <td>Stretched</td> <td>Handspring</td> </tr> <tr> <td>jump 1/2 turn</td> <td>Cartwheel to</td> </tr> <tr> <td>1/2 spin on 1 foot</td> <td>handstand drop down</td> </tr> <tr> <td>Forward roll</td> <td>(side of beam)</td> </tr> <tr> <td>Backward roll</td> <td></td> </tr> <tr> <td>(on one shoulder)</td> <td></td> </tr> <tr> <td>Kick towards split handstand</td> <td></td> </tr> <tr> <td>(as per preparation grade 1)</td> <td></td> </tr> </table>	Tuck Jump	Dismounts:	Stretched OR	Cartwheel rebounding	arched jump	straight jump	Changement	Roundoff	Stretched	Handspring	jump 1/2 turn	Cartwheel to	1/2 spin on 1 foot	handstand drop down	Forward roll	(side of beam)	Backward roll		(on one shoulder)		Kick towards split handstand		(as per preparation grade 1)		<table border="0"> <tr> <td>Cat leap ½</td> <td>Backward walkover</td> </tr> <tr> <td>Tuck jump</td> <td>Forward walkover</td> </tr> <tr> <td>Changement</td> <td>Tic-toc</td> </tr> <tr> <td>Stag Leap</td> <td>Backward roll optional exit</td> </tr> <tr> <td></td> <td>Backward roll to front support and/or handstand</td> </tr> <tr> <td></td> <td>Cartwheel</td> </tr> </table>	Cat leap ½	Backward walkover	Tuck jump	Forward walkover	Changement	Tic-toc	Stag Leap	Backward roll optional exit		Backward roll to front support and/or handstand		Cartwheel
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<b>Notes</b>	No other vaults are permitted at this level.	<b>For routine A, if the gymnast is too tall to hang on the low bar, they may use the high bar instead (with safety mat in place underneath).</b>	Any uncoded mount can be used and receive DV. Coaches are encouraged to be present for all dismounts, but must be present for any salto dismount ( <b>if coach not present -1.00 deduction</b> ). <b>Amended artistry &amp; composition rules apply.</b>	A routine with no acro lines will not incur dismount deductions. <b>Amended artistry &amp; composition rules apply. Scissor kick (A value element) will be recognised as different from a cat leap at this level.</b>																																				
<b>Barred elements</b>		<b>Only the set routines are allowed.</b>	<b>Any acro elements above 'A'</b>	<b>No saltos are allowed at this level.</b>																																				

**RANGE & CONDITIONING : Preparation Grade 1 – D score 4.0**

Elements must be performed in the stated order. Elements performed out of order will be subject to a deduction of 0.50 (taken as a NEUTRAL PENALTY) once only in routine. These specific deductions are in addition to the general table of faults & Technical Directives in the Code of Points.

*Strip of firm matting*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Crouch down and forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit (show position)	Execution Penalties	As CoP		
0.50	<b>Lift</b> to straddle ½ lever hold with feet higher than hips. <b>HOLD for 2 seconds</b> Lower to straddle sit position	Legs held at or below horizontal Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. <b>HOLD for 2 seconds</b>	Back not straight during lean forwards Widening legs before japana fold Torso not close to floor in hold position Position not held for 2 seconds	X X X		0.30 Neutral Penalty (D Panel)
0.50	Take legs backwards (swim through) to join together with arms by ears. Push up to front support with toes pointed. <b>HOLD for 2 seconds</b>	Lack of splits in swim through Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Swing one leg forwards to sit in splits <b>HOLD for 2 seconds</b>	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		X	0.30 Neutral Penalty (D Panel)
0.50	½ turn to sit in splits on other leg (may use hands in transition without penalty) <b>HOLD for 2 seconds</b>	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		X	0.30 Neutral Penalty (D Panel)
0.50	<i>Bring back leg forwards to long sit with legs together</i> Lift arms to ears and pike fold placing hands flat on floor beside feet <b>Hold position for 2 seconds</b>	Insufficient pike Position not held for 2 seconds			As CoP 0.30 Neutral Penalty (D Panel)
0.50	<i>Lie on back and push to bridge with feet together. Straighten legs and</i> <b>Hold position for 2 seconds</b>	Insufficient shoulder extension Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	<i>Lift one leg straight to vertical (may move support leg if needed) and Kick over through split handstand to stand</i>	Lack of flexibility in splits Failure to kick over to stand			As CoP 1.00 (Fall) + VM
0.50	Lift one leg to horizontal arms pressed out to side and perform a leg dip <i>Step forward and</i>	Failure to achieve deep squat Free leg touching the floor	X	X X	
0.50	Lift other leg to horizontal arms to side and perform a leg dip on the other leg	Failure to achieve deep squat Free leg touching the floor	X	X X	
		Lack of fluency throughout the exercise	X	X	