

SRWTC Pre-FIG Development Level Rules (for gymnasts aged 8-9)

DV

Difficulty value is calculated as per the FIG cycle 15 Code of Points. FIG Execution & Artistry penalties will be applied.

No repetition of elements allowed except on UB where a FIG coded element can be used twice for DV.

Bonus will only be awarded for performance of the skill without a fall.

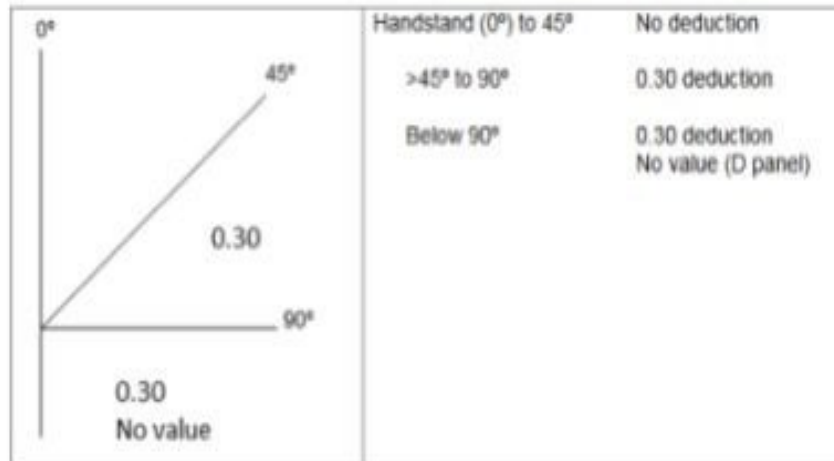
UB/BB: 8 highest elements including dismount (FX 8 highest elements). **BB/FX:** 3 acro min, 3 dance min. **FX:** max 2 acro lines

Short Exercises:	On Beam/Floor an exercise with fewer than 7 elements, and on Bars fewer than 5 elements will be deducted 1.00 for each missing element from the final score (neutral deduction)			
Apparatus	VAULT	BARS	BEAM	FLOOR
	Gymnastics safety mats to 30cms height from floor. Additional 20cm soft mat for gymnast to fall onto. Safety collar compulsory – score zero if not used.	FIG Bars regulations with Optional safety mats under bars and for dismount landing	FIG Beam regulations Optional safety mats under beam and for dismount landing	FIG floor regulations
Requirements CR ✓ = Must be performed for 0.50	Straight front salto from the board to land on feet and fall to front Best score of 2 vaults DV 3.5	Gymnasts awarded 2.00 CR Dismount must be included in counting elements – ‘A’ or uncoded value only	<ul style="list-style-type: none"> ● Connection of at least 2 different dance elements, 1 showing split or straddle position ✓ ● Full spin or ½ spin, ½ turn ✓ ● An Acro element bwd ✓ ● An Acro element fwd/sideways* ✓ <p>Dismount must be included in counting elements – ‘A’ or uncoded value only</p>	<ul style="list-style-type: none"> ● Dance passage of min 2 x different coded leaps/hops: to include 1 leap/hop with split (cross/side) or straddle position ✓ ● Round off back flip ✓ ● A somersault off two feet (fwd or bwd)* ✓ ● Any coded spin ✓ <p>*solo or in acro line</p>
Uncoded Elements (receive 0.1 each)	If support given minus 2.5 from the score.	<ul style="list-style-type: none"> ● Circle up LB ● Squat/stoop/straddle onto LB ● ¾ Giant HB ● Cast above 45o (See diagram for penalties) ● Straddle on / Pike on undershoot (No penalty for performing a jump LB to HB) 	<ul style="list-style-type: none"> ● Fwd roll (*doesn't fulfil CR) ● Tuck jump ● Half spin ● Stretch jump ● Stretched jump bwd dismount (can be linked to cartwheel and fulfils dismount) 	<ul style="list-style-type: none"> ● Cartwheel ● Bwd walkover ● Fwd walkover ● Tuck jump ● Valdez ● Bwd roll to handstand
Bonus		<ul style="list-style-type: none"> ● Two upstarts in routine (long and short or one repeated) 0.5 ● Back giant 0.5 	<ul style="list-style-type: none"> ● Back salto dismount 0.2 ● Back flip 0.3 ● A section of choreography performed in releve 0.3 ● Series bonus of 3 elements (Dance or Acro or Mixed) min BBA, any order 0.4 	<ul style="list-style-type: none"> ● Salto bwd and salto fwd (no aerials) 0.5

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Diagram for Voluntary Age Group Level 4 Bars – 08/09/15

Uncoded element (value - 0.10) – Cast to above 45°



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VAULT

D score 3.50.

2 Vaults to be performed. The best score to count to their all around score.

Straight front salto from a springboard to feet and fall forward

Gymnastic landing / safety mats to a height of 30 cm from ground and 20cm soft mat to fall on

Safety collar compulsory- score zero if not used.

Specific Apparatus Deductions (E Panel)

Faults - Take off from the board to inverted position	0.1	0.3	0.5
No heel drive into salto	X	X	
Excessive pike/arch into inverted position	X	X	X
Bent legs	X	X	X
Insufficient height/rotation into the inverted position	X	X	X
Leg or knee separations	X	X	
Lack of pointed feet	X		

Faults - From inverted position to landing	0.1	0.3	0.5
Failure to maintain correct body position to landing (excessive pike)	X	X	X
Leg or knee separations	X	X	

Landing faults	0.1	0.3	0.5
Under rotation of Salto with steps backwards	X		
Under rotation of Salto with fall backwards		X	
Backward Steps	X	X	Max 0.8
• Fall backwards			1.00
• Jump after landing moving the centre of the mass in the opposite direction	X	X	X
• Dynamics throughout	X	X	
• Deviation from a straight line (on 1 st contact)	X		
• Legs apart on landing	X		
• If gymnasts do not land feet first – invalid vault			0.00