

## SGA VOLUNTARY LEVELS RULES 2016

### LEVEL 6 – INDIVIDUAL COMPETITION

<b>A = 0.1</b> <b>B = 0.2</b>	Elements will be awarded Difficulty Value (DV) according to FIG Code of Points (2013-2016). Rules and regulations are as FIG Code of Points unless otherwise stated. SGA Artistry and Choreography penalties will be applied. Elements counted in chronological order and counted only once unless otherwise stated <b>BARS/BEAM/FLOOR = 6 highest elements including dismount. Maximum 3 acro elements including dismount, minimum 3 dance to be credited towards DV (Beam &amp; Floor)</b>			
<b>Short Exercises</b>	-1.00 for each missing element. Except Bars where an exercise with less than 5 elements will be deducted -1.00 for each missing element. Maximum A value elements on Bars except as stated; Maximum value A for acrobatic elements and B for dance elements (Beam and Floor)			
	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
<b>Apparatus</b>	8&9 yrs – 60cm block + 30cm mat (90cm). 10/11 yrs and 12+ years - 115cm OR 125cm Vault Table	FIG regulation bars with 10cm landing mats  8 yrs ONLY – optional additional 30cm mat under bars which cannot be removed after initial placement	FIG regulation beam with 10cm landing mat  8 yrs ONLY – optional additional 30cm mat under beam which cannot be removed after initial placement	FIG regulation floor
<b>Requirements (0.5 each)</b>	8/9 yrs Handspring Tariff 2.40  10/11 yrs; 12+ yrs Any coded vault max 3.0  <i>2 vaults, better score to count</i>	1. 1 Bar change 2. 1x Cast to horizontal or above 3. Upstart (LB or HB) 4. Close bar element (not mount) 5. Dismount of A <i>NB exercise may be performed on LB only but no CR1</i>	1. Dance series (180° split not required) 2. Min ½ turn fwd on 1 foot 3. Acro element (handstand not allowed) 4. Split jump/leap (min 120°) 5. Dismount of A <i>CR1 – 4 must be performed on the beam</i>	1. Acro series 2 flight elements 2. Dance passage as per FIG (180° split) 3. Turn on 1 foot (min. 360° forwards) 4. Fwd/Swd and Bwd ACRO element 5. DMT of 3 connected elements (min. 1 acro) <i>CR1 and CR5 MUST be different</i>
<b>Uncoded permitted elements (May receive 0.1 DV)</b>		<ul style="list-style-type: none"> <li>• Circle up mount (must be from 2 feet, no bounce/run)</li> <li>• Squat/stoop on LB jump to catch HB (satisfies CR 1 and no FIG penalty for bar change)</li> <li>• Tucked sole circle (no FIG bent leg penalty and no jump penalty)</li> <li>• ¾ giant <b>from LB to HB</b></li> <li>• Cast to horizontal</li> <li>• Straddle/stoop undershoot dismount</li> <li>• Back away from cast</li> </ul>	<ul style="list-style-type: none"> <li>• Squat/straddle on mount</li> <li>• Jump to 1 or 2 feet mount (end or side (Dance element))</li> <li>• Forward or backward roll</li> <li>• Straight jump (&amp; with ½ turn)</li> <li>• Tuck jump</li> <li>• Cat leap</li> <li>• ½ turn on one foot (fwd)</li> <li>• Arabesque (back leg min. at horizontal)</li> <li>• Handspring dismount</li> <li>• Round-off dismount</li> <li>• Cartwheel straight jump dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Forward &amp; Backward walkover</li> <li>• Valdez</li> <li>• Hstand Fwd roll &amp; Bwd roll to hstand</li> <li>• Cartwheel</li> <li>• Tuck jump (&amp; with ½ turn)</li> <li>• Cat leap (&amp; with ½ turn)</li> </ul> <i>NB Round-off, Back flip and Handspring may be used a second time for a CR – No DV for 2<sup>nd</sup> attempt; no DV or CR for 3<sup>rd</sup> attempt</i>
<b>Barred Elements</b>	Any vault above 3.0 DV	Exception is Cast to handstand with legs together (B)	Acro elements above A value Dance elements above B in value	Acro elements above A value Dance elements above B value 8/9 years NO SALTOS ALLOWED
<b>Bonus/Special SG Deductions</b>		0.3 - Straddle cast to handstand 0.5 - Cast handstand legs together FIG tolerance, allowed only once in the exercise	<b>SGA ARTISTRY DEDUCTIONS</b> <ul style="list-style-type: none"> <li>• Confidence <b>0.1/0.3</b></li> <li>• Rhythm &amp; tempo in movements (no DV) <b>0.1</b></li> <li>• Exercise as a series of disconnected movements <b>0.1</b></li> <li>• Lack of creativity of movements &amp; transitions <b>0.1/0.3</b></li> <li>• Missing combination of movements close to beam <b>0.1</b></li> <li>• Lack of side movements, must travel (no DV) <b>0.1</b></li> </ul>	<b>SGA ARTISTRY DEDUCTIONS</b> <ul style="list-style-type: none"> <li>• Confidence <b>0.1/0.3</b></li> <li>• Personality <b>0.1</b></li> <li>• Exercise as a series of disconnected movements <b>0.1</b></li> <li>• Lack of creativity of movements &amp; transitions <b>0.1/0.3</b></li> <li>• Missing movement touching floor including trunk, thigh or head <b>0.1</b></li> <li>• Inability to follow musical rhythm &amp; tempo <b>0.1/0.3</b></li> </ul>