

## SG VOLUNTARY LEVELS RULES 2019

**LEVEL 5 – Open Age Team**

A = 0.1 B = 0.2 C = 0.3	Elements will be awarded Difficulty Value (DV) according to FIG Code of Points (2017 - 2020). 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 BARS/BEAM/FLOOR = 7 highest elements <b>INCLUDING DISMOUNT</b> . BEAM/FLOOR Minimum 3 acro and 3 dance elements with 1 optional element to be credited towards DV			
Short Exercises	-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. <i>Maximum value B elements for Bars; Maximum value B for acrobatic elements and C for dance elements (Beam and Floor)</i>			
	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
Apparatus	Vault Table - 115cm OR 125cm	FIG regulation bars with 10cm landing mat  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
Requirements (0.5 each)	Any coded vault max DV 4.0  <i>2 vaults, better score to count</i>	<ol style="list-style-type: none"> <li>1 Bar change (must be from an element)</li> <li>1x Cast to 45° or above</li> <li>Upstart LB AND HB</li> <li>Close bar element (not mount)</li> </ol>	<ol style="list-style-type: none"> <li>FIG Dance series – 1 with 180° split/straddle</li> <li>Min 360° turn fwd on 1 foot</li> <li>Acro element with flight (<b>Group 5</b>)</li> <li>Fwd/Swd &amp; Bwd acro element (no flight required)</li> </ol> <i>CR1 – 4 must be performed on the beam</i>	<ol style="list-style-type: none"> <li>FIG Dance Series – 1 with 180° split/straddle</li> <li>Acro series <u>min.</u> 2 flight elements INCL SALTO</li> <li>DIFFERENT acro series <u>min.</u> 2 flight elements INCL SALTO</li> <li>Salto Fwd/Swd &amp; Bwd (MUST BE PART OF AN ACRO LINE; NO AERIALS PERMITTED)</li> </ol>
Uncoded permitted elements (Receive 0.1 DV)		<ul style="list-style-type: none"> <li>Circle up mount (must be from 2 feet, no bounce/run <b>PENALTY -0.3 from FS</b>)**</li> <li><b>Squat/stoop on LB (as per Level 6)</b></li> <li>Tucked sole circle (no FIG bent leg penalty and no jump penalty)</li> <li><b>¾ giant from LB to HB</b>**</li> <li>Cast to 45°</li> <li>Straddle/stoop undershoot dismount</li> </ul>	<ul style="list-style-type: none"> <li>Straight jump with ½ turn</li> <li>Tuck jump</li> <li>Handspring dismount</li> <li>Round-off dismount</li> </ul>	
Barred Elements	Any vault above 4.0 DV No salto vaults		SQUAT/STRADDLE ON MOUNT	
Bonus/Special SG Deductions		<p>0.3 - Straddle cast to handstand 0.5 - Cast handstand legs together FIG tolerance, awarded only once in the exercise</p> <p><b>** NO EMPTY SWING PENALTY TO BE APPLIED AFTER BACK HIP CIRCLE OR MARKED SKILLS</b></p> <p><b>NB MAX. 2 ATTEMPTS AT TRANSITION FROM LB TO HB, AFTER WHICH CR1 NOT AWARDED AND COACH MAY SUPPORT GYMNAST TO RESTART ROUTINE</b></p>	<p>SGA ARTISTRY DEDUCTIONS</p> <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>Insufficient 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>	<p>SGA ARTISTRY DEDUCTIONS</p> <ul style="list-style-type: none"> <li>Confidence <b>0.1/0.3</b></li> <li>Personality <b>0.1</b></li> <li>Inappropriate gesture or facial mimic <b>0.1</b></li> <li>Exercise as a series of disconnected movements <b>0.1</b></li> <li>Insufficient 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> <li><b>Missing turn on 1 foot min 360° 0.3</b></li> </ul>