

SG VOLUNTARY LEVELS RULES 2019

LEVEL 4 Out of Age – Individual Competition

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. Full FIG Artistry, Choreography and Specific Apparatus penalties will be applied. Elements counted in chronological order and counted only once unless otherwise stated BARS/BEAM/FLOOR = 8 highest elements INCLUDING DISMOUNT . BEAM/FLOOR = 3 acro (MIN) + 3 dance (MIN) and 2 optional elements 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.				
	VAULT	BARS	BEAM	FLOOR
Apparatus	10 AND 11 years – 120cm Vault Table 12/13 and 14+ years – 125cm Vault Table	FIG regulation bars with 10cm landing mats	FIG regulation beam with 10cm landing pad	FIG regulation floor
Requirements (0.5 each)	All age groups any coded vault Maximum tariff 4.00 <i>2 VAULTS, BETTER SCORE TO COUNT</i>	<ol style="list-style-type: none"> 1. 1 Bar change 2. 1x Cast to Handstand (straddle permitted) 3. Backward Giant Circle to handstand <p><i>Note All gymnasts receive CR of 0.5 plus 0.5 for each credited CR from above</i></p>	<ol style="list-style-type: none"> 1. FIG Dance Series– 1 with 180° split/straddle 2. Min 360° turn on 1 foot 3. Acro series with min 2 elements, 1 with flight not connected to dismount 4. Fwd/Swd & Bwd acro element (no flight required) <p><i>CR1 – 4 must be performed on the beam</i></p>	<ol style="list-style-type: none"> 1. FIG Dance Series– 1 with 180° split/straddle 2. Any coded spin on 1 foot (min. 360°) 3. 1 x Acrobatic line with 2 different saltos 4. Saltos in different directions Fwd/Swd & Bwd (must be performed as part of an Acro Line) <p><i>MIN 2 ACRO LINES – PENALTY 2.00 FROM FINAL SCORE</i></p> <p><i>NB Acro elements performed after the last Acro Line will have no DV awarded (as per FIG)</i></p>
Uncoded permitted elements (Receive 0.1 DV)		<ul style="list-style-type: none"> • Squat/stoop on LB jump to catch HB (No FIG penalty for bar change without an element) • Tucked sole circle (no FIG bent leg penalty and no jump penalty) 		
Barred Elements	Vaults above DV of 4.00	Dismount higher than A value	Tuck Salto Forward (on beam) Dismount higher than B value no DV	Any double salto Dismount higher than B value no DV
Bonus		+0.5 for Mo Shoot (coded flight element) LB to HB		+0.5 Any salto with min 360 LA turn (Acro Line not necessary)
Artistry			Full FIG Artistry deductions	Full FIG Artistry deductions