

LEVEL 5

A = 0.1 B = 0.2 C = 0.3	Elements will be awarded Difficulty Value according to FIG 13 Code of Points (2014). Rules and regulations are as FIG Code of Points 13 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 <u>including</u> dismount. Maximum 4 acro elements including dismount, minimum 3 dance to be credited towards DV (Beam & Floor)			
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 for acrobatic elements and C for dance elements (Beam and Floor)</i>			
	VAULT	BARS	BEAM	FLOOR
Apparatus	8 yrs – 30 cm mat 9 yrs – 115cm Vault Table. 10/11 yrs - 120cm Vault Table 12/13 & 14+ yrs - 125cm Vault Table.	FIG regulation bars with 10cm landing mats	FIG regulation beam with 10cm landing pad	FIG regulation floor
Requirements (0.5 each)	8yrs Straight front salto to stand Tariff 2.50 10/11 yrs; 12/13 yrs; 14+ yrs Any coded vault max 4.0 <i>2 vaults, better score to count</i>	1. 1 Bar change 2. 1x Cast to 45° or above 3. Upstart LB <u>AND</u> HB 4. Close bar element (not mount) 5. Dismount of A	1. FIG Dance series – 1 with 180° split/straddle 2. Min 360° turn fwd on 1 foot 3. Acro element with flight 4. Fwd/Swd & Bwd acro element (no flight required) 5. Dismount of A <i>CR1 – 4 must be performed on the beam</i>	1. FIG Dance Series – 1 with 180° split/straddle 2. Turn on 1 foot (min. 360° forwards) 3. Acro series min. 2 flight elements incl salto 4. Saltos/Aerials Fwd/Swd and Bwd 5. Dismount (last salto) min. A value (series not necessary) <i>Exercise must contain a min. of 2 acro lines with min. 2 flight elements PENALTY -1.00</i>
Uncoded permitted elements (May receive 0.1 DV)		<ul style="list-style-type: none"> Circle up mount(must be from 2 feet, no bounce/run) Squat/stoop on LB jump to catch HB (as per Level 6) Tucked sole circle (no FIG bent leg penalty and no jump penalty) ¾ giant LB to HB Cast to 45° Straddle/stoop undershoot dismount Back away from cast ¾ sole circle dismount 	<ul style="list-style-type: none"> Squat/straddle on mount Jump to 1 or 2 feet mount (end or side (Dance element)) Jump to clear straddle mount Straight jump with ½ turn Tuck jump Cat leap Arabesque (back leg min. at horizontal) Handspring dismount Round-off dismount <i>The penalty for Mount not from the Table of Elements or from the list above WILL be applied (0.1)</i>	<ul style="list-style-type: none"> Forward & backward walkover Valdez Backward roll to handstand Cartwheel Tuck jump (& with ½ turn) Cat leap (& with ½ turn)
Barred Elements	Any vault above 4.0 DV No salto vaults except as specified	Max B value elements only	Acro elements above B value Dance elements above C in value	Acro elements above B Dance elements above C value
Bonus/Special SG Deductions		0.3 - Straddle cast to handstand 0.5 - Cast handstand legs together FIG tolerance, awarded only once in the exercise	<i>Exercise with no falls and all CR's +0.5</i> SGA ARTISTRY DEDUCTIONS <ul style="list-style-type: none"> Confidence 0.1 Rhythm & tempo in movements (no DV) 0.1 Exercise as a series of disconnected movements 0.1 Lack of creativity of movements & transitions 0.1/0.3 Missing combination of movements close to beam 0.1 Lack of side movements (no DV) 0.1 	SGA ARTISTRY DEDUCTIONS <ul style="list-style-type: none"> Confidence 0.1/0.3 Personality 0.1 Exercise as a series of disconnected movements 0.1 Lack of creativity of movements & transitions 0.1 Missing movement close touching floor 0.1 Inability to follow musical rhythm & tempo (incl. end beat) 0.1