

LEVEL 6

A = 0.1 B = 0.2	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 = 6 highest elements <u>including</u> dismount. Maximum 3 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. Maximum value A for acrobatic elements and B for dance elements (Beam and Floor)			
	VAULT	BARS	BEAM	FLOOR
Apparatus	8&9 yrs – 60cm block + 30cm mat (90cm). 10/11 yrs - 115cm Vault Table 12+ 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)	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>	<ol style="list-style-type: none"> 1 Bar change 1x Cast to horizontal or above Upstart (LB or HB) Close bar element (not mount) Dismount of A <i>NB exercise may be performed on LB only but no CR1</i>	<ol style="list-style-type: none"> Dance series (180° split not required) Min ½ turn fwd on 1 foot Acro element (handstand not allowed) Split jump/leap (min 120°) Dismount of A <i>CR1 – 4 must be performed on the beam</i>	<ol style="list-style-type: none"> Acro series 2 flighted elements Dance passage as per FIG (180° split) Turn on 1 foot (min. 360° forwards) Fwd/Swd and Bwd ACRO element Dismount of 3 connected elements (min. 1 acro) <i>CR1 and CR5 MUST be different</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 (satisfies CR 1 and no FIG penalty for bar change) Tucked sole circle (no FIG bent leg penalty and no jump penalty) ¾ giant from LB to HB Cast to horizontal 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)) Forward or backward roll Straight jump (& with ½ turn) Tuck jump Cat leap ½ turn on one foot Arabesque (back leg min. at horizontal) Handspring dismount Round-off dismount Cartwheel straight jump dismount 	<ul style="list-style-type: none"> Forward & backward roll Forward & backward walkover Valdez Hstand Fwd roll & Bwd roll to hstand Cartwheel Tuck jump (& with ½ turn) Cat leap (& with ½ turn) <i>NB Round-off, Cartwheel, Back flip and Handspring may be used a second time for a CR – No DV for 2nd or subsequent attempt</i>
Barred Elements	Any vault above 3.0 DV	A value elements only. Exception is Cast to handstand with legs together (B)	Acro elements above A value Dance elements above B in value	Acro elements above A Dance elements above B value 8/9 years NO SALTOS ALLOWED
Bonus/Special SG Deductions		0.3 - Straddle cast to handstand 0.5 - Cast handstand legs together FIG tolerance, allowed 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