

British Gymnastics

NW Voluntary 5 Rules & 2023
Women's Artistic National
Voluntary Levels 4, 3 & 2
For Coaches

Listed by Level

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Updated December 2022 for 2023 competitions

NORTH WEST VOLUNTARY AGE GROUP CHAMPIONSHIPS 2023

VOLUNTARY LEVEL 5

Age - 8 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code (0.1) Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	An exercise with less than 7 elements on Beam/Floor or less than 4 elements on Bars will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Safety mats to height 40cm from the floor	Polished Bar, gloves and straps	FIG Beam Regulations + 20cm safety mats underneath the beam (including dismount)	FIG Floor Regulations
Requirements	Tucked front somersault to land D Score = 3.5 2 vaults - best score to count Springboard safety collar <u>must</u> be used Runup must be minimum 17m and maximum 25m	1. Upstart 2. Backward Giant (may be repeated once for DV) Only 2 CRs are required worth 0.5 each. The gymnast will receive an extra 1.0 for CRs provided she performs the upstart mount CR	1. A connection of at least 2 different dance elements, one with 180° split/straddle 2. ½ turn (min) on 1 foot 3. Acro elements (performed on the beam) in different directions (fwd/swd and bwd) 4. Additional leap/jump with 180° split/straddle	1. A dance passage of at least 2 different leaps or hops including one with 180° split/straddle 2. Round off flic flic <u>OR</u> Round off flic tuck 3. Spin min 360° 4. Forward salto (see in notes below)
Barred elements		Forward giant	All elements above B	All elements above B All B valued saltos
Bonus		Close bar circle above 45° 0.3 (awarded once only. For judging-see national compulsory 4)	Flic 0.3 (awarded once only and only if no fall)	Roundoff flick tuck back 0.3 (awarded once only and only if no fall)
Additional Elements		Additional NW elements = 0.1 Upward circle as a mount Swing bwd above 45° Swing fwd above 45° Cast (legs together) above 45°	Additional NW elements= 0.1 Handstand (not held 2s) Stretch jump Stretch jump ½ turn Tuck jump ½ spin on one foot Squat on mount Forward roll Arabesque above horizontal and <180° split Dismounts: -Handspring -Roundoff	Additional NW elements= 0.1 Cartwheel Backward roll to handstand Backward Walkover Forward Walkover Valdez Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll Dive Cartwheel Scissor Leap Stag Leap Tuck Jump
Notes	For judging - see National Compulsory 4	Coach to assist gymnast to stop at the end of the routine if required	Rolls may be used to fulfil the acro CR	ACRO LINE = either an acro series (min 2 flight elements), or a forward salto (not aerial) performed on its own

Level 4 – Minimum age 9 years (for gymnasts who have passed Compulsory 4 in the same year)

<p>A/U = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p style="text-align: center;">Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2022 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – max 4 x Acro lines. Same element can only count once EXCEPT on Bars where a FIG Coded element may be repeated for Difficulty Value. *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p style="text-align: center;">FIG rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Safety mats or block to height 60 cm from the floor. Additional 20cm soft mat for gymnast to fall onto Yurchenko collar compulsory for all vaults</p>	<p>FIG Bars Regulations with:</p> <ul style="list-style-type: none"> • FIG landing mats • (20cm) plus additional 10cm mat throughout + Additional 20cm landing mat <p>Total height of landing mats equals 50cms.</p>	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> • Total height of landing mats equals 30 cms. • 20cm crash mats throughout length of beam 	<p>FIG Floor Regulations</p>
<p>Requirements</p>	<p>Best score of 2 vaults No deduction if only 1 vault performed</p> <ul style="list-style-type: none"> • Straight front salto from the board to land on feet and fall to front lying (see appendix) DV = 3.50 	<p>Gymnast automatically receives 2.00 for CR</p> <p>Dismount must be included in counting elements - *A value only allowed*</p> <p>Unpermitted dismount 0.30 deduction only</p> <p>The sole circle [5.108] may be performed with bent legs without incurring execution penalty</p>	<ol style="list-style-type: none"> 1. Connection of min 2 different dance elements: <ul style="list-style-type: none"> • To include 1x leap or jump with 180° split (cross or side) or straddle position 2. Any coded 1/1 spin on one foot in forward direction 3. 1 x acrobatic series with 2 elements [min] <ul style="list-style-type: none"> • 1 x with flight [not salto] • not connected into dismount 4. Acro elements in different directions [fwd/swd & bwd] (If a tic toc is used in the acro series then an additional forwards element must be performed) <p>Dismount must be included in counting elements - *A value only allowed*</p> <p>Unpermitted dismount 0.30 deduction only</p>	<ol style="list-style-type: none"> 1. Dance passage to include minimum 2 x different leaps or hops: <ul style="list-style-type: none"> • To include 1 x leap or hop with 180° split (cross or side) or straddle position 2. Salto bwd and salto fwd (no aerials) in the same or different acro line 3. 2 x acro lines, 1 with 2 different saltos 4. Spin min 360 (any position) <p>Dismount must be included in counting elements</p> <p>*an A or B salto must be in last Acro line*</p> <p>Unpermitted dismount 0.30 deduction only</p>
<p>Un-coded Permitted Elements (receive 0.10 DV)</p>		<p>Cast above 45° (see diagram for penalties) ¾ Giant from LB to HB (no penalty for empty swing at the end of this element) Cast squat, stoop or straddle onto low bar - jump to catch high bar - (no penalty for performing jump LB to HB or sole circle-jump) Straddle or pike on undershoot dismount or ¾ sole circle dismount</p>	<p>Tuck jump Straight jump</p>	
<p>Barred Elements (prohibited / receive no DV)</p>		<p>Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Any saltos [other than dismount] Free cartwheel Side salto Free walkover Hops/jumps/leaps with 360° turn Hops/jumps/leaps to front support</p>	<p>All acro elements above B in difficulty value Attempt without performance of an element (eg additional hurdle) 0.30 deduction each time</p>
<p>GBR Bonus (in addition to FIG)</p>		<p>0.50 - Backward giant without fall [awarded once only] 0.50 - Close bar element, min 45° (awarded once only)</p>	<p>0.20 - Dance/Acro min A+B (mixed only, any order) 0.40 - Series bonus of 3 elements (Dance or Acro or Mixed) min BBA, BAB, ABB Bonus awarded only within routine time limit (1 min 30).</p>	

Clarifications/Help Desk/Updated Notes from Q & A for Level 4

General Notes:

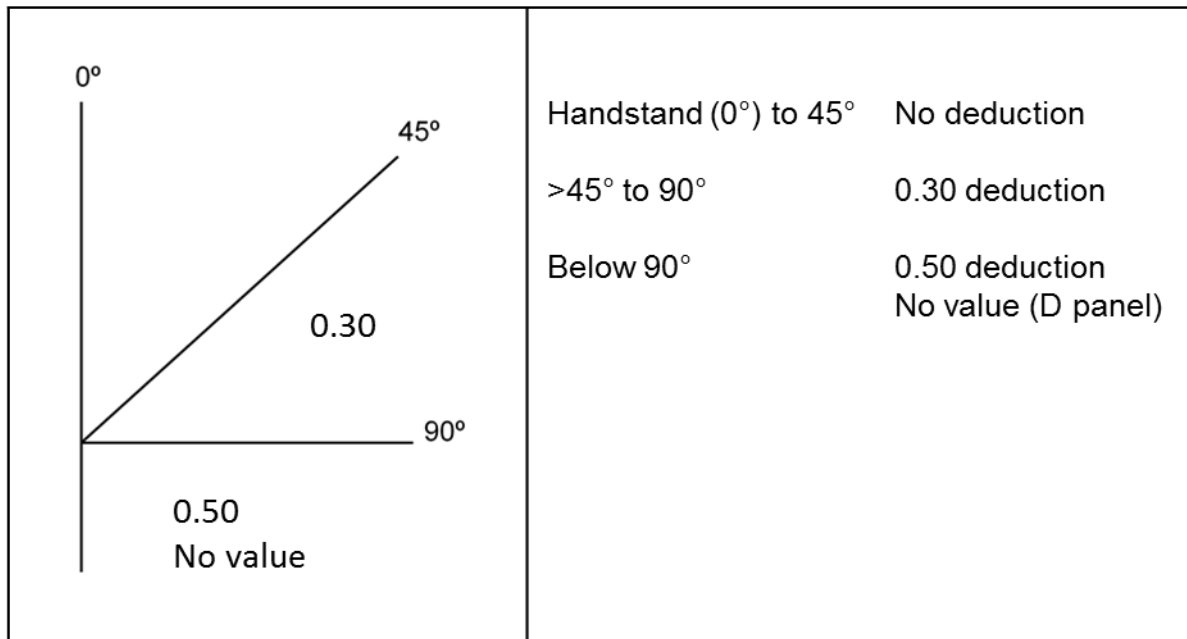
- Un-coded elements 'U' which are permitted are listed in the tables and have a value of 0.10 for DV. They will fulfil the same criteria as A value elements.
- "Unpermitted dismount" is a dismount which has been performed, but not at the Difficulty Value specified.
- The penalty for this is 0.30 which is taken as a neutral deduction, however if the difficulty value performed is greater than the specified value, the higher value will be treated as the specified value and will also incur the 0.30 deduction.

Vault:

- Refer to vault diagrams (in appendix) and WTC Update 2018 Vault Guidance

Bars:

Diagram for Voluntary Age Group Level 4 Bars – Un-coded element (value - 0.10) – Cast to above 45°



Beam: Conditions for bonuses

- The maximum bonus that can be awarded for a series of 3 elements, is 0.40 (connections with more than 3 elements will still only earn 0.40).
- The mixed series bonus (0.20) can only be awarded if not used in conjunction with any other bonus.
- A combination of 3 elements may not be used to gain mixed bonus twice (0.20 + 0.20) example W-Jump-Flic-Sissone.
- A gymnast may perform as many different bonus connections of 2 mixed elements or 3 consecutive elements within the maximum time limit.
- N.B The specific connection of 3 flics (same or different) will be awarded 0.40 bonus.

Level 3 - Minimum age 10 years (for gymnasts who have passed Compulsory 3 in the same year)

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2024 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount. BEAM – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – 4 acrobatic + 4 dance and max 4 x Acro lines. BARS – backward giant can receive Difficulty Value twice. BEAM – Bonus awarded only within routine time limit (1 min 30). *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault table at 115cm with: • Additional 5cm mat over vaulting table • Mats to 120cm height • Yurchenko guard compulsory</p>	<p>FIG Bars Regulations with: • FIG landing mats • (20cm) plus additional 10cm mat throughout + additional 20cm landing mat Total height of landing mats equals 50cms.</p>	<p>FIG Beam Regulations with: • FIG landing mats • Total height of landing mats equals 30 cms.</p>	<p>FIG Floor Regulations</p>
<p>Requirements</p>	<p>Best score of 2 vaults performed onto piled up mats: • Yurchenko prep to stand and fall back DV = 3.50 No deduction if only 1 vault performed</p>	<p>At least one skill to be performed on low bar (0.5 penalty if missing) No penalty for performing jump from LB to HB 1. Cast to within 10° of handstand 2. 2 close bar circle elements [non-flight] same or different * see appendix 3. 2 x 180° (min) turn non-flight giant circle elements 4. Straight backaway dismount Dismount must be included in counting elements - *A value only allowed* Unpermitted dismount 0.30 deduction only</p>	<p>1. Connection of minimum 2 different dance elements: • To include 1 x leap or jump with 180° split (cross or side) or straddle position 2. Any coded 1/1 spin on one foot 3. 1 x acrobatic series with [min] 2 x flight elements performed on the beam • salto not required • not connected into dismount *Award 1.00 for this CR 4. Acro elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements - *A or B value only allowed* Unpermitted dismount 0.30 deduction only</p>	<p>1. Dance passage to include minimum 2 x different leaps or hops (from the CoP) • To include 1 x leap or hop with 180° split (cross or side) or straddle position 2. Straight salto with minimum 360° LA turn - forward or backward in an acro line 3. Acro line 2 x different saltos, minimum 1 forwards salto 4. A third different acro line Routine must include 4 acro & 4 dance skills - 0.20 penalty for any missing element Dismount must be included in counting elements *B or C value Salto must be in last Acro line* Unpermitted dismount 0.30 deduction only</p>
<p>Un-coded Permitted Elements (receive 0.10 DV)</p>		<p>Cast squat, stoop or straddle onto low bar - jump to catch high bar - (no penalty for performing jump LB to HB) The sole circle [5.108] may be performed with bent legs without incurring execution penalty</p>		
<p>Barred Elements (prohibited / receive no DV)</p>		<p>Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Flight on same bar [release] Dismounts: Salto forward tucked or piked [6.108]</p>	<p>Salto forwards from two feet [mount or content] Salto sideward [5.412] Hops/jumps/leaps to front support</p>	<p>Connections from salto backward with 540° Double salto Salto backward with LA turn greater than 720° Attempt without performance of an element (eg additional hurdle) 0.30 deduction each time</p>
<p>GBR Bonus (in addition to FIG)</p>		<p>0.30 - 3 different close bar circle elements to within 30° of handstand 0.50 - 2 x different grips Not within flight or dismount Can be awarded once only *If using forward giant, bonus can only be awarded only for heel driven technique 0.50 - Clear pike circle [4.407] to min 45° (awarded once only)</p>	<p>Any FIG Series Bonus awarded only within routine time limit (1 min 30). 0.20—Each A+B+B min series in any order, including dismount (acro/dance/mixed) Awarded once only for acro & once only for dance / mixed 0.20—Jump with 180° split or straddle in side position (awarded once only)</p>	

Clarifications/Help Desk/Updated Notes from Q & A for Level 3

Bars:

- A sole circle (5.108,5.105,5.106 in the Code of Points) may be used as a close bar element once only (backwards and forwards).
- If the sole circle is used to get to the high bar from the low bar, it is considered complete in conjunction with the hands letting go of the low bar.
- The same close bar element (except sole circle) may be repeated for CR1 but will receive Difficulty Value only once.

Beam:

- ~~When the dismount is included as part of the A+B+B(min) series, the value of the dismount can be either A or B.~~
- ~~Acrobatic skills included as part of the A+B+B(min) series may be with or without flight.~~

Floor:

- Saltos with B value may be performed at any time during the routine, but to avoid penalty there MUST be a B Salto performed in the last acrobatic line.

**Level 2 - 11 years minimum. For gymnasts who have passed Compulsory 3 in the previous year.
For progression to British Championships, gymnasts must have passed Compulsory 2.**

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2024 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercises	FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 7 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	<p>Vault table at 125cm with:</p> <ul style="list-style-type: none"> FIG 30cms landing mats (soft side uppermost) with additional 10cm mat (optional) Yurchenko guard compulsory 	<p>FIG Bars Regulations with:</p> <ul style="list-style-type: none"> FIG 30cms landing mats 	<p>FIG Beam Regulations with:</p> <ul style="list-style-type: none"> Total height of landing mats equals 30 cms. 	<p>FIG Floor Regulations with:</p> <ul style="list-style-type: none"> Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.
Requirements	<p>Any FIG Vault</p> <p>The best score from any 2 vaults (same or different)</p>	<ul style="list-style-type: none"> Non flight element with 360° LA turn to fail by <30°, 0.50 deduction not 1.00 - DV given. No deduction for an upstart after a Shap <ol style="list-style-type: none"> An element performed on the LB 2 x different grips Non-flight element with 360° LA turn [not mount] 2 different close bar circle elements to within 30° of handstand (FIG deductions will apply) <p>Dismount must be included in counting elements</p> <p style="text-align: center;"><u>*A or B salto only allowed*</u></p> <p>Unpermitted dismount 0.30 deduction only</p>	<ul style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1 x leap or jump with 180° split (cross or side) or straddle position To include 1 x C leap or jump Minimum 1/1 spin 1 x acrobatic series with 2 flight elements - minimum 1 x salto Salto / aerial elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements</p> <p style="text-align: center;"><u>*A or B value only allowed*</u></p> <p>Unpermitted dismount 0.30 deduction only</p>	<ul style="list-style-type: none"> Dance passage of minimum 2 x different leaps or hops: <ul style="list-style-type: none"> To include 1 x leap or hop with 180° split (cross or side) or straddle position with no tolerance (0.50 penalty) & minimum 1 x C leap or hop 1 x Acro line [2 x different saltos] minimum 1 x C salto Salto bwd and salto fwd (no aerials) in the same or different acro line Spin min 'B' (any position) <p>Dismount must be included in counting elements</p> <p style="text-align: center;"><u>*A, B or C value salto only allowed in last Acro line*</u></p> <p>Unpermitted dismount 0.30 deduction only</p> <p>If less than 3 Acro lines are performed the gymnast will receive a deduction of 2.00</p>
Barred Elements <i>(prohibited / receive no DV)</i>		<p>Back/forward hip circle [2.105/2.104]</p> <p>Flight element from HB to LB & Flight element on the same bar</p> <p>Dismounts:</p> <p style="padding-left: 20px;">Salto backward with 540°/900° LA turn</p> <p style="padding-left: 20px;">Salto forward with 360°/720° LA turn</p>		<p>Double front [4.501] [4.601]</p> <p>Double Arabian [4.505] [4.605] [4.705]</p> <p>Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction each time</p>
GBR Bonus <i>(in addition to FIG)</i>		<p>0.30 - 3 different close-bar elements to handstand (any sole circle is NOT considered a close-bar element)</p> <p>0.50 - Backwards double tuck</p> <p>0.50 - Clear pike circle [4.407] to min 45°</p> <p>0.30 - LB to HB element</p> <p>0.50 - Invert & invert ½ (L-Grip skills each time – not sole circle in L-Grip)</p>	<p>Any FIG Series Bonus awarded only within routine time limit (1 min 30).</p> <p>0.20 – Additional different C dance element (max twice only)</p> <p style="color: red;">0.20 – Series B+B+C or above (+ FIG 0.10)</p> <p style="color: red;">0.20 – B+B+B Dismount series</p> <p style="color: red;">0.30 – Jump full turn any shape awarded once only</p> <p>0.30 - For each double spin as per FIG</p>	<p>0.20 – Salto minimum 720° LA turn</p> <p>0.30 – Minimum 3 x C Different Dance elements</p> <p>0.50 - Double back salto once only</p>

Clarifications/Help Desk/Updated Notes from Q & A for Level 2

Bars:

- FIG Deductions will be applied for bent legs in sole circle, but the jump to high bar will not attract FIG uncharacteristic element deductions.
- Cast squat, stoop, or straddle onto low bar, jump to high bar will not attract FIG uncharacteristic element deductions, but no DV will be given for this move.

Beam:

- Acrobatic elements may be with or without flight for bonus.

Floor:

- One leap or hop in the dance passage must have a 180° split with no tolerance (0.50 penalty).

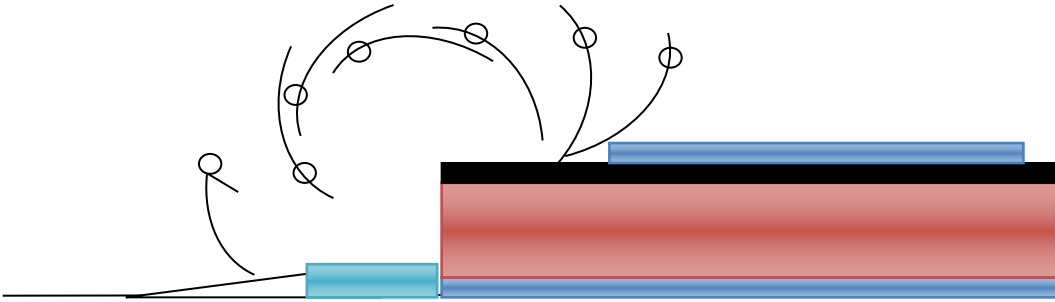
Vault Appendix

Voluntary Level 4 Vault

Straight front salto from the board

D score 3.50

(Land on feet and FALL to front lying, jump not permitted -Level landing OR optional one mat higher for bonus of 0.5 - Only applicable if the E score is 1.0 mark or less)



Vault Level 4 – straight front salto vault

Springboard (4 spring, 5 spring adapted, FIG soft)

Springboard 'safety guard' Gymnova Ref (To be used for all vaults)

Gymnastic landing/safety mats to height 60 cm from the floor

Gymnova jersey mat (Ref: 7011) to be replaced as the mat to fall on – compulsory 2115

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance Less than 17m or more than 25m deduction		X	
• Lack of acceleration, or deceleration shown, during run up	X	X	
Flight Phase onto the board			
• Landing off centre in any direction	X		
Second phase take off from the board to inverted position			
• No heel drive into salto	X	X	
• Excessive pike/arch into inverted position	X	X	X
• Bent legs	X	X	X
• Insufficient height/rotation into the inverted position	X	X	X
• Leg or knee separations	X	X	
Third phase from inverted position to landing			
• Failure to maintain correct body position to landing (excessive pike)	X	X	X
• Leg or knee separations	X	X	
Landing faults			
• Under rotation of salto			
○ without falling forwards	X		
○ with fall forwards		X	
• Steps	X	X	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

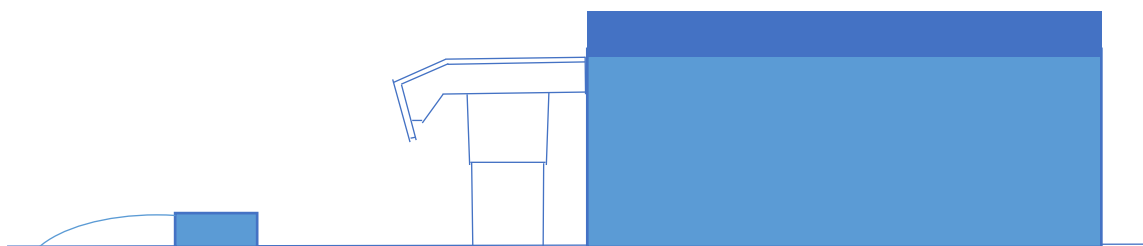
NB: Safety collar compulsory – score 0 if not used



Voluntary Level 3 Vault

Yurchenko prep vault

D score 3.50



Vaulting Table 115 cm

Springboard (4 spring, 5 spring adapted, FIG)

Mat on table only, 5 cm

Landing/Safety mat 120 cm from the ground

≤5 cm depth round off mat

From the table onto built up mats - Land on feet and FALL to back lying, jump not permitted – Level landing

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
• Lack of acceleration, or deceleration shown, during run up	X	X	
First Flight Phase and feet landing on board			
• Landing off centre in any direction	X		
• Incorrect body position	X	X	
• Too high onto table	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Repulsion Phase			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
Second Flight Phase			
• Height	X	X	X
• Failure to maintain correct body position	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Distance			
• Insufficient length	X	X	
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Landing with feet on the table			0.80
General			
• Dynamics	X	X	X
• Failure to maintain correct body position during fall	X	X	
• Under rotation of vault			
○ without falling forwards	X		
○ with fall forwards		X	
• FIG body posture on landing penalties apply	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X		
• Correct body position maintained but feet not touching mat			X