

# EASTERN REGION GYMNASTICS ASSOCIATION



## COMPULSORY LEVEL 5

2022

Amendments marked yellow

# VAULT

**D Score 4.00**

## **Tuck front somersault from springboard to feet**

**Height: 30cm safety mat**

Run and hurdle step onto springboard, arm swing into a tuck front somersault to feet on safety mats.

### **Run up distance max 25m**

Gymnast to perform two vaults with the best score to count.

FIG Deductions for running out apply.

If a VOID vault is performed (Zero) the gymnast may have a second attempt but will incur a penalty of 1.00.



## **Specific Apparatus Deductions (E Panel)**

Faults	0.10	0.30	0.50
Lack of acceleration during run up	x	x	
<b>First phase onto board</b>			
Feet landing off centre in any direction	x		
Arms not behind body in hurdle step	x	x	
Thumbs not close to side of body in fwd swing of arms	x	x	
<b>1<sup>st</sup> Flight - take off from board to inverted</b>			
Lack of heel drive	x	x	
Hip angle (Excessive dish/pike/arch)	x	x	x
Leg or knee separation	x	x	
Failure to pass through vertical	x		
<b>2<sup>nd</sup> Flight - from inverted to feet</b>			
Height	x	x	x
Failure to maintain correct body position (excessive arch/ tuck)	x	x	x
Failure to maintain stretched body	x	x	
Leg or knee separation	x	x	
Insufficient length	x	x	
Arms not at ears	x	x	x
Dynamics throughout	x	x	x
<b>Landing faults</b>			
Under or over rotation	x	x	
Deviation from straight position (1st contact)	x	x	
Legs apart	x		
Landing in squat			x

# Compulsory Level 5

## BARS

Strap bar height 2.50m (approx)	D Score 4.00 maximum	Use FIG deductions throughout except where specified
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Value of element as specified in text	no attempt at an element VM + 2.00	casts and circle deductions as per text
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### SUGGESTED AMENDMENT

Value	Elements (Exercise must be in this order)	Notes
0.50	<b>Chin up circle over to front support</b>	Lack of body extension 0.10 – 0.30 Failure to make 90° elbow angle – Non-attempt Chin level with bar – 0.30 Chin resting on bar – 0.30 Poor technique (arch/ leg swing to instigate circle) 0.10 – 0.30 Failure to circle over to front support - VM
0.50	<b>Cast to horizontal (emphasis on shape) and push away into</b>	Cast penalties as per compulsory 4 book Below 45° from bar – VM Legs straddled or apart – 0.10 – 0.30 Arch – 0.10, 0.30 or 0.50 Bent arms – 0.10, 0.30 or 0.50 Bent legs - 0.10, 0.30 or 0.50
0.50 - front swing 0.50 - back swing 0.50 - front swing 0.50 - back swing 0.50 – front swing 0.50 – back swing	<b>3 swings to (minimum) horizontal each side</b>  <b>all 3 swings to be judged</b>	<b>Chest in, flat hips, bum squeezed, ears covered</b> <b>Swing deductions:</b> Above 45° - No deduction > 45° - 65° – 0.10 > 65° – 90° - 0.30 Below Horizontal – VM  Body alignment – 0.10 – 0.50 Head out – 0.10 – 0.30 Head too far in – 0.10 Lack of kick/ extended hang under bar 0.10 – 0.30 <b>Additional swings 0.50 each.</b>
0.50	<b>Backward giant circle through handstand</b>	GBR Circle penalties except VM = 0.50 Below 90° = No attempt Deductions on upswing  Deductions as per swings and: Body alignment in handstand – 0.10 – 0.30 Hip Angle – 0.10 – 0.30
0.50	<b>Backward giant circle through handstand</b>	GBR Circle penalties except VM = 0.50 Below 90° = No attempt Deductions on upswing  Deductions as per swings and: Body alignment in handstand – 0.10 – 0.30 Hip Angle – 0.10 – 0.30
0.50	<b>Backward giant circle through handstand</b>	GBR Circle penalties except VM = 0.50 Below 90° = No attempt Deductions on upswing  Deductions as per swings and: Body alignment in handstand – 0.10 – 0.30 Hip Angle – 0.10 – 0.30
<b>Coach can assist the controlled stopping of the gymnast at the conclusion of the routine</b>		

# Compulsory Level 5

## BEAM

Optional routine with compulsory elements on optional order

Time: 1.30m (max)	D Score 4.00 maximum	Use FIG deductions
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<b>General</b> <ul style="list-style-type: none"> <li>If a fall occurs between two connected elements the gymnast must complete the elements after the fall</li> <li>If the gymnast falls between the dismount connection, the whole connection may be repeated once</li> <li>All holds must be 2 seconds</li> </ul>	<b>VM and No attempt for missing an element</b>  <b>0.30 lack of hold</b>  <b>No attempt = VM + 2.00</b>
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Value	Elements (optional order)	Notes
0.50	Mount - optional entry to half pike level hold (2 seconds)  (2 springboards allowed)	Feet brushing beam – 0.10 Lack of extension in support – 0.10/ 0.30 Bent arms/ legs – 0/10/ 0.30/ 0.50
0.50	Split handstand hold (2 seconds)	FIG split deductions apply
0.50	Backward walkover (must be in the same length as the split handstand)	Lack of splits: ≥0° - 20° - deduct 0.10 ≥20° - deduct 0.30
0.50	Split jump (135° Minimum)	Lack of splits: ≥0° - 20° - deduct 0.10 ≥20° - 45° - deduct 0.30 Less than 45° = VM
0.50 + 0.50	Straight jump into tuck jump	Linked as per FIG requirements  Series break – 0.30
0.50 + 0.50	Releve on 1 foot hold with arms down (2 seconds) into releve on 1 foot hold with arms up (2 seconds) into 1/2 spin  If fall between any part of series the rest must still be performed	Stop in connection – 0.30 Spin not completed exactly – VM Lack of continuity - 0.30 Turn not on toes - 0.30
0.50 + 0.50	Cartwheel into Straight jump dismount	Lack of extension in support – 0.10/ 0.30 Lack of height in jump - 0.10/ 0.30 Stop between elements - 1.00 Landing out of line with beam – 0.10/0.30

# Compulsory Level 5

## Floor

Optional routine with compulsory elements on optional order

Time: 1.30m (max)	D Score 4.00 maximum	Use FIG deductions
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<b>General</b> All elements in an acrobatic series must be completed continuously	<b>VM and No attempt for missing an element</b>  <b>Series Break = 0.30</b>  <b>No attempt = VM + 2.00</b>
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Value	Elements (optional order)	Notes
0.50	<b>Round off into 2 flics rebound jump</b>  To be performed on a parallel line in front of head judge approximately 1m into the floor area (as per national compulsory 4 rules)	<b>Lack of flight 0.10/ 0.30</b> <b>Lack of extension in jump</b>  <b>Stop between any element – 1.00</b>  Both hands and both feet on parallel line except for the flics where hands are shoulder width apart. During round off or flics if both limbs are not touching the line, and on one side, they will receive a 0.50 penalty each time
0.50 + 0.50	<b>Tucked front somersault into immediate hurdle step into Handspring to 2 feet into immediate rebound stretch jump</b>	<b>Lack of flight 0.10/ 0.30</b> <b>No rebound jump – 0.50</b>
0.50 + 0.50	<b>Straight jump into straddle jump</b>	<b>Lack of splits:</b> ≥0° - 20° - deduct 0.10 ≥20° - 45° - deduct 0.30 Less than 45° = VM  <b>Series break – 0.30</b>
0.50 + 0.50	<b>Cat leap into cartwheel or forward walkover</b>	<b>Linked as per FIG requirements</b> <b>Series break – 0.30</b>
0.50 + 0.50 + 0.50	<b>Split leap on one leg step into immediate hop with leg at horizontal step into split leap on the opposite leg</b>	<b>Directly linked with no steps chasses or hops</b> <b>Lack of splits:</b> ≥0° - 20° - deduct 0.10 ≥20° - 45° - deduct 0.30 Less than 45° = VM  <b>Series break – 0.30 each time</b>
0.50 + 0.50	<b>1/1 spin step into 1/2 spin</b>  <b>Can be in either direction but must be on different legs</b>	<b>Lack of continuity - 0.30</b>

# Compulsory Level 5

## Range and Conditioning

Compulsory routine must be performed in this order. Deviation from text – deduct 0.50

D Score 4.00 maximum	Use FIG deductions Unless specified
<b>General</b> <ul style="list-style-type: none"> <li>FIG penalties to apply throughout</li> <li>All holds must be for 2 seconds. Failure to hold – 0.30 each time</li> <li>If a fall occurs gymnast should await confirmation from the head judge and restart the routine from the next value part.</li> </ul>	<b>VM and No attempt for missing an element</b>  <b>Lack of hold = 0.30</b>  <b>No attempt = VM + 2.00</b>

Value	Elements (optional order)	Notes
0.50	Standing leg lift on first leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	Chest below horizontal in arabesque - 0.10/ 0.30 Hips and shoulders not parallel – 0.10/0.30 Lack of control in transitions – 0.10/ 0.30/ 0.50
0.50	Standing leg lift on second leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	Lack of splits: Leg at horizontal – no deduction > 0° - 20° below horizontal - deduct 0.10 > 20° - 45° below horizontal - deduct 0.30 More than 45° below horizontal = VM
0.50	Pike fold hold (2 seconds)	
0.50	Backward roll with straight arms to front support	
0.50	Drag feet in to straddle lever - HOLD	Legs resting on arms - 0.30 Feet below hips - 0.10/ 0.30
0.50	Lift to Straddle stand	Feet brushing floor in transition – 0.30 Feet hitting floor in transition – 0.50
0.50	Straddle press to handstand – show position – Legs together	Legs apart – 0.10/ 0.30 Straddle lift – VM
0.50	Controlled lower to bridge	Lack of control – 0.10/ 0.30 Feet/Legs apart – 0.10/ 0.30
0.50	Lift leg to show split bridge and kick through split handstand to stand	Lack of splits: Leg at vertical – no deduction > 0° - 20° below vertical - deduct 0.10 > 20° - 45° below vertical - deduct 0.30 More than 45° below vertical = VM Legs twisted/ body alignment – 0.10/0.30/0.50 Excessive push from support leg – 0.10/0.30
0.50 + 0.50 + 0.50 + 0.50	Straddle jump into immediate split jump into Split jump on other leg into ½ turn jump. Linked but not rebounding. Minimum 135°	Lack of splits: > 0° - 20° split missing - deduct 0.10 > 20° - 45° split missing - deduct 0.30 More than 45° split missing = VM Legs twisted/ body alignment – 0.10/0.30/0.50