

Callywith Competition 2014 – Level 6, 7 Years & Older - Rules & Requirements

Novice Level Rules. No Gymnasts who has competed at any South West or County event higher than novice may enter.

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 6 highest elements <u>including</u> dismount. BEAM/FLOOR – 4 acrobatic [max] + 2 dance [min] FLOOR 4 x Acro lines [max] Barred elements are not allowed and no Difficulty Value will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. Bonus' will only be awarded for successful performance of the skill/combination together with the fulfilment of all CR's							
SHORT EXERCISES	FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element							
VAULT		BARS		BEAM		FLOOR		
Any vault greater than a Handspring DV 2.4	BARRED ELEMENTS	Upstart, Cast to Handstand, Any somersault dismounts B elements		Any salto, Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support Any acrobatic connection B Elements		Any salto Hops/jumps/leaps with LA turn [except vertical 360°] Hops, jumps leaps to front support B Elements		
	UNCODED ELEMENTS 0.1 EACH	Chin circle over LB Cast above 45° Squat onto LB ¾ Giant from LB to HB Counter swing with feet above low bar	Dismounts Clear hip undershoot, Straddle or pike on undershoot, squat on stretch jump off	Squat or Straddle On Japana Mount Forward roll Handstand	Tuck Jump Cat Leap Half Spin Round off Dismount Handspring Dismount	Cartwheel Backward walkover Forward walkover Forward roll Backward Roll Straddle	Backward roll to h/d Cat leap Handstand f/d roll Scissor Kick	
Handstand Flatback 90cm Or Handspring Vault 1m 1 x springboard	CR 0.50 ✓ Must be performed for 0.5	✓ A circle element ✓ LB Element ✓ Dismount (A or un-coded only)		✓ Acrobatic skill side, forward or backward ✓ 2 jumps connected ✓ Dismount (A or un-coded only)		✓ Acro series of at least 2 elements ✓ Acro element in a different direction ✓ Dance passage of 2 leaps , each with 1 foot take-off (1 with 160º f/d split) ✓ 360º spin		
Best score of 2 performed vaults	BONUS 0.5 each	• Bar Change • Cast above 45°		• Jump or leap with a split with greater than 160° • A routine with no falls (providing all CR's are fulfilled)		• Flic (given once only) • Routine with all A elements		
	CV Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Cycle 13 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION						
		Bar change without performing an uncharacteristic element X		More than 1 x 180º turn on 2 feet with straight legs [throughout exercise] X Mount not from table of elements X				
Use ARTISTRY DEDUCTIONS on Beam & Floor								

Callywith Competition 2014 – Level 5, 8 Years & Older - Rules & Requirements

Please note: no gymnast may enter who has competed in a National or Compulsory Grade or an In-Age Regional or National Championship.

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 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 – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] Barred elements are not allowed and no Difficulty Value will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. Bonus’ will only be awarded for successful performance of the skill/combination together with the fulfilment of all CR’s							
SHORT EXERCISES	FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element							
VAULT		BARS		BEAM		FLOOR		
Any vault greater than a Handspring DV 2.4	BARRED ELEMENTS	Dismount: Higher than salto backward straight		Any salto [other than dismount Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support Any acrobatic connection		Any salto with Long Axis or Lat Axis rotation Hops/jumps/leaps with LA turn [except vertical 360°] Hops, jumps leaps to front support		
	UNCODED ELEMENTS 0.1 EACH	Chin circle over LB Cast above 45° Squat onto LB ¾ Giant from LB to HB	Dismounts Straddle on undershoot, pike sole circle and cast into back-away will fulfil dismount CR	Japan Mount Forward roll Backward roll Tuck Jump	Cat Leap Half Spin Round off Dismount Handspring Dismount	Cartwheel Backward walkover Forward walkover Cat leap	Backward roll to h/d Handstand f/d roll Scissor Kick	
Height 110cm 1 x springboard	CR 0.50 ✓ Must be performed for 0.5	✓ 1 bar change ✓ A circle element ✓ A high bar element ✓ Dismount from HB (A or un-coded only)		✓ Acrobatic skills side or forward ✓ Acrobatic skill backwards ✓ 2 jumps connected (one with 160° split) ✓ Dismount (A or un-coded only)		✓ Flighted acro series of at least 2 elements ✓ Different flighted acro element (not round off or dive roll) ✓ Dance passage of 2 leaps , each with 1 foot take-off (1 with 160º f/d split) ✓ 360º spin		
Best score of 2 performed vaults	BONUS 0.5 each	• Upstart (given once only) • Cast to handstand without fall		• Acrobatic skill with flight (without fall) • A routine with no falls (providing all CR’s are fulfilled)		• Forward salto off 2 feet (given once only) • Backward salto (given once only)		
	CV Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Cycle 13 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION						
		Bar change without performing an uncharacteristic element X		More than 1 x 180º turn on 2 feet with straight legs [throughout exercise] X Mount not from table of elements X				
		Use ARTISTRY DEDUCTIONS on Beam & Floor						

Callywith Competition 2014 – Level 4, 9 Years & Older - Rules & Requirements

Please note: no gymnast may enter who has competed at National FIG Level (i.e. Challenge Cup) or who are entered in 2013 Challenge Cup.

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 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 – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. Bonus’ will only be awarded for successful performance of the skill/combination together with the fulfilment of all CR’s				
SHORT EXERCISES	FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element				
VAULT		BARS		BEAM	FLOOR
Any vault with salto	BARRED ELEMENTS	Flight on the same bar (release) Dismount: Higher than salto backward straight		Any salto [other than dismount] Hops/jumps/leaps to front support Any acrobatic connection Free Cartwheel, side somi and free walkover	All elements above B value Hops, jumps leaps to front support
		Elements with a DV of ‘C’ or greater will be credited as a ‘B’ value element			
	UNCODED ELEMENTS 0.1 EACH	Cast above 45° Squat onto LB jump to catch high bar Tucked/straight leg sole circle ¾ Giant from LB to HB	Dismounts* Straddle on undershoot, pike sole circle and cast into back-away will fulfil dismount CR	Forward roll Cat leap Tuck jump	Cartwheel Backward walkover Forward walkover Valdez Backward roll to h/d Headspring Handstand f/d roll Scissor Kick Cat Leap Tuck jump
Height min 115cm 1 x springboard	CR 0.50 X Award 0.5 ✓ Must be performed for 0.5	A Bars - HB 2.50 – LB 1.70 X Flight element from HB to LB X Flight element on same bar X 2 x Grips X 360º non flight element [not mount] ✓ Dismount - A only allowed* B/C/D or more – No DV or CR		✓ Connection of minimum 2 different dance elements [1x leap/jump/hop with180° cross/side split or straddle] ✓ Turn [Group 3] ✓ 1 x acrobatic series with 2 elements [minimum] 1 x with flight [not salto] – not connected into dismount ✓ Acro elements in diff directions [fd/side & bd] ✓ Dismount - A only allowed B/C/D or more – No DV or CR	✓ Dance passage of 2 x different elements [minimum] [1x leap or hop with 180° cross/side split or straddle] ✓ Any coded spin on one foot [min 360º] ✓ 2 x saltos in different directions [fd/side & bd] ✓ 1 acrobatic line with 2 different saltos ✓ Dismount - A or B salto only allowed [DV+CR] C or more – No DV or CR
Best score of 2 performed vaults	BONUS 🏠👤🏠 Each	• GB Bonus Backward Giant without fall [given once only]		• GB Bonus Exercise without a fall [provided all CRs are fulfilled]	
	Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Cycle 13 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION			
		Bar change without performing an uncharacteristic element X *The squat on and sole circle will not incur bent leg deductions	Mount not from table of elements X		
		Use ARTISTRY DEDUCTIONS on Beam & Floor			

Callywith Competition 2014 – Level 3, 10 Years & Older - Rules & Requirements

Please note: no gymnast may enter who has competed at National FIG Level (i.e. Challenge Cup) or who are entered in 2013 Challenge Cup.

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied.</p> <p>BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] Recommended elements are guidelines for a programme of development and other elements may be used. Un-coded elements as listed below will be recognised and awarded 0.10 each Barred elements are not allowed and no Difficulty Value will be given if they are performed. BARS – Backward giant can receive Difficulty Value twice IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. Bonus will only be awarded for successful performance of the skill/combination together with the fulfilment of all CR's</p>			
SHORT EXERCISES	FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
VAULT		BARS	BEAM	FLOOR
Any vault with DV higher than 4.20 or salto's with a twist	BARRED ELEMENTS	Flight on the same bar (release) Dismount: Higher than salto backward straight	Salto forward from 2 feet [mount or content] Side somi Hops/jumps/leaps to front support	Connections from Salto backward with 540° Double salto Salto backward with LA turn greater than 720° Hops/jumps/leaps to front support
		Elements with a DV of 'D' or greater will be credited as a 'C' value element		
	UNCODED ELEMENTS 0.1	Squat on to low bar and jump to high bar Sole circle tucked or straight Neither of the above will incur 0.5 penalty for bent legs		
Height min 120cm 1 x springboard	CR 0.50 X Award 0.5 ✓ Must be performed for 0.5	A Bars - HB 2.50 – LB 1.70 X Flight element from HB to LB X Flight element on same bar ✓ 180° non flight element [not mount] ✓ Close Bar circle element [Non flight] back hip circle and forward hip circle not allowed ✓ Dismount – A only allowed* Or no DV or CR awarded	✓ Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross/side split or straddle] ✓ Turn [Group 3] ✓ 1 x acrobatic series with 2 flighted elements [min] [Salto not required] – not connected into dismount ✓ Acro elements in diff directions [fd/side & bd] ✓ Dismount - A or B C or more – No DV or CR	✓ Dance passage of 2 x different leaps or hops [minimum] [1 x leap or hop with 180° cross/side split or straddle] ✓ 1 x acrobatic line with 2 different saltos ✓ 2 x saltos in different directions fd/side & bwd ✓ Straight salto with min 360° LA turn (Forwards or backwards) ✓ Dismount - A or B only Or no DV or CR
Best score of 2 performed vaults	BONUS	Close bar element to handstand [given once only] 0.50 2 different grips (Not within flight or dismount) [given once only] 0.50	Connection of 1/1 spin and a jump or leap with a minimum of a 180° split (no tolerance allowed) Can be performed in any order 0.30	
	CV	Use deductions for Bars/Beam/Floor as in Cycle 13 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION		
	Specific Apparatus Deductions	Bar change without performing an uncharacteristic element X	Use ARTISTRY DEDUCTIONS on Beam & Floor	

Callywith Competition 2014 – Level 2, 11 Years & Older - Rules & Requirements

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied.</p> <p>BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. Bonus will only be awarded for successful performance of the skill/combination together with the fulfilment of all CR's</p>			
SHORT EXERCISES	<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>			
VAULT		BARS	BEAM	FLOOR
Any vault with DV higher than 4.40	BARRED ELEMENTS	Back hip Circle Flight element on same bar (Release) Dismount: Salto backward with 180°/540°/900° turn off Salto forward with 360°/720° turn off	Salto forwards [mount or content]	Salto backwards 720° LA turn Double front and double Arabian More than one double BA salto Hops/jumps/leaps to front support
	UNCODED ELEMENTS 0.1	Squat on to low bar and jump to high bar Sole circle tucked or straight Neither of the above will incur 0.5 penalty for bent legs		
Height 125cm 1 x springboard 20cm supplementary landing mat	CR 0.50 X Award 0.5 ✓ Must be performed for 0.5	A Bars - HB 2.50 – LB 1.70 X HB to LB ✓ 2 different grips ✓ Close circle element (back-hip circle not allowed) ✓ Non-flighted element with 360 turn performed within the routine (not mount or dismount) ✓ Dismount B or C only	✓ Connection of minimum 2 different dance elements [1x leap/jump/hop with 180° cross/side split or straddle] To include 1 x C hop/leap/jump ✓ Turn [group 3] ✓ 1 x acrobatic series backwards with 2 flighted elements including 1 salto ✓ Acro elements in diff. directions [f'd/side & bd] ✓ Dismount – B or C only	✓ Dance passage of 2 x different coded elements [minimum] [1 x leap or hop with 180° cross/side split or straddle] ✓ 1 x Acrobatic line with 2 different saltos ✓ Salto with min 360° LA turn ✓ 2 x saltos in different directions fd/side & bd ✓ Dismount – B or C salto only allowed
Performing a Yurchenko vault entry with a salto 0.5	BONUS	Double back away 0.50 0.5 Front away with 540° Turn 0.50	Connection of 1/1 spin & jump/leap with 180° split (No tolerance allowed) Can be performed in any order 0.30 Free walkover/Free Cartwheel/Side Salto in a series with any dance element. Can be performed in any order 0.30	Indirect Connection between: 3 x saltos 0.10 2 x saltos [1 x straight 360° LA turn] 0.10 Direct connection between: 2 x saltos forward [1 x straight 360° LA turn] 0.20 Double Back Salto 0.50
Best score of 2 performed vaults	Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Cycle 13 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION		
			Use ARTISTRY DEDUCTIONS on Beam & Floor	