

SRWTC LEVEL 4 (10/11 yrs, 12/13 yrs & 14+ yrs) RULES & REGULATIONS - APRIL 2012

DV

Difficulty Value is calculated as per FIG cycle 12 Code of Points. FIG execution penalties will be applied. No repetition of elements allowed.
UB/BB/FX: 8 highest elements including dismount. **BB/FX:** 5 acro max, 3 dance min. **FX:** max 4 acro lines.
UB: Coded elements can be used twice for DV.

SHORT EXX

On **Floor & Beam** an exercise with fewer than 7 elements will be deducted **2.00** for **each** missing element from the E score.
 On **Bars**, an exercise with fewer than 5 elements will be deducted **1.00** for **each** missing element.

VAULT		BARS	BEAM	FLOOR
Any coded vault Best score of 2 vaults 10/11 yrs: 115 cm 12/13 & 14+ yrs: 120 cm	<p align="center">UNCODED ELEMENTS = 0.10 EACH</p>	Squat onto LB Tucked sole circle Cast above horizontal 3/4 Giant LB-HB Straddle on undershoot (*fulfills CR) Clear circle between 45° and H/stand	Fwd roll Cat leap Tuck jump	Cartwheel Handstand fwd roll Bwd & Fwd walkover Cat leap Tuck & Wolf jump Valdez Headspring Straight jump 1/1 Bwd roll to handstand
	<p>CR: X = Award 0.50 ✓ = Must be performed for 0.50 (uncoded elements can be used to fulfill CR)</p>	Flight element from HB-LB & LB-HB = X Flight element same bar = X 2 Grips and close bar circle without flight = X 360° Elements = X Dismount A*+ = ✓	Connection of min 2 different dance elements, 1 showing 180° split = ✓ Coded turn/spin = ✓ 1 Acrobatic series = X Acro elements bwds and fwd/sideways = ✓ Dismount A*+ = ✓	Dance passage of 2 different coded leaps/hops min 1 with 180° split = ✓ 1 Acro line with 2 saltos = X Salto fwd/sideways = ✓ Salto bwds = ✓ Dismount salto A+ = ✓ (If only 1 salto performed this can count as the dismount)
	<p>BONUS:</p>	Bwd giant performed without a fall = 0.50 Salto backward from giant = 0.30	2 different back flips = 0.50 Execution without falls and all CR = 0.50	Any B salto = 0.50
	<p>Apparatus deductions As per FIG:</p>	No FIG deduction for Bar change with no element.	No FIG deduction for: More than 1 turn on 2 feet or mount not from code.	