

County Recreational Voluntary Competition PENALTIES (These may need amending during 2014)



	Level 5	Level 6	Level 7 floor & vault
Age groups	9/10, 11/12, 13+	8/9, 10/11, 12+	8, 9/10, 11+

BARS	Only using Low Bar routine only – deduct 5.0 from final score	Only using Low Bar routine only – deduct 5.0 from final score	
-------------	---	---	--

BEAM				
Max time 90 secs	No movement close to the beam	-0.1	No movement close to the beam	-0.1
	No salto dismount	-0.3		
Min time 30 secs				

FLOOR				
Max time 90 secs	No 360 degree spin	-0.3		
	No movement close to the floor	-0.1	No movement close to the floor	-0.1
Min time 30 secs				

ADDITIONAL INFORMATION

All penalties as per the Code of Points.

Only Permitted Elements (as per list of permitted elements) are allowed to be performed. If barred elements are performed, they will receive no value and cannot be used to fulfil compositional requirements or specific apparatus requirements.

All elements will only count once except on Bars, where they may be repeated for Difficulty Value.

On Bars, Beam and Floor there will be a deduction of 1.0 mark from the final score for each missing element, as well as 0.1 each from the S.V.

On Beam an exercise without any falls, which fulfils the DV, CR and has no Specific Apparatus deductions, will receive a 0.5 bonus on the S.V.

Short Exercises: On Beam, Bars and floor an exercise with less than 4 elements will be deducted 2.00 marks from the final score.

On Beam and floor an exercise of less than 30 secs will be deducted 5.00 marks from the final score.

The above deductions are in addition to any other deductions for missing elements, short exercises, etc.

County Recreational Voluntary Competition PENALTIES (These may need amending during 2014)



Age Groups	Level 5 9/10 11/12 13+	Level 6 8/9 10/11 12+	Level 7 8 9/10 11+
Vault	Vault Platform DV 2.4 Handspring 9/10 Vault 110 cm 1 Springboard 11/12 Vault 120 cm 1 Springboard 13+ Vault 120 cm 1 Springboard	Landing Mat over top of Safety mats to height of Vault (+/- 0.5 cm) DV 1.9 8/9 110cm Flat back onto mats 1 springboard 10/11 120cm Flat back onto mats 1 springboard 12+ 120cm Flat back onto mats 1 springboard	Landing Mat over top with Safety mats to height of Vault DV 1.4 8 60cm Flat back onto mats 1 springboard 9/10 90cm Flat back onto mats 1 springboard 11+ 90cm Flat back onto mats 1 springboard
Bars	6 x A elements required. DV 2.6 A value salto dismounts allowed No B or C Elements ■ EGR 0.5 Each ■ Upstart on LB ■ Upstart on HB ■ 1 x Bar change from LB to HB ■ A Dismount	5 x A elements required. DV 2.0 No salto dismounts allowed No B or C Elements ■ Upstart (LB or HB) ■ 1 x Bar change from LB to HB ■ A Dismount	
Beam	7 x A elements required DV 2.7 A value salto dismounts allowed No B or C Elements ■ EGR 0.5 Each ■ Acro element, no flight ■ Dance Series (1 x 180° split) ■ 360° spin ■ A Dismount	6 x A elements required DV 2.6 No salto dismounts No B or C Elements ■ Acro element, no flight ■ Dance Series (no 180° required) ■ ½-spin on one foot ■ A Dismount	
Floor	7 x A elements required DV 2.7 A value saltos allowed No B or C Elements ■ EGR 0.5 each ■ *Passage of 2 different dance elements (1 x 180° split) ■ Acro element FWD/SWD with flight ¹ ■ Acro element BWD with flight ¹ ■ **1 Acro line	6 x A elements required. DV 2.6 No saltos allowed No B or C Elements ■ *Passage of 2 different dance elements (180° split no required) ■ Acro element FWD/SWD with/without flight ■ Acro element BWD with/without flight ■ 2 different acro elements connected both with flight	5 x A elements required DV 2.5 No saltos allowed, inc free cartwheel/free walkover No B or C Elements ■ Any leap/hop/jump ■ Acro element FWD/SWD with/without flight ■ Acro element BWD with/without flight ■ 2 different acro elements connected with/without flight
	* A Passage is a connection of 2 different leaps/hops, which both take off from 1 foot, which are either directly joined or are connected by continuous and moving dance steps, eg chasse. ¹ with or without hand support ** An Acro Line may consist of a minimum of 1 flight element without hand support and take off from 2 feet eg front salto or a mixed connection, eg straddle jump into front salto or elements with hand support connected to a salto which takes off 2 feet, eg Roundoff-flic-Tuck back salto		