

West Country League Rules Chart 2018

EGR's with **x** are given at 0.5

EGR's with ✓ should be performed

<u>A League</u>	
5 A elements + any dismount	
Max tariff 0.6	
Uncoded elements recognised 0.1	
Any element can only be counted once except on bars where coded elements may be repeated for DV	

<u>B League</u>	
7 elements + a coded dismount	
A and B elements only	
C dance elements only	
Uncoded elements recognised 0.1	
Any element can only be counted once except on bars where coded elements may be repeated for DV	

<u>C League</u>	
7 elements + coded dismount	
FIG elements only	
Elements count once	

<u>Vault - 90cms</u>	
Handspring to flat back on a block	
Handspring over the block	
Handspring to stand on block	
2 vaults- best of	

<u>Vault - 110cms min</u>	
All the team at the same height	
Any coded vault	
no more than 3.5 tariff	
2 vaults- best of	

<u>Vault - 120cms min</u>	
All the team at the same height	
Any coded vault	
2 vaults best of	

<u>Bars</u>	
<u>A bars</u>	
Low bar element (not mount)	✓
LB to HB (any element)	✓
Top bar element(not dismount)	✓
Dism- A or uncoded from HB	✓

<u>Bars</u>	
<u>A bars</u>	
A's-0.1, B's- 0.3	
Flight HB to LB	x
Flight to same bar	x
2xgrips	x
360 non flight element	x

<u>Bars</u>	
<u>A bar</u>	
Flight HB to LB	✓
Flight to same bar	✓
Different Grips	✓
360 non flight element	✓

<u>Bonus</u>	
Landing dismount still	0.3
Upstart (HB or LB)	0.3

<u>Bonus</u>	
Cast or straddle to handstand	0.3
Giant	0.3
Landing dismount still	0.3

<u>Bonus</u>	
Flight to the same bar	0.5

<u>Beam</u>	
Connection of 2 diff dance els. (1 with 160 split)	✓
Acro in 1 direction (s or f or b)	✓
Acro in dif direction(s or f or b)	✓
½ spin	✓

<u>Beam</u>	
Connection of 2 diff dance els. (1 with 180 split)	✓
Turn (gr3)	✓
1 acro series no flight needed els can be the same	✓
Acros in 2 dif direction (s or f or b)	✓

<u>Beam</u>	
Connection of 2 diff dance els. (1 with 180 split)	✓
Turn (Gr 3)	✓
1 acro flight series with somie	✓
Acros in diff direction (s/f or b)	✓

<u>Bonus</u>	
Routine without fall (only given for routines where all CR have been attempted)	0.3
Dismount landed still	0.3

<u>Bonus</u>	
Series 2 acro els 1 with flight	0.3
Routine without falls	0.3
Dismount landed still	0.3

<u>Bonus</u>	
--------------	--

<u>Floor</u>	
Passage of 2 diff dance el (1 x 160 split)	✓
1 flight element. fwd\side	✓
1 flight element backwards	✓
The last acro series must have 2 flight elements.	✓

<u>Floor</u>	
Passage of 2 diff dance el (1 x 180 cross\side split)	✓
Saltos with a long axis turn	x
Acro line with back salto	✓
Acro line with front salto (no aerials)	✓

<u>Floor</u>	
Passage of 2 diff dance el (1 x 180 split)	✓
Saltos with a long axis turn(360+)	✓
Saltos with double BA	✓
Saltos bwds & fwds in the same or diff acro lines	✓

<u>Bonus</u>	
Backward somie	0.3
Forward somie (not aerials)	0.3

<u>Bonus</u>	
Somie with any long axis turn	0.3