

West Country League Premiership and Division 1 Rules Chart 2020

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, 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 0.3 (only given for routines where all CR have been attempted)
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