

PAGU AGE GROUP PROGRAM

2020-2024

INTRODUCTION

The PAGU Age Group is a program for athletes aspiring towards the pursuit of excellence in direction to the high national level or international level. Basic skills are incorporated to prepare the gymnasts for FIG competitions. The program has three levels. The coaches should choose properly to insure the athletes develop strong technical basis, skills and abilities, allowing the gymnasts to be successful in a level before changing level. The idea is to insure they present good execution with consistency throughout the routines.

The program is presented based on the FIG Code of Point 2017-2020. The Code of Point can be found at the following link: <http://www.fig-gymnastics.com/site/rules/disciplines/art>

The program will be adjusted to the FIG Code of Point 2021-2024 as soon as the Code will be in application.

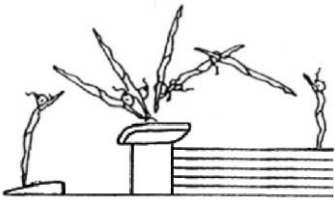
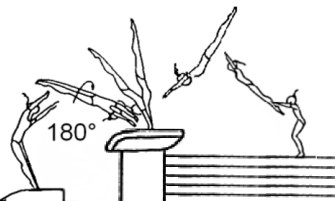

The Pan American competitive structure should offer a yearly competition for Elite Gymnasts representing their club or federations using the PAGU Age Group Program.

	Level
8-9 years	1
10-11 years	2
12-13 years	3

ACKNOWLEDGEMENTS

President	Hélène Laliberté CAN
Member	Yazaira Cabrera Davila PUR
Member	Monica Calabro ARG
Member	Kristie Phillips Banister USA
Member	Yumi Sawasato BRA
Member	Jhoanys Riuz VEN
Member	Anabeth Vargas Avila PAN
Special contribution	Carlos Sanchez VEN

VAULT

VAULT TABLE	Level 1	Level 2	Level 3
Value part	D Score 3.5-4.0 E score 10.0	D Score 3.0-4.0 E score 10.0	D score as per FIG E score 10.0
Vaulting Table:	Vaulting Table: 115-125 cm Pile of Mats: 80-100 cm Top mat: At least 10 cm "cushion or soft mat"	Vaulting Table: 115-125 cm	Vaulting Table: 115-125 cm
Requirements	<p>1 OR 2 vaults, BEST to count</p> <p>Vault # 1 Handspring FWD Timer D value 3.5</p>  <p>Vault # 2 Handspring FWD with ½ turn on-repulsion off Timer D value 3.5</p>  <p>Vault # 3 Round-off, flic-flac on-repulsion off Timer D value 4.0</p> 	<p>1 OR 2 vaults, BEST to count</p> <p>Vault # 1.00 Handspring FWD D value 3.0</p> <p>Vault # 1.02 Handspring FWD with 360° off D value 3.3</p> <p>Vault # 3.10 Tsukahara tucked Vault #4.10 Yurchenko tucked D value 3.6</p> <p>Vault # 3.20 Tsukahara piked Vault #4.20 Yurchenko piked D value 4.0</p>	<p>1 OR 2 vaults, BEST to count</p> <p>FIG Vault Value See table of element</p>
	MAX Total Score 14.00	MAX Total Score 14.00	
	Specific evaluation deductions on next page		

FINAL SCORE = D-SCORE + E-SCORE Execution deductions per FIG rules.

VAULT – Level 1 Evaluation

The rationale for the “Timer” vaults is to develop the correct technique for both FWD and BWD entry vaults. The gymnast should keep a tight stretched position (hollow or tight arch allowed) from the First flight until the reception.

The evaluation ends when the gymnast lands on her feet. Steps, rolls or fall (away from the table) are not penalized. Steps, rolls, or falls (toward the vaulting table ARE deducted accordingly)

Phase	Fault	Deduction
First Flight	Execution deductions per FIG rules.	
Support	Execution deductions per FIG rules.	
Second Flight	Height	0.1 – 0.3
Landing	Steps away from table	No deduction
	Roll or fall away from table	No deduction
	Step towards the table	0.1 each
	Large step towards the table	0.3 each
	Roll, fall towards the table	1.0

All other execution deductions per FIG rules.

UNEVEN BARS

UNEVEN BARS	Level 1	Level 2	Level 3
Value part	5 elements + dismount	6 elements + dismount	7 elements + dismount
Allowable elements	A,B,C	A,B,C,D	A,B,C,D,E
Progressive element	<ul style="list-style-type: none"> Cast 45° (A) VP Baby giant (A) VP 		
Unauthorized elements -1.0	D+ value part not allowed	E+ value part not allowed	F+ value part not allowed
CR Each 0.5	Kip cast to HS with legs together or straddle	Kip cast to HS with legs together or straddle	1 flight element (HB to LB, LB to HB or Same bar)
CR1			
CR2	1 circle element Minimum B From group 2,4,5 (no flight)	2 diff. circle element Minimum B From group 2,4,5 (no flight)	2 different circle element (no flight) From group 2,4,5 1 minimum C
CR3	2nd different. circle element from Gr. 2,4,5 (no flight)	2 different grips (may include the dismount)	2 different grips (excluding the dismount)
CR4	Baby Giant circle BWD or Regular Giant	Element with min. 180° LA turn (no flight)	Element with min. 180° LA turn (no flight)
FIG Exceptions	No deduction for bar change without element	No deduction for bar change without element	<i>If kip performed after Shaposhnikova type elements do not apply deduction for empty swing</i>
Short Routine	1.0 Neutral Deduction for each missing element.		

FINAL SCORE = D-SCORE + E-SCORE

Connection Value per FIG rules only for Level 3.

Execution deductions per FIG rules.

BALANCE BEAM

BEAM	Level 1	Level 2	Level 3
Value part	5 elements + dismount	6 elements + dismount	7 elements + dismount
Allowable elements	A,B,C	A,B,C,D	A,B,C,D,E
Unauthorized elements -1.0	D+ value part not allowed	E+ value part not allowed	F+ value part not allowed
CR Each 0.5			
CR 1	Turn from group 3	Turn from group 3	Turn form group 3
CR 2	Acro series with min. 2 elements Min. 1 with flight (No HS, rolls)	Acro series with min. 2 flight elements (No HS, rolls)	Acro series with min. 2 flight elements, 1 a Salto or Aerial (No HS, rolls)
CR 3	Acro elements in different directions (no flight necessary) (No HS, rolls)	Acro elements in different directions (at least 1 with flight) (No HS, rolls)	Acro elements in different directions (with flight)
CR 4	Dance series with 2 diff. elements, one a 180° split leap or jump (cross or side)	Dance series with 2 diff. elements, one a 180° split leap or jump (cross or side)	Dance series with 2 diff. elements, one a 180° split leap or jump (cross or side)
FIG Clarifications	Min. 2 dance Min. 2 acro	Min. 3 dance Min. 3 acro	Min. 3 dance Min. 3 acro
Short Routine	1.0 Neutral Deduction for each missing element.		

FINAL SCORE = D-SCORE + E-SCORE

Connection Value per FIG rules only for Level 3.

Execution deductions per FIG rules.

Refer to CoP 2017

Section 12.5 Artistry & Composition deduction

Section 12.6 Specific Apparatus Deductions

FLOOR EXERCISE

FLOOR	Level 1	Level 2	Level 3
Value part	5 elements + dismount	6 elements + dismount	7 elements + dismount
Allowable elements	A,B,C	A,B,C,D	A,B,C,D,E
Progressive element	• Turn 540° free leg optional (B) VP	• Turn 540° free leg optional (B) VP	
Unauthorized elements -1.0	D+ value part not allowed	E+ value part not allowed	F+ value part not allowed
CR Each 0.5			
CR 1	Dance Passage of 2 different leaps or hops, one with 180° split (side or cross)	Dance Passage of 2 different leaps or hops, one with 180° split (side or cross)	Dance Passage of 2 different leaps or hops, one with 180° split (side or cross)
CR 2	Min 360° turn on one foot	Min 540° turn on one foot	Min 720° turn on one foot
CR 3	BWD Acro Series: Round off + BHS + Bwd Layout Salto	BWD Acro Series: Round off + BHS + Bwd Layout Salto with min. 180° twist	Salto with LA turn minimum 360° twist <u>and</u> a Fwd Acro series min B
CR 4	Fwd Acro Series: Front Handspring and flyspring or FWD Tuck Salto	Fwd Acro Series: Front Handspring (and/or flyspring) + Front Layout Salto	Double Salto Bwd or D salto
FIG Clarifications	Min. 2 dance Min. 2 acro	Min. 3 dance Min. 3 acro	Min. 3 dance Min. 3 acro
Short Routine	1.0 Neutral Deduction for each missing element.		

FINAL SCORE = D-SCORE + E-SCORE

Connection Value per FIG rules only for Level 3.

Execution deductions per FIG rules.

Refer to CoP 2017

Section 13.5 Artistry & Composition deduction

Section 13.6 Specific Apparatus Deductions