



Level Up Rules & Clarifications

Join in the fun for the Grizzly Classic “Level Up”, where athletes are given the opportunity to showcase and perform skills from the next level.

Philosophy:

“Level Up” may substitute a requirement, however, it should not eliminate other requirements. Requirements must still be fulfilled for full Start Value. If the level up skill is a replacement , it WILL be judged. If the level up skill is an additional skill, it will not be judged.

This list has some “Level Up” examples, however, athletes are not limited to these examples.

If coaches have any further suggestions, requests or ideas for leveling up please email grizzlyclassic@kelownagymnastix.ca

CCP 1 & 2

1-2 Extra skills can be “showcased” following the routine.
All regular required elements are expected to be performed.

CCP 3 & Up / Xcel

Required elements should be completed or an equivalent replacement may be used.
See suggestions below.

Athletes are not limited to these examples.

	Vault	Bars	Beam	Floor
CCP 3	No vault table available		Cartwheel in place of handstand	Two back handsprings in the tumbling line
CCP 4	Perform one handspring and one half on	Swing flyway	Back walkover in place of cartwheel	Aerial in place of back walkover Back tuck in the tumbling line

				Switch split in place of split leap
CCP 5	Perform one handspring and one half on Not able to accommodate a stack of mats like CCP 6	Tap swing flyaway must still be performed	Press to handstand mount. (not judged as it is an addition)	Personalized music (perform compulsory choreography) Back layout
CCP 6				
CCP 7	May compete a salto vault (Given CCP 8 warm up time) Landing deductions will apply.			
CCP 8		Two restricted C's permitted	Acro D permitted	Acro D permitted
CCP 9		D bonus	D dance bonus	D dance bonus
Bronze	Vault mats may turn to perform Silver vault			Extra flight element permitted
Silver	Unable to accommodate vault table	Flyaway permitted		Extra salto on floor permitted
Gold			Flight element permitted	
Platinum	Salto vault allowed			
Diamond				

Specific Coach Requests :

Level:	Request:	Answer:	Reason:
Bronze	Extra flight element on floor	Yes	Allowed. No restricted skill penalty but deductions applied for all performed elements.
Bronze	Silver vault mats	Yes	Allowed, but landing deductions will apply.
Silver	Flyaway on bars	Yes	Yes, as this is allowed in Gold
Silver	Extra salto on floor	Yes	Allowed. No restricted skill penalty but deductions applied for all performed elements. (maximum 2 saltos)
Xcel Gold	Can the athlete perform 1 flight acro skill in replace of the second non flight requirement?	Yes	The element can replace a requirement without restricted element deductions
Xcel Gold	Can 1 B element replace 2 A's ?	No	The element can not replacement requirements
2	Level 2 - Beam dismount ¼ turn	Yes (as showcase format)	Athlete must show regular Level 2 dismount and then get back up to show the level 3 dismount.
3	Level 3 - Jump to the HB	Yes (as showcase format)	Athletes should show it after completing the level 3 routine.
3	Level 3 - Beam Replacing the handstand with a Cartwheel	Yes	In the routine the skill will be judged, if performed after the routine the skill is not judged.
3	Floor - upgraded tumbling within the routine. ie) Ro bhs bhs	Yes	Floor skills can be performed during the routine
3	Straddle jump instead of split jump	Yes	Equivalent substitution
3	Back extension to handstand	Yes	Execution deductions will apply (not "changed skill" deductions)
4	Can a Level 4 do	No	No - not a fair trade for number of

	Aerial in replacement of the front handspring tumbling line		elements
5	Use personal music for level 5 floor routines	Yes	Level 5 athletes may perform the level 5 choreography to optional music (following all music rules from BC Charts).
6	Can they perform a 2 skill pass with a salto and a single salto?	No	No, because they are missing the 3 skill tumbling requirements.