

National League: National C

The Nat. C move requirements should be completed in the log book to a maximum deduction per skill of 0.2, *before* entry into Nat. C competition.

It is suggested the completed, signed logbook be brought to Nat. C competition.

Requirements should be completed as written.

Compulsory Routine

Ten different elements with:

- •At least nine somersaults of at least 270° somersault rotation to include:
- •At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation.
- And one of the following:
- A back somersault with 360° somersault rotation and a full twist or
- $_{\odot}$ A front somersault with 360° somersault rotation and 1½ twists **or**
 - o A double somersault

Requirements (all required before entering National C)	No x	Date
** means ~ Jump (arm set)		
10 jumps (straight) (time of at least 12.6 seconds + 0.3 per year	1	
(up to 16) and a travel score of at least 9.4)		
** 1¾ FSS (on mat)	1	
** ½ twist to 1¼ fss on a mat	1	
First five moves of compulsory routine (** may be repeated)	2	
Last five or six moves of compulsory routine (** may be	2	
repeated)		
Compulsory routine to travel >8.5; maintenance of height >95%	1	
Compulsory routine to a standard of 7.8	1	
Voluntary routine to a standard of 7.5	1	

Move Requirements (three required before entering NC)	No x	Date
** ¾ FSS (S), 1¼ FSS with early half twist (baby Fliffus)	1	
** ¾ FSS (S), Ball out barani (S and P) (1 of each)	1	
** ¾ BSS, 1¼ BSS with full twist (cruise) to feet (full twisting	1	
cody)		
** 11/4 BSS, 3/4 bss to feet (back pullover)	1	
* ¾ FSS (s), 1¼ fss with full twist (on mat)	1	

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Qualification to FIG B

In order to earn the right to trial at a FIG B event, you must accrue two points. Reaching -2 points leads to a relegation trial at Reg. D. You are also advised to complete any Nat. C skill requirements not yet completed. The voluntary routine is subject to an 8.4 tariff limit. The routines should be prepared in simulation competition in club to a form standard of at least 7.8 (compulsory) and 7.5 (vol), before entry in FIG B competition.

Achievements

Competition Place and Date	Set	Volu	ntary	Total	Time	Percentile	Points
	Form	Form	Tariff		(if	(e.g. 7 th	
					avail.)	out of 23)	

Date Completed	Signed
Name of Senior Coach/Judge	