

National League: FIG B

Before competing in FIG B you are recommended to complete all move requirements from previous levels

Compulsory Routine

The FIG World B routine at the time of the competition will be used. In October 2007, this comprised:

Ten different elements to include:

- At least nine somersaults of at least 270° somersault rotation
- At least one somersault landing on front or back, followed by a move of at least 450° somersault rotation **and**
- At least one somersault of at least 360° somersault rotation and at least 1½ twists
- At least one somersault of at least 720° somersault rotation

Promotion and Relegation

Promotion and relegation are subject to the same rules as for National C.

There is no tariff limit. The routines should be prepared in club to a form standard of at least 8.0 (compulsory) and 7.6 (voluntary) before use in FIG B competition.

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

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