

The logo for British Gymnastics, featuring the words "British" and "Gymnastics" stacked vertically in a white, sans-serif font. The background is a gradient of blue and purple, with a white curved shape on the right side.

British
Gymnastics

Adult Gymnast British Championships 2023

Women's Artistic Competition Structure

WAG ADULT BRITISH CHAMPIONSHIPS 2023

BG WTC
Updated 03/04/2023

Women's Introductory Level - Over 18, Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 Moves of higher value are not permitted (<i>except a split jump on beam</i>)</p>	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional FLOOR No acro lines required Elements higher than a B are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>							
Short Exercises	<p>On Beam & Floor, an exercise with less than 5 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 4 elements will be deducted 1.00 for each missing element.</p>							
	Vault	Bars	Beam	Floor				
Apparatus	<p>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>	<p>A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions.</p>				
Requirements	<p style="text-align: center;">Choice of:</p> <p style="text-align: center;">Squat through/straddle over - DV 1.50 Squat on - DV 1.00</p> <p style="text-align: center;">Height of vault 105, 110, 115, 120 or 125cm 1 x springboard</p> <p style="text-align: center;">Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p> <p style="text-align: center;">2.00 penalty for coach support. Applies to each vault.</p>	<p><i>A Gymnast should fulfil 3 of the 4 CR's (Maximum awarded 1.5):</i></p> <ul style="list-style-type: none"> ▪ A Float element on LB (uncoded OK) ▪ Close bar circle element [non flight] allowed ▪ Cast to minimum horizontal ▪ A dismount coded or listed uncoded <p>A elements only allowed B/C/D or move – no DV</p> <p style="text-align: center;">Maximum D Score 2.20</p>	<p><i>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50):</i></p> <ul style="list-style-type: none"> ▪ ½ spin on one foot ▪ Connection 2 Dance elements (can be same or different) ▪ Leap or jump with 160° split (cross or side) or straddle ▪ Acro element on the beam ▪ A dismount coded or listed uncoded <p>A elements only allowed B*/C/D or move – no DV</p> <p style="font-size: small;"><i>*A split jump is the only exception and if successfully performed will be credited as a 'B' per FIG</i></p> <p style="text-align: center;">Maximum D Score 2.20</p>	<p><i>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50):</i></p> <ul style="list-style-type: none"> ▪ Acro line with min 2 elements (non-flighted only allowed) ▪ Mixed series minimum 2 directly connected elements ▪ A dance passage of 2 different leaps / hops – No split required ▪ Acro element forwards / sideways (non-flighted only allowed) ▪ Acro element & backwards (non-flighted only allowed) <p>A elements only allowed B/C/D or move – no DV Maximum D Score 2.20</p>				
Uncoded Permitted Elements (receive 0.1 DV)	<p>Competitors aged 45+ may use a trampette instead of a springboard without penalty.</p>	<p>Jump to FS on LB (from block) Float swing (from board, back to board) Chin up circle over mount Cast Squat onto low bar (<i>There will be no penalty for performing a jump from LB to HB</i>) ¾ Giant from LB to HB Counterswing (HB) Straddle / pike undershoot dismount LB or HB Squat on LB jump forwards to land as dismount Cast circle forwards LB release to stand Cast push off LB to stand</p>	<table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap & Stag jump ½ spin on one foot Handstand (not held) Releve ½ turn Forward roll Backward roll </td> <td style="vertical-align: top;"> Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam) Run rebound 2 feet jump dismount (any shape) </td> </tr> </table>	Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap & Stag jump ½ spin on one foot Handstand (not held) Releve ½ turn Forward roll Backward roll	Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam) Run rebound 2 feet jump dismount (any shape)	<table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> Cat leap ½ Scissor kick Star jump Tuck jump Tuck jump ½ Straight jump ½ W Jump or hop with ½ Changement Stag leap Teddy bear roll Forward roll Splits </td> <td style="vertical-align: top;"> Backward walkover Forward walkover Tic-toc Handstand forward roll Backward roll with optional exit Backward roll to front support and / or handstand Cartwheel </td> </tr> </table>	Cat leap ½ Scissor kick Star jump Tuck jump Tuck jump ½ Straight jump ½ W Jump or hop with ½ Changement Stag leap Teddy bear roll Forward roll Splits	Backward walkover Forward walkover Tic-toc Handstand forward roll Backward roll with optional exit Backward roll to front support and / or handstand Cartwheel
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Notes	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>If using both bars, coach must be present for transition from LB to HB</p>	<p>Coaches are encouraged to be present for dismounts</p>	<p>No Acro line required</p>				
GBR Bonus (in addition to FIG) Only awarded if performed without a fall		<p>0.1 – Stuck dismount</p>		<p>0.2 – A dance passage of 2 different leaps / hops, 1 with 180° split (cross or side) or straddle</p>				

Additional Clarifications for Women's Introductory Level (previously called Newbie)

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Uncoded and 'A' elements only are permitted at this level. B+ Elements will receive no DV, CR, CV, but will still receive FIG deductions if performed.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

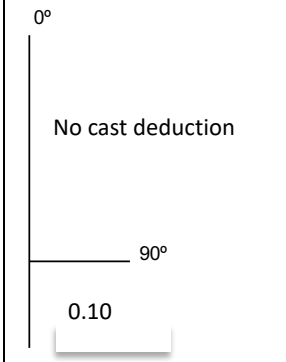
Maximum D score includes any bonus awarded.

Vault:

- Only the specified vaults may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

Bars:

- Deductions as per FIG unless stated otherwise
- There is a 1.00 penalty for performing less than 4 elements
- There is no penalty for using only the low bar and no requirement to use both bars.
- Gymnasts using only the low bar, may start their exercise between the bars and dismount away from the bars.
- If using both bars, the coach must stand between the bars and be present for the transition between the bars without deduction.
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

	Handstand (0°) to 90° No cast deduction With value (D panel)
	Below 90° 0.10 deduction

Beam:

- 5 elements only are required – 1.00 penalty for each missing element
- A backward roll on one shoulder will class as a backwards element at this level.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- A Split jump is the only 'B' valued element that can be performed and receive DV

Floor:

- 5 elements only are required – 1.00 penalty for each missing element
- No flighted acro elements / saltos are permitted at this level

Additional Clarifications for Women's Novice Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

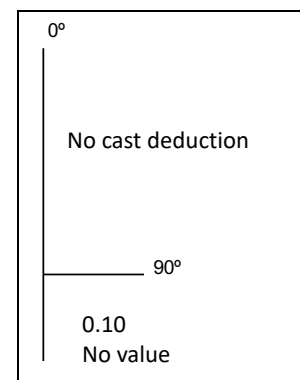
Maximum D score includes any bonus awarded.

Vault:

- Only the specified vaults may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

Bars:

- Uncoded & FIG 'A' coded elements only allowed
- Deductions as per FIG unless stated otherwise
- There is no penalty for using only the low bar and no requirement to use both bars.
- Gymnasts using only the low bar, may start their exercise between the bars and dismount away from the bars.
- If using both bars, the coach must stand between the bars and be present for the transition between the bars without deduction.
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

	<p>Handstand (0°) to 90°</p> <p>No cast deduction With value (D panel)</p> <p>Below 90°</p> <p>0.10 deduction No value (D panel)</p>
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Beam:

- 6 elements only are required – 1.00 penalty for each missing element
- A backward roll on one shoulder will class as a backwards element at this level.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- No 'B' flighted acro elements allowed

Floor:

- 6 elements only are required – 1.00 penalty for each missing element
- No 'B' saltos allowed
- Maximum 1 salto permitted within the routine. Additional saltos will receive 1.00 penalty and no DV, CV, CR will be awarded.

WAG ADULT BRITISH CHAMPIONSHIPS 2023

Women's Intermediate - Over 18, Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 Moves of higher value are not permitted</p>	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 7 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 1 optional FLOOR - 1 acro line only required BARS/BEAM/FLOOR The dismount must be included in the counting elements Elements higher than a C are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>																			
Short Exercises	<p>On Beam & Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>																			
	Vault	Bars	Beam	Floor																
Apparatus	<p>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view. 1.00 penalty for not using both bars.</p>	<p>A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone in over 45 categories A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required. A routine with only 1 acro line will not incur dismount deductions.</p>																
Requirements	<p>Height of vault 110, 115, 120 or 125cm 1 x springboard</p> <p>Any vault without a salto from the new vault table</p> <p>Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p>	<p>A Gymnast should fulfil 4 of the 7 CR's (Maximum awarded 2.0):</p> <ul style="list-style-type: none"> ▪ FIG coded mount on LB ▪ Close bar circle element (back hip circle allowed) ▪ Any bar change LB to HB ▪ Cast to within 45° handstand ▪ A different close bar element ▪ An element on HB (not dismount) ▪ An element with min 180° turn (including mount & dismount) <p>A/B elements only allowed C/D or move – no DV Maximum D Score 3.00</p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> ▪ ½ spin ½ turn or 1/1 spin ▪ Connection 2 different dance elements (no split required) ▪ Leap or jump with 180° split (cross or side) or straddle ▪ 1 x acrobatic element - Non flighted OK ▪ Mixed Series (Minimum 2 element – no flight required on acro element) ▪ 'A' valued salto dismount <p>A/B/C elements only allowed D or move – no DV Maximum D Score 4.00</p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> ▪ Acro line with a backward salto ▪ Forward salto (in or out of an acro line) ▪ A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle ▪ Additional leap, hop or jump ▪ 360° spin ▪ Mixed series minimum 2 directly connected elements <p>A/B/C elements only allowed D or move – no DV Maximum D Score 4.00</p>																
Uncoded (U) Permitted Elements (receive 0.1 DV)	<p>Competitors aged 45+ may use a trampette instead of a springboard without penalty.</p>	<p>Chin up circle over mount Cast to within 45° handstand Squat onto low bar (<i>There will be no penalty for performing a jump from LB to HB</i>) ¾ Giant from LB to HB Straddle or pike on undershoot dismount</p>	<p>Tuck jump Stretched or arched jump & Stretched jump ½ Changement Stag leap & Stag jump Forward roll Backward roll ½ spin on one foot Cartwheel rebounding straight jump dismount Round off dismount</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Tuck jump</td> <td style="width: 50%;">Backward walkover</td> </tr> <tr> <td>Tuck jump ½</td> <td>Forward walkover</td> </tr> <tr> <td>Straight jump ½</td> <td>Tic-toc</td> </tr> <tr> <td>W Jump or hop with ½</td> <td>Handstand forward roll</td> </tr> <tr> <td>Changement</td> <td>Backward roll to front support and / or</td> </tr> <tr> <td>Stag leap</td> <td>handstand</td> </tr> <tr> <td></td> <td>Scissor kick</td> </tr> <tr> <td></td> <td>Cartwheel</td> </tr> </table>	Tuck jump	Backward walkover	Tuck jump ½	Forward walkover	Straight jump ½	Tic-toc	W Jump or hop with ½	Handstand forward roll	Changement	Backward roll to front support and / or	Stag leap	handstand		Scissor kick		Cartwheel
Tuck jump	Backward walkover																			
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Changement	Backward roll to front support and / or																			
Stag leap	handstand																			
	Scissor kick																			
	Cartwheel																			
Notes	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>	<p>Any mount may be used Coaches are encouraged to be present for dismounts</p>																	
GBR Bonus (in addition to FIG)		<p>0.2 – Close bar (not back / fwd hip circle) 0.3 – 2 x upstarts 0.1 – Stuck dismount</p>	<p>0.2 – Acro elements in different directions [fwd/swd & bwd] (not including mount) 0.2 – Dismount A salto directly connected to an acro skill</p>	<p>0.1 – Straight salto forwards or backwards 0.2 – A routine with 2 FIG Acro lines</p>																

Additional Clarifications for Women's Intermediate Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

Vault:

- 2 different vaults may be performed
- Additional modified 4 & 5 coil springboards will be available

Bars:

- Deductions as per FIG unless stated otherwise
- 5 elements only are required
- A routine with less than 5 elements will be deducted 1.00 for each missing element
- The coach may stand between the bars and be present for the transition between the bars without deduction.
- An additional 20cm mat can be placed underneath through-out the bars without deduction.
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

	Handstand / Close Bar (0°) to 45°	No deduction
	>45° to 90°	0.10 deduction
	Handstand	No value (D panel)
	Close Bar	D Panel still give value
	Below 90°	0.30 deduction No value (D panel) for either move

Beam:

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- A routine with 6 elements or less will be deducted 1.00 for each missing element.
- Forward and backward rolls can be used as DV, CR & bonus unless the backward roll goes over one shoulder and therefore will not class as a backwards element at this level and not receive no value, CR or bonus.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

Floor:

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- A routine with 6 elements or less will be deducted 1.00 for each missing element.
- A routine with only 1 acro line will not incur dismount deductions.
- A routine with no acro lines will incur a 1.00 penalty.

WAG ADULT BRITISH CHAMPIONSHIPS 2023

Women's Pro - Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40* *No D saltos permitted on floor</p>	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 7 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 1 optional BARS/BEAM/FLOOR The dismount must be included in the counting elements Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
<p>Short Exercises</p>	<p>On Beam & Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>	<p>A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone in over 45 categories A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where a routine with only 1 acro line will not incur dismount deductions.</p>
<p>Requirements</p>	<p>Any vault from the new vault table Height of vault 115, 120 or 125cm 1 x springboard Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p>	<p>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> ▪ Close bar circle element ▪ A different close bar element ▪ An element LB to HB (uncoded OK) ▪ Cast to within 45° handstand ▪ An element with min 180° turn including mount & dismount <p>Dismount must be included in counting elements</p>	<p>A Gymnast should fulfill 4 of the 6 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> ▪ Turn (Grp 3) or Roll / Flairs or ½ spin immediate ½ turn ▪ Connection of minimum 2 different dance elements (no split required) ▪ Leap or jump with 180° split (cross or side) or straddle ▪ Acro element backwards (must be performed on the beam) ▪ Acro element forwards / sideways (must be performed on the beam) ▪ Mixed Series (Minimum 2 element – no flight required on acro element) may include mount 	<p>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> ▪ Acro line with min 2 saltos ▪ A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle ▪ Mixed series minimum 3 directly connected elements ▪ Saltos in different directions (no aerials). Acro line not necessary, no stationary skills. ▪ Salto with LA Turn (min 180)
<p>Uncoded (U) Permitted Elements (receive 0.1 DV)</p>	<p>Competitors aged 45+ may use a trampette instead of a springboard without penalty.</p>	<p>Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB</p>	<p>Forward roll Backward roll ½ spin on one foot Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap Stag jump</p>	<p>Tuck jump ½ W Jump or hop with ½ Changement Stag leap</p>
<p>Barred Elements</p>		<p>No flight elements on the same bar or from HB to LB are permitted</p>	<p>All elements above a D</p>	<p>D+ saltos are not permitted</p>
<p>Notes</p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty) Stopping to adjust handguards on the bar – penalty 0.50 (intermediate swing)</p>		<p>Any travelling isolated salto may be performed at any point in the routine and be credited.</p>
<p>GBR Bonus (in addition to FIG)</p>		<p>0.1 – 2 x upstarts 0.2 – Backward Giant (awarded once only)</p>	<p>0.2 – Connection 2 different dance elements one with 180° split leap or jump</p>	<p>0.1 – B spin (any position) 0.1 – Dance passage with 180° split 0.2 each – Salto backwards & forwards</p>

Clarifications for Women's Pro Over 30

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Vault:

- Additional modified 4 & 5 coil springboards will be available
- A trampette may be used instead of a springboard for any competitor aged 45+

Bars:

- A minimum of 5 and a maximum of 7 elements only are required
- A routine with less than 5 elements will be deducted 1.00 for each missing element
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- A sole circle can count as CR1
- No flight elements on the same bar or from HB to LB are permitted
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

Beam:

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- CR 1, 2, 3, 4 must be performed on the beam, CR 5 can include mount and / or on the beam
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

Floor:

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- Minimum 1 FIG acro lines to be performed (penalty 1.00 if no acro line is performed)
- No D+ saltos are permitted on floor. If performed no DV, CV, CR can be awarded.

WAG ADULT BRITISH CHAMPIONSHIPS 2023

Women's Pro - Over 18

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional BARS/BEAM/FLOOR The dismount must be included in the counting elements Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
<p>Short Exercises</p>	<p>On Beam & Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>	<p>A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations with: for D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.</p>
<p>Requirements</p>	<p>Any vault from the new vault table</p> <p>Height of vault 120 or 125cm 1 x springboard</p> <p>Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p>	<p><i>A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00):</i></p> <ul style="list-style-type: none"> ▪ Close bar circle element min B ▪ A flighted element LB to HB ▪ A giant circle in any direction ▪ A cast / circle element with min 180° turn ▪ A Dismount minimum 'B' value or a salto dismount <p>Dismount must be included in counting elements</p>	<p><i>A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00):</i></p> <ul style="list-style-type: none"> ▪ Turn (Grp 3) or Roll / Flairs ▪ Salto or aerial skill ▪ Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle ▪ 1 x acrobatic series with 2 min elements at least one with flight ▪ Mixed Series (Minimum 2 element – no flight required on acro element) may include mount 	<p><i>A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00):</i></p> <ul style="list-style-type: none"> ▪ Acro line with min 2 saltos ▪ A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle ▪ Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance) ▪ Saltos in different directions (no aerials). Acro line not necessary, no stationary skills. ▪ Salto with LA Turn (min 360) (acro line not necessary)
<p>Uncoded (U) Permitted Elements <i>(receive 0.1 DV)</i></p>		<p>Squat onto low bar <i>(There will be no penalty for performing a jump from LB to HB)</i></p>	<p>Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap Stag jump</p>	<p>Changement Stag leap</p>
<p>Notes</p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty) Upstart (kip) after "Shaposhnikova" type elements – no penalty Stopping to adjust handguards on the bar – penalty 0.50 (intermediate swing)</p>		<p>Minimum 2 acro lines must be performed. Penalty 1.00 if less than 2 acro lines are performed. Any travelling isolated salto may be performed at any point in the routine and be credited.</p>
<p>GBR Bonus <i>(in addition to FIG)</i></p>		<p>0.2 – C + C or more (elements may be the same or different) 0.2 – Any additional close bar to a minimum 30° from handstand 0.1 – Close bar element to handstand (no tolerance) 0.1 – Stuck Dismount minimum value B</p>	<p>0.2 – Mixed series 3 or more elements min BBA (each element must be different) 0.2 – Salto / aerial connected to a flighted or non-flighted acro element or acro series 2 flighted elements 0.1 – 2 different flighted acro elements on the beam</p>	<p>0.1 – B spin (any position) 0.2 – 2 directly connected saltos 0.2 – 1½ twist or more (LA) salto, acro line not necessary 0.2 – Minimum 3 dance elements C or more throughout routine 0.1 – Dismount minimum value C</p>

Clarifications for Women's Pro Over 18

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Vault:

- Additional modified 4 & 5 coil springboards will be available

Bars:

- Short exercise penalties - A routine with less than 5 elements will be deducted 1.00 penalty for each missing element
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

Beam:

- CR 1, 2, 3, 4 must be performed on the beam, CR 5 can include mount and / or on the beam
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

Floor:

- Minimum 2 acro lines to be performed (penalty 1.00)
- For D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.

Adult British Championships

GROUP I
HANDSPRING / YAMASHITA
with or without LA turn
(no salto in second flight)

	D Score
1.10 Handspring	1.60
1.01 Handspring with ½	2.00
1.10 Yamashita	2.00
1.11 Yamashita with ½	2.40
1.20 ¼ - ½ turn on & repulsion off	1.60
1.21 ½ on ½ off or ¼ on ¾ off	2.40
1.22 ½ on 1/1 or ¼ on 1¼ off	2.60
1.23 ½ on 1½ or ¼ on 1¾ off	3.20
1.24 ½ on 2/1 off or ¼ on 2¼ off	3.60
1.02 Handspring with 1/1 turn	2.60
1.03 Handspring with 1½ turns	3.20
1.12 Yamashita with 1/1 turn	2.80
1.04 Handspring with 2/1	3.60
1.05 Handspring with 2½	4.00
1.30 H/Y 1/1 on H/Y off	3.20
1.301 H/Y 1/1 on H/Y ½ off	3.40
1.31 H/Y 1/1 on H/Y 1/1 off	3.60
1.311 H/Y 1/1 on 1½ off	4.00

GROUP II
HANDSPRING
with or without LA turn and
SALTO FORWARD/BACKWARD

	D Score
2.10 Handspring FWD Salto Tuck	3.60
2.11 Handspring FWD Salto Tuck ½	3.80
2.11 Handspring ½ BWD Salto Tuck (Cuervo Tuck)	3.80
2.20 Handspring FWD Salto Pike	3.80
2.21 Handspring FWD Salto Pike ½	4.00
2.21 Handspring ½ BWD Salto Pike (Cuervo Pike)	4.00

GROUP III
TSUKAHARA or KASAMATSU
SALTO with or without turn
All Group 3 Vaults - allow a 90° to 180° LA turn in first flight

	D Score
3.10 Tsukahara Tuck	3.20
3.20 Tsukahara Pike	3.40
3.11 Tsukahara Tuck ½	3.40
3.12 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.30 Tsukahara Straight	3.80
3.31 Tsukahara Straight ½	4.00
3.32 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

All FIG deductions apply
but for Height take 0.10, 0.30, 0.50 or 0.80
to create a greater spread between the majority of vaults performed

GROUP IV
YURCHENKO: R/O Flic on with/without
SALTO BWD with/without LA turn
or **R/O Flic on LA turn & SALTO FWD**
with or without LA turn

	D Score
1.40 RO, Flic with Repulsion	2.00
1.401 RO, Flic with Repulsion ½	2.20
1.402 RO, Flic with Repulsion 1/1	2.50
1.403 RO, Flic with Repulsion 1½	2.70
4.10 RO, Flic Salto Tuck	3.00
4.11 RO, Flic Salto Tuck ½	3.20
4.12 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.30 RO, Flic Salto Straight	3.60
4.31 RO, Flic Straight ½	3.80
4.32 RO, Flic Straight 1/1	4.20

GROUP V
R/O Flic with ½ turn on, Handspring off
with/without SALTO FWD
with/without LA turn

	D Score
1.50 RO, Flic w ½ turn, Handspring off	2.20
1.51 RO, Flic w ½ turn, Handspring ½ off	2.60
1.52 RO, Flic w ½ turn, Handspring 1/1	3.00
1.53 RO, Flic w ½ turn, Handspring 1½	3.40
5.10 RO, Flic w ½ turn, Salto Tuck	3.80
5.11 RO, Flic w ½ turn, Salto Tuck ½	4.00
5.20 RO, Flic w ½ turn, Salto Pike	4.00
5.21 RO, Flic w ½ turn, Salto Pike ½	4.20

GROUP VI
R/O Flic with 1/1 turn on with/without SALTO BWD
Vaults performed with 1/1 on allow for tolerance of ¼ (270°) to 1/1 (360°)

	D Score
1.60 RO, Flic w ¼ + with Repulsion	2.40
1.61 RO, Flic w ¼ + with Repulsion ½	2.80
1.62 RO, Flic w ¼ + with Repulsion 1/1	3.20
4.40 RO, Flic w ¼ + Salto Tuck	3.60
4.50 RO, Flic w ¼ + Salto Pike	3.80
4.51 RO, Flic w ¼ + Salto Straight	4.20