

Adult Gymnastics British Championships 2020
Women's Artistic Competition Structure – V1

Adult Gymnastics British Championships 2020

Women's Artistic Apparatus General Rules

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website; www.british-gymnastics.org under **Find an event or result>Adult Gymnastics British Championships**.

For support or assistance with your entry please contact the Events department on 0345 129 7129 ext. 2396 or at events@british-gymnastics.org

Age bonus

Competitors within Over 18 and Over 30 categories will be given an age bonus of 0.1 per year above the base year of the age group.

Over 45 competitors will be given an age bonus of 0.1 per two years above 45.

A competitor's age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Please note: 18, 19 & 20 year olds will not receive an age bonus.

Over 18

Age	18-20	21	22	23	24	25	26	27	28	29
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Over 30

Age	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4

Over 45

Age	47-48	49-50	51-52	53-54	55-56	57-58	59-60	61-62	63-64	65-66
Age bonus	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0

Age	67-68	69-70	71-72	73-74	75-76	77-78	79-80
Age bonus	1.1	1.2	1.3	1.4	1.5	1.6	1.7

Scoring

Competitors must compete on at least **three** pieces of apparatus. If participating on all four pieces, the highest three scores will count towards the competitor's final score.

Apparatus specification

The competition apparatus will be as per FIG unless otherwise stated (see tables below).

Please note: On Floor, an additional 10cm mat is allowed in warm-up only

Teams

- A minimum of three gymnasts and maximum of six gymnasts per team
- The highest three execution scores + age bonus = final team score
- The team must consist of at least 2 ability categories
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as guests can form part of a team but the team will not be eligible to rank in the official competition results
- Team members must all be Women's Artistic competitors
- Mixed abilities and ages are encouraged
- Competitors can only represent one team

ADULT GYMNASTICS BRITISH CHAMPIONSHIPS 2020

WOMEN'S ARTISTIC

Women's artistic gymnastics at whatever level and whatever the age of the competitor is about the pursuit of technical excellence in the elements performed and the composition and connection value of the cycle 14 Code of points. The Women's programme adapts these basic principles to be able to accommodate the various different aspects of the Women's programme.

The FIG COP is designed to encompass the whole spectrum of ability from the basic A valued Difficulty elements to the most difficult I valued elements. The domestic programme has further extended this to allow gymnastic elements that are not in the COP, (U or uncoded elements – these have a value of 0.10 unless otherwise stated). Irrespective of their value, the highest 8 elements (unless stated otherwise) are counted and this allows for differentiation between the gymnasts.

The Evaluation of exercises is broken down into two main areas:-

D Score
E Score

The D score is the:
Difficulty value of the elements (3 acro (including the dismount), 3 dance & 2 optional elements)
Composition of the exercise
Connection value

The E score is the:
Execution score this is the total deductions taken for how the elements and connections are performed

It is important to understand that it is not compulsory to fulfil all the composition requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

ADULT GYMNASTIC CHAMPIONSHIPS 2020

BG WTC
Updated 11/11/2019

Women's Pro Over 18 ONLY

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] Same element can only count once EXCEPT on Bars where a backward giant may be repeated once for Difficulty Value <i>*Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</i></p>			
Short Exercises	<p>FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 125cm – one spring board only allowed	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	<ul style="list-style-type: none"> ▪ Any FIG Coded Vault ▪ Best score of 2 vaults – can be the same or different. 	<ul style="list-style-type: none"> ▪ FIG coded flight element from LB to HB ▪ 2 x different grips ▪ Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] not allowed ▪ Non flight element with 180° LA turn [not mount or dismount] <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> • Connection of minimum 2 different dance elements: <i>To include 1x leap/jump with 180° split (cross or side) or straddle position</i> • Turn from group 3 • 1 x acrobatic series with 2 elements [minimum] <i>1 x with flight [not salto] not connected into dismount</i> • Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> • Dance passage to include minimum 2 x different leaps or hops: <i>To include 1 x leap or hop with 180° split (cross or side) or straddle position</i> • Any coded 1/1 spin on one foot • 2 x saltos in different directions [fwd/swd & bwd] in same or different acro line • Salto with minimum 360° LA turn - forward or backward in an acro line <p>Dismount must be included in counting elements</p>
Uncoded Permitted Elements <i>(receive 0.1 DV)</i>		Squat onto low bar <i>(There will be no penalty for performing a jump from LB to HB)</i>		Backward walkover Forward walkover Valdez Backward roll to handstand Handstand forward roll
Barred Elements <i>(prohibited/receive no DV)</i>				
Notes		The sole circle (5.108) may be performed with bent legs without incurring execution penalty) Forward hip circle will NOT count as 2 different grips.	Coaches are encouraged to be present for dismounts	
GBR Bonus <i>(in addition to FIG)</i>		<p>0.5 - Backward giant without fall <i>[given once only]</i></p> <p>0.3 – B valued dismount</p> <p>0.5 – C valued dismount</p>	<p>0.3 – B valued dismount</p> <p>0.5 – C valued dismount</p>	<p>0.3 – B valued dismount</p> <p>0.5 – C valued dismount</p>

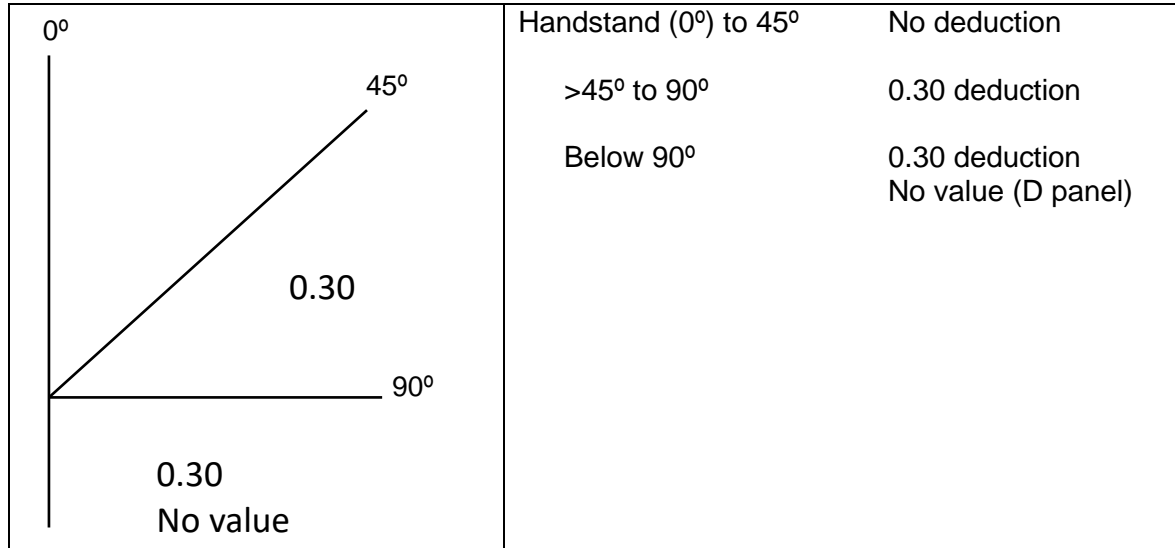
ADULT GYMNASTIC CHAMPIONSHIPS 2020

Women's Pro Over 30, Over 45

<p>U = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for Beam & Floor 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>Vault table at 120cm or 125cm – one springboard only allowed. Trampette may be used instead of springboard for those competitors aged 45+</p>	<p>FIG Bars Regulations</p>	<p>FIG Beam Regulations Additional safety mattresses of uniform thickness (20cm or 30cm) under the complete length of the beam on top of standard matting may be used for over 45's.</p>	<p>FIG Floor Regulations except acro lines where a salto on its own will count as an acro line (aerials i.e. free cartwheel, free walkover, side salto are not classed as saltos and therefore will not count as an acro line)</p>
<p>Requirements</p>	<ul style="list-style-type: none"> ▪ Any FIG Coded Vault ▪ Best score of 2 vaults – can be the same or different. 	<ul style="list-style-type: none"> ▪ FIG Coded Mount ▪ 1 bar change LB-HB (can be coded or uncoded) ▪ Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] are allowed ▪ Non flight element with 180° LA turn [can be mount or dismount] <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> • Connection of minimum 2 different dance elements: <i>To include 1x leap/jump with 180° split (cross or side) or straddle position</i> • Turn from group 3 (can be 180°) • 1 x acrobatic series with 2 elements [minimum] <i>can be non-flighted not connected into dismount</i> • Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> • Dance passage to include minimum 2 x different leaps or hops: <i>To include 1 x leap or hop with 180° split (cross or side) or straddle position</i> • Any coded 1/1 spin on one foot • 2 x saltos in different directions [fwd/swd & bwd] • Salto with minimum 180° LA turn - forward or backward <p>Dismount must be included in counting elements</p>
<p>Uncoded (U) Permitted Elements (receive 0.1 DV)</p>		<p>Cast above 45° (See diagram for penalties) ¾ Giant from LB to HB (No penalty for empty swing at the end of this element) ¾ Giant on the HB Squat onto low bar (There will be no penalty for performing a jump from LB to HB) Straddle or pike on undershoot dismount</p>	<p>Forward roll Backward roll / shoulder roll backwards Straight jump ½ spin on 1 foot Handstand (not held) – can be part of acro connection Tuck jump</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Handstand forward roll</p>
<p>Barred Elements (prohibited/receive no DV)</p>				
<p>Notes</p>		<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>	<p>Coaches are encouraged to be present for dismounts</p>	
<p>GBR Bonus (in addition to FIG)</p>		<p>0.3 – Close bar element within 30 of handstand 0.3 – FIG coded LB to HB with flight 0.5 - Backward giant without fall <i>[given once only]</i> 0.3 – FIG coded A valued dismount 0.5 – FIG coded B valued dismount</p>	<p>0.5 – Acro series with one flighted element 0.5 – FIG coded B valued dismount</p>	<p>0.5 – Full twist in an acro line 0.5 – FIG coded B valued dismount</p>

Diagram for Adult Pro Bars

Uncoded element (value - 0.10) – Cast to above 45°



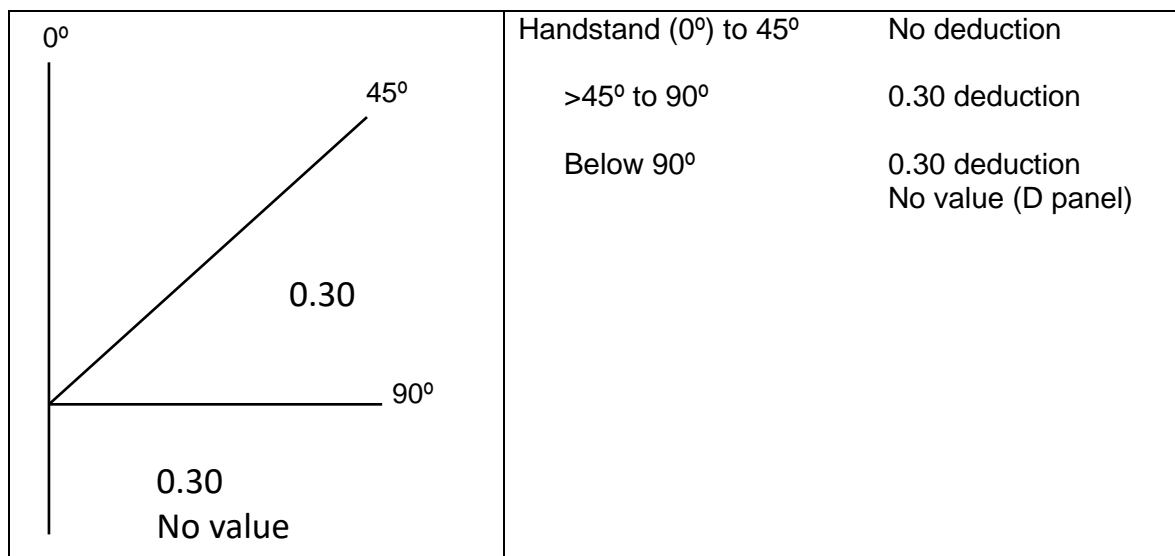
ADULT GYMNASTIC CHAMPIONSHIPS 2020

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

<p>U = 0.10 A = 0.10 B = 0.20 C = 0.30</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value Barred elements 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 *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for Beam & Floor 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>Vault table at 120cm minimum (18+) 110cm minimum (30+) One springboard only allowed. Trampoline may be used instead of springboard for those competitors aged 45+</p>	<p>FIG Bars Regulations</p>	<p>FIG Beam Regulations Additional safety mattresses of uniform thickness (20cm or 30cm) under the complete length of the beam on top of standard matting may be used for over 45's.</p>	<p>FIG Floor Regulations except acro lines where a salto on its own will count as an acro line (aerials i.e. free cartwheel, free walkover, side salto are not classed as saltos and therefore will not count as an acro line)</p>
<p>Requirements</p>	<p>Any FIG vault, maximum D score – 3.00</p> <ul style="list-style-type: none"> Best score of 2 vaults – can be the same or different. 	<ul style="list-style-type: none"> FIG Coded Mount 1 bar change LB-HB (can be coded or uncoded) Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] are allowed Non flight element with 180° LA turn [can be mount or dismount] <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> Connection of minimum 2 different dance elements: <i>To include 1x leap/jump with 180° split (cross or side) or straddle position</i> Turn from group 3 (can be 180°) 1 x acrobatic series with 2 elements [minimum] <i>can be non-flighted not connected into dismount</i> Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops: <i>To include 1 x leap or hop with 180° split (cross or side) or straddle position</i> Any coded 1/1 spin on one foot A salto in forwards direction Acro line with rebounding Backward salto <p>Dismount must be included in counting elements</p>
<p>Uncoded (U) Permitted Elements <i>(receive 0.1 DV unless specified)</i></p>	<p>Squat through - DV 1.00 Straddle over - DV 1.00</p>	<p>Chin up circle over LB Cast above 45° (See diagram for penalties) ¼ Giant from LB to HB (No penalty for empty swing at the end of this element) ¼ Giant on the HB Squat onto low bar (<i>There will be no penalty for performing a jump from LB to HB</i>) Counterswing (HB) Straddle or pike on undershoot dismount</p>	<p>Any mount Forward roll Backward roll / shoulder roll backwards Straight jump ½ spin on one foot Handstand (not held) - can be part of acro connection Tuck jump Roundoff dismount Handspring dismount Straight jump ½</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Handspring Handstand forward roll Tuck jump Scissor kick</p>
<p>Barred Elements <i>(prohibited/receive no DV)</i></p>	<p>Vaults higher than 3.00 in DV</p>	<p>Flight on the same bar (release) Giants backwards and forwards</p>	<p>Any salto or aerial (except dismount)</p>	<p>Any salto with more than 180° LA turn</p>
<p>Notes</p>		<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>	<p>Coaches are encouraged to be present for dismounts</p>	<p>There is no requirement to have 2 acro lines</p>
<p>GBR Bonus <i>(in addition to FIG)</i></p>		<p>0.3 – FIG coded A valued dismount</p>	<p>0.3 – FIG coded A valued dismount</p>	

Diagram for Adult Intermediate Bars

Uncoded element (value - 0.10) – Cast to above 45°



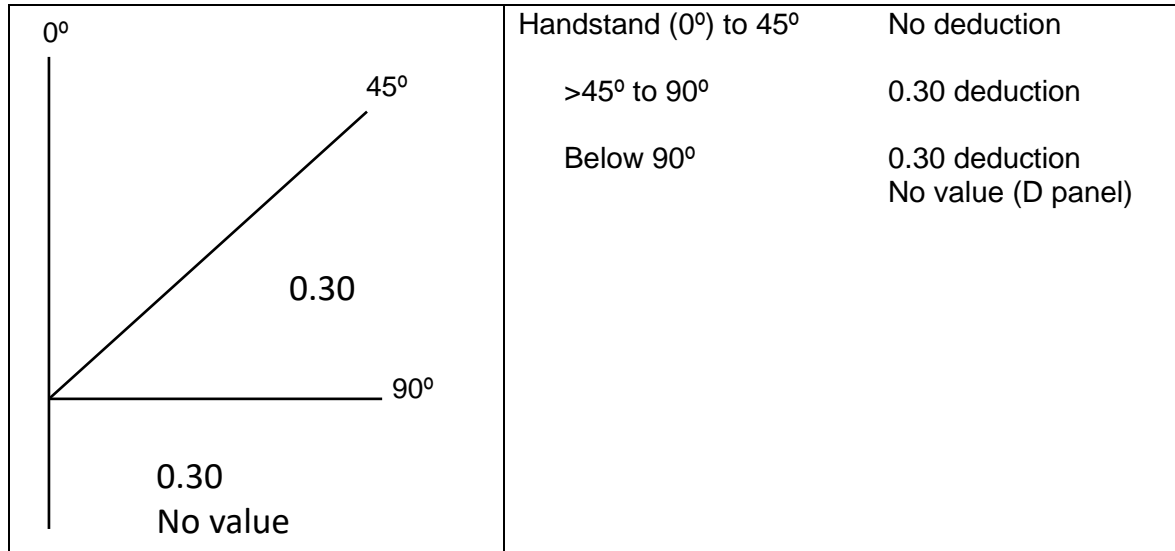
ADULT GYMNASTIC CHAMPIONSHIPS 2020

Women's Novice Over 18, Over 30, Over 45

<p>U = 0.10 A = 0.10 B = 0.20* *Except on bars</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value Barred elements 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 *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>									
<p>Short Exercises</p>	<p>FIG Rules apply for Beam & Floor 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>Vault table at 115cm minimum (18+ 105cm minimum (30+) One springboard only allowed. Trampoline may be used instead of springboard for competitors aged 45+</p>	<p>FIG Bars Regulations Coaches are encouraged to be present throughout the routine</p>	<p>FIG Beam Regulations Additional safety mattresses of uniform thickness (20cm or 30cm) under the complete length of the beam on top of standard matting may be used for over 45's.</p>	<p>FIG Floor Regulations except acro lines where at this level there is no requirement to do an FIG acro line</p>						
<p>Requirements</p>	<p>Any FIG vault, maximum D score – 2.00</p> <ul style="list-style-type: none"> Best score of 2 vaults – can be the same or different. 	<ul style="list-style-type: none"> 1 bar change LB-HB (can be coded or uncoded) Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] are allowed A high bar element –on the HB Non flight element with 180° LA turn [can be mount or dismount] <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> Connection of minimum 2 different dance elements: 1x leap/jump with 150° cross/side split or straddle] Turn from group 3 (can be 180° on one foot) 1 x acrobatic <i>non-flighted element (not a hold element)</i> <i>not connected into dismount</i> <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops: <i>To include 1 x leap or hop with 180° split (cross or side) or straddle position</i> Any coded 1/1 spin on one foot 1 flighted acro element Acro fwd /Swd & Bwd (non-flight OK) <p>Dismount must be included in counting elements</p>						
<p>Uncoded (U) Permitted Elements <i>(receive 0.1 DV unless specified)</i></p>	<p>Squat through/straddle over - DV 1.50 Squat on - DV 1.00</p>	<table border="0"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Chin up circle over LB *Cast above 45° (See diagram for penalties) * ¾ Giant from LB-HB * ¾ Giant on the HB *Squat onto low bar Counterswing (HB) * Straddle or pike on undershoot dismount </td> <td style="vertical-align: top;"> <p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Counterswing to release ½ turn to stand (dmt HB) (does not fulfil CR) * Swing ½ below horizontal * Cast push off LB release to stand </td> </tr> </table>	<ul style="list-style-type: none"> * Chin up circle over LB *Cast above 45° (See diagram for penalties) * ¾ Giant from LB-HB * ¾ Giant on the HB *Squat onto low bar Counterswing (HB) * Straddle or pike on undershoot dismount 	<p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Counterswing to release ½ turn to stand (dmt HB) (does not fulfil CR) * Swing ½ below horizontal * Cast push off LB release to stand 	<table border="0"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Any Mount * Forward roll * Backward roll * Shoulder roll backwards * Straight jump * Handstand (not held) * ½ spin on one foot * Tuck jump * Round-off Dismount * Handspring Dismount </td> <td style="vertical-align: top;"> <p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Kick towards handstand * Arabesque (2 sec) * Y Scale (2 sec) * Relevé half turn * Run rebound 2 feet Straight jump dismount * Twiddle jump * Chasse </td> </tr> </table>	<ul style="list-style-type: none"> * Any Mount * Forward roll * Backward roll * Shoulder roll backwards * Straight jump * Handstand (not held) * ½ spin on one foot * Tuck jump * Round-off Dismount * Handspring Dismount 	<p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Kick towards handstand * Arabesque (2 sec) * Y Scale (2 sec) * Relevé half turn * Run rebound 2 feet Straight jump dismount * Twiddle jump * Chasse 	<table border="0"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Cartwheel * Dive cartwheel * Backward walkover * Forward walkover * Valdez * Tick-tock * Backward roll to handstand </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Backward roll optional exit * Headspring * Handstand forward roll * Tuck jump * Scissor kick * Straight jump ½ </td> </tr> </table>	<ul style="list-style-type: none"> * Cartwheel * Dive cartwheel * Backward walkover * Forward walkover * Valdez * Tick-tock * Backward roll to handstand 	<ul style="list-style-type: none"> * Backward roll optional exit * Headspring * Handstand forward roll * Tuck jump * Scissor kick * Straight jump ½
<ul style="list-style-type: none"> * Chin up circle over LB *Cast above 45° (See diagram for penalties) * ¾ Giant from LB-HB * ¾ Giant on the HB *Squat onto low bar Counterswing (HB) * Straddle or pike on undershoot dismount 	<p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Counterswing to release ½ turn to stand (dmt HB) (does not fulfil CR) * Swing ½ below horizontal * Cast push off LB release to stand 									
<ul style="list-style-type: none"> * Any Mount * Forward roll * Backward roll * Shoulder roll backwards * Straight jump * Handstand (not held) * ½ spin on one foot * Tuck jump * Round-off Dismount * Handspring Dismount 	<p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Kick towards handstand * Arabesque (2 sec) * Y Scale (2 sec) * Relevé half turn * Run rebound 2 feet Straight jump dismount * Twiddle jump * Chasse 									
<ul style="list-style-type: none"> * Cartwheel * Dive cartwheel * Backward walkover * Forward walkover * Valdez * Tick-tock * Backward roll to handstand 	<ul style="list-style-type: none"> * Backward roll optional exit * Headspring * Handstand forward roll * Tuck jump * Scissor kick * Straight jump ½ 									
<p>Barred Elements <i>(prohibited/receive no DV)</i></p>	<p>Vaults higher than 2.00 in DV</p>	<p>Flight on the same bar (release) Giants backwards and forwards Any move higher than 'A' value</p>	<p>Any Flighted Acro element</p>	<p>Any salto with a LA turn More than one salto in a routine Hops, jumps, leaps more than 1/1 LA turn</p>						
<p>Notes</p>		<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty) No penalty for empty swing at the end of ¾ giant. No penalty for performing jump LB to HB</p>	<p>Coaches are encouraged to be present for dismounts</p>							
<p>GBR Bonus <i>(in addition to FIG)</i></p>		<p>0.3 – FIG coded A valued dismount</p>	<p>0.3 – FIG coded A valued dismount</p>							

Diagram for Adult Novice Bars

Uncoded element (value - 0.10) – Cast to above 45°



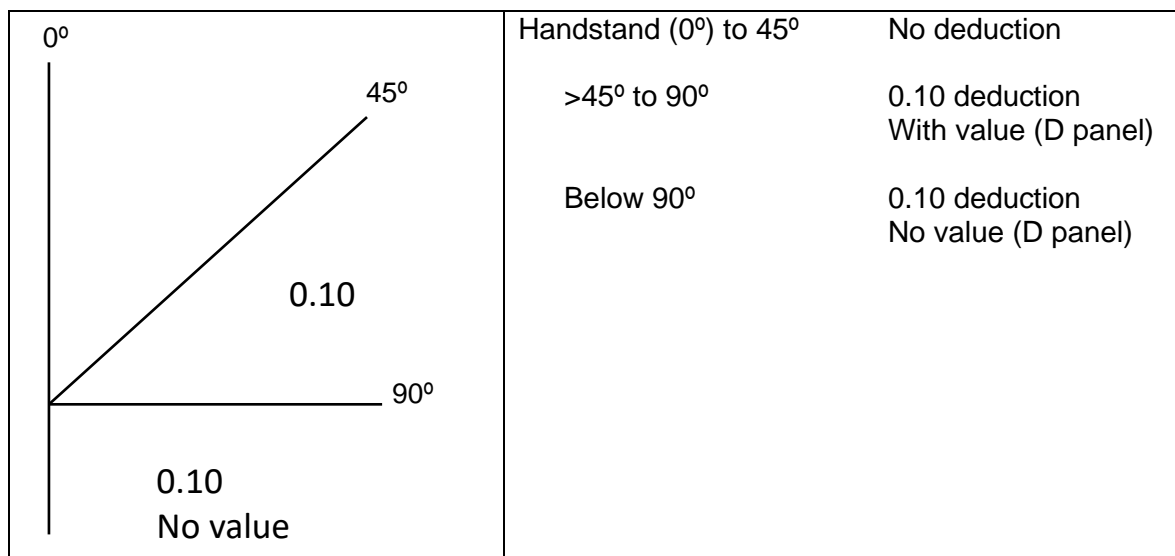
ADULT GYMNASTIC CHAMPIONSHIPS 2020

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

<p>'U'ncoded = 0.10 A = 0.10</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic [min] + 2 dance [min] Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value Barred elements are not allowed and no Difficulty Value or CR will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise</p>									
<p>Short Exercises</p>	<p>On Beam & Floor, an exercise with less than 6 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>									
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>						
<p>Apparatus</p>	<p>Vault table at 115cm minimum (18+) 105cm minimum (30+) One springboard only allowed. Trampoline may be used instead of springboard for those competitors aged 45+</p>	<p>FIG Bars Regulations Coaches are encouraged to be present throughout the routine</p>	<p>FIG Beam Regulations with additional safety mattresses of uniform thickness (20cm or 30cm) under the complete length of the beam in addition to standard matting can be used for all ages.</p>	<p>FIG Floor Regulations except acro lines where at this level there is no requirement to do an FIG acro line May be performed with or without music.</p>						
<p>Requirements</p>	<ul style="list-style-type: none"> Best score of 2 vaults from those listed below– can be the same or different. 	<ul style="list-style-type: none"> Cast on LB (with value) Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] are allowed A float element on LB (coded or uncoded) IF all 3 CR's are fulfilled additional 0.50 credited <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> Connection of minimum 2 different dance elements: 1 x FIG Coded Leap/ Jump / Hop 180° Turn on one or two feet 1 x acrobatic element (non-flight OK) <p>Dismount must be included in counting elements</p>	<ul style="list-style-type: none"> Dance passage to include minimum 2x different leaps or hops each with a one footed take-of. Any coded 1/1 spin on one foot One dance element with a 150° split in a cross / side or straddle position Acro fwd /Swd & Bwd (non-flight OK) <p>Dismount must be included in counting elements</p>						
<p>Uncoded (U) Permitted Elements (receive 0.1 DV unless specified)</p>	<p>Choice of: Squat through/straddle over - DV 1.50 Squat on - DV 1.00</p>	<table border="0"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Float swing from board back to board * Chin up circle over LB * Cast above Horizontal * Squat onto LB jump to catch HB * ¾ Giant from LB to HB * ¾ giant HB * Counterswing (HB) * Straddle or pike undershoot dismount (LB or HB) * Counterswing to release ½ turn to stand (HB) </td> <td style="vertical-align: top;"> <p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Jump to FS on LB * Cast below horizontal * Leg lift feet to bar * Climb on LB jump to HB * Chin up on HB * Circle forward LB release to stand * Cast push off LB release to stand * Underswing HB to stand </td> </tr> </table>	<ul style="list-style-type: none"> * Float swing from board back to board * Chin up circle over LB * Cast above Horizontal * Squat onto LB jump to catch HB * ¾ Giant from LB to HB * ¾ giant HB * Counterswing (HB) * Straddle or pike undershoot dismount (LB or HB) * Counterswing to release ½ turn to stand (HB) 	<p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Jump to FS on LB * Cast below horizontal * Leg lift feet to bar * Climb on LB jump to HB * Chin up on HB * Circle forward LB release to stand * Cast push off LB release to stand * Underswing HB to stand 	<table border="0"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Forward roll * Backward roll (optional exit) * Shoulder roll backwards * ½ spin * Handstand (not held) * Arabesque (2 sec) no CR * Y Scale (2 sec) no CR * Straight jump * Tuck Jump * Twiddle jump * Cartwheel rebounding straight jump Dismount (1 element) </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Round-off Dismount * Handspring Dismount Any Mount may be used <p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Relevé half turn * Half handstand * Chasse steps * Forward roll to straddle sit * Run rebound 2 feet Straight jump dismount </td> </tr> </table>	<ul style="list-style-type: none"> * Forward roll * Backward roll (optional exit) * Shoulder roll backwards * ½ spin * Handstand (not held) * Arabesque (2 sec) no CR * Y Scale (2 sec) no CR * Straight jump * Tuck Jump * Twiddle jump * Cartwheel rebounding straight jump Dismount (1 element) 	<ul style="list-style-type: none"> * Round-off Dismount * Handspring Dismount Any Mount may be used <p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Relevé half turn * Half handstand * Chasse steps * Forward roll to straddle sit * Run rebound 2 feet Straight jump dismount 	<table border="0"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> * Cartwheel * 1 arm cartwheel * Backward walkover * Forward walkover * Valdez * Tick-tock * Backward roll to handstand * Handstand forward roll * Tuck jump * Scissor kick * Straight jump ½ * Backward roll (optional exit) </td> <td style="vertical-align: top;"> <p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Teddy bear roll * Star jump * Forward roll (optional exit) * Straight jump * Splits (2 sec hold) * Arabesque / Y scale (2 sec hold) </td> </tr> </table>	<ul style="list-style-type: none"> * Cartwheel * 1 arm cartwheel * Backward walkover * Forward walkover * Valdez * Tick-tock * Backward roll to handstand * Handstand forward roll * Tuck jump * Scissor kick * Straight jump ½ * Backward roll (optional exit) 	<p>MOVES NO VALUE</p> <ul style="list-style-type: none"> * Teddy bear roll * Star jump * Forward roll (optional exit) * Straight jump * Splits (2 sec hold) * Arabesque / Y scale (2 sec hold)
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<p>Barred Elements (prohibited/receive no DV)</p>	<p>Any vault other than those listed above.</p>	<p>Flight on the same bar (release) Giants backwards and forwards Any move above 'A' value</p>	<p>Any skill above 'A' value</p>	<p>Any Flighted acro elements. Any skill above 'A' value</p>						
<p>Notes</p>	<p>No penalty for bar change without performing an element / uncharacteristic element No composition deduction for empty swing after Backhip circle - however intermediate swing penalties can be applied No deduction to be applied for bent legs in a sole circle</p>		<p>Coaches are encouraged to be present for dismounts</p>							

Diagram for Adult Newbie Bars

Uncoded element (value - 0.10) – Cast to above horizontal



VAULT DIFFICULTY TABLE - CYCLE 14 WTC January 2019

GROUP 1 Vault without salto [Handspring/Yamashita/Round off] with or without LA turn in 1 st and/or 2 nd flight phase			GROUP 2 Handspring forward with/without 1/1 turn in 1 st flight phase – salto forward or backward with/without LA turn in 2 nd flight phase		
1.00	Handspring	2.00	2.10	Handspring on – Salto forward tucked off	4.00
1.01	Handspring on – ½ turn off	2.40	2.11	Handspring on – Salto forward tucked ½ off	4.40
1.02	Handspring on – 1/1 turn off	3.00	2.11	Handspring on – ½ turn Salto backward tucked off	4.40
1.03	Handspring on – 1½ turn off	3.60	2.12	Handspring on – Salto forward tucked 1/1 off	4.80
1.04	Handspring on – 2/1 turn off	4.00	2.13	Handspring on – Salto forward tucked 1½ off	5.20
1.05	Handspring on – 2½ turn off	4.40	2.20	Handspring on – Salto forward piked off	4.20
1.10	Yamashita	2.40	2.21	Handspring on – Salto forward piked ½ off	4.60
1.11	Yamashita – ½ turn off	2.80	2.21	Handspring on – ½ turn Salto backward piked off	4.60
1.12	Yamashita – 1/1 turn off	3.20	2.22	Handspring on – Salto forward piked 1/1 off	5.00
1.20	½ turn on – repulsion off	2.00	2.30	Handspring on – Salto forward stretched off	4.60
1.21	½ turn on – ½ turn off [either direction]	2.80	2.31	Handspring on – Salto forward stretched ½ off	5.00
1.22	½ turn on – 1/1 turn off	3.00	2.32	Handspring on – Salto forward stretched 1/1 off	5.40
1.23	½ turn on – 1½ turn off	3.60	2.33	Handspring on – Salto forward stretched 1½ off	5.80
1.24	½ turn on – 2/1 turn off	4.00	2.40	1/1 turn on – Salto forward tucked off	5.20
1.30	1/1 on – Handspring off	3.60	2.41	1/1 turn on – Salto forward piked off	5.60
1.31	1/1 on – 1/1 turn off	4.00	2.50	Handspring on – Double salto forward tucked off	6.40
1.40	R'off flic flac on – repulsion off	2.40	GROUP 4 Yurchenko Round off with/without ¾ [270°] turn in 1 st flight phase – salto backward with/without LA turn in 2 nd flight phase		
1.50	R'off ½ turn on – Handspring off	2.60	4.10	Yurchenko tucked	3.30
1.51	R'off ½ turn on – Handspring ½ off	3.00	4.11	Yurchenko tucked with ½ turn	3.60
1.52	R'off ½ turn on – Handspring 1/1 off	3.40	4.12	Yurchenko tucked with 1/1 turn	3.90
1.53	R'off ½ turn on – Handspring 1½ off	3.80	4.13	Yurchenko tucked with 1½ turn	4.20
1.60	R'off 1/1 turn on – repulsion off	2.80	4.14	Yurchenko tucked with 2/1 turn	4.70
1.61	R'off 1/1 turn on – ½ off	3.20	4.20	Yurchenko piked	3.50
1.62	R'off 1/1 turn on – 1/1 off	3.80	4.30	Yurchenko stretched	4.00
GROUP 3 Tsukahara Handspring with ¼ - ½ turn in 1 st flight phase – salto backward with/without LA turn in 2 nd flight phase			4.31	Yurchenko stretched with ½ turn	4.20
3.10	Tsukahara tucked	3.50	4.32	Yurchenko stretched with 1/1 turn	4.60
3.11	Tsukahara tucked with ½ turn	3.80	4.33	Yurchenko stretched with 1½ turn	5.00
3.12	Tsukahara tucked with 1/1 turn	4.10	4.34	Yurchenko stretched with 2/1 turn	5.40
3.13	Tsukahara tucked with 1½ turn	4.40	4.35	Yurchenko stretched with 2½ turn	5.80
3.14	Tsukahara tucked with 2/1	4.90	4.40	R'off ¾ on – Salto backward tucked off	4.00
3.20	Tsukahara piked	3.70	4.41	R'off ¾ on – Salto backward tucked with ½ turn off	4.40
3.30	Tsukahara stretched	4.20	4.42	R'off ¾ on – Salto backward tucked with 1/1 turn off	4.60
3.31	Tsukahara stretched with ½ turn	4.40	4.50	R'off ¾ on – Salto backward piked off	4.20
3.32	Tsukahara stretched with 1/1 turn	4.80	4.51	R'off ¾ on – Salto backward stretched off	4.60
3.33	Tsukahara stretched with 1½ turn	5.20	4.52	R'off ¾ on – Salto backward stretched with ½ turn	5.00
3.34	Tsukahara stretched with 2/1 turn	5.60	4.53	R'off ¾ on – Salto backward stretched with 1/1 turn	5.40
3.35	Tsukahara stretched with 2½ turn	6.00	GROUP 5 R'off with ½ turn in 1 st flight phase – salto forward or backward with/without LA turn in 2 nd flight phase		
5.10	R'off ½ on – Salto forward tucked off	4.20	5.20	R'off ½ on – Salto forward piked off	4.40
5.11	R'off ½ on – Salto forward tucked with ½ turn off	4.60	5.21	R'off ½ on – Salto forward piked with ½ turn off	4.80
5.11	R'off ½ on – ½ turn Salto backward tucked off	4.60	5.21	R'off ½ on – ½ turn Salto backward piked off	4.80
5.12	R'off ½ on – Salto forward tucked with 1/1 turn off	5.00	5.22	R'off ½ on – Salto forward piked with 1/1 turn off	5.20
5.13	R'off ½ on – Salto forward tucked with 1½ turn off	5.40	5.30	R'off ½ on – Salto forward stretched off	4.80
			5.31	R'off ½ on – Salto forward stretched with ½ turn	5.20
			5.32	R'off ½ on – Salto forward stretched with 1/1 turn	5.60
			5.33	R'off ½ on – Salto forward stretched with 1½ turn	6.00
			5.34	R'off ½ on – Salto forward stretched with 2/1 turn	6.40