

ADULT GYMNASTICS BRITISH CHAMPIONSHIPS 2017

WOMEN'S ARTISTIC

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

Ability levels

Novice - For people new to this fantastic sport, or for those who have never competed above **CLUB** level.

Intermediate Over 18s and Over 30s only - For people who would like to challenge themselves further than Novice level, or for those who have never competed above **COUNTY** level.

Pro - For people who have previously competed at **REGIONAL** level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this level.

Please note: If competitors perform a skill above the difficulty of the ability level entered then a 1.0 mark deduction will be applied to their score as well as any deductions for the skill.

Age bonus

Novice, Intermediate (Women's Artistic Over 18) and Pro competitors will be given an age bonus of 0.1 per year above the base year of the age group. Intermediate Women's Artistic Over 30 competitors will be given an age bonus of 0.1 per three years above 30.

A competitors' 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.

Novice, Intermediate and Pro 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

Novice and Pro Over 30

Age	30	31	32	33	34	35	36	37	38	39
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 40

Age	40	41	42	43	44	45	46	47	48	49
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 50

Age	50	51	52	53	54	55	56	57	58	59
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 60

Age	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
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	1.5	1.6	1.7	1.8	1.9	2.0

Intermediate Over 30

Age	30-32	33-35	36-38	39-41	42-44	45-47	48-50	51-53	54-56	57-59	60-62	63-65	66-68	69-71	72-74	75-77	78-80
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	1.5	1.6

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.

Teams

- A minimum of three gymnasts and maximum of six gymnasts per team
- The highest three execution scores + plus age bonus' = final team score
- 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

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

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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 *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 125cm – one spring board only allowed</p>	<p>FIG Bars Regulations</p>	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations</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 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] • Salto with minimum 360° LA turn - forward or backward <p>Dismount must be included in counting elements</p>
<p>Uncoded Permitted Elements (receive 0.1 DV)</p>		<p>¾ Giant from LB to HB (No penalty for empty swing at the end of this element) Squat onto low bar – jump to catch high bar <i>(There will be no penalty for performing a jump from LB to HB)</i> Straddle or pike on undershoot dismount</p>	<p>Forward roll Backward roll</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Tuck jump</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>GBR Bonus (in addition to FIG)</p>		<p>0.5 - Backward giant without fall <i>[given once only]</i> 0.3 – B valued dismount 0.5 – C valued dismount</p>	<p>0.3 – B valued dismount 0.5 – C valued dismount</p>	<p>0.3 – B valued dismount 0.5 – C valued dismount</p>

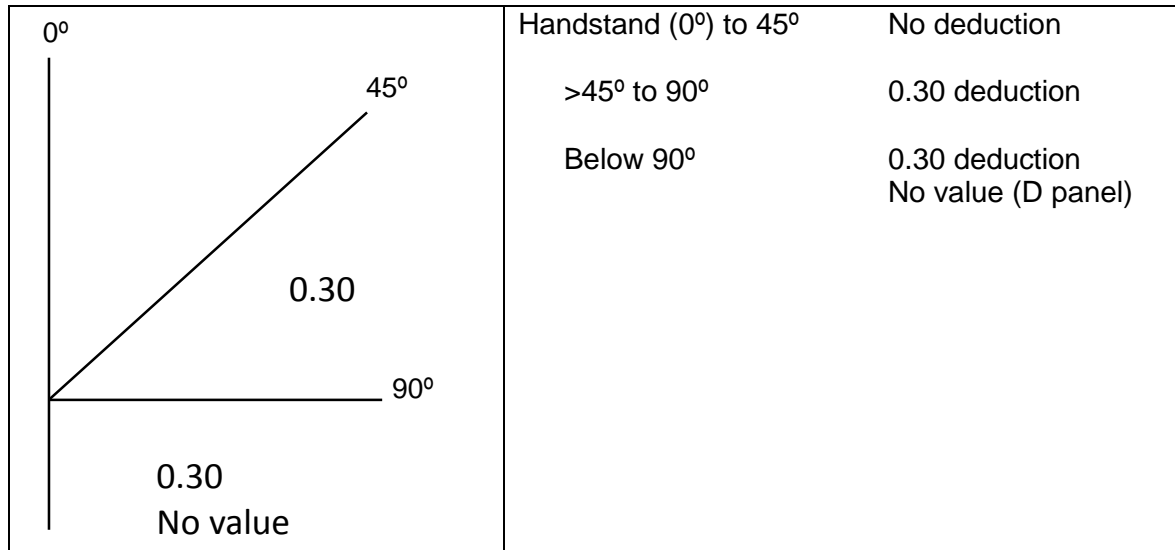
ADULT GYMNASTIC BRITISH CHAMPIONSHIPS 2017

Women's Pro Over 30, Over 40, Over 50, Over 60

<p>J = 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 minimum – one springboard only allowed. Trampoline may be used instead of springboard for those competitors aged 50+</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 must be used for Over 60's.</p>	<p>FIG Floor Regulations except acro lines where a salto on its own will count (not aerial)</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 (J) Permitted Elements <i>(receive 0.1 DV)</i></p>		<p>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 – jump to catch high bar <i>(There will be no penalty for performing a jump from LB to HB)</i> Straddle or pike on undershoot dismount</p>	<p>Forward roll Backward roll Straight jump ½ spin Handstand (not held)</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Tuck jump</p>
<p>Barred Elements <i>(prohibited/receive no DV)</i></p>				
<p>Notes</p>		<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>		
<p>GBR Bonus <i>(in addition to FIG)</i></p>		<p>0.5 - Backward giant without fall <i>[given once only]</i> 0.3 – A valued dismount 0.5 – B valued dismount</p>	<p>0.3 – A valued dismount 0.5 – B valued dismount</p>	<p>0.3 – A valued dismount 0.5 – B valued dismount</p>

Diagram for Adult Pro Bars

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



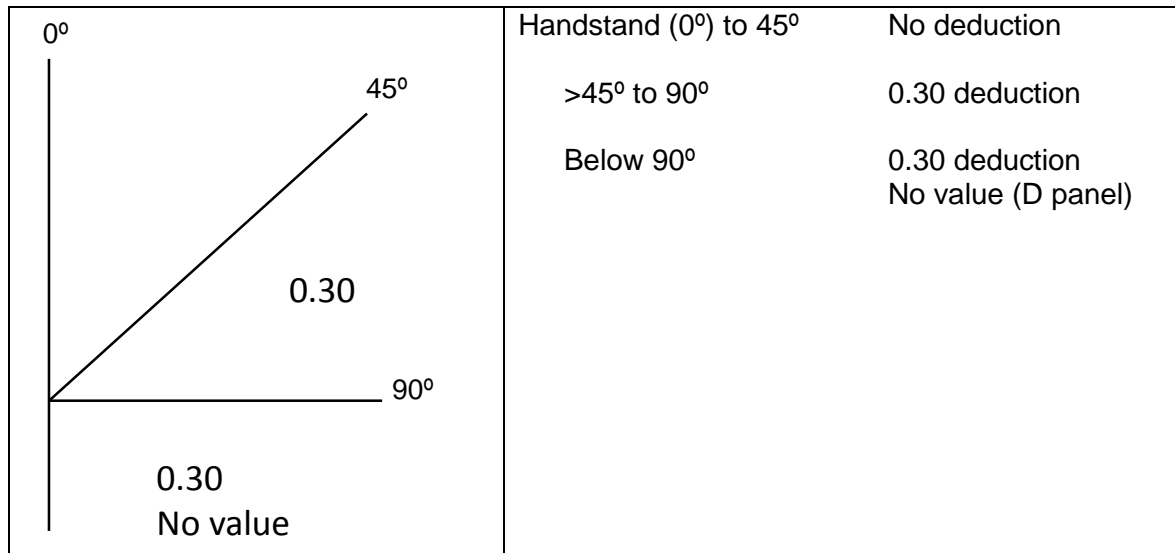
ADULT GYMNASTIC BRITISH CHAMPIONSHIPS 2017

Women's Intermediate Over 18, Over 30

<p>J = 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 (18-30) 110cm minimum (30's and over) One springboard only allowed. Trampette may be used instead of springboard for those competitors aged 50+</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 must be used for Over 60's.</p>	<p>FIG Floor Regulations except acro lines where a salto on its own will count as an acro line (not aerial)</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 2 x saltos in different directions [fwd & bwd] not necessarily in the same acro line Acro line with rebounding Backward salto <p>Dismount must be included in counting elements</p>
<p>Uncoded (J) 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 – jump to catch high 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>Forward roll Backward roll Straight jump ½ spin Handstand (not held)</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring 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 a LA turn</p>
<p>Notes</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>			
<p>GBR Bonus <i>(in addition to FIG)</i></p>	<p>0.3 – A valued dismount</p>			

Diagram for Adult Intermediate Bars

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



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Women's Novice Over 18, Over 30, Over 40, Over 50, Over 60

<p>J = 0.10 A = 0.10 B = 0.20</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 (18-30) 105cm minimum (30's and over) One springboard only allowed. Trampette may be used instead of springboard for those competitors aged 50+</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 must be used for Over 60's.</p>		<p>FIG Floor Regulations except acro lines where a salto on its own will count as an acro line (not aerial)</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 coded dance elements: 1x leap/jump with 150° cross/side split or straddle] Turn from group 3 (can be 180°) 1 x acrobatic non-flighted element not connected into dismount <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 (J) 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>	<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 – jump to catch high 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>Squat on Mount Straddle over mount Forward roll Backward roll Straight jump ½ spin</p>	<p>Handstand (not held) Arabesque (2 sec) Relevé half turn Round-off Dismount</p>	<table border="0"> <tr> <td>Cartwheel Dive cartwheel Backward walkover Forward walkover Valdez Tick-tock Backward roll to handstand</td> <td>Backward roll to FS Headspring Handstand forward roll Tuck jump Scissor kick Straight jump ½</td> </tr> </table>	Cartwheel Dive cartwheel Backward walkover Forward walkover Valdez Tick-tock Backward roll to handstand	Backward roll to FS Headspring Handstand forward roll Tuck jump Scissor kick Straight jump ½
Cartwheel Dive cartwheel Backward walkover Forward walkover Valdez Tick-tock Backward roll to handstand	Backward roll to FS 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</p>	<p>Any salto or aerial (except dismount)</p>		<p>Any salto with a LA turn Hops, jumps, leaps LA turn (except straight jump ½)</p>		
<p>Notes</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>						
<p>GBR Bonus <i>(in addition to FIG)</i></p>	<p>0.3 – A valued dismount</p>		<p>0.3 – A valued dismount</p>				

Diagram for Adult Novice Bars

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

