



ENGLISH GYMNASTICS

English Silver Judging Rules 2018

GB bonus applies to run 3 for all levels:

Whip = 0.7, Barani = 1.2, Whip 360 = 1.4, Double tuck = 2.8 - Double pike = 3.0, Full in tuck = 3.2 - All non-FIG elements have a value 0.1.

National 1, 2 and 3

Run 1 and Run 2: As table below.

Mark out of 10 as an NDP run.

Run 3: Voluntary 6 elements with difficulty.

Mark out of 10 (as an FIG run, with specific rules for this competition).

1. Gymnasts may repeat run 1 or run 2 or a combination of non-FIG elements, all non-FIG elements have a value 0.1.
2. No penalty for a walk out to 1 except for the final element.
3. No penalty if the final element is not a somersault.
4. The final element may be a somersault and should land on the landing area or will have a penalty of 0.6 (CJP) for landing on the track.
5. For National 1, 2 and 3 only, tuck back final element will have a value of 1.0, pike back and straight back final elements will have a value of 1.2.

NDP National Level 1						
Age Groups	Run 1		Run 2		Run 3	
	9 - 10,	1	Round Off	1	Stretch Jump Walkout	1
	2	Flick	2	Cartwheel	2	Voluntary
11 - 12	3	Jump 1/2 Turn Walkout	3	Round Off	3	Voluntary
	4	Round Off	4	Flick	4	Voluntary
	5	Flick	5	Flick	5	Voluntary
13+	6	Rebound Jump	6	Rebound jump	6	Voluntary

NDP National Level 2						
Age Groups	Run 1		Run 2		Run 3	
	9 - 10,	1	Tuck Front walkout	1	Round off	1
	2	Round off	2	Flick	2	Voluntary
11 - 12	3	Flick	3	Flick	3	Voluntary
	4	Flick	4	Flick	4	Voluntary
	5	Flick	5	Flick	5	Voluntary
13+	6	Rebound Jump	6	Jump 1/2 Turn	6	Voluntary

NDP National Level 3						
Age Groups	Run 1		Run 2		Run 3	
	9 - 10,	1	Pike Front walkout	1	Round off	1
	2	Round off	2	Flick	2	Voluntary
11 - 12	3	Flick	3	Whip	3	Voluntary
	4	Flick	4	Flick	4	Voluntary
	5	Flick	5	Flick	5	Voluntary
13+	6	Jump 1/2 Turn	6	Tuck Back	6	Voluntary

National 4, 5, 6 and 7

Run 1 and Run 2: As table below.

Mark out of 10 as an NDP run.

Run 3: Voluntary 8 elements with difficulty.

Mark out of 10 as an FIG run.

NDP National Level 4									
Age Groups	Run 1			Run 2			Run 3		
	9 - 10, 11 – 12 13+	1	Round off		1	Round off		1	Voluntary
2		Whip		2	Flick		2	Voluntary	
3		Flick		3	Whip		3	Voluntary	
4		Flick		4	Flick		4	Voluntary	
5		Flick		5	Flick		5	Voluntary	
6		Tuck Back		6	Flick		6	Voluntary	
7				7	Flick		7	Voluntary	
8				8	Pike Back		8	Voluntary	

NDP National Level 5									
Age Groups	Run 1			Run 2			Run 3		
	10 - 12, 13 – 14 15+	1	Round off		1	Round off		1	Voluntary
2		Whip		2	Flick		2	Voluntary	
3		Whip		3	Whip		3	Voluntary	
4		Flick		4	Flick		4	Voluntary	
5		Flick		5	Whip		5	Voluntary	
6		Pike Back		6	Flick		6	Voluntary	
7				7	Flick		7	Voluntary	
8				8	Straight Back		8	Voluntary	

NDP National Level 6									
Age Groups	Run 1			Run 2			Run 3		
	U13 O13	1	Barani		1	Round off		1	Voluntary
2		Whip		2	Whip		2	Voluntary	
3		Whip		3	Whip		3	Voluntary	
4		Whip		4	Whip		4	Voluntary	
5		Flick		5	Whip		5	Voluntary	
6		Flick		6	Flick		6	Voluntary	
7		Flick		7	Flick		7	Voluntary	
8		Straight Back		8	Straight Back 360		8	Voluntary	

NDP National Level 7									
Age Groups	Run 1			Run 2			Run 3		
	U13 O13	1	Barani		1	Round off		1	Voluntary
2		Whip		2	Whip		2	Voluntary	
3		Whip 360		3	Whip		3	Voluntary	
4		Whip		4	Whip		4	Voluntary	
5		Whip		5	Whip		5	Voluntary	
6		Whip		6	Flick		6	Voluntary	
7		Flick		7	Flick		7	Voluntary	
8		Straight Back 360		8	Straight Back 720		8	Voluntary	

Note: National 7 Run 1, Elements 2 & 3 may be performed in any order.