



ENGLISH GYMNASTICS

ENGLISH WOMEN'S ARTISTIC BRONZE, SILVER & GOLD CHAMPIONSHIPS 2018

Competition Handbook

Version History

The Organising Committee for this event reserve the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the [English Gymnastics Website](#) and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made:

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Definition of Terms

- Assisting Coach(es) are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- BG means British Gymnastics
- EGA means English Gymnastics
- Criminal Record Certificate means DBS (previously CRB) Access NI Eligibility or PVG
- Event means any national competition and championships organised by or on behalf of the EGA.
- FIG means Federation International de Gymnastique
- Officials are people recruited to assist with the delivery of the overall event i.e Floor Manager, Ceremonies Manager, Spectator Tickets Manager
- Organiser means the English Gymnastics Events Director or their designated representative, who is authorised by, or on behalf of the EGA
- Supervising Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the EGA Administration Manager, Jan Charlton, via email prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to supervising coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements
- Unattached means gymnasts who are not members of a BG registered club but hold appropriate BG membership.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the organisers and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

EGA COMPETITION ORGANISERS

EGA Events Director	Sue James	sue.james@englishgymnastics.org.uk
EGA Administration Manager	Jan Charlton	jan.charlton@englishgymnastics.org.uk
EGA Chairman	Martin Laws	martin.laws@englishgymnastics.org.uk

BRITISH GYMNASTICS CONTACTS

Customer Services	T. 0345 1297129 Ext 2395
	E. customerservice@british-gymnastics.org

Eligibility

Membership

All persons attending EGA events in an official capacity, whether as a gymnast, coach or judge, are required to hold current BG membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

- Gymnasts

Membership level must be Competitive Gymnast, Coach or Life Members of BG in order to enter an EGA Event. In normal circumstances, gymnasts should also be a member of a BG registered club.

In exceptional cases, where a gymnast does not belong to a BG registered club, they must contact the EGA Admin Manager and request entry into the Event. If granted, such gymnasts will be given the classification as being Unattached. In such circumstances, the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

- Supervising Coaches

Supervising coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA Event. Coaches must have a current safeguarding certificate and Criminal Records Certificate (DBS). Please see Safeguarding section.

- Assisting Coaches

Assisting coaches' Membership level must be Assistant Coach (if Level 1), Gold, Coach or Life Members of BG before being allowed to participate in an EGA Event. Coaches must have a current safeguarding certificate and Criminal Records Certificate (DBS). Please see Safeguarding section.

- Judges

Judges' membership level must be Judge or Life Members of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at an EGA Event.

Judges must also hold a current cycle of judging award (Cycle 14).

The EGA does not require judges to complete a criminal record check to judge at EGA competitions, as the role that judges fulfil at the event no longer falls within DBS Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

For further information on membership levels please visit the **British Gymnastics** [Website](#).

Coach Qualifications

When submitting entries for an EGA event, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is not allowed.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at EGA Events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Supervising Coaches entered into the event entry **MUST** be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending.

Supervising Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

If it is found that a club is in breach of these policies, the EGA reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches are required to hold a current BG specific DBS certificate and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at EGA Events.

All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

The safeguarding courses recognised by British Gymnastics are:

Sports Coach UK (scUK) Safeguarding Awareness Course
Local Safeguarding Children's Board (LSCB)
Football Association (FA) Safeguarding Training
Professional Prior Learning ie Social Worker, Teacher etc

This must be renewed every three years and be valid both at the time of entry and through to the end of the Event. For members who have previously completed a face to face course an online refresher update course is available.

Coaches must also have a valid **Criminal Records Certificate** both at the time of entry and through to the end of the Event before being allowed to officiate at an EGA Event.

Nationality

Participation in all English Gymnastics Events is subject to the requirements of membership, club/regional registration and other conditions of entry.

The gymnast must be a British Citizen, holding a British passport (or be in the process of obtaining British Citizenship and/or passport) **and** have lived in England for a period exceeding 48 months.

The mother, father or a grandparent of a gymnast must have been born in England.

AND

The gymnast must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by Article 25(3) of the

Commonwealth Games Federation (CGF) Constitution, Regulations & Code of Conduct have been obtained.

If a gymnast does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the gymnast may petition the English Gymnastics Chairman in writing. The Chairman's decision in this regard shall be final. Decisions on these matters are not open to Appeal.

Disclosure

It is the responsibility of the person making the Competition entry to ensure that all of the gymnasts have their nationality declared within the Gymnet online membership portal.

Competition Entries

Entry Process

Entry to the English Women's Artistic Bronze, Silver & Gold Championships is online only. Complete instructions for adding an entry via the GymNet Online Entry Portal are available to download from the BG [Website](#). All entries must be fully submitted electronically by the stipulated closing date/time. Prior to the event, an entry may only be amended by the person making the original entry.

Number of Entrants

The number of Entrants for each LEVEL (not Age Group) will be restricted to 120 Gymnasts. Entries will be accepted strictly on a 'first come, first served' basis.

Methods of Payment

Payment can only be made by Debit Card or Credit Card. Payments should be received by BG within 48 hours of the entry being submitted. *Entry fees are non-refundable after the closing date.*

Late Entries

Late entries will not be accepted for this Event.

Withdrawals or Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded.

Withdrawals should be notified to the EGA Admin Manager via email (up to 48 hours before the start of the Event) or at the time of Registration at the Event.

Where it is necessary to substitute a coach, the club must inform the EGA Admin Manager in writing via email so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific Criminal Records Check certificate.

Judges

Each Club will be required to provide one WAG Judge (at level Regional & Above) at the time of submitting their Entries via Gymnet. Failure to provide a Judge, will incur a £50 fine per Club. The EGA will provide overnight accommodation for all Judges selected, together with an allowance for breakfast/dinner at £30/day and travel expenses up to a maximum of £150 – which can be claimed on expenses after the event.

General Regulations

Coaches must make adequate provision for the “supervision” of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Registration

Please endeavour to have gymnasts registered at the time stated. During registration, gymnasts will be issued with their Number.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the organisers reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up.

Wherever practical, the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Music

All music for competition routines must be uploaded onto the GymNet portal by Friday 19th October at the latest.

Instructions for submitting music electronically may be found within the [Online Entry Guide](#).

Music Licensing

All music used in competition routines must conform to the relevant licensing requirements.

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks, go to <http://www.ppluk.com/> scroll to the bottom of the page and click on ‘PPL Repertoire Search’ enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks, the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or EGA medical team. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all EGA Events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

Inquiries

Protests are permitted and should be handed to the EGA Events Director along with a £15 Protest Fee. Protests will be accepted within ONE rotation of the performance being questioned (ie if you are protesting a gymnast's performance on the first apparatus, an official application must be received before the gymnast rotates to their 3rd piece). The Fee will be returned if the Protest is successful or retained if the Protest is denied.

The decision of the Organiser, based upon the recommendation of the EGA appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at an EGA Event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events not by post. Attire for medal ceremonies is according to FIG World Championships and UEG rules.

Video, Film and Photography

If you agree for your club to enter you into an EGA competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All EGA competitions are large events where filming and photography by EGA accredited photographers will be taking place. Images taken at our events may be used by the EGA for the purposes of promotion, education and development of the sport. The results of EGA competitions are published and made available for viewing by members of the public.

Any gymnast or parent who does not wish themselves or their child to be photographed at the event must advise the [EGA Admin Manager](#) or [EGA Events Director](#). We will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the [Photography at Gymnastics Events](#) contained within the BG Safeguarding Children – Safe Environment Policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos, but this may only be done in accordance with [BG Safeguarding and Protecting Children Policy](#).

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the EGA appointed Welfare Officer or EGA Events Director at the event.

Health and Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards, this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training.

Terms and Conditions of Entry to All Competitions

In addition to the EGA General Rules and Regulations:

- All entrants agree to be treated by EGA appointed medical staff only and be bound by the decision of EGA medical staff in relation to their ability to compete in the competition.
- You agree to the storing of competition scores. The EGA will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the BG Photography at Gymnastics Events Policy.
- Coaches and Gymnasts agree to abide by the BG Body Piercing & Adornments Policy throughout the Event.
- The person making the online entry on behalf of gymnast(s) or a club, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.
- Gymnast must provide their own chalk.
- Floor Music (backup) – Please ensure that each gymnast brings a copy of Floor music on a CD only to the event, which should be clearly labelled with the gymnast's Number, Name and Club. This should be handed in at Registration and ensure that the gymnast's Number is shown to the Announcer prior to commencing the Floor Routine.
- If a Gymnast fails to compete on any piece, please inform the Judges in order that a zero score can be entered.

Spectator Tickets

Spectator Tickets will be available to purchase on the door and are priced at £10.00 for Adults and £7.00 for 15 & Under/Seniors. **Payment by Cash Only.**

Women's Artistic Technical Information

Code of Conduct

The EGA, acting through the Board, reserves the right to refuse any entry and disqualify an official, judge, gymnast or team at any time, if they do not comply with BG regulations.

Grade/Level

Gymnasts may only compete in ONE level per competition year.

Age Policy

Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition.

Competition Attire

Gymnasts

- The removal of leotards on the field of play is not allowed.
- The wearing of GBR or ENG attire at EGA Events is strictly forbidden.
- Long hair should be braided or tied back so as not to obscure vision.
- Gymnasts will not be allowed to compete if wearing ANY jewellery. If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per the [BG Body Piercing & Adornments Policy](#).

Coaches

- Coaches must wear a tracksuit with full length sports trousers or full-length trousers with a collared polo shirt/club t-shirt and appropriate gym/training shoes.
- The wearing of GBR or ENG attire at EGA Events is strictly forbidden

- Long hair should be braided or tied back so as not to obscure vision
- Coaches will not be allowed to support on the competition floor if wearing ANY jewellery (including Watches). If it is impossible to remove items of jewellery they should be taped. Exceptions are as per **BG Body Piercing & Adornments Policy**.

Non-compliance may result in removal of the coach and consequently, for health and safety reasons, their gymnast from the competition.

Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds only. All requests must be on the official EGA **Clothing Modification Request Form** and submitted to the EGA Admin Manager at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event.

Competition Apparatus

Unless otherwise stated, the equipment at WTC competitions will be to current FIG specifications.

Tall Gymnasts – Uneven Bars

In accordance with the current FIG Rules, Bars may be raised in order to cater for taller gymnasts. The request for the bars to be raised must be at the time of competition entry.

Spring Boards

Super and Sprung boards will be provided. Gymnasts will not be permitted to bring their own Spring Boards.

**ENGLISH WOMEN'S ARTISTIC
BRONZE, SILVER & GOLD CHAMPIONSHIPS 2018**

Date:	Saturday 17 th & Sunday 18 th November 2018
Venue:	New College, Glenfield Road, Leicester LE3 6DN
Entry Opening Date:	Monday 25 th June
Entry Closing Date:	Friday 21 st September
Music Entry Closing Date:	Friday 19 th October
Entry Fee:	£30.00 per gymnast
Code:	FIG Competition 1 (Cycle 14 – 2018)

Eligibility:

Bronze Junior	Aged 9/10 in year of competition
Bronze Intermediate	Aged 11/12 in year of competition
Bronze Senior	Aged 13+ in year of competition
Silver Junior	Aged 10/11 in year of competition
Silver Intermediate	Aged 12/13 in year of competition
Silver Senior	Aged 14+ in year of competition
Gold	Aged 11+ in year of competition

Competition Structure:

- Competition format is as per FIG Competition 1 (Cycle 14 – 2018) Rules (except where stated on the attached Rules)
- Gymnasts cannot enter these Competitions if they have competed at British or English Senior, Junior or Espoir Championships level or have represented their country at any level or in Age Compulsory Level 3, 2 or 1 in the previous TWO years, or who attained the qualifying score to enter the British Artistic Championships 2018.
- Order of Rotation – The Draw will be included with the Competition Timetable, which will be sent out to all competing Clubs in advance. Where possible, the EGA will endeavour to keep gymnasts from the same Club together. We reserve the right to change the Order of Rotation and/or timing as may be necessary.
- **Special Note for Vault** – Bronze, Silver and Gold levels will be able to do 2 Vaults from the same Group. Highest score to count.

Coach Qualification and Passes:

- One coach (from two nominated) on the podium at any one time minimum Level 2

Awards:

- The Overall Bronze Junior, Intermediate and Senior Champions will be awarded Salvers along with an AA Gold Medal
- The Overall Silver Junior, Intermediate and Senior Champions will be awarded Salvers along with an AA Gold Medal
- The Overall Gold Champion will be awarded a Salver along with an AA Gold Medal
- Apparatus Winners within each Section/Piece, will be determined by the AA scores with Medals awarded for 1st to 3rd Place.

APPENDICES:

1. EGA Clothing Modification Request Form
2. Bronze Junior Level Rules
3. Bronze Intermediate & Senior Rules
4. Silver Junior Level Rules
5. Silver Intermediate & Senior Rules
6. Gold Level Rules



Clothing Modification Request Form

Competition:	
Entrants Name:	DOB:
Club Name:	
Religion / Disability:	Discipline:
Please provide details of any clothing modifications and provide reasons for this request	
I confirm that the details on this form are accurate	
Signed _____ Date _____	
Address _____ _____	
Postcode _____ Contact no _____	
NB: If the gymnast is under the age of fourteen, their parent/carer must sign the form on their behalf.	
This form should be submitted to the EGA Admin Manager, Jan Charlton, via email at jan.charlton@englishgymnastics.org.uk with the entry. The request will receive full consideration and club and entrant will be informed of the outcome within 10 working days of receipt of the request. In the event the request is declined, the entry fee will be refunded in full, providing that this form was submitted prior to the closing date.	

ENGLISH GYMNASTICS BRONZE LEVEL Championships 2018

AGE GROUPS [in years of competition] – Juniors 9/10 Years

Difficulty Value Uncoded elements 0.00 FIG A elements 0.10 each FIG B elements 0.20 each	Rules and Regulations are as per FIG Cycle 14 (2017) Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount Only Uncoded/A/B elements allowed Maximum 3 x B elements BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 from either category - FLOOR 4 x Acro lines [max] Barred elements are not allowed and no Difficulty Value will be given if they are performed. Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	FIG Rules apply for BEAM & FLOOR On BARS, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
Vault		Bars	Beam	Floor
No vault allowed other than as stated below.	Barred Elements	All C elements and above Giants Dismounts: Double backaway & Saltos with 1/1	All C elements and above Dismount: B Difficulty Value or above	All C elements and above Saltos with 1/1 [360°] turn
Maximum D score 2.8	Uncoded Elements 0.00 each	Upward hip circle mount Cast above 45° with straight body Squat onto Low Bar, jump to High Bar Backward sole circle tucked ¼ Giant circle from LB to HB ¼ Giant circle from cast Dismount: Straddle on or Stoop on undershoot	Mounts: As FIG code. Most mounts count as A value. Dance: Stretch jump Stretch jump with ½ turn Tuck jump Scissor leap Changement Holds: Arabesque [above horizontal] – 2 seconds Y stand [not held with hand] – 2 seconds Acro: Forward roll Backward roll Dismounts: Round off Free Round off Handspring Cartwheel ¼ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Tuck jump
Vault Height 110 cm 1 x springboard	Composition Requirements [CR] 4 @ 0.50 each	Any FIG Coded mount Bar change from LB to HB [flight not necessary] Element started and finished on HB Close bar element	Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of 2 elements [flight not necessary] Acro elements in different directions [f'wd/s'wd & b'wd]	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] 360° spin Acro line with 2 different flight elements, one being a salto backwards. Acro line with 2 different f flight elements.1 being a forward element.
2 x Vaults performed	Bonus	A DV Dismount 0.50	Exercise without a fall 0.50 [provided all CRs are fulfilled]	
Best score to count	Artistry & Specific Apparatus Deductions	Use ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION		
		Cast to handstand will count as a HB element. Close bar elements given B value are acceptable. Jump from LB to HB will fulfil CR and will not be deducted 0.5 for no element.	Unnecessary pause [more than 2 seconds]	

ENGLISH GYMNASTICS BRONZE LEVEL Championships 2018

AGE GROUPS [in year of competition] Intermediate 11/12 Years Senior 13+

<div>Difficulty Value</div> <div>Uncoded elements 0.00</div> <div>FIG A elements 0.10</div> <div>FIG B elements 0.20 each</div>	<div>Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise.</div> <div>FIG Execution and Artistry Penalties will be applied.</div> <div>BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount Only Uncoded/A/B elements allowed Maximum 3 x B elements</div> <div>BEAM/FLOOR – 3 acrobatic [min.] + 3 dance [min] + 2 elements from either category. FLOOR 4 x Acro lines [max]</div> <div>Barred elements are not allowed and no Difficulty Value will be given if they are performed.</div> <div>Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV.</div> <div>Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value</div> <div>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</div>			
Short Exercises	FIG Rules apply for BEAM & FLOOR			
	On BARS, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
Vault		Bars	Beam	Floor
No Vault allowed other than as stated below	Barred Elements	All C elements and above Giants Dismounts: Double backaway & Saltos with 1/1	All C elements and above Dismount: B Difficulty Value or above	All C elements and above Saltos with 1/1 [360°] turn
Maximum D score 2.8	Uncoded Elements 0.00 each	Upward hip circle mount Cast above 45° with straight body Squat onto Low Bar, jump to High Bar Backward sole circle tucked ¾ Giant circle from LB to HB ¾ Giant circle from cast Dismount: Straddle on or Stoop on undershoot	Mounts As FIG code. Most mounts count as A value. Dance: Stretch jump Stretch jump with ½ turn Tuck jump Scissor leap Changement Holds: Arabesque [above horizontal] – 2 seconds Y stand [not held with hand] – 2 seconds Acro: Forward roll Backward roll Dismounts: Round off Free Round off Handspring Cartwheel ¼ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Tuck jump
Vault Height Intermediate 120 cm Senior 125 cm 1 x springboard	Composition Requirements [CR] 4 @ 0.50 each	Any FIG Coded mount Bar change from LB to HB [flight not necessary] Element started and finished on HB Close bar element	Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of 2 elements [flight not necessary] Acro elements in different directions [f'wd/s'wd & b'wd]	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] 360° spin Acro line with 2 different flight elements, one being a salto backwards. Acro line forward with 2 different flight elements, 1 being a forward salto.
2 x Vaults performed Best score to count	Bonus	A DV Dismount 0.50	Exercise without a fall 0.50 [provided all CRs are fulfilled.]	None
	Artistry & Specific Apparatus Deductions	Use COMPETITION with ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION		
		Cast to handstand counts as a HB element. Close bar elements awarded B value are acceptable. Jump from LB to HB will fulfil the CR and will not be deducted 0.5 for no element.	Unnecessary pause [more than 2 seconds]	

ENGLISH GYMNASTICS SILVER Level 2018

AGE GROUPS (in year of competition) Juniors 10/11 Years

Difficulty Value [DV] FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each	<p style="text-align: center;">Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount Only A/B/C elements allowed BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 elements from either category FLOOR 4 x Acro lines [max] Barred elements are not allowed and no Difficulty Value will be given if they are performed. Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Same element can only count once EXCEPT on Bars where an FIG Coded element [excluding Upstarts] may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<p style="text-align: center;">FIG Rules apply for BEAM & FLOOR On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element</p>			
Vault		Bars	Beam	Floor
No Vault allowed other than as stated below	Barred Elements	All D elements and above C Dismounts Double backaway dismounts	All D elements and above C Dismounts	All D elements and above C Salto dismounts
Maximum D score 3.0	Uncoded Elements 0.00 each	Squat onto Low Bar, jump to High Bar Backward sole circle tucked	Mounts: Straddle ½ lever hold – 2 seconds Jump to 1 or 2 feet Dance: Stretch jump with ½ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Tuck jump
	Composition Requirements [CR] 4 @ 0.50 each	Bar change from LB to HB [element not necessary] Cast to handstand (straight or straddled) Close bar element B element (Not mount or dismount)	Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of minimum 2 elements [1 x with flight] Acro elements in different directions [f'wd/s'wd & b'wd]	Dance passage of 2 [min] different leaps or hops [one with 180° crossside or straddle position] Acro line backwards with salto. B leap, jump or hop. Acro line forward with min. 2 flight elements, 1 must be a salto. [
Vault Height 115 cm. 1 x springboard	Bonus	Backward giant to handstand performed without a fall 0.50 Awarded only once	Exercise without a fall 0.50 [provided all CRs are fulfilled]	Salto with 360 degree turn
2 x Vaults performed Best score to count	Artistry & Specific Apparatus Deductions	<p style="text-align: center;">Use ARTISTRY DEDUCTIONS - COMPOSITION DEDUCTIONS - SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 13 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION</p>		
		Dismount must be included in the DV. There will be no 0.5 deduction for no element from LB to HB.	Unnecessary pause [more than 2 seconds]	

ENGLISH GYMNASTICS SILVER Level 2018

AGE GROUPS (in year of competition) Intermediate 12/13 Years Senior 14+

Difficulty Value [DV] FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each	<p style="text-align: center;">Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount. Only /A/B/C elements allowed BEAM/FLOOR – 3 acrobatic [min.] + 3 dance [min] + 2 elements from either category. FLOOR 4 x Acro lines [max] Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Same element can only count once EXCEPT on Bars where an FIG Coded element [excluding Upstarts] may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<p style="text-align: center;">FIG Rules apply for BEAM & FLOOR On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element</p>			
Vault		Bars	Beam	Floor
No Vault allowed other than as stated below	Barred Elements	All D elements and above	All D elements and above	All D elements and above
Intermediates /Seniors Maximum D score 3.7	Uncoded Elements 0.00 each	Squat onto Low Bar, jump to High Bar Backward sole circle tucked	Mounts: Straddle ½ lever hold – 2 seconds Jump to 1 or 2 feet Dance: Stretch jump with ½ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel
	Composition Requirements [CR] 4 @ 0.50 each	Bar change from LB to HB [element not necessary] Cast to handstand (straight or straddled) Close bar element (not backward hip circle) Giant-forwards or backwards.	Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of minimum 2 elements [1 x with flight] Acro elements in different directions [f'wd/s'wd & b'wd]	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] B leap , jump or hop.. Acro line backwards with salto.. Acro line forward with 2 flight elements(1 must be a forward salto).
Vault Height Intermediate 125 cm. Senior 125 cm 1 x springboard	Bonus	Flight element from LB to HB eg. Mo shoot	Exercise without a fall 0.50 [provided all CRs are fulfilled]	Salto with 360 degree turn 0.50
2 x Vaults performed Best score to count	Artistry & Specific Apparatus Deductions	<p style="text-align: center;">Use ARTISTRY DEDUCTIONS - COMPOSITION DEDUCTIONS - SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION</p>		
		There will be no 0.5 deduction for no element from LB to HB.	Unnecessary pause [more than 2 seconds)	

Amended C. Bowker/B. Hardy March 2018

ENGLISH GYMNASTICS GOLD Level 2018

AGE GROUPS (in year of competition) 11Years. +

Difficulty Value [DV] FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each FIG D elements 0.40 each	<p>Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount. Only A/B/C/D elements allowed BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 elements from either category. FLOOR 4 x Acro lines [max] Barred elements are not allowed and no Difficulty Value will be given if they are performed. IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<p>FIG Rules apply for BEAM & FLOOR On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element</p>			
Vault		Bars	Beam	Floor
No Vault allowed other than as stated below	Barred Elements	All E elements and above Release and catch on same bar	All E elements and above	All E elements and above Double saltos
Max. D score 4.2	Composition Requirements [CR] 3/4 @ 0.50 each	Flight element from HB to LB Different grips (no cast, mt. or dmt.) Non-flight element with min 360 degree turn (not mt.)	Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of minimum 2 elements [both with flight and 1 must be a salto] Acro elements in different directions (Fwd/swd and bwd.)	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] Salto with LA turn (min. 360) Salto bwd and salto fwd. (no aerials) in the same or different acro lines. NB. CRs 2 and 3 must be performed within an acro line.]
Vault Height 125 cm. 1 x springboard	Bonus	B/C salto dismount 0.50	B/C dismount 0.50 Exercise without a fall 0.50 provided all CRs are fulfilled.	C salto in dismount acro line
2 x Vaults performed Best score to count	Artistry & Specific Apparatus Deductions	<p>Use ARTISTRY DEDUCTIONS - COMPOSITION DEDUCTIONS - SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points</p>		

Amended C. Bowker/B. Hardy March 2018