

## Supplementary List u8/u10/u12

Element Group	1	2	3	4
<b>Floor</b>	<b>Non acrobatic</b>	<b>Forwards acro</b>	<b>Backwards acro and arabian elements</b>	<b>Dismounts</b>
	Backward roll to handstand straight arms	Round off Handstand forward roll	Backward roll	
<b>Pommel Horse</b>	<b>Single leg swings and scissors</b>	<b>Circle &amp; flairs, with and/or without spindles, handstands, Kehrswings, etc</b>	<b>Travel type elements</b>	<b>Dismounts</b>
U8 (optional) 60cm mushroom 5 circles (10 value)	½ scissor (one only either fwd or bwds) Straddle swing		Cut in Single leg travel	Flank off handles
<b>Rings</b>	<b>Kip and swing elements &amp; swings through or to handstand</b>	<b>Strength elements and hold elements</b>	<b>Swing to strength hold elements</b>	<b>Dismounts</b>
May start in support	1 swing	Muscle up Shoulder stand Chin up (no muscle up) German hang Straddled front/back lever	Back uprise to straddle	Tuck back Drop down from still hang
<b>Vault</b>  Can also be FIG CoP elements at all levels  (u10 optional 2 boards)	u8 80cm block & mat Squat on/straight jump (0.5 value) Squat through (0.7)	u10 110cm vault Squat on/straight jump (0.5 value) Squat through (0.7)	u12 120cm vault	
<b>P-Bars</b>	<b>Elements in support or through support on 2 bars</b>	<b>Elements starting in upper arm position</b>	<b>Long swings in hang on 1 or 2 bars and underswings</b>	<b>Dismounts</b>
	Stutz to 45° 1 dip 1 swing - above horizontal Half lever lift to straddle	Back uprise to support Front uprise to straddle	Moy to upper arm Drop upstart Float upstart to straddle	Back salto tucked. Also from long hang Tuck front Flank off or turn out
<b>High Bar</b>	<b>Long hang swings and without turns</b>	<b>Flight elements</b>	<b>In bar and Adler elements</b>	<b>Dismounts</b>
U8 loop bar (optional and no dismount)  u8 and u10 ¾ height chalk bar	Leg lift Float up to support Cast above horizontal One full swing above horizontal		Stoop/straddle on & off backwards Circle up Back hip circle Chin up (no circle up)	Handstand off Tuck back Clear circle off (above 45 degrees) Straddle on undershoot

# London Rules

## Notes on the rules

Skills in black are BG u12 supplementary list.

Skills in red are London supplementary list. All skills are 'A' value.

All gymnasts in these age groups (u8/u10/u12) will be allowed to compete any of the above skills plus FIG CoP skills on all pieces.

Skills in red have NO value for u12 gymnasts but WILL count towards total number of moves in routine.

Routines must consist of minimum 5 skills and maximum 8.

Short routine deductions as follows:

4 elements E jury 2.00

3 elements E jury 3.00

2 elements E jury 4.00

These rules are designed to get coaches and gymnasts alike used to reading the FIG CoP and the BG u12 supplementary list so that they are more confident in entering National level competitions such as the English Championships and British Championships.

Gymnasts in the u14 category will be judged on the FIG CoP but will be allowed 30cm mats on High Bar, Rings and P-Bars. Vault height will be 125cm.

U14 may use the BG u12 supplementary list elements (elements in black only) to fulfil routine length but will have no value.

U14 Routines must consist of minimum 6 elements and maximum 8.

U14 short routine deductions as follows:

5 elements E jury 2.00

4 elements E jury 3.00

3 elements E jury 4.00

2 elements E jury 5.00

Gymnasts in the u16/u18/Senior age groups will all be judged on the full FIG CoP.

Any issues on the day will be referred to the Head Judge Graham O'Sullivan