



# **Lincolnshire Gymnastics Association**

## **Women's Artistic Specific Rules 2022**

# WAG LINCOLNSHIRE CLASSIC CHALLENGE 2022

Brass – 6 Years to 11 Years

	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS – Set Routine</b> <b>BEAM – 5 highest elements including dismount</b> <b>FLOOR – Set Routine</b> Elements higher than a B 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 Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value <b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution</b>			
	Vault	Bars	Beam	Floor
Apparatus	60cm Block with 60cm matting behind with 5cm roll mat for flatback area.	Low bar, FIG Asymmetric bars With 20cm landing mats and 10cm top mat	Gymnova beam as low as it goes with 20cm matting underneath only	FIG Floor regulations except acro lines where no acro line are required.
Requirements	Stretch jump onto block Handspring flat back with under-arm swing  <p style="text-align: center;"><b>DV 2.5</b></p>	<ol style="list-style-type: none"> <li>1. Float swing from springboard</li> <li>2. Upward circle</li> <li>3. Front support hold (2 sec)</li> <li>4. Cast to horizontal dismount</li> <li>5. (acts as 2 CRs: cast &amp; dismount)</li> </ol> <p style="text-align: center;"><b>Max D Score 2.5</b></p>	Gymnast should fulfil 4 of 6 CR's (Maximum awarded 2.00) <ul style="list-style-type: none"> <li>Squat/Straddle on</li> <li>Connection2 Dance elements (can be the same or different)</li> <li>Split jump 135'</li> <li>Any Acro</li> <li>½ spin on 1 foot</li> <li>Round off dismount</li> </ul> A or Uncoded Moves only No moves B or above permitted <p style="text-align: center;"><b>Max D Score 2.8</b></p>	Gymnast should fulfil 4 of 6 CR's (Maximum awarded 2.00) <ul style="list-style-type: none"> <li>Full Spin</li> <li>A Dance passage of 2 different leaps / hops – no split required</li> <li>Split Leap/Jump 135</li> <li>Forward or Sideways flight not required</li> <li>Backward Element (flight not required)</li> <li>Acro Element with Flight</li> </ul> <p style="text-align: center;"><b>Max D Score 2.8</b></p>
Uncoded / Permitted Elements	No other vault permitted	No other elements permitted	Any uncoded move as per Zinc No moves B or above permitted	Any uncoded move as per Zinc No moves B or above permitted
Notes	2 attempts best score to count	0.5 deduction for each missing element 1.0 deduction for coach assistance	0.5 for a fall instead of the usual FIG 1.0	No Acro line required
Bonus Only awarded if performed without a fall		0.3 bonus for cast above horizontal	0.3 bonus Acro skill landed	0.3 bonus round off Flic



All other competitions rules links are shown below from EMGA and BG, any updates will then be on these links please check back as there could be some changes for the Classic Challenge Rules later this year.

East Midlands Level 5 2022 (for gymnasts who have passed Compulsory 5 in 2022)

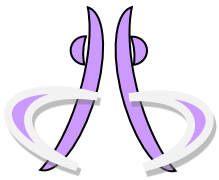
<https://www.british-gymnastics.org/documents/regions-and-home-countries/east-midlands/womens-artistic-1/handbook-1/12436-2022-level-5-rules>

BG Classic Challenge Rules 2021

<https://www.british-gymnastics.org/technical-information/discipline-updates/womens-artistic/12243-classic-challenge-rules-final-v4/file>

BG Voluntary Rules 2022

<https://www.british-gymnastics.org/technical-information/discipline-updates/womens-artistic/12418-wag-national-voluntary-levels-espoir-rules-2022/file>



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## EMAIL - COMPETITION ENTRY FORM

Please complete all sections - incomplete entries will be returned.

CLUB:		TELEPHONE:	
EMAIL:		CONTACT NAME:	
COMPETITION:		LEVEL:	

### ENTRIES

	First Name	Surname	DOB			Gym Age	BG Membership	Fee
			Day	Month	Year			
<b>Total</b>								

	Name	Qualification
Nominated Judge:		
Nominated Coaches:		
Nominated Volunteer:		