

## Lincolnshire Gymnastics Association

Women's Artistic Specific Rules 2022

## WAG LINCOLNSHIRE CLASSIC CHALLENGE 2022

Brass – 6 Years to 11 Years

Uncoded = 0.10 A = 0.10 Moves of higher value are not permitted	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.  BARS – Set Routine  BEAM – 5 highest elements including dismount  FLOOR – Set Routine  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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution						
	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  DV 2.5	<ol> <li>Float swing from springboard</li> <li>Upward circle</li> <li>Front support hold (2 sec)</li> <li>Cast to horizontal dismount</li> <li>(acts as 2 CRs: cast &amp; dismount)</li> </ol> Max D Score 2.5	Gymnast should fulfil 4 of 6 CR's (Maximum awarded 2.00)  Squat/Straddle on  Connection2 Dance elements (can be the same or different)  Split jump 135'  Any Acro  Ye spin on 1 foot Round off dismount  A or Uncoded Moves only No moves B or above permitted  Max D Score 2.8	Gymnast should fulfil 4 of 6 CR's (Maximum awarded 2.00)  • Full Spin  • A Dance passage of 2 different leaps / hops – no split required  • Split Leap/Jump 135  • Forward or Sideways flight not required  • Backward Element (flight not required)  • Acro Element with Flight			
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			

## WAG LINCOLNSHIRE CLASSIC CHALLENGE 2022

NICKEL – 7 Years to 12 Years

Uncoded = 0.10 A = 0.10 Moves of higher value are not permitted	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.  BARS – Set Routine  BEAM – 5 highest elements including dismount  FLOOR – Set Routine  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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution						
	Vault	Bars	Beam	Floor			
Apparatus	60cm or 90cm block/matting	Low bar ,FIG Asymmetric bars With 20cm landing mats and 10cm top mat	Full height beam with 30cm extra matting underneath and on landing	FIG Floor regulations except acro lines where no acro line are required.			
Requirements	Handspring flat back  DV 2.5	<ol> <li>Float swing from spring board</li> <li>Upward circle</li> <li>Cast to horizontal</li> <li>Into Back hip circle</li> <li>Straddle/pike undershoot or squat on jump off</li> <li>Max D Score 2.5</li> </ol>	<ul> <li>Gymnast should fulfil 4 of 6 CR's (Maximum awarded 2.00)</li> <li>Squat/Straddle on or japana mount</li> <li>Connection2 Dance elements (can be the same or different)</li> <li>Split leap/jump/hop 135'</li> <li>Any Acro Element</li> <li>½ spin on 1 foot</li> <li>Round off dismount</li> </ul> Max D Score 2.8	Gymnast should fulfil 4 of 6 CR's (Maximum awarded 2.00)  • Full Spin  • A Dance passage of 2 different leaps / hops – no split required  • Split Leap/Jump  • Forward or Sideways and backwards flight not required  • Mixed series minimum 2 directly connected elements  • Flighted Acro Element  Max D Score 3.0			
Uncoded Permitted Elements (receive 0.1 DV)	No other vaults permitted	No other elements permitted	Any uncoded move counted as 0.1 for DV  No moves B or above permitted	Any uncoded move as per Zinc Any move above a B and No B Value Somi's			
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	0.1 deduction for each second not held 0.3 deduction from SV for each missing move 0.3 deduction if wrong order (only once)			
Bonus Only awarded if performed without a fall		0.3 bonus for cast above horizontal	0.3 bonus Acro skill landed	0.3 Dance passage with 180 split 0.3 Acro Line minimum 2 connected flighted elements			

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



## Lincolnshire Gymnastics Association EMAIL - COMPETITION ENTRY FORM

Please complete all sections - incomplete entries will be returned.

CLUB:						TELEPH	ONE:			
EMAIL:						CONTACT NAME:				
COMPETITION:						LEVEL:				
ENTRIES										
ı	First Name	Sur	name	Day	<b>DOB</b> Month		Gym Age	BG Member	ship	Fee
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Name			Qualification		n					
Nominated	Judge:									
Nominated	Coaches:									
Nominated	Volunteer:									