

ENGLISH GYMNASTICS BRONZE LEVEL 2015

AGE GROUPS (in year of competition) Intermediate 11/12 Years Senior 13+

<p>Difficulty Value Uncoded elements 0.10 each FIG A elements 0.30 each FIG B elements 0.50 each</p>	<p>Rules and Regulations are as per FIG Cycle 13 [2013] 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 Uncoded/A/B elements allowed Maximum 3 x B elements BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] If only 1 x Acro line performed – no Dismount CR awarded with 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 awarded 0.10 each 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.</p>			
<p>Short Exercises</p>	<p>FIG Rules apply for BEAM & FLOOR On BARS, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
<p>Vault</p>	<p>Bars Beam Floor</p>			
<p>No Vault allowed other than as stated below</p>	<p>Barred Elements</p>	<p>All C elements and above Giants Dismounts: Double backaway & Saltos with 1/1</p>	<p>All C elements and above Dismount: B Difficulty Value or above</p>	<p>All C elements and above Saltos with 1/1 [360°] turn Dismount: B Difficulty Value or above</p>
<p>Maximum tariff 3.4</p>	<p>Uncoded Elements 0.10 each</p>	<p>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</p>	<p>Mounts Straddle ½ lever hold Jump to 1 or 2 feet Dance: Stretch jump Stretch jump with ½ turn Cat leap 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</p>	<p>Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Cat leap Tuck jump</p>
<p>Vault Height Intermediate 120 cm Senior 125 cm 1 x springboard</p>	<p>Composition Requirements [CR] 5 @ 0.50 each</p>	<p>Any FIG Coded mount Bar change from LB to HB [flight not necessary] Element started and finished on HB Close bar element Dismount: A Difficulty Value 0.50 Uncoded element 0.30</p>	<p>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] Dismount: A Difficulty Value 0.50 Uncoded element 0.30</p>	<p>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. Forward salto or aerial Dismount: A Salto (from 2 feet) 0.50 2 Acro flight elements minimum 0.30</p>
<p>2 x Vaults performed</p>	<p>Bonus</p>	<p>No bonus</p>	<p>Bonus Exercise without a fall 0.50 [provided all CRs are fulfilled]</p>	<p>No Bonus</p>
<p>Best score to count</p>	<p>Artistry & Specific Apparatus Deductions</p>	<p>Use ARTISTRY and 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>		
<p>Uncharacteristic movement e.g. Bar change without performing an element</p>		<p>Unnecessary pause [more than 1 second]</p>	<p>Unnecessary pause [more than 1 second]</p>	<p>Missing 360° turn on one foot [included as CR]</p>