

# ENGLISH GYMNASTICS : BRONZE LEVEL Championships 2017

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

<div>Difficulty Value</div> <div>Uncoded elements 0.00</div> <div>FIG A elements 0.10 each</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 including dismount Only Uncoded/A/B elements allowed Maximum 3 x B elements</div> <div>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 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 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 forward flight elements.
2 x Vaults performed  Best score to count	Bonus	A DV Dismount 0.50	A DV Dismount 0.50 Exercise without a fall 0.50 [provided all CRs are fulfilled]	Forward salto in acro line forward 0.50
	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]	