

ENGLISH GYMNASTICS GOLD LEVEL Championships 2017

AGE GROUPS [in year of competition] 11+

Difficulty Value [DV] FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each FIG D elements 0.40 each	<p>Rules and Regulations are as per FIG Cycle 14 [2017] 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 A/B/C/D elements allowed BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 elements from either category. FLOOR 4 x Acro lines [max] Barred elements are not allowed and no Difficulty Value will be given if they are performed. IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. </p>			
Short Exercises	<p>FIG Rules apply for BEAM & FLOOR On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element</p>			
Vault		Bars	Beam	Floor
No Vault allowed other than as stated below	Barred Elements	All E elements and above	All E elements and above	All E elements and above
Max. D score 4.0	Composition Requirements [CR]	Cast to handstand –straight or straddled Flight from HB to LB or non-flight element with 180 turn or more (not mount or dismount). Close bar circle on HB B or higher Giant (forwards or backwards)	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 minimum 2 elements [both with flight and 1 must be a salto]	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] Minimum B forward salto in acro line Acro line with salto with LA turn min. 360° 2 x saltos in different directions and in different acro lines.
Vault Height 125 cm. 1 x springboard	4 @ 0.50 each			
	Bonus	B/C salto dismount 0.50	B/C dismount 0.50 Exercise without a fall 0.50 provided all CRs are fulfilled	None
2 x Vaults performed Best score to count	Artistry & Specific Apparatus Deductions	Use ARTISTRY DEDUCTIONS - COMPOSITION DEDUCTIONS - SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points		

Amended C. Bowker/B. Hardy April 2017