

ENGLISH GYMNASTICS SILVER LEVEL Championships 2017

AGE GROUPS [in year of competition] Intermediate 12/13 Years / Senior 14+

Difficulty Value [DV] FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each	<p style="text-align: center;">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 elements allowed BEAM/FLOOR – 3 acrobatic [min.] + 3 dance [min] + 2 elements from either category. FLOOR 4 x Acro lines [max] Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Barred elements are not allowed and no Difficulty Value will be given if they are performed. Same element can only count once EXCEPT on Bars where an FIG Coded element [excluding Upstarts] may be repeated for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<p style="text-align: center;">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 D elements and above	All D elements and above	All D elements and above
Intermediates /Seniors Maximum D score 3.7	Uncoded Elements 0.00 each	Squat onto Low Bar, jump to High Bar Backward sole circle tucked	Mounts: Straddle ½ lever hold – 2 seconds Jump to 1 or 2 feet Dance: Stretch jump with ½ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel
	Composition Requirements [CR] 4 @ 0.50 each	Bar change from LB to HB [flight not necessary] Element with handstand Close bar element (not backward hip circle) 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 [1 x with flight] 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] B leap, jump or hop.. Acro line backwards with salto.. Acro line forward with 2 flight elements(1 must be a forward salto).
Vault Height Intermediate 125 cm. Senior 125 cm 1 x springboard	Bonus	Element from LB to HB eg. Mo shoot	Exercise without a fall 0.50 [provided all CRs are fulfilled]	Salto with 360 degree turn 0.50
2 x Vaults performed Best score to count	Artistry & Specific Apparatus Deductions	<p style="text-align: center;">Use ARTISTRY DEDUCTIONS - COMPOSITION DEDUCTIONS - 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</p>		
		There will be no 0.5 deduction for no element from LB to HB.	Unnecessary pause [more than 2 seconds)	