

ENGLISH GYMNASTICS : SILVER LEVEL Championships 2017

AGE GROUPS [in year of competition] Juniors 10/11 Years

Difficulty Value [DV] FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each	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] 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 can count towards CRs and the number of required elements but have no DV. 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.			
Short Exercises	FIG Rules apply for BEAM & FLOOR On BARS, an exercise with less than 6 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 D elements and above C Dismounts Double backaway dismounts	All D elements and above C Dismounts	All D elements and above C Salto dismounts
Maximum D score 3.0	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 Tuck jump
	Composition Requirements [CR] 4 @ 0.50 each	Bar change from LB to HB [flight not necessary] Element with handstand Close bar element B element (Not mount or dismount)	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° crossside or straddle position] Acro line backwards with salto. B leap, jump or hop. Acro line forward with min. 2 flight elements, 1 must be a salto. [
Vault Height 115 cm. 1 x springboard	Bonus	Backward giant to handstand performed without a fall 0.50 Awarded only once	Exercise without a fall 0.50 [provided all CRs are fulfilled]	Salto with 360 degree turn
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 13 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION		
		Dismount must be included in the DV. There will be no 0.5 deduction for no element from LB to HB.	Unnecessary pause [more than 2 seconds]	