

British Vets 2014

Artistic Gymnastics

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET Portal. Only Club Secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An Online Entry Guide can be found on the British Gymnastics website; www.british-gymnastics.org under Fans/British Championships/Vets.

Age Bonus

Novice, Intermediate (Women's Artistic Over 18) and Pro competitors will be given an age bonus of 0.1 per year above the base year of the age group i.e. if the competitor is 32=0.2, 72=1.2.

Intermediate Women's Artistic Over 30 competitors will be given an age bonus of 0.1 per five years above 30 i.e. if the competitor is 48=0.3.

A competitors' age will be calculated using their age as of January 1st in the year of competition. The age bonus will be added to the total score.

Please note: 18, 19 & 20 year olds will not receive an age bonus.

Scoring

Men's Artistic

Competitors must compete on at least **four** pieces of apparatus. If participating on more than four pieces, the highest four scores will count towards the competitor's final score.

Women's Artistic

Competitors must compete on at least **three** pieces of apparatus. If participating on all four pieces, the highest three scores will count towards the competitor's final score.

Teams

Men's Artistic

- A minimum of three gymnasts per team (no maximum)
- The highest three scores + age bonus' = final team score
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as Guests can form part of a team but the team will not be eligible to rank in the official competition results

- Team members must all be Men's Artistic competitors
- Mixed abilities and ages are encouraged
- Competitors can only represent one team

Women's Artistic

- A minimum of three gymnasts per team (no maximum)
- The highest three scores + plus age bonus' = final team score
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as Guests can form part of a team but the team will not be eligible to rank in the official competition results
- Team members must all be Women's Artistic competitors
- Mixed abilities and ages are encouraged
- Competitors can only represent one team

For support or assistance with your entry please contact Lyn Fowler on 0845 129 7129 ext. 2521 or lyn.fowler@british-gymnastics.org

Code of Points

Artistic Gymnastics

All routines are marked out of 10 for execution/composition (E score) + difficulty values (D score) + age bonus = final score

D score = Difficulty Value (DV) + Compositional Requirement (CR) Values

E score = Execution marks deducted from 10.00

Men's DV: Nine (Pro) or seven (Novice) highest elements + Dismount (except Vault)

Women's DV: Seven highest elements + Dismount (except Vault)

CRs must be included in the above elements

CRs: Five on each piece of apparatus (none on Vault) @ 0.5 each

Elements can only be used once to count towards the D score, as per FIG Code of Points 2013. However, you may repeat elements without receiving a penalty but they will not receive any difficulty value and may still incur execution faults

For Novice and Intermediate, **any uncoded recognisable gymnastics move**, either from any previous Code of Points or otherwise, will be credited as a move (at the judges' discretion) and awarded 0.1 DV

Execution Faults

- 0.1 Slight loss of form/bent legs poor posture in any particular move, poor posture in dance links
- 0.3 Bent legs/arms/not pointing toes, incorrect technique/"bendy" back, slight touch down of hands
- 0.5 Extreme bending of legs/arms/back, very bad technique
- 1.0 Fall
- 5.0 Short Exercise – 4 elements or less

Vault

Age Group	Vault Height	
	Men	Women
18-29	125cms or above	110cms or above
30-39	125cms or above	110cms or above
40-49	125cms or above	110cms or above
50-59	115cms or above	100cms or above
60+	115cms or above	100cms or above

Please note: Any competitors aged 50+ may choose to use a trampette for take-off

Examples of Uncoded Elements

Floor

Forward and Backward Rolls
Handstand/Headstand
Handstand Forward Roll
Backward Roll to Handstand
Bridge
Jumps – Half and Full Turn
Arabesque
Cartwheel – 2 or 1 handed
Splits – Forward/Sideways
Handstand Pirouette – Half or Full
'Y' Balance

High Bar

Circle Up
Cast/Lay-Away
Backward/Forward Hip Circle
 $\frac{3}{4}$ Giant
Empty Swings – Diff grip
Backaway not from H/s
Undershoot Dismount

Beam

Half Turn Spins
Half Turn Jumps
Cat Leap
Tuck Jump
Forward Roll
Backward Roll
'Y' Balance
Splits – All
Jumps to Dismount

Pommel Horse

Single Leg Swings in Front Support
Single Leg Swings in Back Support
Single Leg Swings in Straddle Support
Squat Through to Back Support
Single Leg In or Out Elements

A Bars

Undershoot Dismount
Backaway not from H/S
Empty Swings
Baby Giant
¾ Giant
Squat On – to catch High Bar
Cast/Lay-Away
Circle Up
Flighted Mount (Jump to Bar)

Examples of Uncoded (and Coded) Elements eligible for CRs

Rings

Inverted Hang
Half Lever below Rings
Back Planche (Straddled or Modified)
Lever – Front or Back
Shoulder Stand
Half Lever above Rings
Straddle Lever above Rings
Muscle Up
Crucifix
Handstand
Basic Swing – Forward/Backward
Swing to Inverted Hang
Dislocation
Inlocation
Basic Tuck Back Somersault
Swing and Drop-off

P Bars

Basic Swing
Swing in Upper Arms
Kip from Upper Arms
Uprise – Front or Back
Half Lever
Handstand
Straddle Half Lever
Shoulder Stand
Simple Half Turn in Support
Flank Vault Half Turn
Face Vault
Flank Vault

Men's Novice

Value of Moves

Uncoded Elements	0.1	
A Moves	0.3	
B Moves	0.5	CRs @ 0.5 each unless otherwise stated

Floor

Execution = 10.00 *Difficulty* = Seven Highest Elements + Dismount

CRs

- 1 A forwards Acrobatic Element
- 2 A backwards Acrobatic Element
- 3 A non-Acrobatic Element
- 4 A sideward Acrobatic Element or element with ½ Turn
- 5 Dismount (must be an Acrobatic Element and not included in any other CRs)

Please note: Twisting or Double Somersaults must not be performed at Novice

Pommel Horse

Execution = 10.00 *Difficulty* = Seven Highest Elements + Dismount

CRs

- 1 Show Front Support
- 2 Show Back Support
- 3 Leg Swings – single
- 4 Scissor Element
- 5 Dismount

Please note: Skills more advanced than B Value Moves must not be performed at Novice

Rings

Execution = 10.00 *Difficulty* = Seven Highest Elements + Dismount

CRs

- 1 A held position (2 seconds)
- 2 A strength position
- 3 Forward Swing Element
- 4 Backward Swing Element
- 5 Dismount

Please note: Skills more advanced than B Value Swinging Element Moves must not be performed at Novice

Vault

Execution = 10.00

Best of two attempts to count

Feet on Jump off Vaults	2.0
Through Vault/Straddle Over	2.5
Handspring	3.0

Please note: Somersaults must not be performed at Novice

Parallel Bars

Execution = 10.00 *Difficulty* = Seven Highest Elements + Dismount

CRs

- 1 One skill performed above the bars
- 2 An element showing upper arm support
- 3 A balance or held position (2 seconds)
- 4 Handstand
- 5 Dismount

Please note: Skills more advanced than B Value Moves must not be performed at Novice

High Bar

Execution = 10.00 *Difficulty* = Seven Highest Elements + Dismount

CRs

- 1 Long Hang Swing
- 2 Close Bar Element
- 3 ½ Turn
- 4 One grip change
- 5 Dismount

Please note: Skills more advanced than A Value Moves must not be performed at Novice

Women's Novice

Value of Moves

Uncoded elements	0.1	
A Moves	0.3	
B Moves	0.5	CRs @ 0.5 each unless otherwise stated

Artistry Bonus

A maximum of 0.5 can be awarded for Artistry on Beam and Floor only:

- 1 Confidence of performance = 0.1
- 2 Personal style = 0.1
- 3 Rhythm throughout the routine = 0.1
- 4 Dance section performed sideways on Beam - using whole body, can be performed standing or sitting = 0.1
- 5 Movement – use of levels (eg. Part of the torso must touch the Beam during the routine) and use of the entire length of the Beam = 0.1

Vault

Execution = 10.00

Best of two attempts to count

	Difficulty
Feet on Jump off Vaults	2.0
Through Vault/Straddle Over	2.5
Handspring	3.0

Please note: A Handspring is the maximum difficulty vault to be performed at Novice

A Bars

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

CRs

- 1 Close Bar Element
- 2 One Bar Change
- 3 Swing Element
- 4 ½ turn
- 5 Dismount

Please note: Coded moves must not be performed at Novice with the exception of Forward Hip Circle, Back Hip Circle or an Underswing with ½ Turn dismount (starting position optional). Dismounts will be counted from either low or high bar. Circle Up will count as a Close Bar Element.

Beam

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

Maximum routine length: 90 seconds

CRs

- 1 Leap/Jump Series (two connected)
- 2 Large Leap/Jump
- 3 Spin (minimum ½)
- 4 Acrobatic Element
- 5 Dismount

Please note: Flighted Acrobatic Elements or coded dynamic B moves (eg. Split Change or Round-off) must not be performed at Novice

Floor

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

Maximum routine length: 90 seconds

CRs

- 1 Leap Series (two connected)
- 2 Coded Spin
- 3 Backward Acrobatic Element
- 4 Forward/Sideward Acrobatic Element
- 5 Dismount (must be an Acrobatic Element and not included in any other CRs)

Please note: A single Tucked Somersault is the maximum difficulty skill to be performed at Novice

Women's Intermediate – Over 18 and Over 30 (no upper age limit)

Value of Moves

Uncoded elements	0.1	
A Moves	0.3	
B Moves	0.5	CRs @ 0.5 each unless otherwise stated

Artistry Bonus

A maximum of 0.5 can be awarded for Artistry on Beam and Floor only:

- 1 Confidence of performance = 0.1
- 2 Personal style = 0.1
- 3 Rhythm throughout the routine = 0.1
- 4 Dance section performed sideways on Beam - using whole body, can be performed standing or sitting = 0.1
- 5 Movement – use of levels (eg. Part of the torso must touch the Beam during the routine) and use of the entire length of the Beam = 0.1

Vault

Execution = 10.00

Best of two attempts to count

	Difficulty
Through Vault/Straddle Over	2.5
Handspring	3.0
Handspring On ½ Off	3.2
½ On ½ Off	3.5
½ on Full Off	4.0
Handspring on Full Off	4.0

Please note: Somersaults must not be performed at Intermediate

A Bars

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

CRs

- 1 Close Bar Element
- 2 One Bar Change
- 3 Swing Element
- 4 ½ turn
- 5 Dismount

Please note: Giants or coded Release and Catch moves must not be performed at Intermediate

Beam

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

Maximum routine length: 90 seconds

CRs

- 1 Leap/Jump Series (two connected)
- 2 Large Leap/Jump
- 3 Spin (minimum ½)
- 4 Acrobatic Element
- 5 Dismount

Please note: Somersaults or an Acrobatic Flight Series (Somersault dismounts are allowed) must not be performed at Intermediate. Coded Leaps, Jumps and Spins at C level or above will be allowed, but credited at B Value

Floor

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

Maximum routine length: 90 seconds

CRs

- 1 Leap Series (two connected)
- 2 Coded Spin
- 3 Backward Acrobatic Element
- 4 Forward/Sideward Acrobatic Element
- 5 Dismount (must be an Acrobatic Element and not included in any other CRs)

Please note: A Full Twisting Somersault is the maximum difficulty for an acrobatic skill to be performed at Intermediate. Coded Leaps, Jumps and Spins at C level or above will be allowed, but credited at B Value.

Men's Pro

The Pro competition will be based on the 2013 FIG Code of Points (CoP) which can be found [here](#). Below are the exceptions for British Vets

EGVs are as per FIG code with the exception of Dismounts.

EGVs for Dismounts on all apparatus (except Vault) will be awarded 0.5 for a B Value element or above and 0.3 for an A Value element.

Value of Moves

As per FIG code

Uncoded Elements = 0.1

Please note: For safety reasons Roll Out Elements higher than A Moves must not be performed

Women's Pro

The Pro competition will be based on the 2013 FIG Code of Points (CoP) which can be found [here](#). Below are the exceptions for British Vets

Value of Moves	As per FIG code	Uncoded Elements = 0.1
Vault <i>Execution</i> = 10.00		<u>Best of two attempts to count</u> <i>Difficulty Value</i> is as stated in the 2013 FIG Code of Points, no repetitions unless following FIG rules
A Bars <i>Execution</i> = 10.00 <i>Difficulty</i> = Seven Highest Elements + Dismount	EGVs 1 2 3 4 5	Coded Flight Element from low bar to high bar Flight Element on same bar Different grips Non Flight Element with 180 Turn Dismount – A Moves = 0.3, B Moves or above = 0.5
Beam <i>Execution</i> = 10.00 <i>Difficulty</i> = Seven Highest Elements + Dismount	EGVs 1 2 3 4 5	One connection of at least two different Dance Elements Turn Acrobatic Series containing at least one Flight Element Forward/Sideward and Backward Acrobatic Elements Dismount – A Moves = 0.3, B Moves or above = 0.5
Floor <i>Execution</i> = 10.00 <i>Difficulty</i> = Seven Highest Elements + Dismount	EGVs 1 2 3 4 5	Dance passage with two different Leaps or Hops (from CoP), one of them with 180 Cross/Side Split or Straddle Position Somersault with 180 Turn Somersault Forward/Sideward and Backward Elements Dismount – A Moves = 0.3, B Moves or above = 0.5