

ENGLISH GYMNASTICS GOLD Level 2016

AGE GROUPS (in year of competition) 11Years. +

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	Rules and Regulations are as per FIG Cycle 13 [2013] Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount Only A/B/C/D elements allowed BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] If only 1 x Acro line performed – no Dismount CR awarded 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.			
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 E elements and above	All E elements and above	All E elements and above
Max. D score 4.4	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) Dismount- C 0.5 B 0.3	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 saltot] Acro elements in different directions [f'wd/s'wd & b'wd] Dismount: C 0.5, B 0.3	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] Minimum B forward salto Salto with LA turn min. 360° 2 x saltos in different directions – f'wd/s'wd & b'wd – [including aerial cartwheel or aerial walkover] Dismount: C 0.5 B 0.3
Vault Height 125 cm. 1 x springboard	5 @ 0.50 each		Bonus Exercise without a fall 0.50 [provided all CRs are fulfilled]	No Bonus
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		