

ENGLISH GYMNASTICS SILVER Level 2016

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	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 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 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.				
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	All D elements and above	All D elements and above	
Intermediates /Seniors Maximum D score 4.2	Uncoded Elements 0.00 each	Squat onto Low Bar, jump to High Bar Backward sole circle tucked Dismount: Straddle on or Stoop on undershoot	Mounts: Straddle ½ lever hold – 2 seconds Jump to 1 or 2 feet Dance: Stretch jump with ½ turn Cat leap Tuck jump	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Cat leap Tuck jump	
	Composition Requirements [CR] 5 @ 0.50 each	Bar change from LB to HB [flight not necessary] Element with handstand Close bar element B element (Not mount or dismount) Dismount: Intermediate / Senior C/B Difficulty Value 0.50 A Difficulty Value 0.30	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] Dismount: : Intermediate / Senior C/B Difficulty Value 0.50 A Difficulty Value 0.30	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] Minimum B leap, jump or hop. 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: : Intermediate / Senior C/B Difficulty Value 0.50 A Difficulty Value 0.30	
Vault Height Intermediate 125 cm. Senior 125 cm 1 x springboard	Bonus		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 EXCEPT AS STATED BELOW where there will be NO DEDUCTION			
			Unnecessary pause [more than 1 second]		