British Veterans Championships 2012

Artistic Gymnastics

Age Bonus

This will apply to both levels as follows: 0.1 per year above the base year of the age group i.e. 22=0.2, 72=1.2

For calculating the bonus, the date is set at the beginning of the year on 1st January as a standard day each year. So, for example, Over 30 will get zero when their 30th birthday is this year. Subsequent years they will get what the above rules say.

So, for bonus purposes, age will be taken as on 1st January preceding the day of the competition. There will be no negative bonus. The age bonus will be added to the total score.

Please note: 19 & 20 year olds will not receive any age bonus.

Specific Requirements

Please refer to the British Gymnastics Veterans Code below for the specific requirements of each discipline for this competition.

Judging

The competitor's final score will be calculated by adding together the scores from both the Voluntary and Compulsory routines and the age bonus.

Teams

There will be one team event for this discipline:

- Gymnasts may only be in one team
- Teams are to consist of three or four gymnasts
- Teams can be Men's, Women's or Mixed
- Mixed teams must have at least one man and one woman
- Teams may be made up with gymnasts from the Recreational and/or Former levels
- Clubs may combine to form a team (please see entry instructions on next page)
- Teams **must** be declared and entered before the closing date
- No Guests may be in a team

The team score will be calculated by adding together the three highest individual total scores (including age bonus).

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System through the GymNet Portal. Only Club Secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry.

Full instructions can be found on the British Gymnastics website; www.british-gymnastics.org under **Technical information & judges/Newsletters & Updates/Gymnastics for All.**

For mixed club team entries

Participants from other clubs will need to be temporarily attached to the club submitting the entry. In these cases, and for any other assistance required, please contact Stuart Sinclair on 0845 129 7129 ext 2521 or stuart.sinclair@british-gymnastics.org

Entry Fee

£30.00 per person and £30.00 per team. Please make cheques payable to British Gymnastics

Code of points

Artistic Gymnastics

All routines are marked out of 10 for execution / composition with "A" Score added on for final score

=> Final Score = D Panel score + E Panel score
D Panel score = Difficulty Value and CR Values

Men's Difficulty Value: Nine highest elements + Dismount (except Vault)
Women's Difficulty Value: Seven highest elements + Dismount (except Vault)
Elements can only be used once, as per FIG Code of Points 2009
N.B. Elements will be classified as per the FIG Code of Points 2009
Compositional Requirements (CR): Five on each piece of apparatus (none on Vault) @ 0.5 each

E Panel score + Execution from 10.00

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 – the table will be used

Age Group	Vault Height	
	Men	Women
20s & 30s	135cms or above	120cms or above
40s	125cms or above	110cms or above
50s & 60s	115cms or above	100cms or above

The 50+ section may choose to use trampette for take off in the vault

Other Apparatus

Examples of Uncoded Elements

Floor	H Bar	Beam	A Bars
Forward and Backward Rolls	Circle Up	Half Turn Spins	Flighted Mount (Jump to Bar)
Handstand / Headstand	Cast / Lay-Away	Half Turn Jumps	Circle Up
Handstand Forward Roll	Backward / Forward Hip Circle	Cat Leap	Cast / Lay-Away
Backward Roll to Handstand	¾ Giant	Tuck Jump	Forward Hip Circle
Bridge	Empty Swings – Diff grip	Forward Roll	Squat On – to catch High Bar
Jumps – Half and Full Turn	Backaway not from H/s	Backward Roll	¾ Giant
Arabesque / 'Y' Balance	Undershoot Dismount	'Y' Balance	Baby Giant
Cartwheel – 2 or 1 handed		Splits – All	Empty Swings – Diff grip
Splits – Forward / Sideways		Jumps to Dismount	Backaway not from H/s
Handstand Pirouette – Half or Full			Undershoot Dismount

Men's Recreational

Value of Moves			CRs @ 0.5 each unless otherwise stated
	Unclassified	0.1	
	A Moves	0.3	
	B Moves	0.5	

Floor

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. A forwards acrobatic series of 2 or more elements
2. A backwards acrobatic series of 2 or more elements
3. A balance on 1 leg held for a minimum of 2 seconds
4. A strength (press) element
5. Dismount = (last 2 acro moves linked)

Without Flic	0.1
With Flic	0.3
With Salto	0.5

Pommel Horse

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. A coded mount
2. Change of direction
3. Leg swings within the exercise – Single
4. Leg swings within the exercise – 2-leg
5. Dismount

Unclassified	0.3
From a swing movement	0.5

Rings

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. A held position or scale (2 seconds) – e.g. ½ L, back Planche (straddled or modified)
2. Front or back lever – legs together
3. Kip or swing element
4. Swing to hold or Crucifix
5. Dismount

Not from a swing element	0.3
From a swing element	0.5

Vault

Execution = 10.00

Best of two attempts to count	*Difficulty*
Feet on Jump off Vaults	1.0
Through Vault / Straddle Over	2.0
Handspring / Hechts	3.5

Parallel Bars

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. One skill performed below the bars
2. One skill performed above the bars
3. A balance or held position (2 seconds)
4. A handstand within the exercise
5. Dismount

Without flight pattern	0.3
With flight pattern	0.5

High Bar

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. Long Upstart
2. Variation (show hip touch and swinging bar work)
3. Turning element
4. One grip change
5. Dismount

Coded	0.3
Salto dismount	0.5

Women's Recreational & 40+ Formers

Value of Moves	Unclassified	0.1	CRs @ 0.5 each unless otherwise stated
	A Moves	0.3	
	B Moves	0.5	

Vault

Execution = 10.00

Best of two attempts to count	*Difficulty*
Feet on Jump off Vaults	1.0
Through Vault / Straddle Over	2.0
Handspring / Hechts	3.5

A Bars

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1	Mount		
2	One Bar Change		
3	Swing Element		
4	Move with ½ turn		
5	Dismount	Uncoded	0.3
		Coded	0.5

Beam

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1	Leap / Jump Series		
2	Large Leap / Jump		
3	Spin		
4	Acrobatic Element		
5	Dismount	Uncoded	0.3
		Coded	0.5

Floor

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1	2 Leaps in series		
2	Coded spin		
3	Acro series 3 moves		
4	Forward/Sideward + Backward acro elements		
5	Dismount (last series (2) acro elements)	No Flight	0.3
		With Flight	0.5

Please Note: *Beginner gymnasts who are capable of performing the following should* ***consider*** *entering themselves into the intermediate level:*

- *Twisting Vaults*
- *2 different upstarts on A Bars*
- *Backwards Somersaults on Floor*

Also Note: Over the last few years, the Beam rounds of the competition have generally over-run and held up the progress of the competition. Therefore, this year, all Beam routines will be timed whatever the level of the gymnast. The maximum length for a Beam routine will be 1 minute 30 seconds (90 seconds). A warning whistle will be sounded at 1 minute 20 seconds (80 seconds) to indicate that the gymnast has 10 seconds to dismount and complete their routine, or time penalties will start.

Women's Intermediate

Value of Moves	Unclassified	0.1	CRs @ 0.5 each unless otherwise stated
	A Moves	0.3	
	B Moves	0.5	

Vault

Execution = 10.00

Best of two attempts to count	*Difficulty*
Through Vault / Straddle Over	2.0
Handspring / Hechts	3.5
Handspring on ½ off	3.9
½ on ½ off	4.1
½ on full off	4.3
Handspring on full off	4.5

A Bars

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. Coded Mount
2. One Bar Change
3. Swing Element
4. Move with ½ turn
5. Dismount — Uncoded 0.3; Coded 0.5

Beam

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. Leap / Jump Series
2. Large Leap / Jump
3. Coded Spin
4. Acrobatic Element
5. Coded Dismount

Floor

Execution = 10.00 *Difficulty* = 7 Highest Elements + Dismount

CRs

1. 2 Leaps in series
2. Coded spin
3. Acro series 3 moves (not necessarily with flight)
4. Forward/Sideward + Backward acro elements
5. Dismount series (2+) acro elements (including flight)

Please Note: *(i) Routines may only contain a maximum of 5 uncoded elements*

*(ii) Intermediate gymnasts who are capable of performing **two** of the following should **consider** entering themselves into the Former level:*

- *'C' elements and above on Bars or Beam*
- *More than 2 Dance C elements on Floor (spins or jumps / leaps)*
- *More than 2 kip / upstarts on A Bars*
- *Handstand / Giant on A Bars*
- *Any Acrobatic Flight element on Beam*
- *Straight Salto (with or without twist) on Floor*

Men's Formers

Value of Moves	Unclassified (where specified to use) 0.1	A Moves 0.1	B Moves 0.2	C Moves 0.3	D Moves 0.5

		Over 18's	Over 30's	Over 40's
Floor *Execution* = 10.00 *Difficulty* = 9 Highest Elements + Dismount	CRs 1 2 3 4 5	A Forward Salto 3 acro series A Backward Salto 3 acro series Balance Strength Element Dismount series (2+) acro elements A 0.3 B 0.5	[Max 4 uncoded] A Forward Salto 2 acro series A Backward Salto 2 acro series Balance Strength Element Dismount series (2+) acro elements Flight 0.3 Salto 0.5	[May use uncoded] A Forward acro series of 2 elements A Backward acro series of 2 elements Balance on 1 leg (minimum 2 seconds) Strength Element Dismount = last 2 acro series No Flic 0.1 Flic 0.3 Salto 0.5
Pommel *Execution* = 10.00 *Difficulty* = 9 Highest Elements + Dismount	CRs 1 2 3 4 5	A coded mount Side / cross travel Single leg circle Group 4 element Dismount A 0.3 B 0.5	[Max 4 uncoded] A coded mount Side / cross travel Single leg circle Group 4 element Dismount Uncoded 0.3 A 0.5	[May use uncoded] A coded mount Change of direction Leg swings within the exercise - Single Leg swings within the exercise - 2 leg Dismount Uncoded 0.3 From swinging movement 0.5
Rings *Execution* = 10.00 *Difficulty* = 9 Highest Elements + Dismount	CRs 1 2 3 4 5	Kip or swing element Swing to Handstand Strength element Hold Above rings Dismount A 0.3 B 0.5	[Max 4 uncoded] Kip or swing element Swing to Hold Strength element Hold Above rings Dismount Uncoded 0.3 A 0.5	[May use uncoded] Kip or swing element Swing to Hold or Crucifix Front or back lever Held position or scale (2 seconds) Dismount Uncoded 0.3 From swinging movement 0.5
Vault *Execution* = 10.00		Best of two attempts to count *Difficulty Value* is as stated in the 2009 FIG Code of Points		
P Bars *Execution* = 10.00 *Difficulty* = 9 Highest Elements + Dismount	CRs 1 2 3 4 5	Support element 2 bars Element above bars Long Swing Handstand element Dismount A 0.3 B 0.5	[Max 4 uncoded] Support element 2 bars Element above bars Long Swing Handstand element Dismount Uncoded 0.3 A 0.5	[May use uncoded] One skill performed below the bars One skill start above the bars A balance or held position (2 seconds) A handstand within the exercise Dismount No flight 0.3 With flight pattern 0.5
H Bar *Execution* = 10.00 *Difficulty* = 9 Highest Elements + Dismount	CRs 1 2 3 4 5	Long Upstart to Handstand Flight element Giant Swing with turn El / dorsal / Rear element Dismount A 0.3 B 0.5	[Max 4 uncoded] Long Upstart to Handstand Near Bar element Giant Swing with turn Forward and Backward element Dismount Uncoded 0.3 A 0.5	[May use uncoded] Long Upstart Show hip touch / swinging bar work Turning element One grip change Dismount Uncoded 0.3 Salto dismount 0.5

Women's Formers

Value of Moves Unclassified (where specified to use) 0.1 A Moves 0.1 B Moves 0.2 C Moves 0.3 D Moves 0.5

		Over 18's	Over 30's	Over 40's
Vault *Execution* = 10.00		Best of two attempts to count *Difficulty Value* is as stated in the 2009 FIG Code of Points, no repetitions unless following FIG rules (Change of body shape or additional twist)		
A Bars *Execution* = 10.00 *Difficulty* = 7 Highest Elements + Dismount	CRs 1 2 3 4 5	Coded Mount Two bar changes Handstand A element with ½ turn Dismount A 0.3 B 0.5	[Max 4 uncoded] Coded Mount Two bar changes Cast above 45° A element with ½ turn Dismount Uncoded 0.3 A 0.5	[May use uncoded] Coded Mount One bar change Swing element Move with ½ turn Dismount Uncoded 0.3 A or Salto 0.5
Beam *Execution* = 10.00 *Difficulty* = 7 Highest Elements + Dismount	CRs 1 2 3 4 5	Large leap / jump in series Coded spin Acro series Acro flight Dismount A 0.3 B 0.5	[Max 4 uncoded] Large leap / jump in series Coded spin Acrobatic element Acro flight Dismount A 0.3 B 0.5	[May use uncoded] Leap / jump in series Large leap / jump Spin Acrobatic element Dismount Uncoded 0.3 Coded 0.5
Floor *Execution* = 10.00 *Difficulty* = 7 Highest Elements + Dismount	CRs 1 2 3 4 5	Large Leaps in series Coded spin Two different Saltos Forward / Sideward + Backward acro elements Dismount series (2+) acro elements A 0.3 B 0.5	[Max 4 uncoded] Large leap in series Coded spin Salto Forward / Sideward + Backward acro elements Dismount series (2+) acro elements Flight 0.3 Salto 0.5	[May use uncoded] Two leaps in series Coded spin Acro series 3 moves Forward / Sideward + Backward acro elements Dismount = last 2 acro series No Flight 0.1 Flight 0.3