

British Vets 2016

Acrobatic Gymnastics Code of Points

Produced by: Acrobatic Technical Committee

**British**  
**Gymnastics**  
More than a sport

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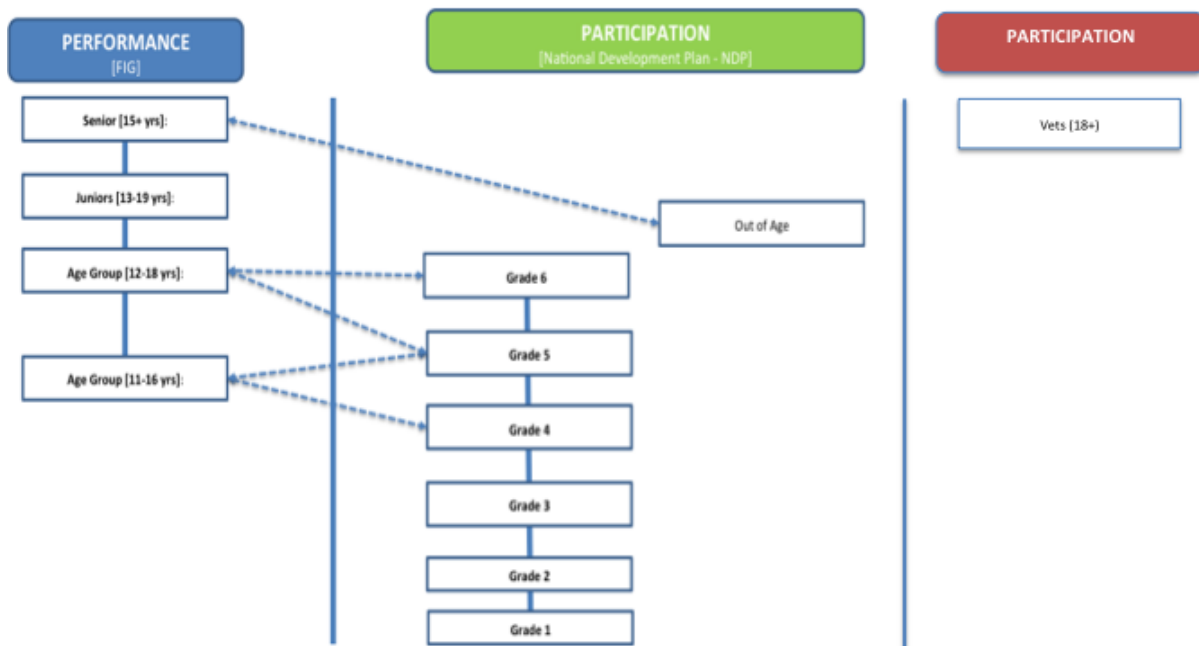
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## Foreword

British Vets is open to anyone aged 18 and over regardless of experience or ability, with the opportunity to socialise and compete.

The event creates a fun and relaxed atmosphere where competitors can meet like-minded people whilst showcasing their gymnastics skills to one another.



**Figure 1: Pathway between FIG, NDP and British Vets**

Competition entry for British Vets is in accordance with BG entry to competition policy which is based on coaching qualifications.

Regions/Home Nations remain entitled to determine the criteria for entry in their own Regional events using the British Vets framework however, competition regulations for British Vets will be published annually in the British Gymnastics National Competition Handbook.

The Acrobatic Technical Committee is pleased to present the British Vets Code of Points and Tables of Difficulty for 2016.

## 1.0 GENERAL INFORMATION

### 1.1 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](http://www.british-gymnastics.org) under **Fans/British Championships/Vets**.

### 1.2 Age Bonus

All competitors will be given a bonus of 0.1 per five years over 20 years of age. No age bonus is given to 18, 19 & 20 year olds.

A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Age	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0

### 1.3 Scoring

The score for each routine is determined by adding together:

- The average mark for technical merit which has a maximum score of 10.0 (Execution or E score)
- The average mark for artistic merit which has a maximum score of 10.0 (Artistry or A score)
- The difficulty value of the exercise which has a maximum score of 10.0 (D Score)
- The combined age bonus

$$\text{E score} + \text{A score} + \text{D score} + \text{Combined Age Bonus} = \text{Total Score} - \text{Penalties} = \text{Final Score}$$

### 1.4 Teams

- A minimum of one pair + one group + one other partnership
- A maximum of two groups + three pairs
- The highest three scores + age bonus' = final team score
- 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
- All gymnasts within the team must be members of clubs from the same region
- Competitors can only represent one team
- Mixed gender teams are encouraged

Please contact Tracey Lunn if you require any assistance, on 0345 129 7129 ext. 2521 or [tracey.lunn@british-gymnastics.org](mailto:tracey.lunn@british-gymnastics.org)

## **2.0 COMPETITION STRUCTURE**

This document should be read in conjunction with the Tables of Difficulty.

### **2.1 Competition Categories**

Competitors may only compete in each category once .i.e. a female competitor may enter Women's Pair, Mixed Pair and Women's Group however they can only be represented in one partnership per category.

The Acro competition consists of five categories covering one level of competition:

1. Men's Pair - Two male competitors
2. Women's Pair - Two female competitors
3. Mixed Pair - One male competitor (male must be base) and one female competitor
4. Men's Group- Four male competitors
5. Women's Group- Three female competitors

### **2.2 Tie Breaks**

Tie breaks cannot be broken.

### **2.3 Height Deductions**

There will be no height deductions.

### **2.4 Length of Exercises**

Exercise duration must not exceed 2 minutes 30 seconds. There is no stipulated minimum. The first move made by one or more competitors from their starting position is considered as the beginning of the exercise. The exercise must end in a static position. There is a 2 second overtime penalty which applies if exercise music exceeds 2 minutes and 32 seconds in duration.

### **2.6 Musical Accompaniment**

All exercises are to be performed to music, without words included. Voice may be used as an instrument.

## **3.0 JUDGING**

Standard penalties apply for British Vets. Please see Appendix B (below) for technical information.

## 4.0 COMPOSITION OF EXERCISES

All competitors are required to perform two routines:

- Balance routine
  - For Pairs a balance routine must contain 5 Balance Pair elements each with a minimum of a 3 second hold.
  - For Groups a balance routine must contain 3 different pyramids each containing a minimum of a 3 second hold.
- Dynamic routine
  - For Pairs and Groups a dynamic routine must contain 5 Dynamic Pair/Group elements.

In addition to the pair/group elements required, each competitor must perform the required number of individual elements in each routine:

- Balance Individuals
  - In a balance routine competitors should perform 3 individual elements. One element should be from each of the following categories in the Tables of Difficulty: Agility, Flexibility or Static/Strength (held for 2 seconds).

All partners do not need to perform individuals from the same difficulty box in the Tables of Difficulty.

- Dynamic routine
  - In a Dynamic routine, competitors must choose to perform one individual from the tumble boxes in the Tables of Difficulty.

Again all partners do not need to perform the same individual or from the same box.

### 4.1 General Rules

- Pair/group elements can be performed; from any rows in the Tables of Difficulty.
- The drawings in the Tables of Difficulty are only a guide to the general shape of elements.
- Elements may be performed with minor stylistic variation from the element pictured in the Tables of Difficulty. A stylistic variation is defined as a deviation from the norm that does not significantly alter the biomechanical / technical principles of the element'
- No elements may be repeated.

### 4.2 General Special Requirements

- Each pair/group box in the Tables of Difficulty counts as one element.
- All acrobatic Balance elements must be held for a minimum of 3 seconds unless otherwise stated in the Tables of Difficulty.
- When a motion is declared for difficulty merit, the final position must be held for 3 seconds.
- Additional elements may be performed, but may incur technical deductions and do not add to the calculation of the Difficulty Value.
- Each partner of a pair or group must perform 3 individual elements (Agility, Flexibility or Static/Strength) for Balance and 1 tumble for Dynamic from the Tables of Difficulty.
- Individual elements with a static hold (e.g. arabesque or handstand) must be unsupported by partners to be considered for Difficulty Value. These elements must be held for 2 seconds.
- In the Balance routine individual elements must be performed without an overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element rather than two separate elements.

#### *4.3 General Restrictions*

- It is forbidden for women to work on the back of the neck (except where there are two points of support) or on the head of the Base.
- It is forbidden for men to perform Mexican or Ring Handstands.
- A Catch to Wrap (i.e. legs astride the hips of the base) may only be performed with straight legs and is forbidden for Men's Pairs.
- Landings to the floor must be supported for all dismounts.

#### *4.4 General Clarifications*

- Elements should be selected to show optimum variety.
- When a Lever is shown it may be performed in either Straddle or Half Lever position.
- Where a Front/back Angel is shown it may be interchanged.
- A Handstand may be performed with legs either apart or together in all positions of Handstand in both pair and group Balance and Dynamic elements. There is no need to identify the specific leg position on the tariff sheet.
- Motions to Sit or Splits are optional unless stated otherwise in the guidelines.

## 5.0 DIFFICULTY

Each element chosen from the Tables of Difficulty has a stated Difficulty Value, which is used to determine the overall Difficulty Value of the exercise. There is no minimum requirement for difficulty and any element can be selected in line with rules for exercise construction. The difficulty of each element is calculated according to the column in which it falls in the Tables of Difficulty.

The values of the pair/group elements performed are added together to provide the total difficulty for the exercise.

Individual Elements are not used in calculating the difficulty value of the exercise, although they must be performed to meet Special Requirements.

The difficulty value of the exercise is calculated according to the following Conversion Table, with the exception of groups balance:

Value	Difficulty
25	10.00
24	9.97
23	9.94
22	9.91
21	9.88
20	9.85
19	9.82
18	9.79
17	9.76
16	9.73
15	9.70
14	9.55
13	9.4
12	8.8
11	8.2
10	7.6
9	7.0
8	6.5
7	6.0
6	5.5
5	5.0
4	4.0
3	3.0
2	2.0
1	1.0



The difficulty value of groups balance exercise is calculated according to the following Conversion Table:

Value	Difficulty
15	10.00
14	9.9
13	9.8
12	9.7
11	9.6
10	9.5
9	9.1
8	8.6
7	8.1
6	7.6
5	6.7
4	5.9
3	5.0
2	2.5
1	1.0

Where this code and the FIG code give different values for elements this code takes precedence.

## APPENDIX A

### Competition Attire, Accessories and Aids

- Partners must wear identical or complementary attire.
- Women may perform in leotards, one-piece unitards or leotards with skirts. Tights are allowed. Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed.
- Skirts must cover, but not fall further than the pelvic area of the leotard, tights or unitard. The style of the skirt (cut or decoration) is free, but the skirt must always fall back on the hips of the gymnast. (The look of “ballet tutu” is forbidden.) The skirt must be integrated into the leotard. (It may not be removable.)
- Men may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed.
- All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.
- Competitors may perform with or without footwear, which must be flesh colour or white, clean and in good repair. For men, when they wear trousers, footwear (gym shoes or socks) must be worn.
- Jewellery and adornments worn in body piercing are not allowed.
- Hair clips, slides, bands and ribbons, if worn, must be secure. Character hair accessories (e.g. tiaras, feathers and flowers) are not allowed.
- Face painting is not allowed. Any make-up must be modest and not portray a theatrical character (animal or human).
- Taping and support bandages must be neutral or white in colour.

## **APPENDIX B**

### **CJP and DJ Penalties**

CJP and DJ penalties are applied as detailed below:

A penalty of 1.0 is applied:

- For each missing pair/group element, a Special Requirement penalty is applied.
- For each missing individual element, a Special Requirement penalty is applied.
- For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.
- Falling outside the boundary.

A penalty of 0.5 is applied:

- When forbidden or immodest attire is worn.
- Each time a gymnast lands 2 feet outside the boundary.
- When music contains words.
- When poor sportsmanship in the field of play is exhibited.

A penalty of 0.3 is applied:

- When elements are not performed in order on Tariff Sheet.
- For a late Tariff Sheet.
- For each second missing of a 3 (“”) second static element.
- When static elements prior to a motion indicated as 1 (“”) second in Tables of Difficulty are not held.
- For each second missing of a 2 (“”) second individual element.
- For all attire infringements.
- For failure to present to the Judges at the start or end of the exercise.
- For a re-start without justification.
- When ending before or after music.

A penalty of 0.1 is applied:

- Each time the attire is adjusted or an accessory is lost.
- For each second over 2 minutes 30 seconds following a 2 second tolerance.
- Each time a gymnast steps over the boundary line.

### **Execution**

All exercises are judged on technical merit, in accordance with the current FIG Code of Points. 10 marks are awarded initially for Execution of the routine. Marks will then be deducted for the following:

- |                                |     |
|--------------------------------|-----|
| • Minor execution faults       | 0.1 |
| • Significant execution faults | 0.3 |
| • Major execution faults       | 0.5 |
| • Falls                        | 1.0 |

### **Artistry**

All routines are judged on artistic merit, in accordance with the current FIG Code of Points, but adapted for British Vets (see accompanying Artistry Table).

## APPENDIX C

### Tariff Sheets

A tariff sheet is an illustration of the pair, group and individual elements to be performed in the exercise and is required at all levels of competition. A sample tariff sheet can be found within the Tables of Difficulty document.

- Elements must include the Row and Value as indicated in the Tables of Difficulty.
- All elements to be performed must be included on the tariff sheet in the order of performance (if the elements are out of order, a penalty is applied only one time per exercise).
- The intended timing of all static holds, including individual elements must be declared.
- In instances when the illustration and the reference are not consistent on the tariff sheet the illustration will be taken as the correct declaration of the element.
- Where an element performed is not the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards Special Requirements.
- Each missing element will incur a penalty of 1.0 for Special Requirements and a further deduction of the maximum element value for the respective row. Time faults will also be applied.
- It is the responsibility of the coach to prepare and ensure that the tariff sheets are correct.
- All tariff sheets must be submitted on the morning of the competition.
- Elements need to be either copied and pasted from the Tables of Difficulty or hand drawn together with the Row/ID number and value. All difficulties together with the total exercise difficulty need to be entered into the tariff sheet and the overall exercise difficulty should be calculated automatically.

### Guidelines For Completing British Vets Tariff Sheets

To ensure the tariff sheets are completed correctly, the following instructions should be followed:

#### **Balance and Dynamic**

- **Box 1:** Row identification of the **Balance element** from the Tables of Difficulty
- Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placed in box **Value A**
- **Box 2:** Row identification of the **Dynamic element** from the Tables of Difficulty
- Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placed in box **Value B**
- **Box 3:** not used.

	1			
<b>Value</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>SH</b>	<b>Box 1</b>			
<b>Top</b>	<b>Box 2</b>			
<b>Base</b>	<b>Box 3</b>			

Please note: For all static holds the timing of the hold (1 or 3 seconds) must be indicated alongside the pictorial representation of the element.

### Individual Elements

- **Box 1:** Category/ID number of individual element from Tables of Difficulty.
- Difficulty Value to be placed in box
- **Value A and B** for each individual in the Pair
- **Value A, B and C** for each individual in the Women's Trio
- **Value A, B, C and D** for each individual in the Men's Groups.

I1			
A	B	C	D
Box 1			

Please note: The number of gymnasts performing the element and which members of the partnership are performing the individual element must be indicated alongside the pictorial representation of the element. For a stand the time of the hold 2 seconds must also be indicated.