



British Vets 2016

Artistic Gymnastics Code of Points

British
Gymnastics
More than a sport

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**.

Ability levels

Novice

For people new to this fantastic sport, or for those who have never competed above **CLUB** level.

Intermediate – Men’s and Women’s Artistic Over 18s and Over 30s only

For people who would like to challenge themselves further than Novice level, or for those who have never competed above **COUNTY** level.

Pro

For people who have previously competed at **REGIONAL** level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this level.

Please note: If competitors perform a skill above the difficulty of the ability level entered then a 1.0 mark deduction will be applied to their score as well as any deductions for the skill.

Age bonus

Novice, Intermediate (Women’s and Men’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

Intermediate Women’s and Men’s Artistic Over 30 competitors will be given an age bonus of 0.1 per three years above 30

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.

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

Novice, Intermediate and Pro Over 18

Age	18-20	21	22	23	24	25	26	27	28	29
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 30

Age	30	31	32	33	34	35	36	37	38	39
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 40

Age	40	41	42	43	44	45	46	47	48	49
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 50

Age	50	51	52	53	54	55	56	57	58	59
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 60 = 0.1 per 1yr

Age	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

Intermediate Over 30 = 0.1 per 3yrs

Age	30-32	33-35	36-38	39-41	42-44	45-47	48-50	51-53	54-56	57-59	60-62	63-65	66-68
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2
Age	69-71	72-74	75-77	78-80									
Age bonus	1.3	1.4	1.5	1.6									

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 execution 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 execution 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 Tracey Lunn on 0345 129 7129 ext. 2521 or tracey.lunn@british-gymnastics.org

Artistic Gymnastics

Total score = E score + D score + age bonus (+ artistry bonus for Women's Artistic floor and beam only)

E score = Execution marks which are deducted from base score of 10.00

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

Artistry bonus = up to 0.5 bonus available on Women's Artistic floor and beam only for artistry

Women's DV: Seven highest elements + dismount (except vault)

Men's DV: Seven highest elements + dismount (except vault)

CRs do not need to be included within the highest DV elements

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

Important information

- 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
- **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
- If competitors perform a skill above the difficulty of the ability level entered then a 1.0 mark deduction will be applied to their score
- Elements can also be used to fulfil more than one CR

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
Over 18	125cms or above	110cms or above
Over 30	125cms or above	110cms or above
Over 40	125cms or above	110cms or above
Over 50	115cms or above	100cms or above
Over 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 (and coded) elements that are eligible for CRs

Floor

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

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

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

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

A Bars

Undershoot Dismount
Backaway not from H/S
Empty Swings
Baby Giant
 $\frac{3}{4}$ Giant
Squat On – to catch High Bar
Cast/Lay-Away
Circle Up
Flighted Mount (Jump to Bar)

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

Beam

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

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

Maximum routine length: 90 seconds

CRs

- 1 A non-acrobatic element
- 2 A forwards acrobatic element
- 3 A backwards acrobatic element
- 4 A sideways acrobatic element or element with half turn
- 5 Dismount (must be an acrobatic element and not yet performed in the routine)

Please note: No more than one somersault (in the tucked position only) should be performed in the Novice category. Gymnasts wishing to perform two or more somersaults should enter the Intermediate category. For safety reasons no roll out elements higher than A value moves are allowed 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: Gymnasts capable of performing a skill within their double leg circle should enter the Intermediate category. A double leg circle will fulfil front and back support requirements

Rings

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

CRs

- 1 A held position (2 seconds)
- 2 A strength position
- 3 A forwards swing element
- 4 A backwards swing
- 5 Dismount

Please note: Gymnasts capable of performing 2 or more inlocations or dislocations in succession should enter the Intermediate category

Vault

Execution = 10.00

Best of two attempts to count

	<i>Difficulty</i>
Feet on jump off vaults	2.0
Through vault/straddle over	2.5
Handspring	3.0

Please note: A handspring is the maximum level vault expected in the Novice category. Gymnasts wishing to perform more complex vaults should enter the Intermediate category

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 A half turn
- 5 Dismount

Please note: Gymnasts capable of swinging to handstand should enter the Intermediate category

High Bar

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

CRs

- 1 Long hang swing

- 2 Close bar element
- 3 Half turn (can be performed within routine or dismount)
- 4 One grip change
- 5 Dismount

Please note: Gymnasts capable of performing giants should enter the Intermediate category

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:

Beam

- 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 entire length of beam and levels (eg. Part of the torso must touch the beam during the routine) = 0.1

Floor

- 1 Confidence of performance = 0.1
- 2 Expressiveness = 0.1
- 3 Creativity of dance and transitions in and out of elements = 0.1
- 4 Rhythm maintained throughout the routine (e.g. no long pauses between dance/moves or in the corners prior to tumbles) = 0.1
- 5 Routine demonstrating movements in straight lines, curves and with changes of direction and level = 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 level vault to be performed in the Novice category. Gymnasts wishing to perform more complex vaults should enter the Intermediate category

A Bars

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

CRs

- 1 Close bar element
- 2 One bar change - please note: Squat On to Catch High Bar can be used to meet CR
- 3 Swing element
- 4 Half turn (can be performed within routine, mount or dismount)
- 5 Dismount

Please note: Gymnasts performing any coded moves other than forward or back hip circles, or an under swing half turn (starting position optional) should enter the Intermediate category. Dismounts will be counted from either low or high bar. Circle Up will count as a Close Bar Element. Additional 1 mark CR awarded for Bars competitors fulfilling all 5 CRs

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 (ie. Split leap/jump, straddle jump)
- 3 Spin (minimum half) – please note: Half Spin can be used to meet CR
- 4 Acrobatic element (non-flight)
- 5 Dismount

Please note: Gymnasts capable of performing a flighted acrobatic element or a coded dynamic B element on beam (eg. Split change or round-off) should enter the Intermediate category

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 yet performed in the routine)

Please note: No more than one somersault (in the tucked position only) should be performed in the Novice category. Gymnasts wishing to perform two or more somersaults should enter the Intermediate category

Men's Intermediate – Over 18 and Over 30 only (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

Floor

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

CRs

- 1 A non-acrobatic element
- 2 A forwards acrobatic element
- 3 A backwards acrobatic element
- 4 A sideways acrobatic element or element with half turn
- 5 Dismount (must be an acrobatic element and not yet performed in the routine)

Please note: Intermediate gymnasts should not perform more than a full twisting somersault. No double somersaults permitted at Intermediate.

For safety reasons no roll out elements higher than A value moves are allowed at Intermediate

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: Intermediate gymnasts should not perform more than a B value element in a double leg circle or flair

Rings

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

CRs

- 1 A held position (2 seconds)
- 2 A strength position
- 3 A forwards swing element
- 4 A backwards swing
- 5 Dismount

Please note: Intermediate gymnasts should not perform more than a B value element

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
Half on half off	3.5
Half on full off	4.0
Handspring on full off	4.0

Please note: Intermediate gymnasts should not perform vaults with a somersault

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 A half turn
- 5 Dismount

Please note: Intermediate gymnasts should not perform more than a B value element

High Bar

Execution = 10.00 Difficulty = Seven Highest Elements + Dismount

CRs

- 1 Long hang swing
- 2 Close bar element
- 3 Half turn
- 4 One grip change
- 5 Dismount

Please note: Intermediate gymnasts should not perform more than a B value element

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:

<i>Beam</i>	
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 entire length of beam and levels (eg. Part of the torso must touch the beam during the routine) = 0.1
<i>Floor</i>	
1	Confidence of performance = 0.1
2	Expressiveness = 0.1
3	Creativity of dance and transitions in and out of elements = 0.1
4	Rhythm maintained throughout the routine (e.g. no long pauses between dance/moves or in the corners prior to tumbles) = 0.1
5	Routine demonstrating movements in straight lines, curves and with changes of direction and level = 0.1

Vault

Execution = 10.00

Best of two attempts to count

	<i>Difficulty</i>
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 – please note: Squat On to Catch High Bar can be used to meet CR
- 3 Swing Element
- 4 Half turn (can be performed within routine, mount or dismount)
- 5 Dismount

Please note: Giants or coded Release and Catch moves must not be performed at Intermediate. Additional 1 mark CR awarded for Bars competitors fulfilling all 5 CRs

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 (ie. Split leap/jump, straddle jump)
- 3 Spin (minimum half) - please note: Half Spin can be used to meet CR
- 4 Acrobatic Element (flighted series not allowed)
- 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 yet performed in the routine)

Please note: A Full Twisting Somersault is the maximum difficulty for an acrobatic skill to be performed at Intermediate. No double somersaults permitted 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

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

CRs 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 value elements 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
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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	Coded Flight Element from low bar to high bar
	2	Flight Element on same bar
	3	Different grips
	4	Non Flight Element with a minimum 180 Turn (can be performed within routine, mount or dismount)
	5	Dismount – A value = 0.3, B value or above = 0.5
Beam <i>Execution</i> = 10.00 <i>Difficulty</i> = Seven Highest Elements + Dismount	EGVs	
	1	One connection of at least two different Dance Elements
	2	Turn
	3	Acrobatic Series containing at least one Flight Element
	4	Forward/Sideward and Backward Acrobatic Elements
	5	Dismount – A value = 0.3, B value or above = 0.5
Floor <i>Execution</i> = 10.00 <i>Difficulty</i> = Seven Highest Elements + Dismount	EGVs	
	1	Dance passage with two different Leaps or Hops (from CoP), one of them with 180 Cross/Side Split or Straddle Position
	2	Somersault with a minimum 180 Turn
	3	Somersault
	4	Forward/Sideward and Backward Elements
	5	Dismount – A value = 0.3, B value or above = 0.5