

The logo for British Gymnastics, featuring the words "British" and "Gymnastics" stacked vertically in a white, sans-serif font. The background is a gradient of blue and purple, with a white curved shape on the right side.

British
Gymnastics

2024
Women's Artistic Aspire, Junior & Senior British
For Coaches & Judges

Listed by Level

Updated February 2024 for 2024 competitions

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2024 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
<p>Short Exercises</p>	<p>FIG Junior Rules apply for short routines on all apparatus – *top 6 on each apparatus will proceed to apparatus finals (two reserves will be named)</p>			
	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
<p>Apparatus</p>	<p>Vault Table at 125cm with: Total height of landing mats equals 30cm, soft side uppermost</p>	<p>FIG Bars Regulations with: Total height of landing mats equals 30cm plus: • Additional 2m x 1.4m x 10cm Gymnova “jersey” style mat will be permitted on bars without incurring a penalty and may be moved during the routine providing it does not hinder the view of the judges</p>	<p>FIG Beam Regulations with: Total height of landing mats equals 30cm</p>	<p>FIG Floor Regulations with: • Additional 5cm landing mat permitted for double salto and bwd triple twist <i>without incurring a penalty</i>. Must be removed after performing the element</p>
<p>Requirements</p>	<p>FIG Junior Rules apply</p> <p>For the All-Around Competition: One vault must be performed – this score counts towards the All-Around total.</p> <p>For qualifying and competing in Apparatus Finals: - The gymnast must perform two different vaults (may be from the same group, but with different numbers), which will be averaged for the Final Score</p>	<p>As per FIG Code of Points: • Flight from HB to LB • Flight element on same bar * • Different grips (not cast, MT or DMT) • Non-flight element with minimum 360° turn (not mount) **</p> <p>* <i>Bar to same bar release and catch – if gymnast grasps or touches – 0.50 deduction for a fall, and DV/CR given.</i></p> <p>** <i>Full pirouette, to fail by <30°, 0.50 deduction for a fall and DV/CR given.</i></p> <p>If a gymnast is awarded all 4 FIG CRs, she will receive a 0.30 bonus</p> <p>Plus: • 0.50 GBR penalty for not showing minimum 1 cast to handstand without ½ turn (<i>straddle permitted</i>) *no tolerance*</p> <p>A coach (<i>holding the relevant BG qualification</i>) must stand in for all releases and D+ dismounts. A penalty of 0.50 will be applied if the coach is not present.</p>	<p>As per FIG Code of Points (except CR2):</p> <ul style="list-style-type: none"> • One Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (cross or side) or straddle position • Turn (Gr 3) • 1 x acro series min of 2 flight elements 1 being a salto (elements may be the same) • Acro elements in different directions [fwd/swd & bwd] <p>Plus: • 0.50 GBR penalty for not showing minimum 1 x 180° split (cross or side) in leap/jump elements *no tolerance*</p>	<p>As per FIG Code of Points: • A dance passage 2 different leaps or hops (from CoP) connected directly or indirectly, one of them with 180° split (cross or side) or straddle position</p> <ul style="list-style-type: none"> • Salto with LA turn (min 360°) • Salto with double BA • Salto backward & salto forward (no aerials) in the same or different acro line <p>CRS 2,3 & 4 must be performed in an acro line</p> <p>Plus: • 0.50 GBR penalty for not showing minimum 1 x 180° split (cross or side) in leap/jump elements *no tolerance*</p> <p>If less than 3 acro lines are performed the gymnast will receive a penalty of 1.00</p>
<p>Barred Elements (prohibited / receive no DV)</p>		<p>Dismounts: • 6.407, 6.408, 6.507 & 6.508</p>		<p>Double front [4.501] [4.601] Double Arabian [4.505] [4.605]</p>
<p>GBR Bonus (in addition to FIG)</p>		<p>0.30 - 3 different root skills 0.50 - Clear pike circle [4.407] to min 45° (can be in the 3 different root skills or performed as a single element) 0.50 - Invert & invert ½ or more 0.30 - For heel drive technique on front giant 0.50 - Average E deductions of 2.00 or less with all CRs awarded</p>	<p>0.20 - D or above salto/aerial performed in series with coded dance element 0.20 - Any series min B+B+C (+ FIG 0.10 SB) 0.50 - Average E deductions of 2.00 or less with all CRs awarded</p> <p>Bonuses awarded only within routine time limit (1 min 30 sec) and only awarded if performed without a fall</p>	<p>0.10 - 1 acrobatic line [2 different saltos direct connection] one being a C salto 0.20 - 2 different saltos with direct connection D+A or more. D salto must contain LA turn (+FIG 0.10) 0.20 - 3 C or above dance elements 0.50 - Average E deductions of 2.00 or less with all CRs awarded</p> <p>Bonuses are only awarded if performed without a fall</p>

JUNIOR BRITISH CHAMPIONSHIPS 2024

Gymnasts 14 & 15 years of age

FIG Cycle 15 Code of Points (2022-2024) *Junior Code of Points*

FLOOR

- Presentation of the gymnast to the judges before the start of the routine **must** occur outside the 12m x 12m area – gymnasts must present and walk on to commence the routine.

SENIOR BRITISH CHAMPIONSHIPS 2024

Gymnasts 16+ years of age

FIG Cycle 15 Code of Points (2022-2024)

FLOOR

- Presentation of the gymnast to the judges before the start of the routine **must** occur outside the 12m x 12m area – gymnasts must present and walk on to commence the routine.