

British  
Gymnastics

2025  
Women's Artistic Aspire, Junior & Senior British  
For Coaches & Judges  
Listed by Level

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**ASPIRE BRITISH CHAMPIONSHIPS 2025 – 12/13 years**

<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 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including 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* Top 6 <b>gymnasts</b> on each apparatus will proceed to apparatus finals (two reserves will be named)</p>			
<p>Short Exercises</p>	<p>FIG <b>Junior</b> rules apply for short routines on all apparatus</p>			
	<p><b>Vault</b></p>	<p><b>Bars</b></p>	<p><b>Beam</b></p>	<p><b>Floor</b></p>
<p><b>Apparatus</b></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 30cms • 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 30cms</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><b>Requirements</b></p>	<p>FIG Junior Rules apply  <b>For the All-Around Competition:</b> One vault must be performed – this score counts towards the All-Around total.  <b>For qualifying and competing in Apparatus Finals:</b> - 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) **  <b>GBR Penalty of 0.50</b> for not showing one cast to handstand (without ½ turn) straddle permitted - <b>*no tolerance* FIG principles still apply for crediting the element.</b>  * Bar to same bar release and catch – if gymnast grasps or touches – 0.50 deduction for a fall, and DV/CR given.  ** Full pirouette, to fail by &lt;30°, 0.50 deduction for a fall and DV/CR given.  <b>GBR Penalty of 0.50</b> for a dismount without a Salto A coach (<i>holding the relevant BG qualification</i>) <b>must</b> stand in for all D+ high bar-to high bar releases, &amp; all D+ high-to low releases, and D+ dismounts. <b>A penalty of 0.30</b> will be applied each time if the coach is not present.</p>	<p>As per FIG Code of Points (except CR2): • 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 &amp; bwd]  <b>GBR Penalty of 0.50</b> for not showing one 180° split (cross or side) in leap/jump elements <b>*no tolerance*</b></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 • Salto with LA turn (min 360°) • Salto with double BA • Salto backward &amp; salto forward (no aerials) in the same or different acro line <b>CRS 2, 3 &amp; 4 must be performed in an acro line</b>  Plus: <b>0.50 GBR penalty</b> for not showing minimum x 180° split (cross or side) in leap/jump elements <b>*no tolerance*</b>  If less than 3 acro lines are performed the gymnast will receive a penalty of 1.00</p>
<p><b>Barred Elements</b> (prohibited / receive no DV)</p>		<p>Dismounts: • 6.407, 6.408, 6.507 &amp; 6.508</p>		<p>Double front [4.501] [4.601] Double Arabian [4.505] [4.605]</p>
<p><b>GBR Bonus</b> (in addition to FIG) <b>To a Maximum of 1.50 on UB, BB &amp; FX</b></p>		<p>0.30 - If a gymnast is awarded all 4 FIG CRs. 0.30 - 3 x different root skills within 30 degrees. 0.50 - Clear pike circle [4.407] to min 45° (one time only &amp; can be in the 3 different root skills or performed as a single element) 0.50 – Any Invert element L-grip (one time only) 0.30 - For heel drive technique on front giant 0.50 - Average E deductions of 2.00 or less with all CRs awarded 0.20 – D+ dismount.</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 0.20 – D+ dismount.  Bonuses awarded only within routine time limit (1 min 30 sec) and only awarded if performed without a fall</p>	<p>0.10 - 1 x acrobatic line [2 x different saltos direct connection] one being a C salto 0.20 - 2 x different saltos with direct connection D+A or more. D salto must contain LA turn (+FIG 0.10) 0.20 - 3 x C or above dance elements 0.50 - Average E deductions of 2.00 or less with all CRs awarded 0.20 – D+ dismount.  Bonuses are only awarded if performed without a fall</p>

## **JUNIOR BRITISH CHAMPIONSHIPS 2025**

**Gymnasts 14 & 15 years of age**

**FIG Cycle 16 Code of Points (2025-2028) (use Senior rules)**

### **Dismount Penalties**

For UB – all dismounts must contain a Salto. Deduct 0.50 if no Salto performed.

For BB and FX deduct 0.50 for any A dismount.

### ***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. Penalty of 0.10 if not.

## **SENIOR BRITISH CHAMPIONSHIPS 2025**

**Gymnasts 16+ years of age**

**FIG Cycle 16 Code of Points (2025-2028)**

### **Dismount Penalties**

For UB – all dismounts must contain a Salto. Deduct 0.50 if no Salto performed.

For BB and FX deduct 0.50 for any A dismount.

### ***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. Penalty of 0.10 if not.

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