

British
Gymnastics

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

Listed by Level

Updated May 2024 for Competitions 2025 V1

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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*</p>			
Short Exercises	FIG Rules apply for short routines on all apparatus – *top 6 on each apparatus will proceed to apparatus finals (two reserves will be named)			
	Vault	Bars	Beam	Floor
Apparatus	Vault Table at 125cm with: Total height of landing mats equals 30cm, soft side uppermost	FIG Bars Regulations with: Total height of landing mats equals 30cms <ul style="list-style-type: none"> 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. 	FIG Beam Regulations with: Total height of landing mats equals 30cms	FIG Floor Regulations with: <ul style="list-style-type: none"> 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.
Requirements	FIG Junior Rules apply For the All-Around Competition: One vault must be performed – this score counts towards the All-Around total. 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.	As per FIG Code of Points: <ul style="list-style-type: none"> 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) ** GBR Penalty of 0.50 for not showing one cast to handstand (without ½ turn) straddle permitted - *no tolerance* <i>FIG principles still apply for crediting the element.</i> * 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 <30°, 0.50 deduction for a fall and DV/CR given. GBR Penalty of 0.50 for a dismount without a Salto A coach (holding the relevant BG qualification) must stand in for all D+ high bar-to high bar releases, & all D+ high-to low releases, and D+ dismounts. A penalty of 0.30 will be applied each time if the coach is not present.	As per FIG Code of Points (except CR2): <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] GBR Penalty of 0.50 for not showing one 180° split (cross or side) in leap/jump elements *no tolerance*	As per FIG Code of Points: <ul style="list-style-type: none"> 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 & salto forward (no aerials) in the same or different acro line CRS 2,3 & 4 must be performed in an acro line Plus: 0.50 GBR penalty for not showing minimum x 180° split (cross or side) in leap/jump elements *no tolerance* If less than 3 acro lines are performed the gymnast will receive a penalty of 1.00
Barred Elements <i>(prohibited / receive no DV)</i>		Dismounts: <ul style="list-style-type: none"> 6.407, 6.408, 6.507 & 6.508 		Double front [4.501] [4.601] Double Arabian [4.505] [4.605]
GBR Bonus <i>(in addition to FIG)</i> To a Maximum of 1.50 on UB, BB & FX		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 & 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.	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	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

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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