British Championships 2010

ESPOIR CHAMPIONSHIPS GYMNASTS 12 &13 years of age

Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 E=0.50 F=0.50 G=0.50	Only FIG Coded elements may be used. Elements will be given Difficulty Value according to FIG Cycle 12 Code of Points [2009] except for F & G elements [0.50 each] Rules and Regulations according to FIG WTC Junior Code [modified rules] FIG Execution Penalties will be applied. BARS/BEAM/FLOOR - 8 highest elements <u>including</u> dismount BEAM/FLOOR - 5 acrobatic [max] + 3 dance [min] FLOOR – 4 x acro lines Same element can only count once. No repetition of elements is allowed for DV. IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.
Short Exercises	FIG Rules apply for Bars, Beam & Floor
DV restrictions	If gymnast performs any F or G elements maximum Difficulty Value awarded will be 0.50 each element Dismount CR C or higher 0.50 awarded B dismount 0.30 awarded No dismount/A dismount 0.00 awarded

Vault		***Bars***	***Beam***	***Floor***
As per Cycle 12 Code of Points **Height – 125cm** **1 x springboard**	**Recommended Elements**	**Must have 1 [min] x Cast to handstand** **Not with ½ [180°] turn** **If missing - 1.00 deduction**	**Must have 1 [min] x 180° split leap/jump/hop** **If missing - 1.00 deduction** **Judging guidelines** 180° no deduction 135°- 179° 0.50 from D score 0.10/0.30 from E score Less than 135° 1.00 from D score 0.30 from E score	**Must have 1 [min] x dynamic 180° split leap/hop** **If missing - 1.00 deduction** **Judging guidelines** 180° no deduction 135°- 179° 0.50 from D score 0.10/0.30 from E score Less than 135° 1.00 from D score 0.30 from E score
C1 – 1 x Vault **To qualify for C111 Must perform 2 x different Vaults which are averaged May be from same group**	**CR** **0.50 each**	**A Bars - HB 2.50 – LB 1.70** Flight element from HB to LB & LB to HB Flight element on same bar 2 x different grips + Close circle element [non flight] 360° non flight element [not mount] **Dismount – C or higher- award 0.50** **B - award 0.30** **A/no dismount – award 0.00**	Connection of minimum 2 different dance elements [1x leap/jump/hop with180° cross split] Turn [group 3] 1 x acrobatic series with salto 2 elements [minimum] Acro elements in diff directions [f'wd/swd & bwd] **Dismount – C or higher- award 0.50** **B - award 0.30** **A/no dismount – award 0.00**	Dance passage of 2 x different coded elements [minimum] [1 x leap or hop with 180° cross split] 1 x acrobatic line [2 x different saltos] 2 x saltos in different directions f'wd/swd & bwd Double BA salto & salto with 360° LA turn **Dismount - C or higher- award 0.50** **B - award 0.30** **A/no dismount – award 0.00**
C111 **Must perform 2 x different Vaults which are averaged May be from same group**	**R & C**	**Range and Conditioning exercise will be performed for a score only. Marked out of 13.50** Missing element – VM Non attempt – VM + 2.00 Missing split/handstand/hold/leg lift – 0.50 each time Series Break - 0.50		
	CV	**as per FIG although coaches should concentrate their efforts on Technical Execution**		
		Performance Bonus Missing CR within routine Missing Dismnount CR	0.10 each B dismount – 0.30 A/no dismount – 0.50	**Execution Bonus** Routine with 1.50 or less deductions award 0.50 Routine with more than 1.50 but no more than 2.00 deductions award 0.30
	Specific Apparatus Deductions	**Use deductions for Bars/Beam/Floor as in Articles 9/10/11 In Cycle 12 Code of Points**		
	Artistry Deductions	**Use ARTISTRY DEDUCTIONS on Beam & Floor as in Articles 10 & 11**		

B. Hardy/M. McLoughlin 18th November 2009

D/WAG/Espoir/26.11.09