

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 curved white shape on the right side.

British
Gymnastics

2023
Women's Artistic Aspire, Junior & Senior British
For Coaches

Listed by Level
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Updated December 2022 for 2023 competitions

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| <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 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> | | | |
| <p>Short Exercises</p> | <p>FIG Junior Rules apply for all apparatus – except top 6 on each apparatus will proceed to apparatus finals (two reserves will be named)</p> | | | |
| <p>Apparatus</p> | <p>Vault Vault table at 125cm. Total height of landing mats equals 30cm. soft side uppermost</p> | <p>Bars FIG Bars Regulations. Total height of landing mats equals 30cms plus • Additional 2mx1.4mx10cm 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. 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)* If a gymnast is awarded all 4 FIG CRs, she will receive a 0.30 bonus. Plus 0.50 - GBR penalty for not showing minimum 1 x cast to handstand without ½ turn (<i>straddle permitted</i>) *no tolerance* *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. 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>Beam FIG Beam Regulations with: • Total height of landing mats equals 30 cms. 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 & bwd]</p> | <p>Floor FIG Floor Regulations with: • Additional 5cm landing mat permitted for double salto and bwd triple twist without incurring a penalty. Must be removed after performing the element. 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 & 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 1 x 180° split (cross or side split) in leap/jump elements *no tolerance* If less than 3 acro lines are performed the gymnast will receive a penalty of 1.0</p> |
| <p>Requirements</p> | <p>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</p> | <p>Dismounts: • Dismounts 6.407, 6.408, 6.507 & 6.508</p> | <p>Plus: 0.50 - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements *no tolerance* Bonuses awarded only within routine time limit (1 min 30 sec) and only awarded if performed without a fall.</p> | <p>Double front [4.501] [4.601] Double Arabian [4.505] [4.605]</p> |
| <p>Barred Elements (prohibited / receive no DV)</p> | | <p>0.30 - 3 x 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 deduction of less and 2.00 with all CR's 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 deduction of less and 2.00 with all CR's awarded.</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 deduction of less and 2.00 with all CR's awarded. Bonuses are only awarded if performed without a fall.</p> |
| <p>GBR Bonus (in addition to FIG)</p> | | | | |

JUNIOR BRITISH CHAMPIONSHIPS 2023

Gymnasts 14 & 15 years of age

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

EXECUTION BONUS -for UB, BB and FX – an execution reward bonus of 0.50 will be granted if the following criteria is met: on UB, BB and FX deductions of 2.00 or less.

FLOOR

- Presentation of the gymnast to the judges before the start of the routine must occur outside the 12mX12m area – gymnasts must present and walk on to commence the routine. Neutral Deduction of 0.30 to be applied if this is not the case.

SENIOR BRITISH CHAMPIONSHIPS 2023

Gymnasts 16+ years of age

FIG Cycle 15 Code of Points (2022-2024)

FLOOR

- *Stepping out of bounds – increase from 0.10 to 0.30 each time.
- Presentation of the gymnast to the judges before the start of the routine must occur outside the 12mX12m area – gymnasts must present and walk on to commence the routine. Neutral Deduction of 0.30 to be applied if this is not the case.

**Section 13 (c) exceeding the prescribed floor area (12 x 12 m) that is touching the floor with any part or the body outside of the border markings will result in a neutral deduction of 0.30 each time.*