

Issue No. 29 – January 2022

Dear All

Firstly the WTC and National Coaches hope you managed to have a good Christmas and we would like to wish you all a very Happy New Year.

We hope that the Regional and National programmes go ahead as planned but we are very aware that we are still in a difficult position due to the COVID 19 pandemic.

We would like to remind everyone that the Compulsory Levels booklet is available in the Academy and that the Voluntary Levels document is on the BG web site.

| Competition and Date 2022 | Opening Date | Closing Date |
|--|----------------------------|---|
| British Championships 24 th -27 th March | 31 st December | By Noon Friday 11 th February |
| National Compulsory 3&2 4 th /5 th June | 11 th March | Teams Noon Friday 22 nd April Gymnasts Noon Monday 9 th May |
| National Development Plan 18 th /19 th June | 25 th March | Teams Noon Friday 6 th May Gymnasts Noon Friday 20 th May |
| Adrian Stan Team 1 st /2 nd October | 8 th July | By Noon Friday 19 th August |
| National Voluntary 3&2 26 th /27 th November | 2 nd September | Teams Noon Friday 14 th October Gymnasts Noon Monday 31 st October |
| FIG Challenge Qualifier 26 th /27 th November | 2 nd September | By Noon Friday 14 th October |
| Classic Challenge 9 th /10 th /11 th December Bill McLoughlin Teams | 16 th September | Teams Noon Friday 28 th October Gymnasts Noon Friday 11 th November by scores only from the Classic Challenge |

Women's Artistic Technical Committee

We are very pleased to see a return of the British Championships to the M&S Bank Arena Liverpool. See specific rules below.

ESPOIR BRITISH CHAMPIONSHIPS & ESPOIR FIG CHALLENGE QUALIFIER 2022 Gymnasts 12 & 13 years of age

FIG Cycle 15 Code of Points (2022-2024)

BONUS

BARS

- If a gymnast is awarded all 4 FIG CRs, she will receive a 0.50 bonus

MODIFICATIONS

BARS

- Full pirouette to fail by <30°, 0.50 deduction not 1.00 & value of move given
- Release & catch – If gymnast grasps or touches, 0.50 deduction not 1.00
- Coaches must stand in for all releases & 'D' dismounts or no DV or CR

BARRED ELEMENTS

FLOOR

- Double front salto (4.501) (4.601)
- Double Arabian (4.505) (4.605)

JUNIOR BRITISH CHAMPIONSHIPS & JUNIOR FIG CHALLENGE QUALIFIER 2022 Gymnasts 14 & 15 years of age

FIG Cycle 15 Code of Points (2022-2024)

BONUS

BARS

- If a gymnast is awarded all 4 FIG CRs, she will receive a 0.50 bonus

SENIOR BRITISH CHAMPIONSHIPS & SENIOR FIG CHALLENGE QUALIFIER 2022 Gymnasts 16+ years of age

FIG Cycle 15 Code of Points (2022-2024)

Women's Artistic Technical Committee

The registration for the British is now open. The safety of the gymnasts is paramount. They will need to be well prepared and safe in their choice of skills. However the guidance for this level of competition remains as stated in the last Update:

Vaults at all levels to have a salto.

| | |
|--------|---|
| Espoir | 2 CR on Bars |
| | 4 CR on Beam |
| | 3 CR on Floor, to include 1 salto minimum 'D' or more |
| Junior | 3 CR on Bars |
| | 4 CR on Beam |
| | 4 CR on Floor |
| Senior | 4 CR on Bars |
| | 4 CR on Beam |
| | 4 CR on Floor |

Gymnasts may still be working to return to previous levels so please remember another route through Classic Challenge may be the way to go in 2022.

Qualification for Vault Final at British Championships 2022

As we don't hold a "Qualification" event at the British those gymnasts wishing to qualify for the Vault Final will still be permitted 3 warm up vaults in the All Around competition. This is different to the new rule in the Code of Points which states that only 2 warm up vaults are permitted in All Around Final. However, as per the new CoP, in the Apparatus Final itself, only 2 warm up vaults will be allowed.

Change to Uneven Bars measurements

Both bar rails will be raised by 5cm for all gymnasts, effective 1st January 2022.

The new measurements are **175cm for the low bar** and **255cm for the high bar**.

The new inner diagonal distance between the bars will be confirmed by the FIG in the publication of the Apparatus Norms.

Tall gymnasts may still request to raise both bar rails by an additional 5cm according to the Code of Points rule.

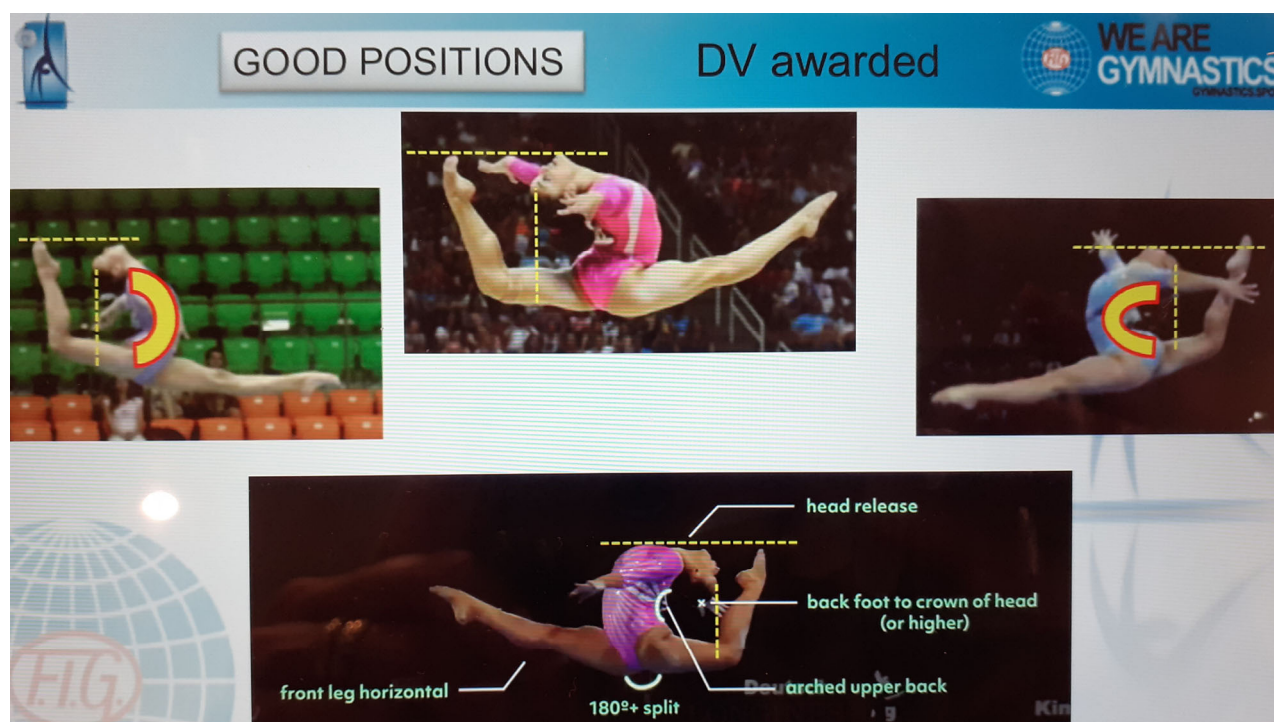
Women's Artistic Technical Committee

Code of Points 2022-2024

We have some important full FIG competitions coming up and I am sure you are all working hard and making good decisions for the routine construction of your gymnasts.

It must be remembered that the technical requirements of all elements is important and we would like to raise one or two things which need to be taken into consideration:

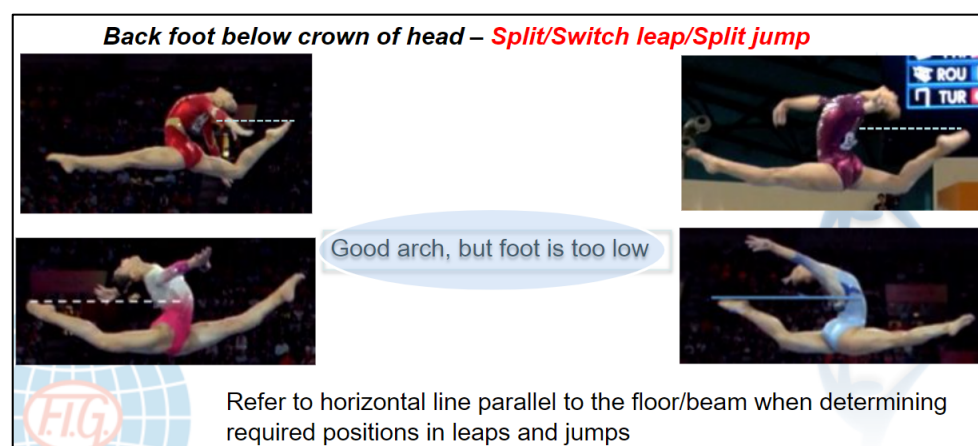
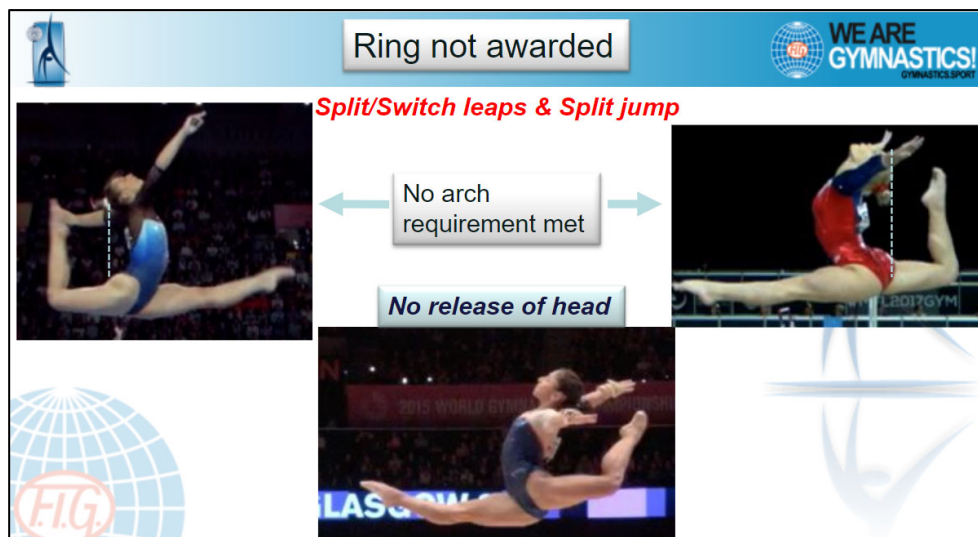
Ring leap/jump requirements as per bottom photo below:



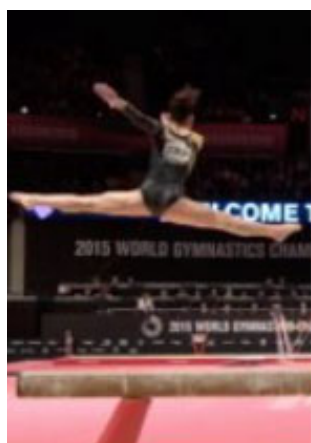
Failure to fulfil these requirements (see next photo for incorrect positions) will mean the element will be credited another element in the CoP, ie.

- switch leap to ring (value E) becomes switch leap (value C)
- split jump to ring (value D) becomes split jump (value B)
- split leap to ring (value D) becomes split leap (value A)

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Switch leap with ½ turn - if the gymnast goes through a Johnson position/technique, it is credited a Johnson (value C) even if the ½ turn is completed.



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Jumps and leaps with turn:

Guidelines:



Element will not be recognized as jump with turn in side position when:

- **Start with moving the foot/feet**
- **Turning the head in the preparation**
- **During preparation there is early turning of knees/hips**


(When bending the knee, body should be in forward direction)

Connection principles:

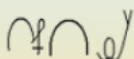
GUIDELINES:

- Timing in connection is the determining factor
- If the fluency is not interrupted by a lack of balance, the connection is recognized:
 - slight movement with arms → **YES**, the Connection counts 
 - visible clear lack of balance – (movement of the upper body or shoulder to the side etc.)
→ **NO**, connection doesn't count 
- Free leg placement could be at the back or in front

Arms' position in mixed connections

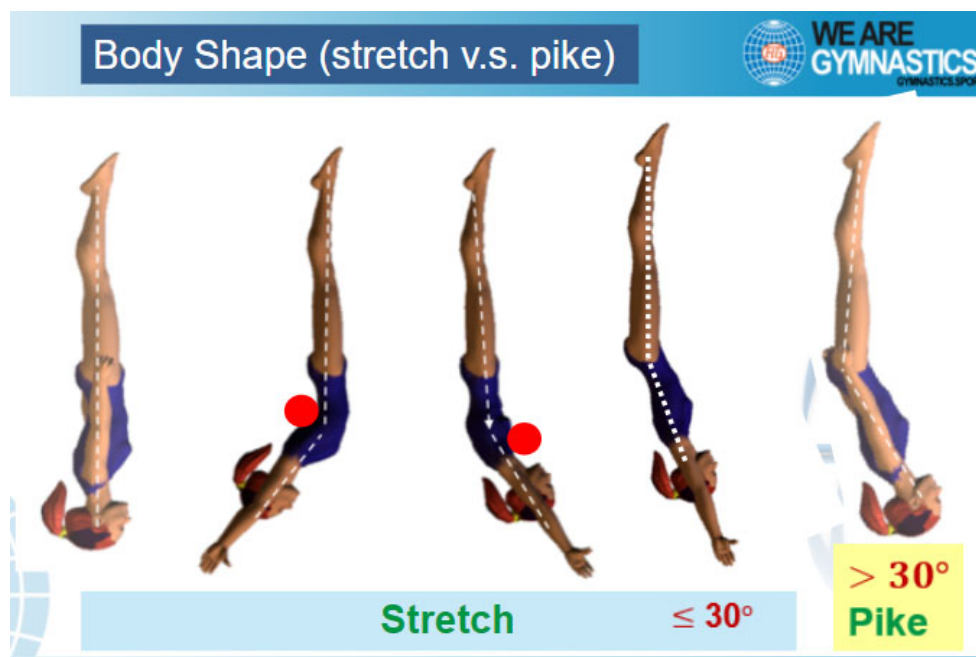
- Timing of preparation for the next element (pre-loading) is decisive
- Landing the free leg together with arm swing in one direction → **YES** award Connection. 
- The connection is given as long as arms circle going in one direction.
- Landing with straight legs with arms up and stop → **NO** Connection
- A double swing (fwd & bwd) is not permitted

(for example:



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On straight Vaults without twist the stretched position must be maintained for the majority of the salto. A slight bend in the hips (approx. up to 30°) is allowed. More than 30° is considered Pike.



If anyone has any questions, please contact the WTC via maria.mcloughlin@britishgymnastics.org.

Maria McLoughlin