



2022  
Women's Artistic  
Adult British Championships

# WOMEN'S ARTISTIC CLASSIC CHALLENGE CHAMPIONSHIPS RULES 2022

## **Philosophy**

This new competition has been devised to bridge the gap between FIG and Regional level gymnasts. It is hoped that this new competition pathway will become an integral part of British Gymnastics Women's Artistic programme. The Adult British Championships have been largely based on this new competition structure.

The underlying principle of the Classic Challenge is for competition based on ABILITY rather than AGE. The Classic Challenge is about inclusion, a level playing field, fair play philosophies, and is pro-choice. This category must not be deemed to be "lesser" or of a "lower class", and coaches, judges, gymnasts and parents are discouraged from framing it that way.

The overriding aim is to allow the vast majority of Club Gymnasts a meaningful competition structure that is ACHIEVABLE FOR ALL. The new structure will allow gymnasts who train less hours per week to fulfil the rules within their ability level and receive a score which promotes self-value, self-worth and pride in their achievement, whilst giving an additional opportunity for these gymnasts to represent their region at National Finals.

Gymnasts will be able to compete at the Classic Challenge if they have not competed a compulsory level or FIG Challenge Qualification in that year. Gymnasts and coaches will have the option to switch between Classic Challenge and FIG Challenge Qualification each year, but they may not compete both competitions in the same year. Gymnasts competing compulsory levels will still have National Voluntary Levels which will be reviewed annually.

## **Introduction**

For the past few years, WTC has been looking at ways to address the mandated reduction of gymnasts at the British Championships, yet also meet the demands of the vast increase in membership. In addition, keeping clubs in business, keeping gymnasts in the sport, and continuing to build tomorrow's coaches and judges has needed careful consideration. A working group was thereby commissioned towards the end of 2019, to take on this much needed body of work.

It can be stated that the current WAG competitive system in the UK is primarily based on FIG rules, but for all sorts of reasons most gymnasts cannot sustain or manage Bars, and/or cannot develop Vault beyond a certain point or make an international standard. The FIG Code is made for international level gymnasts. This then leaves a large majority of competitors needing a more realistic and less demanding way of competing and enjoying performing.

As a result, a new domestic "code of points" has been created to address these challenges, yet still allow for exceptional talent or late starters to emerge. This new code has been therefore created to address these and other challenges. The code is based largely on FIG rules and directives, yet much more choice and variety are highlighted.

This is a new competitive category that aims to keep these gymnasts in the sport, have a National Final Championship that they can strive for outside of the British Championships, and that values them in such a way that they consider their long-term involvement in the sport. These aims can be met by increased variety for a more personal and suitable choice of a lower number of counting elements and compositional requirements, thereby reducing potential stress and injury. Considering the impacts of Covid-19, every effort has to be made to keep gymnasts in the sport, and so save the clubs. Our hope is that this code contributes to those efforts.

## **Framework**

The traditional Challenge Cup is to be renamed to "**FIG Challenge Qualifier**". This event is to enable gymnasts to attain a qualification score to progress to The British Championships only.

These new rules fall under the new "**Classic Challenge**" heading. An annual review with the WTC Working Group will occur to make any necessary changes.

So as to not require a whole new set of judging awards, the judging system is based on current FIG D and E evaluations with the addition of uncoded elements being recognised and counted towards the start value of the exercise. Gymnasts have a choice of Compositional Requirements (CR) which have also been modified to reflect the difficulty level. It is hoped that by allowing a choice of CR's the gymnasts will be better able to work within their ability. Execution will remain as FIG (unless otherwise stated), encouraging clean, aesthetic work.

## **Competition Structure**

The different adult levels are called Introductory, Novice, Intermediate & Pro.



## Additional Clarifications for Women's Introductory Level (previously called Newbie)

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Uncoded and 'A' elements only are permitted at this level. B+ Elements will receive no DV, CR, CV, but will still receive FIG deductions if performed.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

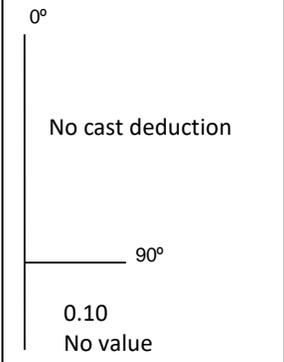
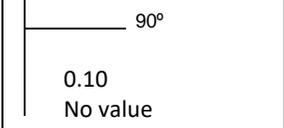
Maximum D score includes any bonus awarded.

### **Vault:**

- Only the specified vaults may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- Deductions as per FIG unless stated otherwise
- There is no penalty for performing less than 4 elements
- There is no penalty for using only the low bar and no requirement to use both bars.
- Gymnasts using only the low bar, may start their exercise between the bars and dismount away from the bars.
- If using both bars, the coach must stand between the bars and be present for the transition between the bars without deduction.
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

 <p>0° No cast deduction</p>	Handstand (0°) to 90° No cast deduction With value (D panel)
 <p>90° 0.10 No value</p>	Below 90° 0.10 deduction No value (D panel)

### **Beam:**

- 5 elements only are required – 1.00 penalty for each missing element
- A backward roll on one shoulder will class as a backwards element at this level.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- A Split jump is the only 'B' valued element that can be performed and receive DV

### **Floor:**

- 5 elements only are required – 1.00 penalty for each missing element
- No flighted acro elements / saltos are permitted at this level



## Additional Clarifications for Women's Novice Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

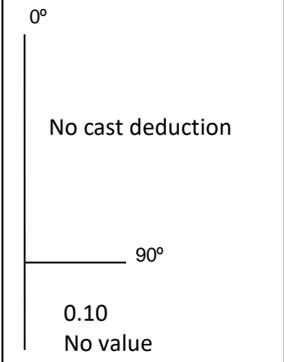
Maximum D score includes any bonus awarded.

### **Vault:**

- Only the specified vaults may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- Uncoded & FIG 'A' coded elements only allowed
- Deductions as per FIG unless stated otherwise
- There is no penalty for using only the low bar and no requirement to use both bars.
- Gymnasts using only the low bar, may start their exercise between the bars and dismount away from the bars.
- If using both bars, the coach must stand between the bars and be present for the transition between the bars without deduction.
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

 <p>0° No cast deduction 90° 0.10 No value</p>	<p>Handstand (0°) to 90° No cast deduction With value (D panel)</p> <p>Below 90° 0.10 deduction No value (D panel)</p>
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### **Beam:**

- 6 elements only are required – 1.00 penalty for each missing element
- A backward roll on one shoulder will class as a backwards element at this level.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- No 'B' flighted acro elements allowed

### **Floor:**

- 6 elements only are required – 1.00 penalty for each missing element
- No 'B' saltos allowed
- Maximum 1 salto permitted within the routine. Additional saltos will receive 1.00 penalty and no DV, CV, CR will be awarded.

# WAG ADULT BRITISH CHAMPIONSHIPS 2022

## Women's Intermediate - Over 18, Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 Moves of higher value are not permitted</p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 7 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic + 3 dance + 1 optional FLOOR - 1 acro line only required</b> <b>BARS/BEAM/FLOOR The dismount must be included in the counting elements</b> Elements higher than a C are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value <b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b></p>																			
<p><b>Short Exercises</b></p>	<p>On Beam &amp; Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>																			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>																
<p><b>Apparatus</b></p>	<p>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view. <b>1.00 penalty for not using both bars.</b></p>	<p>A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone in over 45 categories A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required. A routine with only 1 acro line will not incur dismount deductions.</p>																
<p><b>Requirements</b></p>	<p><b>Height of vault 110, 115, 120 or 125cm</b> 1 x springboard  <b>Any vault without a salto from the new vault table</b>  <b>Execution deductions of 0.1, 0.3, 0.5 &amp; 0.8 for height will apply</b></p>	<p>A Gymnast should fulfil 5 of the 7 CR's (Maximum awarded 2.5):</p> <ul style="list-style-type: none"> <li>▪ FIG coded mount on LB</li> <li>▪ Close bar circle element (back hip circle allowed)</li> <li>▪ Any bar change LB to HB</li> <li>▪ Cast to within 45° handstand</li> <li>▪ A different close bar element</li> <li>▪ An element on HB (not dismount)</li> <li>▪ An element with min 180° turn (including mount &amp; dismount)</li> </ul> <p><b>A/B elements only allowed</b> <b>C/D or more – no DV</b> <b>Maximum D Score 3.60</b></p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> <li>▪ ½ spin ½ turn or 1/1 spin</li> <li>▪ Connection 2 different dance elements (no split required)</li> <li>▪ Leap or jump with 180° split (cross or side) or straddle</li> <li>▪ 1 x acrobatic element - Non flighted OK</li> <li>▪ Mixed Series (Minimum 2 element – no flight required on acro element)</li> <li>▪ 'A' valued salto dismount</li> </ul> <p><b>A/B/C elements only allowed</b> <b>D or more – no DV</b> <b>Maximum D Score 4.00</b></p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> <li>▪ Acro line with a backward salto</li> <li>▪ Forward salto (in or out of an acro line)</li> <li>▪ A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle</li> <li>▪ Additional leap, hop or jump</li> <li>▪ 360° spin</li> <li>▪ Mixed series minimum 2 directly connected elements</li> </ul> <p><b>A/B/C elements only allowed</b> <b>D or more – no DV</b> <b>Maximum D Score 4.00</b></p>																
<p><b>Uncoded (U) Permitted Elements</b> (receive 0.1 DV)</p>	<p>Competitors aged 45+ may use a trampette instead of a springboard without penalty.</p>	<p>Chin up circle over mount Cast to within 45° handstand Squat onto low bar (<i>There will be no penalty for performing a jump from LB to HB</i>) ¼ Giant from LB to HB Straddle or pike on undershoot dismount</p>	<p>Tuck jump Stretched or arched jump &amp; Stretched jump ½ Changement Stag leap &amp; Stag jump Forward roll Backward roll ½ spin on one foot Cartwheel rebounding straight jump dismount Round off dismount</p>	<table border="0"> <tr> <td>Tuck jump</td> <td>Backward walkover</td> </tr> <tr> <td>Tuck jump ½</td> <td>Forward walkover</td> </tr> <tr> <td>Straight jump ½</td> <td>Tic-toc</td> </tr> <tr> <td>W Jump or hop with ½</td> <td>Handstand forward roll</td> </tr> <tr> <td>Changement</td> <td>Backward roll to front support and / or</td> </tr> <tr> <td>Stag leap</td> <td>handstand</td> </tr> <tr> <td></td> <td>Scissor kick</td> </tr> <tr> <td></td> <td>Cartwheel</td> </tr> </table>	Tuck jump	Backward walkover	Tuck jump ½	Forward walkover	Straight jump ½	Tic-toc	W Jump or hop with ½	Handstand forward roll	Changement	Backward roll to front support and / or	Stag leap	handstand		Scissor kick		Cartwheel
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<p><b>Notes</b></p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>	<p>Any mount may be used Coaches are encouraged to be present for dismounts</p>																	
<p><b>GBR Bonus</b> (in addition to FIG)</p>		<p><b>0.2</b> – Close bar (not back / fwd hip circle) <b>0.3</b> – 2 x upstarts <b>0.3</b> – Close bar above 45° from vertical <b>0.1</b> – Stuck dismount</p>	<p><b>0.2</b> – Acro series with minimum 1 flighted element <b>0.2</b> – Acro elements in different directions [fwd/swd &amp; bwd] (not including mount) <b>0.2</b> – Dismount A salto directly connected to an acro skill</p>	<p><b>0.1</b> – Straight salto forwards or backwards <b>0.2</b> – A routine with 2 FIG Acro lines</p>																

## Additional Clarifications for Women's Intermediate Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

### **Vault:**

- 2 different vaults may be performed
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- Deductions as per FIG unless stated otherwise
- 5 elements only are required
- The coach may stand between the bars and be present for the transition between the bars without deduction.
- An additional 20cm mat can be placed underneath through-out the bars without deduction.
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

	Handstand / Close Bar (0°) to 45°	No deduction
	>45° to 90°	0.10 deduction
	Handstand	No value (D panel)
	Close Bar	D Panel still give value
	Below 90°	0.30 deduction No value (D panel) for either move

### **Beam:**

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- A routine with 6 elements or less will be deducted 1.00 for each missing element.
- Forward and backward rolls can be used as DV, CR & bonus unless the backward roll goes over one shoulder and therefore will not class as a backwards element at this level and not receive no value, CR or bonus.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

### **Floor:**

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- A routine with 6 elements or less will be deducted 1.00 for each missing element.
- A routine with only 1 acro line will not incur dismount deductions.
- A routine with no acro lines will incur a 1.00 penalty.

# WAG ADULT BRITISH CHAMPIONSHIPS 2022

## Women's Pro - Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40* *No D saltos permitted on floor</p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 7 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic + 3 dance + 1 optional</b> <b>BARS/BEAM/FLOOR</b> The dismount must be included in the counting elements Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
<p><b>Short Exercises</b></p>	<p>On Beam &amp; Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</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>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>	<p>A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone in over 45 categories A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where a routine with only 1 acro line will not incur dismount deductions.</p>
<p><b>Requirements</b></p>	<p><b>Any vault from the new vault table</b>  <b>Height of vault 115, 120 or 125cm</b> 1 x springboard  <b>Execution deductions of 0.1, 0.3, 0.5 &amp; 0.8 for height will apply</b></p>	<p>A Gymnast should fulfil 5 of the 6 CR's (Maximum awarded 2.5):</p> <ul style="list-style-type: none"> <li>▪ Close bar circle element</li> <li>▪ A different close bar element min B</li> <li>▪ An element LB to HB (uncoded OK)</li> <li>▪ A giant circle in any direction</li> <li>▪ Cast to within 30° handstand</li> <li>▪ An element with min 180° turn including mount &amp; dismount</li> </ul> <p><b>Dismount must be included in counting elements</b> <b>Maximum D Score 4.00</b></p>	<p>A Gymnast should fulfil 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> <li>▪ Turn (Grp 3) or Roll / Flairs</li> <li>▪ Connection of minimum 2 different dance elements (no split required)</li> <li>▪ Leap or jump with 180° split (cross or side) or straddle</li> <li>▪ 1 x acrobatic series with 2 elements [minimum] Non flighted OK</li> <li>▪ Mixed Series (Minimum 2 element – no flight required on acro element) may include mount</li> <li>▪ Dismount min A</li> </ul> <p><b>Maximum D Score 4.00</b></p>	<p>A Gymnast should fulfil 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> <li>▪ Acro line with min 2 saltos</li> <li>▪ A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle</li> <li>▪ Mixed series minimum 3 directly connected elements</li> <li>▪ Spin on one foot (minimum 360°)</li> <li>▪ Saltos in different directions (no aerials). Acro line not necessary, no stationary skills.</li> <li>▪ Salto with LA Turn (min 180) (must be in acro line)</li> </ul> <p><b>Maximum D Score 4.00</b></p>
<p><b>Uncoded (U) Permitted Elements</b> (receive 0.1 DV)</p>	<p>Competitors aged 45+ may use a trampette instead of a springboard without penalty.</p>	<p>Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB</p>	<p>Forward roll Backward roll ½ spin on one foot Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap Stag jump</p>	<p>Tuck jump ½ W Jump or hop with ½ Changement Stag leap</p>
<p><b>Barred Elements</b></p>		<p>No flight elements on the same bar or from HB to LB are permitted</p>	<p>All elements above a D</p>	<p>D+ saltos are not permitted</p>
<p><b>Notes</b></p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty) Stopping to adjust handguards on the bar – penalty 0.50 (intermediate swing)</p>		<p>Any travelling isolated salto may be performed at any point in the routine and be credited.</p>
<p><b>GBR Bonus</b> (in addition to FIG)</p>		<p><b>0.2</b> – Flighted element LB to HB <b>0.2</b> – 2 x close bar in routine to a minimum 45° from handstand <b>0.1</b> – Dismount minimum value B</p>	<p><b>0.2</b> – Dance series B+B or more (elements must be different) <b>0.2</b> – Mixed series 3 or more elements min BBA (each element must be different) <b>0.2</b> – Dismount B or A from Acro flight</p>	<p><b>0.1</b> – B spin (any position) <b>0.2</b> – 3 x different dance elements 'B' or above <b>0.2</b> – Salto with 360° <b>0.2</b> – Dismount minimum value B</p>

## **Clarifications for Women's Pro Over 30**

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

### **Vault:**

- Additional modified 4 & 5 coil springboards will be available
- A trampette may be used instead of a springboard for any competitor aged 45+

### **Bars:**

- A minimum of 5 and a maximum of 7 elements only are required
- A routine with less than 5 elements will be deducted 1.00 for each missing element
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- A sole circle can count as CR1
- No flight elements on the same bar or from HB to LB are permitted
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

### **Beam:**

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- CR 1, 2, 3, 4 must be performed on the beam, CR 5 can include mount and / or on the beam
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

### **Floor:**

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- Minimum 1 FIG acro lines to be performed (penalty 1.00 if no acro line is performed)
- No D+ saltos are permitted on floor. If performed no DV, CV, CR can be awarded.

# WAG ADULT BRITISH CHAMPIONSHIPS 2022

## Women's Pro - Over 18

<p><b>Uncoded = 0.10</b> A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional</b> <b>BARS/BEAM/FLOOR The dismount must be included in the counting elements</b> <b>Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise</b> <b>Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value</b> <b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b></p>			
<p><b>Short Exercises</b></p>	<p><b>On Beam &amp; Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element.</b> <b>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</b></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>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>	<p>A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations with: for D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, &amp; can be moved). The mat(s) must be removed once no longer needed.</p>
<p><b>Requirements</b></p>	<p><b>Any vault from the new vault table</b></p> <p><b>Height of vault 120 or 125cm</b> 1 x springboard</p> <p><b>Execution deductions of 0.1, 0.3, 0.5 &amp; 0.8 for height will apply</b></p>	<p><i>A Gymnast should fulfil 5 of the 6 CR's (Maximum awarded 2.5):</i></p> <ul style="list-style-type: none"> <li>▪ Close bar circle element min B</li> <li>▪ An element in a different grip</li> <li>▪ A flighted element LB to HB</li> <li>▪ A giant circle in any direction</li> <li>▪ A cast / circle element with min 180° turn</li> <li>▪ A Dismount minimum 'B' value</li> </ul> <p><b>Dismount must be included in counting elements</b></p> <p><b>Maximum D Score 4.50</b></p>	<p><i>A Gymnast should fulfil 5 of the 6 CR's (Maximum awarded 2.50):</i></p> <ul style="list-style-type: none"> <li>▪ Turn (Grp 3) or Roll / Flairs</li> <li>▪ Salto or aerial skill</li> <li>▪ Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle</li> <li>▪ 1 x acrobatic series with 2 min elements at least one with flight</li> <li>▪ Mixed Series (Minimum 2 element – no flight required on acro element) may include mount</li> <li>▪ Dismount min B or an A salto directly connected to an acro skill</li> </ul> <p><b>Maximum D Score 4.50</b></p>	<p><i>A Gymnast should fulfil 5 of the 6 CR's (Maximum awarded 2.50):</i></p> <ul style="list-style-type: none"> <li>▪ Acro line with min 2 saltos</li> <li>▪ A dance passage of 3 different leaps / hops – 1 with 180° split (cross or side) or straddle, may include 1 jump which must be the final element of series</li> <li>▪ Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance)</li> <li>▪ Spin on one foot (minimum B)</li> <li>▪ Saltos in different directions (no aerials). Acro line not necessary, no stationary skills.</li> <li>▪ Salto with LA Turn (min 360) (acro line not necessary)</li> </ul> <p><b>Maximum D Score 4.50</b></p>
<p><b>Uncoded (U) Permitted Elements</b> (receive 0.1 DV)</p>		<p>Squat onto low bar <i>(There will be no penalty for performing a jump from LB to HB)</i></p>	<p>Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap Stag jump</p>	<p>Changement Stag leap</p>
<p><b>Notes</b></p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty) Upstart (kip) after "Shaposhnikova" type elements – no penalty Stopping to adjust handguards on the bar – penalty 0.50 (intermediate swing)</p>		<p>Minimum 2 acro lines must be performed. Penalty 1.00 if less than 2 acro lines are performed. Any travelling isolated salto may be performed at any point in the routine and be credited.</p>
<p><b>GBR Bonus</b> (in addition to FIG)</p>		<p><b>0.2</b> – C + C or more (elements may be the same or different) <b>0.2</b> – Any additional close bar to a minimum 30° from handstand <b>0.1</b> – Close bar element to handstand (no tolerance) <b>0.1</b> – Stuck Dismount minimum value B</p>	<p><b>0.2</b> – Mixed series 3 or more elements min BBA (each element must be different) <b>0.2</b> – Salto / aerial connected to a flighted or non-flighted acro element or acro series 2 flighted elements <b>0.1</b> – 2 different flighted acro elements on the beam</p>	<p><b>0.1</b> – B spin (any position) <b>0.2</b> – 2 directly connected saltos <b>0.2</b> – 1½ twist or more (LA) salto, acro line not necessary <b>0.2</b> – Minimum 3 dance elements C or more throughout routine <b>0.1</b> – Dismount minimum value C</p>

## **Clarifications for Women's Pro Over 18**

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

### **Vault:**

- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- Short exercise penalties - A routine with less than 5 elements will be deducted 1.00 penalty for each missing element
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

### **Beam:**

- CR 1, 2, 3, 4 must be performed on the beam, CR 5 can include mount and / or on the beam
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

### **Floor:**

- Minimum 2 acro lines to be performed (penalty 1.00)
- For D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.

### Classic Challenge Championships

**GROUP I**  
HANDSPRING / YAMASHITA  
with or without LA turn  
(no salto in second flight)

	D Score
1.101 Handspring	1.60
1.102 Handspring with ½	2.00
1.103 Yamashita	2.00
1.104 Yamashita with ½	2.40
1.105 ½ - ½ turn on & repulsion off	1.60
1.106 ½ on ½ off or ¾ on ¾ off	2.40
1.107 ¾ on 1/1 or ¾ on 1¾ off	2.60
1.108 ¾ on 1½ or ¾ on 1¾ off	3.20
1.109 ¾ on 2/1 off or ¾ on 2¾ off	3.60
1.201 Handspring with 1/1 turn	2.60
1.202 Handspring with 1½ turns	3.20
1.203 Yamashita with 1/1 turn	2.80
1.205 Handspring with 2/1	3.60
1.206 Handspring with 2¾	4.00
1.301 H/Y 1/1 on H/Y off	3.20
1.302 H/Y 1/1 on H/Y ½ off	3.40
1.303 H/Y 1/1 on H/Y 1/1 off	3.60
1.304 H/Y 1/1 on 1¾ off	4.00

**GROUP II**  
HANDSPRING  
with or without LA turn and  
SALTO FORWARD/BACKWARD

	D Score
2.301 Handspring FWD Salto Tuck	3.60
2.302 Handspring FWD Salto Tuck ½	3.80
2.303 Handspring ¾ BWD Salto Tuck (Cuervo Tuck)	3.80
2.304 Handspring FWD Salto Pike	3.80
2.305 Handspring FWD Salto Pike ½	4.00
2.306 Handspring ¾ BWD Salto Pike (Cuervo Pike)	4.00

**GROUP III**  
TSUKAHARA or KASAMATSU  
SALTO with or without turn  
*All Group 3 Vaults - allow a 90° to 180° LA turn in first flight*

	D Score
3.101 Tsukahara Tuck	3.20
3.102 Tsukahara Pike	3.40
3.103 Tsukahara Tuck ½	3.40
3.104 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.201 Tsukahara Straight	3.80
3.202 Tsukahara Straight ½	4.00
3.203 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

All FIG deductions apply  
but for Height take 0.10, 0.30, 0.50 or 0.80  
to create a greater spread between the majority of vaults performed

**GROUP IV**  
YURCHENKO: R/O Flic on with/without  
SALTO BWD with/without LA turn  
or R/O Flic on LA turn & SALTO FWD  
with or without LA turn

	D Score
4.101 RO, Flic with Repulsion	2.00
4.102 RO, Flic with Repulsion ½	2.20
4.103 RO, Flic with Repulsion 1/1	2.50
4.104 RO, Flic with Repulsion 1¾	2.70
4.201 RO, Flic Salto Tuck	3.00
4.202 RO, Flic Salto Tuck ½	3.20
4.203 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.301 RO, Flic Salto Straight	3.60
4.302 RO, Flic Straight ½	3.80
4.303 RO, Flic Straight 1/1	4.20

**GROUP V**  
R/O Flic with ¾ turn on, Handspring off  
with/without SALTO FWD  
with/without LA turn

	D Score
5.101 RO, Flic w ¾ turn, Handspring off	2.20
5.102 RO, Flic w ¾ turn, Handspring ½ off	2.60
5.103 RO, Flic w ¾ turn, Handspring 1/1	3.00
5.104 RO, Flic w ¾ turn, Handspring 1¾	3.40
5.201 RO, Flic w ¾ turn, Salto Tuck	3.80
5.202 RO, Flic w ¾ turn, Salto Tuck ½	4.00
5.203 RO, Flic w ¾ turn, Salto Pike	4.00
5.203 RO, Flic w ¾ turn, Salto Pike ½	4.20

**GROUP VI**  
R/O Flic with 1/1 turn on with/without SALTO BWD  
*Vaults performed with 1/1 on allow for tolerance of ¾ (270°) to 1/1 (360°)*

	D Score
5.301 RO, Flic w ¾+ with Repulsion	2.40
5.302 RO, Flic w ¾+ with Repulsion ½	2.80
5.303 RO, Flic w ¾+ with Repulsion 1/1	3.20
5.401 RO, Flic w ¾+ Salto Tuck	3.60
5.402 RO, Flic w ¾+ Salto Pike	3.80
5.403 RO, Flic w ¾+ Salto Straight	4.20