



ENGLISH GYMNASTICS

National Competition Skills 2022

English Jim Moss B, S, G Championships

Version 1.0

WAG

www.english-gymnastics.org.uk

Formally known as the English WAG B, S, G Championships



English Jim Moss B, S, G Championships – Bronze Level

Age Group (in year of competition) – Juniors 9/10 Years

Difficulty Value [DV] Uncoded elements 0.00 each FIG A elements 0.10 each FIG B elements 0.20 each	Rules and Regulations are as per FIG Cycle 14 (2017) Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/ BEAM/ FLOOR – 8 highest elements including dismount Only Uncoded/A/B elements allowed Maximum 3 x B elements BEAM/ FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 from either category FLOOR 4 x Acro lines [max] Barred elements are not allowed, and no Difficulty Value will be given if they are performed. Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Same element can only count once except on Bars where an FIG Coded element may be repeated for Difficulty Value IMPORTANT – At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.																														
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D score 2.4 maximum	Uncoded Elements 0.00 each	Upward hip circle mount Squat onto Low Bar, jump to High Bar Backward sole circle tucked ¾ Giant circle from LB to HB ¾ Giant circle HB to HB Dismount: Straddle on or Stoop on undershoot	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Mounts:</td> <td colspan="2">As FIG code. Most mounts count as A value.</td> </tr> <tr> <td>Dance:</td> <td>Stretch jump</td> <td>Stretch jump with ½ turn</td> </tr> <tr> <td></td> <td>Tuck jump</td> <td>Changement</td> </tr> <tr> <td></td> <td colspan="2">Scissor leap</td> </tr> <tr> <td>Hold:</td> <td colspan="2">Arabesque [above horizontal] – 2 seconds</td> </tr> <tr> <td></td> <td colspan="2">Y stand [not held with hand] – 2 seconds</td> </tr> <tr> <td>Acro:</td> <td>Forward roll</td> <td>Backward roll</td> </tr> <tr> <td>Dismounts:</td> <td>Round off</td> <td>Free Round off</td> </tr> <tr> <td></td> <td>Handspring</td> <td>Cartwheel ¼ turn</td> </tr> </table>	Mounts:	As FIG code. Most mounts count as A value.		Dance:	Stretch jump	Stretch jump with ½ turn		Tuck jump	Changement		Scissor leap		Hold:	Arabesque [above horizontal] – 2 seconds			Y stand [not held with hand] – 2 seconds		Acro:	Forward roll	Backward roll	Dismounts:	Round off	Free Round off		Handspring	Cartwheel ¼ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Tuck jump
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Vault Height 110 cm 1 x springboard	Composition Requirements [CR] 4 @ 0.50 each	<ul style="list-style-type: none"> Any FIG Coded mount and dismount Bar change from LB to HB [flight not necessary] Element started and finished on HB Close bar element 	<ul style="list-style-type: none"> Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro flight element B DV maximum Acro elements in different directions [f'wd/ s'wd & b'wd] NB: Rolls, handstands & holds not be used to fulfil CR 4	<ul style="list-style-type: none"> Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] 360° spin Acro line with 2 different flight elements, one being a salto backwards Acro line with 2 different flight elements. 1 being a forward salto 																											
2 x Vaults performed Best score to count	Bonus 0.50 each Performed without a fall	None	Exercise without a fall [provided all CRs are fulfilled]	None																											
	Composition, Artistry & Specific Apparatus Deductions	Use COMPOSITION, ARTISTRY & SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION																													
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English Jim Moss B, S, G Championships – Bronze Level

Age Group (in year of competition) – Intermediate 11/12 Years – Senior 13+

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Vault Height Intermediate 120 cm Senior 125 cm 1 x springboard	Composition Requirements [CR] 4 @ 0.50 each	<ul style="list-style-type: none"> Any FIG Coded mount and dismount Bar change from LB to HB [flight not necessary] Element started and finished on HB Close bar element 	<ul style="list-style-type: none"> Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro flight element B DV maximum Acro elements in different directions [f'wd/ s'wd & b'wd] NB: Rolls, handstands & holds not be used to fulfil CR 4	<ul style="list-style-type: none"> Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] 360° spin Acro line with 2 different flight elements, one being a salto backwards Acro line with 2 different flight elements. 1 being a forward salto 																					
2 x Vaults performed Best score to count	Bonus 0.50 each Performed without a fall	An exercise without a backward hip circle	Exercise without a fall [provided all CRs are fulfilled.]	None																					
	Composition, Artistry & Specific Apparatus Deductions	Use COMPOSITION, ARTISTRY & SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION																							
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English Jim Moss B, S, G Championships – Silver Level
Age Group (in year of competition) – Juniors 10/11 Years

Difficulty Value [DV] Uncoded elements 0.00 each FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each	<p style="text-align: center;">Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.</p> <p>BARS/ BEAM/ FLOOR – 8 highest elements <u>including</u> dismount Only Uncoded/A/B/C elements allowed BEAM/ FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 from either category FLOOR 4 x Acro lines [max] Barred elements are not allowed, and no Difficulty Value will be given if they are performed.</p> <p>Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Same element can only count once except on Bars where an FIG Coded element (excluding Upstarts) may be repeated for Difficulty Value IMPORTANT – At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	FIG Rules applies for BEAM & FLOOR On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element			
Vault		Bars	Beam	Floor
No vault allowed other than as stated below.	Barred Elements	All D elements and above C Dismounts Double backaway dismounts	All D elements and above C Dismounts	All D elements and above C Salto dismounts
D score 2.6 maximum	Uncoded Elements 0.00 each	Squat onto Low Bar, jump to High Bar Backward sole circle tucked	Mounts: Dance: As FIG code. Most mounts count as A value. Stretch jump with ½ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Tuck jump
Bonus 0.50 Vault 1.40 R'off flic flac on Repulsion off Performed without a fall	Composition Requirements [CR] 4 @ 0.50 each	<ul style="list-style-type: none"> • Bar change from LB to HB [flight not necessary] • Cast to handstand (straight or straddled) • Close bar element • B element (NOT mount or dismount) 	<ul style="list-style-type: none"> • Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] • Turn from Group 3 • Acro series of minimum 2 elements [1 x with flight] • Acro elements in different directions [f'wd/s'wd & b'wd] NB: Rolls, handstands & holds not be used to fulfil CR 4	<ul style="list-style-type: none"> • Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] • B DV leap, jump or hop. • Acro line backwards with salto ½ turn [180°] min • Acro line forward with min. B DV salto
Vault Height 110 cm 1 x springboard	Bonus 0.50 each Performed without a fall	Exercise with all 4 CRs	Exercise without a fall [provided all CRs are fulfilled]	Salto with 1/1 [360°] turn
2 x Vaults performed Best score to count	Composition, Artistry & Specific Apparatus Deductions	Use COMPOSITION, ARTISTRY & SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION		
		Jump from LB to HB will fulfil the CR 1 and will not be deducted 0.50.		



English Jim Moss B, S, G Championships – Silver Level

Age Group (in year of competition) – Intermediate 12/13 Years – Senior 14+

Difficulty Value [DV] Uncoded elements 0.00 each FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each	Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/ BEAM/ FLOOR – 8 highest elements including dismount Only Uncoded/A/B/C elements allowed BEAM/ FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 from either category FLOOR 4 x Acro lines [max] Barred elements are not allowed, and no Difficulty Value will be given if they are performed. Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Same element can only count once except on Bars where an FIG Coded element (excluding Upstarts) may be repeated for Difficulty Value IMPORTANT – At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.				
Short Exercises	FIG Rules applies for BEAM & FLOOR On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element				
Vault		Bars	Beam		Floor
No vault allowed other than as stated below.	Barred Elements	All D elements and above	All D elements and above		All D elements and above
Intermediate & Seniors D score 3.4 maximum	Uncoded Elements 0.00 each	Squat onto Low Bar, jump to High Bar Backward sole circle tucked	Mounts: Dance:	As FIG code. Most mounts count as A value. Stretch jump with ½ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel
Bonus 0.50 Vault 1.40 R'off flic flac on Repulsion off Performed without a fall	Composition Requirements [CR] 4 @ 0.50 each	<ul style="list-style-type: none"> Bar change from LB to HB [flight not necessary] Cast to handstand (straight or straddled) Close bar element (not backward hip circle) Giant - forwards or backwards. 	<ul style="list-style-type: none"> Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of minimum 2 elements [1 x with flight] Acro elements in different directions [f'wd/s'wd & b'wd] NB: Rolls, handstands & holds not be used to fulfil CR 3 & 4	<ul style="list-style-type: none"> Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] B DV leap, jump or hop. Acro line backwards with salto ½ turn [180°] min Acro line forward with min. B DV salto 	
Vault Height Intermediate & Senior 125 cm 1 x springboard	Bonus 0.50 each Performed without a fall	Exercise with all 4 CRs	Exercise without a fall [provided all CRs are fulfilled]		Salto with 1/1 [360°] turn
2 x Vaults performed Best score to count	Composition, Artistry & Specific Apparatus Deductions	Use COMPOSITION, ARTISTRY & SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION			
		Jump from LB to HB will fulfil the CR 1 and will not be deducted.			



English Jim Moss B, S, G Championships – Gold Level

Age Group (in year of competition) – 11 Years and older

Difficulty Value [DV] FIG A elements 0.10 each FIG B elements 0.20 each FIG C elements 0.30 each FIG D elements 0.40 each	<p>Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.</p> <p>BARS/ BEAM/ FLOOR – 8 highest elements <u>including</u> dismount Only A/B/C/D elements allowed BEAM/ FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 from either category FLOOR 4 x Acro lines [max] Barred elements are not allowed, and no Difficulty Value will be given if they are performed.</p> <p>IMPORTANT – At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<p>FIG Rules applies for BEAM & FLOOR On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element</p>			
Vault		Bars	Beam	Floor
No vault allowed other than as stated below.	Barred Elements	All E elements and above	All E elements and above	All E elements and above Double saltos
D score 3.8 maximum	Composition Requirements [CR] 4 @ 0.50 each	<ul style="list-style-type: none"> Flight element from HB to LB Flight element on the same bar Different grips (not cast, mount, or dismount.) Non flight element with min 360° turn (not mt.) 	<ul style="list-style-type: none"> Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of minimum 2 flight elements with 1 being a salto Acro elements in different directions [fwd/swd and b'wd] NB: Rolls, handstands & holds not be used to fulfil CR 4 	<ul style="list-style-type: none"> Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] Salto with LA turn [min. 360°] Salto bwd and salto fwd. [not aerials] performed in the same or different acro lines Forward salto minimum B DV NB: CRs 2, 3 and 4 must be performed within an acrobatic line
Vault Height 125 cm 1 x springboard	Bonus 0.50 each Performed without a fall	B/C salto dismount	B/C dismount Exercise without a fall [provided all CRs are fulfilled]	C salto in dismount acro line
2 x Vaults performed Best score to count	Composition, Artistry & Specific Apparatus Deductions	<p>Use COMPOSITION, ARTISTRY & SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points EXCEPT AS STATED BELOW where there will be NO DEDUCTION</p>		