

# National Competition Skills 2022 English Jim Moss B, S, G

Championships

Version 1.0

WAG

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# 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

Short

**Exercises** 

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.

FIG Rules applies for BEAM & FLOOR On BARS, an exercise with less than 5 elements will be deducted 1.00 for each missing element

Vault		Bars	Beam		Floor		
No vault allowed	Barred	All C elements and above	All C elements and above		All C elements and above		
other than as stated	Elements	More than 2 x B DV elements	Dismount: B Difficulty Value or above		Saltos with 1/1 [360°] turn		
below.	Elelliellis	Dismounts: Double backaway & Saltos with 1/1					
		Upward hip circle mount Squat onto Low Bar, jump to High Bar	Mounts:	As FIG code. Most mounts count as A value.	Backward roll to handstand		
D score		Backward sole circle tucked	Dance:	Stretch jump Stretch jump with ½ turn	Handstand forward roll Forward walkover		
	Uncoded	3/4 Giant circle from LB to HB		Tuck jump Changement Scissor leap	Backward walkover		
2.4	Elements	34 Giant circle HB to HB	Holds:	Arabesque [above horizontal] – 2 seconds	Valdez		
		Dismount: Straddle on or Stoop on undershoot	noius.	Y stand [not held with hand] – 2 seconds	Cartwheel		
maximum	0.00 each	'	Acro:	Forward roll Backward roll	Tuck jump		
	0.00 Gacii		Dismounts:	Round off Free Round off	-		
			Diomounto.	Handspring Cartwheel ¼ turn			
	Any FIG Coded mount and dismount		Connection connec	of 2 [min] different dance elements	Dance passage of 2 [min] different leaps or hops		
	Composition	Bar change from LB to HB [flight not necessary]	[one being a leap, jump or hop with 180° cross/side or straddle		[one with 180° cross/side or straddle position]		
Vault Height	Requirements				• 360° spin		
110 cm	[CR]	Close bar element	Turn from Gr	oup 3	Acro line with 2 different flight elements, one		
1 x springboard	[OIV]		<ul> <li>Acro flight ele</li> </ul>	ement B DV maximum	being a salto backwards		
i x spinigbourd	4 @ 0.50 each			ts in different directions [f'wd/ s'wd & b'wd]	Acro line with 2 different flight elements.1 being a		
	4 @ 0.30 each		NB: Rolls, hand	dstands & holds not be used to fulfil CR 4	forward salto		
	Bonus	None	Exercise without a fall		None		
	0.50 each		[provided all CRs are fulfilled]				
	Performed without						
<b>2</b> 1/ 1/	a fall						
2 x Vaults	Composition,	Use COMPOSITION, ARTISTRY & SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points					
performed	•	EXCEPT AS STATED BELOW where there will be NO DEDUCTION					
Best score to count	Artistry &	Jump from LB to HB will fulfil CR 2 and will not be Unnecessary pause [more than 2 seconds]					
	Specific	deducted 0.50	C.moooodiy p	[ 11dil 2 000011d0]			
	<b>Apparatus</b>	Close bar elements given B value are acceptable.					
	Deductions	to fulfil CR 4					
	Deddellolls						

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

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

Difficulty
Value [DV]
Uncoded
elements
0.00 each
FIG A elements

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 <u>including</u> 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.

# Short Exercises

0.10 each

FIG B elements 0.20 each

# FIG Rules applies for BEAM & FLOOR On BARS, an exercise with less than 5 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 C elements and above More than 2 x B DV elements Dismounts: Double backaway & Saltos with 1/1	All C elements and above Dismount: B Difficulty Value or above	All C elements and above Saltos with 1/1 [360°] turn
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 3/4 Giant circle from LB to HB 3/4 Giant circle HB to HB Dismount: Straddle on or Stoop on undershoot	Mounts: As FIG code. Most mounts count as A value.  Dance: Stretch jump Stretch jump with ½ turn Tuck jump Changement Scissor leap  Holds: 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
Vault Height Intermediate 120 cm Senior 125 cm 1 x springboard	Composition Requirements [CR] 4 @ 0.50 each	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> <li>Connection of 2 [min] different dance elements         [one being a leap, jump or hop with 180° cross/side or stradd position]</li> <li>Turn from Group 3</li> <li>Acro flight element B DV maximum</li> <li>Acro elements in different directions [f'wd/ s'wd &amp; b'wd]</li> <li>NB: Rolls, handstands &amp; holds not be used to fulfil CR 4</li> </ul>	<ul> <li>Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position]</li> <li>360° spin</li> <li>Acro line with 2 different flight elements, one being a salto backwards</li> <li>Acro line with 2 different flight elements.1 being a forward salto</li> </ul>
2 x Vaults	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
performed Best score to count	Composition, Artistry & Specific Apparatus Deductions	-	E APPARATUS DEDUCTIONS for Bars/Beam/Floor as in EPT AS STATED BELOW where there will be NO DEDUCTIONS [More than 2 seconds]	<u>-</u>

# 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

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 <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.

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 C elements 0.30 each

# 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	Uncoded Elements	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	
maximum	0.00 each				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> <li>Bar change from LB to HB [flight not necessary]</li> <li>Cast to handstand (straight or straddled)</li> <li>Close bar element</li> <li>B element (NOT mount or dismount)</li> </ul>	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  Exercise without a fall [provided all CRs are fulfilled]		<ul> <li>Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position]</li> <li>B DV leap, jump or hop.</li> <li>Acro line backwards with salto ½ turn [180°] min</li> <li>Acro line forward with min. B DV salto</li> </ul>	
Vault Height 110 cm 1 x springboard	Bonus 0.50 each Performed without a fall	Exercise with all 4 CRs			Salto with 1/1 [360°] turn	
2 v Voulto	Composition, Artistry &	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				
2 x Vaults performed Best score to count	Specific Apparatus Deductions	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

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 <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.

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

0.20 each FIG C elements 0.30 each

# 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	Barred	All D elements and above	All D elements and above		All D elements and above	
other than as stated below.	Elements					
Intermediate &	Uncoded	Squat onto Low Bar, jump to High Bar	Mounts:	As FIG code. Most mounts count as A value.	Backward roll to handstand	
Seniors D	Elements	Backward sole circle tucked			Handstand forward roll Forward walkover	
score	Licinonis		Devices	Otractal Survey with 47 towns	Backward walkover	
3.4 maximum	0.00 each		Dance:	Stretch jump with ½ turn	Valdez	
J.4 Illaxilliulli	0.00 each				Cartwheel	
Bonus 0.50	Composition	Bar change from LB to HB [flight not necessary]  Coat to have detected (chariety or strend fleet).		of 2 [min] different dance elements	<ul> <li>Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position]</li> <li>B DV leap, jump or hop.</li> </ul>	
Vault 1.40	Requirements	Cast to handstand (straight or straddled)     Close bar element (not backward hip circle)	position]	leap, jump or hop with 180° cross/side or straddle		
R'off flic flac on	[CR]	Giant - forwards or backwards.	Turn from Group 3		Acro line backwards with salto ½ turn [180°] min	
Repulsion off	[CK]				Acro line forward with min. B DV salto	
Performed without a	4 @ 0.50 each			its in different directions [f'wd/s'wd & b'wd		
fall		Francisco with all 4 OD	NB: Rolls, handstands & holds not be used to fulfil CR 3 & 4		0-14	
Vault Height	Bonus	Exercise with all 4 CRs	Exercise without a fall [provided all CRs are fulfilled]		Salto with 1/1 [360°] turn	
Intermediate &	0.50 each		[provided all CKS are fullified]			
Senior 125 cm	Performed without					
1 x springboard	a fall					
	Composition,	Use COMPOSITION, ARTISTRY & SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points				
2 x Vaults	Artistry &		EPT AS STATED BELOW where there will be NO DEDUCTION			
performed	Specific	Jump from LB to HB will fulfil the CR 1 and will not be deducted.				
Best score to count	Apparatus	be deducted.				

**Deductions** 

# 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 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 <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.

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

Exercises		211 Dy the, an expressed with 1996 than a definition will be deducted 1199 for each filleding clotheric					
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> <li>Flight element from HB to LB</li> <li>Flight element on the same bar</li> <li>Different grips (not cast, mount. or dismount.)</li> <li>Non flight element with min 360° turn (not mt.)</li> </ul>	<ul> <li>Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position]</li> <li>Turn from Group 3</li> <li>Acro series of minimum 2 flight elements with 1 being a salto</li> <li>Acro elements in different directions [fwd/swd and b'wd NB: Rolls, handstands &amp; holds not be used to fulfil CR 4</li> </ul>	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	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					

**Deductions**