

# ENGLISH GYMNASTICS BRONZE LEVEL Championships 2020/2021

AGE GROUPS [in year of competition] Juniors 9/10 Years

<p><b>Difficulty Value [DV]</b>                  Uncoded elements 0.00 each                  FIG A elements 0.10 each                  FIG B elements 0.20 each</p>	<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.  <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> Only Uncoded/A/B elements allowed Maximum 3 x B elements  <b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 from either category</b> 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  <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>				
<b>Short Exercises</b>	<p><b>FIG Rules apply for BEAM &amp; FLOOR</b>                  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>	
<b>No vault allowed other than as stated below.</b>	<b>Barred Elements</b>	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	
<b>D score 2.8 maximum</b>	<b>Uncoded Elements 0.00 each</b>	Upward hip circle mount Squat onto Low Bar, jump to High Bar Backward sole circle tucked ¼ Giant circle from LB to HB ¼ 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 Scissor leap Changement 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	
<b>Vault Height 110 cm 1 x springboard</b>	<b>Composition Requirements [CR] 4 @ 0.50 each</b>	<ul style="list-style-type: none"> <li>• Any FIG Coded mount and dismount</li> <li>• Bar change from LB to HB [flight not necessary]</li> <li>• Element started and finished on HB</li> <li>• Close bar element</li> </ul>	<ul style="list-style-type: none"> <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 flight element B DV maximum</li> <li>• Acro elements in different directions [f'wd/s'wd &amp; b'wd]</li> </ul> <p>NB Rolls, handstands and holds may not be used to fulfil CR 4</p>	<ul style="list-style-type: none"> <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>	
<b>2 x Vaults performed</b>	<b>Bonus 0.50 each Performed without a fall</b>	<b>None</b>	<b>Exercise without a fall [provided all CRs are fulfilled]</b>	<b>None</b>	
<b>Best score to count</b>	<b>Composition, Artistry &amp; Specific Apparatus Deductions</b>	<p>Use COMPOSITION, ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points  <b>EXCEPT AS STATED BELOW where there will be NO DEDUCTION</b></p>			
		.Jump from LB to HB will fulfil CR 2 and will not be deducted 0.50  Close bar elements given B value are acceptable. to fulfil CR 4	Unnecessary pause [more than 2 seconds]		