

ENGLISH GYMNASTICS GOLD Level 2020/2021

AGE GROUPS (in year of competition) 11 Years and older

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| 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 elements 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 apply 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 E elements and above | All E elements and above | All E elements and above Double saltos |
| D score 4.2 maximum | Composition Requirements [CR] 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] <i>NB Rolls, handstands and holds may not be used to fulfil CR 4</i> | <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 <i>NB. CRs 2, 3 and 4 must be performed within an acrobatic line</i> |
| 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 | Use COMPOSITION, ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points | | |