

ENGLISH GYMNASTICS SILVER Level 2020/2021

AGE GROUPS (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 elements from either category. FLOOR 4 x Acro lines [max] Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV. Barred elements are not allowed and no Difficulty Value will be given if they are performed. 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 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 D elements and above	All D elements and above	All D elements and above
Intermediates & Seniors D score 3.7 Maximum	Uncoded Elements 0.00 each	Squat onto Low Bar, jump to High Bar Backward sole circle tucked	Mounts: As FIG Code Most mounts count as A value Dance: 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 and holds may not be used to fulfil CRs 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 Intermediates & Seniors 125 cm 1 x springboard	Bonus 0.50 each Performed without a fall	Flight element from LB to HB [eg Mo shoot]	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 and 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 CR 1 and will not be deducted		