

# ENGLISH GYMNASTICS SILVER Level 2020/2021

AGE GROUPS (in year of competition)

Juniors 10/11 Years

|   |   |  |   |   |
|---|---|--|---|---|
| Difficulty Value [DV]<br>Uncoded elements 0.00 each<br>FIG A elements 0.10 each<br>FIG B elements 0.20 each<br>FIG C elements 0.30 each | Rules and Regulations are as per FIG Cycle 14 [2017] Code of Points, unless stated otherwise.<br>FIG Execution and Artistry Penalties will be applied.<br><b>BARS/BEAM/FLOOR – 8 highest elements including dismount Only Uncoded/A/B/C elements allowed</b><br><b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 elements from either category FLOOR 4 x Acro lines [max]</b><br>Barred elements are not allowed and no Difficulty Value will be given if they are performed.<br>Uncoded elements as listed below will be recognised and can count towards CRs and the number of required elements but have no DV.<br>Same element can only count once EXCEPT on Bars where an FIG Coded element [excluding Upstarts] may be repeated for Difficulty Value<br><b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b> |  |   |   |
| <b>Short Exercises</b>  | <b>FIG Rules apply for BEAM &amp; FLOOR</b><br>On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element  |  |   |   |
| <b>Vault</b>  |   | <b>Bars</b>  | <b>Beam</b>   | <b>Floor</b>  |
| No Vault allowed other than as stated below   | <b>Barred Elements</b>  | All D elements and above<br>C Dismounts<br>Double backaway dismounts   | All D elements and above<br>C Dismounts   | All D elements and above<br>C Salto dismounts   |
| <b>D score 3.0 maximum</b>  | <b>Uncoded Elements</b>   | Squat onto Low Bar, jump to High Bar<br>Backward sole circle tucked  | Mounts: As FIG Code Most mounts count as A value<br><br>Dance: Stretch jump with ½ turn   | Backward roll to handstand<br>Handstand forward roll<br>Forward walkover<br>Backward walkover<br>Valdez<br>Cartwheel<br>Tuck jump   |
| <b>Bonus 0.50</b>   | <b>Composition Requirements [CR]</b>  | <ul style="list-style-type: none"> <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> | <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 series of minimum 2 elements [1 x with flight]</li> <li>• Acro elements in different directions [f'wd/s'wd &amp; b'wd]</li> </ul> NB Rolls, handstands and holds may not be used to fulfil CRs 3 & 4 | <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>• 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> |
| <b>Vault Height 115 cm.</b><br>1 x springboard  | <b>Bonus 0.50 each</b><br>Performed without a fall  | <b>Exercise with all 4 CRs</b>   | <b>Exercise without a fall [provided all CRs are fulfilled]</b>   | <b>Salto with 1/1 [360°] turn</b>   |
| <b>2 x Vaults performed</b><br><b>Best score to count</b>   | <b>Composition, Artistry &amp; Specific Apparatus Deductions</b>  | Use COMPOSITION, ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points<br><b>EXCEPT AS STATED BELOW where there will be NO DEDUCTION</b>                               |   |   |
|   |   | Jump from LB to HB will fulfil the CR 1 and will not be deducted 0.50.   |   |   |