

Issue No. 12 December 2016

The following updates to the rules for the Junior & Senior British Championship were agreed at the WTC meeting on 3rd December 2016.

Approval will be sought from England to apply these at the English Championships 2017.

- 0.2 bonus for D or above dismount on Bars, Beam, Floor
- 0.1 bonus added on to the above for a stuck landing (D or above) – on Floor landing must be from a D or above acrobatic line/element.

Examples:

- Round off flick double back salto tucked (stuck landing)	0.10 landing bonus
- Round off flick, 2 ½ twisting back salto (stuck landing)	0.10 landing bonus
- Round off flick double back salto tucked, punch front salto tucked (stuck landing)	0.10 landing bonus + 0.10 FIG bonus
- Round off flick 2 ½ twisting back salto, punch front salto tucked (stuck landing)	0.10 landing bonus + 0.10 FIG bonus
- Round off flick 2 ½ twisting back salto stretched, walk out, round off flick 1/1 twisting back salto straight (stuck landing)	0.10 landing bonus
- Round off flick double back salto, rebound stag jump	no stuck landing bonus
- Round off flick 2 ½ twisting back salto, rebound sissone	no stuck landing bonus

- 0.1 bonus on Bars if a 1/1 turn in an element is completed within 10°
- 0.2 bonus on Vault for stuck landings (minimum DV 4.8).
- 0.3 deduction if one foot/one hand is out of bounds on Floor
- 0.5 deduction if both feet are out of bounds on Floor

The FIG deductions below will also apply to the stuck landings:

- Legs apart on landing (more than shoulder width) 0.10
- Extra arm swing (apply only one time) 0.10
- Lack of balance 0.10, 0.30
- Body posture fault (hips, head, shoulder position)
- Deep squat