

Issue No. 29 (REVISED) – January 2022

Dear All

Firstly the WTC and National Coaches hope you managed to have a good Christmas and we would like to wish you all a very Happy New Year.

We hope that the Regional and National programmes go ahead as planned but we are very aware that we are still in a difficult position due to the COVID 19 pandemic.

We would like to remind everyone that the Compulsory Levels booklet is available in the Academy and that the Voluntary Levels document is on the BG web site.

Competition and Date 2022	Opening Date	Closing Date	
British Championships 24 th -27 th March	31 st December	By Noon Friday 11 th February	
National Compulsory 3&2 4 th /5 th June	11 th March	Teams	Noon Friday 22 nd April
		Gymnasts	Noon Monday 9 th May
National Development Plan 18 th /19 th June	25 th March	Teams	Noon Friday 6 th May
		Gymnasts	Noon Friday 20 th May
Adrian Stan Team 1 st /2 nd October	8 th July	By Noon Friday 19 th August	
National Voluntary 3&2 26 th /27 th November	2 nd September	Teams	Noon Friday 14 th October
		Gymnasts	Noon Monday 31 st October
FIG Challenge Qualifier 26 th /27 th November	2 nd September	By Noon Friday 14 th October	
Classic Challenge 9 th /10 th /11 th December	16 th September	Teams	Noon Friday 28 th October
Bill McLoughlin Teams		Gymnasts	Noon Friday 11 th November
	by scores only from the Classic Challenge		

Women's Artistic Technical Committee

We are very pleased to see a return of the British Championships to the M&S Bank Arena Liverpool. See specific rules below.

ESPOIR BRITISH CHAMPIONSHIPS & ESPOIR FIG CHALLENGE QUALIFIER 2022

Gymnasts 12 & 13 years of age

Refer to "2022 Women's Artistic National Voluntary Levels For Coaches Listed by Level - Published December 2021" [screen shot below]

Updated December 2021

British Esport 2022 – 12/13 years

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50		Elements will be given Difficulty Value per FIG Cycle 15 Code of Points 2022-2024 Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*		
Short Exercises		FIG Rules apply for all apparatus		
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 125cm. Total height of landing mats equals 30cm. soft side uppermost	FIG Bars Regulations. Total height of landing mats equals 30cms plus <ul style="list-style-type: none">Additional 2mx1.4mx10cm Gymnova "jersey" style mat will be permitted on bars without incurring a penalty and may be moved during the routine providing it does not hinder the view of the judges.	FIG Beam Regulations with: <ul style="list-style-type: none">Total height of landing mats equals 30 cms.	FIG Floor Regulations with: <ul style="list-style-type: none">Additional 5cm landing mat permitted for double salto and bwd triple twist without incurring a penalty. Must be removed after performing the element.
Requirements	For the All-Around Competition: - Any two FIG vaults (same or different) must be performed. The best score of the two vaults counts towards the all-around. For vault ranking: As an individual apparatus, any two FIG vaults (can be same group but with a different number) must be performed. The average score of the two vaults counts.	As per FIG Code of Points: <ul style="list-style-type: none">Flight from HB to LBFlight element on same bar *Different grips (not cast, MT or DMT)Non-flight element with minimum 360° turn (not mount) If a gymnast is awarded all 4 FIG CRs, she will receive a 0.30 bonus. Plus 0.50 - GBR penalty for not showing minimum 1 x cast to handstand without ½ turn (<i>straddle permitted</i>) " no tolerance " *Bar to same bar release and catch – if gymnast grasps or touches – 0.50 deduction for a fall, and DV/CR given. <ul style="list-style-type: none">*Full pirouette, to fall by <30°, 0.50 deduction for a fall and DV/CR given.No deduction for an upstart after a Shap or after a clear hip hecht with 180° turn. A coach (holding the relevant BG qualification) must stand in for all releases and D+ dismounts. A penalty of 0.50 will be applied if the coach is not present.	As per FIG Code of Points (except CR2): <ul style="list-style-type: none">One Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (cross or side) or straddle positionTurn (Gr 3)1 x acro series min of 2 flight elements 1 being a salto (elements may be the same)Acro elements in different directions [fwd/swd & bwd] Plus: <ul style="list-style-type: none">0.50 - GBR penalty for not showing minimum 1 x 180° split (cross or side) in leap/jump elements "no tolerance"	As per FIG Code of Points: <ul style="list-style-type: none">A dance passage 2 different leaps or hops (from CoP) connected directly or indirectly, one of them with 180° split (cross or side) or straddle positionSalto with LA turn (min 360°)Salto with double BASalto backward & salto forward (no aeriels) in the same or different acro line CRS 2,3 & 4 must be performed in an acro line Plus: 0.50 - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements " no tolerance " If less than 3 acro lines are performed the gymnast will receive a penalty of 1.0
Barred Elements (prohibited / receive no DV)		Dismounts: <ul style="list-style-type: none">Dismounts 6.407, 6.408, 6.507 & 6.508		Double front [4.501] [4.601] Double Arabian [4.505] [4.605]
GBR Bonus (in addition to FIG)		0.30 - 3 x different root skills 0.50 - Clear pike circle [4.407] to min 45° 0.50 - Invert & invert ½ or more 0.30 bonus for heel drive technique on front giant	0.20 - D or above salto/aerial performed in series with coded dance element 0.20 - Any series min B+B+C (+ FIG 0.10 SB) Bonuses awarded only within routine time limit (1 min 30 sec) and only awarded if performed without a fall.	0.10 - 1 x acrobatic line [2 x different saltos direct connection] one being a C salto 0.20 - 2 x different saltos with direct connection D+A or more. D salto must contain LA turn (+FIG 0.10) 0.20 - 3 x C or above dance elements Bonuses are only awarded if performed

JUNIOR BRITISH CHAMPIONSHIPS & JUNIOR FIG CHALLENGE QUALIFIER 2022

Gymnasts 14 & 15 years of age

FIG Cycle 15 Code of Points (2022-2024)

BONUS

BARS

- If a gymnast is awarded all 4 FIG CRs, she will receive a **0.30** bonus

SENIOR BRITISH CHAMPIONSHIPS & SENIOR FIG CHALLENGE QUALIFIER 2022

Gymnasts 16+ years of age

FIG Cycle 15 Code of Points (2022-2024)

Women's Artistic Technical Committee

The registration for the British is now open. The safety of the gymnasts is paramount. They will need to be well prepared and safe in their choice of skills. However the guidance for this level of competition remains as stated in the last Update:

Vaults at all levels to have a salto.

Espoir 2 CR on Bars
 4 CR on Beam
 3 CR on Floor, to include 1 salto minimum 'D' or more

Junior 3 CR on Bars
 4 CR on Beam
 4 CR on Floor

Senior 4 CR on Bars
 4 CR on Beam
 4 CR on Floor

Gymnasts may still be working to return to previous levels so please remember another route through Classic Challenge may be the way to go in 2022.

Qualification for Vault Final at British Championships 2022

As we don't hold a "Qualification" event at the British those gymnasts wishing to qualify for the Vault Final will still be permitted 3 warm up vaults in the All Around competition. This is different to the new rule in the Code of Points which states that only 2 warm up vaults are permitted in All Around Final. However, as per the new CoP, in the Apparatus Final itself, only 2 warm up vaults will be allowed.

Change to Uneven Bars measurements

Both bar rails will be raised by 5cm for all gymnasts, effective 1st January 2022.

The new measurements are **175cm for the low bar** and **255cm for the high bar**.

The new inner diagonal distance between the bars will be confirmed by the FIG in the publication of the Apparatus Norms.

Tall gymnasts may still request to raise both bar rails by an additional 5cm according to the Code of Points rule.

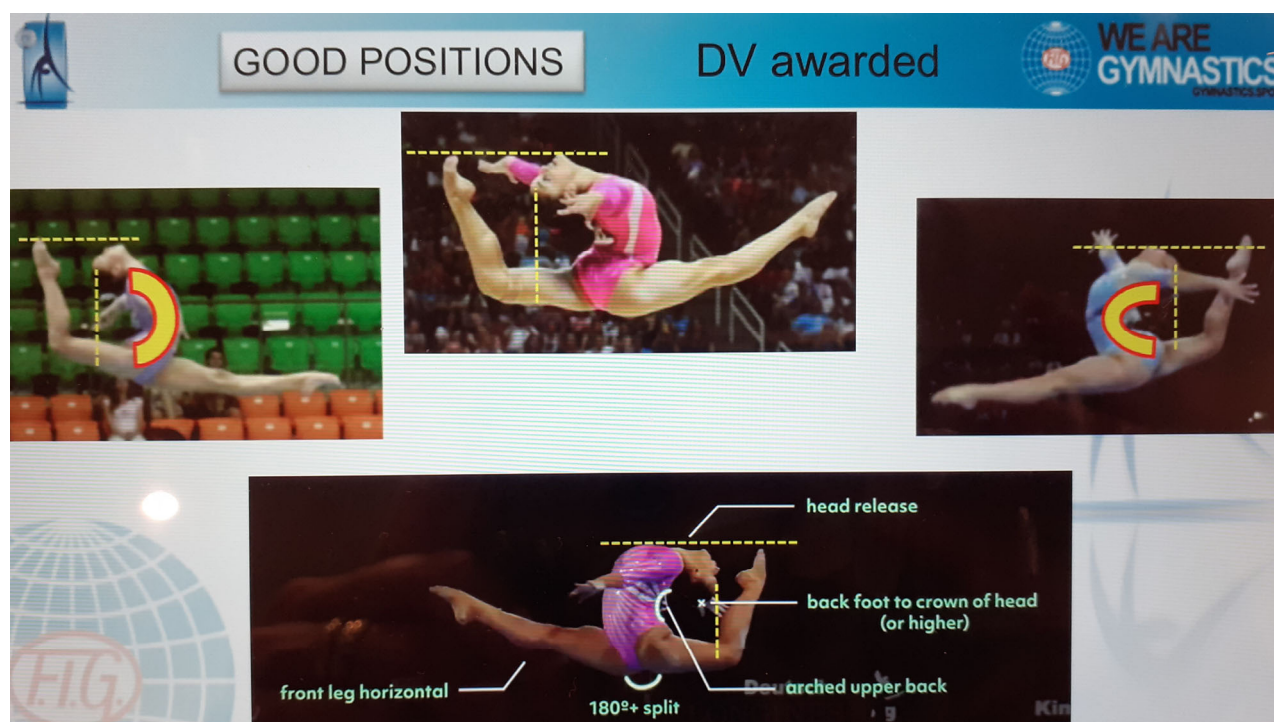
Women's Artistic Technical Committee

Code of Points 2022-2024

We have some important full FIG competitions coming up and I am sure you are all working hard and making good decisions for the routine construction of your gymnasts.

It must be remembered that the technical requirements of all elements is important and we would like to raise one or two things which need to be taken into consideration:

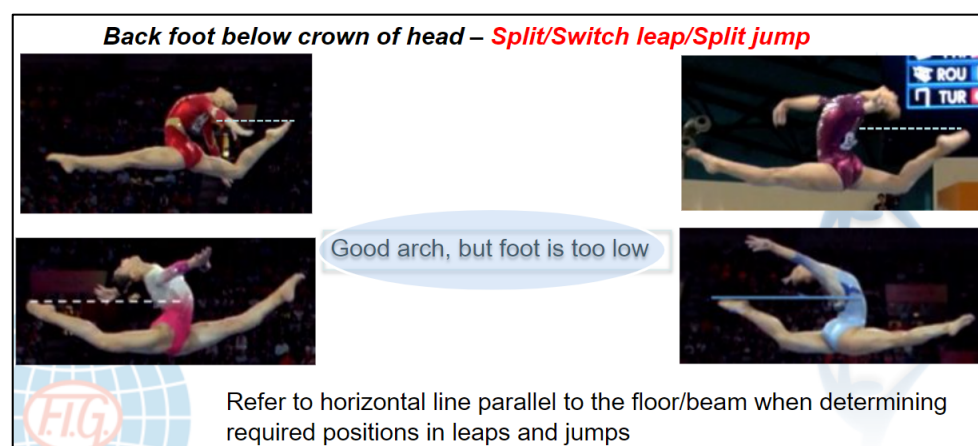
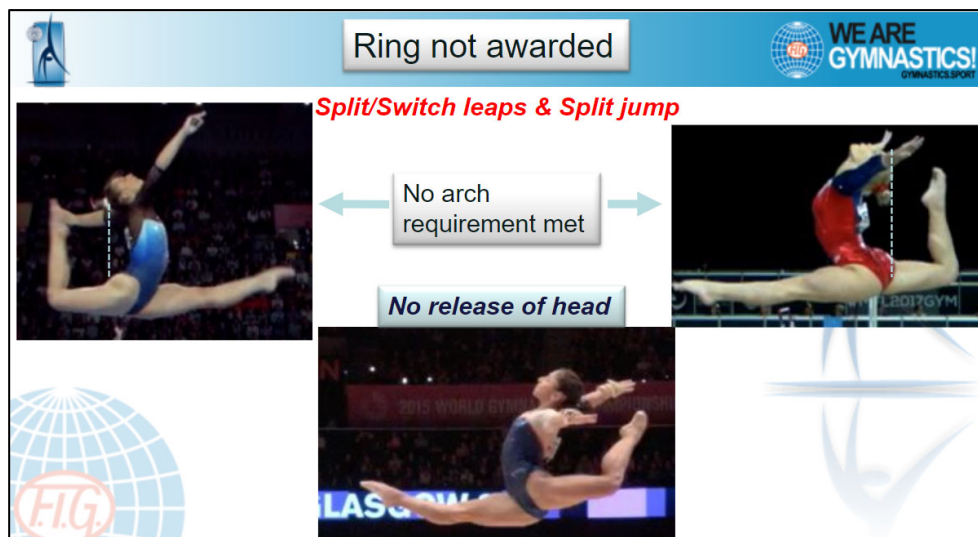
Ring leap/jump requirements as per bottom photo below:



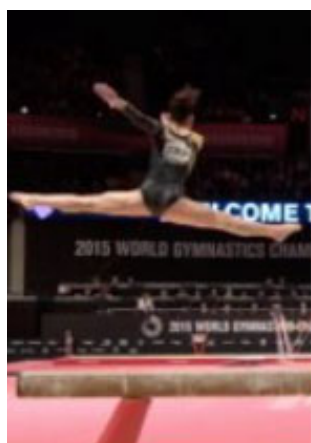
Failure to fulfil these requirements (see next photo for incorrect positions) will mean the element will be credited another element in the CoP, ie.

- switch leap to ring (value E) becomes switch leap (value C)
- split jump to ring (value D) becomes split jump (value B)
- split leap to ring (value D) becomes split leap (value A)

Women's Artistic Technical Committee



Switch leap with ½ turn - if the gymnast goes through a Johnson position/technique, it is credited a Johnson (value C) even if the ½ turn is completed.



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Jumps and leaps with turn:

Guidelines:



Element will not be recognized as jump with turn in side position when:

- **Start with moving the foot/feet**
- **Turning the head in the preparation**
- **During preparation there is early turning of knees/hips**


(When bending the knee, body should be in forward direction)

Connection principles:

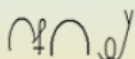
GUIDELINES:

- Timing in connection is the determining factor
- If the fluency is not interrupted by a lack of balance, the connection is recognized:
 - slight movement with arms → **YES**, the Connection counts 
 - visible clear lack of balance – (movement of the upper body or shoulder to the side etc.)
→ **NO**, connection doesn't count 
- Free leg placement could be at the back or in front

Arms' position in mixed connections

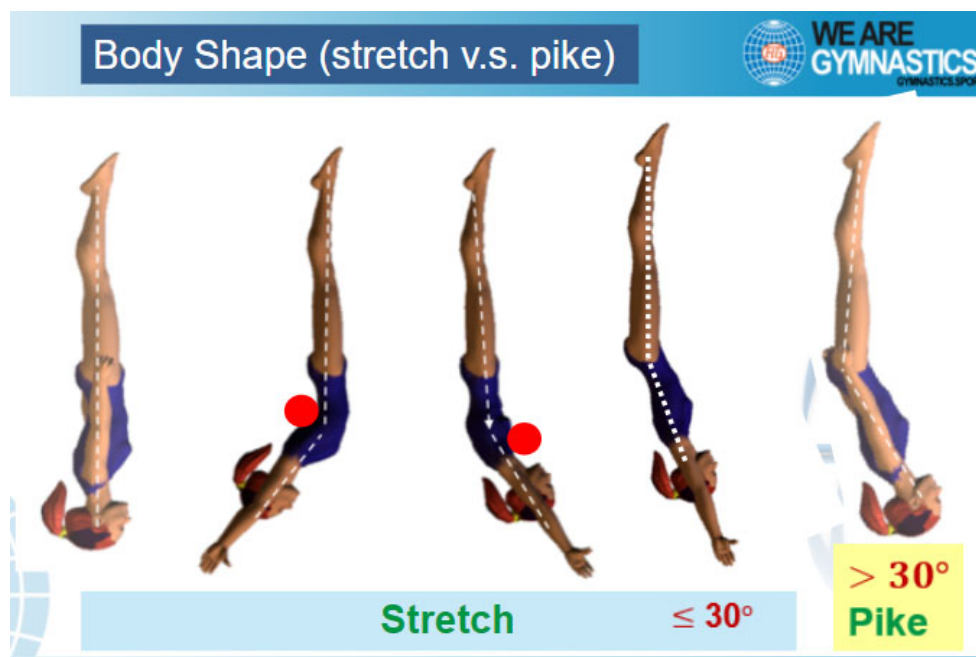
- Timing of preparation for the next element (pre-loading) is decisive
- Landing the free leg together with arm swing in one direction → **YES** award Connection. 
- The connection is given as long as arms circle going in one direction.
- Landing with straight legs with arms up and stop → **NO** Connection
- A double swing (fwd & bwd) is not permitted

(for example:



Women's Artistic Technical Committee

On straight Vaults without twist the stretched position must be maintained for the majority of the salto. A slight bend in the hips (approx. up to 30°) is allowed. More than 30° is considered Pike.



If anyone has any questions, please contact the WTC via maria.mcloughlin@britishgymnastics.org.

Maria McLoughlin