

**Commencing
January 2019**

British Espoir – 12/13 years

Short Exercises	FIG Rules apply for all apparatus			
<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points 2017-2020 Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise FIG Execution and Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 4 acrobatic [min] + 3 dance [min] and 1 optional element. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Apparatus	Vault	Bars	Beam	Floor
	<p>Vault table at 125cm with: landing mats soft side uppermost. Total height of landing mats equals 30 cms.</p> <ul style="list-style-type: none"> Yurchenko collar compulsory for all vaults 	<p>FIG Bar Regulations with landing mats soft side uppermost. Total height of landing mats equals 30 cms . . .plus</p> <ul style="list-style-type: none"> Additional 10cm Gymnova “jersey” style mat; to be positioned and repositioned once only 	<p>FIG Beam Regulations with landing mats soft side uppermost. Total height of landing mats equals 30 cms.</p>	<p>FIG Floor Regulations with:</p> <ul style="list-style-type: none"> Additional 5cm landing mat permitted for double salto <i>without incurring a penalty</i>. Must be removed after performing the element. 10cm landing mat NOT permitted
Requirements	<p>For the All-Around Competition: - Any 2 FIG vaults (same or different) must be performed. The best score of the two vaults counts, (including bonuses below).</p> <ul style="list-style-type: none"> If only one vault is competed the score will be divided by 2 <p>Qualification for & Apparatus Finals: For qualifying and competing in apparatus finals, 2 different vaults must be performed (maybe from same group with a different number).</p> <p>Open tuck Yurchenko – 3.50 [No.4.00] Open tuck Tsukahara – 3.70 [No.3.00]</p>	<p>As per FIG Code of Points:</p> <ol style="list-style-type: none"> Flight from HB to LB Flight element on same bar * Different grips [not cast, MT or DMT] Non-flight element with minimum 360° turn [not mount] * <p>If a gymnast is awarded all 4 FIG CRs, she will receive a 0.50 bonus</p> <p>Plus</p> <ul style="list-style-type: none"> 1.00 - 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 fail by <30°, 0.50 deduction not 1.00 No deduction for an upstart after a Shap A coach (<i>holding the relevant BG qualification</i>) must stand in for all releases and D dismounts and above. <i>Failure to do so will result in the element not being credited DV or CR.</i> 	<p>As per FIG Code of Points:</p> <ol style="list-style-type: none"> Connection of at least 2 different dance elements 1 being a leap or jump Turn (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] <p>Plus:</p> <ul style="list-style-type: none"> 1.00 - GBR penalty for not showing minimum 1 x 180° split (cross or side) in leap/jump elements *no tolerance* 	<p>As per FIG Code of Points:</p> <ol style="list-style-type: none"> A dance passage 2 different leaps or hops (from CoP) Salto with LA turn min 360° Salto with double BA Salto backward and salto forward CRS 2,3 & 4 must be performed in an acro-line <p>Plus:</p> <ul style="list-style-type: none"> 1.00 - 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 deduction of 2.0 Out of bounds 0.30 flat deduction each time

<p>Barred Elements (prohibited / receive no DV)</p>		<p>Dismounts:</p> <ul style="list-style-type: none"> • Dismount higher than D • Salto forward with 360°/720° turn • Single salto backward with 180°/540°/900° turn • Dismounts 6.407, 6.408, 6.507 & 6.508 		<p>Double front salto [4.501] [4.601] Double Arabian [4.505] [4.605]</p>
<p>GBR Bonus (in addition to FIG)</p>	<p>0.50 - if 2 different groups with Salto can be the same body shape or different 0.20 - for a DV of 4.60 & higher 0.20 - Bonus for a Salto vault with stuck landing (awarded one time only) Bonuses are only awarded if performed without a fall.</p> <p>The Score for All-Around: IS COMPRISED OF the D Score and E Score and any earned bonuses from the list above.</p> <p>Note – the 2 groups bonus of 0.50 (if earned) will be added to the highest final scoring vault to count for all around, and will also apply to the average of both vaults to enter apparatus finals and during event finals.</p> <p>For Apparatus Finals: IS COMPRISED OF the D Score and E Score and any earned bonus from the list above.</p>	<p>0.20 - Cast handstand ½ turn, if turn before vertical 0.20 - Double tuck salto backwards with hands not touching the legs 0.20 - Double pike back salto 0.20 - Stuck D dismount 0.30 - 3 x different root skills 0.50 - Clear pike sole circle [4.407] to min 45° 0.50 - Invert & invert ½ 0.50 - Permitted D dismount</p>	<p>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) 0.20 - Stuck D dismount 0.50 - Double spin 0.50 - D or above dismount</p> <p>Bonus awarded only within routine time limit (1 min 30 sec)</p>	<p>0.20 - 1 x acrobatic line [2 x different saltos in direct connection] one being a C salto 0.20 - 2 x different saltos with direct connection D+A or more difficult. D salto must contain LA turn (+ FIG 0.10) 0.20 - 3 x C or above dance elements 0.20 - All landings stuck from D saltos 0.30 - If routine has 4 acro lines, each containing 1 element minimum C value</p>