

# BRITISH CHAMPIONSHIPS 2015

## British Espoir – 12/13 years

<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 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Junior 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 – 5 acrobatic [max] + 3 dance [min] FLOOR – Min 3 / Max 4 acro lines <b>*Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</b></p>			
<p><b>Short Exercises</b></p>	<p>FIG Rules apply for all apparatus On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<p><b>Vault</b></p>	<p><b>Bars</b></p>	<p><b>Beam</b></p>	<p><b>Floor</b></p>
<p><b>Apparatus</b></p>	<p>Vault table at 125cm with: ▪ 20cm safety mats with 10cm roll mat</p>	<p>FIG Bar Height Regulations with: ▪ 10cm supplementary mat (4m x 2m) - to be placed once ▪ Additional 10cm supplementary mat (2m x 2m) to be positioned and may be repositioned once only</p>	<p>FIG Beam Regulations</p>	<p>FIG Floor Regulations with: ▪ Additional 5cm mat permitted for double salto <i>without incurring a penalty</i>. Must be removed after performing the element. ▪ 10cm mat NOT permitted</p>
<p><b>Requirements</b></p>	<p>FIG Junior Code applies Any vault from FIG Code of Points Open tuck vault is permitted Open tuck tsukahara – 4.40 (Vault No.3.00) Open tuck yurchenko - 4.20 (Vault No. 4.00)</p>	<p>As for FIG Junior Code of Points plus: ▪ <b>1.0</b> - GBR penalty for not showing minimum 1 x cast to handstand without ½ turn (<i>straddle permitted</i>) <b>*no tolerance*</b>  A coach (<i>holding the relevant BG qualification</i>) <b>must</b> 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>	<p>As for FIG Junior Code of Points plus: ▪ <b>1.0</b> - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements <b>*no tolerance*</b></p>	<p>As for FIG Junior Code of Points plus: ▪ <b>1.0</b> - GBR penalty for not showing minimum 1 x 180° split (cross or side split) in leap/jump elements <b>*no tolerance*</b> ▪ If less than 3 acro lines are performed the gymnast will receive a deduction of 2.00</p>
<p><b>Barred Elements</b> (prohibited / receive no DV)</p>		<p><b>Dismounts</b></p> <ul style="list-style-type: none"> <li>• Dismount higher than D</li> <li>• Salto forward with 360°/720° turn</li> <li>• Single salto backward with 180°/540°/900°turn</li> <li>• Dismounts No. 6.407, 6.408, 6.507 &amp; 6.508</li> </ul>		<p>Double front salto [4.501] [4.601]</p>
<p><b>GBR Bonus</b> (in addition to FIG)</p>		<p><b>0.5</b> - Permitted D dismount – awarded in addition to 0.5 for fulfilling the dismount CR</p>	<p><b>Gymnasts may be awarded bonus for a maximum of two out of the following three options:</b> <b>0.2</b> – D or above salto/ariel performed in series with dance element  <b>0.3</b> - For performing 'FIG Series Bonus' - must be completed on the beam for GBR bonus.(FIG series bonus awarded for a series which includes the dismount)  <b>0.3</b> – Double Spin</p>	<p><b>0.2</b> - 1 x acrobatic line [2 x different saltos in direct connection] including C salto  <b>0.2</b> - 3 x C or above dance elements</p>