

The logo for British Gymnastics, featuring the words "British" and "Gymnastics" in a white, sans-serif font, stacked vertically. The background is a gradient of blue and purple, with a large white curved shape on the right side.

British Gymnastics

2025
Women's Artistic National
FIG Development 1, 2 & 3
For Coaches & Judges
Listed by Level
~~Published February 2024~~
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Revised November 2024 for competitions in 2025

NATIONAL FIG DEVELOPMENT CHAMPIONSHIPS 2025 – HELD IN REGIONS

FIG Development 1 – Minimum age 9 years (for gymnasts who have taken Excel 1 in the same year)

A/U = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50	Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 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 – max 4 x Acro lines Same element can only count once EXCEPT on Bars where a FIG Coded element may be repeated for Difficulty Value *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*			
Short Exercises	FIG rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 110cm with: Landing mats turned soft side uppermost when possible.	FIG landing mats - 20cm + 10cm mat throughout + additional mandatory 20cm landing (crash) mat. Total height of landing mats equals 50cm	FIG Beam Regulations with: - Total height of landing mats equals 30cm 20cm crash mats throughout length of beam	FIG Floor Regulations
Requirements	Front handspring vault DV = 2.00 Best score of 2 vaults No deduction if only 1 vault performed	Gymnast automatically receives 2.00 for CR Dismount must be included in counting elements <u>*A value only allowed*</u> Unpermitted dismount 0.30 deduction only The sole circle [5.108] may be performed with bent legs without incurring execution penalty	1. Connection of min 2 different dance elements: - To include 1 leap or jump with 180° split (cross or side) or straddle position 2. Any coded 1/1 spin on one foot in forward direction 3. Acrobatic series with 2 elements [min] 1 with flight [not Salto] - not connected into dismount 4. Acro elements in different directions [fwd/swd & bwd] (if a tic toc is used in the acro series then an additional forwards element must be performed) Dismount must be included in counting elements <u>*A value only allowed*</u> Unpermitted dismount 0.30 deduction only	1. Dance passage of min 2 different leaps or hops: To include 1 leap or hop with 180° split (cross or side) or straddle position 2. Salto bwd and Salto fwd (no aerials) in the same or different acro line 3. 2 acro lines, 1 with 2 different Saltos 4. Spin min 360° (any position) Dismount must be included in counting elements <u>*A or B Salto must be in last acro line*</u> Unpermitted dismount 0.30 deduction only
Un-coded Permitted Elements (receive 0.10 DV)		Cast above 45° (see diagram for penalties) ¾ Giant from LB to HB (no penalty for empty swing at the end of this element) Cast squat, stoop, or straddle onto LB - jump to catch HB - (no penalty for performing jump LB to HB or sole circle jump) Straddle or pike on undershoot dismount or ¾ sole circle dismount	Tuck jump Straight jump	
Barred Elements (prohibited / receive no DV)		Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than Salto backward straight	Any Saltos [other than dismount] Free cartwheel Side Salto Free walkover Hops/jumps/leaps with 360° turn Hops/jumps/leaps to front support	All acro elements above B in difficulty value Attempt without performance of an element (eg. additional hurdle) 0.30 deduction each time
GBR Bonus (in addition to FIG)		0.50 - Backward giant without fall (awarded once only) 0.50 - Close bar element, min 45° (awarded once only)	0.20 - Dance/Acro min A+B (mixed only, any order) 0.40 - Series bonus of 3 elements (Dance or Acro or Mixed) min BBA, BAB, ABB Bonus awarded only within routine time limit (1 min 30)	

Clarifications/Help Desk/Updated Notes from Q & A for FIG Development 1

General Notes:

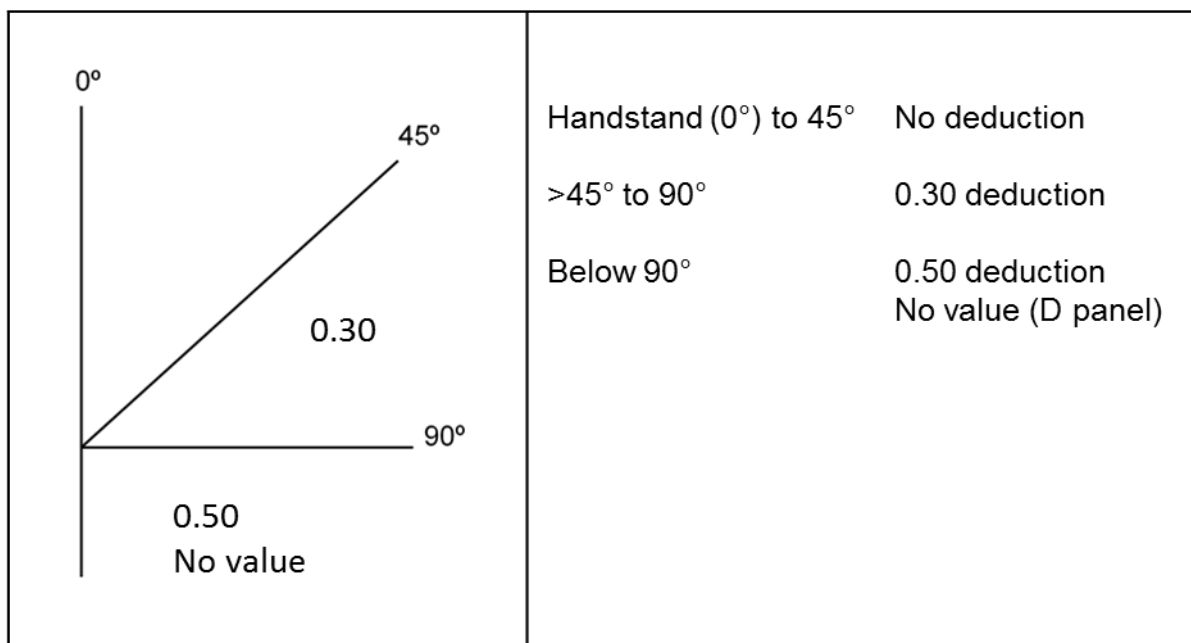
- Un-coded elements 'U' which are permitted are listed in the tables and have a value of 0.10 for DV. They will fulfil the same criteria as A value elements.
- "Unpermitted dismount" is a dismount which has been performed, but not at the difficulty value specified.
- The penalty for this is 0.30 which is taken as a neutral deduction, however if the difficulty value performed is greater than the specified value, the higher value will be treated as the specified value and will also incur the 0.30 deduction.

Vault:

- FIG deductions apply

Bars:

Diagram for FIG Development 1 Bars – Un-coded element (value - 0.10) – Cast to above 45°



Beam: Conditions for bonuses

- The maximum bonus that can be awarded for a series of 3 elements, is 0.40 (connections with more than 3 elements will still only earn 0.40).
- The mixed series bonus (0.20) can only be awarded if not used in conjunction with any other bonus.
- A combination of 3 elements may not be used to gain mixed bonus twice (0.20 + 0.20) example W-Jump-Flic-Sissone.
- A gymnast may perform as many different bonus connections of 2 mixed elements or 3 consecutive elements within the maximum time limit.
- N.B The specific connection of 3 flics (same or different) will be awarded 0.40 bonus.

FIG Development 2 – Minimum age 10 years (for gymnasts who have taken Excel 2 in the same year)

Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 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 – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – 4 acrobatic + 4 dance and max 4 x Acro lines BARS – backward giant can receive Difficulty Value twice BEAM – Bonus awarded only within routine time limit (1 min 30) *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*				
Short Exercises FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element				
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 115cm with: - Additional 5cm mat over vaulting table - Mats to 120cm height - Yurchenko guard compulsory	FIG landing mats - 20cm + 10cm mat throughout + additional mandatory 20cm landing (crash) mat. Total height of landing mats equals 50cm	FIG Beam Regulations with: - FIG landing mats - Total height of landing mats equals 30cm	FIG Floor Regulations
Requirements	Yurchenko prep to stand and fall back DV = 3.50 Best score of 2 vaults performed onto piled up mats: <u>see diagram</u> No deduction if only 1 vault performed	At least one skill to be performed on low bar (0.50 penalty if missing) No penalty for performing jump from LB to HB - Cast to within 10° of handstand 2 close bar circle elements [non-flight] same or different * see appendix 2 x 180° (min) turn non-flight giant circle elements - Straight backaway dismount Dismount must be included in counting elements *A value only allowed* Unpermitted dismount 0.30 deduction only	- Connection of minimum 2 different dance elements: - To include 1 leap or jump with 180° split (cross or side) or straddle position - Any coded 1/1 spin on one foot - Acrobatic series with minimum 2 flight elements performed on the beam - Salto not required - not connected into dismount Award 1.00 for this CR (no attempt 0.50 penalty) - Acro elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements *A or B value only allowed* Unpermitted dismount 0.30 deduction only	- Dance passage of minimum 2 different leaps or hops - To include 1 leap or hop with 180° split (cross or side) or straddle position * - Straight Salto with minimum 360° LA turn - forward or backward in an acro line - Acro line with 2 different Saltos, minimum 1 forward Salto - A third different acro line Routine must include 4 acro & 4 dance skills - 0.20 penalty for any missing element Dismount must be included in counting elements *B or C value Salto must be in last acro line* Unpermitted dismount 0.30 deduction only
Un-coded Permitted Elements (receive 0.10 DV)		Cast squat, stoop or straddle onto LB - jump to catch HB - (no penalty for performing jump LB to HB) The sole circle [5.108] may be performed with bent legs without incurring execution penalty		
Barred Elements (prohibited / receive no DV)		Cast to handstand with legs straddled [2.101] Cast to h'stand straddle legs & ½ turn [2.201] Flight on same bar [release] Dismounts: Salto forward tucked or piked [6.108]	Salto forwards from two feet [mount or content] Salto sideward [5.412] Hops/jumps/leaps to front support	Connections from Salto backward with 540° Double Salto Salto backward with LA turn greater than 720° Attempt without performance of an element (eg. additional hurdle) 0.30 deduction each time
GBR Bonus (in addition to FIG)		0.30 - 3 different close bar circle elements to within 30° of handstand 0.50 - 2 different grips - <i>not within flight or dismount (awarded once only)</i> <i>*If using forward giant, bonus can only be awarded for heel driven technique</i> 0.50 - Clear pike circle [4.407] to min 45° (awarded once only)	Any FIG Series Bonus awarded only within routine time limit (1 min 30)	0.30 - for achieving 180° split

Clarifications/Help Desk/Updated Notes from Q & A for FIG Development 2

Bars:

- A sole circle (5.108,5.105,5.106 in the Code of Points) may be used as a close bar element once only (backwards and forwards).
- If the sole circle is used to get to the high bar from the low bar, it is considered complete in conjunction with the hands letting go of the low bar.
- The same close bar element (except sole circle) may be repeated for CR1 but will receive difficulty value only once.

Beam:

Floor:

- Saltos with B value may be performed at any time during the routine, but to avoid penalty there **MUST** be a B Salto performed in the last acrobatic line.

FIG Development 3 - 11 & 12 years. **For gymnasts who have passed Compulsory 3 in 2023.**

To progress to British Championships 2026, gymnasts must have achieved a working at or higher in Excel Grade 3. All gymnasts aged 13, who have achieved a working at or higher at Excel Grade 3 will take part in FIG Jun Dev competition (judged on FIG Junior CoP) taking place in conjunction with the FIG Dev 3 in order to progress to British Championships.

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 16 Code of Points 2025-2028 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 Beam & Floor. On Bars, an exercise with less than 7 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 125cm with: - FIG 30cm landing mats (soft side uppermost) with additional 10cm mat (optional) - Yurchenko guard compulsory	FIG landing mats - 20cm + 10cm mat throughout + additional mandatory 20cm landing (crash) mat. Total height of landing mats equals 50cm. 20cm mat is to be set for dismount.	FIG Beam Regulations with: Total height of landing mats equals 30cm	FIG Floor Regulations with: Additional 5cm mat permitted for double back without incurring a penalty. Must be removed after performing the element.
Requirements	Any FIG Vault The best score from any 2 vaults (same or different) No deduction if only 1 vault performed	- Non-flight element with 360° LA turn to fail by <30°, 0.50 deduction not 1.00 - DV given. - No deduction for an upstart after a Shap An FIG coded element performed on the LB 2 different close bar circle elements to within 30° of handstand (FIG deductions will apply) 2 different grips - Non-flight element with 360° LA turn [not mount] Dismount must be included in counting elements *A or B Salto only allowed* Unpermitted dismount 0.30 deduction only	- Connection of minimum 2 different dance elements: - To include 1 leap or jump with 180° split (cross or side) or straddle position - To include 1 C leap or jump - Minimum 1/1 spin - Acrobatic series with 2 flight elements - minimum 1 Salto Award 1.00 for this CR (no attempt 0.50 penalty) - Salto / aerial elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements *A or B value only allowed* Unpermitted dismount 0.30 deduction only	- Dance passage of minimum 2 different leaps or hops: - To include 1 leap or hop with 180° split (cross or side) or straddle position with no tolerance (0.50 penalty) & minimum 1 C leap or hop both min B - Acro line with 2 different Saltos - with minimum 1 C Salto - Salto bwd and Salto fwd (no aerals) in the same or different acro line - Spin min B (any position) Dismount must be included in counting elements *B or C value Salto only allowed in last acro line* Unpermitted dismount 0.30 deduction only If less than 3 acro lines are performed the gymnast will receive a deduction of 2.00
Barred Elements (prohibited / receive no DV)		Back/forward hip circle [2.105/2.104] Flight element from HB to LB & Flight element on the same bar Dismounts: Salto backward with 540°/900° LA turn Salto forward with 360°/720° LA turn		Double front [4.501] [4.601] Double Arabian [4.505] [4.605] [4.705] Attempt without performance of an element (eg. additional hurdle) 0.30 deduction each time
GBR Bonus (in addition to FIG)		0.30 - 3 different close-bar elements to handstand 0.50 - Backwards double tuck 0.50 - Clear pike circle [4.407] to min 45° 0.30 - LB to HB element 0.50 - Invert & invert ½ (L-Grip skills each time – not sole circle in L-Grip)	Any FIG Series Bonus awarded only within routine time limit (1 min 30) 0.20 - Additional different C dance element (max twice only) 0.30 - For each double spin as per FIG	0.20 - Salto minimum 720° LA turn 0.30 - Minimum 3 different C dance elements 0.50 - Double back Salto (awarded once only)

Clarifications/Help Desk/Updated Notes from Q & A for FIG Development 3

Bars:

- FIG deductions will be applied for bent legs in sole circle, but the jump to high bar will not attract FIG uncharacteristic element deductions.
- Cast squat, stoop, or straddle onto low bar, jump to high bar will not attract FIG uncharacteristic element deductions, but no DV will be given for this move.

Beam:

- Acrobatic elements may be with or without flight for bonus.

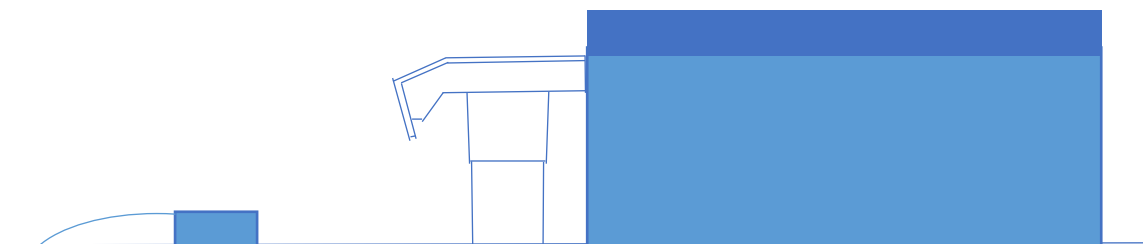
Floor:

- One leap or hop in the dance passage must have a 180° split with no tolerance (0.50 penalty).

FIG Development 2 Vault

Yurchenko prep vault **to stand and fall to back**

D score 3.50



Vaulting Table 115cm, Springboard (4 spring, 5 spring adapted, FIG)

Mat on table only, 5cm

Landing/Safety mat 120cm from the ground

≤5 cm depth round off mat

From the table onto built up mats - Land on feet and FALL to back lying, jump not permitted – Level landing

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
• Lack of acceleration, or deceleration shown, during run up	X	X	
First Flight Phase and feet landing on board			
• Landing off centre in any direction	X		
• Incorrect body position	X	X	
• Too high/ too low onto table	X	X	X
• Bent arms onto the table	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Repulsion Phase			
• Shoulder angle	X	X	
• Failure to pass leave the table through vertical	X	X	
• Bent arms	X	X	X
Second Flight Phase			
• Height	X	X	X
• Failure to maintain correct body position	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Distance			
• Insufficient length	X	X	
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Landing with feet on the table			0.80
General			
• Dynamics	X	X	X
• Failure to maintain correct body position during fall	X	X	
• Under rotation of vault			
○ without falling forwards	X		
○ with fall forwards		X	
• FIG body posture on landing penalties apply	X	X	X
• Deviation from straight direction on landing (on 1 st contact)	X	X	
• Correct body position maintained but feet not touching mat			X

WAG COP MODIFICATIONS FOR JUNIOR COMPETITIONS

The **2025 Code** is designed to:

- be utilised at all international competitions under the official jurisdiction of FIG, its Member Federations and Continental Unions, namely Junior World Championships, Youth Olympic Games and other Multisport Games, International Competitions and Tournaments as well as special events created by FIG.
- standardise the judging of the four phases of FIG official competitions: Qualification, Team Final, All Around Final and Individual Apparatus Finals.

For Junior Competitions, the 2025 Code with some modifications should be used.

2.1 Rights of the Gymnast

2.1.2 Warm-up

- **In Qualifications, Team Final, All-Around Final & Apparatus Finals** each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium (see Section 2 – touch warm-up).
The maximum touch warm-up time as per FIG TR 4.10.9

NOTE:

- *In Qualifications and Team Final the entire touch warm-up time belongs to the team except Vault. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.*
- *In mixed groups the warm-up time belongs personally to the gymnast.*

6.3 Short Exercise

The D-Jury will take the appropriate penalty for a short exercise from the Final Score:

- | | |
|----------------------|-----------------|
| • 6 or more elements | – no deductions |
| • 5 elements | – 4.00 P. |
| • 3-4 elements | – 6.00 P. |
| • 1-2 elements | – 8.00 P. |
| • No elements | – 10.00 P. |

7.2 Difficulty Value (DV)

DV Restriction: If performed “F”, “G”, “H”, “I” or “J” elements the maximum value of 0.50 for each element may be rewarded.

7.3 Composition Requirements (CR) 2.00 P.

Composition requirements are described in the respective Apparatus Sections.
A maximum of 2.00 P. is possible.

- One element may fulfil more than one CR; however, an element may not be repeated to fulfil another CR.

7.4 Connection Value

Formulas for CV are described in the respective apparatus Part 3: Sections 11, 12 and 13. (DV restriction will be taken into consideration).

DMT Bonus will not be awarded.

10.4 Requirements

- The **intended** vault number to be flashed (manually or electronically) before the vault is performed.
- In the **Qualification, Team Final and All-Around Final**:
1 vault must be performed.
 - In **Qualification**, the 1st vault score counts toward the **Team** and/or **All-Around** total.
 - The gymnast who wishes to qualify for the **Apparatus Final** must perform **2** vaults as per the rules below.
- **In Qualification to and in Apparatus Final**
 - The gymnast must perform 2 different vaults (may be from the same group, but with different numbers), which will be averaged for the Final Score.
 - **No bonus** will be awarded for performing vaults with saltos in different directions

10.4.2 Specific Apparatus Deductions (D-Jury)

All vaults are illustrated with a number.

There is no penalty if a different vault than the flashed vault is performed.

- Support with one hand (taken from Final Score) – 2.00 P.
- In the **Qualification** for the **Apparatus Finals & Apparatus Finals**
 - when 1 of 2 vaults receives “0” points (10.4.3)

Evaluation: Score of the vault performed divided by 2 = Final Score

SECTION 14 – TABLE OF ELEMENTS

Following elements are prohibited for performance:

- VT – vaults with sideward take-off or landing.
- VT – vaults with double saltos (fwd & bwd).
- UB – salto & DMT with take-off from two feet.
- BB – dance elements with cross sit landing on BB.
- FX – acro elements with sideward take off and/or landing into roll.