



2026
Women's Artistic Aspire, Junior & Senior British
For Coaches & Judges
Listed by Level

Updated November 2025 for Competitions 2026

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50	<p>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 and Artistry 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* Top 6 gymnasts on each apparatus will proceed to apparatus finals (two reserves will be named)</p>			
Short Exercises FIG Junior rules apply for short routines on all apparatus				
Apparatus	Vault	Bars	Beam	Floor
	Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.	FIG Bars Regulations with: A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations with: for D+ Saltos, a mat (depth 10cm) is allowed, no restrictions or deductions. The mat(s) must be removed once no longer needed.
Requirements	<p>FIG Junior Rules apply</p> <p>For the All-Around Competition: One vault must be performed – this score counts towards the All-Around total.</p> <p>For qualifying and competing in Apparatus Finals: - The gymnast must perform two different vaults (may be from the same group, but with different numbers), which will be averaged for the Final Score.</p> <p>Straight vaults will be recognised as straight with the following deductions: 0 -10° - no deduction 10°- 30° - 0.10 30°- 45° - 0.30 Vaults will be devalued and recognised as piked if: Holding legs Or More than 45° from straight at inverted.</p>	<p>As per FIG Code of Points:</p> <ul 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>* Bar to same bar release and catch – if gymnast grasps or touches – 0.50 deduction for a fall, and DV/CR given.</p> <p>GBR Penalty of 0.50 for a dismount without a Salto</p> <p>Coaches (<i>holding the relevant BG qualification</i>) are encouraged to stand in for all D+ high bar-to high bar releases, & all D+ high-to low releases, and D+ dismounts.</p>	<p>As per FIG Code of Points (except CR2):</p> <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 position Turn (Gr 3) or Roll / Flairs 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>As per FIG Code of Points:</p> <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 position Salto with LA turn (min 360°) Salto with double BA Salto backward & salto forward (no aerials) in the same or different acro line <p>CRS 2, 3 & 4 must be performed in an acro line</p> <p>Plus: *If less than 3 acro lines are performed the gymnast will not be awarded the dismount or stuck landing bonus:-</p>
Barred Elements (prohibited / receive no DV)		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)	Note: OOB penalties will only be taken if the gymnast steps off the landing mat – this is due to the optional jersey mat not showing the corridor markings.	0.20 - If a gymnast is awarded 3 FIG CRs. OR 0.50 – If all 4 CR performed successfully. 0.20 – D+ dismount. 0.20 – Stuck landing on B+ dismount.	0.20 – D+ dismount. 0.20 – Stuck landing on C+ dismount. Bonuses awarded only within routine time limit (1 min 30 sec) and only awarded if performed without a fall	0.20 – D+ dismount.* 0.20 – Stuck landing on C+ dismount.* Bonuses are only awarded if performed without a fall

JUNIOR BRITISH CHAMPIONSHIPS 2026

Gymnasts 14 & 15 years of age

FIG Cycle 16 JUNIOR Code of Points (2025-2028)
(See vault bonus for exception)

VAULT

- 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
- **Bonus 0.20 for 2 different direction vaults as per senior rules**

BARS

- ***A jersey style mat (depth 10cm), can be used for D+ bar transitions, but it must be removed after use.***

BARS / BEAM / FLOOR DISMOUNTS

Dismount Bonus & Penalties

For BARS

- All dismounts must contain a Salto. Deduct 0.50 if no Salto performed.
- 0.20 Bonus for D+ Dismount
- 0.20 Bonus for Stuck landing of B or more.

For BEAM and FLOOR:

- 0.20 Bonus for D+ Dismount
- 0.20 Bonus for Stuck landing of C or more.

SENIOR BRITISH CHAMPIONSHIPS 2026

Gymnasts 16+ years of age

FIG Cycle 16 Code of Points (2025-2028)

Dismount Penalties

For UB – all dismounts must contain a Salto. Deduct 0.50 if no Salto performed.

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