

British  
Gymnastics

**2026**  
**Women's Artistic**  
**Disability Championships**

*Revised 10/01/2026 – For 2026 Competitions*

# WOMEN'S ARTISTIC DISABILITY GYMNASTICS CHAMPIONSHIPS RULES 2026

## Philosophy

Women's Artistic Gymnastics, at all levels and abilities, is rooted in the pursuit of technical excellence in both the performance of elements and routine composition in line with the FIG Cycle 16 Code of Points. The Women's Artistic Programme adapts these principles to meet the diverse needs of its gymnasts and forms an integral part of the British Gymnastics Women's Artistic Programme.

The Women's Artistic Disability Competition is founded on the principles of inclusion, fairness, equal opportunity, and athlete choice. This category must not be regarded as "lesser" or of a "lower class". Coaches, judges, gymnasts, and parents are actively discouraged from framing it in such terms. The primary aim is to provide disabled gymnasts an achievable, meaningful, and rewarding competition structure that supports self-worth, confidence and pride in achievement.

Gymnasts may compete at the Disability British Championships once the required classification forms have been completed and approved. The Disability Championship Rules are largely based on the Classic Challenge rules, allowing participation in mainstream Classic Challenge Championship competitions where appropriate.

## Introduction

The Women's Artistic Disability Pathway is a competitive category adapted from the Classic Challenge Championship Pathway and based on FIG regulations and directives. It offers increased flexibility through modified requirements, additional skills, and greater choice in routine composition.

The pathway is designed to support gymnasts with a wide range of disabilities, promoting long-term participation and involvement in the sport by allowing greater flexibility to tailor routines to individual ability while aiming to reduce stress and injury risk it is hoped this will enable gymnasts to train and compete successfully within their capabilities.

## Framework

These rules fall under the Disability / Classic Challenge category and are reviewed annually by the Women's Technical Committee (WTC) Working Group. Amendments are made in consultation with coaches and judges, ensuring the integrity and flexibility of the competition structure are maintained. By aligning these rules with the Classic Challenge pathway, gymnasts following the Disability Pathway may also be able to compete alongside their peers in County and Regional team competitions.

To avoid the need for additional judging qualifications, the judging system is based on current FIG D and E panel evaluations. At certain levels, uncoded elements are recognised as '**A**' value skills and may contribute towards the start value of an exercise. Gymnasts are offered a choice of **Compositional Requirements (CRs)**, which have been adapted to reflect appropriate difficulty levels. This flexibility allows gymnasts to work more effectively within their abilities.

Execution is judged in line with FIG guidelines (unless otherwise stated), promoting clean, aesthetic performance while maintaining consistency and standardisation across judging.

## Competition Structure

The pathway consists of three competition levels:

- **Competition B** (8+ years) – based largely on Zinc rules
- **Competition A** (9+ years) – based largely on Copper rules
- **Open Competition** (10+ years) – based largely on Bronze and Silver rules

These levels aim to support inclusion within existing Regional and County competition structures and provides additional competitive opportunities for disabled gymnasts while continuing to value performance quality and progression.

The rules will be applied at the British Disability Championships. Gymnasts are able to enter this competition directly, they do not need to qualify through their region.

The evaluation of exercises is broken down into two main areas of D Score & E Score:-

The D score is the:            Difficulty value of the elements (2 or 3 acro (including the dismount), 2 or 3 dance & 1 or 2 optional elements - depending on competition level)  
   Composition Requirements (CR's)  
   Bonus (including any FIG CV)

The E score is the:            Execution score this is the total deductions taken for how the elements and connections are performed.  
   It is important to understand that it is not compulsory to fulfil all the composition requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

# WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2026

BG WTC  
Updated 10/01/2026

## COMPETITION B – 8 Years+

Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted *Dance elements only	Elements will be given Difficulty Value according to Rules & Regulations 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 – 5 highest elements including dismount - BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional      FLOOR 1 acro line (2 x directly connected elements - no flight required) Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where any FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.							
<b>Short Exercises</b>	On Beam & Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 4 elements will be deducted 1.00 for each missing element.							
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>				
<b>Apparatus</b>	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.	A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected elements no salto or flight required.  Suggested music length 1 minute				
<b>Requirements</b>	<p style="text-align: center;"><b>DV 3.00</b></p> <p style="text-align: center;">½ on to stand</p> <p style="text-align: center;">Or</p> <p style="text-align: center;"><b>DV 2.50</b></p> <p style="text-align: center;">Handspring Flat Back</p> <p style="text-align: center;">Both onto Pile of Safety Mattresses at a 60cm, 90cm or 120cm to suit the gymnast.</p> <p style="text-align: center;">Or</p> <p style="text-align: center;"><b>DV 1.00</b></p>	<p><i>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.5):</i></p> <ul style="list-style-type: none"> <li>▪ A Float element on LB (uncoded OK) OR</li> <li>▪ <b>Upstart (no penalty if stop after)</b></li> <li>▪ Close bar circle element (back hip circle allowed)</li> <li>▪ Cast to minimum horizontal</li> <li>▪ Any bar change LB – HB</li> <li>▪ A dismount coded or listed uncoded</li> </ul> <p><b>Listed uncoded &amp; A elements only allowed B/C/D or more or elements not listed as uncoded – no DV or CR</b></p> <p style="text-align: center;"><b>Maximum D Score 2.50</b></p>	<p><i>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</i></p> <ul style="list-style-type: none"> <li>▪ Connection 2 Dance elements (can be same or different)</li> <li>▪ <b>Minimum</b> ½ spin on one foot</li> <li>▪ Leap or jump with 180° split (cross or side) or straddle</li> <li>▪ Acro element backwards (must be performed on the beam)</li> <li>▪ Acro element forwards / sideways (must be performed on the beam)</li> </ul> <p><b>A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><b>Maximum D Score 3.00</b></p>	<p><i>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</i></p> <ul style="list-style-type: none"> <li>▪ A dance passage of 2 different leaps / hops – No split required</li> <li>▪ Acro line with min 2 elements (non-flighted allowed)</li> <li>▪ Mixed series minimum 2 directly connected elements</li> <li>▪ Acro elements forwards / sideways &amp; backwards (non-flighted allowed)</li> <li>▪ Full spin</li> </ul> <p><b>A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><b>Maximum D Score 3.00</b></p>				
<b>Uncoded Permitted Elements (receive 0.1 DV)</b>	Straight jump on & off 60cm block  <p style="text-align: center;"><b>2.00 penalty for coach support. Applies to each vault.</b></p>	Jump to front support on LB (from block) Float swing (from board/floor, back to board/floor) Chin up circle over mount Cast Squat onto low bar ( <i>There will be no penalty for performing a jump from LB to HB</i> ) ¾ Giant from LB to HB <b>Dismounts:</b> Counterswing (HB) Straddle, pike or clear undershoot Squat on LB jump forwards to land Cast circle forwards LB release to stand Cast push off LB to stand	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">                             Any mount                              Tuck jump                              Stretched or arched jump                              Stretched jump ½                              Changement                              Stag leap &amp; Stag jump                              ½ spin on one foot                              Arabesque (2 sec)                              Releve ½ turn                         </td> <td style="width: 50%; border: none;">                             Forward roll                              Handstand (not held)                              Backward shoulder roll                              Cartwheel rebounding                              straight jump dismount                              Roundoff Dismount                              Handspring dismount                              Cartwheel to handstand drop down dismount (side of beam)                              Run rebound 2 feet                              straight jump dismount                         </td> </tr> </table>	Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap & Stag jump ½ spin on one foot Arabesque (2 sec) Releve ½ turn	Forward roll Handstand (not held) Backward shoulder roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam) Run rebound 2 feet straight jump dismount	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">                             Cat leap ½                              Star jump                              Tuck jump                              Tuck jump ½                              W Jump ½                              Changement                              Stag leap                         </td> <td style="width: 50%; border: none;">                             Teddy bear roll                              Backward walkover                              Forward walkover                              Tic-toc                              Forward roll                              Handstand forward roll                              Backward roll with optional exit                              Cartwheel                         </td> </tr> </table>	Cat leap ½ Star jump Tuck jump Tuck jump ½ W Jump ½ Changement Stag leap	Teddy bear roll Backward walkover Forward walkover Tic-toc Forward roll Handstand forward roll Backward roll with optional exit Cartwheel
Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap & Stag jump ½ spin on one foot Arabesque (2 sec) Releve ½ turn	Forward roll Handstand (not held) Backward shoulder roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam) Run rebound 2 feet straight jump dismount							
Cat leap ½ Star jump Tuck jump Tuck jump ½ W Jump ½ Changement Stag leap	Teddy bear roll Backward walkover Forward walkover Tic-toc Forward roll Handstand forward roll Backward roll with optional exit Cartwheel							
<b>Notes</b>	No other vaults are permitted at this level.	<p><b>If using both bars, coach must be present for transition from LB to HB (or 1.00 Penalty)</b></p>	Any mount may be used and be given value 'A' <p><b>Coaches must be present for any salto dismount (or 1.00 penalty)</b></p>	Cat leap & scissor kick will be considered different elements				
<b>GBR Bonus (in addition to FIG)</b>		<p><b>0.3</b> – Upstart performed without a stop (once only)</p> <p><b>0.3</b> – Cast above 45°</p> <p><b>0.3</b> – Using both bars</p>	<p><b>0.2</b> – Connection 2 different dance elements one with 180° split leap or jump</p>	<p><b>0.1</b> – Dance passage with 180° split</p> <p><b>0.2</b> – Acro line minimum 2 connected flighted elements</p> <p><b>0.2</b> – Salto forwards (in or out of an acro line)</p>				

## Additional Clarifications for Competition B

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

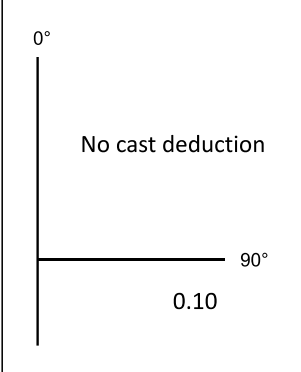
Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall. Maximum D score includes any bonus awarded.

### **Vault:**

- Only the specified vaults may be performed. If performing 2 vaults, the same vault / vault height should be performed for both.
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 vaults must be performed and the score will be averaged.
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- Deductions as per FIG unless stated otherwise
- 4 elements only are required. A routine with less than 4 elements will be deducted 1.00 for each missing element
- There is no penalty for using only the low bar and no requirement to use both bars.
- A float swing can be from board or floor, back to board or floor
- A float swing does NOT carry a fall penalty if the gymnast releases the bar
- Gymnasts using only the low bar, may start their exercise between the bars and dismount away from the bars.
- If using both bars, the coach must stand between the bars and be present for the transition between the bars (or 1.00 penalty)
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.

	<table><tr><td>Handstand (0°) to 90°</td><td>No cast deduction With value (D Panel)</td></tr><tr><td>Below 90°</td><td>0.10 cast deduction With value (D Panel)</td></tr></table>	Handstand (0°) to 90°	No cast deduction With value (D Panel)	Below 90°	0.10 cast deduction With value (D Panel)
Handstand (0°) to 90°	No cast deduction With value (D Panel)				
Below 90°	0.10 cast deduction With value (D Panel)				

### **Beam:**

- 6 elements only are required - 1.00 penalty for each missing element
- Uncoded mounts – jump to front support, straddle hold, squat on & leg over mounts can only count as an optional element only.
- A backward roll on one shoulder to any finish position will class as a backwards element at this level.
- A forward roll will count as a forwards element for CR.
- **A handstand (not held) can be credited as an acro element at this level and will fulfil CR 5 (forwards acro), providing the legs join together in handstand.**
- Additional 20cm safety mat under the entire length of the beam and / or a jersey style mat (depth 10cm) is allowed for dismounts (optional).
- Coaches must be present for any salto dismount (or 1.00 penalty).

### **Floor:**

- 6 elements only are required - 1.00 penalty for each missing element
- An acro element may be repeated without DV for purposes of fulfilling a mixed series.
- Backward and forward rolls can be performed with optional exit.

# WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2026

## COMPETITION A – 9 Years+

<p>Uncoded = 0.10 A = 0.10 B = 0.20 Moves of higher value are not permitted* *See specific bars clarification</p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations 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. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount. BARS/BEAM/FLOOR The dismount must be included in the counting elements.</b> <b>BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional</b> <b>FLOOR - 1 acro line (2 x directly connected flighted elements - no salto required) Penalty 1.00 for a routine with no acro lines</b> Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded 'A' element may be repeated once for Difficulty Value <b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b></p>			
<p><b>Short Exercises</b></p>	<p>On Beam &amp; Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>			
	<p style="text-align: center;"><b>Vault</b></p>	<p style="text-align: center;"><b>Bars</b></p>	<p style="text-align: center;"><b>Beam</b></p>	<p style="text-align: center;"><b>Floor</b></p>
<p style="text-align: center;"><b>Apparatus</b></p>	<p>FIG 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.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view. <b>1.00 penalty for not using both bars.</b></p>	<p>A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required. A routine with only 1 acro line will not incur dismount deductions.</p>
<p style="text-align: center;"><b>Requirements</b></p>	<p style="text-align: center;"><b>Any vault without a salto from the new vault table</b></p> <p style="text-align: center;"><b>Height of vault 105, 110, 115, 120 or 125cm</b> 1 x springboard</p> <p style="text-align: center;"><b>Execution deductions of 0.1, 0.3, 0.5 &amp; 0.8 for height will apply</b></p> <p style="text-align: center;"><b>Or</b></p> <p style="text-align: center;"><b>DV 1.00</b> Handspring Flat Back from Table onto Pile of Safety Mattresses</p>	<p>A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.0):</p> <ul style="list-style-type: none"> <li>▪ Upstart (no penalty if stop after)</li> <li>▪ Close bar circle element (back hip circle allowed)</li> <li>▪ Any bar change LB to HB</li> <li>▪ Cast to within 45° handstand</li> <li>▪ An additional different close bar element</li> </ul> <p><b>Listed uncoded &amp; A/B elements only allowed</b> <b>C* or more – no DV</b> *Any close bar that achieves handstand will only receive credit as a 'B'</p> <p style="text-align: center;"><b>Maximum D Score 3.50</b></p>	<p>A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> <li>▪ <b>Connection 2 different dance elements (no split required)</b></li> <li>▪ ½ spin immediate ½ turn or 1/1 spin</li> <li>▪ Leap or jump with 180° split (cross or side) or straddle</li> <li>▪ 1 x acrobatic element on the beam - Non flighted OK</li> <li>▪ Mixed Series (Minimum 2 element – no flight required on acro element)</li> </ul> <p><b>Listed uncoded, A/ B elements only allowed</b> <b>C/D or more – no DV</b></p> <p style="text-align: center;"><b>Maximum D Score 3.50</b></p>	<ul style="list-style-type: none"> <li>▪ <b>A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle</b></li> <li>▪ Acro line with a backward salto OR a Forward salto (in or out of an acro line)</li> <li>▪ Mixed series minimum 2 directly connected elements</li> <li>▪ A different leap, hop or jump that is not part of the dance or mixed series</li> <li>▪ Full Spin</li> </ul> <p><b>Listed uncoded, A/ B elements only allowed</b> <b>C/D or more – no DV</b></p> <p style="text-align: center;"><b>Maximum D Score 3.50</b></p>
<p style="text-align: center;"><b>Uncoded (U) Permitted Elements (receive 0.1 DV)</b></p>	<p style="text-align: center;"><b>Or</b></p> <p style="text-align: center;"><b>DV 0.70</b> Vault table - Squat through / Straddle over</p>	<p>Float swing (from board or floor, back to board or floor) Chin up circle over mount Cast above horizontal Squat onto low bar (<i>There will be no penalty for performing a jump from LB to HB</i>) ¾ Giant from LB to HB ¾ Giant on HB Straddle, pike or clear undershoot dismount <b>Squat on LB jump forwards to land dismount</b></p>	<p>Any mount Tuck jump Stretched or arched jump &amp; Stretched jump ½ Changement Forward roll Backward shoulder roll ½ spin on one foot ½ spin immediate ½ turn Cartwheel rebounding straight jump dismount Round off dismount</p>	<p>Tuck jump Changement Stag leap</p> <p>Backward walkover Forward walkover Tic-toc Backward roll to front support, pike stand or handstand Cartwheel</p>
<p style="text-align: center;"><b>Notes</b></p>	<p>2.00 penalty for coach support. Applies to each vault.</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>	<p>Any mount may be used and be given value 'A' Coaches are encouraged to be present for dismounts</p>	
<p style="text-align: center;"><b>GBR Bonus (in addition to FIG)</b></p>		<p><b>0.2</b> – Upstart performed without a stop (awarded once) <b>0.3</b> – 2 x upstarts in routine <b>0.3</b> – Close Bar (not back / fwd hip circle)</p>	<p><b>0.2</b> – 1 x acrobatic series with 2 elements [minimum] Flight not necessary <b>0.2</b> – Acro elements in different directions [fwd/swd &amp; bwd] (not including mount) <b>0.2</b> – Dismount A salto directly connected to an acro skill</p>	<p><b>0.2</b> – A routine with a salto backwards and a salto forwards in the same or different acro line. <b>0.2</b> – A routine with 2 FIG Acro lines</p>

## Additional Clarifications for Competition A

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

### **Vault:**

- 2 different vaults may be performed
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 vaults must be performed and the score will be averaged.
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- Deductions as per FIG unless stated otherwise
- A routine with less than 5 elements will be deducted 1.00 for each missing element
- The coach is encouraged to stand between the bars and be present for the transition between the bars without deduction.
- An additional 20cm or 10cm mat can be placed underneath the bars / moved as needed without deduction, but must not block the judges' view.
- **Squat on LB jump forwards to land dismount has been added for gymnasts unable to compete on both bars. Penalty 1.00 for not using both bars will be applied.**

	Handstand / Close Bar (0°) to 45°	No deduction
	>45° to 90°	0.10 deduction
	Cast to handstand	D panel award as uncoded cast 0.10
	Close Bar	D Panel still recognise
	Below 90°	0.30 deduction
	Cast	No Value (D Panel)
	Close Bar	D Panel still recognise

### **Beam:**

- Routines with less than 6 elements - 1.00 penalty for each missing element
- Uncoded mounts – jump to front support, straddle hold, squat on & leg over mounts can only count as an optional element only.
- A backward roll on one shoulder will count as an acro element, but will not fulfil CR 4. The backward roll in the CoP (4.105) will count for CR 4.
- A forward roll will count as a forwards element for CR 4.
- Additional 20cm safety mat under the entire length of the beam. A jersey style mat (depth 10cm) is allowed for dismounts (optional).

### **Floor:**

- Routines with less than 6 elements - 1.00 penalty for each missing element
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- A routine with only 1 acro line will not incur dismount deductions.
- A routine with no acro lines will incur a 1.00 penalty.

# WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2026

BG WTC  
Updated 10/01/2026

## OPEN COMPETITION – 10 years+

Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50	Elements will be given Difficulty Value according to Rules & Regulations 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. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional</b> Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value (except sole circle) <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
<b>Short Exercises</b>	On Beam & Floor, if less than 6 elements are performed, FIG Junior CoP Penalties apply. On Bars, an exercise with less than 6 elements will be deducted 1.00 for each missing element.			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	FIG 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 must be removed once no longer needed.
<b>Requirements</b>	<b>Any vault from the new vault table</b>  <b>Height of vault 115, 120 or 125cm</b> 1 x springboard  <b>Execution deductions of 0.1, 0.3, 0.5 &amp; 0.8 for height will apply</b>	A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): <ul style="list-style-type: none"> <li>▪ Close bar circle element (back hip circle allowed)</li> <li>▪ A different close bar element min B</li> <li>▪ An element LB to HB (uncoded OK)</li> <li>▪ A giant circle in any direction</li> <li>▪ An element in a different grip</li> </ul> <b>Dismount must be included in counting elements</b> <b>Maximum D Score 4.00</b>	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): <ul style="list-style-type: none"> <li>▪ <b>Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle</b></li> <li>▪ Turn (Grp 3) or Roll / Flairs</li> <li>▪ 1 x acrobatic series with minimum 2 elements – no flight required</li> <li>▪ Mixed Series (Minimum 2 elements – no flight required on acro element) may include mount</li> <li>▪ Acro elements in different directions (fwd/swd &amp; bwd) on the beam</li> </ul> <b>Maximum D Score 4.20</b>	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): <ul style="list-style-type: none"> <li>▪ <b>A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle</b></li> <li>▪ Acro line with minimum 2 saltos</li> <li>▪ Mixed series minimum 3 directly connected elements (any order)</li> <li>▪ Saltos in different directions (no aerals). Acro line not necessary, no stationary skills.</li> <li>▪ Salto with LA Turn (min 180) (must be in acro line)</li> </ul> <b>Maximum D Score 4.20</b>
<b>Uncoded (U) Permitted Elements (receive 0.1 DV)</b>		Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB ¾ sole circle forwards (no penalty for cast deduction before the element or adjusted grip)	Tuck jump	
<b>Notes</b>	<b>All Around Score:</b> First vault score from Any FIG Coded Vault  <b>Apparatus Ranking:</b> Average of 2 different FIG coded vaults.	The sole circle (5.108) may be performed <b>once on the low bar</b> with bent legs without incurring execution penalty)	No C/D dismounts are permitted.	Minimum 2 FIG acro lines must be performed. Penalty 1.00 if less than 2 FIG acro lines are performed. Any travelling isolated salto may be performed at any point in the routine and be credited.
<b>GBR Bonus (in addition to FIG)</b>		<b>0.2</b> – Flighted element LB to HB <b>0.1</b> – 2 x Close bar in routine to minimum 45° from handstand <b>0.1</b> – 'B' value Dismount <b>0.2</b> – 'Back away (any shape)	<b>0.1</b> – Dance series B+B or more (elements must be different) <b>0.1</b> – Mixed series B+A or more any order <b>0.1</b> – Spin B Value or more <b>0.2</b> – Spin C Value or more <b>0.2</b> – Acro series with minimum 1 flighted element <b>0.1</b> – Dismount A from acro flight OR <b>0.2</b> – Dismount B value or more from acro flight	<b>0.1</b> – 2 different directly connected saltos <b>0.1</b> – B spin or more (any position) <b>0.2</b> – C salto - acro line not necessary <b>0.2</b> – Minimum 3 leaps or jumps 'B' or more throughout routine <b>0.2</b> – Dismount (3 <sup>rd</sup> or 4 <sup>th</sup> acro line) B or more

## **Clarifications for Open Competition**

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

### **Vault:**

- Additional modified 4 & 5 coil springboards will be available
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 different vaults must be performed. These can be from the same or different group but must have different numbers.

### **Bars:**

- A routine with less than 6 elements will be deducted 1.00 for each missing element
- A jersey style mat / safety mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- A sole circle can count as CR1. The sole circle cannot be repeated for DV and if performed twice in succession will attract an empty swing penalty. **If performed on HB bent leg penalties will apply.**
- $\frac{3}{4}$  sole circle forwards can be performed and will count as CR5. No angle of cast deductions are to be applied to enter the element. **If performed on HB it will have no DV or CR.**
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

### **Beam:**

- 8 elements are required – 3 dance, 3 acro and 2 optional
- Short exercise penalties - FIG Junior CoP penalties apply for short exercise (less than 6 elements)
- CR 1, 3 & 5 must be performed on the beam, CR 2 & 4 can include mount and / or on the beam
- Rolls can only be used to fulfil CR 2 (As per FIG) & CR 4
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

### **Floor:**

- 8 elements are required – 3 dance, 3 acro and 2 optional
- Short exercise penalties - FIG Junior CoP penalties apply for short exercise (less than 6 elements)
- Minimum 2 FIG acro lines to be performed (penalty 1.00)
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- For D+ Saltos, a safety/jersey mat (depth 10cm) is allowed, no restrictions or deductions. The mat must be removed once no longer needed.
- Dismount bonus on floor can only be awarded if the routine contains 3 or 4 acro lines, 2 of which must be FIG acro lines.

### Classic Challenge Championships

**GROUP I**  
HANDSPRING / YAMASHITA  
with or without LA turn  
(no salto in second flight)

	D Score
1.00 Handspring	1.60
1.01 Handspring with ¼	2.00
1.10 Yamashita	2.00
1.11 Yamashita with ¼	2.40
1.20 ¼ - ½ turn on & repulsion off	1.60
1.21 ¼ on ¼ off or ¼ on ¾ off	2.40
1.22 ¼ on 1/1 or ¼ on 1¼ off	2.60
1.23 ¼ on 1¼ or ¼ on 1¾ off	3.20
1.24 ¼ on 2/1 off or ¼ on 2¾ off	3.60
1.02 Handspring with 1/1 turn	2.60
1.03 Handspring with 1½ turns	3.20
1.12 Yamashita with 1/1 turn	2.80
1.04 Handspring with 2/1	3.60
1.05 Handspring with 2¾	4.00
1.30 H/Y 1/1 on H/Y off	3.20
1.301 H/Y 1/1 on H/Y ¼ off	3.40
1.31 H/Y 1/1 on H/Y 1/1 off	3.60
1.311 H/Y 1/1 on 1¼ off	4.00

**GROUP II**  
HANDSPRING  
with or without LA turn and  
SALTO FORWARD/BACKWARD

	D Score
2.10 Handspring FWD Salto Tuck	3.60
2.11 Handspring FWD Salto Tuck ¼	3.80
2.11 Handspring ¼ BWD Salto Tuck (Cuervo Tuck)	3.80
2.20 Handspring FWD Salto Pike	3.80
2.21 Handspring FWD Salto Pike ¼	4.00
2.21 Handspring ¼ BWD Salto Pike (Cuervo Pike)	4.00

**GROUP III**  
TSUKAHARA or KASAMATSU  
SALTO with or without turn  
*All Group 3 Vaults - allow a 90° to 180° LA turn in first flight*

	D Score
3.10 Tsukahara Tuck	3.20
3.20 Tsukahara Pike	3.40
3.11 Tsukahara Tuck ¼	3.40
3.12 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.30 Tsukahara Straight	3.80
3.31 Tsukahara Straight ¼	4.00
3.32 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

All FIG deductions apply  
but for Height take 0.10, 0.30, 0.50 or 0.80  
to create a greater spread between the majority of vaults performed

**GROUP IV**  
YURCHENKO: R/O Flic on with/without  
SALTO BWD with/without LA turn  
or R/O Flic on LA turn & SALTO FWD  
with or without LA turn

	D Score
1.40 RO, Flic with Repulsion	2.00
1.401 RO, Flic with Repulsion ¼	2.20
1.402 RO, Flic with Repulsion 1/1	2.50
1.403 RO, Flic with Repulsion 1½	2.70
4.10 RO, Flic Salto Tuck	3.00
4.11 RO, Flic Salto Tuck ¼	3.20
4.12 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.30 RO, Flic Salto Straight	3.60
4.31 RO, Flic Straight ¼	3.80
4.32 RO, Flic Straight 1/1	4.20

**GROUP V**  
R/O Flic with ¼ turn on, Handspring off  
with/without SALTO FWD  
with/without LA turn

	D Score
1.50 RO, Flic w ¼ turn, Handspring off	2.20
1.51 RO, Flic w ¼ turn, Handspring ¼ off	2.60
1.52 RO, Flic w ¼ turn, Handspring 1/1	3.00
1.53 RO, Flic w ¼ turn, Handspring 1½	3.40
5.10 RO, Flic w ¼ turn, Salto Tuck	3.80
5.11 RO, Flic w ¼ turn, Salto Tuck ¼	4.00
5.20 RO, Flic w ¼ turn, Salto Pike	4.00
5.21 RO, Flic w ¼ turn, Salto Pike ¼	4.20

**GROUP VI**  
R/O Flic with 1/1 turn on with/without SALTO BWD  
*Vaults performed with 1/1 on allow for tolerance of ¼ (270°) to 1/1 (360°)*

	D Score
1.60 RO, Flic w ¼ + with Repulsion	2.40
1.61 RO, Flic w ¼ + with Repulsion ¼	2.80
1.62 RO, Flic w ¼ + with Repulsion 1/1	3.20
4.40 RO, Flic w ¼ + Salto Tuck	3.60
4.50 RO, Flic w ¼ + Salto Pike	3.80
4.51 RO, Flic w ¼ + Salto Straight	4.20