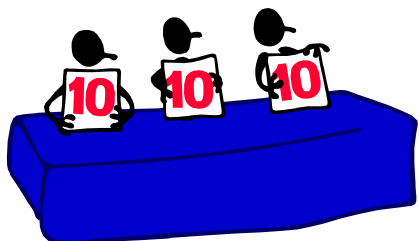


NORTH OF
ENGLAND
GYMNASTICS
ASSOCIATION



GENERAL GYMNASTICS CODE OF POINTS



2016

North of England General Gymnastics Code of Points

The purpose of this Code of Points is to provide a consistent approach towards preparing gymnasts for competitions organised by the North of England General Gymnastics Technical Committee. The document has been developed after consultation with coaches and judges. It contains elements of both the FIG Men's and Women's Artistic Gymnastic Codes and other regulations, modified to suit the demands of general gymnastic competitions and will be used at all North GGTC Competitions

General Regulations

Clothing

All gymnasts and coaches should be dressed appropriately and show a neat appearance.

Girls should be dressed in a leotard. Leotards may be with or without sleeves and should be sufficiently large to fit the gymnast in a modest and appropriate manner. Shorts or full length tights may be worn, providing they are close fitting, and of the same colour as the leotard.

Boys may wear a tee shirt or leotard and shorts or long gymnastic trousers.

Gymnastic slippers may be worn if desired.

Coaches should be dressed in a club tracksuit or tracksuit trousers and shirt or sweat shirt in club colours.

Hair should be tidy and fastened in a secure manner.

Gymnasts and coaches are not permitted to wear jewellery of any kind. Hair grips, slides etc must be secure and safe. Make up, glitter spray and similar adornments are not permitted as this can mark the apparatus and create a hazard for others.

Coaches

A maximum of two coaches per group may be allowed on the competition floor area at any one time. I.e. if a club has gymnasts competing at the same time on both floor and vault, a maximum of four coaches from the club may be on the competition area.

Behaviour

All coaches, gymnasts and officials are required to demonstrate sportsmanlike behaviour at all times. They are expected to show respect for others at the competition and to move smartly around the competition area when moving between apparatus and during the march on and medal presentations. All gymnasts are expected to be present at the march on and medal presentation ceremony for their section of the competition.

Coaches may not approach or speak to active judges during the competition.

Repetition of an Exercise

Gymnasts may have only ONE attempt to complete an exercise. In exceptional circumstances, where technical problems occur beyond the gymnast's control, e.g. a

fault in the apparatus, a fault with lighting, a fire alarm, the competition controller may at their discretion, allow a second attempt.

Music

Coaches and gymnasts are responsible for any music required. Music must be clearly marked with the gymnast's name and Club. It should be at the start of a clean tape. The tape should be set ready for use.

Appealing against a score.

Any appeal against a score must be made in line with the following procedures; failure to do so will mean that the appeal will not be considered.

- All appeals must be in writing and must be signed.
- Coaches may only appeal against the scores awarded to gymnasts from their own club.
- Appeals may only be written and presented by the coach who was responsible for the gymnast at the piece of apparatus where the appeal is being made.
- Appeals must be handed directly to the **competition controller**
- Appeals must include the **TECHNICAL** reasons for the appeal
- Each appeal must be accompanied by £5.00. This fee will be returned to the coach if an error is found to have occurred.
- Video evidence from whatever source is not admissible as grounds for an appeal.
- The judging panel concerned will discuss the appeal at the earliest opportunity and present a written reply to the competition controller.
- Judges may find that an error has been made. Gymnast's scores may, as a result, be changed, **both upwards and downwards**.
- The competition controller will return the outcome of the appeal to the coach concerned and make any necessary adjustment to the score.
- Coaches' and parents, may not speak to judges at any time during the competition, regarding the performance of gymnasts in the competition.

Judges

- Clubs taking part in a competition have the opportunity to provide a judge. The name should be entered on the entry form.
- All judges must hold a relevant qualification and attend appropriately dressed.
- Judges are expected to attend the judges meeting at the start of the competition
- All judges are expected to behave in a fair and professional manner. They should not engage in conversation with coaches, regarding the performance of gymnasts, during a competition but may give oral or written feedback to coaches, on request, after the competition, as guidance for improving gymnast's performance.

Leaving the competition area.

Gymnasts and judges should not leave the competition area during the competition without permission from the Head Judge. Gymnasts must remain in the area designated for gymnasts until they are marched out of the arena.

General Gymnastics: Floor Exercise.

The Floor Exercise should be composed of acrobatic skills combined with gymnastic, dance and or linking movements. The elements should be linked to form a harmonious and rhythmic exercise, performed using the whole floor area. The exercise should show:

- Variation in the elements and linking skills shown
- Versatile use of the whole floor area
- Changes between movements near to and far from the floor
- Strength, balance, control and flexibility
- Variation in rhythm and tempo to create a dynamic performance
- Artistry of presentation that expresses the personality, style and age of the gymnast
- Technical Excellence

Exercise Content:

The exercise will be evaluated based on the Difficulty Value of the EIGHT highest value elements performed including the DISMOUNT. The gymnast should only include elements that can be performed with complete safety and technical skill.

(D)	Difficulty Value	8 highest value elements – includes the dismount	
	Composition Requirements	5 x 0.5	2. 50
	Connection Value	- maximum	0. 60
(E)	Technical Performance and Artistry		10.00

Difficulty Value Parts: (DV)

GE Value	0.0
A Value	0.1
B Value	0.2

In competitions under Club and Junior rules the regulations will require a lower level of difficulty to accommodate the age and ability of the gymnast. Including additional difficulty beyond the level of 'B' value will not increase the exercise value.

Value Parts may only be counted ONCE. If Value Parts are repeated they have no value the second time. However, they may be used to fulfil combination requirements, such as element series. A variety of elements should be included – acrobatic elements such rolls, handstands and saltos; dance elements for example leaps, jumps, hops and turns.

Elements are considered different

- if they have a different body shape,
- if they have different degrees of turn (minimum half turn),
 - if support is on one or both arms.

An Element will not be given value if it is so badly performed that it cannot be recognised or if it ends with a fall.

Composition Requirements (CR) (2.5)

There are FIVE Composition Requirements. The penalty for missing out a requirement is 0.5

1. One element showing Balance OR Strength OR Flexibility
2. Girls - A series of at least two DIFFERENT leaps, with one foot take off and landing chosen from the Code and linked together directly or indirectly, using small running steps, hops and chasse, to create a flowing, travelling pathway. Jumps from 2 feet to 2 feet should not be included as they are static. One leap should show 180 degree split.

Boys – A series of at least 2 DIFFERENT jumps or leaps directly connected without additional steps.

3. One acrobatic series in a forward or sideways direction *
4. One acrobatic series in a backward direction *
5. An acrobatic dismount series *

*An acrobatic series is **at least two** acrobatic elements with flight, **directly connected** together.

Notes:

- The dismount should be the last **series** that the gymnast performs, though a single acrobatic element or gymnastic (dance) element may follow.
- The dismount series may also be used to fulfil one of the other Element Group Requirements (number 3 or 4 i.e. tumbling series), **Or** it may be in another series of acrobatic elements with and without flight,
- In the Dismount series, the acrobatic element **with flight** that carries the highest Difficulty Value will count as the dismount, providing that the element has not already been credited with Difficulty Value during the exercise.
- If the 'dismount element' has already been credited with value earlier in the exercise or if the dismount series does not include a flight element, then the gymnast will not be awarded any DV or CR value for the dismount.

Connection Value (CV)

Connection Value can be awarded up to the **maximum** value shown if a gymnast includes:

An Acrobatic series of at least two flight elements forward/sideways including a forward/side salto	0.1
An Acrobatic series of at least two flight elements backward including a backward salto	0.1
An acrobatic series of at least three acrobatic flight elements including two different saltos	0.2
An acrobatic series of flight elements including two directly connected saltos	0.2

Technical Performance (Execution) and Artistry (10.0)

This includes errors in body position, flight in acrobatic elements, leaps and jumps, exactness of turns, posture, flexibility, hesitations, pauses and lack of stability in landings. This section also includes poor composition way that the exercise is constructed and artistic presentation.

Deductions will be in tenths of points - 0.1 for minor errors and form breaks, 0.3 for medium errors – distinct deviation from perfect, 0.5 for large errors – major technical mistakes and 1.00 for a fall as shown in the Table of Faults.

Artistry – an artistic performance is one in which the gymnast demonstrates the ability to ‘perform’ the exercise with expression, musicality and perfect technique, creating a unique performance that matches the mood and character of the music. It is not WHAT but HOW the gymnast performs.

Length of the Exercise

The maximum time for the Floor Exercise is 1minute 30 seconds. The time starts from the first movement and ends with the last movement. Overtime Penalty is 0.3. There is no minimum time.

Short Exercises

When a gymnast does not complete the full exercise for some reason, a penalty is taken from the final score.

When an exercise includes 7 or more Difficulty Value elements, the Technical Performance score will be judged from 10.00 marks.

This will reduce as follows –

5- 6 DV elements	– TP from 6.00
3-4 DV elements	– TP from 4.00
1 – 2 DV elements	– TP from 2.00
0 DV elements	– TP from 0

Dimensions of the Apparatus

The Floor area is 12m x 12m. Gymnasts should use the whole floor area. The boundary lines are considered to be part of the floor areas. The penalty for 'stepping' over the boundary line and so out of the floor area is as follows:

Step with one hand or foot	0.1
Step with two or more hands/feet	0.3
Land outside the floor with both feet	0.5

Vaulting apparatus will be provided as close to the specifications set out in the rules as possible, however gymnasts and coaches should be aware that there may be some variance at different clubs and venues.

Music

Gymnasts may choose to perform the floor exercise to music, but the use of music is not a requirement. When used, the music may be played on a single instrument or may be orchestrated. It must not include singing or voices. Music must be recorded at the beginning of a CD which should be clearly marked with the gymnast's name and club. The music should suit the age, personality and style of the gymnast and the exercise should be constructed to ensure harmony between music and movement.

Specific Artistry and Apparatus Penalties

	0.1	0.3	0.5	0.8
Insufficient artistry, confidence, style, personality, performance throughout	X	X	X	
Lack of creative choreography and transitions	X	X	X	
Insufficient use of floor area: (space, levels, direction)	X	X		
Poor musicality – rhythm/tempo – background music	X	X	X	
Music with voice or song				1.00
Poor relationship between music and movement	X	X	X	

Table of General Faults: Floor Exercise

	0.1	0.3	0.5	0.8
Technical (Execution) Faults – each time				
Bent arms or bent knees	X	X	X	
Leg or knee separations	X	X		
Insufficient height in saltos	X	X		
Insufficient height in leaps and jumps	X	X		
Insufficient split in split, straddle, flexibility	X	X	X	
Insufficient tuck, pike or straight position	X	X	X	
Incomplete twists, turns or spins	X 10°	X 30°	X 90°	
Incorrect body shape/poor posture	X	X	X	
Poor foot position e.g. toes not pointed, foot turned in	X			
Additional steps on feet or hands (0.1 per step max 0.7)	X			0.7
Failure to maintain 2 second hold when required	X 1-2 s	X less 1s		
Hesitation or pause	X			
All other posture or technical faults	X	X	X	
Throughout the exercise -				
Insufficient stretch/amplitude throughout	X	X		
Insufficient dynamics and energy	X	X		
Poor posture in dance/gymnastic movements	X	X		
Landing faults – each time				
Insufficient extension into landing	X	X		
Landing with legs apart	X			
Movements to maintain balance - arm swing/circle	X			
- trunk movements	X	X		
- deep squat			X	
- steps 0.1 per step up	X			
- one large step		X		
- support with 1 or 2 hands on mat				1.00
- fall onto knees or seat				1.00
Failure to land feet first from element				1.00 no DV
Other General Faults (from final score)				
Incorrect attire - jewellery, untidy hair, excessive makeup		X		
Failure to present to head judge		X		
Exceeding the warm up time	X	X		
Verbal cues/signals from coach		X		
Exceeding time (floor exercise 1m 30 seconds)		X		
Spotting by coach				1.00

General Gymnastics: Vault.

The gymnast is required to perform one or two vaults selected from the competition regulations. Gymnasts should only select vaults that they can perform with complete safety and technical skill.

The maximum length of the run is 25m. The maximum vault height will be 125m measured from the floor. Vaulting may be over a table or box set across. The apparatus and the vault height may be adjusted to accommodate the age and ability of the gymnast. This will be stated in the competition rules.

All vaults must be performed with the support of both hands on the apparatus.

The gymnast has a maximum of three approaches to the vault to complete two vaults, providing the apparatus, including the springboard has not been touched.

The vault will be evaluated using the following phases: first flight, repulsion, second flight and landing. Body position and technical execution will be evaluated throughout the vault.

A corridor, 1m wide, should be marked down the centre of the landing mat. The gymnast must land inside the corridor.

Vault Groups:

All vaults are classified into groups as follows:

Group FIG Vaults included in the Men's and Women's FIG Code

Group GE Vaults classified for General Gymnastics competitions but not listed in the FIG Code of Points

Each vault has a unique Difficulty. This may vary in some competitions to accommodate gymnast's age and ability. Vaults, other than those specified in this Code or in specific competition regulations should not be performed.

Special Requirements:

The gymnast should declare the intended vault prior to each attempt. There is no penalty for performing a vault different from that indicated.

Specific Apparatus Deductions:

Failure to indicate intended vault	
Taken from gymnasts final score for that vault	0.3

Invalid vaults:

Touching the apparatus without vaulting	Invalid
Vaulting without touching the horse	Invalid
Support from the coach during the vault	Invalid
Failure to land feet first	Invalid
Vaulting before the signal	Invalid

Scoring:

All vaults will be judged from 10.00 marks for technical performance plus the Difficulty Value of the vault.

After both vaults have been completed and evaluated, the gymnast's competition score will be the higher of the two scores achieved. If the gymnast completes only one vault, that score will count as the competition score.

Vault Difficulty Values:

Group GE	
Squat on – Stretch Jump off	0.3
Squat on – Jump with 360 turn off	0.5
Squat Through	1.5
Straddle Vault	1.5
Headspring	1.5
Handspring 90 turn on 90 turn off	2.4
Handspring 90 turn on 270 turn off	2.8
Group FIG	
Handspring	2.4
Handspring ½ on repulsion off	2.4
Handspring 180 turn in second flight	2.8
Handspring 360 turn in second flight	3.2
Handspring 540 turn in second flight	3.6
Yamashita	2.6
Yamashita 180 turn in second flight	3.0
Yamashita 360 turn in second flight	3.4
180 turn on, 180 turn off	3.0
180 turn on, 360 turn off	3.4
180 turn on, 540 turn off	3.8
360 turn on, handspring off	3.2
Tsukahara Tucked	4.0
Yurchenko Tucked	4.0

Specific Apparatus Deductions: Vault				
Faults	0.1	0.3	0.5	1.00
First Flight Phase				
Incomplete long axis turn	>10°	> 45° X	> 90° X	
Knees bent	X	X	X	
Legs separated	X	X	X	
Poor technique in hip angle	X	X	X	
Poor technique in back e.g. arch	X	X		
Insufficient stretch in 'layout' – squat/straddle	X	X	X	X
Straddle too early – straddle vault	X	X	X	X
Repulsion Phase				
Poor technique - back, shoulder, hips, legs (each)	X	X		
Bent arms, bent legs, bent knees	X	X	X	
Prescribed turn begun too early	X	X	X	
Legs separated (not straddle)	X	X		
Failure to pass through vertical (not squat/strad)	X	X		
Touching the vault with one hand only				2.00
Touching the vault with the head (not headspring)				2.00
Alternate hand placements/walk on hands	X	X		
Second Flight Phase				
Legs separated	X	X		
Knees bent	X	X	X	
Insufficient tuck, pike, stretch as required	X	X		
Exactness of long axis turns	X	X		
Insufficient height	X	X	X	0.8
Insufficient extension of body before landing	X	X		
Failure to maintain stretched body in straight vault	X	X	X	
Insufficient distance	X	X	X	
Landing				
Trunk movements to maintain balance -	X	X		
Body posture fault	X	X	X	
Hop, small jump, arm circle	X			
Additional Steps (0.1 per step)	X			
One large step or jump (1m)		X		
Deep squat on landing			X	
Support on mat with 1 or 2 hands				1.00
Fall onto knees or seat				1.00
Fall against apparatus				1.00
Failure to land feet first				1.00
Deviation from straight direction	X	X		
Spotting by coach on landing				1.0
Invalid Vault				No score
Insufficient dynamics throughout vault	X	X	X	

Floor Elements		
GE 0.0	A 0.1	B 0.2
1. Balance, Strength and Flexibility Elements marked (2) require 2 second hold		
Half lever legs tucked (2)	Half lever legs straddle (2)	Half lever pike (2)
Headstand tuck or straight (2)	Handstand – kick, press, or straddle to handstand (2)	Planche legs straddled or together (2)
V support on seat - no hands (2)	Planche (straddled) (2)	From splits, or half lever, lift or press to handstand (2)
Balance in shoulder stand (2)	Handstand, lower to half lever straddled or pike (2)	Handstand fwd roll to pike/straddle support, lift or press to handstand (2)
Balance on 1 knee – free leg straight (2)	Scale forward, back or sideways (2)	Scale F/B/S with 180° split and no hand support (2)
Balance on one foot – free leg optional(2)	Y balance 160 split with hand hold (2)	Y balance 160 split no hands (2)
Y balance below 160 with/without hands	Splits front or side	Bent arm press to handstand
Bridge	Bridge, free leg bent (2)	Bridge, free leg straight, in upward hold at vertical (2)
Push to bridge and kick over	Tic Toc through split position	
Handstand to bridge	Handstand to bridge and stand	
Japanana		
Front support – 1 arm & 1 leg	Backward walkover	
Side support	Valdez	
2. Leaps, Jumps, Hops & Spins		
Stretched jump 180° turn	Stretched jump 360° turn	Stretched jump 540 -720° turn
Tucked jump with 180° turn	Tuck jump 360° turn	Tuck jump 540° - 720° turn
Tucked jump knees horizontal	Tuck jump in W position	Tuck jump in W 180° - 540°
	Tuck jump to split jump	Sheep (Arch) Jump
Star jump	Straddle jump	Straddle jump 180 - 360° turn
	Split leap or jump	Split leap with 180° turn
	Stag Leap or jump	
	Double stag jump– both legs bent	Change leg split leap
	Pike jump	Split jump with 180 -360° turn
	Split Leap with 90° turn to straddle	Change leg split leap 90° turn
Hop – free leg at 90°	Split leap backward - 90-180° turn	Hop 360 turn – leg horizontal
Hop – free leg at 90° with 180° turn	Hop 360° turn	Hop 540 -720° turn
	Sissone	Ring leap or jump
	Schushunova	Butterfly
Scissor Jump, legs straight	Tour jete	Tour jete 180 split
Cat Leap and with 180° turn	Cat Leap 360° turn	Cat Leap 540°- 720° turn

Floor Elements continued		
GE	A	B
180° spin on one foot- free leg optional	360° - 540° spin on one foot – free leg optional	720° spin on one foot - free leg optional
Body wave forwards, backwards or sideways or in kneeling or lying	360° spin in tuck stand	360° spin on one foot, free leg straight at horizontal or above
		360° illusion turn
	1 – 2 leg circles/flairs	Circle or flair to handstand
3. Elements Forward or Sideways		
Circle roll once	Front support, straddle cut to back support	
Forward roll	Forward Walkover	Free cartwheel
Forward roll to straddle stand	Tinsica	Free walkover
Handstand 180° turn	Handstand with 360° turn	Handstand with 540°- 720° turn
Handstand Forward roll	Headspring	Side salto
Cartwheel – on 2 or 1 hand	Handspring to 2 feet or 1 foot	Front salto
Dive cartwheel	Flyspring	Arabian salto
4. Elements Backwards		
Backward roll	Back flip – 1 or 2 feet	
Backward roll to straddle stand	Back flip – 1 arm	
Backward roll to front support	Back flip to front support	
	Backward Walkover	Valdez or Backward walkover to handstand 360°-720 turn
Backward roll through handstand	Backward roll to handstand 180°	Backward roll to handstand 360- 720°
	Round off	Free round off
	Gainer back flip	Whip
	Valdez	Back salto
		Gainer salto
Beam and Bench Dismounts		
Jumps – stretch, star, tuck	Round off	Free Cartwheel /Free round off
Jump stretched with 180	Handspring	Front salto
	Straddle jump	Back salto
	Stretched jump 360°	Gainer salto – side or end
		Flic –hands on beam