

WHGC INVITATIONAL CLASSIC CHALLENGE 2023



Brass – 2017, 2016, 2015, 2014
Gymnasts that have competed Grade 5 or above may not enter

<p>Uncoded = 0.10 A = 0.10 Moves of higher value are not permitted</p>	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.</p> <p>BARS – Set Routine BEAM – 5 highest elements including dismount FLOOR – Set Routine Elements higher than a B are not allowed and no Difficulty Value, CR or bonus will be given if they are performed.</p> <p>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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution</p>			
	Vault	Bars	Beam	Floor
Apparatus	60cm Block with 60cm matting behind with 5cm roll mat for flatback area.	FIG Asymmetric bars With 20cm landing mats and 10cm top mat	Gymnova beam as low as it goes with 20cm matting underneath only	Tumble Track. or strip of floor
Requirements	Stretch jump onto block Handspring flat back with under-arm swing DV 2.5	Set Routine 1. Float swing from springboard 2. Upward circle 3. Front support hold (2 sec) 4. Cast to horizontal dismount Coach Lift to High Bar 5. Chin x 1 6. Leg Lift x 1 7. Drop to good Landing D Score 3.0	Gymnast should fulfil 4 of 6 CR's (Maximum awarded 2.00) <ul style="list-style-type: none"> • Squat/Straddle on • Connection2 Dance elements (can be the same or different) • Split jump 135' • Any Acro • ½ spin on 1 foot • Round off dismount <p>A or Uncoded Moves only No moves B or above permitted Max D Score 2.8</p>	Set Routine <ol style="list-style-type: none"> 1. Chassis Step Cat Leap 2. Handstand forward roll to stand 3. Cartwheel 4. Forward Roll to Pike Sit, Pike Fold 5. Show Straddle, lower to Japana 6. Take leg round to best leg splits 7. Return to Pike, Lay Back and push to Bridge. 8. Lower, Rock back to stand or Kick Over. 9. Skip up round off or round off flic <p>D Score 3.0</p>
Uncoded / Permitted Elements	No other vault permitted	No other elements permitted	Any uncoded move as per Zinc No moves B or above permitted	No other elements permitted
Notes	2 attempts best score to count	0.5 deduction for each missing element 1.0 deduction for coach assistance	0.5 for a fall instead of the usual FIG 1.0	
Bonus Only awarded without a fall		0.3 bonus for cast above horizontal	0.3 bonus Acro skill landed	0.5 Round off Flic 0.3 Kick Over