

# BUCS GYMNASTICS WOMEN'S RULES 2024 – LEVEL 2

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| <p><b>Difficulty Value [DV]</b><br/>         Uncoded elements - 0.10 each<br/>         FIG A elements - 0.10 each<br/>         FIG B elements - 0.30 each<br/>         FIG C elements - 0.50 each</p> | <ul style="list-style-type: none"> <li>• <b>Rules and Regulations are as per FIG Cycle 15 [2022-2024] Code of Points, unless stated otherwise.</b></li> <li>• FIG Execution and Artistry Penalties will be applied.</li> <li>• BARS/BEAM/FLOOR – 8 highest elements including dismount</li> <li>• Only Uncoded/A/B/C elements allowed</li> <li>• BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional</li> <li>• FLOOR 4 x Acro lines [max]. If only 1 x Acro line performed – no Dismount CR awarded</li> <li>• Barred elements are not allowed and no Difficulty Value will be given if they are performed.</li> <li>• Uncoded elements as listed below will be recognised and awarded 0.10 each</li> <li>• Same element can only count once EXCEPT on Bars where an FIG Coded element [excluding Upstarts] may be repeated for Difficulty Value</li> <li>• <b>IMPORTANT - At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b></li> </ul> |
| <p><b>Short Exercises</b></p>   | <ul style="list-style-type: none"> <li>• <b>FIG Rules apply for BEAM &amp; FLOOR</b></li> <li>• <b>On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element</b></li> </ul>  |

| VAULT  |   | BARS  | BEAM   | FLOOR   |
|--|---|---|--|---|
| No Vault allowed other than as stated below  | <b>Barred Elements</b>                              | All D elements and above<br>Double backaway dismounts   | All D elements and above   | All D elements and above  |
| <b>Vault 1.00 DV 2.40</b><br>Handspring<br><b>Vault 1.01 DV 2.80</b><br>Handspring on -1/2 off<br><b>Vault 1.10 DV 2.60</b><br>Yamashita<br><b>Vault 1.11 DV 3.00</b><br>Yamashita ½<br><b>Vault 1.21 DV 3.00</b><br>½ on - ½ off<br><b>Vault 1.22 DV 3.40</b><br>½ on 1/1 off<br><b>Vault 3.10 DV 4.00</b><br>Tsukahara Tucked<br><b>Vault 3.20 DV 4.20</b><br>Tsukahara Piked<br><b>Vault 4.10 DV 3.80</b><br>Yurchenko Tucked<br><b>Vault 4.20 DV 4.00</b><br>Yurchenko Piked | <b>Uncoded Elements</b><br><br><b>0.10 each</b>     | Squat onto Low Bar, jump to High Bar<br>Backward sole circle tucked<br>Dismount: Straddle on or Stoop on undershoot   | <b>Mounts:</b> <ul style="list-style-type: none"> <li>Straddle ½ lever hold – 2 seconds</li> <li>Jump to 1 or 2 feet</li> </ul> <b>Dance:</b> <ul style="list-style-type: none"> <li>Stretch jump with ½ turn</li> <li>Cat leap , Tuck jump</li> </ul>   | <ul style="list-style-type: none"> <li>Backward roll to handstand</li> <li>Handstand forward roll</li> <li>Forward walkover</li> <li>Backward walkover</li> <li>Valdez</li> </ul>   |
| <b>Vault Height</b><br><b>125 cm</b><br>1 x springboard  | <b>Bonus</b>  | <ul style="list-style-type: none"> <li>Bar change from LB to HB [flight not necessary]</li> <li>Element with handstand</li> <li>Close bar element</li> <li>B element on LB</li> </ul> <b>Dismount must be included in the counting elements</b> | <ul style="list-style-type: none"> <li>Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position]               <ul style="list-style-type: none"> <li>Turn from Group 3</li> <li>Acro series of minimum 2 elements 1 x with flight (<b>not salto</b>) <b>not connected into dismount</b></li> <li>Acro elements in different directions [f'wd/s'wd &amp; b'wd]</li> </ul> </li> </ul> <b>Dismount must be included in the counting elements</b> | <ul style="list-style-type: none"> <li>Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position]               <ul style="list-style-type: none"> <li><b>Any coded 1/1 spin (min) on 1 foot</b></li> <li>Acro line with 2 different saltos</li> <li>2 x saltos in different directions – f'wd/s'wd &amp; b'wd – [including aerial cartwheel or aerial walkover]</li> </ul> </li> </ul> <b>Dismount must be included in the counting elements</b> |
|  |   | <b>Backward giant to handstand performed without a fall - 0.50</b><br><b>Awarded once only</b>  | <b>Exercise without a fall - 0.50</b><br><b>[provided all CRs are fulfilled]</b>   | <b>No Bonus</b>   |
| <b>2 x Vaults performed</b><br><b>Best score to count</b>  | <b>Artistry &amp; Specific Apparatus Deductions</b> | Use ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 15 Code of Points Is on the most up to date WTC help sheets<br><b>EXCEPT AS STATED BELOW where there will be NO DEDUCTION</b>               |  |   |
|  |   | Uncharacteristic movement<br>e.g. Bar change without performing an element  | Unnecessary pause [more than 1 second]   |   |

