



**South Region MTC  
3<sup>rd</sup> Boy's Apparatus /  
Disability Apparatus Challenge –  
Handbook 2020**

Host Venue 2020: Dynamo Gymnastics  
Club - Southampton





### **Competition Details:**

#### *Boy's Apparatus Challenge:*

This competition is aimed for gymnasts who are not quite on a Club grade Level and too advanced for Gymnastics for All competitions.

The entering gymnast should not train more than 9 hours per week.

The age groups are Over6/Under 8, Under 10, Under 12 and Under 16 (as at 01/01/20) and the competition will be on 6 pieces i.e. floor, mushroom/low pommel, rings, vault, parallel bars and High Bar. Gymnasts can compete on as many pieces of apparatus as they wish with medals being given out for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions for each piece in each age group.

#### *Boy's disability challenge:*

Alongside this competition we will also run the Disability apparatus challenge. The age groups for this competition are Over6/Under 8, Under 10, Under 12, Under 18 and Over 18 (as at 01/01/20).

Please find the rules for both competitions in this handbook.

### **Routine composition:**

Coaches can pick up to 8 skills (Floor) and 6 (skills Rings, Pbars, High Bar) from each apparatus box and 1 routine on Mushroom/low pommel horse depending on level of gymnast. Every skill is worth the same and all deductions are as per FIG but please read through the judging requirements for each piece. Gymnast can repeat a skill from the skills box but only one will get rewarded towards the start value.

### **Judging:**

We ask each competing club to provide a judge.

Fee for missing judge: £20

### **Venue 2020:**

Dynamo Gymnastics Club  
SO31 4NE

### **Date:**

1<sup>st</sup> November 2020

Entry deadline: 5<sup>th</sup> October 2020

### **Cost:**

The Entry fee is £5.00 per piece of apparatus and entries are being made via BG gymnet.

Link: <https://www.british-gymnastics.org/event/10227/south-region-boys-apparatus-challenge-2020>

Spectator fee: Adult £4; Children over 10 £1

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## General Rules

### Floor (12m strip/ diagonal/ use of the whole 12x12 Floor area)

½ lever (2sec.)	Headspring
Handstand/ Handstand fwd roll	Dive roll
Any split	Fwd walkover
Arabesque (2sec)	Handspring
Bwd walkover	Handspring to one
Bwd roll tuck	Tuck front
Bwd roll to front support	Tuck front ½ twist
Lift to handstand from stand	Fly spring
Chest roll bend arms	Bridge (2sec.)
Jump full turn	Straddle jump
Any forward roll (stand, straddle, knee)	1/1 or 3/2 log roll
Cartwheel	Cartwheel cartwheel linked together
Round off	Bwd roll with straight arms to front support
Bwd roll bend arms	Japana (2sec.)
Tuck/straight back	Y-Balance (2sec.)
Back flic	Tuck jump

#### Judging:

##### D score:

2.40 (8 skills – each worth 0.3)

##### E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 1.0 deduction per missing element

**Final score is D score + E score**

### Mushroom/low pommel horse

1 routine should be shown from the list below

Routine	Start Value
Mushroom	
5 DLC	10.0
10 DLC	11.0
5 DLC, ½ spindle, 5 DLC	12.0
Low pommel horse	
5 DLC inwards	12.0
10 DLC inwards	13.0

#### Judging:

##### D score:

As per table above

##### E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 0.5 per fall. Gymnast got 5 attempts to complete routine.

**Final score is D score + E score**





## Rings

Hanging ½ lever (2sec.)	Chin up (2sec.)
German hang (2sec.)	Static inlocate
Dislocate	Muscle up (0.3 bonus)
Back planche straddle (2sec)	Front planche straddle (2sec)
Drop to controlled landing on safety mat	Tuck/straight back dismount (0.3 bonus)
Assisted muscle up	Inverted hang tucked or piked
Inverted hang straight body (2sec.)	Swing fwd and bwd x2
Inlocate	Shoulder stand in support
½ lever support (2sec.)	

### Judging:

#### D score:

2.40 (6 skills – each worth 0.4) + 0.3 bonus if tuck/straight back is shown

#### E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)  
Additional 1.0 deduction per missing element

**Final score is D score + E score**

## Vault

Squat on table + straight or tuck or straddle jump off	2.00
Squat through/ straddle over	2.50
Handspring	3.0
Round off	3.0
Half on half off	3.5

### Judging:

2 vaults can be shown but better one will count towards the final score

- Vault table height 105cm – 135cm NOT age related

#### D score:

As per table above

#### E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)





## P bars

(Modified Pbar height – 140cm; if gymnast is too tall then head judge can decide if it needs to be higher)

1 bent arm dip	½ lever (2sec)
Russian lever (2sec)	From upper arm kip to straddle sit
Upstart to support	Drop upstart to straddle sit
2 full swings above horizontal	Lift to handstand
Vault dismount	Swing ½ turn dismount (Stutz prep)
Front uprise	Baby Stutz
Lift to straddle lever (2sec)	Swing to handstand
Upstart to straddle sit	Back uprise
Drop upstart to support	Penguin walks (3-6 steps)
Tuck back or tuck front dismount ( 0.3 bonus)	

### Judging:

#### D score:

2.40 (6 skills – each worth 0.4) + 0.3 bonus if tuck back is shown

#### E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)  
Additional 1.0 deduction per missing element

**Final score is D score + E score**

## High Bar

(With 30/60 cm mats under High Bar)

Leg lift	Chin up
Back hip circle	Undershoot
2 full swings	Swing ½ turn
Drop upstart	Swing half turn dismount
Swing in mixed grasp	Hop swing
Chin up circle over	Upstart
Layaway	Drop on back swing to controlled landing on safety mat
Tuck/straight back dismount ( 0.3 bonus)	Straddle on dismount

### Judging:

#### D score:

2.40 (6 skills – each worth 0.4) + 0.3 bonus if tuck back is shown

#### E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)  
Additional 1.0 deduction per missing element

**Final score is D score + E score**

