

**EAST MIDLANDS**

**GYMNASTICS ASSOCIATION**

**MEN’S ARTISTIC**

**REGIONAL RULES AND REGULATIONS**

**2022**

**MEN’S TECHNICAL COMMITTEE**

**East Midlands Gymnastics Association Men’s Technical Committee (EMGA MTC)**

The aim of the EMGA MTC is to bring together as many of the East Midlands gymnastics clubs as possible and to provide a competition/training structure that ensures the best boys are selected to represent the region at National events.

This is competitive gymnastics for boys and young men involving work on Floor, Pommels, Rings, Vault, Parallel Bars, High bar and physical preparation.

Competitions are available for all levels from beginners to elite. Many of the competitions are based on the National Development Grades and boys who enter competitive gymnastics are involved in a long-term process as there are many skills to learn and master on the different apparatus.

The EMGA MTC are committed to work alongside the clubs in the region and provide assistance to enable those clubs and coaches to get their gymnasts competing at the highest level whilst encouraging teamwork and the enjoyment of the sport of Artistic Gymnastics.

EMGA MTC

Chairperson

**Men’s Technical Committee**

Chairperson Neville Burr [nev.burr@icloud.com](mailto:nev.burr@icloud.com)

Competition organiser Sue Snelgrove [s.snelgrove@btinternet.com](mailto:s.snelgrove@btinternet.com)

Judging Convener Josh Champion [josh.champion.nga@gmail.com](mailto:josh.champion.nga@gmail.com)

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Committee Members Ben Taylor [Ben@evgc.co.uk](mailto:Ben@evgc.co.uk)

James Kikta [j.kikta@icloud.com](mailto:j.kikta@icloud.com)

**Competition Diary**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Competition** | **Date** | **Entries due by** | **Entry fee** | **Venue** |
| Floor and Vault | 13 Feb 2022 | 27 Jan 2022 | £15 | New College Leicester |
| Individual Apparatus | 20 Mar 2022 | 27 Feb 2022 | £5 per apparatus up to max £25 (ie all 6 apparatus entry fee is £25) | New College Leicester |
| Regional NDP and Grades selection | TBA – possibly 18 Sep 2022? | 28 Aug 2022? | £15 | New College Leicester |

**New date is being investigated for the Regional NDP competition as the national finals are not now until 9-11 December 2022.**

On-Line entry will be set up for each competition with final entry date 3 weeks before the competition date. Start lists will be circulated at least one week before the competition. First registration will usually be 9.30am but this will depend on the number of entries.

**Regional Clinics and Camps**

|  |  |  |  |
| --- | --- | --- | --- |
| Clinic/camp | Date | Venue | Cost |
| Regional Grades Squad session | TBC - June | TBC | £5 |
| Regional Elite and Club Grade Teams Training Camp | TBC – November | TBC | £5 |

Camps are for invited gymnasts of the 2021/2022 Regional Squad.

**Competition Rules and Regulations**

**ENTRIES**

**ELIGIBILTY & INFORMATION**

1. **GYMNASTS**: Competitions are open to gymnasts who are **Bronze and silver members** of British Gymnastics. Gymnasts who enter 6-piece Regional or National competitions need to upgrade to **silver** membership. Gymnasts must be aged 8 or older in the year of competition ie gymnasts competing in 2022 must have been born in 2014 or earlier, except for the Floor and Vault competition where Under 7s (born 2015/2016) are permitted. Gymnasts born 2015 may compete at the regional grades competition if their coaches consider that they are ready and would benefit from the competition.
2. **CLUBS**: The gymnast’s club must be registered with British Gymnastics. All clubs must be affiliated with EMGA, unless invited as a guest by the EMGA Men’s Technical Committee.
3. **AGE GROUPS:** Ages are taken as **Year Born** for the competition year. **(The programme compiler has the right to amalgamate age groups if entries are low).**
4. **COACHES:** All coaches should be Members of British Gymnastics, and at least a Level 1 coach. A Men’s Artistic Coach level 2 should be in the competition hall at all times.
5. **CODES:** See specific rules for “Floor and Vault” and “Apparatus” competitions. Grades competitions will be in accordance with **British Gymnastics Club Grades and Elite Grades 2020 to 2024**. Note that the Club Grades may be amended again in January 2022.
6. **Entry Levels:** Depending on Entries, the competitions may be divided into “Regional” and “Non-Regional” Levels. Gymnasts who have competed for selection to the East Midlands Regional Team at Club or Elite Grades (or for another region or at any national level competition) will be classed as regional. If gymnasts have not competed at regional level for 2 or more years, they can revert to non-regional level. Coaches and clubs are asked to enter gymnasts in the appropriate level in accordance with the interests of fair play.
7. **MEDALS & TROPHIES:** Medals will be awarded at Gold, Silver & Bronze for age groups or levels.
8. **ROUTINES:** Coaches should fill outroutine forms for voluntary code competitions and hand them to each apparatus judge prior to the competition starting.

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**Men’s Artistic Floor & Vault Junior Competition**

**Ages (Year Born 2010 and younger)**

Coaches should prepare routines using the guideline moves including ‘J’ moves from the tables shown later in these rules, or any recognised FIG moves. All routines will be awarded a start value using the matrix below. Vault values are listed on page 13 of these rules.

|  |  |
| --- | --- |
| Maximum number of elements | Min 5, Max 7 + dismount |
| Element Groups | 4 element groups |
| Value E score (exercise presentation) | 10.00 |
| Deduction for < 5 elements | See table below |

|  |  |
| --- | --- |
| **Elements** | **E score** |
| 5 or more elements | E score - 10.00 |
| 4 elements | E score – 8.00 |
| 3 elements | E score – 6.00 |
| 2 elements | E score – 4.00 |
| 1 element | E score – 4.00 |

**JUNIOR CODE REQUIREMENTS AND STRUCTURE**

|  |
| --- |
| 1. Difficulty = Minimum 5 elements, Maximum 7 elements + dismount   (J = 0.05, A = 0.1, B = 0.2, C = 0.3 etc)  i.e. 1B,6A,1J = 0.85  If a move is performed more than once, it will be ignored for difficulty. |
| 1. Element groups   If fulfilled with A move and above = 0.5; if fulfilled with J move = 0.3  i.e. 4 element groups 3xA &1xJ = 1.8 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00  Sm = 0.1;Md = 0.3; Lg = 0.5; Fall = 1.0 – gives **Execution Score** |
| **TOTAL SCORE = Start Value + Execution Score** |

**Example Floor**

|  |  |  |
| --- | --- | --- |
| E Panel: Execution Score | Start Value – Deductions 10.00 – 1.20 | 8.80 |
| D Panel: Difficulty Score | 1 x J, 2 x B, 5 x A, = 0.95 |  |
| Elements | 3 x A + 1 x B = 2.0 + D Panel = 2.95 | 2.95 |
| **Final Score**: | **D + E** | **11.75** |

**Example Vault**

|  |  |  |
| --- | --- | --- |
| E Panel: Execution score | Start value – Deductions 10.0 – 1.20 | 8.80 |
| D Panel: Difficulty score | Handspring | 1.6 |
| **Final Score** | **D + E** | **10.40** |

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**Men’s Artistic Floor & Vault Open Competition**

**Ages (Year born 2009 and older)**

***All routines will be judged on the GBR U12 Code and FIG Junior Code 2017-2020 with GBR special list of supplementary ‘A’ parts (attached) (‘J’ moves will not be awarded any value).***

|  |  |
| --- | --- |
| Maximum number of elements | Min 5, Max 7 + dismount |
| Element Groups | 4 element groups |
| Value E score (exercise presentation) | 10.00 |
| Deduction for < 5 elements | See table below |

|  |  |
| --- | --- |
| **Elements** | **E score** |
| 5 or more elements | E score - 10.00 |
| 4 elements | E score – 8.00 |
| 3 elements | E score – 6.00 |
| 2 elements | E score – 4.00 |
| 1 element | E score – 4.00 |

As per GBR U12 Code and amendments to FIG U18 Code

**OPEN CODE REQUIREMENTS AND STRUCTURE**

|  |
| --- |
| 1. Difficulty = Minimum 5 elements, Maximum 7 elements + dismount   (A = 0.1, B = 0.2, C = 0.3 etc)  i.e. 1B,6A = 0.80  If a move is performed more than once, it will be ignored for difficulty. |
| 1. Element groups   If fulfilled with A move and above = 0.5  Dismount requirements will be B+ 0.5 and A=0.3  i.e. 4 element groups 3xA + B dismount = 2.0 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00  Sm = 0.1;Md = 0.3; Lg = 0.5; Fall = 1.0 – gives **Execution Score** |
| **TOTAL SCORE = Start Value + Execution Score** |

**Example Floor**

|  |  |  |
| --- | --- | --- |
| E Panel: Execution Score | Start Value – Deductions 10.00 – 1.20 | 8.80 |
| D Panel: Difficulty Score | 2 x B, 4 x A, 2 x C = 1.40 |  |
| Elements | 3 x A + 1 x B = 2.0 + ‘D’ Panel = 3.40 | 3.40 |
| **Final Score**: | **D + E** | **12.20** |

**Example Vault**

|  |  |  |
| --- | --- | --- |
| E Panel: Execution | Start value – Deductions 10.0 – 1.20 | 8.80 |
| D Panel: Difficulty Value | Handspring | 1.6 |
| **Final Score** | **D + E** | **10.40** |

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**Men’s Artistic Individual Grades Apparatus competition**

**Levels 1 to 6 (U8 Level 0 – born 2014/2015)**

*(Levels are set as year born – Level 1 = 2013, Level 2 = 2012 etc)*

The East Midlands Individual Grades Competition has been structured to follow the National Club Development Plan of the Men’s Technical Committee from British Gymnastics and covers the Club Grades and Elite Grades competitions.

Gymnasts select the path that they will follow for the year of competition and will compete on that path for that year. Gymnasts can move between paths in different competition years.

Gymnasts following the Club Grade path are to follow written routines for all seven pieces of apparatus at levels 1 to 6 of the National Club Grades 2017 – 2020*.*

Gymnasts following the Elite Grade path are to follow written routines for all seven pieces of apparatus at levels 1 to 6 of the Elite Grades 2017 – 2020*.*

In some Regional competitions, Gymnasts may be given the opportunity to choose to compete out of age up to two levels below their in-age level; U8 can only compete at level 0 using level 1 routines**. (Gymnasts U9 must compete In-age)**

**In the interest of fair play coaches are to enter gymnasts in age where possible.**

All gymnasts are judged in competition in levels and not in age groups and medals will be awarded to the top three gymnasts in each level in age or out of age.

**GRADES REQUIREMENTS AND STRUCTURE**

**All routines in the development plan are marked out of 10.00**

The aim of this competition is to select gymnasts to represent the East Midlands teams at the National Grades finals (in age only) in the Club Grades and Elite Grade Competitions.

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**Men’s Artistic Junior Apparatus competition**

**Ages (Year Born 2010 and younger)**

**Apparatus Medals**

Medals will be awarded for 1st,2nd and 3rd places on Floor, Pommel, Rings, Vault, Parallel Bars, High bar and overall highest score in each age group. Age groups may be amalgamated.

**Routine Construction**

Coaches should prepare routines using the guideline moves including ‘J’ moves from the tables shown later in these rules, or any recognised FIG moves. All routines will be awarded a start value using the matrix below (same as for the Floor & Vault). Vault values are listed on page 15 of these rules.

**In this competition, boys can compete using the ‘shiny’ Bar (straps) or ‘Chalky’ Bar and on Mushroom Trainer or Pommel Horse. These will be run as separate competitions but gymnasts may only compete in one option. Choice of apparatus must e-mailed to the competition secretary by entry closing date.**

NB. Coaches **MUST** complete routine start value sheets for each piece of apparatus as a guide to assist judges.

|  |  |
| --- | --- |
| Maximum number of elements | Min 5, Max 7 + dismount |
| Element Groups | 4 element groups |
| Value E score (exercise presentation) | 10.00 |
| Deduction for < 5 elements | See table below |

|  |  |
| --- | --- |
| **Elements** | **E score** |
| 5 or more elements | E score - 10.00 |
| 4 elements | E score – 8.00 |
| 3 elements | E score – 6.00 |
| 2 elements | E score – 4.00 |
| 1 element | E score – 4.00 |

**JUNIOR CODE REQUIREMENTS AND STRUCTURE**

|  |
| --- |
| 1. Difficulty = Minimum 5 elements, Maximum 7 elements + dismount   (J = 0.05, A = 0.1, B = 0.2, C = 0.3 etc) i.e. 1B,6A,1J = 0.85  If a move is performed more than once, it will be ignored for difficulty. |
| 1. Element groups (maximum of 5 elements per group)   If fulfilled with A move and above = 0.5; if only fulfilled with J move = 0.3  i.e. 4 element groups 3xA &1xJ = 1.8 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00  Sm = 0.1; Md = 0.3; Lg = 0.5; Fall = 1.0 – gives **Execution Score** |
| **TOTAL SCORE = Start Value + Execution Score** |

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**Men’s Artistic Open Apparatus competition**

**Ages (Year born 2009 and older)**

**Routine construction**

Routines should be made up from element examples listed in these rules (except ’J’ moves) or from any recognised FIG moves that can be taught for the level of coach responsible for the gymnast.

* ***All routines will be judged on the GBR U12 Code and FIG U18 Code 2017-2020 with GBR special list of supplementary ‘A’ parts (attached) (‘J’ moves will not be awarded any value).***
* Dismount requirements will be B = 0.5 and A = 0.3 (code or supp list)
* Parallel Bar heights may be lowered to between 160 and 180 cm
* Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and Parallel Bars without deduction
* **High Bar is Chalk Bar – there is no option for Strap Bar for Senior Code. Pommels is on Pommel Horse – no option for mushroom.**
* The supplementary list of recognised ‘A’ parts will be used. These ‘A’ parts will be counted as element value of 0.1 and qualify for element groups.

|  |  |
| --- | --- |
| Maximum number of elements | Min 5, Max 7 + dismount |
| Element Groups | 4 element groups |
| Value E score (exercise presentation) | 10.00 |
| Deduction for < 5 elements | See table below |

**OPEN CODE REQUIREMENTS AND STRUCTURE**

|  |
| --- |
| 1. Difficulty = Minimum 5 elements, Maximum 7 elements + dismount   (A = 0.1, B = 0.2, C = 0.3 etc)  i.e. 1B,6A = 0.80  If a move is performed more than once, it will be ignored for difficulty. |
| 1. Element groups (maximum of 5 elements per group)   If fulfilled with A move and above = 0.5  Dismount requirements will be B+ 0.5 and A=0.3  i.e. 4 element groups 3xA + B dismount = 2.0 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00  Sm = 0.1;Md = 0.3; Lg = 0.5; Fall = 1.0 – gives **Execution Score** |
| **TOTAL SCORE = Start Value + Execution Score** |

NB. Coaches **must** complete start value sheets for each piece of apparatus.

|  |  |
| --- | --- |
| **Elements** | **E score** |
| 5 or more elements | E score - 10.00 |
| 4 elements | E score – 8.00 |
| 3 elements | E score – 6.00 |
| 2 elements | E score – 4.00 |
| 1 element | E score – 4.00 |

As per GBR U12 Code and amendments to FIG U18 Code

**Medals and Trophies**

Medals will be awarded for the first three places in each age group on each piece and all round.

**APPARATUS ELEMENT GROUPS**

|  |  |
| --- | --- |
|  | **ELEMENT GROUPS** |
| Floor: | 1. Non acrobatic elements 2. Acrobatic elements forward 3. Acrobatic elements backward and Arabians 4. Dismount (from elements 2 or 3 that land on two feet) |
| Pommel: | 1. Leg swings and scissors 2. Circle/flair/spindle/Handstand including Kehr/Wende/ flops 3. Travel type elements - Side and cross support travels 4. Dismounts |
| Rings: | 1. Kip and swing elements including swing to and through handstand 2. Strength/hold elements 3. Swing to strength holds 4. Dismounts   NB Junior code: one free swing allowed, gymnasts may start in support |
| Vault: (from 1m) | See separate Vault section |
| ‘P’ Bars | 1. Elements in support 2. Elements starting in upper arm 3. Long swings in hang and Underswings 4. Dismounts   NB Junior Code: Two free swings are allowed |
| High Bar | 1. Long hang swings and turns 2. Flight elements 3. In bar and Adler elements 4. Dismounts   NB Junior code: Two free swings are allowed and see below for additions to element groups |

**East Midlands Gymnastics Association MAG Code**

**Example of elements for competitions – note that J elements are only available for Junior Level competitions. Juniors do not need to use all 4 corners of the floor but seniors should comply with the FIG U18 code requirements. As per FIG codes, if there is an Over 18 or Over 16 competition, seniors will have a 0.3 deduction if no double somersault is performed. However, if the oldest age group is Over 14, this will not apply, even if competing gymnasts are over 16.**

**All FIG elements that are permitted for U18 gymnasts are included – some examples are described below.**

**FLOOR**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 1**  **Non acro element** | **Group 2**  **Forward element** | **Group 3**  **Backward element** | **Group 4**  **Dismount to feet** |
| **J moves 0.05:**  Headstand (2 secs)  Swedish fall  Jump to Front support  Jumps (with 180o turn or more)  ½ lever/straddle (2 sec)  Any backward roll from sit or stand | Forward roll  Handstand-forward roll  Cartwheel | Any backward roll following a round off  ½ turn jump immediately followed by dive roll | All skills from Groups 2 & 3 that land on feet together. |
| **A moves 0.1:**  Backward roll to h’stand on straight arms  Handstand (2 secs)  Splits  Y scale (2 secs)  Arabesque (2 secs)  Straddle stand press to handstand (2 sec)  Straddle planche (2 sec)  ½ or 1/1 turn in handstand  1 circle or flair  Breakdance moves | Round-off  Handspring  Dive roll  Flyspring  Front sommi tucked or pike  Front Tuck or Pike ½ | Flic  Back sommi tucked or pike  Back sommi tucked or pike ½  ½ turn jump into dive roll (Arabian Dive Roll)  Jump backwards ½ turn into forward sommi tuck or pike (Arabian) | Note – if round-off is used as dismount then this will count first ie will be recognised as dismount and any others will be discounted for difficulty |
| **B moves 0.2:**  Pike press to h/stand (2 s)  Russian Lever (2 secs)  Press to handstand (2 s) from splits or ½ lever or front support | Front sommi straight  Front sommi straight ½ twist  Front Tuck or Pike 1/1 and 3/2 | Back sommi straight  Whip back  Back sommi straight ½, 1/1 twist  Back sommi tucked 3/2 twist |  |
| **C Moves 0.3:**  Russian lever press through to handstand  Manna (2 secs) | Front sommi straight 1/1 and 3/2 twist  Double front tucked - D | Back sommi straight 3/2 twist  Double back tucked or piked |  |

**Pommels**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 1**  **Single Leg swings and scissors** | **Group 2**  **Circle skills, flairs, Kehr/stockli skills** | **Group 3**  **Travel skills** | **Group 4**  **Dismounts** |
| **J moves:** |  |  | Face Vault |
| **A moves:**  ½ Scissor (one only either fwd or bwd)  Scissor ½ turn  Forward scissor  Back scissor | Loop  Outward loop  Cross support circles  Flair  ¼ spindle  Russian 180o or 270o | Step back from handles  Step up  Circles with travel in side support 1/3 | Wende (flank) from circle or flair  Russian Wende swing 180 |
| **B moves:**  Double scissor | ½ spindle  Czech  Stockli  Russian | ½ or 2/3 Magyar  ½ or 2/3 Sivado | Chaguinian  Russian to flank  Circle or flare through handstand |
| **C moves:**  **D moves:** | 2/1 Russian  Full spindle in 2 loops | Magyar  Sivado | 2/1 Russian to flank |

All other moves as per FIG Code of Points

**Juniors** competing on Pommel Horse can count up to 5 loops for credit as moves (so 5 from any combination of inward loops, outward loops, cross support circles and circles on the handles). Additionally, circles in flair count as separate moves. This allows the most basic routine on Pommel Horse to be 5 inward loops, flank vault dismount – start value 11.6

For both Juniors and Seniors, the 0.3 neutral deduction for not touching all 3 parts of the pommel horse will be applied for not using at least 2 parts of the pommel horse.

**Mushroom Routine Structure – Juniors only.**

|  |
| --- |
| 1. Difficulty = Minimum 5 elements, Maximum 7 elements + dismount   Max **5 Circles to count**. Up to 5 circles in flair can also count (ie both will count).  (A = 0.1, B = 0.2, C = 0.3 etc.) i.e. 1B,6A,= 0.80  If a move is performed more than once, it will be ignored for difficulty. (Except circles) |
| 1. Element groups   Only three elements if using Mushroom Trainer  Groups 2, 3 and 4 only (moves include loops, flairs, ½ spindle, Czech, Stockli, Russian, modified Magyar and Szivado, and Flank Vault dismounts). All elements in flairs +1 difficulty level (including loops ie circles in flair = B).  If fulfilled with A move or above = 0.5 - i.e. 3 element groups 3xA = 1.5 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00  Sm = 0.1;Md = 0.3; Lg = 0.5; Fall = 1.0 – gives **Execution Score** |
| **TOTAL SCORE = Start Value + Execution Score** |

To aid skill recognition and accuracy, a 10cm tape line will be placed over the middle of the mushroom. All elements to start and finish with hands either side of the line and 0.3 deduction will be made if gymnast touches the line (exceptions: dismount will finish with hand on one side of line; spindles hands may touch the line).

Example routine – loop, loop, Czech, loop, Stockli, ½ spindle, loop, flank dismount: 3 element groups, 7 moves (4A, 3B) + dismount (A) = 1.5 + 1.1 = 2.6 – deductions

Basic routine – 5 loops, flank vault dismount = 1.0 + 0.6 = 1.6 – deductions

**RINGS**

**Junior Code: one free swing allowed without penalty, gymnasts may start in support. There is no 0.3 neutral deduction for no swing to handstand.**

**Routine constructions: Juniors have no restrictions on consecutive strength moves. Seniors should comply with the FIG U18 code and have no more than 3 moves from groups 2 and 3 in succession but the requirement for a swing move before the next strength move will be “A” (not B).**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Group 1**  **Kip and swing and swings to or through handstand** | **Group 2**  **Strength/hold elements** | **Group 2**  **Strength/hold**  **elements (cont)** | **Group 3**  **Swing to strength hold elements** | **Group 4**  **Dismounts** |
| **J Moves**  Swing in hang – forward and backward = 1 swing (feet below ring height 0.20 deduction) | Chin up hold 2 secs  Inverted Hang (2 secs)  German Hang (2 secs) | Shoulder stand (2 sec)  Straddle back planche (2 sec)  Straddle front planche (2 sec) |  | Tucked back salto |
| **A Moves**  Back uprise to support  Inlocate  Static inlocate  Dislocate  Felge to support  Kip to support  From support, straight roll out to swing | **½** lever (2 sec)  straddle  ½ lever (2 sec)  straight back planche (2 sec)  straight front planche (2 sec) | Muscle Up  Slow Pike Forward roll to support  Bent arm press (also in straddle) |  | straight or pike front salto (also with ½ turn)  Straight or pike Back (also with ½ turn) |
| **B Moves**  Back uprise to straddle Deltchev  Honma to support | Russian V-sit (2 sec) |  | Kip to L Sit  Honma to L Sit  Forward uprise to L Sit  Back uprise to straddle top planche (2s) | Straight back 1/1  Straight or pike front  1/1  Double back tuck or pike |

All other moves as per FIG Code of Points

**PARALLEL BARS**

**Junior Code: two free swings are allowed without free swing penalty**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 1**  **Elements in Support** | **Group 2**  **Elements starting in upper arms** | **Group 3**  **Long swings in hang and Underswings** | **Group 4**  **Dismounts** |
| **J Moves**  Straddle ½ lever  Swing forward and backward (below bar height 0.2 deduction)  Swing to handstand (not held) | Jump to upper arms, swing forward swing backward  Front uprise to straddle sit  2 Dips  Lift to shoulder stand (2 sec)  Forward roll to straddle sit  Upper arm upstart to straddle sit or support | Upstart to straddle sit  Drop upstart to straddle sit  Upstart to upper arms | Stutz Flank  Face Vault |
| **A Moves**  ½ lever (2 sec)  Stutz to 45o  Swing to handstand (2 sec)  Handstand ½ turn | Back Uprise to support  Front Uprise to support | Moy to upper arms  Upstart to support  Cast to upper arms  Basket with travel to hang  Drop upstart to support  (regional supplementary move) | Tucked front salto  Tucked back salto  Pike or Straight Back (also ½)  Pike or Straight front (also ½)  Long hang dismount tuck, pike or straight back |
| **B Moves**  Any press to handstand (2 sec)  Stutz backward  Healy to upper arms  C - Healy to support | Back uprise to handstand | Moy with bent legs to support  C – with straight legs  Basket with travel to Support | C - Straight front or straight back 1/1 twist |

All other moves as per FIG Code of Points

**HIGH BAR**

**Element Groups for Junior Code Chalk Bar and Strap Bar (substitute Group 2)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 1**  **Long hang swings (backward)** | **Group 2**  **Long hang swings (forward)** | **Group 3**  **In bar elements and Adler elements** | **Group 4**  **Dismounts** |
| All relevant FIG group 1 backward swinging elements | All relevant FIG group1 forward swinging elements | All relevant FIG group 3 elements | All relevant FIG |
| **J Moves**  ¾ baby giant  Swing (below bar height 0.2 deduction) | Swing (below bar height 0.2 deduction)  Back Uprise to support | Leg Lift  Chin Up  Circle up to support  Back hip circle  Undershoot  Cast to horiz or above  Upstart to support |  |
| **A Moves**  Backward Giants | Forward Giants  Back uprise to handstand (must be followed by in-bar move) | Stoop or straddle on /off the bar  Clear circle through H/S  Stoop in seat circle  Upstart cast to 45o above horizontal | Back somi piked, straight, also ½ and 1/1 |
| **B Moves** |  | Clear circle to handstand  Endo  Stalder | Double tuck back |

**Only three elements if using strap bar Gp 1, 2 and 3**

For Junior Code, Strap or chalk bar may be used at the discretion of the coach.

Strap bar routines to be performed in overgrasp. For Juniors doing **chalk bar**, “upstart to support” and “cast to handstand” will count as two separate moves.

**Open Code –**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 1**  **Long Hang Swings & Turns** | **Group 2**  **Flight Elements** | **Group 3**  **In Bar Elements and Adler elements** | **Group 4**  **Dismounts** |
| **A Moves**  Backward Giants  Forward Giants  Back uprise to handstand  Blind  Top Change |  | Stoop or straddle on /off the bar  Clear circle to / through H/S  Stoop in seat circle  Upstart, cast to 45o above horiz  Squat dislocate to 45o | Back somi piked, straight, also ½ and 1/1 |
| **B Moves** |  | Endo  Stalder | Double tuck back |

All other moves as per FIG Code of Points

**Vault** (Vaulting table)

Vault Competition Height from 100cms.

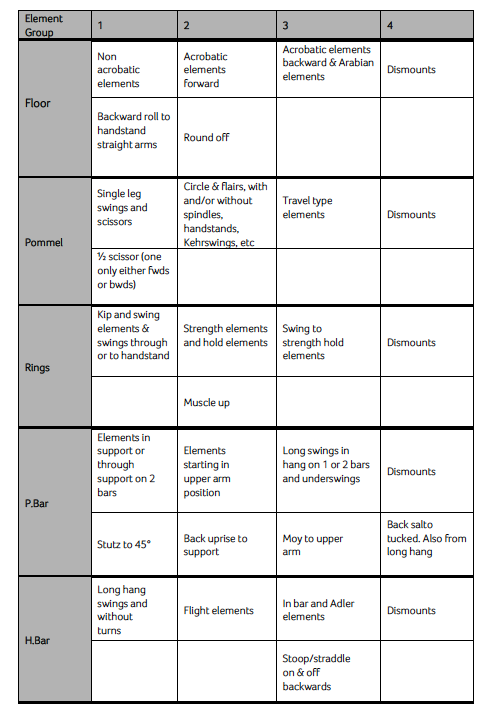
Floor & Vault Competition – 2 attempts, best score to count

Apparatus Competition – 2 vaults – **average** to count. Juniors may repeat the same vault, Seniors must compete 2 different vaults (but they may be in the same category).

Grade vault heights as laid down in Development Plan (1 attempt)

|  |  |
| --- | --- |
| **Vault Name** | **D score** |
| Squat on, jump off | 0.40 |
| Squat through or Straddle over | 0.80 |
| Handspring | 1.60 |
| Round Off | 1.60 |
| Handspring ½ turn | 1.80 |
| Handspring 1/1 turn | 2.00 |
| Handspring 3/2 turn | 2.20 |
| Handspring 2/1 turn | 2.40 |
| Handspring front salto (tucked) | 2.40 |
| Handspring front salto (piked) | 2.80 |
| Handspring front salto ½ turn | 2.80 |
| Round Off, back handspring | 1.60 |
| Tsukahara tucked | 2.20 |
| Yurchenko tucked | 2.20 |
| Tsukahara piked | 2.40 |
| Tsukahara tucked with ½ turn | 2.4 |
| Yurchenko piked | 2.40 |
| Tsukahara stretched | 3.20 |
| Yurchenko stretched | 3.20 |
| Tsukahara 1/1 tucked (Kasamatsu) | 2.80 |

BG Supplementary List of A Parts

Example

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| COMPETITOR…Gymnasts Name………. | | |  | COMPETITOR……………………………… | | |
| Floor | | |  | | |
| Move | Value | Element  Group |  | Move | Value | Element group |
| Handspring | 0.1 | 2 |  |  |  |  |
| Tuck Front | 0.1 | 2 |  |  |  |  |
| Y Scale | 0.1 | 1 |  |  |  |  |
| Round Off | 0.1 | 2 |  |  |  |  |
| Flic | 0.1 | 3 |  |  |  |  |
| Tuck Back | 0.1 | 3 |  |  |  |  |
| Arabian | 0.1 | 3 |  |  |  |  |
| Straight Back | 0.2 | 4 |  |  |  |  |
| Sub Totals: | 0.9 | 2.00 |  | Sub Totals: |  |  |
| Start Value: if E is 10.00 |  | **12.90** |  | Start Value: |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| COMPETITOR……………………………….. | | |  | COMPETITOR……………………………… | | |
|  | | |  | | |
| Move | Value | Element  Group |  | Move | Value | Element group |
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|  |  |  |  |  |  |  |
| Sub Totals: |  |  |  | Sub Totals: |  |  |
| Start Value: |  |  |  | Start Value: |  |  |