

# The London Open Event Series 2022

## London Challenge Open

[www.menslondonopen.co.uk](http://www.menslondonopen.co.uk) | [info@menslondonopen.co.uk](mailto:info@menslondonopen.co.uk)



## RULES

**Dates:** Friday 13<sup>th</sup>- Sunday 15<sup>th</sup> May  
**Venue:** The Jean Brown Arena,  
Redbridge Sports Centre,  
Forest Rd, Barkingside,  
Essex, IG6 3HD

# Event Information

**Dates:** Friday 13<sup>th</sup>-Sunday 15<sup>th</sup> May. Days for each competition will be set once entries are complete.

**Venue:** The Jean Brown Arena, Redbridge Sports Centre, Forest Rd, Barkingside, IG6 3HD

**Entries Open:** 13th March 2022

**Entries Close:** 1st April 2022

**Entry Fee:** £80 per gymnast

The Men's London Open Challenge is designed to be an intermediate step between the Setwork grades routines and voluntary routines, to aid the development of younger gymnasts and help their progression towards FIG level routines. The competition is structured with a 'set routine' base, with the opportunity for gymnasts to add in voluntary skills to build difficulty. With thanks to Will Banthorpe, Pipers Vale, for allowing us to use his rules.

## Age groups:

- O6 / U8 (born 2014/2015) – gymnasts must be aged 6 (minimum) on 1<sup>st</sup> Jan
- U9 (born 2013)
- U10 (born 2012)
- U12 (born 2010/2011)
- U16 (born 2006-2009)

## Eligibility:

- Open to gymnasts who have not previously entered their FIG Home-Nation or the British Championships
- Gymnasts may enter EITHER the MLO Challenge or MLO Elite competitions – not both

## Judging:

- Each club must provide at least 1 appropriately qualified that will judge for each day of competition that the club has entries
- In the event of tied scores, the highest E score will be ranked higher

For all further details please go to:

[www.menslondonopen.co.uk](http://www.menslondonopen.co.uk)

<https://www.british-gymnastics.org/event/10738/mens-london-open-and-challenge-open-2022>

## Under 12 Supplementary 'a' Value Elements

Element	1	2	3	4
<b>Group</b>	Non-acrobatic elements	Acrobatic elements forward	Acrobatic elements backward & Arabian elements	Dismounts
<b>Floor</b>	Backward roll to handstand straight arms	Round off		
<b>Pommel</b>	Single leg swings and scissors	Circle & flairs, with and/or without spindles, handstands, Kehrswings etc	Travel type elements	Dismounts
	½ scissor (one only either fwds or bwds)			
<b>Rings</b>	Kip and swing elements & swings through or to handstand	Strength elements and hold elements	Swing to strength hold elements	Dismounts
		Muscle up Tucked top planche (2s)		
<b>P. Bar</b>	Elements in support or thorough support on 2 bars	Elements starting in upper arm position	Long swings in hang on 1 or 2 bars and underswings	Dismounts
	Stutz to 45°	Bak uprise to support	Moy too upper arm	Back salto tucked. Also from long hang
<b>H. Bar</b>	Long hang swings and without turns	Flight elements	In bar Adler elements	Dismounts
	Swing forward & half turn to handstand*		Stoop/straddle on & off backwards	

\*No deduction for element not continuing in intended direction

# Additional Rules

## U18 and U16

2004-2007 born will be judged on the **FIG JNR code 2022-2024**

## U14

2008 and 2009 born, will be judged on the **FIG JNR code 2022-2024** with the following exceptions and amendments:

- Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and 10cm at Parallel Bars all without penalty.
- Vault Final and Qualification to Vault Finals – Must be 2 different vaults but can be from same element group.
- Vault height 125cm

## U14 - Short Routines Deductions

As per FIG JNR code 2022-2024

## U12

2010 and 2011 born will be judged on the FIG JNR code 2022-2024 with the following exception and amendments including the MTC supplementary list of recognised A parts (Appendix 4):

- Dismount requirements will be B = 0.5 and A = 0.3 (code or supp list)
- One Vault will count for All-Around Final and Apparatus Final
- Parallel Bar heights may be lowered to between 160 and 180cm without penalty.
- For Pommel Horse a springboard and/or 20cm mat may be used to mount the apparatus without penalty. Please note - it is compulsory for the coach to remove a springboard after mount. – 0.5 deduction.
- Additional safety mats will be allowed as follows:
  - o 30cm safety mats are compulsory at high bar
  - o up to 30cm will be allowed as an option on request at Rings without penalty.
  - o 10cm as an option on request at Parallel Bars without penalty.
- Vault height will be 120cm.
- Shorts with socks may be used without penalty. (Teams must dress uniformly)
- The MTC supplementary list of recognised A parts (Appendix 4) will be used. These A parts will be counted as Elements of value 0.1 and qualify for Element Groups.

## U12 – Short Routines Deductions

- |                      |    |        |
|----------------------|----|--------|
| • 5 elements or more | ND | -0.00  |
| • 4 elements         | ND | -2.00  |
| • 3 elements         | ND | -4.00  |
| • 1-2 elements       | ND | -6.00  |
| • 0 elements         | ND | -10.00 |

## Special Notes for Stand-Ins

In addition to the FIG Code of Points right for coaches to be present at Rings and Horizontal Bar, at all MTC competitions for U12s and U14s, coaches may be present at Floor (outside the 12m x 12m lines), Vault and Parallel Bars during the gymnasts' exercise for reasons of safety, without penalty. At all MTC competitions for U12s and U14s stand-ins are **COMPULSORY** at Horizontal Bar and Rings.

## Special bonus elements and other exceptions for U12 & U14 gymnasts:

Bonus elements:

Rings                      Straight arm lift to handstand (EGII Box 26.)  
Will receive B value but also +0.1 Bonus from D jury if completed without major error.

**All Apparatus:** A 0.10 stick bonus from D Jury will be awarded for all dismount landings that would not incur an E jury deduction for steps or landing with feet apart.

**Other exceptions:** Floor - No 0.30 deduction if multiple salto element is not performed.

Include all previous code values for twisting i.e Straight back salto with 1/2 twist B and straight back salto with 1/1 twist B- can be used in the same exercise for value.

Element	Value	EGR
Tempo salto (Whip back)	B value	GPIII
Straight back salto	B value	GPIII
Straight back salto 1/2	B value	GPIII
Straight back salto 1/1	B value	GPIII
Straight back salto 3/2	C value	GPIII
Straight back salto 2/1	C value	GPIII
Straight front salto	B value	GPII
Straight front salto 1/2	B value	GPII
Straight front salto 1/1	C value	GPII
Straight front salto 3/2	C value	GPII

**Rings:** No 0.30 deduction if swing to handstand isn't performed (Under 12 only)

**FLOOR - 12 x 12m floor area, use of single diagonal permitted – max. 8 counting elements. Requirements only receive difficulty value (0.5) without additional bonus.**

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Dive roll - Cartwheel or round-off - Any backward roll with straight arms - Y-Scale or arabesque	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any additional 'a' or 'A' element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**MUSHROOM - Mushroom (approx. 50cms high) or 1 handle floor mushroom**

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 5x DLC on mushroom - 10x DLC on mushroom - 5x DLC, ½ spindle, 5x DLC on mushroom - 5x DLC over 1 handle (1H floor mushroom)	1.0 2.0 2.5 2.5	0.2 per DLC 0.2 per DLC 0.2 per DLC, spindle= 0.5 0.5 per DLC	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**RINGS – F.I.G. height rings with 1 or 2 30cm safety mats (max. 8 counting elements). Requirements only receive value (0.5) without additional bonus.**

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Static inlocate - Pull-up to bent-arm hang (2s) - Hanging ½ lever (2s) - Swing bwd & fwd into tucked back salto dism't	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Straddled front/back scale (2s) – 0.3 Any 'a' or 'A' element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**VAULT – Vaulting table height 100cms, 2 springboards allowed**

Final Score	Routine	Tariff	Presentation	Bonus	Deductions
Tariff + Presentation - Deductions	- Squat on, straight jump off - Squat through - Handspring / Handspring sideways with ¼ turn	0.5 1.0 1.6	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements) - NOTE: no deductions will be incurred for intermediate swings**

Final Score	Requirements	Value	Presentation	Bonus	Deductions
Requirements + Bonus + Presentation - Deductions	- 1x dip (in support) - ½ lever (2s) - Swing backwards & forwards to horizontal (min.) - Swing bwd & front vault dismount above horiz.	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Upstart to straddle sit <b>OR</b> support – 0.3 Drop-upstart – 0.3 Any press to handstand (2s) – 0.3 Russian lever (2s) – 0.3 Swing to handstand (2s) - 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**HIGH BAR – gloves and loops**

Final Score	Requirements	Value	Presentation	Bonus	Deductions
Requirements + Bonus + Presentation - Deductions	- Pike leg lift and lower to hang - Circle-up <b>OR</b> back-uprise to support - 5x swings forwards and backwards	+0.25 +0.75 +0.2 each	10.0	Back-hip circle – 0.3 Undershoot to swings – 0.3 Longswings (in place of swings) – 0.2 each time ( <b>NOTE:</b> these can be mixed or separated by additional skills)	As per F.I.G. 0.1 / 0.3 / 0.5

**U9's (born in 2013) & U10's (born in 2012)**

**2022 Version 1**

**FLOOR - 12 x 12m floor area – max. 8 counting elements. Requirements only receive value (0.5) without additional bonus. \*\*No double somersaults or 'D' (or higher) value elements permitted\*\***

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Dive roll - Flic (standing or from pre-element) - Tucked front somersault - Any non-acrobatic (Group I) coded element	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any additional 'a' or 'A' element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G.  0.1 / 0.3 / 0.5 Fall = 1.0

**MUSHROOM - Mushroom (approx. 50cms high) / LOW POMMEL HORSE (no handles, NOTE: inward & outward loops to be performed within 30cm of end of horse) / 1 handle floor mushroom**

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 10x DLC on mushroom - 5x DLC over 1 handle (1H floor mushroom) - 10x inward loops on (low PH) - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	1.0 1.5 2.0 2.5 3.0	0.1 per DLC 0.3 per DLC 0.2 per loop 0.2 per loop, spindle = 0.5 0.2 per loop, Magyar = 2.0	10.0  (if full routine is completed)	As per F.I.G.  0.1 / 0.3 / 0.5 Fall = 1.0

**RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deductions will be incurred for intermediate swings. Requirements only receive value (0.5) without additional bonus.**

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Muscle-up - Any inlocate - Dislocate - Straight back salto dismount	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	½ lever / shoulder stand in support – 0.1 Straddled front/back scale – 0.3 Any 'a', 'A' or higher value element – 0.3 Double back dismount - 0.5	As per F.I.G.  0.1 / 0.3 / 0.5 Fall = 1.0

**VAULT – Vaulting table height 115cms**

Final Score	Routine	Tariff	Presentation		Deductions
Tariff + Presentation - Deductions	- Squat on, straight jump off - Squat through - Any other FIG recognised vault	0.2 0.6 As per FIG	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.**

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upstart to straddle sit <b>OR</b> support - ½ lever in support (2s), lift out to straddle lever (2s) (upgrade to ½ lever press to h/stand (2s) +0.3) - Swing backwards & forwards above horizontal - Swing bwd & front vault dismount above horiz.	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Drop upstart – 0.3 Russian Lever (2s) – 0.3 Any other BG/FIG recognised element – 0.3 Any salto dismount – 0.3	As per F.I.G.  0.1 / 0.3 / 0.5 Fall = 1.0

**HIGH BAR – gloves and loops**

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional elements)	Deductions
Requirements + Bonus + Presentation - Deductions	- Pike leg lift and lower to hang - Circle-up <b>OR</b> back-uprise to support - 5x swings forwards and backwards above bar	+0.25 +0.75 +0.2 each	10.0	Upstart (in place of circle-up/back-upr.) – 0.3 Clear circle / Stalder / Endo – 0.3 Longswing (in place of swing) – 0.1 each time Stoop on & off (dismount prep.) – 0.3	As per F.I.G.  0.1 / 0.3 / 0.5

**U12's (born in 2010/2011)**

**2022 Version 1**

**FLOOR – As per F.I.G. Junior code with BG U12 amendments – 12 x 12m floor area – max. 8 counting elements. \*\*No double somersaults or 'D' (or higher) value elements permitted\*\***

Final Score	Requirements	Value	Presentation	Difficulty	Deductions
Requirements + Bonus + Presentation - Deductions	- Any coded Group I (non-acrobatic) element - Any coded Group II (forward acro) element - Any coded Group III (backward acro) element - Dismount	+0.5 +0.5 +0.5 A-0.3, B-0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any 'a' or 'A' value element – 0.1 Any 'B' value element – 0.2 Any 'C' value element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**MUSHROOM (approx. 50cms high) / LOW POMMEL HORSE (no handles)**

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 10x DLC on high mushroom - 5x DLC, ½ spindle, 5x DLC - 10x inward loops (low PH) - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	1.0 1.5 2.0 2.5 3.0	0.1 per DLC 0.1 per DLC, spindle = 0.5 0.2 per loop 0.2 per loop, spindle = 0.5 0.2 per loop, Magyar = 2.0	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.**

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Muscle-up to ½ lever (2s) - 1x inlocation - 1x dislocation - Straight salto dismount (fwd or bwd)	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Lift to shoulder stand – 0.1 Straddled front/back scale – 0.3 Any 'A' value element – 0.3 Any 'B' value element (inc. d'mt) – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**VAULT – Vaulting table height 120cms**

Final Score	Routine	Tariff	Presentation		Deductions
Tariff + Presentation - Deductions	- Any FIG recognised vault	As per FIG	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**PARALLEL BARS – height 1.50m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.**

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upstart to / through support - ½ lever (2s) - Swing backwards to handstand hold (2s) - Swing bwd & front vault dismount thru h/stand	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Drop upstart – 0.3 Russian lever – 0.3 Any 'a' / 'A' / 'B' value element – 0.3 Any salto dismount – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

**HIGH BAR – gloves and loops (NOTE: 1 x swing = forwards & backwards)**

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional skills)	Deductions
Requirements + Bonus + Presentation - Deductions	- Leg lift, body shaper, cast & swing backwards - Upstart to support, cast into - 3x backwards longswings (0.2 each) - 3x forwards longswings (0.2 each)	+0.4 +0.4 +0.6 +0.6	10.0	Upstart into immediate cast – 0.1 Cast to handstand – 0.1 Clear-circle / Stalder / Endo – 0.3 Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5



**FLOOR - Max. 8 counting elements**

As per F.I.G. Junior Code with BG's U12 code amendments (attached)

**POMMEL HORSE (high pommel horse with 2 handles)**

Final Score	Routine (perform 1 only)	Tariff	Presentation	Deductions
Tariff + Presentation - Deductions	- Shear, pick-up into (0.5) 2x DLC on handles (0.25 each), any FIG recognised travel-down (0.5), 2x inward loops (0.25 each), Schwabenflank (0.5) - 2x inward loops (0.2 each), ¼ spindle (0.3), 2x side loops (0.2 each), turn back to inwards (0.3), Schwabenflank (0.5) - Shear, pick-up (0.5), 5x DLC on handles (0.1 each), Schwabenflank (0.5) - 5x inward loops (0.1 each), Schwabenflank (0.5)	2.5 1.9 1.5 1.0	10.0 (if full routine is completed)	As per F.I.G.

**RINGS – Max. 8 counting elements**

As per F.I.G. Junior Code with BG's U12 code amendments (attached)

**VAULT – Vaulting table height optional (125cms or 135cms)**

As per F.I.G. Junior Code

**PARALLEL BARS – F.I.G. height (1.80m) with optional 30cm safety mat (max. 8 counting elements)**

As per F.I.G. Junior Code with BG's U12 code amendments (attached)

**HIGH BAR – F.I.G. height chalk bar with optional 30cm safety mats (max. 8 counting elements)**

As per F.I.G. Junior Code with BG's U12 code amendments (attached) Additional rules

- 'a' or 'A' value skills = 0.3, 'B' value skills = 0.5, non-coded skills = 0.1.
- Additional non-coded skills (= 0.1 value + 0.5 requirement) - Back-uprise to support (Grp I) / baby giant (Grp I) / Circle-up from hang (Grp III) / back-hip circle (Grp III)
- Straddle on undershoot / straddle over bar / clear circle to 45' push off will be credited as non-coded dismounts = 'a' (0.1) + 0.1 dismount requirement
- NO DEDUCTION for upstart pause