

The London Open Event Series 2022

London Elite Competition

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RULES

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

Event Information

Dates: Friday 13th-Sunday 15th 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

Age groups:

- **U12 (born 2010/2011) - The Brewer Competition**
 - o F.I.G. Junior code with BG U12 amendments (attached)
- **U14 (born 2008/2009) - Max Whitlock Competition**
 - o F.I.G. Junior code with BG U14 amendments (attached)
- **U16 (born 2006/2007) - Trevor Low Competition**
 - o F.I.G. Junior code with no amendments
- **U18 (born 2004/2005) - Peter Moore Competition**
 - o F.I.G. Junior code with no amendments
- **Senior - Westminster Cup**
 - o F.I.G. Senior code with no amendments

Eligibility:

- 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

<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
Group	Non-acrobatic elements	Acrobatic elements forward	Acrobatic elements backward & Arabian elements	Dismounts
Floor	Backward roll to handstand straight arms	Round off		
Pommel	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)			
Rings	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)		
P. Bar	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
H. Bar	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)