

# Adult Gymnastics British Championships 2017

## Men's Artistic Apparatus General Rules

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### Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website; [www.british-gymnastics.org](http://www.british-gymnastics.org) under **Find an event or result>Adult Gymnastics British Championships**.

For support or assistance with your entry please contact the Events department on 0345 129 7129 ext. 2396 or at [events@british-gymnastics.org](mailto:events@british-gymnastics.org)

### Age bonus

Novice, Intermediate Over 18 and Pro competitors will be given an age bonus of 0.1 per year above the base year of the age group.

Intermediate Over 30 competitors will be given an age bonus of 0.1 per three years above 30.

A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

***Please note: 18, 19 & 20 year olds will not receive an age bonus.***

### Novice, Intermediate and Pro Over 18

Age	18-20	21	22	23	24	25	26	27	28	29
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

### Novice and Pro Over 30

Age	30	31	32	33	34	35	36	37	38	39
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

### Novice and Pro Over 40

Age	40	41	42	43	44	45	46	47	48	49
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

### Novice and Pro Over 50

Age	50	51	52	53	54	55	56	57	58	59
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

### Novice and Pro Over 60

Age	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

### Intermediate Over 30

Age	30-32	33-35	36-38	39-41	42-44	45-47	48-50	51-53	54-56	57-59	60-62	63-65	66-68
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2
Age	69-71	72-74	75-77	78-80									
Age bonus	1.3	1.4	1.5	1.6									

## Scoring

Competitors must compete on at least **four** pieces of apparatus. If participating on more than four pieces, the highest four scores will count towards the competitor's final score.

## Apparatus specification

Floor	All ages	As per FIG, extra 10cm mats allowed in warm-up
Vault	O18	125cms or above, range of springboards available
	O30	125cms or above, range of springboards available
	O40	125cms or above, range of springboards available
	O50	115cms or above/trampette for take-off
	O60	115cms or above/trampette for take-off
P Bars	All ages	As per FIG, 1x10cm safety mat allowed for dismount
Rings	All ages	As per FIG, 1x30cm safety mat allowed for dismount
Pommel	All ages	As per FIG
H Bar	All ages	As per FIG, 1x30cm safety mat allowed for dismount

## Teams

- A minimum of three gymnasts and maximum of six gymnasts per team
- The highest three execution scores + age bonus' = final team score
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as guests can form part of a team but the team will not be eligible to rank in the official competition results
- Team members must all be Men's Artistic competitors
- Mixed abilities and ages are encouraged
- Competitors can only represent one team

# Novice & Intermediate Level Men's Artistic Apparatus Rules

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## General Rules

Total score = E score + D score + Age bonus

### *E Score*

Execution marks which are deducted from a base score of 10.00

#### Execution Faults

- 0.1 Slight loss of form/bent legs poor posture in any particular move, poor posture in dance links
- 0.3 Bent legs/arms/not pointing toes, incorrect technique/"bendy" back, slight touch down of hands
- 0.5 Extreme bending of legs/arms/back, very bad technique
- 1.0 Fall

#### Short exercise deduction

- 5.0 Short Exercise – 4 elements or less

### *D score*

D Score is made up of Difficulty Values plus the Compositional Requirement values

#### Difficulty Value

Men's Difficulty Value (DV): Seven highest elements + Dismount (except Vault)

Elements can only be used once to count as part of the DV score. You may repeat elements without penalty, however they will not receive any difficulty value and may still incur execution faults. If you perform less than the required elements, the DV is the total DV of all elements performed.

All non-coded recognisable gymnastic and acrobatic moves will be awarded 0.1 DV. If it looks like a gymnastic move – it will be treated as one. For example, cartwheel and cat leap on floor, forward roll on beam, circle up on bars etc.

***Please note: If competitors perform a skill above the difficulty of the ability level entered then a 1.0 mark deduction will be applied to their score as well as any deductions for the skill.***

#### Compositional Requirements (CR)

These are special requirements that are specific to each apparatus and are awarded 0.5 once if present in the routine. There are five on each piece of apparatus (none on vault) @ 0.5 each.

Unlike FIG, CR do not need to be contained within the eight highest DV elements.

Elements can also be used to fulfil more than one CR.

## Novice & Intermediate Level Vault

You may perform two vaults – the highest scoring vault will count.

Focus is on good execution, therefore bad execution will be heavily deducted – please be safe!

Total score = E score + D score + Age bonus

D Score	Feet on Jump off Vaults	2.0	Novice/Intermediate
	Through Vault/Straddle over	2.5	
	Handspring	3.0	
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	½ on ½ off	3.5	Intermediate only
	½ on full off	4.0	
	Handspring on full off	4.0	
E Score	Deductions taken from	10.0	

**Novice** A handspring is the maximum level vault expected in novice category, if you wish to perform more complex vaults, please enter the intermediate category.

**Intermediate** Intermediate gymnasts should not perform vaults with a somersault.

## Novice & Intermediate Level Floor

Total score = E score + D score + Age bonus

D Score	7 highest elements + dismount
E Score	Deductions taken from 10.0

### Value of Moves

Un-coded elements	0.1
A value moves	0.3
B value moves	0.5

Compositional Requirements (CR) - awarded 0.5 once if present in the routine

- 1 A non-acrobatic element
- 2 A forwards acrobatic element
- 3 A backwards acrobatic element
- 4 Dismount (must be an acrobatic element not yet performed in the routine)

Examples of un-coded (and coded) moves eligible for compositional requirements (this list is not exhaustive!)

- 1 Splits, 1 legged balances, back support, front support, jump to front support, Swedish fall, tuck jump, straddle jump, star jump, single leg or double leg circles
- 2 Forward roll, handstand forward roll, forward roll to straddle, handstand forward roll to straddle, dive forward roll, handspring, tuck front somersault, cartwheel, round off
- 3 Backward roll, backward roll to front support/straddle/handstand, flic, tuck back somersault
- 4 Any of the above in group 2, 3 or 4

Reminder – anything that looks like a gymnastics move will be credited as such.  
For safety reasons no roll out elements higher than A value moves are allowed.

Floor routines should not exceed the time limit of 90 seconds.

**Novice** No more than one somersault (in the tucked position only) should be performed in the novice category, if you can perform two – please enter the intermediate level.

**Intermediate** Intermediate gymnasts should not perform more than a full twisting somersault. No double somersaults permitted in this category.

## Novice & Intermediate Level Pommel Horse

Total score = E score + D score + Age bonus

D Score	7 highest elements + dismount
E Score	Deductions taken from 10.0

### Value of Moves

Un-coded elements	0.1
A value moves	0.3
B value moves	0.5

Compositional Requirements (CR) - awarded 0.5 once if present in the routine

- 1 Show front support
- 2 Show back support
- 3 Leg swings - single
- 4 Dismount

Examples of un-coded moves (this list is not exhaustive!)

Single leg swings in front support, back support or straddle support (will all count as separate elements)

Squat through to back support

Simple leg in or out elements

Note – a double leg circle will fulfil front and back support requirement.

Reminder – anything that looks like a gymnastics move will be credited as such.

### **Novice**

If gymnasts are capable of performing a skill within their double leg circle – please enter the intermediate level.

### **Intermediate**

Intermediate gymnasts should not perform more than a B value element in a double leg circle or flair.

## Novice & Intermediate Level Rings

Total score = E score + D score + Age bonus

D Score	7 highest elements + dismount
E Score	Deductions taken from 10.0

### Value of Moves

Un-coded elements	0.1
A value moves	0.3
B value moves	0.5

Compositional Requirements (CR) - awarded 0.5 once if present in the routine

- 1 A held position (2 seconds)
- 2 A strength position
- 3 A swing element
- 4 Dismount

Examples of un-coded (and coded) moves eligible for compositional requirements (this list is not exhaustive!)

- 1 Inverted hang, ½ Lever below rings, back planche (straddled or modified), front or back lever, shoulder stand
- 2 Half lever above rings, straddle lever above rings, muscle up, crucifix, handstand
- 3 Basic swing, swing to inverted hang, dislocation, inlocation
- 4 Basic tuck back somersault, swing and drop off

Reminder – anything that looks like a gymnastics move will be credited as such.

**Novice** Gymnasts capable of performing 2 or more inlocations or dislocations in succession should be entering the intermediate category.

**Intermediate** Intermediate gymnasts should not perform more than a B level element.

## Novice & Intermediate Level Parallel Bars

Total score = E score + D score + Age bonus

D Score	7 highest elements + dismount
E Score	Deductions taken from 10.0

### Value of Moves

Un-coded elements	0.1
A value moves	0.3
B value moves	0.5

Compositional Requirements (CR) - awarded 0.5 once if present in the routine

- 1 One skill performed above the bars
- 2 An element showing upper arm support
- 3 A balance or held position (2 seconds)
- 4 Dismount

Examples of un-coded (and coded) moves eligible for compositional requirements (this list is not exhaustive!)

- 1 Basic swing
- 2 Swing in upper arms, kip from upper arms, front or back uprise
- 3 Half lever, handstand, straddle half lever, shoulder stand
- 4 Face vault, flank vault

Other examples of un-coded moves –straddle sit, shoulder rolls

Reminder – anything that looks like a gymnastics move will be credited as such.

**Novice** Gymnasts capable of swinging to handstand should be entering the intermediate category.

**Intermediate** Intermediate gymnasts should not perform more than a B level element.



## Novice & Intermediate Level High Bar

Total score = E score + D score + Age bonus

D Score	7 highest elements + dismount
E Score	Deductions taken from 10.0

### Value of Moves

Un-coded elements	0.1
A value moves	0.3
B value moves	0.5

Compositional Requirements (CR) - awarded 0.5 once if present in the routine

- 1 Long hang swing
- 2 Close bar element
- 3 One grip change
- 4 Dismount

Examples of un-coded moves eligible for compositional requirements (this list is not exhaustive!)

- 1 Basic swing, upstart
- 2 Back hip circle, circle up, front hip circle, soul circle, mill circle
- 3 Any hand change
- 4 Swing and drop off, undershoot, straddle undershoot

Reminder – anything that looks like a gymnastics move will be credited as such.

**Novice** Gymnasts capable of performing giants should be entering the intermediate category.

**Intermediate** Intermediate gymnasts should not perform more than a B level element.

# Pro level Men's Artistic Apparatus Rules

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## *Code of points*

Rules for the pro level competition will be based on the FIG Men's Artistic code of points 2017-2020.

The current code of points for Men's apparatus can be found on the FIG website – see links below:-

[http://www.fig-gymnastics.com/publicdir/rules/files/mag/CoP\\_MAG\\_2017-2020\\_ICI-e.pdf](http://www.fig-gymnastics.com/publicdir/rules/files/mag/CoP_MAG_2017-2020_ICI-e.pdf)

## *Adult Gymnastics British Championships exceptions to FIG rules*

Judging will be in accordance with normal FIG rules with the following exceptions:-

Any uncoded moves performed will be credited with DV of 0.1.

For this competition EGV requirements for dismounts on all apparatus (except vault) will be awarded at 0.5 for a B value element or above and 0.3 for an A value dismount.

There will be no deduction for omission of a double salto.

For safety reasons no roll out elements higher than A value moves are allowed.