

Adult Gymnastics British Championships 2024

Men's Artistic Competition Structure

V1

Adult Gymnastics British Championships 2024

Men's Artistic Apparatus General Rules

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 under **Find an event or result>Adult Gymnastics British Championships**.

Age bonus

Competitors within Over 18 and Over 30 categories will be given an age bonus of 0.1 per year above the base year of the age group.

Over 40 competitors will be given an age bonus of 0.1 per two years above 40.

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.

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

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

Over 40

Age	40-41	42-43	44-45	46-47	48-49	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

Age	60-61	62-63	64-65	66-67	68-69	70-71	72-73	74-75	76-77	78-79
Age bonus	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9

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
Pommel	All ages	As per FIG
Rings	All ages	As per FIG, 1x30cm safety mat allowed for dismount
Vault	O18	125cms or above, range of springboards available
	O30	125cms or above, range of springboards available
	O40	115cms or above/trampette for take-off
P Bars	All ages	As per FIG, 1x10cm safety mat allowed for dismount
H Bar	All ages	As per FIG, 2x30cm 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
- The team must consist of at least 2 ability categories
- 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

General Rules

Total score = E score + D score + Age bonus

E Score

The E Score starts from 10.0, from which execution deductions are taken in respect of faults in performance, in tenths of a point.

Execution Faults

- 0.1 Slight loss of form/bent legs poor posture in any particular move, poor posture in gymnastics 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 Element Group Requirements (EGRs). Separate elements from the same code box will be allowed for value.

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. Gymnasts may repeat elements without penalty, however, they will not receive any difficulty value and will still incur execution faults. If gymnasts 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 on floor, single leg cuts on pommel, inverted hang on rings, upstart to straddle sit on p-bars and circle up on high bar.

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.

Element Group Requirements (EGRs)

These are special requirements that are specific to each apparatus and are awarded 0.5 once if present in the routine. There are four on each piece of apparatus (none on vault) worth 0.5 for each particular element group shown. Therefore, if 4 element groups are shown in a routine, 2.0 is awarded for EGRs.

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

Elements CANNOT be used to fulfil more than one EGR.

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

Element Group Requirements (EGRs) - awarded 0.5 once if present in the routine

- 1 A non-acrobatic element
- 2 A forward 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 element group requirements are: (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 etc.
- 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 etc.
- 3 Backward roll, backward roll to either front support or to straddle or to handstand, back flip, tuck back somersault etc.
- 4 Any of the above in group 2 or 3.

Please note, anything that may be considered a gymnastics element will be credited as such, ie. elements falling below the value of an A.

For safety reasons no roll out elements higher than an A value move are permitted within an exercise.

Floor routines should not exceed the time limit of 70 seconds.

Novice No more than one somersault (in the tucked position only) should be performed in the novice category, if gymnasts 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

Element Group Requirements (EGRs) - 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 – leg cuts

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

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

Novice If gymnasts can perform a Czech or Stockli then please enter the intermediate level.

Intermediate Intermediate gymnasts should not perform more than a B value element in 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

Element Group Requirements (EGRs) - 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 elements eligible for element group requirements (this list is not exhaustive)

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

Please note anything that may be considered a gymnastics element will be credited as such.

Novice Gymnasts capable of performing 2 or more inlocations or dislocations in succession or who can hold a cross, should enter the intermediate category.

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

Novice & Intermediate Level Vault

Gymnasts may perform two vaults with the highest scoring vault counting.

The gymnasts focus should be on good execution, therefore, poor execution will be heavily deducted – please be safe!

Total score = E score + D score + Age bonus

	D Score
Feet on Jump off Vaults	1.0
Through Vault/Straddle over	2.5
Handspring	3.0
½ on ½ off	3.5
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 the novice category. Should gymnasts wish to perform more complex vaults, please enter the intermediate category.

Intermediate Intermediate gymnasts should not perform vaults with a somersault.

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

Element Group Requirements (EGRs) - 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 elements eligible for element group requirements, this list is not exhaustive:

- 1 Basic swing shoulder rolls
- 2 Swing in upper arms, kip from upper arms, front or back uprise
- 3 Half lever, straddle half lever, shoulder stand, straddle sit, tucked top planche, V – Sit, handstand
- 4 Face vault, flank vault

Please note, anything that may be considered a gymnastics element 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

Element Group Requirements (EGRs) - awarded 0.5 once if present in the routine

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

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

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

Please note, anything that may be considered a gymnastics element 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

Code of points

Rules for the pro level competition will be based on the FIG Men's Artistic Junior code of points 2022-2024

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

https://www.gymnastics.sport/publicdir/rules/files/en_%202022-2024%20MAG%20CoP.pdf

Adult Gymnastics British Championships exceptions to FIG rules

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

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

For this competition EGR requirements for dismounts on all apparatus (except vault) will be awarded 0.3 for an A value and 0.5 for a B value dismount respectively.

Separate elements from the same code box will be allowed for value.

Floor:

There will be no deduction for omitting a double salto. For safety reasons no roll out elements higher than an A are permitted.

Rings:

More than 3 strength elements in a row will be allowed.

No deduction for not swinging to handstand.

Vault:

1 vault only