

South Region MTC

Boy's apparatus challenge/ Disability apparatus challenge - Handbook 2018

Host Venue: Abingdon Gymnastics
Club

Competition Details:

This competition is aimed for gymnasts who are not quite on a Club grade Level and too advanced for gymnastics for all competition.

Gymnasts who intend to enter a 6-piece competition (i.e. Setwork qualifier or Regional championships) should not enter this event.

Entering gymnasts should not train more than 7 hours per week.

The age groups are Over 6/Under 8, Under 10, Under 12 and Under 16 (as at 01/01/18) and the competition will be on 5 pieces i.e. floor, rings, vault, parallel bars & low bar. Gymnasts can compete on as many pieces of apparatus as they wish with medals being given out for 1st, 2nd & 3rd positions for each piece in each age group.

Alongside this competition we will also run the Disability apparatus challenge. Please find the rules for this competition in this Handbook. The age groups for this competition are over 6/Under 8, Under 10, Under 12, Under 16, Under 18 and Over 18 (as at 01/01/18)

Routines composition:

Coaches can pick from each apparatus box up to 8 skills (Floor) and 6 skills (Rings, Pbars, Highbar) depending on level of gymnast. Every skill is worth the same. All deductions are as per FIG but please read through the judging requirements for each piece.

Judging:

We ask each competing club to provide a judge.
Fee for missing judge: £20

Venue 2018:

Abingdon Gymnastics Club
Berinsfield, Wallingford OX10 7LN
01865 340992

Date:

Date: 18th November 2018

Entry deadline: 26th October 2018

Cost:

The entry fee is £5.00 per piece of apparatus and entries are being made via BG Gymnet
Link: <https://www.british-gymnastics.org/event/9287/south-region-boys-apparatus-challenge>
Spectator fee: Adult £4; Children over 10 £1

Floor (12m strip)

½ lever (2 secs)	Headspring	Cartwheel
Handstand	Dive roll	Round off
Any split	Fwd walkover	Bwd walkover
Arabesque (2 secs)	Handspring	Tuck back
Bwd roll tuck	Tuck front	Back flic
Bwd roll front support	Tuck front ½ twist	Cartwheel cartwheel linked
Lift to handstand from stand	Fly spring	Bwd roll with straight arms to front support
Chest roll bend arms	Bridge (2 secs)	Japan (2 secs)
Jump full turn	Straddle jump	Y balance (2 secs)

Judging:

D score:

2.40 (8 skills – each worth 0.3 each)

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 0.5 deduction per missing element

Final score is D score + E score

Rings

Hanging ½ lever (2 secs)	Chin up (2 secs)	Inverted hang straight body (2 secs)
German hang (2 secs)	Static inlocate	Inlocate
Dislocate	Muscle up	½ lever support (2 secs)
Back planche (straddle)	Front planche (straddle)	Swing fwd and bwd x2
Drop to controlled landing on safety mat	Tuck back dismount (0.3 bonus)	Shoulder stand in support
Straight back dismount (0.3 bonus)		

Judging:

D score:

2.40 (6 skills – each worth 0.4 each)

+ 0.3 if tuck back dismount is shown

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 1.0 deduction per missing element

Vault

Squat on table	2.00
Squat through	2.50
Handspring	3.00
Round off	3.00
Half on half off	3.50

Judging:

One vault to be performed

- Vault table height:
 - Under 8 – 105cm (May use 2 springboards)
 - Under 10 – 110cm (May use 2 springboards)
 - Under 12 – 110cm
 - Under 16 – 120 – 135cm

D score:

As per table above

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

P Bars

(Modified Pbar height – 140cm)

1 bent arm dip	½ lever (2 secs)	Lift to straddle lever (2 secs)
Russian lever (2 secs)	From upper arm kip to straddle sit	Upstart to straddle sit
Upstart	Drop upstart to straddle sit	Drop upstart
2 full swings above horizontal	Lift to handstand	Swing to handstand
Vault dismount	Swing ½ turn dismount (Stutz prep)	Tuck back (0.3 bonus)

Judging:

D score:

2.40 (6 skills – each worth 0.4 each)
+ 0.3 if tuck back dismount is shown

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 1.0 deduction per missing element

Final score is D score + E score

High Bar
(Modified high bar – 30/60cm safety mats used)

Leg lift	Chin up	Chin up circle over
Back hip circle	Undershoot	Layaway
2 full swings	Swing ½ turn	Upstart
Drop upstart	Swing half turn dismount	Drop on back swing to controlled landing on safety mat

Judging:

D score:

2.40 (6 skills – each worth 0.4 each)

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 1.0 deduction per missing element

General Rules for Disabilities Gymnastics

Floor (12m strip)

½ lever (2 secs)	Headspring	Cartwheel
Handstand	Dive roll	Round off
Any split	Fwd walkover	Bwd walkover
Arabesque (2 secs)	Handspring	Tuck back
Bwd roll tuck	Tuck front	Back flic
Bwd roll front support	Tuck front ½ twist	Cartwheel cartwheel linked
Lift to handstand from stand	Fly spring	Bwd roll with straight arms to front support
Chest roll bend arms	Bridge (2 secs)	Japana (2 secs)
Jump full turn	Straddle jump	Y balance (2 secs)
Any forward roll (stand, straddle, knee)	1/1 or 3/2 log roll	Tuck jump

Judging:

D score:

2.40 (8 skills – each worth 0.3 each)

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 0.5 deduction per missing element

Final score is D score + E score

General Rules for Disabilities Gymnastics

Rings

Hanging ½ lever (2 secs)	Chin up (2 secs)	Inverted hang straight body (2 secs)
German hang (2 secs)	Static inlocate	Inlocate
Dislocate	Muscle up	½ lever support (2 secs)
Back planche (straddle)	Front planche (straddle)	Swing fwd and bwd x2
Drop to controlled landing on safety mat	Tuck back dismount (0.3 bonus)	Shoulder stand in support
Straight back dismount	Assisted muscle up	Inverted hang tucked or piked

Judging:

D score:

2.40 (6 skills – each worth 0.4 each)

+ 0.3 if tuck back dismount is shown

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 1.0 deduction per missing element

Final score is D score + E score

Vault

Squat on table	2.00
Squat through	2.50
Handspring	3.00
Round off	3.00
Half on half off	3.50

Judging:

One vault to be performed

- Vault table height:
Height 105cm – 135cm NOT age related

D score:

As per table above

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

General Rules for Disabilities Gymnastics

P Bars

(Modified Pbar height – 140cm)

1 bent arm dip	½ lever (2 secs)	Lift to straddle lever (2 secs)
Russian lever (2 secs)	From upper arm kip to straddle sit	Upstart to straddle sit
Upstart	Drop upstart to straddle sit	Drop upstart
2 full swings above horizontal	Lift to handstand	Swing to handstand
Vault dismount	Swing ½ turn dismount (Stutz prep)	Tuck back (0.3 bonus)
Straddle travel	Baby Stutz	Penguin walks(3-6steps)

Judging:

D score:

2.40 (6 skills – each worth 0.4 each)
+ 0.3 if tuck back dismount is shown

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)
Additional 1.0 deduction per missing element
Final score is D score + E score

High Bar

(Modified high bar – 30/60cm safety mats used)

Leg lift	Chin up	Chin up circle over
Back hip circle	Undershoot	Layaway
2 full swings	Swing ½ turn	Upstart
Drop upstart	Swing half turn dismount	Drop on back swing to controlled landing on safety mat
Swing in mixed grasp	Hop swing	

Judging:

D score:

2.40 (6 skills – each worth 0.4 each)

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 1.0 (fall)

Additional 1.0 deduction per missing element