



**South Region MTC
Boy's apparatus /
Disability apparatus challenge –
Handbook 2019**

Host Venue 2019: Basingstoke Gymnastics
Club





Competition Details:

Boy's Apparatus Challenge:

This competition is aimed for gymnasts who are not quite on a Club grade Level and too advanced for Gymnastics for All competitions.

The entering gymnast should not train more than 9 hours per week.

The age groups are Over6/Under 8, Under 10, Under 12 and Under 16 (as at 01/01/19) and the competition will be on 6 pieces i.e. floor, mushroom/low pommel, rings, vault, parallel bars and High Bar. Gymnasts can compete on as many pieces of apparatus as they wish with medals being given out for 1st, 2nd and 3rd positions for each piece in each age group.

Boy's disability challenge:

Alongside this competition we will also run the Disability apparatus challenge. The age groups for this competition are Over6/Under 8, Under 10, Under 12, Under 18 and Over 18 (as at 01/01/19).

Please find the rules for both competitions in this handbook.

Routine composition:

Coaches can pick up to 8 skills (Floor) and 6 (skills Rings, Pbars, High Bar) from each apparatus box and 1 routine on Mushroom/low pommel horse depending on level of gymnast. Every skill is worth the same and 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 2019:

Basingstoke Gymnastics club
Active Life Centre, Stephenson Rd,
Basingstoke RG21 6XR

Date:

17th November 2019
Entry deadline: 18th October 2019

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/9611/south-region-boys-apparatus-challenge-2019>

Spectator fee: Adult £4; Children over 10 £1

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General Rules

Floor (12m strip/ diagonal)

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

Judging:

D score:

2.40 (8 skills – each worth 0.3)

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

Mushroom/low pommel horse

1 routine should be shown from the list below

Routine	Start Value
Mushroom	
5 DLC	10.0
10 DLC	11.0
5 DLC, ½ spindle, 5 DLC	12.0
Low pommel horse	
5 DLC inwards	12.0
10 DLC inwards	12.5

Judging:

D score:

As per table above

E score:

Deductions as per FIG 0.1, 0.3, 0.5 & 0.5 per fall. Gymnast got 5 attempts to complete routine.

Final score is D score + E score





Rings

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

Judging:

D score:

2.40 (6 skills – each worth 0.4) + 0.3 bonus if tuck/straight back 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 + tuck or straddle jump off	2.00
Squat through/ straddle over	2.50
Handspring	3.0
Round off	3.0
Half on half off	3.5

Judging:

2 vaults can be shown but better one will count towards the final score

- Vault table 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)





P bars

(Modified Pbar height – 140cm; if gymnast is too tall then head judge can decide if it needs to be higher)

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

Judging:

D score:

2.40 (6 skills – each worth 0.4) + 0.3 bonus if tuck back 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

(With 30/60 cm mats under High Bar)

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

Judging:

D score:

2.40 (6 skills – each worth 0.4) + 0.3 bonus if tuck back 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

