



NOTTINGHAMSHIRE COUNTY GYMNASTICS ASSOCIATION

MEN'S ARTISTIC

COUNTY RULES AND REGULATIONS

2022

NOTTS COUNTY GYMNASTICS ASSOCIATION

Competition Diary

Competition	Date	Entries due by	Entry fee	Venue
County Championships	10 April 2022	12 March 2022	£15	Erewash Valley Gymnastics Club, Hallam Fields Road, Ilkeston DE7 4AZ

The Notts County Championships will be run as three levels.

1. County level – this will use the County Senior and Junior Codes, which follow. The County Senior Code corresponds to the GB U12 Code, with a couple of minor amendments. The additional moves table is attached or is available in the BG MTC Handbook. The Junior Code is based on the same system as the GB U12 code but allows a number of additional “J” moves to be used so that less experienced gymnasts can still compete “full” routines. The “J” moves are valued as 0.05. The overall titles will be on the basis of best score over 6 pieces. For Juniors, there are separate titles for those doing pommel horse and/or chalk bar.
2. Novice level – this will use the County Junior Code for **all age groups**. Gymnasts still have the option of competing on mushroom or pommel horse and on chalk bar or strap bar. Gymnasts will compete on Floor and Vault and any two of the other pieces. The overall titles will be on the basis of best score over 4 pieces.

Competition Rules and Regulations

ENTRIES

ELIGIBILITY & INFORMATION

1. **GYMNASTS:** Competitions are open to gymnasts who are **Bronze and silver members** of British Gymnastics. Gymnasts who enter 6-piece Regional or must be aged National competitions need to upgrade to **silver** membership. Gymnasts 8 or older in the year of competition ie gymnasts competing in 2022 must have been born in 2014 or earlier, except for the Floor and Vault competition where Under 7s are permitted.
2. **CLUBS:** The gymnast's club must be registered with British Gymnastics. All clubs must be affiliated with NCGA, unless invited as a guest by the NCGA.
3. **AGE GROUPS:** Ages are taken as **Year Born** for the competition year. **(The programme compiler has the right to amalgamate age groups if entries are low).**
4. **COACHES:** All coaches should be Members of British Gymnastics, and at least a Level 1 coach. A Men's Artistic Coach level 2 who is responsible for a club's gymnasts should be in the competition hall at all times.
5. **CODES:** See specific rules for "Apparatus" competitions.
6. **Entry Levels:** Competitions may be divided into "National", "County" and "Novice" Levels. Gymnasts who train 8 or fewer hours per week can compete in the "Novice" category, though if they have competed at regional level within the previous two years they should compete at county level. National level, if included, will be at FIG, GB Under 12, GB Under 14 and GB Under 16 as needed. Coaches and clubs are asked to enter gymnasts in the appropriate level in accordance with the interests of fair play.
7. **JUDGES:** clubs must provide a minimum of one qualified judge (minimum Club Judge) for the competition. In order for competitions to run, we will need more judges so please nominate as many as possible. Judging assistants are also welcome (coaches, senior gymnasts, parent helpers). If clubs do not have any MAG judges, they can provide club judges from other disciplines.
8. **MEDALS & TROPHIES:** Medals will be awarded at Gold, Silver & Bronze for age groups or levels.
9. **ROUTINES:** Coaches should fill out routine forms for voluntary code competitions and hand them to each apparatus judge prior to the competition starting.

NOTTS COUNTY GYMNASTICS ASSOCIATION

Men's Artistic Junior Apparatus competition

Ages (Year Born 2010 and below)

Men's Artistic Novice Apparatus Competition

Ages (Year Born 2014 and earlier)

Apparatus Medals

Medals will be awarded for 1st, 2nd and 3rd places on Floor, Pommel, Rings, Vault, Parallel Bars, High bar and overall highest score in each age group (4 pieces for Novice competitions). Age groups may be amalgamated.

Routine Construction

Coaches should prepare routines using the guideline moves including 'J' moves from the tables shown later in these rules, or any recognised FIG moves. All routines will be awarded a start value using the matrix below. Vault values are listed on page 15 of these rules.

In this competition, boys can compete using the Strap Bar or Chalk Bar and on Mushroom or Pommel Horse. These will be run as separate competitions but gymnasts may only compete in one option. Choice of apparatus must be noted on the entry form.

NB. Coaches **MUST** complete routine start value sheets for each piece of apparatus to assist judges. These must list expected moves but do not need to calculate start value.

Maximum number of elements	Min 5, Max 7 + dismount
Element Groups	4 element groups
Value E score (exercise presentation)	10.00
Deduction for < 5 elements	See table below

<u>Elements</u>	<u>E score</u>
5 or more elements	E score - 10.00
4 elements	E score – 8.00
3 elements	E score – 6.00
2 elements	E score – 4.00
1 element	E score – 4.00

JUNIOR CODE REQUIREMENTS AND STRUCTURE

i) <u>Difficulty</u> = Minimum 5 elements, Maximum 7 elements + dismount (J = 0.05, A = 0.1, B = 0.2, C = 0.3 etc) i.e. 1B,6A,1J = 0.85 If a move is performed more than once, it will be ignored for difficulty.
ii) <u>Element groups</u> (maximum of 5 elements per group) If fulfilled with A move and above = 0.5; if only fulfilled with J move = 0.3 i.e. 4 element groups 3xA & 1xJ = 1.8
START VALUE = (i) + (ii)
<u>Exercise presentation</u> – marked out of 10.00 Sm = 0.1; Md = 0.3; Lg = 0.5; Fall = 1.0 – gives Execution Score
TOTAL SCORE = Start Value + Execution Score

NOTTS COUNTY GYMNASTICS ASSOCIATION

Men's Artistic Open Apparatus competition

Ages (Year born 2009 and older)

Routine construction

Routines should be made up from element examples listed in these rules (except 'J' moves) or from any recognised FIG moves that can be taught for the level of coach responsible for the gymnast.

- *All routines will be judged on the GBR U12 Code and FIG U18 Code 2022-2024 with GBR special list of supplementary 'A' parts (attached) ('J' moves will not be awarded any value).*
- Dismount requirements will be B = 0.5 and A = 0.3 (code or supp list)
- Parallel Bar heights may be lowered to between 160 and 180 cm
- Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and Parallel Bars without deduction
- **High Bar is Chalk Bar – there is no option for Strap Bar for Senior Code. Pommels is on Pommel Horse – no option for mushroom.**
- The supplementary list of recognised 'A' parts will be used. These 'A' parts will be counted as element value of 0.1 and qualify for element groups.

Maximum number of elements	Min 5, Max 7 + dismount
Element Groups	4 element groups
Value E score (exercise presentation)	10.00
Deduction for < 5 elements	See table below

OPEN CODE REQUIREMENTS AND STRUCTURE

iii) <u>Difficulty = Minimum 5 elements, Maximum 7 elements + dismount</u> (A = 0.1, B = 0.2, C = 0.3 etc) i.e. 1B,6A = 0.80 If a move is performed more than once, it will be ignored for difficulty.
iv) <u>Element groups</u> (maximum of 5 elements per group) If fulfilled with A move and above = 0.5 Dismount requirements will be B+ 0.5 and A=0.3 i.e. 4 element groups 3xA + B dismount = 2.0
START VALUE = (i) + (ii)
<u>Exercise presentation</u> – marked out of 10.00 Sm = 0.1; Md = 0.3; Lg = 0.5; Fall = 1.0 – gives Execution Score
TOTAL SCORE = Start Value + Execution Score

NB. Coaches **must** complete routine sheets for each piece of apparatus.

<u>Elements</u>	<u>E score</u>
5 or more elements	E score - 10.00
4 elements	E score – 8.00
3 elements	E score – 6.00
2 elements	E score – 4.00
1 element	E score – 4.00

As per GBR U12 Code and amendments to FIG U18 Code

Medals and Trophies

Medals will be awarded for the first three places in each age group on each piece and all round.

APPARATUS ELEMENT GROUPS

	ELEMENT GROUPS
Floor:	<ol style="list-style-type: none"> 1. Non acrobatic elements 2. Acrobatic elements forward and Rollouts 3. Acrobatic elements backward and Arabians 4. Dismount (from elements 2 or 3 that land on two feet)
Pommel:	<ol style="list-style-type: none"> 1. Leg swings and scissors 2. Circle/flair/spindle/Handstand including Kehr/Wende/flops 3. Side and cross support travels 4. Dismounts
Rings:	<ol style="list-style-type: none"> 1. Kip and swing elements including swing to and through handstand 2. Strength/hold elements 3. Swing to strength holds 4. Dismounts <p>NB Junior code: one free swing allowed, gymnasts may start in support</p>
Vault: (from 1m)	See separate Vault section
'P' Bars	<ol style="list-style-type: none"> 1. Elements in support 2. Elements starting in upper arm 3. Long swings in hang and Underswings 4. Dismounts <p>NB Junior Code: one free swing allowed</p>
High Bar	<ol style="list-style-type: none"> 1. Long hang swings and turns 2. Flight elements 3. In bar and Adler elements 4. Dismounts <p>NB Junior code: one free swing allowed and see below for additions to element groups</p>

NOTTS COUNTY GYMNASTICS ASSOCIATION MAG Code

Example of elements for competitions – note that J elements are only available for Junior and Novice Level competitions. Juniors/Novice do not need to use all 4 corners of the floor but Seniors should comply with the FIG U18 code requirements. As per FIG, if there is an Over 18 competition, seniors will have a 0.3 deduction if no double somersault is performed. However, if the oldest age group is Over 16, this will not apply, even if competing gymnasts are over 18.

All FIG elements that are permitted for U18 gymnasts are included – some examples are described below.

On Floor, to encourage development of good skills the following moves should be followed by a rebound jump to stuck landing (unless they are followed by another move) – this includes when they are used as the dismount:

Round-off, handspring, flyspring, flick

In accordance with the current GB U12 and U14 codes, all dismount landings (all apparatus, including vault) will be awarded a 0.1 “stick” bonus from the D jury for all dismount landings that would not incur an E jury deduction for steps or landing with the feet apart.

Also, note that all previous code values for twisting somersaults on floor that are now in the same boxes in the FIG code can still be used in the same exercise for value.

Element	Value	EGR
Tempo salto (Whip back)	B value	Gp III
Straight back salto	B value	Gp III
Straight back salto 1/2	B value	Gp III
Straight back salto 1/1	B value	Gp III
Straight back salto 3/2	C value	Gp III
Straight back salto 2/1	C value	Gp III
Straight front salto	B value	Gp II
Straight front salto 1/2	B value	Gp II
Straight front salto 1/1	C value	Gp II
Straight front salto 3/2	C value	Gp II

FLOOR

Group 1 Non acro element	Group 2 Forward element	Group 3 Backward element	Group 4 Dismount to feet
J moves 0.05: Headstand (2 secs) Swedish fall Jump to front support Jumps (with 180° turn or more) ½ lever/straddle (2 sec) Any backward roll from sit or stand	Forward roll Handstand-forward roll Cartwheel	Any backward roll immediately following a round off ½ turn jump immediately followed by dive roll	All skills from Groups 2 & 3 that land on feet together. (Does NOT include dive roll)
A moves 0.1: Backward roll to h'stand on straight arms Handstand (2 secs) Y scale (2 secs) Splits Arabesque (2 secs) Straddle stand press to handstand (2 secs) Straddle planche (2 sec) ½ or 1/1 turn in handstand 1 circle or flair Breakdance moves	Round-off Handspring Dive roll Flyspring Front sommi tucked or pike Front Tuck ½ or Pike ½	Flic Back sommi tucked or pike Back sommi tucked ½ or pike ½ ½ turn jump into dive roll (Arabian Dive Roll) Jump backwards ½ turn into forward sommi tuck or pike (Arabian)	Note – if round-off is used as dismount then this will count first ie will be recognised as dismount and any others will be discounted for difficulty
B moves 0.2: Pike press to handstand (2 secs) Russian Lever (2 secs) Press to handstand from splits or ½ lever or front support	Front sommi straight Front sommi straight ½ twist Front Tuck or Pike 1/1 and 3/2	Back sommi straight Whip back Back sommi straight ½, 1/1 twist Back sommi tucked 3/2 twist	
C Moves 0.3: Russian lever press through to handstand Manna (2 secs)	Front sommi straight 1/1 and 3/2 twist Double front tucked - D	Back sommi straight 3/2 twist Double back tucked or piked	

Pommels

Group 1 Single Leg swings and scissors	Group 2 Circle skills, flairs, Kehr/stockli skills	Group 3 Travel skills	Group 4 Dismounts
J moves:			Face Vault
A moves: ½ Scissor (one only either fwd or bwd) Scissor ½ turn Forward scissor Back scissor	Loop Outward loop Cross support circles Flair ¼ spindle	Step back from handles Step up	Schwabenflank Russian Wende swing 180
B moves: Double scissor	½ spindle Czech Stockli Russian		Chaguinian Russian to flank Circle or flare through handstand
C moves:	2/1 Russian	Magyar Szivado	2/1 Russian to flank
D moves:	Full spindle in 2 loops		

All other moves as per FIG Code of Points

Juniors or **Novice** competing on Pommel Horse can count up to 5 loops for credit as moves (so 5 from any combination of inward loops, outward loops, cross support circles and circles on the handles). Additionally, circles in flair count as separate moves. This allows the most basic routine on Pommel Horse to be 5 inward loops, flank vault dismount – start value 11.6

For both Juniors and Seniors, the 0.3 neutral deduction for not touching all 3 parts of the pommel horse will be applied for not using at least 2 parts of the pommel horse.

Mushroom Routine Structure – Juniors only.

<p>i. <u>Difficulty = Minimum 5 elements, Maximum 7 elements + dismount</u> Max 5 Circles to count. Up to 5 circles in flair can also count (ie both will count). (A = 0.1, B = 0.2, C = 0.3 etc.) i.e. 1B,6A = 0.80 If a move is performed more than once, it will be ignored for difficulty. (Except circles)</p>
<p>ii. <u>Element groups</u> Only three elements if using Mushroom Trainer Groups 2, 3 and 4 only (moves include loops, flairs, ½ spindle, Czech, Stockli, Russian, modified Magyar and Szivado, and Flank Vault dismounts). All elements in flairs +1 difficulty level (including loops ie circles in flair = B). If fulfilled with A move or above = 0.5 - i.e. 3 element groups 3xA = 1.5</p>
<p>START VALUE = (i) + (ii)</p>
<p><u>Exercise presentation</u> – marked out of 10.00 Sm = 0.1; Md = 0.3; Lg = 0.5; Fall = 1.0 – gives Execution Score</p>
<p>TOTAL SCORE = Start Value + Execution Score</p>

To aid skill recognition and accuracy, a 5cm tape line will be placed over the middle of the mushroom. All elements to start and finish with hands either side of the line and 0.3 deduction will be made if gymnast touches the line (exceptions: dismount will finish with hand on one side of line; spindles hands may touch the line).

Example routine – loop, loop, Czech, loop, Stockli, $\frac{1}{2}$ spindle, loop, flank dismount: 3 element groups, 7 moves (4A, 3B) + dismount (A) = 1.5 + 1.1 = 2.6 – deductions

Basic routine – 5 loops, flank vault dismount = 1.0 + 0.6 = 1.6 – deductions

RINGS

Junior Code: one free swing allowed, gymnasts may start in support. There is no 0.3 neutral deduction for no swing to handstand.

Routine constructions: Juniors have no restrictions on consecutive strength moves. Seniors should comply with the FIG U18 code and have no more than 3 moves from groups 2 and 3 in succession but the requirement for a swing move before the next strength move will be “A” (not B).

Group 1 Kip and swing and swings to or through handstand	Group 2 Strength/hold elements	Group 2 Strength/hold elements (cont)	Group 3 Swing to strength hold elements	Group 4 Dismounts
J Moves Swing in hang – forward and backward = 1 swing (feet below ring height 0.20 deduction each side)	Chin up hold 2 secs Inverted Hang (2 secs) German Hang (2 secs)	Shoulder stand (2 sec) Straddle back planche (2 sec) Straddle front planche (2 sec)		Tucked back salto
A Moves Back uprise to support Inlocate Static inlocate Dislocate Folge to support Kip to support	½ lever (2 sec) straddle ½ lever (2 sec) straight back planche (2 sec) straight front planche (2 sec)	Muscle Up Slow Pike Forward roll to support Bent arm press (also in straddle)		straight or pike front salto (also with ½ turn) Straight or pike Back (also with ½ turn)
B Moves Back uprise to straddle Deltchev Honma to support	Russian V-sit (2 sec) Straight arm lift to handstand		Kip to L Sit Honma to L Sit Forward uprise to L Sit Back uprise to straddle top planche (2s)	Straight back 1/1 Straight or pike front 1/1 Double back tuck or pike

All other moves as per FIG Code of Points

BG U12 bonus – Straight arm lift to handstand will receive B value but also 0.1 bonus if completed without major error.

PARALLEL BARS

Junior Code: two free swings are allowed

Group 1 Elements in Support	Group 2 Elements starting in upper arms	Group 3 Long swings in hang and Underswings	Group 4 Dismounts
J Moves Straddle ½ lever Swing forward and backward (below bar height 0.2 deduction) Swing to handstand (not held)	Jump to upper arms, swing forward swing backward Front uprise to straddle sit 2 Dips Lift to shoulder stand (2 sec) Forward roll to straddle sit Upper arm upstart to straddle sit or support	Upstart to straddle sit Drop upstart to straddle sit Upstart to upper arms	Stutz Flank Face Vault
A Moves ½ lever (2 sec) Stutz to 45° Swing to handstand (2 sec) Handstand ½ turn	Back Uprise to support Front Uprise to support	Moy to upper arms Upstart to support Cast to upper arms Basket with travel to hang Drop upstart to support (county supplementary move)	Tucked front salto Tucked back salto Pike or Straight Back (also ½) Pike or Straight front (also ½) Long hang dismount tuck, pike or straight back
B Moves Any press to handstand (2 sec) Stutz backward Healy to upper arms C – Healy to support	Back uprise to handstand	Moy with bent legs to support C – with straight legs Basket with travel to Support	C - Straight front or straight back 1/1 twist

All other moves as per FIG Code of Points

HIGH BAR

Element Groups for Junior Code Chalk Bar and Strap Bar (substitute Group 2)

Group 1 Long hang swings (backward)	Group 2 Long hang swings (forward)	Group 3 In bar elements and Adler elements	Group 4 Dismounts
All relevant FIG group 1 backward swinging elements	All relevant FIG group 1 forward swinging elements	All relevant FIG group 3 elements	All relevant FIG
J Moves ¾ baby giant Swing (below bar height 0.2 deduction)	Swing (below bar height 0.2 deduction) Back Uprise to support	Leg Lift Chin Up Circle up to support Back hip circle Undershoot Cast to horiz or above Upstart to support	
A Moves Backward Giants	Forward Giants	Stoop or straddle on /off the bar Clear circle through H/S Stoop in seat circle Upstart cast to 45° above horizontal	Back somi piked, straight, also ½ and 1/1
B Moves		Clear circle to handstand Endo Stalder	Double tuck back

Only three elements if using strap bar Gp 1, 2 and 3

For Junior Code, Strap or chalk bar may be used at the discretion of the coach.

Strap bar routines to be performed in overgrasp. For Juniors doing chalk bar, “upstart to support” and “cast to handstand” will count as two separate moves.

Open Code –

Group 1 Long Hang Swings & Turns	Group 2 Flight Elements	Group 3 In Bar Elements and Adler elements	Group 4 Dismounts
A Moves Backward Giants Forward Giants Blind Top Change		Stoop or straddle on /off the bar Clear circle to / through H/S Stoop in seat circle Upstart, cast to 45° above horiz Squat dislocate to 45°	Back somi piked, straight
B Moves		Endo Stalder	Double tuck back

All other moves as per FIG Code of Points

Vault (Vaulting table)

Vault Competition Height from 100cms.

Floor & Vault Competition – 2 attempts, best score to count

Apparatus Competition – 2 vaults – **average** to count. Juniors may repeat the same vault, Seniors must compete 2 different vaults (but they may be in the same category).

Grade vault heights as laid down in Development Plan (1 attempt)

Vault Name	D score
Squat on, jump off	0.40
Squat through or Straddle over	0.80
Handspring	1.60
Round Off	1.60
Handspring ½ turn	1.80
Handspring 1/1 turn	2.00
Handspring 3/2 turn	2.20
Handspring 2/1 turn	2.40
Handspring front salto (tucked)	2.40
Handspring front salto (piked)	2.80
Handspring front salto ½ turn	2.80
Round Off, back handspring	1.60
Tsukahara tucked	2.20
Yurchenko tucked	2.20
Tsukahara piked	2.40
Yurchenko piked	2.40
Tsukahara stretched	3.20
Yurchenko stretched	3.20
Tsukahara 1/1 tucked (Kasamatsu)	2.80

BG Supplementary List of A Parts

Element Group	1	2	3	4
Floor	Non acrobatic elements	Acrobatic elements forward	Acrobatic elements backward & Arabian elements	Dismounts
	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		
P.Bar	Elements in support or through 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°	Back uprise to support	Moy to upper arm	Back salto tucked. Also from long hang
H.Bar	Long hang swings and without turns	Flight elements	In bar and Adler elements	Dismounts
			Stoop/straddle on & off backwards	

Example

COMPETITOR...Gymnasts Name.....		
Floor		
Move	Value	Element Group
Handspring	0.1	2
Tuck Front	0.1	2
Y Scale	0.1	1
Round Off	0.1	2
Flic	0.1	3
Tuck Back	0.1	3
Arabian	0.1	3
Straight Back	0.2	4
Sub Totals:	0.9	2.00
Start Value: if E is 10.00		12.90

COMPETITOR.....		
Move	Value	Element group
Sub Totals:		
Start Value:		

COMPETITOR.....		
Move	Value	Element Group
Sub Totals:		
Start Value:		

COMPETITOR.....		
Move	Value	Element group
Sub Totals:		
Start Value:		