



Eclipse Gymnastics Centre
Men's Artistic Gymnastics Rules 2022

Competition details – Overview

Welcome to the Eclipse Gymnastics Centre Competition Handbook, within this pack you will find all the details to will need to participate in our competitions.

The aim of our gymnastics competitions is to provide an opportunity for gymnasts to participate within a recreational and fun competitive environment. This competition will incorporate 'Key Skills' involved in General Gymnastics.

Who can enter?

Our competitions are open to Boys and Girls (see specific event) and are for gymnasts wishing to compete as individuals and as a team (see specific event).

Age Categories (in the year of the competition)

4 - 6 Years

7 – 8 years

9 - 10 years

11 – 13

14 years +

For example: A gymnast needs to be 7 years old in by the 31st December to enter the Mini category.

Ability

Club, County, Region

This is open to all British Gymnastics clubs

Competition programme – We aim to have our competition programme sent out to all participating no later than 10 days prior to the competition.

Entry Costs –

Gymnasts

2-piece competitions - £10

6-piece competitions - £20

Team competitions - £25

Spectator

Adults - £5

Child - (under 16 years) - £3

Concessions - (65 years +) £3

Babies are free of charge

Judges

Each club must provide a minimum of 1 judge for their club. If a club not provide a judge and informs us of this at the time of entry a £20 fee will be applied.

If a club informs us that they cannot provide a judge less than two weeks' notice prior to the competition a £50 will be given to the club.

If a club names a judge on entry but turns up on the day without their judge and without informing us of this a fine of double your entry cost will be applied to your club.

Competition Entry

Competition entry opening date will be two calendar months prior to the competition date and the closing date will be one calendar month prior to the competition date.

As you have our competition handbook you have expressed an interest in entering one of our completions and therefor an entry form will have been sent to your club.

Your competition entry form must be returned by specific closing date and entry fees must be paid into our bank account by the same date. Our bank details are listed on our entry form.

Level Star						
	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Apparatus	12m by 2m strip	Mushroom	Up to 3 30cm allowed to reduce height	Springboard and 30cm mat	P bar height optional	Shiny bar
Requirements	Maximum of 8 skills to count including a dismount (tumble that lands on 2 feet) Routines containing 5 skills or less will incur a 2-mark deduction	Select one of the set routines below	Maximum of 6 skills to count including a dismount, routines containing 4 skills or less will incur a 2-mark deduction	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 6 skills to count including a dismount, routines containing 4 skills or less will incur a 2-mark deduction	Maximum of 6 skills to count including a dismount, routines containing 4 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault & Pommel which has D value next to each vault))	Fwd roll, Fwd roll straddle stand, Bwd roll, Bwd roll straddle stand, Cartwheel, Cartwheel ¼ turn, Handstand, Handstand fwd roll, Handstand bounce, Splits, Bridge, Japana, Jumps – Straight, Tuck, Star, ½ turn Holds – Frog balance, Arabesque, ½ lever, tuck lever	5 walking circles around the mushroom – 1.0 5 individual circles around the mushroom – 2.0 5 continuous circles – 3.0	Inverted hang, held 2 secs Hang in tuck, held 2 secs Hang in pike, held 2 secs Chin up, held 2 secs Swing forwards and backwards or vice versa Tuck back dismount	Straight jump and rebound into immediate dive roll – 1.0 Dive roll – 2.0 Front somersault – 3.0	Support 3 secs Tuck lever 3 secs ½ lever 3 secs Dip 90° Walk forwards in support (min ½ length of bars) Walk backwards in support (min ½ length of bars) Swing fwd and bwd (feet above bar height at front and back)	Chin up and return to hang, Leg lift, Fish swing circle up Back hip circle, circle forwards to hang
Bonus (0.5 for each)	Handstand fwd roll, Any hold skill, Any bwd roll	N/A	Inverted hang Chin up hold Swing fwd & bwd	N/A	Swing above bar height Tuck or ½ lever 3 secs Dip 90°	Leg lift Chin up Fish swing
Notes		0.3 per fall	Up to 3 swings may be performed		Up to three swings may be performed	Up to three fish swings and up to two chin ups and/or leg lifts may be performed

Level Moon						
	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Apparatus	12m by 2m strip	mushroom	A 30cm mat is allowed	60 cm block or x2 30cm mats	P bar height optional	Shiny Bar
Requirements	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Select one of the set routines below	Maximum of 6 skills to count including a dismount, routines containing 4 skills or less will incur a 2-mark deduction	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 6 skills to count including a dismount, routines containing 4 skills or less will incur a 2-mark deduction	Maximum of 6 skills to count including a dismount, routines containing 4 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault which has D value next to each vault))	Fwd roll straddle stand, Fwd roll to pike stand, Bwd roll straddle stand, Bwd roll to front support, Bwd roll to handstand Cartwheel, Cartwheel ¼ turn, Roundoff, Handstand (3 secs), Handstand fwd roll, (straight arms) Handstand bounce Handspring, Splits, Bridge, japana Jumps – Tuck, ½ turn, full turn Holds (3 secs) – Straddle lever, Arabesque, ½ lever, tuck top planche	5 individual circles – 1.0 5 continuous circles – 2.0 10 continuous circles - 3.0	German hang, held 2 secs Support, held 2 secs Tuck lever, held 2 secs Half lever, held 2 secs Slow inlocate from hang Chin up, held 2 secs Swing forwards and backwards or vice versa Tuck back dismount	Dive roll – 1.0 Front somersault – 2.0 ¾ straight front – 3.0	Tuck lever, held 3 secs Half lever, held for 2 secs Dip (elbows to at least 90°) Swing forwards and backwards (feet above bar height at front and back) Flank dismount	Leg lift Trolley swing Swing forward and backward towards horizontal Back hip circle Cast to horizontal Upward circle to support Undershoot towards horizontal
Bonus (0.5 for each)	Full turn jump, Handstand fwd roll (straight arms) Any hold	N/A	Support or german hang, Swing fwd& bwd Tuck back dismount	N/A	Swing above horizontal Half lever, 3 secs Flank dismount	Leg lift Circle up Swing to horizontal fwd & bwd
Notes		0.3 per fall	Coach may lift gymnast up to support up to 3 swings may be performed		Up to three swings may be performed	Up to three swings may be performed

Level Sun						
	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Apparatus	12m by 2m strip or full floor	Mushroom Or low mushroom	A 30cm mat is allowed	Springboard and 30cm mat	Min height 140cm	Shiny Bar
Requirements	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Select one of the set routines below	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault which has D value next to each vault))	Any fwd roll with straight arms Any bwd roll with straight arms Cartwheel, Cartwheel ¼ turn, Roundoff, Flic Handstand (3 secs), Handstand bounce Handspring, Dive roll Straddle lift to handstand Splits, Bridge, Japana Jumps – Tuck, ½ turn, full turn Holds (3 secs) – Straddle lever, Arabesque, ½ lever, tuck top planche, straddle Russian/Russian lever	5 continuous circles (mushroom)– 1.0 10 continuous circles (mushroom) – 2.0 5 continuous circles (low mushroom) – 3.0	Dip/press up in support, German hang 3 secs, Chin up 3 secs Muscle up to support Kip out through dislocation, Swing fwd and bwd, Static inlo, Inlocation, Dislocation Half lever 3 secs Tuck back dismount, straight back dismount	Front somersault – 1.0 Front somersault dive roll – 2.0 Straight front somersault – 3.0 Straight front somersault dive roll – 4.0	Upstart to straddle support, Swing to above 45°, Swing to handstand not held, Front uprise to straddle support, Front uprise, Russian lever 3 secs, Back uprise, Flank dismount	Circle up Back hip circle Swing forward and backward above horizontal Cast above horizontal Short clear circle above horizontal Undershoot above horizontal Back uprise to support Backward giant Forward giant
Bonus (0.5 for each)	Handspring Dive roll Straddle lift to handstand	N/A	½ lever Dip/press up Straight back	N/A	½ lever 3 secs Swing above 45° Flank dismount 45°	Swing above 45° Back hip circle Undershoot above horizontal
Notes		0.3 per fall	Coach may lift gymnast up to support up to 2 swings may be performed		Up to three swings above horizontal may be performed	Up to three swings may be performed

Level Earth						
	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Apparatus	12m by 2m strip or full floor	Low mushroom or low pommel horse	A 30cm mat is allowed	Springboard and 30cm mat	Min height 140cm	Shiny Bar
Requirements	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Select one of the set routines below	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault which has D value next to each vault))	Any fwd roll with straight arms Any bwd roll with straight arms Any Cartwheel, Roundoff, flic Handstand (3 secs), Handspring, Dive roll Double leg circle Splits, Bridge, Japana Front somersault Back somersault Any press handstand Jumps – ½ turn, full turn Holds (3 secs) – Y balance, Arabesque, any planche, straddle Russian/Russian lever	5 continuous circles (low mushroom) – 1.0 5 inward loops (low horse) – 2.0 5 outward loops (low horse) – 3.0	Muscle up to support Dip/press up in support German hang 3 secs Chin up 3 secs Tucked top planche 3 secs Lift to shoulder stand 3 secs Swing fwd and bwd Static into, Inlocation Dislocation Half lever 3 secs Tuck back dismount, straight back dismount	Front somersault – 1.0 Front somersault dive roll – 2.0 Straight front somersault – 3.0 Straight front somersault dive roll – 4.0	Upstart to straddle support, Upstart, Swing to above 45°, Swing to handstand not held, Swing to handstand 3 secs Handstand pirouette, Any press handstand, Front uprise, Russian lever 3 secs, Back uprise, Flank dismount Face dismount	Swing forward and backward above 45° Cast to 45° above horizontal Short clear circle above 45° Undershoot above 45° Back uprise to support Upstart Backward giant Forward giant
Bonus (0.5 for each)	Flic Any somersault Any Russian lever	N/A	Coach may lift gymnast up to support	N/A	Upstart, Swing to handstand Any press to handstand	Upstart or back uprise Short clear Giant fwd or bwd
Notes		0.3 per fall	Muscle up Inlocate or dislocate Any held element Straight back		Up to three swings to handstand (held or not held) may be performed	Up to two swings and up to three giants may be performed