

## Eclipse Gymnastics GfA Men's Rules 2022

Level Star						
	Floor	Pommel	Rings	Vault	P Bars	High Bar
<b>Apparatus</b>	12m by 2m strip	Mushroom	Up to 3 30cm allowed to reduce height	Springboard and 30cm mat	P bar height optional	Shiny bar
<b>Requirements</b>	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
<b>Element</b> (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
<b>Bonus</b> (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
<b>Notes</b>		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	P Bars	High Bar
<b>Apparatus</b>	12m by 2m strip	mushroom	A 30cm mat is allowed	60 cm block or x2 30cm mats	P bar height optional	Shiny Bar
<b>Requirements</b>	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
<b>Element</b> (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
<b>Bonus</b> (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
<b>Notes</b>		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	P Bars	High Bar
<b>Apparatus</b>	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
<b>Requirements</b>	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
<b>Element</b> (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
<b>Bonus</b> (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
<b>Notes</b>		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	P Bars	High Bar
<b>Apparatus</b>	12m by 2m strip or full floor	Low mushroom or low pommel horse	A 30cm mat is allowed	Springboard and 60cm mat	Min height 140cm	Shiny Bar
<b>Requirements</b>	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
<b>Element</b> (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 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, 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
<b>Bonus</b> (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
<b>Notes</b>		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