



LINCOLNSHIRE
Gymnastics Association

2022
MENS ARTISTIC
COMPETITION RULES

Men's Artistic Floor & Vault Novice Competition

Coaches should prepare routines using ONLY the skills listed in the 'Novice Skills Matrix' on page 3 of this handbook. All routines will be awarded a start value using the matrix below.

Maximum number of elements	8
Element Groups (max 5 skills from each EG)	4 element groups
Value E score (exercise presentation)	10.00
Deduction for < 5 elements	1.0 per element
<p>i. <u>Difficulty = Highest valued 8 elements</u></p> <p style="padding-left: 40px;">If a move is preformed more than once, it will be ignored for difficulty.</p>	
<p>ii. <u>Element groups</u></p> <p style="padding-left: 40px;">If fulfilled with A move or above = 0.5; if fulfilled with J move = 0.3 i.e. 4 element groups = 3A + 1J = 1.8</p>	
<p>START VALUE = (i) + (ii)</p>	
<p><u>Exercise presentation</u> – marked out of 10.00</p> <p>Sm = 0.1;Md = 0.3; Lg = 0.5; Fall = 1.0 – gives Execution Score</p>	
<p>TOTAL SCORE = Start Value + Execution Score</p>	

Floor and Vault Novice Skills Matrix

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 Jumps Foutte ½ lever/straddle (2 secs) Bridge	J moves 0.05: Forward roll Forward Roll - Straddle Sit Handstand -forward roll Cartwheel	J moves 0.05: Any Backward Roll. Roll to Shoulder stand	J moves 0.05: All skills from Groups 2 and 3 that land on feet together.
A moves 0.1: Handstand (2 secs) Y scale (2 secs) Arabesque (2 secs) Straddle stand press to handstand (2 secs) Splits	A moves 0.1: Dive roll Tuck Front Handspring Round Off	A moves 0.1: Flic Tuck Back	A moves 0.1: All skills from Groups 2 and 3 that land on feet together.

Floor and Vault Novice Vault List

Vault Name	Vault Value (D+E)
Squat on, jump off	10.00
Squat through	10.50
Handspring	11.60

Men's Artistic Floor & Vault Junior Code Competition

Coaches should prepare routines using the guideline moves including 'J' moves from the tables below or any recognised FIG moves. All routines will be awarded a start value using the matrix below.

Maximum number of elements	Max 7 + dismount
Element Groups (max 5 skills from each EG)	4 element groups
Value E score (exercise presentation)	10.00
Deduction for < 8 elements	<u>see table below</u>
<u>Elements</u>	<u>D Score Neutral Deduction</u>
7 elements	- 0.00
6 elements	- 2.00
5 Elements	- 4.00
4 or less Elements	- 6.00

JUNIOR CODE REQUIREMENTS AND STRUCTURE

<p>i. <u>Difficulty</u> = <u>Maximum 7 elements + dismount</u> (J = 0.05, A = 0.1, B = 0.2, C = 0.3 etc) i.e. 1B,6A,1J = 0.85 If a move is preformed more than once, it will be ignored for difficulty.</p>
<p>ii. <u>Element groups</u> If fulfilled with A move or above = 0.5; if fulfilled with J move = 0.3 i.e. 4 element groups = 3A + 1J = 1.8</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>

Floor and Vault Junior Code 'J' Move Matrix

Group 1 Non acro element	Group 2 Forward element	Group 3 Backward element	Group 4 Dismount
J moves 0.05: Headstand (2 secs) Swedish fall Jumps Foutte ½ lever/straddle	Forward roll Handstand Forward roll Cartwheel	Any Backward Roll.	All skills from Groups 2 and 3 that land on feet together.

Floor and Vault Junior Code Vault List

Vault Name	Vault Value (D+E)
Squat on, jump off	10.00
Squat through	10.50
Handspring	11.60
Round Off	11.60

Men's Artistic Floor & Vault Open Code Competition

All routines will be judged on the FIG Junior Code 2022 - 2024 with GBR exceptions and amendment including specialist list of additional 'A' parts (attached) ('J' Moves will not be awarded with any 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	<u>See table below</u>
<u>Elements</u>	D Score Neutral Deduction
5 elements or more	- 0.00
4 elements	- 2.00
3 elements	- 4.00
1-2 elements	- 6.00
0 Elements	- 10.00

OPEN CODE REQUIREMENTS AND STRUCTURE

iii. Difficulty = Minimum 5 elements, Maximum 7 elements + dismount (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. Element groups
If fulfilled with A move or above = 0.5
i.e. 4 element groups 3xA + B dismount = 2.0

Dismount requirements will be B or above=0.5 and A=0.3

START VALUE = (i) + (ii)

Exercise presentation – 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

List of Additional '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, Kehrsings, 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 Tucked top planche (2s)		
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
	Swing forward and half turn to handstand*		Stoop/straddle on & off backwards	

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Men's Artistic NOVICE Individual Apparatus Competition

Routine Construction

Coaches should prepare Floor and Vault routines using **ONLY** the skills listed in the 'NOVICE Skills Matrix' on page 3 of this handbook. All other apparatus routines are set and will be marked out of 10.00. (specific execution as per each apparatus)

<u>Apparatus Routine</u>	<u>Execution Faults</u> <i>all deductions as per FIG unless listed below.</i>
<u>Pommel</u>	
5 x Double Leg Circles on high mushroom	0.5 per stop 0.5 chronological error.
<u>Rings</u>	
Chin up (head in line with rings) Straight Leg lift to Inverted Hang (2secs) Straight Leg lower to German Hang (2 secs) Lift to pike hang. Cast, swing backwards, swing forwards swing backwards, swing forwards, swing backwards, swing forwards into Tuck Back dismount.	0.5 chronological error 1.0 missing element
<u>Parallel Bars</u>	
Jump to support 1 x Dip 1/2 Lever (2 secs) Swing backwards, swing forwards, swing backwards, swing forwards, swing backwards into Face Vault Dismount with support on one rail.	0.5 chronological error 1.0 missing element 0.3 if support on one rail not shown.
<u>High Bar (chalk or shiny bar optional)</u>	
Chin Up Leg Lift Circle Up Undershoot Swing Backwards, swing forwards, swing backwards, swing forwards, swing backwards.	0.5 chronological error 1.0 missing element 0.5 coach assistance

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Men's Artistic Junior Code Individual Apparatus Competition

Routine Construction

Coaches should prepare routines using 'J' moves from the tables on page 9 and 10 of this handbook or any recognised FIG moves for all pieces.

All routines will be awarded a start value using the same scoring matrix as used for the Junior Code floor and vault competitions.

In this competition, boys can compete using either the 'Shiny' Bar or 'Chalky' Bar and on the Mushroom Trainer or Pommel Horse.

Floor and Vault structure is the same as for the Floor & Vault Junior Code competition. Vault values are listed on page 5 of these rules.

NB. Coaches **MUST** complete routine start value sheets for each piece of apparatus as a guide to assist judges.

Maximum number of elements	Max 7 + dismount
Element Groups (max 5 skills from each EG)	4 element groups
Value E score (exercise presentation)	10.00
Deduction for < 8 elements	<u>see table below</u>
<u>Elements</u>	<u>D Score Neutral Deduction</u>
7 elements	- 0.00
6 elements	- 2.00
5 Elements	- 4.00
4 or less Elements	- 6.00

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Pommels

Group 1 Leg swings	Group 2 Circle/flairs skills/ Kehr swings/stockli skills	Group 3 Travel skills	Group 4 Dismounts
J moves: 1/2 Scissor			Face Vault

Mushroom Routine Structure

<p>i. <u>Difficulty = Minimum 7 elements, Maximum 7 elements + dismount</u> Maximum 6 Circles/Loops to count. Basic Routine = 6 circles + face vault dismount. SV = 11.45</p> <p>(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 two elements if using Mushroom Trainer Groups 2 and 4 only. If fulfilled with A move or above = 0.5 if fulfilled with a J = 0.3 i.e. Pommel Horse Routine - 4 element groups - 4 x 0.5 = 2.0 Mushroom Routine – 2 element groups – 2 x 0.5 = 1.0</p>

Rings (two free swings allowed, gymnasts may start in support)

Group 1 Kip and swing	Group 2 Strength/hold elements	Group 3 Swing to Strength/hold elements	Group 4 Dismounts
J Moves: Swing in hang	Chin up hold 2 secs Tuck or pike hang Inverted Hang (2 secs) German Hang (2 secs) Muscle –up (assisted) Bent Arm Handstand		Tuck Back

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Parallel Bars (two free swings are allowed)

Group 1 Elements in Support	Group 2 Elements upper arms	Group 3 Long swings in hang	Group 4 Dismounts
J Moves Straddle ½ lever Swings 1 Dip	Jump to upper arms Upper arm swings Front uprise to straddle sit	Upstart to straddle sit Drop Upstart	Stutz Flank Face Vault

High Bar (two free swings are allowed)

Group 1 Long hang swings with and without turns	Group 2 Flighted Elements	Group 3 In bar and stadler elements	Group 4 Dismounts
J Moves: ¾ baby giant Swings Back uprise to support		Leg Lift Chin Up Circle up to support Back hip circle Undershoot Cast Clear Circle to 45 degrees	Tuck Back Undershoot Clear Circle to controlled landing (A value)

Shiny bar or chalk bar may be used at the discretion of the coach.

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Men's Artistic Open Code Individual Apparatus competition

Routine construction

All Routines will be judged on the FIG Junior Code 2022 - 2024 with GBR exceptions and amendments including special list of additional 'A' parts:

- 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 180cm
- Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and Parallel Bars without Deduction.
- The supplementary list of recognised 'A' parts will be used. These 'A' parts will be counted as Element of value 0.1 and qualify for element groups.
- **Gymnasts must compete on chalky bar and pommel horse.**

Reduced Routine - E Scores	
Elements	D Score Neutral Deduction
5 or more elements	- 0.00
4 elements	- 2.00
3 elements	- 4.00
2 elements	- 6.00
1 element	- 10.00

NB. Coaches **MUST** complete routine start value sheets for each piece of apparatus as a guide to assist judges.

COMPETITOR.....		
Floor		
Move	Value	Element Group
Sub Totals:		
Start Value: if E is 10.00		

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