

**NOTTINGHAMSHIRE COUNTY**

 **GYMNASTICS ASSOCIATION**

**MEN’S ARTISTIC**

**COUNTY RULES AND REGULATIONS**

**2020**

**NOTTS COUNTY GYMNASTICS ASSOCIATION**

**Competition Diary**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Competition** | **Date** | **Entries due by** | **Entry fee** | **Venue** |
| County Championships | 15 March 2020 | 15 Feb 2020 | £15 | Erewash Valley Gymnastics Club, Hallam Fields Road, Ilkeston DE7 4AZ |
|  |  |  |  |  |

The Notts County Championships will be run as three levels.

1. National level – this will use FIG, FIG junior code, GB U12 code, GB U14 code and GB U16 code as required. The overall titles will be on the basis of best score over 6 pieces.
2. 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.
3. 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**

**ELIGIBILTY & INFORMATION**

1. **GYMNASTS**: Competitions are open to gymnasts who are **Bronze and silver members** of British Gymnastics. Gymnasts who enter 6-piece Regional or National competitions need to upgrade to **silver** membership. Gymnasts must be aged 8 or older in the year of competition ie gymnasts competing in 2019 must have been born in 2011 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 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 is included to assist clubs and coaches preparing for the English and British Championships and 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 (judges from other disciplines, coaches, senior gymnasts, parent helpers).
8. **MEDALS & TROPHIES:** Medals will be awarded at Gold, Silver & Bronze for age groups or levels.
9. **ROUTINES:** Coaches should fill outroutine 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 2008 and below)**

**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. 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 ‘Shiny’ Bar (straps) or ‘Chalk’ Bar and on Mushroom Trainer 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 as a guide to assist judges. These must list the expected moves but do not need to calculate the 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 |

|  |  |
| --- | --- |
| **Elements** | **E score** |
| 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**

|  |
| --- |
| 1. Difficulty = 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. |
| 1. Element groups (maximum of 5 elements per group)

 If fulfilled with A move and above = 0.5; if only fulfilled with J move = 0.3i.e. 4 element groups 3xA &1xJ = 1.8 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00Sm = 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 2007 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 2017-2020 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**

|  |
| --- |
| 1. 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. |
| 1. Element groups (maximum of 5 elements per group)

 If fulfilled with A move and above = 0.5Dismount requirements will be B+ 0.5 and A=0.3i.e. 4 element groups 3xA + B dismount = 2.0 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00Sm = 0.1;Md = 0.3; Lg = 0.5; Fall = 1.0 – gives **Execution Score** |
| **TOTAL SCORE = Start Value + Execution Score** |

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

|  |  |
| --- | --- |
| **Elements** | **E score** |
| 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: | 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:  | 1. Leg swings and scissors
2. Circle/flair/spindle/Handstand including Kehr/Wende/ flops
3. Side and cross support travels
4. Dismounts
 |
| Rings: | 1. Kip and swing elements including swing to and through handstand
2. Strength/hold elements
3. Swing to strength holds
4. Dismounts

NB Junior code: one free swing allowed, gymnasts may start in support |
| Vault: (from 1m) | See separate Vault section |
| ‘P’ Bars | 1. Elements in support
2. Elements starting in upper arm
3. Long swings in hang and Underswings
4. Dismounts

NB Junior Code: one free swing allowed |
| High Bar  | 1. Long hang swings and turns
2. Flight elements
3. In bar and Adler elements
4. Dismounts

NB Junior code: one free swing allowed and see below for additions to element groups |

**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.**

**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 fallJumps (with 180o turn or more)½ lever/straddle (2 sec)Any backward roll from sit or stand | Forward rollHandstand-forward rollCartwheel | Any backward roll immediately following a round off½ turn jump immediately followed by dive roll | All skills from Groups 2 & 3 that land on feet together. |
| **A moves 0.1:**Backward roll to h’stand on straight armsHandstand (2 secs)Y scale (2 secs)Arabesque (2 secs)Straddle stand press to handstandStraddle planche (2 sec)½ or 1/1 turn in handstand2 circles or flairsBreakdance moves | Round-offHandspringDive rollFlyspringFront sommi tucked or pikeFront Tuck ½ or  Pike ½  | FlicBack sommi tucked or pikeBack 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 straightFront sommi straight ½ twistFront Tuck or Pike 1/1 and 3/2 | Back sommi straightWhip backBack sommi straight ½, 1/1 twistBack sommi tucked 3/2 twist |  |
| **C Moves 0.3:**Russian lever press through to handstandManna (2 secs) | Front sommi straight 1/1 and 3/2 twist | Back sommi straight 3/2 twist |  |

**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 turnForward scissorBack scissor | LoopOutward loopCross support circlesFlair¼ spindle  | Step back from handlesStep up | SchwabenflankRussian Wende swing 180 |
| **B moves:**Double scissor | ½ spindleCzechStockliRussian |  | ChaguinianRussian to flankCircle or flare through handstand |
| **C moves:****D moves:** | 2/1 RussianFull spindle in 2 loops | MagyarSzivado | 2/1 Russian to flank |

All other moves as per FIG Code of Points

**Juniors** 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.**

|  |
| --- |
| 1. Difficulty = Minimum 5 elements, Maximum 7 elements + dismount

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 = 0.80If a move is performed more than once, it will be ignored for difficulty. (Except circles) |
| 1. Element groups

Only three elements if using Mushroom TrainerGroups 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 |
| **START VALUE = (i) + (ii)** |
| Exercise presentation – marked out of 10.00Sm = 0.1; Md = 0.3; Lg = 0.5; Fall = 1.0 – gives **Execution Score** |
| **TOTAL SCORE = Start Value + Execution Score** |

To aid skill recognition and accuracy, a 10cm 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, ½ 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 secsInverted 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 supportInlocateStatic inlocateDislocateFelge to supportKip to support | **½** lever (2 sec)straddle ½ lever (2 sec)straight back planche (2 sec)straight front planche (2 sec) | Muscle UpSlow Pike Forward roll to supportBent arm press (also in straddle) |  | straight or pike front saltoStraight Back |
| **B Moves**Back uprise to straddle DeltchevHonma to support | Russian V-sit (2 sec) |  | Kip to L SitHonma to L SitForward uprise to L Sit | Straight or pike back ½ or 1/1Double backStraight front ½ twistC - Straight front 1/1 |

All other moves as per FIG Code of Points

**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 leverSwing forward and backward (below bar height 0.2 deduction)Swing to handstand (not held) | Jump to upper arms, swing forward swing backwardFront uprise to straddle sit2 DipsLift to shoulder stand (2 sec)Forward roll to straddle sitUpper arm upstart to straddle sit or support | Upstart to straddle sitDrop upstart to straddle sitUpstart to upper arms | Stutz Flank Face Vault |
| **A Moves**½ lever (2 sec)Stutz to 45oSwing to handstand (2 sec) | Back Uprise to supportFront Uprise to support | Moy to upper armsUpstart to supportCast to upper armsBasket with travel to hangDrop upstart to support(regional supplementary move) | Tucked front saltoTucked back saltoPike or Straight BackPike or Straight frontLong hang dismount tuck, pike or straight back |
| **B Moves**Any press to handstand (2 sec)Stutz backward |  | Moy with bent legs to supportBasket with travel to Support | Straight back ½ twistStraight front ½ 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 group1 forward swinging elements | All relevant FIG group 3 elements | All relevant FIG  |
| **J Moves**¾ baby giantSwing (below bar height 0.2 deduction) | Swing (below bar height 0.2 deduction)Back Uprise to support | Leg Lift Chin UpCircle up to supportBack hip circleUndershootCast to horiz or aboveUpstart to support |  |
| **A Moves**Backward Giants | Forward Giants | Stoop or straddle on /off the barClear circle through H/SStoop in seat circleUpstart cast to 45o above horizontal | Back somi piked, straight, also ½ and 1/1 |
| **B Moves** |  | Clear circle to handstandEndoStalder | 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 GiantsForward GiantsBlindTop Change |  | Stoop or straddle on /off the barClear circle to / through H/SStoop in seat circleUpstart, cast to 45o above horizSquat dislocate to 45o | Back somi piked, straight |
| **B Moves** |  | EndoStalder | 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

Example

|  |  |  |
| --- | --- | --- |
| COMPETITOR…Gymnasts Name………. |  | COMPETITOR……………………………… |
| Floor |  |
| Move | Value | ElementGroup |  | 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 |  | Sub Totals: |  |  |
| Start Value: if E is 10.00 |  | **12.90** |  | Start Value: |  |  |

|  |  |  |
| --- | --- | --- |
| COMPETITOR……………………………….. |  | COMPETITOR……………………………… |
|  |  |
| Move | Value | ElementGroup |  | Move | Value | Element group |
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|  |  |  |  |  |  |  |
| Sub Totals: |  |  |  | Sub Totals: |  |  |
| Start Value: |  |  |  | Start Value: |  |  |