

WHGC INVITATIONAL BOYS 2022

Open –2014 and older

	Men's Artistic working all apparatus but not NDP or competed NDP Level 4 or above previously Gymnasts must not train more than 6 hours a week for this competition				
	Vault	Bars	P-Bars	Floor	Rings
Apparatus	Vaulting table optional height 1meter + or 1meter flat back set up	Shiny Bar	Set 130cm from landing mat	Music is NOT required max 1.30 min Full Floor	Ring Frame
Requirements	Choice of Vault Handspring Flatback 10.60 Handspring 11.60 Handspring ½ twist 11.80 Handspring full twist 12.00 Tsukahara 12.40	Set Routine 1. Leg lift x 2 2. Chin Circle up 3. Cast Back hip circle 4. Swing out into 5. 5 swings above horizontal 6. Back uprise 12.00	Set moves, make into a routine. 1. Jump to upper arm, to straddle sit mount 2. Pike Lever hold 2 secs 3. 2 x dip 4. Drop upstart 5. 5 swings 6. Flank Dismount 12.00	Voluntary routine. Up to max 8 elements to count J = .05 A = 0.1, B = 0.2 CR's 0.5 1. Any salto 2. Acro line with 2 elements, 1 with flight 3. Static Balance/Strength move	Set moves, make into a routine 1. 3 swings above horizontal 2. Static hold 2 seconds 3. Inlo or dislo 4. Somersault dismount 12.00
Notes	No other vault permitted	No other elements permitted		Barred – C moves or higher	No other elements permitted
	2 attempts best score to count, can perform same or different vaults.	0.5 deduction for each missing element 1.0 deduction for coach assistance	0.5 deduction for each missing element 1.0 deduction for coach assistance		0.5 deduction for each missing element 1.0 deduction for coach assistance
Bonus Only awarded without a fall			0.5 bonus somersault dismount	0.5 for straight back / front salto	0.5 for straight salto dismount