



Tamworth Olympic Gymnastics Club

Adult Artistic Gymnastics Competition

9th – 10th December 2023

Adult Women's Artistic Gymnastics Competition Handbook and Structure

- ▶ Introduction
- ▶ Tamworth Olympic Gymnastics Club is holding its first Adult Gymnastics Competition in our fantastic new gymnastics facility!
- ▶ Regardless of age or ability, we welcome anyone aged 16 or over for this competition.
- ▶ Whether you have been a gymnast all your life, or are completely new to the sport, this competition will be a friendly and fun filled atmosphere to showcase your gymnastics.
- ▶ Find us at:-
- ▶ Tamworth Olympic Gymnastics Club
- ▶ 10-12 Gerard, Lichfield Road Industrial Estate, Tamworth B79 7UW
- ▶ There is a large free car park available on site

Competition Handbook and Structure continued ...

Artistic Gymnastics (mixed gender)

- ▶ All around (top 4 apparatus scores to count, choose from any MAG/WAG apparatus) has to be performed in the same Level
- ▶ Individual apparatus award
- ▶ Levels: Novice, Intermediate and Pro
- ▶ Age groups: 16+, 30+ and 45+

Challenges and awards

- ▶ Towards the end of the day, we will be holding a series of fun challenges
- ▶ Prizes will be awarded – all gymnasts are encouraged to take part.
- ▶ We will also be presenting awards for the most entertaining artistry on floor and beam!

Eligibility

- ▶ All competitors are required to have a current British Gymnastics Bronze Membership as a minimum. Non-British nationals are eligible to enter and win medals, providing they have the relevant membership/insurance. Former competitive gymnasts should be retired for one year from international/National competition or six months from Regional competition.

Code of points

- ▶ WAG: <https://www.gymnastics.sport/site/rules/#3>
- ▶ MAG: <https://www.gymnastics.sport/site/rules/#2>
- ▶ Uncoded skills will also be credited, and we encourage people to be creative. If it looks like a gymnastic move, then we will credit it!

Coach Requirements

- ▶ All competitors are required to have a coach present, regardless of age or level. If a competitor's own coach is not available, then they should arrange for an alternative, with a good understanding of the competitor's competency, to coach and supervise them on the day. All coaches must be appropriately qualified for the skills being performed.

Judges

- ▶ We may struggle with finding enough qualified judges so if you do have experienced people willing to judge on the day (they do not need to be qualified), please let us know by specifying on the entry form or emailing us at: events@tamworth-gymnastics.com setting out their relevant experience. We can make sure you have plenty of time to swap between both roles if you would like to compete and judge.

Equipment

- ▶ Most of Tamworth Olympic Gymnastics Club equipment is brand new Gymnova.
- ▶ Rings Continental training equipment
- ▶ For safety, there will be no deduction for reasonable additional landing mats underneath the equipment. Please note mats/pads on or wrapped around the apparatus are permitted but will be deducted for.
- ▶ Artistic gymnasts may choose to vault to a 'hard' (FIG landing mat + 5 cm mat over solid floor) or to a 'soft' (firm safety mat over foam pit) landing. Note that the maximum vault run is 20 meters. Gymnasts aged 40+ may use a trampette.

Closing Date

- ▶ Monday 13 of November 2023

Spectators & Facilities

- ▶ We have a viewing area and seating inside the gym to accommodate spectators for the event. There will be a £4 charge for spectators to be paid on the door. Please be advised the onsite café will be open. You can pay by contactless or cash for entry and refreshments!

What to Wear

- ▶ Gymnasts are not required to wear a leotard, although you may if you wish to!
- ▶ Please ensure all clothing is appropriate (not loose fitting, no buckles, zips or clasps, and no hoods).
- ▶ Jewelry and body piercings should not be worn, and long hair should be tied back.

Music

- ▶ All music submitted for WAG floor routines must be:
- ▶ In the required format MP3
- ▶ Instrumental only
- ▶ Within the specified time limit of 70-90 seconds
- ▶ Adhering to the British Gymnastics' Copyright Policy
- ▶ Please email floor music (labelled with your name) to events@tamworth-gymnastics.com by SATURDAY 2nd DECEMBER. Competitors are also advised to bring their floor music backed up on an USB memory stick, mp3 player, phone, or tablet with blue tooth capability.

Cost

- ▶ Cost to enter will be £7.00 per apparatus and additional £8.00 to enter all-around.
- ▶ Online payments can be made into our club account: 22447096, Sort code: 40 45 19.
- ▶ Please use the reference: (SURNAME_FIRST INITIAL) so we can identify completed payments.

Women's Novice - Over 16, Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 B = 0.20* Moves of higher value are not permitted</p>	<p align="center"> Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS – 5 highest elements to count BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional FLOOR No acro lines required Elements higher than a B are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. </p>
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<p>Short Exercises</p>	<p align="center"> On Beam & Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element. </p>
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	<p align="center">Vault</p>	<p align="center">Bars</p>	<p align="center">Beam</p>	<p align="center">Floor</p>
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<p align="center">Apparatus</p>	<p align="center"> FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible. </p>	<p align="center"> FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view. </p>	<p align="center"> A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone in over 45 categories. A jersey style mat (depth 10cm) is allowed for dismounts (optional). </p>	<p align="center"> FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions. </p>
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<p align="center">Requirements</p>	<p align="center"> DV 1.60 A Handspring or a ½ on with repulsion off Vault Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply Or DV 1.00 Squat through / Straddle over Or DV 0.70 Squat on, straight jump off </p>	<p align="center"> A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50): § Close bar circle element (back hip circle allowed) § Any bar change LB to HB § Cast to minimum horizontal § An element on HB (not dismount) § An element with min 180° turn (including mount & dismount) A elements only allowed B/C/D or move – no DV Maximum D Score 2.70 </p>	<p align="center"> A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50): § ½ spin on one foot § Connection 2 different Dance elements § Leap or jump with 180° split (cross or side) or straddle § Acro element on the beam § A dismount coded or listed uncoded A/ B* elements only allowed C/D or move – no DV Maximum D Score 2.70 </p>	<p align="center"> A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50): § Acro line with min 2 elements (non-flighted allowed) § Mixed series minimum 2 directly connected elements § A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle § Acro elements forwards / sideways & backwards (non-flighted allowed) § Flighted Acro element A/ B* elements only allowed C/D or move – no DV Maximum D Score 2.70 </p>
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<p>Uncoded Permitted Elements (receive 0.1 DV)</p>	<p>Height of vault 105, 110, 115, 120 or 125cm 1 x springboard Competitors aged 45+ may use a trampette instead of a springboard without penalty.</p>	<p>Jump to FS on LB (from block) Chin up circle over mount Cast Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ³/₄ Giant from LB to HB Counterswing (HB) Straddle / pike undershoot dismount LB or HB Squat on LB jump forwards to land as dismount Cast circle forwards LB release to stand Counterswing to release ¹/₂ turn to stand (dmt HB) (does not fulfil CR)</p>	<p>Any mount Tuck jump Stretched or arched jump Stretched jump ¹/₂ Changement Stag leap & Stag jump ¹/₂ spin on one foot Handstand (not held) Releve ¹/₂ turn Forward roll Backward roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam)</p>	<p>Cat leap ¹/₂ Scissor kick Star jump Tuck jump Tuck jump ¹/₂ Straight jump ¹/₂ W Jump or hop with ¹/₂ Changement Stag leap Teddy bear roll Backward walkover Forward walkover Tic-toc Handstand forward roll Backward roll with optional exit Backward roll to front support and / or handstand Cartwheel</p>
<p>Notes</p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>If using both bars, coach must be present for transition from LB to HB</p>	<p>Coaches are encouraged to be present for dismounts</p>	<p>No Acro line required</p>
<p>Bonus (in addition to FIG) Only awarded if performed without a fall</p>		<p>0.3 – Using both bars 0.1 – Stuck dismount</p>	<p>0.2 – Connection 2 different dance elements one with 180° split leap or jump 0.2 – FIG Coded dismount</p>	<p>0.2 – A dance passage of 2 different leaps / hops, 1 with 180° split (cross or side) or straddle 0.2 – Acro line minimum 2 connected flighted elements</p>

Women's Intermediate - Over 16, Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 Moves of higher value are not permitted</p>	<p align="center">Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 7 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 1 optional FLOOR - 1 acro line only required BARS/BEAM/FLOOR The dismount must be included in the counting elements Elements higher than a C are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>
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<p>Short Exercises</p>	<p align="center">On Beam & Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>
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	Vault	Bars	Beam	Floor
<p>Apparatus</p>	<p align="center">FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p align="center">FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view. 1.00 penalty for not using both bars.</p>	<p align="center">A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty for anyone in over 45 categories A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p align="center">FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required. A routine with only 1 acro line will not incur dismount deductions.</p>
<p>Requirements</p>	<p align="center">Height of vault 110, 115, 120 or 125cm 1 x springboard Any vault without a salto from the new vault table Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p>	<p align="center">A Gymnast should fulfil 4 of the 7 CR's (Maximum awarded 2.0): § FIG coded mount on LB § Close bar circle element (back hip circle allowed) § Any bar change LB to HB § Cast to within 45° handstand § A different close bar element § An element on HB (not dismount) § An element with min 180° turn (including mount & dismount) A/B elements only allowed C/D or move – no DV Maximum D Score 3.00</p>	<p align="center">A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50): § ½ spin ½ turn or 1/1 spin § Connection 2 different dance elements (no split required) § Leap or jump with 180° split (cross or side) or straddle § 1 x acrobatic element - Non flighted OK § Mixed Series (Minimum 2 element – no flight required on acro element) § 'A' valued salto dismount A/B/C elements only allowed D or move – no DV Maximum D Score 4.00</p>	<p align="center">A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50): § Acro line with a backward salto § Forward salto (in or out of an acro line) § A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle § Additional leap, hop or jump § 360° spin § Mixed series minimum 2 directly connected elements A/B/C elements only allowed D or move – no DV Maximum D Score 4.00</p>

<p>Uncoded Permitted Elements (receive 0.1 DV)</p>	<p>Competitors aged 45+ may use a trampette instead of a springboard without penalty.</p>	<p>Chin up circle over mount Cast to within 45° handstand Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB Straddle or pike on undershoot dismount</p>	<p>Split jump/Change leg mount Tuck jump Stretched or arched jump & Stretched jump ½ Changement Stag leap & Stag jump Forward roll Backward roll ½ spin on one foot Cartwheel rebounding straight jump dismount Round off dismount</p>	<p>Tuck jump Tuck jump ½ Straight jump ½ W Jump or hop with ½ Changement Stag leap Backward walkover Forward walkover Tic-toc Handstand forward roll Backward roll to front support and / or handstand Scissor kick Cartwheel</p>
<p>Notes</p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>	<p>Any mount may be used Coaches are encouraged to be present for dismounts</p>	<p>No Acro line required</p>
<p>Bonus (in addition to FIG) Only awarded if performed without a fall</p>		<p>0.2 – Close bar (not back / fwd hip circle) 0.3 – 2 x upstarts 0.1 – Stuck dismount</p>	<p>0.2 – Acro elements in different directions [fwd/swd & bwd] (not including mount) 0.2 – Dismount A salto directly connected to an acro skill</p>	<p>0.1 – Straight salto forwards or backwards 0.2 – A routine with 2 FIG Acro lines</p>

Women's Pro - Over 16, Over 30, Over 45

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p align="center">Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional BARS/BEAM/FLOOR The dismount must be included in the counting elements Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>
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<p>Short Exercises</p>	<p align="center">On Beam & Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>
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	<p align="center">Vault</p>	<p align="center">Bars</p>	<p align="center">Beam</p>	<p align="center">Floor</p>
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<p align="center">Apparatus</p>	<p align="center">FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p align="center">FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>	<p align="center">A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p align="center">FIG Floor Regulations with: for D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.</p>
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<p align="center">Requirements</p>	<p align="center">Any vault from the new vault table Height of vault 120 or 125cm 1 x springboard Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p>	<p align="center">A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): § Close bar circle element min B § A flighted element LB to HB § A giant circle in any direction § A cast / circle element with min 180° turn § A Dismount minimum 'B' value or a salto dismount Dismount must be included in counting elements</p>	<p align="center">A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): § Turn (Grp 3) or Roll / Flairs § Salto or aerial skill § Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle § 1 x acrobatic series with 2 min elements at least one with flight § Mixed Series (Minimum 2 element – no flight required on acro element) may include mount</p>	<p align="center">A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): § Salto with LA Turn § A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle § Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance) § Saltos in different directions (no aerials). Acro line not necessary, no stationary skills. § Different acro element C or more</p>
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<p>Uncoded Permitted Elements (receive 0.1 DV)</p>		<p>Squat onto low bar (There will be no penalty for performing a jump from LB to HB)</p>	<p>Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap Stag jump</p>	<p>Changement Stag leap</p>
<p>Notes</p>	<p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty) Upstart (kip) after “Shaposhnikova” type elements – no penalty Stopping to adjust handguards on the bar – penalty 0.50 (intermediate swing)</p>	<p>Any mount may be used Coaches are encouraged to be present for dismounts</p>	<p>No Acro line required</p>
<p>Bonus (in addition to FIG) Only awarded if performed without a fall</p>		<p>0.2 – C + C or more (elements may be the same or different) 0.2 – Any additional close bar to a minimum 30° from handstand 0.1 – Giants in different direction 0.1 – Flight elements on the same bar or from HB to LB</p>	<p>0.2 – Mixed series 3 or more elements min BBA (each element must be different) 0.2 – C + C or more acro series 2 elements (mount and dismount included) 0.1 – 1/1 turn jump/leap on the beam</p>	<p>0.1 – B spin (any position) 0.2 – 1½ twist or more (LA) salto, acro line not necessary 0.2 – Minimum 3 dance elements B or more throughout routine 0.1 – Dismount minimum value C</p>

WAG Vault

GROUP I HANDSPRING / YAMASHITA with or without LA turn (no salto in second flight)

	D Score
1.10 Handspring	1.60
1.01 Handspring with ½	2.00
1.10 Yamashita	2.00
1.11 Yamashita with ½	2.40
1.20 ½ - ½ turn on & repulsion off	1.60
1.21 ½ on ½ off or ¾ on ¾ off	2.40
1.22 ½ on 1/1 or ¾ on 1¾ off	2.60
1.23 ¾ on 1¾ or ¾ on 1¾ off	3.20
1.24 ¾ on 2/1 off or ¾ on 2¾ off	3.60
1.02 Handspring with 1/1 turn	2.60
1.03 Handspring with 1½ turns	3.20
1.12 Yamashita with 1/1 turn	2.80
1.04 Handspring with 2/1	3.60
1.05 Handspring with 2¾	4.00
1.30 H/Y 1/1 on H/Y off	3.20
1.301 H/Y 1/1 on H/Y ½ off	3.40
1.31 H/Y 1/1 on H/Y 1/1 off	3.60
1.311 H/Y 1/1 on 1¾ off	4.00

GROUP II HANDSPRING with or without LA turn and SALTO FORWARD/BACKWARD

	D Score
2.10 Handspring FWD Salto Tuck	3.60
2.11 Handspring FWD Salto Tuck ½	3.80
2.11 Handspring ¾ BWD Salto Tuck (Cuervo Tuck)	3.80
2.20 Handspring FWD Salto Pike	3.80
2.21 Handspring FWD Salto Pike ½	4.00
2.21 Handspring ¾ BWD Salto Pike (Cuervo Pike)	4.00

GROUP III TSUKAHARA or KASAMATSU SALTO with or without turn *All Group 3 Vaults - allow a 90° to 180° LA turn in first flight*

	D Score
3.10 Tsukahara Tuck	3.20
3.20 Tsukahara Pike	3.40
3.11 Tsukahara Tuck ½	3.40
3.12 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.30 Tsukahara Straight	3.80
3.31 Tsukahara Straight ½	4.00
3.32 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

All FIG deductions apply
but for Height take 0.10, 0.30, 0.50 or 0.80
to create a greater spread between the majority of vaults performed

GROUP IV YURCHENKO: R/O Flic on with/without SALTO BWD with/without LA turn or R/O Flic on LA turn & SALTO FWD with or without LA turn

	D Score
1.40 RO, Flic with Repulsion	2.00
1.401 RO, Flic with Repulsion ½	2.20
1.402 RO, Flic with Repulsion 1/1	2.50
1.403 RO, Flic with Repulsion 1¾	2.70
4.10 RO, Flic Salto Tuck	3.00
4.11 RO, Flic Salto Tuck ½	3.20
4.12 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.30 RO, Flic Salto Straight	3.60
4.31 RO, Flic Straight ½	3.80
4.32 RO, Flic Straight 1/1	4.20

GROUP V R/O Flic with ½ turn on, Handspring off with/without SALTO FWD with/without LA turn

	D Score
1.50 RO, Flic w ½ turn, Handspring off	2.20
1.51 RO, Flic w ½ turn, Handspring ½ off	2.60
1.52 RO, Flic w ½ turn, Handspring 1/1	3.00
1.53 RO, Flic w ¾ turn, Handspring 1¾	3.40
5.10 RO, Flic w ½ turn, Salto Tuck	3.80
5.11 RO, Flic w ½ turn, Salto Tuck ½	4.00
5.20 RO, Flic w ½ turn, Salto Pike	4.00
5.21 RO, Flic w ¾ turn, Salto Pike ½	4.20

GROUP VI R/O Flic with 1/1 turn on with/without SALTO BWD *Vaults performed with 1/1 on allow for tolerance of ½ (270°) to 1/1 (360°)*

	D Score
1.60 RO, Flic w ¾ + with Repulsion	2.40
1.61 RO, Flic w ¾ + with Repulsion ½	2.80
1.62 RO, Flic w ¾ + with Repulsion 1/1	3.20
4.40 RO, Flic w ¾ + Salto Tuck	3.60
4.50 RO, Flic w ¾ + Salto Pike	3.80
4.51 RO, Flic w ¾ + Salto Straight	4.20

Men's Artistic Apparatus Rules

Novice & Intermediate Level

▶ **General Rules**

- ▶ Total score = E score + D score + Age bonus
- ▶ The E Score starts from 10.0, from which execution deductions are taken in respect of faults in performance, in tenths of a point.
- ▶ Execution Faults
 - ▶ 0.1 Slight loss of form/bent legs poor posture in any particular move, poor posture in gymnastics links
 - ▶ 0.3 Bent legs/arms/not pointing toes, incorrect technique/"bendy" back, slight touch down of hands
 - ▶ 0.5 Extreme bending of legs/arms/back, very bad technique
 - ▶ 1.0 Fall
 - ▶ Short exercise deduction
 - ▶ 5.0 Short Exercise – 4 elements or less

MAG Novice

<p align="center">Uncoded – 0.3 A – 0.5</p>	<p align="center">Please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coach's discretion. Anything that looks like an element will be credited as such</p>			
<p align="center">Short Exercises</p>		<p align="center">4 elements or less = 5 marks deduction</p>	<p align="center">4 elements or less = 5 marks deduction</p>	<p align="center">4 elements or less = 5 marks deduction</p>
	<p align="center">Vault</p>	<p align="center">H Bar</p>	<p align="center">Rings</p>	<p align="center">Floor</p>
<p align="center">Apparatus</p>	<p align="center">Minimum of 115cm for vault height up to 135cm</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>
<p align="center">Requirements Worth 0.5 (Floor, Rings,H Bar)</p>	<p align="center">12.0 Feet on jump off vaults 12.5 Through vaults/Straddle over 13.0 Handspring/Half on</p>	<p align="center">1. Long hang swing 2. Close bar element 3. Half turn 4. One grip change</p>	<p align="center">1. A held position (2 seconds) 2. A strength position 3. A swinging element 4. Dismount</p>	<p align="center">1. A non-acrobatic element 2. Forward element 3. Backward element 4. Dismount</p>
<p align="center">Uncoded Permitted Elements (receive 0.1 DV)</p>		<p align="center">Basic swing, upstart. Back hip circle, circle up, front hip circle etc. Swing with half turn, undershoot with half turn (half turn can be performed in the dismount). Any hand change.</p>	<p align="center">Inverted hand, ½ lever below rings, back planche, front or back lever or shoulder stand etc. Half lever above the rings, straddle lever above rings, muscle up etc. Basic forward swing, swing to inverted hang, dislocation etc. Drop off, backward somersault, forward somersault.</p>	<p align="center">Half lever, arabesque, splits, front support, Swedish fall, any jumps, handstand held. Handstand forward roll, forward roll, dive roll, front somersault, handspring etc. backward roll to pike/tuck/straddle/handstand, flick, tuck back somersault etc. Any acrobatic skill but must not of been used already and cannot count as CR 2,3.</p>
<p align="center">Notes</p>	<p align="center">A handspring/half on is the maximum vault you may perform in novice, if you wish to do a more complex vault then please enter the next category.</p>	<p align="center">Gymnasts who are capable of performing giants or B elements should enter intermediate.</p>	<p align="center">Gymnasts who are capable of performing any B elements should enter intermediate.</p>	<p align="center">Gymnasts who are capable of performing any more than one somersault or any B elements should enter intermediate.</p>

MAG Intermediate

<p align="center">Uncoded – 0.1 A – 0.3 B – 0.5</p>	<p align="center">Please note that the intermediate category is meant for gymnasts who have competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coach’s discretion. Anything that looks like an element will be credited as such</p>			
<p align="center">Short Exercises</p>		<p align="center">4 elements or less = 5 marks deduction</p>	<p align="center">4 elements or less = 5 marks deduction</p>	<p align="center">4 elements or less = 5 marks deduction</p>
	<p align="center">Vault</p>	<p align="center">H Bar</p>	<p align="center">Rings</p>	<p align="center">Floor</p>
<p align="center">Apparatus</p>	<p align="center">Minimum of 115cm for vault height up to 135cm</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>
<p align="center">Requirements Worth 0.5 (Floor, Rings, H Bar)</p>	<p align="center">13.0 Handspring/Half on 13.5 ½ on ½ off 14.0 ½ on full off 14.0 Handspring full off</p>	<p align="center">1. Long hang swing 2. Close bar element 3. Half turn 4. One grip change</p>	<p align="center">1. A held position (2 seconds) 2. A strength position 3. A swinging element 4. Dismount</p>	<p align="center">1. A non-acrobatic element 2. Forward element 3. Backward element 4. Dismount</p>
<p align="center">Uncoded Permitted Elements (receive 0.1 DV)</p>		<p align="center">Basic swing, upstart, giant. Back hip circle, circle up, front hip circle, clear hip, etc. Swing with half turn, undershoot with half turn (half turn can be performed in the dismount). Any hand change, blind turn.</p>	<p align="center">Inverted hand, ½ lever below rings, back planche, front or back lever or shoulder stand etc. Half lever above the rings, straddle lever above rings, muscle up, crucifix, handstand etc. Basic forward swing, swing to inverted hang, dislocation etc. Drop off, backward somersault, forward somersault.</p>	<p align="center">Half lever, arabesque, splits, front support, back support, Swedish fall, any jumps. Handstand forward roll, forward roll, dive roll, front somersault, handspring punch front half etc. Backward roll to pike/tuck/straddle/handstand, flick, tuck back somersault, arabian, full twist etc. Any acrobatic skill but must not of been used already and cannot count as CR 2,3.</p>
<p align="center">Notes</p>	<p align="center">Vaults with a somersault cannot be performed at intermediate level. If you wish to perform a somersault vault please enter the pro category.</p>	<p align="center">Gymnasts who are capable of performing any more than a B element should enter Pro category.</p>	<p align="center">Gymnasts who are capable of performing any more than B elements should enter the Pro category.</p>	<p align="center">Gymnasts who are capable of performing any more than a full twist or any C elements should enter the Pro category.</p>

MAG Pro

<p>A/Un-coded – 0.1 B – 0.2 C – 0.3 D – 0.4</p>	<p align="center">The Pro level at all ages will be based on the FIG Men’s artistic code of points 2020-2024. Judging will be as per FIG rules.</p>			
<p align="center">Short Exercises</p>		<p align="center">4 elements or less = 5 marks deduction</p>	<p align="center">4 elements or less = 5 marks deduction</p>	<p align="center">4 elements or less = 5 marks deduction</p>
	<p align="center">Vault</p>	<p align="center">H Bar</p>	<p align="center">Rings</p>	<p align="center">Floor</p>
<p align="center">Apparatus</p>	<p align="center">As Per FIG</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>	<p align="center">Value of elements – As per FIG the top 8 elements will be taken for Difficulty Value</p>
<p align="center">Requirements Worth 0.5 (Floor, Rings, H Bar)</p>	<p align="center">As Per FIG</p>	<p align="center">1. Long swing/swing half 2. In bar 3. Release (non coded) i.e a hop grip change 4. Dismount (non coded or coded)</p>	<p align="center">1. Swing 2. Strength above rings 3. Strength below rings i.e back planchet 4. Dismount minimum of B</p>	<p align="center">1. At last 2 acro lines 2. Strength element 3. Backward and forward element 4. Dismount B or more</p>
<p align="center">Uncoded Permitted Elements (receive 0.1 DV)</p>		<p align="center">Basic swing, upstart, giant. Back hip circle, circle up, front hip circle, clear hip, etc. Swing with half turn, undershoot with half turn (half turn can be performed in the dismount). Any hand change, blind turn.</p>	<p align="center">Inverted hand, ½ lever below rings, back planche, front or back lever or shoulder stand etc. Half lever above the rings, straddle lever above rings, muscle up, crucifix, handstand etc. Basic forward swing, swing to inverted hang, dislocation etc. Drop off, backward somersault, forward somersault.</p>	<p align="center">Any uncoded elements performed will be credited with DV of 0.1.</p>

MAG Vault

GROUP I HANDSPRING / YAMASHITA with or without LA turn (no salto in second flight)

	D Score
1.10 Handspring	1.60
1.01 Handspring with ½	2.00
1.10 Yamashita	2.00
1.11 Yamashita with ½	2.40
1.20 ½ - ½ turn on & repulsion off	1.60
1.21 ½ on ½ off or ¾ on ¾ off	2.40
1.22 ½ on 1/1 or ¾ on 1¾ off	2.60
1.23 ¾ on 1¾ or ¾ on 1¾ off	3.20
1.24 ¾ on 2/1 off or ¾ on 2¾ off	3.60
1.02 Handspring with 1/1 turn	2.60
1.03 Handspring with 1½ turns	3.20
1.12 Yamashita with 1/1 turn	2.80
1.04 Handspring with 2/1	3.60
1.05 Handspring with 2¾	4.00
1.30 H/Y 1/1 on H/Y off	3.20
1.301 H/Y 1/1 on H/Y ½ off	3.40
1.31 H/Y 1/1 on H/Y 1/1 off	3.60
1.311 H/Y 1/1 on 1¾ off	4.00

GROUP II HANDSPRING with or without LA turn and SALTO FORWARD/BACKWARD

	D Score
2.10 Handspring FWD Salto Tuck	3.60
2.11 Handspring FWD Salto Tuck ½	3.80
2.11 Handspring ¾ BWD Salto Tuck (Cuervo Tuck)	3.80
2.20 Handspring FWD Salto Pike	3.80
2.21 Handspring FWD Salto Pike ½	4.00
2.21 Handspring ¾ BWD Salto Pike (Cuervo Pike)	4.00

GROUP III TSUKAHARA or KASAMATSU SALTO with or without turn *All Group 3 Vaults - allow a 90° to 180° LA turn in first flight*

	D Score
3.10 Tsukahara Tuck	3.20
3.20 Tsukahara Pike	3.40
3.11 Tsukahara Tuck ½	3.40
3.12 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.30 Tsukahara Straight	3.80
3.31 Tsukahara Straight ½	4.00
3.32 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

All FIG deductions apply
but for Height take 0.10, 0.30, 0.50 or 0.80
to create a greater spread between the majority of vaults performed

GROUP IV YURCHENKO: R/O Flic on with/without SALTO BWD with/without LA turn or R/O Flic on LA turn & SALTO FWD with or without LA turn

	D Score
1.40 RO, Flic with Repulsion	2.00
1.401 RO, Flic with Repulsion ½	2.20
1.402 RO, Flic with Repulsion 1/1	2.50
1.403 RO, Flic with Repulsion 1¾	2.70
4.10 RO, Flic Salto Tuck	3.00
4.11 RO, Flic Salto Tuck ½	3.20
4.12 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.30 RO, Flic Salto Straight	3.60
4.31 RO, Flic Straight ½	3.80
4.32 RO, Flic Straight 1/1	4.20

GROUP V R/O Flic with ½ turn on, Handspring off with/without SALTO FWD with/without LA turn

	D Score
1.50 RO, Flic w ½ turn, Handspring off	2.20
1.51 RO, Flic w ½ turn, Handspring ½ off	2.60
1.52 RO, Flic w ½ turn, Handspring 1/1	3.00
1.53 RO, Flic w ¾ turn, Handspring 1¾	3.40
5.10 RO, Flic w ½ turn, Salto Tuck	3.80
5.11 RO, Flic w ¾ turn, Salto Tuck ½	4.00
5.20 RO, Flic w ½ turn, Salto Pike	4.00
5.21 RO, Flic w ¾ turn, Salto Pike ½	4.20

GROUP VI R/O Flic with 1/1 turn on with/without SALTO BWD *Vaults performed with 1/1 on allow for tolerance of ½ (270°) to 1/1 (360°)*

	D Score
1.60 RO, Flic w ¾ + with Repulsion	2.40
1.61 RO, Flic w ¾ + with Repulsion ½	2.80
1.62 RO, Flic w ¾ + with Repulsion 1/1	3.20
4.40 RO, Flic w ¾ + Salto Tuck	3.60
4.50 RO, Flic w ¾ + Salto Pike	3.80
4.51 RO, Flic w ¾ + Salto Straight	4.20



Tamworth Olympic Gymnastic Club

Adult Competition Entry 2023

Name	
Club	
Date of birth	
Age on 1 st January 2023	
Email	
BG Membership	
Willing to judge?	

Category	Age (Please tick below which apparatus you would like to compete on)								
	16+			30+			45+		
MAG Vault	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro
MAG Floor	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro
MAG H Bar	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro
MAG Rings	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro
WAG Vault	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro
WAG Floor	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro
WAG A Bar	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro
WAG Beam	Novice	Intermediate	Pro	Novice	Intermediate	Pro	Novice	Intermediate	Pro

[Please email entries to events@tamworth-gymnastics.com](mailto:events@tamworth-gymnastics.com)

Payments can be transferred to: Tamworth Olympic Gymnastics Club, Acc. 22447096, Sort code: 40-45-19

Please use the reference: (SURNAME_FIRST INITIAL)

Entry deadline is Monday 13th November 2023