



**EAST MIDLANDS
GYMNASTICS ASSOCIATION**

MEN'S ARTISTIC

REGIONAL RULES AND REGULATIONS

2020

MEN'S TECHNICAL COMMITTEE

East Midlands Gymnastics Association Men's Technical Committee (EMGA MTC)

The aim of the EMGA MTC is to bring together as many of the East Midlands gymnastics clubs as possible and to provide a competition/training structure that ensures the best boys are selected to represent the region at National events.

This is competitive gymnastics for boys and young men involving work on Floor, Pommels, Rings, Vault, Parallel Bars, High bar and physical preparation.

Competitions are available for all levels from beginners to elite. Many of the competitions are based on the National Development Grades and boys who enter competitive gymnastics are involved in a long-term process as there are many skills to learn and master on the different apparatus.

The EMGA MTC are committed to work alongside the clubs in the region and provide assistance to enable those clubs and coaches to get their gymnasts competing at the highest level whilst encouraging teamwork and the enjoyment of the sport of Artistic Gymnastics.

EMGA MTC

Chairperson

Men's Technical Committee

Chairperson	Neville Burr	nev.burr@icloud.com
Competition organiser	Sue Snelgrove	s.snelgrove@btinternet.com
Judging Convener	Josh Champion	josh.champion.nga@gmail.com
Coaching Coordinator	Miro Tevekeliyski	stoychev75@yahoo.co.uk
Committee Members	Ben Taylor	Ben@evgc.co.uk
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Competition Diary

Competition	Date	Entries due by	Entry fee	Venue
Floor and Vault	9 Feb 2020	9 Jan 2020	£12	New College Leicester
Individual Apparatus	29 Mar 2020	8 Mar 2020	£5 per apparatus up to max £25 (ie all 6 apparatus entry fee is £25)	New College Leicester
Grades selection	20 Sep 2020	1 Sep 2020	£15	New College Leicester

On-Line entry will be set up for each competition with final entry date 3 weeks before the competition date. Start lists will be circulated at least one week before the competition. As competitions are now on Sundays, the first registration will usually be 10am but this will depend on the number of entries.

Regional Clinics and Camps

Clinic/camp	Date	Venue	Cost
Regional Voluntary Squad session	TBC - March 2020	TBC	£5
Regional Grades Squad session	TBC - June 2018	TBC	£5
Regional Elite Potential Squad Session	TBC – September	TBC	£5
Regional Elite and Club Grade Teams Training Camp	TBC - October	TBC	£5

Camps are for invited gymnasts of the 2019/2020 Regional Squad.

Competition Rules and Regulations

ENTRIES

ELIGIBILITY & 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 EMGA, unless invited as a guest by the EMGA Men's Technical Committee.
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 "Floor and Vault" and "Apparatus" competitions. Grades competitions will be in accordance with **British Gymnastics Club Grades and Elite Grades 2017 to 2020**.
6. **Entry Levels:** Depending on Entries, the competitions may be divided into "Regional" and "Non-Regional" Levels. Gymnasts who have competed for selection to the East Midlands Regional Team at Club or Elite Grades (or for another region or at any national level competition) will be classed as regional. If gymnasts have not competed at regional level for 2 or more years, they can revert to non-regional level. Coaches and clubs are asked to enter gymnasts in the appropriate level in accordance with the interests of fair play.
7. **MEDALS & TROPHIES:** Medals will be awarded at Gold, Silver & Bronze for age groups or levels.
8. **ROUTINES:** Coaches should fill out routine forms for voluntary code competitions and hand them to each apparatus judge prior to the competition starting.

EAST MIDLANDS GYMNASTICS ASSOCIATION

Men's Artistic Floor & Vault Junior Competition

Ages (Year Born 2008 and below)

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 13 of these rules.

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

<u>Elements</u>	<u>E score</u>
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

i) <u>Difficulty</u> = 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.
ii) <u>Element groups</u> If fulfilled with A move and above = 0.5; if fulfilled with J move = 0.3 i.e. 4 element groups 3xA & 1xJ = 1.8
START VALUE = (i) + (ii)
<u>Exercise presentation</u> – 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

Example Floor

E Panel: Execution Score	Start Value – Deductions 10.00 – 1.20	8.80
D Panel: Difficulty Score	1 x J, 2 x B, 5 x A, = 0.95	
Elements	3 x A + 1 x B = 2.0 + D Panel = 2.95	2.95
Final Score:	D + E	11.75

Example Vault

E Panel: Execution score	Start value – Deductions 10.0 – 1.20	8.80
D Panel: Difficulty score	Handspring	1.6
Final Score	D + E	10.40

EAST MIDLANDS GYMNASTICS ASSOCIATION

Men's Artistic Floor & Vault Open Competition

Ages (Year born 2007 and older)

All routines will be judged on the GBR U12 Code and FIG Junior Code 2017-2020 with GBR special list of supplementary 'A' parts (attached) ('J' moves will not be awarded 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	See table below

<u>Elements</u>	<u>E score</u>
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

OPEN CODE REQUIREMENTS AND STRUCTURE

iii) <u>Difficulty</u> = <u>Minimum 5 elements, Maximum 7 elements + dismount</u> (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) <u>Element groups</u> If fulfilled with A move and above = 0.5 Dismount requirements will be B+ 0.5 and A=0.3 i.e. 4 element groups 3xA + B dismount = 2.0
START VALUE = (i) + (ii)
<u>Exercise presentation</u> – 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

Example Floor

E Panel: Execution Score	Start Value – Deductions 10.00 – 1.20	8.80
D Panel: Difficulty Score	2 x B, 4 x A, 2 x C = 1.40	
Elements	3 x A + 1 x B = 2.0 + 'D' Panel = 3.40	3.40
Final Score:	D + E	12.20

Example Vault

E Panel: Execution	Start value – Deductions 10.0 – 1.20	8.80
D Panel: Difficulty Value	Handspring	1.6
Final Score	D + E	10.40

EAST MIDLANDS GYMNASTICS ASSOCIATION

Men's Artistic Individual Grades Apparatus competition

Levels 1 to 6 (U8 Level 0 – born 2012)

(Levels are set as year born)

The East Midlands Individual Grades Competition has been structured to follow the National Club Development Plan of the Men's Technical Committee from British Gymnastics and covers the Club Grades and Elite Grades competitions.

Gymnasts select the path that they will follow for the year of competition and will compete on that path for that year. Gymnasts can move between paths in different competition years.

Gymnasts following the Club Grade path are to follow written routines for all seven pieces of apparatus at levels 1 to 6 of the National Club Grades 2017 – 2020.

Gymnasts following the Elite Grade path are to follow written routines for all seven pieces of apparatus at levels 1 to 6 of the Elite Grades 2017 – 2020.

Updated Club Grades are now available on the BG Academy – please check that you have the current version.

In some Regional competitions, Gymnasts may be given the opportunity to choose to compete out of age up to two levels below their in-age level; U8 can only compete at level 0 using level 1 routines. **(Gymnasts U9 must compete In-age)**

In the interest of fair play coaches are to enter gymnasts in age where possible.

All gymnasts are judged in competition in levels and not in age groups and medals will be awarded to the top three gymnasts in each level in age or out of age.

GRADES REQUIREMENTS AND STRUCTURE

All routines in the development plan are marked out of 10.00

The aim of this competition is to select gymnasts to represent the East Midlands teams at the National Grades finals (in age only) in the Club Grades and Elite Grade Competitions.

EAST MIDLANDS 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 (same as for the Floor & Vault). Vault values are listed on page 15 of these rules.

In this competition, boys can compete using the 'shiny' Bar (straps) or 'Chalky' 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 emailed to the competition secretary by entry closing date.

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

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

<u>Elements</u>	<u>E score</u>
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

v) <u>Difficulty = Minimum 5 elements, 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 performed more than once, it will be ignored for difficulty.
vi) <u>Element groups</u> (maximum of 5 elements per group) If fulfilled with A move and above = 0.5; if only fulfilled with J move = 0.3 i.e. 4 element groups 3xA & 1xJ = 1.8
START VALUE = (i) + (ii)
<u>Exercise presentation</u> – 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

EAST MIDLANDS 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

vii) <u>Difficulty</u> = 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.
viii) <u>Element groups</u> (maximum of 5 elements per group) If fulfilled with A move and above = 0.5 Dismount requirements will be B+ 0.5 and A=0.3 i.e. 4 element groups 3xA + B dismount = 2.0
START VALUE = (i) + (ii)
<u>Exercise presentation</u> – 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

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

<u>Elements</u>	<u>E score</u>
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:	<ol style="list-style-type: none"> 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:	<ol style="list-style-type: none"> 1. Leg swings and scissors 2. Circle/flair/spindle/Handstand including Kehr/Wende/flops 3. Side and cross support travels 4. Dismounts
Rings:	<ol style="list-style-type: none"> 1. Kip and swing elements including swing to and through handstand 2. Strength/hold elements 3. Swing to strength holds 4. Dismounts <p>NB Junior code: one free swing allowed, gymnasts may start in support</p>
Vault: (from 1m)	See separate Vault section
'P' Bars	<ol style="list-style-type: none"> 1. Elements in support 2. Elements starting in upper arm 3. Long swings in hang and Underswings 4. Dismounts <p>NB Junior Code: one free swing allowed</p>
High Bar	<ol style="list-style-type: none"> 1. Long hang swings and turns 2. Flight elements 3. In bar and Adler elements 4. Dismounts <p>NB Junior code: one free swing allowed and see below for additions to element groups</p>

East Midlands Gymnastics Association MAG Code

Example of elements for competitions – note that J elements are only available for Junior Level competitions. Juniors 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 fall Jumps (with 180° turn or more) ½ lever/straddle (2 sec) Any backward roll from sit or stand	Forward roll Handstand-forward roll Cartwheel	Any backward roll immediately following a round off ½ 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 arms Handstand (2 secs) Y scale (2 secs) Arabesque (2 secs) Straddle stand press to handstand Straddle planche (2 sec) ½ or 1/1 turn in handstand 2 circles or flairs Breakdance moves	Round-off Handspring Dive roll Flyspring Front sommi tucked or pike Front Tuck or Pike ½	Flic Back sommi tucked or pike Back sommi tucked 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 <u>first</u> 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 straight Front sommi straight ½ twist Front Tuck or Pike 1/1 and 3/2	Back sommi straight Whip back Back sommi straight ½, 1/1 twist Back sommi tucked 3/2 twist	
C Moves 0.3: Russian lever press through to handstand Manna (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 turn Forward scissor Back scissor	Loop Outward loop Cross support circles Flair ¼ spindle	Step back from handles Step up	Schwabenflank Russian Wende swing 180
B moves: Double scissor	½ spindle Czech Stockli Russian		Chaguinian Russian to flank Circle or flare through handstand
C moves:	2/1 Russian	Magyar Szivado	2/1 Russian to flank
D moves:	Full spindle in 2 loops		

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.

<p>i. <u>Difficulty</u> = 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, = 0.80 If a move is performed more than once, it will be ignored for difficulty. (Except circles)</p>
<p>ii. <u>Element groups</u> Only three elements if using Mushroom Trainer Groups 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</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>

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 secs Inverted 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 support Inlocate Static inlocate Dislocate Felge to support Kip to support	½ lever (2 sec) straddle ½ lever (2 sec) straight back planche (2 sec) straight front planche (2 sec)	Muscle Up Slow Pike Forward roll to support Bent arm press (also in straddle)		straight or pike front salto Straight Back
B Moves Back uprise to straddle Deltchev Honma to support	Russian V-sit (2 sec)		Kip to L Sit Honma to L Sit Forward uprise to L Sit	Straight or pike back ½ or 1/1 Double back Straight front ½ twist C - 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 lever Swing forward and backward (below bar height 0.2 deduction) Swing to handstand (not held)	Jump to upper arms, swing forward swing backward Front uprise to straddle sit 2 Dips Lift to shoulder stand (2 sec) Forward roll to straddle sit Upper arm upstart to straddle sit or support	Upstart to straddle sit Drop upstart to straddle sit Upstart to upper arms	Stutz Flank Face Vault
A Moves ½ lever (2 sec) Stutz to 45° Swing to handstand (2 sec)	Back Uprise to support Front Uprise to support	Moy to upper arms Upstart to support Cast to upper arms Basket with travel to hang Drop upstart to support (regional supplementary move)	Tucked front salto Tucked back salto Pike or Straight Back Pike or Straight front Long hang dismount tuck, pike or straight back
B Moves Any press to handstand (2 sec) Stutz backward		Moy with bent legs to support Basket with travel to Support	Straight back ½ twist Straight 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 group 1 forward swinging elements	All relevant FIG group 3 elements	All relevant FIG
J Moves ¾ baby giant Swing (below bar height 0.2 deduction)	Swing (below bar height 0.2 deduction) Back Uprise to support	Leg Lift Chin Up Circle up to support Back hip circle Undershoot Cast to horiz or above Upstart to support	
A Moves Backward Giants	Forward Giants	Stoop or straddle on /off the bar Clear circle through H/S Stoop in seat circle Upstart cast to 45° above horizontal	Back somi piked, straight, also ½ and 1/1
B Moves		Clear circle to handstand Endo Stalder	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 Giants Forward Giants Blind Top Change		Stoop or straddle on /off the bar Clear circle to / through H/S Stoop in seat circle Upstart, cast to 45° above horiz Squat dislocate to 45°	Back somi piked, straight
B Moves		Endo Stalder	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

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, Kehrswings, 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		
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
			Stoop/straddle on & off backwards	

Example

COMPETITOR...Gymnasts Name.....		
Floor		
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
Start Value: if E is 10.00		12.90

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

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

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