

## Men's Disability Supplementary Code

The Men's Disability Voluntary Code is provides a framework for gymnasts to compete at 3 levels. **Competition B, Competition A or Open Level.** There are no specified age ranges however coaches must enter gymnasts at an appropriate level. The following is a summary of Element Groups and a list of supplementary skills for each level. This should be used in conjunction with the FIG Code of Points. Supplementary skills are given an A (0.1 value) unless specified. Moves listed with 'No Value' will count towards the total number of elements in a routine.

### Competition Open

Fig Rules apply (Top 10 moves count towards D score). Moves **must have a value** to count towards EG

**Floor** All E|G required

A bonus of 0.2 will be given for 2 different saltos connected

Maximum 5 elements in 1 group

A/B dismount for 0.5. Dismount must be from Group 2 or Group 3. (NB an extra element from Group 2 or 3 must be included to fulfill this group - this cannot be a repeat)

**Pommel** All EGR required and any coded dismount with a value

Must use all 3 parts of the horse (0.3 D jury if not)

**Rings** All EGR required and any coded dismount with a value

**P Bar** All EGR required and any coded dismount with a value

**H Bar** All EGR required and any coded dismount with a value

A bonus of 0.50 will be given for a bwd or fwd giant without a fall or major error

### Short Exercise:

7 elements or more E Jury 0.00

6 elements E Jury 2.00

5 elements E Jury 4.00

3-4 elements E Jury 6.00

1-2 E Jury 8.00

No Elements E Jury 10.00

## Competition A

Top 8 elements count towards D score

Moves **must have a value** to count towards EG

- Floor** All EGR Required plus any coded dismount with a value  
Dismount must be from Group 2 or Group 3. (NB an extra element from Group 2 or 3 must be included to fulfill this group - this cannot be a repeat)
- Pommel** 2 of 3 EGR plus any coded dismount with a value  
Must use all 3 parts of the horse (0.3 D jury if not)
- Rings** 2 of 3 EGR plus any coded dismount with a value
- P Bar** 2 of 3 EGR plus any coded dismount with a value
- H Bar** 2 of 3 EGR plus any coded dismount with a value

### Short Exercise:

6 elements or more	E Jury 0.00
5 elements	E Jury 2.00
4 elements	E Jury 4.00
3 elements	E Jury 6.00
1-2	E Jury 8.00
No Elements	E Jury 10.00

## **Competition B**

Top 6 elements count towards D score

Moves must have a value to count towards EG

**Floor** All EGR Required – plus dismount from Group 2 or 3

**Pommel** 1 of 3 EGR plus dismount

**Rings** 1 of 3 EGR plus dismount

**P Bar** 1 of 3 EGR plus dismount

**H Bar** 1 of 3 EGR plus dismount

### **Short Exercise:**

5 elements or more E Jury 0.00

4 elements E Jury 2.00

3 elements E Jury 4.00

1-2 elements E Jury 6.00

No Elements E Jury 10.00

**Men's Open Disability Supplementary Elements. List of 'A' Parts**

<b>Element Group</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Floor</b>	<b>Non acro elements</b>	<b>Acro elements fwds</b>	<b>Acro Elements Bwds and Arabian elements</b>	<b>Dismounts (elements from Groups 2 or 3)</b>
	L / Straddle hold Headstand (straight legs hold 2) Handstand not held Double leg circle Straight jump 1/1 turn Handstand ½ pirouette Backward roll to handstand	Handstand forward roll (straight arms) Round off	Backward roll Cartwheel	A or B Fig
Moves no value	Shoulder stand (unsupported) Straight jump ½ turn			
<b>Pommel</b>	<b>Leg Swings</b>	<b>Circle / Flairs</b>	<b>Travel type elements</b>	<b>Dismounts</b>
	Single leg circle ½ scissor fwd ½ scissor bwd	Front support swing to back support Back support swing to front support Cross support on and ¾ circle to back support	Single leg travel (end of horse to F/Support) Single leg Swiss	Single leg flank with ¼ turn Face vault off
Moves no value	Front support swing leg in to astride Astride Support swing leg out to front support Astride Swings Pendulum Swings	Legs together front support swings		

<b>Rings</b>	<b>Kip &amp; Swing Elements</b>	<b>Strength and Hold Elements</b>	<b>Swing to Strength and Hold Elements</b>	<b>Dismounts</b>
	Swings forward and backward to minimum horizontal Folge bwd/fwd in tuck Tuck Swing to shoulder stand	Muscle up to Support From Support press to shoulder stand 1/3 level in hang (2 secs) Tuck back or front lever V-Sit in hang	From hang swing forward to L-Sit  Swing forward to V sit from hang	Salto Fwd Tucked  Salto Back Tucked
Moves no Value	Swings forward and backward below horizontal	½ lever in hang Inverted hang German hang		
<b>Vault</b>	Any FIG Coded Vault – Value as per FIG. 3.00 Penalty for coach support.	<b>Examples:</b> Handspring / round-off entry = 1.6 Handspring on ½ off = 1.8 Handspring 1/1 off = 2.0 Tuck Tsuk = 2.2 Handspring front = 2.4	Vault Height - 135cm Senior/125cm Junior	
<b>Parallel Bars</b>	<b>Elements in Support</b>	<b>Elements Upper Arm</b>	<b>Long swings in Hang or ½ Bars and Underwings</b>	<b>Dismounts</b>
	Swing above 45 Stutz to 45	Forward uprise to straddle Backward uprise to straddle Back uprise to support Shoulder roll no straddle Straddle travel in upper arm	Moy to upper arm Upstart to upper arm Drop upstart	Salto tucked (fwd or bwd) From hang on end salto bwd tucked
Moves no value	Tuck hold Baby Stutz Straddle travel	2 x upper arm swings Shoulder roll to straddle	Drop upstart to straddle	Forward swing ½ turn (min 45°) Face vault shoulder height or above

High Bar	Long Hang swings & Turns	Flight Elements	In Bar/Stalder elements	Dismounts
	Swings above 45 fwd & bwd Back uprise to support ¾ giant from cast ¾ giant from swing Swing ½ turn	Swing half turn hop both hands  Swing hop both hands	Free hip circle Stoop/straddle on/ off backwards Cast to handstand Upstart to support Drop upstart	Straddle/Pike Undershoot Clear hip over bar release Tuck Salto
Moves no value	Swing below horizontal	Swing with regrasp	Upward Circle Cast below 45 Back hip circle Forward hip circle Undershoot to swing	Swing above horizontal Undershoot

## Men's Competition A Disability Supplementary Element List of 'A' Parts

<b>Element Group</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Floor</b>	<b>Non acro elements</b>	<b>Acro elements fwds</b>	<b>Acro Elements Bwds and Arabian elements</b>	<b>Dismounts (elements from Groups 2 or 3)</b>
	L / Straddle lever Headstand (straight legs hold 2) Handstand not held Double leg circle Straight jump 1/1 turn Handstand ½ pirouette Backward roll to handstand	Handstand forward roll (bent/straight arms) Round off	Backward roll Backward roll to front support Cartwheel 1 handed cartwheel	Any Supplementary skill (or FIG A or B) from Groups 2 and 3
Moves no value	½ double leg circle (front to back support) Shoulder stand (unsupported) Straight jump ½ turn V Sit Headstand (tuck legs 2 secs)			
<b>Pommel</b>	<b>Leg Swings</b>	<b>Circle / Flairs</b>	<b>Travel type elements</b>	<b>Dismounts</b>
	Single leg circle ½ scissor fwd ½ scissor bwd Pendulum swings with alternate hand release	Front support swing to back support Back support swing to front support Cross support on and ¾ circle to back support	Single leg travel (end of horse to F/Support) Single leg Swiss	Single leg flank with ¼ turn  Face vault off
Moves no value	Front support swing leg in to astride Astride Support swing leg out to front support	Legs together front support swings Legs together release one hand at a time alternately	Front support travel from handles to leather Front support travel from leather to handles	Back support push off ¼ turn

	Astride Swings Pendulum Swings Single leg in Single leg out			
<b>Rings</b>	<b>Kip &amp; Swing Elements</b>	<b>Strength and Hold Elements</b>	<b>Swing to Strength and Hold Elements</b>	<b>Dismounts</b>
	Swings forward and backward to minimum horizontal Felge bwd/fwd in tuck Tuck Swing to shoulder stand – group 2? Forward roll out to swing	Muscle up to Support From Support press to shoulder stand 1/3 level in hang (2 secs) Tuck back or front lever V-Sit in hang	From hang swing forward to L-Sit  Swing forward to V sit from hang  L sit slow roll back to inverted/pike hang	Salto Fwd Tucked  Salto Back Tucked
Moves no Value	Swings forward and backward below horizontal Cast from pike inverted hang	½ lever in hang Inverted hang German Hang Dips (x2) Muscle up with minor support	Swing to inverted hang	
Vault	Any FIG Coded Vault – Value as per FIG. 2.00 Penalty for coach support.	<b>Table Vaults</b> Handspring /round-off entry = 1.6 Handspring flat back (mats to table height)= 1.4 Squat through / straddle over = 1.2 Squat/Straddle on stretch jump off = 1.0	Vault Height  125cm Senior/115 Junior	
<b>Parallel Bars</b>	<b>Elements in Support</b>	<b>Elements Upper Arm</b>	<b>Long swings in Hang or ½ Bars and Underwings</b>	<b>Dismounts</b>
	Swing above 45 Stutz to 45 1/1 turn in support	Forward uprise to straddle Backward uprise to straddle Back uprise to support Shoulder roll no straddle Straddle travel in upper arm Shoulder stand (2 secs)	Moy to upper arm Upstart to upper arm Drop upstart	Salto tucked (fwd or bwd)  From hang on end salto bwd tucked

Moves no value	Tuck hold Baby Stutz Straddle travel ½ turn in support 2 dips	2 x upper arm swings Shoulder roll to straddle	Drop upstart to straddle Float swing to stand & immediate next move	Face vault shoulder height or above Forward swing ½ turn (min 45')
<b>High Bar</b>	<b>Long Hang swings &amp; Turns</b>	<b>Flight Elements</b>	<b>In Bar/Stalder elements</b>	<b>Dismounts</b>
	Swings above 45 fwd & bwd Back uprise to support ¾ giant from cast ¾ giant from swing Swing ½ turn	Swing half turn hop both hands  Swing hop both hands	Free hip circle Stoop/straddle on/ off backwards Cast to handstand Upstart to support Drop upstart	Straddle /pike undershoot Clear hip over bar release Tuck salto
Moves no value	Swing below horizontal	Swing with regrasp	Upward Circle Cast below 45 Back hip circle Forward hip circle Undershoot to swing Leg lift (x2)	Undershoot Swing forward ½ or 1/1 turn on front swing Swing back & drop on back swing

**Men's Competition B Disability Supplementary Elements. List of 'A' Parts**

<b>Element Group</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Floor</b>	<b>Non acro elements</b>	<b>Acro elements fwds</b>	<b>Acro Elements Bwds and Arabian elements</b>	<b>Dismounts (elements from Groups 2 or 3)</b>
	L / Straddle lever Headstand (straight legs hold 2) Handstand not held Double leg circle Straight jump 1/1 turn Handstand ½ pirouette Backward roll to handstand	Handstand forward roll (bent/straight arms) Round off	Backward roll Backward roll to front support Cartwheel 1 handed cartwheel	Any Supplementary skill from Groups 2 and 3
Moves no value	½ double leg circle (front to back support) Shoulder stand (Supported or unsupported) Headstand (tuck legs held 2) Straight jump Straight jump ½ turn Tuck jump Scissor kick Back support Front support Kick towards handstand V Sit	Forward roll to stand Forward roll (optional exit) Forward Chasse	Backward roll to stand Backward roll (optional exit) Roll back to shoulder stand Side chase Modified cartwheel	
<b>Pommel</b>	<b>Leg Swings</b>	<b>Circle / Flairs</b>	<b>Travel type elements</b>	<b>Dismounts</b>

	<p>Single leg circle          ½ scissor fwd          ½ scissor bwd          Pendulum swings with alternate hand release</p>	<p>Front support swing to back support          Back support swing to front support          Cross support on and ¾ circle to back support</p>	<p>Single leg travel (end of horse to F/Support)          Single leg Swiss          Front support travel from leather to handles to leather</p>	<p>Single leg flank with ¼ turn          Face vault off</p>
Moves no value	<p>Front support swing leg in to astride          Astride Support swing leg out to front support          Astride Swings          Pendulum Swings          Single leg in          Single leg out          Front support          Back support</p>	<p>Legs together front support swings          Legs together release one hand at a time alternately</p>	<p>Front support travel from handles to leather          Front support travel from leather to handles</p>	<p>Back support push off ¼ turn</p>
<b>Rings</b>	<b>Kip &amp; Swing Elements</b>	<b>Strength and Hold Elements</b>	<b>Swing to Strength and Hold Elements</b>	<b>Dismounts</b>
	<p>Swings forward and backward to minimum horizontal          Felge bwd/fwd in tuck          Forward roll out to swing</p>	<p>Muscle up to Support          From Support press to shoulder stand          1/3 level in hang (2 secs)          Tuck sit in support          Tuck back or front lever          V-Sit in hang</p>	<p>From hang swing forward to L-Sit          Swing forward to V sit from hang          L sit slow roll back to inverted/pike hang</p>	<p>Salto Fwd Tucked          Salto Back Tucked</p>
Moves no Value	<p>Swings forward and backward below horizontal          Cast from pike inverted hang          Body shaper forward and back</p>	<p>½ lever in hang          German Hang          Inverted Hang          ½ straddle lever in hang</p>	<p>Swing to inverted hang          Swing to inverted pike</p>	<p>Controlled lower through L hang to straight body hang and release</p>

		Tuck hold in hang Inverted pike Dips (x2) Chin ups (x2) Chin up held (2 secs) Muscle up with minor support		
<b>Vault</b>	Set Vaults only 2.00 Penalty for coach support.  Vault Height 115cm Senior/105 Junior	<b>Table Vaults</b> Handspring / round-off entry = 1.6 Handspring flat back (mats to table height) = 1.4 Squat through / straddle over = 1.2 Squat/Straddle on stretch jump off = 1.0	<b>Spring board only vault:</b> Stretch Jump off = 0.2 Tuck Jump off = 0.2 Stretch Jump ½ turn off = 0.5  <b>60cm Block</b> = Straight jump onto block? 0.5 – or too many set ups?	
<b>Parallel Bars</b>	<b>Elements in Support</b>	<b>Elements Upper Arm</b>	<b>Long swings in Hang or ½ Bars and Underwings</b>	<b>Dismounts</b>
	Swing above 45 Stutz to 45 1/1 turn in support	Forward uprise to straddle Backward uprise to straddle Back uprise to support Shoulder roll no straddle Straddle travel in upper arm Shoulder stand (2 secs)	Moy to upper arm Upstart to upper arm Drop upstart	Salto tucked (fwd or bwd)  From hang on end salto bwd tucked
Moves no value	Tuck hold Baby Stutz Straddle travel ½ turn in support 2 dips Jump to support followed by 1 swing	2 x upper arm swings Shoulder roll to straddle	Drop upstart to straddle Float swing to stand & immediate next move	Face vault shoulder height or above Forward swing ½ turn (min 45°) Straddle sit, ½ turn and push off to stand

	Walk 3 steps on each arm in support			
<b>High Bar</b>	<b>Long Hang swings &amp; Turns</b>	<b>Flight Elements</b>	<b>In Bar/Stalder elements</b>	<b>Dismounts</b>
	Swings above 45 fwd & bwd Back uprise to support ¾ giant from cast ¾ giant from swing Swing ½ turn	Swing half turn hop both hands  Swing hop both hands	Free hip circle Stoop/straddle on/ off backwards Cast to handstand Upstart to support Drop upstart	Straddle /pike undershoot Clear hip over bar release Tuck salto
Moves no value	Swing below horizontal Body shaper swings Hand in tuck, cast legs forward to swing	Swing with regrasp	Upward Circle Cast below 45 Back hip circle Forward hip circle Undershoot to swing Leg lift (x2) Forward circle to swing	Undershoot Swing forward ½ or 1/1 turn on front swing Swing back & drop on back swing