



Mens Artistic Disability Supplementary Code of Points 2019

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Men's Disability Supplementary Code 2019

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. Supplementary skills are given an A (0.1 value) unless specified. Moves listed with 'No Value' will count towards the total number of elements.

Competition Open

Fig Rules apply (Top 10 moves count towards D score)

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

Floor All EGR required

A bonus of 0.2 will be given for 2 saltos directly 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

Vault As per FIG - Only one vault required for AA competition

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

British Gymnastics

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

Vault As per FIG - Only one vault required for AA competition

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

5 elements E Jury 2.00

4 elements E Jury 4.00

3 elements E Jury 6.00

British Gymnastics

1-2 elements
No Elements

E Jury 8.00
E Jury 10.00



Competition B

Top 6 elements count towards D score

All listed moves count towards EG

Floor All EGR Required – plus dismount from Group 2 or 3 (can be uncoded)

Pommel 1 of 3 EGR plus dismount (can be uncoded)

Rings 1 of 3 EGR plus dismount (can be uncoded)

Vault As per FIG - Only one vault required for AA competition

P Bar 1 of 3 EGR plus dismount (can be uncoded)

H Bar 1 of 3 EGR plus dismount (can be uncoded)

Short Exercise:

5 elements or more E Jury 0.00

4 elements E Jury 2.00

3 elements E Jury 4.00

2 elements E Jury 6.00

1 elements E Jury 10.00

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



EGR	1	2	3	4
Floor	Non acro elements	Acro elements fwds	Acro Bwds and Arabian elements	Dismounts (elements from Groups 2 or 3)
	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)	Backward roll Cartwheel	A or B Fig
Moves no value	Shoulder stand (unsupported) Straight jump ½ turn			
Pommel	Leg Swings	Circle / Flairs	Travel type elements	Dismounts
	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		
Rings	Kip & Swing Elements	Strength and Hold Elements	Swing to Strength and Hold	Dismounts
	Swings forward and backward to minimum horizontal Felge 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		
Vault	Any FIG Coded Vault – Value as per FIG. 3.00 Penalty for coach support.	Examples: Handspring / round-off entry = 1.6 Handspring on ½ off = 1.8 Handspring 1/1 off = 2.0	Vault Height - 135cm Senior/125cm Junior	



		Tuck Tsuk = 2.2 Handspring front = 2.4		
Parallel Bars	Elements in Support	Elements Upper Arm	Long swings in Hang or ½ Bars and Underwings	Dismounts
	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 Flank above 45
Moves no value	Tuck hold Baby Stutz Straddle travel Swing below 45 but above bar	2 x upper arm swings Shoulder roll to straddle	Drop upstart to straddle	Face vault shoulder height or above Forward swing ½ turn (min 45') Flank below 45
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

British Gymnastics



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

Element Group	1	2	3	4
Floor	Non acro elements	Acro elements fwds	Acro Elements Bwds and Arabian elements	Dismounts (elements from Groups 2 or 3)
	L / Straddle lever Headstand (straight legs hold 2) Headstand not held Double leg circle Straight jump 1/1 turn Headstand 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)			
Pommel	Leg Swings	Circle / Flairs	Travel type elements	Dismounts



	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 Astride Swings Pendulum Swings Single leg in Single leg out	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
Rings	Kip & Swing Elements	Strength and Hold Elements	Swing to Strength and Hold Elements	Dismounts
	Swings forward and backward to minimum horizontal Felge bwd/fwd in tuck Tuck Swing to shoulder stand Forward roll out to swing	Muscle up to Support From support press to shoulder stand 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



			L sit slow roll back to inverted/pike hang	
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.	Table Vaults 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	
Parallel Bars	Elements in Support	Elements Upper Arm	Long swings in Hang or ½ Bars and Underwings	Dismounts
	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	Moy to upper arm Upstart to upper arm Drop upstart	Salto tucked (fwd or bwd) From hang on end salto bwd tucked Flank above 45



		Straddle travel in upper arm Shoulder stand (2 secs)		
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') Flank below 45
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 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



Element Group	1	2	3	4
Floor	Non acro elements	Acro elements fwds	Acro Elements Bwds and Arabian elements	Dismounts (elements from Groups 2 or 3)
	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 with no value but will count towards EGR	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	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	



	Back support Front support Kick towards handstand V Sit			
Pommel	Leg Swings	Circle / Flairs	Travel type elements	Dismounts
	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 Front support travel from leather to handles to leather	Single leg flank with ¼ turn Face vault off
Moves with no value but will count towards EGR	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	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 Front support step up from leather to handles Front support step down from handles to leather	Back support push off ¼ turn



	Back support			
Rings	Kip & Swing Elements	Strength and Hold Elements	Swing to Strength and Hold Elements	Dismounts
	Swings forward and backward to minimum horizontal Felge bwd/fwd in tuck Tuck Swing to shoulder stand Forward roll out to swing	Muscle up to Support From Support press to shoulder stand Tuck sit in support 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 with no value but will count towards EGR	Swings forward and backward below horizontal Cast from pike inverted hang Body shaper forward and back	½ lever in hang ½ straddle lever in hang Tuck hold in hang Inverted hang German hang Inverted pike Dips (x2) Chin ups (x2) Chin up held (2 secs) Muscle up with minor support	Swing to inverted hang Swing to inverted pike	Controlled lower through L hang to straight body hang and release



Vault	Set Vaults only 2.00 Penalty for coach support. Vault Height 115cm Senior/105 Junior	Table Vaults 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	60cm Block Straight jump onto block = 0.5 Spring board only vault: Stretch Jump off = 0.2 Tuck Jump off = 0.2 Stretch Jump ½ turn off = 0.5	
Parallel Bars	Elements in Support	Elements Upper Arm	Long swings in Hang or ½ Bars and Underwings	Dismounts
	Swing above horizontal 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 Flank above 45
Moves with no value but will count towards EGR	Swings above bar 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') Straddle sit, ½ turn and push off to stand



	Jump to support followed by 1 swing Walk 3 steps on each arm in support			Flank below 45
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 with no value but will count towards EGR	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