Gymnastics Rules - MEN

**Competition 1 Men - Team**

**FLOOR**

**START VALUE 3.9 MAX.**

Difficulty:
- 1 C (value 0.3)
- 3 B (value 0.2 each)
- 5 A (value 0.1 each)

Only 1 C allowed.
Another C, or D, E ... NOT allowed (1, 0 deduction)

F.I.G. S.R. - 4 (0.5 each) - plus dismount (0.5)

1 element from each of the 4 groups:
1. Non - Acrobatic Elements
2. Acrobatic Elements Forwards
3. Acrobatic Elements Backwards
4. Acrobatic Elements Sideways, Backward Jumps with ½ Turn To Saltos Forwards, and Forward Jumps with ½ Turn To Saltos Backward

The Dismount cannot be from Element Group 1

The Dismount is fulfilled by an A (0.1) or B (0.2) move

**VAULT**

Any Vault up to 3.8 F.I.G. tariff.

1 Vault Only

Height 135cm can be reduced to 125 cm for Competitors 14 or 15 years.
**Competition 2 Men - F.I.G. - 6 Piece**

**ALL AROUND AND APPARATUS FINALS**

As per F.I.G. with the following modification:

A (0.1) and B (0.2) Dismounts fulfill the Dismount requirement for each Apparatus / 0.3 for “A”, 0.5 for “B” and higher /

Height Parallel Bars - 160 – 180cm from mat

First Vault Score Counts for all around Results

Two Different Vaults / Average Mark / for Event Final

**Competition 3 Men - Set 6 Pieces**

**FLOOR**

START VALUE - 10.00

Set Elements:

1. Straddle Lift To Handstand - hold 2 sec. / 1.5 /

2. One Double Legs Circle / 1.5 /

3. Any Standing Scale - 2sec / 0.5 /

4. Handspring to One, Handspring, Dive Roll /2.00 /

5. Round Off Flic Salto Backwards Stretched /2.00 /

6. Any Splits / 0.5 /

7. From Standing, - 3 Flics, Salto Backwards Tucked /2.00 /
POMMEL HORSE

OPTION “A”

START VALUE - 10.00

105cm from Mat

1. From Standing Facing the Handles,
   Jump into Leg In, Straddle Support Swing into One Leg Circle /1.0/

2. Leg In into Straddle Support Swing into Scissors /1.0/
   Forward into One Leg Circle /1.0/

3. Leg into Straddlefeint into Pickup to 2-X Double Legs Circles /2.0/ into

4. Any Travel Out / Using a Recognised F.I.G. Skill / 3.0 /

5. Schwabenflanke Dismount / 2.0 /

NO SPRINGBOARD OR BLOCKS FOR START

OPTION “B”

START VALUE - 8.00

1. From Standing facing the Handles,
   Jump into Leg In, Straddle Support Swing into One Leg Circle /1.0/

2. Leg In into Straddle Support Swing into Scissors /2.0/
   Forward into One Leg Circle / 1.0/

3. Leg In into Straddle Feint, Pick Up to 3-X Double Leg Circles into Face Vault
   Dismount / 4.0/
RINGS

START VALUE - 10.00

260cm from mat

1. From Still Hang
   Straight or Pike Lift to Inverted Hang and Back Support - Hold 2 Sec / 1.5 /

2. Circle Backwards to Extended German Hang / 0.5 /

3. Pull Back and Cast Forward into Inlocation with Straight Body / 0.5 /

4. Back Uprise into Support / 0.7 /,
   Swing Forward, Support Swing Backward / 0.8 / into ½ Lever - hold 2 Sec / 0.5 /

5. Felge Forward Piked to Support / 1.0 /

6. Backward Roll to Inverted Hang / 0.5 /

7. Cast Forward into Swing Backward, Swing Forward into / 1.0 /

8. Dislocation, Dislocation / 1.5 /

9. Straight Back Salto Dismount / 1.5 /

VAULT

START VALUE - 10.00

Hansspring

1 Vault Only.

Height 135cm can be reduced to 125cm for Competitors 14 or 15 years
PARALLEL BARS

START VALUE - 10.00

160 - 180cm from mat

GYMNAST CAN USE SPRINGBOARD

From Stand,

1. Jump into Upper Arms Support, Lift Legs Forwards and Upward to Pike
   Shoulder Stand, Cast Forward into Swing Backward / 1.0 / Into

2. Long Hang Swing Forward into Long Upstart / 1.0 / into Swing Backward into
   Upper Arms / 0.5 /

3. Forward Uprise / 1.0 / into

4. Swing Backward into Forward Pirouette / 2.5 /

5. Swing Forward, Swing Backward to Handstand - Hold 2 Sec / 2.0 /

6. Dismount – Choose:
   A. Swing Forward into Straight Back Salto
   B. Swing Forward, Swing Backward into Straight / or Pike / Front Salto / 2.0 /

HIGH BAR

START VALUE - 10.00

260cm from mat

From Still Hang Overgrasp

1. Body Shaper, Cast Forward, Swing Backward, Swing Forward into
   Upstart / 1.5 / into

2. Cast to Handstand / 1.5 / into

3. Clear Backward Circle Towards Handstand / 2.0 / into

4. 3 x Backward Longswings / 3.0 / into

5. Straight Back Salto Dismount / 2.0 /