



MEN'S ARTISTIC GYMNASTICS *Technical Guidelines & Ground Rules*

GROUND RULES

Inquiries of the score

- 1) Inquiries for the Difficulty score are allowed, provided that they are made verbally by the official coach after the publication of the score or at the very latest before the score of the following gymnast or group is shown. For the last gymnast or group of a rotation, this limit is one minute after the score is shown.
- 2) Submission of written inquiry should be within 5 minutes after the verbal inquiry.
- 3) Comparison of scores, done upon verification will never be entertained.

Tie Breaking

- 4) FIG Rules of tie-breaking will be applied.

Disruptive Behavior

- 5) A coach who is found guilty of harassing or causing undue trouble during the competition will be issued a red card and will be escorted out of the competition venue, immediately.

Gymnast Participation

- 6) No gymnast can compete in more than one discipline.
- 7) Drawing of lots to determine the Order of Performance is done during the ManCom Meeting and will just be reviewed during the Solidarity Meeting.

Individual All Around

All team members shall be ranked. The gymnast garnering the highest total score in all events will be the Individual All - Around Champion. If by chance a region places first, second and third in the all-around scores, the region will be awarded gold, silver and bronze medals. In cases of ties for all three slots, FIG Rules for tie-breaking will be observed.

Apparatus Finals

Eight finalists, per event will make it to Competition III or the Apparatus Finals with a maximum of two gymnasts from each team. Two alternates (ninth and tenth place) will standby in case any of the top eight becomes injured or sick and will be unable to compete.

Substitution:

This must be done 24 hours prior to the Competition if any of the top eight will not be able to play due to injury (Apparatus Finals), by informing the Tournament Manager of the concerned discipline.

Men's Artistic Gymnastics Competition Guidelines

Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Players
ELEMENTARY				
1	Ages 7-9	Floor Exercise	HP 2 FIG Age Group-Compulsory	1
		Pommel Horse (Mushroom) Vaulting Table High Bar	HP 1 FIG Age Group-Compulsory	
2	Ages 10 - 12	Floor Exercise Vaulting Table	HP 3 FIG Age Group-Optional	2
		Pommel Horse	HP 2 FIG Age Group-Compulsory	
		High Bar	HP 1 FIG Age Group Compulsory	
SECONDARY				
3	Ages 13 - 18	Floor Exercise Vaulting Table	Code of Points Junior Rule	3
		Pommel Horse	Compulsory Exercise	
		High Bar	HP 1 FIG Age Group Compulsory	

GENERAL REGULATIONS

Article 1. Competition Ages

- The gymnast's age eligibility will be based on how old he is beginning January of the year of competition.

Article 2. Warm-up and Assistance

- The competitors will be given at least 90-minutes of general warm-up prior to the competition but no one touch (or 30-second) warm-up in advance of the competition.
- The use of soft safety mats on vault is allowed but on floor exercise and pommel horse will result in 0.3 deduction from the final score.
- The use of any non-permitted supplementary equipment will be deducted 0.3.

Article 3. General Judging Rules

- Unless otherwise stated within this document, execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
- Deductions of a disciplinary nature are taken from the Final Score by the Chair of the Apparatus Jury.
- The values and deductions of all compulsory routines will be based in the FIG Age Group Program Manual.

SPECIFIC REGULATIONS

Article 4. Specific Judging Rules

The evaluation of optional exercises in Elementary Cluster 2 will be based on the system of the 2017-2020 FIG Code of Points. There are two evaluation factors in this system; a Difficulty Score (D-score) and an Execution Score (E-score)

D-score

The D-score is calculated based on adding the following 3 aspects of a performance;

- The values of the difficulties presented in the exercise up to a specified maximum number.
- Each EGR fulfilled in the exercise will be given 0.5
- The values of any eligible Bonus Connection points that were performed.

The D-score is calculated according to the following sequence:

- Determine the value of the dismount. If a gymnast does not performed a recognized dismount he will automatically be penalized by not receiving the 0.5 for that EGR.
- Determine if the remaining EGR have been performed and award 0.5 for each one met (plus the value of the element itself). This applies also to A-part and B-part dismounts.
- Add the value of the remaining most difficult recognized elements up to the maximum number of elements permitted.
- Add any connection bonus that applies (Floor Exercise only)

E-score

The E-score deductions for optional exercises and when not specified for Compulsory exercises are as follows;

Small error= 0.1	Medium error=0.3	Large error= 0.5	Fall= 1.0
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Final Score

The final Score for compulsory and for Optional Exercises is determined by adding the D-score and E-score.

Article 5. Additional Modifications to the FIG Code of Points

- **Developmental Parts**
Gymnasts may use the identified elements in the developmental part to meet difficulty requirements, EG and possible Connection Bonus points.
- **Repetition**
In elementary cluster 2-may repeat one skill of B or C value.
In elementary cluster 1:
 - may repeat an element for value following a fall or stop
 - The omission of an element will result in the loss of value of that element.
 - The addition of an element will result in the deduction of 0.5 from the D-score.

Article 6. Element Values and Maximum Number of Elements for Elementary Cluster 2:

(D value and higher not permitted)


Maximum Number of Element	A-part value	B-part value	C-part value
8	0.1	0.2	0.3

Article 7. Evaluation of Short (or long) Exercises for Cluster 2

No. of Elements	8-10	7	6	5	4	3	2	1
Max. E-score	10.0	9.0	8.0	6.0	4.0	3.0	2.0	1.0

Article 8. Summary of Specific Regulations and Compulsory Exercises

CLUSTER 1 (Compulsory Exercises)

FX	Mushroom(PH)	VT
<p>FIG Age Group HP 2</p> <p>1)2-3 steps to front handspring, straight jump and then rebound to stretched dive roll</p> <p>2) Finish with control in straddle split 2 sec.</p> <p>3. Press to handstand with bent arms and straddled legs to momentary hold and forward roll and jump with ¾ turn to face side</p> <p>4. Step to scissor kick to 2 cartwheels</p> <p>5. Pike down and backward roll with straight arms and straight legs to stand</p> <p>6. Front scale or y scale (2 sec)</p> <p>7. 3 steps hurdle to round off backhandspring straight jump and backward roll tucked to stand.</p> <p><u>Floor Pattern</u></p> 	<p>FIG Age Group HP 1</p> <p>-5 leg circles with 2 point each, total value of 10.0</p> <p>-deductions: small=.1 medium=.2 large=.3 Fall=.5</p> <hr/> <p style="text-align: center;">HB</p> <hr/> <p>FIG Age Group HP 1</p> <p>1. Starting from hang, lift to chin up position and pullover to front support</p> <p>2. Cast to horizontal to immediate back hip circle to</p> <p>3. Immediate under bar cast (above 45°) and long hang swing backward</p> <p>4. Swing forward and swing backward</p> <p>5. Swing forward and swing backward</p> <p>6. Swing forward and swing backward</p> <p>7.Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats</p>	<p>FIG Age Group HP 1</p> <p>2 Choices:</p> <p>1.From run, hurdle onto board and jump form two feet to hands with straight body and fall to back on a soft mat of 80 cm height.</p> <p>2.Salto fwd stretched from a vaulting board</p> <p>-Base the deduction from FIG age Group Program -a 2nd attempt is permitted , but with 0.5 deduction</p>

CLUSTER 2

FX	Mushroom(PH)	VT
<p>FIG Age Group HP 3</p> <p>Difficulty Values & Required No. of Elements</p> <p>Difficulty A=.1 B=.2 C=.3</p> <p>8 skills max. for D-score</p>	<p>FIG Age Group HP 2</p> <ol style="list-style-type: none"> Double leg circle Double leg circle ½ spindle (two ¼ spindles) Double leg circle Double leg circle Double leg circle with 180° turn in one circle(Czech technique = front support to front support) Double leg circle and finish in stand on 2nd circle <p>-deductions: small=0.1 medium=0.3 large=.5 Fall=1.0</p>	<p>FIG Age Group HP 3</p> <p>Permitted Vaults and Difficulty Values</p> <p>Handspring=2.0 w/ ½ t=2.2 w/ 1/1t=2.5 w/1 ½t=2.7</p> <p>Handspring front tuck=2.7 w/ ½=2.9</p> <p>Handspring front pike=2.9 w/ ½=3.1</p> <p>Tsukahara Tuck=2.7</p>
<p>Developmental and Supplemental Skills</p> <p>1)Round off or Cartwheel=A part Element Group 4 and in the same box</p> <p>2)Back extension to handstand=A part. Element Group 3</p> <p>3)The value of all circle, flair and Russian skills are increased by one value over the FIG Code</p>	<p>HB</p>	<p>Tsukahara Pike=2.9</p> <p>Tsukahara layOut=3.1</p>
<p>EGR (0.5 each)</p> <ul style="list-style-type: none"> Non- acro element Acro. Element fwd Acro. Element bwd Dismount 	<p>FIG Age Group HP 1</p> <ol style="list-style-type: none"> Starting from hang, lift to chin up position and pullover to front support Cast to horizontal to immediate back hip circle to Immediate under bar cast (above 45°) and long hang swing backward Swing forward and swing backward Swing forward and swing backward Swing forward and swing backward Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats 	<p>Yurchenko Tuck=2.7</p> <p>Yurchenko Tuck 1/1=2.9</p> <p>Yurchenko Pike=2.9</p> <p>Yurchenko Straight=3.1</p> <p>-All Yurchenco Group has the same value with Tsukahara Group-</p> <p>-Bonus for distance 2m-2.5=.1 >2.5-3m=.2 >3m=.3</p>
<p>Additional Regulations</p> <p>No time limit Connection Bonus(saltos only) A or B +C or vice versa=.1 C+C= .2</p> <p>May repeat one skill of B or C value for difficulty</p>		<p>Height=1.15m-1.35m</p> <p>(2nd attempt is permitted , but with 0.5 deduction)</p>

CLUSTER 3

FX	MUSHROOM(PH)	VT	HB
Code of Points (2017-2020) Junior Rule	<p>Compulsory Exercise:</p> <ol style="list-style-type: none"> 1. Double Leg Circle 2. Double Leg Circle 3. 1/1 spindle(2 circles) 4. Double leg circle 5. Double leg circle 6. Double leg circle w/ 180 turn(Russian Wende) 7. Double leg circle 8. Double leg circle 9. Double leg circle w/ 180 turn(Stockli A) 10. Double leg circle & finish in stand <p>Total Value = 10.0</p>	Code of Points (2017-2020) Junior Rule	<p>FIG Age Group HP 1</p> <ol style="list-style-type: none"> 1. Starting from hang, lift to chin up position and pullover to front support 2. Cast to horizontal to immediate back hip circle to 3. Immediate under bar cast (above 45°) and long hang swing backward 4. Swing forward and swing backward 5. Swing forward and swing backward 6. Swing forward and swing backward 7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats

This Guidelines is based on the 2017 FIG Junior Ruling and the 2014 Edition FIG Age Group Development Program.