Men’s Artistic Gymnastics

Competition Guidelines

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### Elite & Club development Grades
- Grade 6: Under 14 & Over 13
- Grade 5: Under 13 & Over 12
- Grade 4: Under 12 & Over 11
- Grade 3: Under 11 & Over 10
- Grade 2: Under 10 & Over 9
- Grade 1: Under 9 & Over 8
- Grade 0: 7 in the year of competition

### Pre Minor
- Under 12

### Minor
- Under 14

### Junior FIG
- Under 18

### FIG
- Senior

### Club Development Grades
- Grade 6
- Grade 5
- Grade 4
- Grade 3
- Grade 2
- Grade 1

### (Out of Age) Levels
- Level 3
- Level 2
- Level 1

### (Out of Age) Grades
- Open Competition
- (Club Development Grades)
Grades Programme

Gymnastics Ireland request that all male gymnasts who wish to be considered for National Squads, compete within the Grades pathway.

Elite Grades

- The Elite Pathway is very challenging and is aimed at gymnasts with exceptional physical preparation
- Gymnasts will compete at the Grade specified for their age
- Ages taken on the 1st January
- The minimum age to follow the Elite pathway is 8 years old
- The specific equipment is detailed for each Grade in the Elite Grades book
- Each of the Grades has 8 routines, the 6 Men’s apparatus, an Artistic Preparation Programme and a Physical Preparation Programme.
- All 8 scores will count towards the final overall result
- This is an individual all-around competition only

Club Development Grades

- The Club Development Pathway is aimed at improving gymnasts physical preparation and enhancing their basic skill acquisition
- Gymnasts will compete at the Grade specified for their age
- Ages taken on the 1st January
- The minimum age to follow the Club Development pathway is 7 years old. Gymnastics Ireland have introduced a Grade 0 which is the Grade 1 routines, but for gymnasts who will 7 years old in the year of competition
- The specific equipment is detailed for each Grade in the Elite Grades book
- Each of the Grades has 7 routines, the 6 Men’s apparatus, and a Physical Preparation Programme.
- All 7 scores will count towards the final overall result

The Men’s Artistic Club and Elite Grades Team and Apparatus Finals

- This is a club team competition and an individual all-around competition
- Teams will consist of up to 4 gymnasts with the top 3 scores on each piece counting
- The team competition is per level i.e. There will be Level 1 team medallists, Level 2 medallists, etc
- Clubs may enter more than 1 team and / or individuals

Moving Between the Grades

- As stated, in the Grades Championships, gymnasts will only be allowed to compete at the Grade specified for their age
- Therefore the following year the gymnast will move to the next Grade
- Gymnasts scoring > 85% in the Club Development Grades should consider transferring to the Elite Pathway for the following year
- Gymnasts scoring < 70% in the Elite Grades should consider transferring to the Club Development Pathway for the following year
- Gymnasts do not need to pass a Grade to move on to the next one the following year

(Out of Age) Levels Competition

This competition is designed for gymnasts who may not feel they are ready to compete within the In – Age Grade structure, or are relatively new to Men’s competitive gymnastics. These gymnasts are allowed to compete at Grades out of their specific age band.
• The Levels competition is based on the Club Development Grades
• Gymnasts enter the Grade that suits their ability, (which is why it is named Levels).
• Ages taken on the 1st January
• The minimum age to compete in the Levels competition is 7 years old in the year of competition.
• The competition will consists of 3 pieces – Floor, Vault and PPP
• All 3 scores will count towards the final overall result
• For each Level, this is a club team competition and an individual all-around competition
• Teams will consist of up to 6 gymnasts with the top 3 scores on each piece counting
• Each team competes within their Level but can contain gymnasts from different age bands, i.e. a Level 1 team may have gymnasts who are in the U8, U9, U10, U12 and U14 bands all competing in the same team.
• Clubs may enter more than 1 team and/or individuals
• Gymnasts will not be allowed to drop down a level the following year, but may stay at the same level if suitable

<table>
<thead>
<tr>
<th>Level</th>
<th>In the year of competition</th>
<th>(Under age)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Under 9 &amp; Over 8</td>
<td>UNDER 9 &amp; OVER 8</td>
</tr>
<tr>
<td></td>
<td>Under 10 &amp; Over 9</td>
<td>UNDER 10 &amp; OVER 9</td>
</tr>
<tr>
<td></td>
<td>Under 12 &amp; Over 10</td>
<td>UNDER 12 &amp; OVER 10</td>
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<tr>
<td></td>
<td>Under 14 &amp; Over 12</td>
<td>UNDER 14 &amp; OVER 12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 2</th>
<th>Under 10 &amp; Over 9</th>
<th>(In age)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Under 12 &amp; Over 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Under 14 &amp; Over 12</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 3</th>
<th>Under 11 &amp; Over 10</th>
<th>(In age)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Under 12 &amp; Over 11</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Under 14 &amp; Over 12</td>
<td></td>
</tr>
</tbody>
</table>

Gymnasts who have competed in either the Elite Grades, Club Development Grades, Pre-Minor or Minor Championships, will NOT be eligible to compete in the (Out of Age) Levels competition in that year. In the following year they will be allowed to compete if the Levels competition occurs before the above competitions.

(Out of Age) Grades Competition

This competition is designed for gymnasts who may not feel they are ready to compete within the In-Age Grade structure, or are relatively new to Men’s competitive gymnastics. These gymnasts are allowed to compete at Grades out of their specific age band.

• This competition is on the Club Development Grades
• Gymnasts enter the Grade that suits their ability
• Gymnast may enter a lower grade than they competed at the Irish Levels competition (as the apparatus may prove more challenging)
• Ages taken on the 1st January
• Each of the Grades have 7 routines, the 6 Men’s apparatus, and a Physical Preparation Programme
• For each Grade, this is an individual all-around competition only
• The best 5 scores only will count towards the final overall result (so gymnasts do not have to perform all 7 routines, but may do so if they wish)
• Clubs may enter as many individuals as they wish
• Gymnasts will not be allowed to drop down a level the following year, but may stay at the same level if suitable

<table>
<thead>
<tr>
<th>Out of Age Grade 1</th>
<th>Under 10 &amp; Over 9</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Under 12 &amp; Over 10</td>
</tr>
<tr>
<td></td>
<td>Under 14 &amp; Over 12</td>
</tr>
</tbody>
</table>
Gymnasts who have competed in either the Elite Grades, Club Development Grades, Pre – Minor or Minor Championships, will NOT be eligible to compete in the (Out of Age) Grades competition in that year. They will be able to compete the following year if the (Out of Age) Grades competition occurs before the above competitions.

National Championships

FIG Level

- The Senior National Championships will be run over one weekend
- The Senior National All-Around Individual Championships will take place in one competition
- The Senior National Apparatus Finals will take place during the same weekend
- This competition is for Senior gymnasts eligible to compete at full FIG rules as per the FIG Men’s Artistic code of points

Junior FIG Level

- The Junior National Championships will be run over one weekend
- The Junior National All-Around Individual Championships will take place in one competition
- The Junior National Apparatus Finals will take place during the same weekend
- This competition is for Junior (under 18) gymnasts eligible to compete at Junior FIG rules as per the FIG Men’s Artistic code of points
- Gymnasts must be Over 14 and Under 18 on 1st January

Minors FIG Level

- The Minors FIG National Championships will be run over one weekend
- The Minors FIG National All-Around Individual Championships will take place in one competition
- The Minors FIG National Apparatus Finals will take place during the same weekend
- Gymnasts will only perform 1 vault to qualify for the vault final, and will only perform 1 vault in the final
- This competition is for Minors (under 14) gymnasts eligible to compete at Minors rules
- Gymnasts must be (Over 10 and under 14) on 1st January
- Minors code will use the Junior FIG Men’s Artistic code of points with the following amendments from the British Under 12 code
- Dismount requirements will be B = 0.5 and A =0.3 (code or supplementary list)
- Parallel Bar heights may be lowered to between 160 and 180.
- For Pommel Horse the competition will provide an additional mat of 20 cms plus a springboard to be used together or individually. The coach will be responsible for removing the springboard from the working area after mount.
- Additional mats are compulsory for Rings and High Bar (These will comprise of 30 cms of safety mat with a firm agility or landing mat on top to firm the surface), and allowed without deduction at Parallel Bars.
- Vault height will be 120 cms
- Shorts with socks may be used.
- The supplementary list of recognized A parts will be used. These A parts will be counted as Elements of value 0.1 and qualify for Element Groups.
- At all Minor competitions for all boys, Stand-ins are COMPULSORY at High Bar and Rings
MINORS SHORT ROUTINES DEDUCTION.

5 elements or more  E jury 10.00
4 elements  E jury  8.00
3 elements  E jury  5.00
2 elements  E jury  3.00
1 element  E jury  1.00

Minors Supplementary List

<table>
<thead>
<tr>
<th>Element Group</th>
<th>One</th>
<th>Two</th>
<th>Three</th>
<th>Four</th>
<th>Five</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Non acrobatic elements</td>
<td>Forward elements</td>
<td>Backward elements</td>
<td>Sideways elements</td>
<td>Dismounts</td>
</tr>
<tr>
<td>Floor</td>
<td></td>
<td></td>
<td>Straight arm back roll through h/stand</td>
<td>Round off</td>
<td></td>
</tr>
<tr>
<td>Leg swings</td>
<td>Circle/flair/spindle</td>
<td>Travels</td>
<td>Kehrs/Wende/Flop</td>
<td>Dismounts</td>
<td></td>
</tr>
<tr>
<td>Pommel</td>
<td>½ scissor</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kip and Swing</td>
<td>Swing to Handstand</td>
<td>Swing to strength</td>
<td>Strength / Hold</td>
<td>Dismounts</td>
</tr>
<tr>
<td>Rings</td>
<td></td>
<td></td>
<td></td>
<td>Muscle up to support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Elements in support</td>
<td>Elements upper arm</td>
<td>Swings in hang</td>
<td>Underswings</td>
<td>Dismounts</td>
</tr>
<tr>
<td>P.Bars</td>
<td>Stutzkehre 45°</td>
<td>Back uprise to support</td>
<td>Moy to upper arm</td>
<td>Undersomersault to support</td>
<td>Salto tucked, also from long hang</td>
</tr>
<tr>
<td></td>
<td>Swings and turns</td>
<td>Flight elements</td>
<td>In bar elements</td>
<td>El grip / dorsal</td>
<td>Dismounts</td>
</tr>
<tr>
<td>H.Bar</td>
<td></td>
<td></td>
<td></td>
<td>Stoop/straddle on &amp; off backwards</td>
<td>Squat dislocate to 45°</td>
</tr>
</tbody>
</table>
Pre - Minors FIG Level

- The Pre-Minors FIG National Championships will be run over one weekend
- The Pre-Minors FIG National All-Around Individual Championships will take place in one competition
- The Pre-Minors FIG National Apparatus Medals will be awarded from the results of the All-Around competition
- Gymnasts will only perform 1 vault in the All-Around competition
- This competition is for Pre-Minors (under 12) gymnasts eligible to compete at Pre-Minor rules
- Gymnasts must be (over 8 and under 12) on 1st January
- Pre - Minors code will use the Minors FIG Men’s code of points with the supplementary list of J elements. These elements will be of 0.05 value and qualify for element groups

- Dismount requirements will be A = 0.5 and J =0.3 (code or supplementary list)
- High bar routine will be performed on a shiny bar with loops and gloves
- Parallel Bar heights may be lowered to between 160 and 180.
- Additional mats are compulsory for Rings (These will comprise of 30 cms of safety mat with a firm agility or landing mat on top to firm the surface), and allowed without deduction at Parallel Bars.
- Vault height will be 110 cms or 120 cms
- Shorts with socks may be used.
- At all Pre - Minor competitions for all boys, Stand-ins are COMPULSORY at Loop Bar and Rings, and optional at P.Bars.

PRE - MINORS SHORT ROUTINES DEDUCTION.

<table>
<thead>
<tr>
<th>Elements</th>
<th>Jury Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 elements</td>
<td>E jury 10.00</td>
</tr>
<tr>
<td>4 elements</td>
<td>E jury 8.00</td>
</tr>
<tr>
<td>3 elements</td>
<td>E jury 6.00</td>
</tr>
<tr>
<td>2 elements</td>
<td>E jury 4.00</td>
</tr>
<tr>
<td>1 element</td>
<td>E jury 2.00</td>
</tr>
</tbody>
</table>

**Difficulty** = 4 elements + dismount (except floor & strap bar which are 5 highest valued elements)
If a move is performed more than once, the repetition will be ignored for difficulty.
The difficulty value will be x 2 to give the final score for difficulty

**Element Groups**
(Maximum Element group Score is 1.5, and maximum 4 elements per group allowed)
3 Element Groups per exercise – *if fulfilled with A move = 0.5; if fulfilled with J move = 0.3*
(no extra marks given if gymnast fulfils more than 3 element groups, or performs more than 1 element from a particular group)

**Start Value = Difficulty + Element Group**

**Exercise Presentation** Judged as per FIG code of points with Pre-Minors clarifications

**Score = Start Value + Execution score**
<table>
<thead>
<tr>
<th>Element Group</th>
<th>One</th>
<th>Two</th>
<th>Three</th>
<th>Four</th>
<th>Five</th>
</tr>
</thead>
<tbody>
<tr>
<td>Floor</td>
<td>Non acrobatic elements</td>
<td>Forward elements</td>
<td>Backward elements</td>
<td>Sideways elements</td>
<td>Dismounts</td>
</tr>
<tr>
<td>A (0.1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>J (0.05)</td>
<td>½ or str lever Headstand Handstand forward roll Chest roll to handstand</td>
<td>Any recognised jump to feet (only 1 jump counted in a routine)</td>
<td>Cartwheel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushroom</td>
<td>N/A</td>
<td>Circle/flair/spindle</td>
<td>Travels</td>
<td>Kehrs/Wende/Flop</td>
<td>Dismounts</td>
</tr>
<tr>
<td>FIG amended elements</td>
<td>½ spindle– A (¼ spindle = no element) 1/1 spindle – B Flairs – B All elements in flairs +1 difficulty level</td>
<td>Magyar (forward travel) over line – C Sivado (backward travel) over line - C Czech - B Stockli – B Swiss - B Russian – B 2/1 Russian – C 3/1 Russian - D Schwabnflank – A Chaguinian – B Russian flank – B</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>J (0.05)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rings</td>
<td>Kip and Swing</td>
<td>Swing to Handstand</td>
<td>Swing to strength</td>
<td>Strength / Hold</td>
<td>Dismounts</td>
</tr>
<tr>
<td>A (0.1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>J (0.05)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Vault</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FIG</td>
<td>All vaults in accordance with FIG tables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>J</td>
<td>Squat on, stretch jump off 1.0</td>
<td>Bent leg squat through 1.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Straddle</td>
<td>1.4</td>
<td>Straight leg squat (stoop) 1.6</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>P.Bars</td>
<td>Elements in support</td>
<td>Elements upper arm</td>
<td>Swings in hang</td>
<td>Underswings</td>
<td>Dismounts</td>
</tr>
<tr>
<td>A (0.1)</td>
<td>Stutzkehre 45°</td>
<td>Back uprise to support</td>
<td>Moy to upper arm</td>
<td>Undersomersault to support Drop upstart to support</td>
<td>Salto tucked, also from long hang</td>
</tr>
<tr>
<td>J (0.05)</td>
<td>Straddle ½ lever Straddle sit beat or lift to Russian (not held)</td>
<td>Front uprise to straddle sit Lift to shoulder stand (2 secs) Upper arm upstart to straddle sit or support Forward roll (from/to) straddle sit</td>
<td>Upstart to straddle sit</td>
<td>Drop upstart to straddle sit</td>
<td>Stutz flank Face vault</td>
</tr>
<tr>
<td>Loop Bar</td>
<td>Backward swing</td>
<td>Forward Swing</td>
<td>In bar elements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A (0.1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>J (0.05)</td>
<td>¾ baby giant</td>
<td>Back uprise to support</td>
<td>Undershoot from support to swing Circle up to support Back hip circle Cast to horizontal</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### ADDITIONAL CLARIFICATIONS

<table>
<thead>
<tr>
<th>Section</th>
<th>Clarifications</th>
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</table>
| **Floor** | - Dismount to be any skill from Groups II, III, IV that land on feet together  
- Dismount will not count as an element group, however the gymnast will lose 0.5 from their execution score if they fail to perform a dismount as stipulated above.  
- Gymnasts do not need to use the whole floor area |
| **Mushroom** | - To aid skill recognition and accuracy of performance, 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 0.1 - 0.3 deduction will be made if gymnast touches the line. Therefore gymnasts cannot join a Magyar and Szivado together, they need to return to a circle position first.  
- Exceptions – Dismount will not finish with hands either side of the line, Spindles, Russians - hands may touch the line during these elements  
- ¼ spindles do not count as elements, however these may be used to obtain correct hand positions into and out of Magyar and Szivado |
| **Rings** | - Routine can start from support above rings, gymnast can be lifted up by coach.  
- **One free ½ swing allowed with no deduction**  
- German hang is not an element but gymnasts may use this as a transition without deduction |
| **Vault** | - Vaulting table 110 cm or 120 cm |
| **P.Bars** | - Parallel Bar heights may be lowered to between 160 and 180  
- Face vault dismount may be performed from a static handstand  
- **Two free ½ swings allowed with no deduction** |
| **Loop Bar** | - **Two free ½ swings allowed with no deduction**  
- Gymnast to perform routine in overgrasp  
- Stopping on the bar for 1 sec or more will count as a fall -1.0 execution deduction  
- To help judges, coaches will indicate by raising their arm when gymnasts have finished their routines  
To help judges recognise skills, and by trying to keep as close as possible to the code of points, the following clarifications are necessary for Loop Bar  
- **Back uprise will only be recognised if it is followed by a close bar element**  
- Back uprise passing over the bar will only be recognised as a forward giant  
- Back uprise to swing down into back giant will not count and be viewed as a free ½ swing  
- There is no deduction for an element changing the gymnasts direction of swing ie cast into back giant  
- Upstart cast, clear circle and back uprise elements above 45° are recognised as “A” elements