



Men's Artistic Northern Ireland Code

Introduction

The following code shall be used for all voluntary NI competitions which states the NI code as its rules. The code has been designed to develop the sport of Men's Artistic Gymnastics within NI without excluding participants. The deductions will be as per FIG with the special deductions on each piece noted.

For clubs without all pieces of apparatus there are tips for training with equipment that is more commonly found. Also the MTC would encourage clubs to compete on the apparatus they do have to encourage talent identification.

If there are any queries feel free to contact the MTC judging convenor at aidan1617@hotmail.com or alternatively by contacting Salto Gymnastics Centre.

Gymnasts will compete in the following categories

Under 8 – Floor, Rings, Vault, Parallel Bars and High Bar

Under 10 – Floor, Pommel Trainer, Rings, Vault, Parallel Bars and High Bar

Under 12 – as per BG 2011 Judging code-Boys

Under 16 – as per Junior FIG

Over 16 – as per FIG

The full FIG Code can be found at www.fig-gymnastics.com

Floor: U8 and U10

The code for floor will be based on the FIG code with supplementary elements as listed in the table below.

The values of the moves shall be as follows:

X: 0.1

Y: 0.2

Z: 0.3

A: 0.5

B: 0.7

C: 0.9

All values may fulfil an element group for 0.5 towards the start value. However for the dismount only A, B and C moves may contribute to the dismount group and will be graded as follows:

A: 0.1

B: 0.3

C or higher: 0.5

All other FIG rules and deductions shall apply.

Please note the deduction for a short routine. Elements in the same box may not be repeated for difficulty but will be deducted for performance.

Floor Elements and Element Groups

Group I Non-acrobatic Eg; balance/strength	Group II Acrobatic elements forward	Group III Acrobatic elements backward	Group IV Acrobatic elements sideways or early ¼ turn
X elements – valued at 0.1			
Tuck/straight/star jump	Forward roll to stand	Backward roll to shoulder stand (hands on floor), roll to stand	
	Forward roll to dish/V sit		
Dish roll to arch + vice versa			
Headstand, legs tucked			
Y Elements – valued at 0.2			
Headstand, straight legs	Dished dive roll	Backward roll to stand	Cartwheel
Swedish fall	Forward roll to straddle stand	Backward roll to straddle stand	
Half circle to back support	Handstand forward roll, bent legs		
½ jump			
Stag leap			
2 x press ups			
Z Elements – valued at 0.3			
½ lever/straddle lever/tucked planche (2 secs)	Handstand forward roll with straight legs	Backward roll to handstand	Cartwheel ¼ turn
Straddle/pike fold (3 secs)			2 Cartwheels linked
1/1 turn jump			Round off

Pommel Horse: U10

Element	Description (values indicated in italics)	Execution faults S= 0.1 m= 0.3 L= 0.5	Technical considerations
1	<p>Medium height mushroom approx 60cms</p> <p>From front support, step to the side into or jump into 5 x double leg circles [<i>2.00 for each circle</i>]</p> <p>Each gymnast should complete 6 double leg circles.</p> <p>Each gymnast may have up to 4 attempts to complete the circles. Each stop / fall will be deducted 1.00.</p> <p>Execution faults will also be taken.</p> <p>Counting will stop when the gymnast reaches 5 circles.</p>	<p>Rhythm</p> <p>Bent arms during each circle</p> <p>Hip angle closed during each circle</p> <p>Bent legs during each circle</p> <p>Body alignment during each circle</p> <p>Hand placement during each circle</p> <p>Touching the apparatus</p> <p>Hitting the apparatus</p>	<p>The double legs should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated at all times during the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shoulders should remain in the same direction throughout the routine.</p>

For training purposes an old buck vaulting horse may be used with mats stacked up. However, the competition will take place on a pommel trainer/mushroom.

Rings: U8

Element	Description (values indicated in italics)	Execution faults S= 0.1 m= 0.3 L= 0.5
	<p>HIGH RINGS WITH 30cms SAFETY MAT</p>	
1.	<p>From still hang: Pull up with bent arms and hold with head between rings (3 sec) (2.00), circle back to inverted hang(0.50)</p>	<p>Excessive arch Head not between rings (0.5) Piking during circle back to inverted hang (0.3) Chin up held < 3 sec (0.5)</p>
2.	<p>Lower to piked inverted hang (1.00) and then to extended German hang (1.00) and then return to pike fold and cast into (0.50)</p>	<p>Lack of extension in pike and German hang Lack of control</p>
3.	<p>Swing backwards, swing forwards (2.00)</p>	<p>Poor posture in shape throughout Chest out during swing to front (0.3) Excessive arch during swing to the back (0.3)</p>
4.	<p>Swing backwards, swing forwards (2.00)</p>	<p>Poor posture in shape throughout Chest out during swing to front (0.3) Excessive arch during swing to the back (0.3)</p>
5.	<p>Swing backwards and push off to land (1.00)</p>	<p>Excessive arch during swing to the back (0.3) Lack of push off Uncontrolled landing</p>
	<p>TOTAL SCORE – 10.00</p>	

Rings: U10

Element	Description (values indicated in brackets)	Execution faults S= 0.1 m= 0.3 L= 0.5
	HIGH RINGS WITH 30cms SAFETY MAT	
1.	From still hang: Muscle up with coaches support (1.50), lift legs to piked half lever (3 secs), (1.50)	Excessive arch One ring at a time in muscle up (0.5) Rings not turned out in ½ lever (0.3) Half lever held < 3 sec (0.5)
2.	Lower to inverted hang (1.00) and then to piked inverted hang (0.50) and then to extended German hang (1.00) and then return to pike fold and cast into (0.50)	Piking during circle back to inverted hang (0.3) Lack of extension in pike and German hang Lack of control
3.	Swing backwards, swing forwards (1.00)	Poor posture in shape throughout Chest out during swing to front (0.3) Excessive arch during swing to the back (0.3)
4.	Swing backwards, swing forwards (1.00)	Poor posture in shape throughout Chest out during swing to front (0.3) Excessive arch during swing to the back (0.3)
5.	Swing backwards, swing forwards into straight back salto dismount (2.00)	Excessive arch during swing to the back (0.3) Lack of height Head out during salto (0.5)
	TOTAL SCORE – 10.00	

Vault

For use in Under 8 and Under 10

1. Handstand flatback
Vault setup: 60cm box with a springboard on top. Matting behind piled to the height of the board.
Start Value = 8.0
2. Handstand flatback
Vault setup: 90cm box with a springboard on top. Matting behind piled to the height of the board.
Start value = 9.0
3. Handspring to feet
Vault setup: 90cm box with a springboard on top. Matting behind piled to the height of the board.
Start value = 10.0
4. Handspring using vaulting table (110cm)
Start value = 12.0

Other Vaults may be used from the FIG code of points and the relevant start value shall apply. Table at 110cm.
The judges must be informed which vault the gymnast will be performing before competition warm up.

Please note; the gymnast will be marked according to normal FIG deductions. The judges will also mark the gymnast based on good running and springboard technique. I.e; not running flat footed, hurdle step onto springboard, correct arm placement on board.

Table of Deductions

Deduction	Explanation	Deduction
Inappropriate Running Technique	Running on flat feet	0.5
Inappropriate Springboard Technique	Incorrect arm position on board, poor/no hurdle step onto board	0.3
Inappropriate Table Technique	Poor reach along table, poor/no block through shoulders	0.3
Not landing heels first for flatback vault	The heels should be the first part of the body to contact the mat	0.5

Parallel Bars: U8

Element	Description (values indicated in brackets)	Execution faults S= 0.1 M= 0.3 L= 0.5
1.	<p>Bars at shoulder height</p> <p>From spring board: Jump with straight arms to support (1.00) and lift to tucked half lever (3 secs) (1.00), extend to piked half lever (3 secs), (1.00)</p>	<p>Bent arms in jump (0.5) Tucked half lever < 3 sec (0.5) Half lever held < 3 sec (0.5)</p>
2.	<p>Lower to hollow/arch position. 3 swings in hollow/arch position. (3.00) (<i>Swings should be initiated from the shoulders</i>) <i>Gymnast should begin the swing by going forwards.</i></p>	<p>Lack of control Leading swing with feet at front (0.5) Not holding hollow/arch position (0.3)</p>
3.	<p>Extend into Swing forwards, swing backwards (1.00)</p>	<p>Poor posture in shape throughout Strength used for swing Excessive dish or arch</p>
4.	<p>Swing forwards, swing backwards (1.00)</p>	<p>Poor posture in shape throughout Strength used for swing Excessive dish or arch</p>
5.	<p>Swing forwards, swing backwards and push off at the back to land(2.00) TOTAL SCORE – 10.00</p>	<p>Front swing below horizontal (0.5)</p>

Parallel bars: U10

Element	Description (values indicated in brackets)	Execution faults S= 0.1 M= 0.3 L= 0.5
1.	Jump to upper arm support and perform 3 upper arm swings(3.00). At the back of the 3 rd swing place feet on the bars and press to support	Elbows behind shoulders (<i>0.5 each swing</i>) Controlled movements Shoulders behind hands in front support (<i>0.3</i>)
2.	Lower to half lever position (3 secs) (1.00)	Half lever held < 3 sec (<i>0.5</i>)
3.	Lift towards V sit and kick out (1.00)	Lift < 45° (<i>0.5</i>)
4.	Swing backwards, swing forwards x3 (3.00)	Poor posture in shape throughout Strength used for swing Excessive dish or arch
5.	Swing backwards into front vault dismount (2.00)	Dismount below horizontal (<i>0.5</i>) No visible support on one rail (<i>0.5</i>)
	TOTAL SCORE – 10.00	

For training purposes boxes set to the required height and placed parallel may be used. However, parallel bars will be used for competing.

Bar: U8

Element	Description (values indicated in brackets)	Execution faults S= 0.1 M= 0.3 L= 0.5
1.	Loops and gloves on shiny bar 2 leg lifts (1.00)	Controlled movements Bent legs (0.5)
2.	Chin up circle over (0.5)	Interrupted upward movement (0.3)
3.	Backwards hip circle (1.0)	Head out (0.5) Piked position (0.3)
4.	Cast to minimum horizontal (0.5)	Below horizontal (0.3)
5.	5 swings (5.0)	Swing below horizontal (0.3) Head out (0.3)
	TOTAL SCORE – 8.00	
	Bonus available: If a giant (longswing) is performed in place of a swing TOTAL SCORE – 10.00	

Bar: U10

Element	Description (values indicated in brackets)	Execution faults S= 0.1 M= 0.3 L= 0.5
1.	Loops and gloves on shiny bar 2 leg lifts (1.00)	Controlled movements Bent legs (0.5)
2.	Chin up circle over (0.5)	Interrupted upward movement (0.3)
3.	Cast towards handstand (1.0), immediately into	Above horizontal <45° (0.5)
4.	Backwards hip circle to shoot out (min front support position) (1.5) <i>Clear hip circle to handstand prep</i>	Head out (0.5) Return to bar first (0.5) Below horizontal (0.5)
5.	3 swings (3.0)	Below horizontal front or back of swing (0.3) Head out (0.3)
TOTAL SCORE – 7.00		
Bonus available: If 2 giants (longswings) are performed in place of swings. Bonus: 2.0 Float upstart to replace element 2. Bonus 1.0		