



2022 Welsh Apparatus Challenge Championships

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| Date | 18/06/2022 |
| Venue | Sport Wales National Centre |
| Closing Date | 13/05/2022 |
| Entry Fee | £15 per individual |
| Categories | Level 1 (Novice) - Under 10's, Under 12's. Under 14's and Under 16's Level 2 (Intermediate) - Under 10's, Under 12's, Under 14's and Under 16's |
| Eligibility | Open to gymnasts attached to clubs within Wales Open to gymnasts who <u>have not competed</u> at the Welsh Championships within the same competition year |

Purpose of Competition

The purpose of this competition is to provide an additional competitive opportunity for Men's Artistic gymnasts within Wales. Specifically, this competition is aimed at gymnasts who do not currently compete within the annual Welsh Championships.

The flexibility of competing on selected apparatus (see scoring rules on next page) encourages clubs that may not have full Men's Artistic apparatus to participate in a Men's Artistic competition. This criteria has been designed to cater for a range of ability levels, whilst also promoting virtuosity and originality within routine construction.

Age Groups, Categories and Team Format

| | | |
|---------------------|--------------------------------|---------------------------|
| Level 1 (Novice) | Under 10 (2012, 2013, 2014) | Level 2 (Intermediate) |
| | Under 12 (2010 & 2011) | |
| | Under 14 (2008 & 2009) | |
| | Under 16 (2006 & 2007) | |
| | 16+ (2005+) | |

| Category | Team Format | Scores to Count | |
|----------|-------------|---------------------------------|--|
| Level 1 | 3/3/3 | Top 2 Scores on Floor and Vault | + 1 top score from Pommel, Rings, Parallel Bars and High Bar |
| Level 2 | 3/3/3 | Top 2 Scores on Floor and Vault | + 1 top score from Pommel, Rings, Parallel Bars and High Bar |

Scoring

Competitors must compete on at least 4 pieces of apparatus. If participating on more than 4 pieces of apparatus, the highest four scores will count towards the competitor's final score.

General Rules

- Total score is worked out as per FIG, i.e., DV + EGR's + Execution score.
- Difficulty Value (DV) is the value of the top scoring skills added together.
- Execution score is deductions taken from 10.00
- Element Group Requirements (EGR's) - Four element groups will be required for each apparatus, each will be valued at 0.5 marks totalling 2.00 pts.
- Minimum 5 Elements per routine for Under 10s and Under 12s. Minimum 7 elements per routine for under 14s and under 16s.
- Maximum 8 elements in all age groups.
- The dismount is a definite counting skill, i.e., NO dismount, and then a maximum of seven skills can only be counted.
- Short routines: 2.00 marks per missing Element for Under 10s and Under 12s. 1.00 mark per missing element for Under 14s and Under 16s.
- Elements can only be used once for DV.
- Supplementary elements can only be used once and awarded to routine construction. Supplementary elements are awarded 0.1 each time.
- Skills performed above value of 'A' for Level 1 (novice) and 'B' for Level 2 (Intermediate) will receive 1.00-mark deduction as well as performance deductions for that skill.
- Any skill in an element group shown will be rewarded EGR 0.5. These don't need to be in the final counting number of elements.
- EGR values (including dismount) + Element Values

| EGR Value | Level 1 (Novice) | Level 2 (Intermediate) |
|-----------------------|---------------------|---------------------------|
| Supplementary Element | 0.3 | 0.1 |
| A element | 0.5 | 0.3 |
| B element | N/A | 0.5 |

| Element Value | Level 1 (Novice) | Level 2 (Intermediate) |
|-----------------------|---------------------|---------------------------|
| Supplementary Element | 0.1 | 0.1 |
| A element | 0.2 | 0.2 |
| B element | N/A | 0.3 |

Apparatus Rules and Requirements

Floor

Apparatus and Technical Specifications

- Under 10's can use a 12m strip or floor area without deduction
- Under 12's, Under 14's and Under 16's must use full floor area (FIG rules apply)
- Floor routines should not exceed the time limit of 70 seconds

Element Group Requirements (0.5 awarded for each when shown)

1. Non-Acrobatic element
2. Forward acrobatic element
3. Backward acrobatic element
4. Dismount (must be an acrobatic element not yet performed in the routine)

Please Note: Any roll will not constitute as a dismount

List of Supplementary Elements

| Non-acrobatic elements | Forward Elements | Backward Elements |
|------------------------|----------------------------------|-----------------------------------|
| Back support | Handstand forward roll | Backward roll to handstand |
| Front support | Any other forward roll variation | Any other Backward roll variation |
| Swedish Fall | Round off | |
| Tuck jump | Cartwheel | |
| Straddle jump | | |
| Star jump | | |
| Jump 1/2 turn | | |
| Jump 1/1 turn | | |
| Single leg circle | | |
| 1 double leg circle | | |
| Japana | | |
| Bridge | | |

Pommel Horse

Apparatus and Technical Specifications

- Under 10's and Under 12's – Mushroom
- Under 14's and Under 16's - Pommel Horse

Set Routines (Under 10's and Under 12's)

- Under 10's - X5 Double Leg Circles
- Under 12's - X10 Double Leg Circles
- **N.B – all falls will incur a 0.5 deduction each**

Under 14's and Under 16's Element Group Requirements (0.5 awarded for each when shown)

1. Single swing
2. Pass through front/Back support
3. Travel
4. Dismount

N.B – all deductions will be as per FIG

List of Supplementary Elements

| Single Leg Swings | Pass Through Front/Back Support | Travel | Dismount |
|------------------------------------|---------------------------------|--|------------------------------------|
| Single Leg Swings in Back support | Squat Through to Back Support | Single Leg Travel | Flank (no double leg prior needed) |
| Single Leg Swings in Front Support | Half Circle (to back support) | Front Support Travel (full or half travel) | Single Leg Flank |
| Leg In, Leg Out Right | | Single leg swing hop to end | |
| Leg In, Leg Out Left | | | |
| 1/2 Shears Forwards | | | |
| 1/2 Shears Backwards | | | |

Rings

Apparatus and Technical Specifications

- 30cm landing mats are permitted for all age groups with no deduction
- Neutral deduction for swing to handstand does not apply
- Gymnasts may start from a lifted support position

Element Group Requirements (0.5 awarded for each when shown)

1. A hold position (2s)
2. A Strength element
3. A swinging element
4. Dismount

List of Supplementary Elements

| Hold Position | Strength Element | Swinging Element | Dismount |
|--------------------------------|--|---------------------------------------|------------------------------|
| Tuck/straddle Back Planche | Chin up | 1 full Swing Fwd/Bwd or Bwd/Fwd | Tuck Salto |
| Tuck/straddle Front Planche | Leg lift | | Swing Push of at the Back |
| 1/2 Lever Below the Rings | 1/2 Lever Lift to Shoulder Stand (2s) | | |
| German Hang | Reverse Muscle Up | | |
| Inverted hang | Shoulder Stand, lower through to inverted hang | | |
| Support Hold | Muscle up to support | | |
| | 1/2 Lever (shown - not held) | | |

Vault

- Two vaults to be performed, highest score to count.
- Gymnasts may perform two different vaults or two vaults which are the same

Value of Vaults

| FIG Vaults | D Score | Other Vaults | D Score |
|--|---------|-----------------------------------|---------|
| | | Squat on jump off (any variation) | -2.0 |
| | | Squat through | -1.0 |
| | | Straddle over | -0.5 |
| | | Headspring | 0.50 |
| Handspring Sideways with 1/4 turn (Round Off or Tinsica) (MAG COP 220) | 1.60 | | |
| Handspring (MAG COP 101) | 1.60 | | |
| Handspring ½ turn (MAG COP 102) | 1.80 | | |
| Handspring 1/1 turn (MAG COP 103) | 2.00 | | |
| Forward handspring with 1 ½ turn (MAG COP 104) | 2.20 | | |

Red Text indicates the vault number as stated in the 2017-20 MA Code Of Points. E.G (MAG COP 101) = Group 1 Vault no 01

Vault Heights

- Under 10's - 100cm - 110cm
- Under 12's - 120cm
- Under 14's - 125cm
- Under 16's – 125 or 135cm

Please note:-

- all vaults will have a start score of 10 (then +/- D score) to reach final start score. i.e., squat on jump off = $10.00 - 2.00 = 8.00$
- All other non-recognised vaults must be agreed by the head judge
- No salto vaults are permitted

Parallel Bars

Apparatus and Technical Specifications

- 30cm landing mats are permitted for all age groups with no deduction
- Barred element rules apply
- Parallel Bar height can be between 140-180 for all age groups
- 0.5 deduction will be given for full empty swings
- 1/2 empty swings are permitted to aid routine construction
- Swings to handstand do not need to be held

Element Group Requirements (0.5 awarded for each when shown)

1. Above Bar Skill
2. Upper arm Skill
3. Skill through hang
4. Dismount

List of Supplementary Elements

| Above bar element | Upper arm Element | Element through hang | Dismount |
|---|------------------------------------|-------------------------------------|-----------------------------------|
| Dip | Back Uprise | Swing Fwd/Bwd | Face vault |
| Straddle ½ Lever | Shoulder Balance | Upstart to Straddle Sit | Flank Vault |
| Tuck top Planche | Shoulder Roll | Upstart to Upper arms | Under bar swing, push off at back |
| Swing Fwd/Bwd to Horizontal | Shoulder Stand | Drop Upstart | Any tucked single salto |
| Kip to Straddle Sit | Upper arm Swing Fwd/Bwd | Drop Upstart to Upper Arm | |
| Any Support Half Turn (example - straddle sit 1/2 turn) | Kip from Upper Arms | Drop Upstart to Straddle Sit | |
| Any Turn in Support | Kip from Upper Arm to Straddle Sit | Back uprise from swing to upper arm | |
| | Front Uprise to Straddle Sit | Back uprise as above to support | |

Horizontal Bar

Apparatus and Technical Specifications

- 30cm landing mats are permitted for all age groups with no deduction
- Neutral deduction for swing to handstand does not apply

Element Group Requirements (0.5 awarded for each when shown)

1. Long Hang Elements
2. Turning Elements
3. In Bar
4. Dismount

List of Supplementary Elements

| Long Hang elements | Turning Elements | In Bar elements | Dismount |
|---------------------|---|--|---------------------|
| Trolley Swing | Swing 1/2 Turn to Mixed Grasp | Circle up | Swing and Drop Off |
| Basic Swing Fwd/Bwd | Swing 1/2 to Over-grasp (below the bar) | Back Hip Circle | Undershoot |
| Chin Up | | Fwd Hip Circle / To Hang | Straddle Undershoot |
| Leg Lift | | Fwd Hip Circle to Hang (under control) | Tucked back salto |
| Back Uprise | | Mill Circle | |
| Static Turn in Hang | | Upstart | |
| | | Single Leg Upstart | |
| | | Drop Upstart | |
| | | Single Leg Drop-Upstart | |
| | | Cast to Horizontal | |

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