

2023 Welsh Apparatus Challenge Championships

Date	21.05.2023
Venue	Sport Wales National Centre
Closing Date	21.4.2023
Entry Fee	£20 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	<ul style="list-style-type: none"> Only gymnasts who meet the Welsh Gymnastics Nationality criteria. Please refer to the Men's Artistic Welsh Gymnastics Competition Handbook, 2023 <p>Open to gymnasts who <u>have not competed</u> at the Welsh Championships within the same competition year</p>

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's (2013 + 2014 + 2015)	Level 2 (Intermediate)
	Under 12's (2011 + 2012)	
	Under 14's (2009 + 2010)	
	Under 16's (2007 + 2008)	

Category	Team Format	Scores to Count	
Level 1	3/3	Top 2 Scores on Floor and Vault	+ 1 top score from Pommel, Rings, Parallel Bars and High Bar
Level 2	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; please refer to the EGR table below
- Minimum 5 Elements per routine for Under 10s and Under 12s. Minimum 6 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, a maximum of 7 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 awarded the EGR, as per table below These elements 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 75 seconds.

Element Group Requirements

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 from groups ii, or iii,)

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) both routines judged from 12.00.

- Under 10's – X6 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

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 but compulsory for U/12 competitors
- 0.30 Neutral deduction for swing to handstand does not apply.
- Gymnasts may start from a lifted support position

Element Group Requirements

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 identical vaults

Value of Vaults

FIG Vaults	D Score	Additional alternative Vaults	D Score
		Squat on jump off (any variation)	-2.0
		Squat through	-1.0
		Straddle over	-0.5
		Headspring	0.50
Handspring sw. with ¼ t (MAG COP 301)	1.60		
Handspring (MAG COP 201)	1.60		
Handspring ½ turn (MAG COP 202)	1.80		
Handspring 1/1 turn (MAG COP 203)	2.00		
Forward handspring with 1 ½ turn (MAG COP 204)	2.20		

Red Text indicates the vault number as stated in the 2022 -2024 MA Code Of Points. E.G (MAG COP 201) = Group 2 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-recognized 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 Balance	Upstart to Upper arms	Under bar swing, push off at back
Swing Fwd/Bwd to Horizontal	Shoulder Roll	Drop Upstart	Any tucked single salto
Kip to Straddle Sit	Shoulder Stand	Drop Upstart to Upper Arm	
Any Support Half Turn (example - straddle sit 1/2 turn)	Upper arm Swing Fwd/Bwd	Drop Upstart to Straddle Sit	
Any Turn in Support	Kip from Upper Arms	Back uprise from swing to upper arm	
	Kip from Upper Arm to Straddle Sit	back uprise as above to support	
	Front Uprise to Straddle Sit		

Horizontal Bar

Apparatus and Technical Specifications

- 30cm landing mats are permitted for all age groups with no deduction but compulsory for U/112 gymnasts

Element Group Requirements

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	

Welsh Gymnastics would like to thank Paul Edwards and Christopher Jones for their contribution in developing the content of this document