



**Irish Gymnastics  
Men's Artistic Gymnastics  
National Competition Programme 2010 - 2012**

Version 1.0 - March 2010

## Contents

---

Introduction	Page 2
Competition Levels & General Information	Page 3
Level 1	Page 5
Level 2	Page 12
Level 3	Page 15
Level 4	Page 20
Level 5	Page 27
Level 6/7/8	Page 34

## Introduction

---

Welcome to the 2010 -2012 edition of the Irish Gymnastics Men's Artistic Gymnastics Competition Programme.

Updates may be released to this rulebook, and any such update will

Coaches should ensure that they always have the latest version.

We hope to expand this programme in the coming years.

We encourage coaches to use this competition programme in their own clubs and regions, and any feedback you may have on this programme is welcome.

## Competition Levels

*Level 1 is designed as introduction to Irish Gymnastics competition programme. Routines based on the Community Games structure with different requirements for each age group*

**Level 1**  
**Apparatus:** Floor & Vault  
**Representation:** Gymnasts represent their own club.  
**Age groups:** U8, U10, U12, U14, U16  
**Awards:** Gold, Silver & Bronze at each age group.  
 Highest floor score will be National Level 1 champion.

*Levels 2-5 are a set programme with the same routines at each age group at each level, and as such is an ability based programme rather than age group based. The programme also facilitates clubs that may not have all apparatus, or gymnasts that may not be strong on all apparatus. – e.g. a gymnast could compete only 3 apparatus on Level 3, 4 in Level 4, or 5 in level 5, and still win the event.*

**Level 2**  
**Apparatus:** Floor & Vault  
**Representation:** Gymnasts represent their own club.  
**Age groups:** U8, U10, U12, O12  
**Awards:** Gold, Silver & Bronze at each age group.  
 Highest combined floor and vault score will be National Level 2 champion.

**Level 3**  
**Apparatus:** Floor, Vault, P-Bars & Low Bar  
**Representation:** Gymnasts represent their own club.  
**Age groups:** U8, U10, U12, O12  
**Awards:** Gold, Silver & Bronze at each age group.  
 Highest combined 3 best scores will be National Level 3 champion

**Level 4**  
**Apparatus:** Floor, Mushroom, Rings, Vault, P-Bars & H-Bar  
**Representation:** Gymnasts represent their own club.  
**Age groups:** U10, U12, O12  
**Awards:** Gold, Silver & Bronze at each age group.  
 Highest combined 4 best scores will be National Level 4 champion

**Level 5**  
**Apparatus:** Floor, Mushroom, Rings, Vault, P-Bars & H-Bar  
**Representation:** Gymnasts represent their own club.  
**Age groups:** U12, O12  
**Awards:** Gold, Silver & Bronze at each age group.  
 Highest combined 5 best scores will be National Level 5 champion

*Levels 6-8 are a voluntary programme with divisions based on age. All National Squad gymnasts will compete at this level, so also should gymnasts wishing to obtain a place on National Squad. The routines are based on the current FIG code with some modifications to suit our needs.*

**Level 6**  
**Apparatus:** All six men's apparatus  
**Representation:** Gymnasts represent their own club.  
**Age groups:** U13  
**Awards:** Gold, Silver & Bronze. Highest total score will be National Level 6 champion (National Minor Champion)

**Level 7**  
**Apparatus:** All six men's apparatus  
**Representation:** Gymnasts represent their own club.  
**Age groups:** U18  
**Awards:** Gold, Silver & Bronze. Highest total score will be National Level 7 champion (National Junior Champion)

**Level 8**  
**Apparatus:** All six men's apparatus  
**Representation:** Gymnasts represent their own club.  
**Age groups:** Senior  
**Awards:** Gold, Silver & Bronze. Highest total score will be National Level 8 champion (National Senior Champion)

## Movement between levels:

---

Medal winners in each category must move up a level. A gymnast who won a medal and wishes to stay in the same level may request such to the MTC in writing, at least 1 month prior to the event.

## Competition Entries

---

1. MTC competitions are open only to valid members of Irish Gymnastics
2. Entries, along with the appropriate entry fee must be forwarded to the office four weeks before the competition, or at the published deadline. At the discretion of the competition organiser or the MTC Chairperson, a late entry may be accepted up to two weeks before the competition upon the payment of an additional €20 per gymnast. Late entries will not be accepted under any circumstances thereafter.
3. Each club participating in a competition must attend with at least one coach. Failure to do so will result in the gymnast not being allowed to compete.
4. Age taken as of January 1<sup>st</sup> of the calendar year in which a competition is held.

## Technical Notes

---

1. It may not always be possible to have exact equipment height, especially for some of the vault box-top & matting heights. The event organiser will endeavour to have all heights within 5cm of stated standard. Likewise with apparatus that specify 'shoulder height' etc, the event organiser will try to arrange the apparatus so as to suit as many gymnasts as possible.
2. A club may apply in writing at least 2 weeks in advance of the competition to MTC Chairperson or the event organiser to raise the height of apparatus to accommodate a gymnast's height.
3. All deductions will be as per the current F.I.G code of points unless otherwise indicated. A small error is 0.1, medium 0.3, large 0.5, and a fall is 1.0. The judging points listed in this document are a guideline only. All other rules and deductions not outlined will be as per FIG rules.
4. Under Levels 6, 7, 8, all element values unless otherwise specified will be as per the latest available FIG rules including code updates.

## Competition Entry Fees

---

National Individual Championships	€20 per gymnast
National Team Championships	€20 per gymnast

## Competition Attire

---

1. Gymnasts and Coaches attending MTC competitions must wear appropriate clothing (i.e. tracksuit, leotard, shorts) for competition, march-on, presentations and warm up.
2. Inappropriate attire for gymnasts and coaches would include: Football jerseys, Jeans Combat trousers etc.
3. Gymnasts and coaches should be instantly recognisable as to which club they belong. Clubs should endeavour to have a distinctive uniform.
4. In Level 1 and Level 2 competition, gymnasts may compete in Shorts & T-shirts, but at levels 3 and above, all gymnasts must compete in leotard and shorts on all pieces, and may optionally wear stirrups on appropriate pieces as per FIG guidelines. Incorrect attire will be deducted as per FIG.
5. Clubs which the MTC find to be in breach of clothing requirements are subject to sanctions.

## Resources

---

The latest version of this document will always be available from the Irish Gymnastics Website. Other support documents may also be found online:

FIG Code of Points:	<a href="http://www.fig-gymnastics.org">http://www.fig-gymnastics.org</a>
Irish Gymnastics Handbook	<a href="http://www.irishgymnastics.ie">http://www.irishgymnastics.ie</a>

All queries related to this document, should be forwarded to:

Men's Technical Committee	Email: <a href="mailto:info@irishgymnastics.ie">info@irishgymnastics.ie</a>
Irish Gymnastics Ltd.	Phone: 01-625-1125
Sport HQ,	Fax: 01-625-1126
13 Joyce Way,	
Park West,	
Dublin 12	

# Irish Gymnastics

## Men's Artistic Gymnastics

### National Level 1

- Age Groups:** U8, U10, U12, U14, U16. (Age taken from January 1<sup>st</sup> in the year of the competition)  
Different Routines for each age group (Community Games Programme)  
Routines judged under FIG guidelines
- Apparatus:** Floor only for U8, U10 & U12.  
Floor & Vault for U14 & U16.
- Awards:** Gold Silver and Bronze will be awarded to the winning gymnasts at each age group.  
The highest individual floor score from across all ages will be deemed to be the Level 1 National Champion.
- Eligibility:** Open to all gymnasts, except medal winners from previous years and gymnasts who have competed in higher levels.
- Entry:** Gymnasts represent their own clubs.

## LEVEL 1 - UNDER 8 - FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Cartwheel, quarter turn (outwards)	2.50	Lack of rhythm Bent arms, legs	# #	# #	# #
2	Forward roll,	1.50	Lack of rhythm	#	#	#
3	High jump with half turn to stand, feet together, arms raised upwards.	1.00	Lack of rhythm Lack of height in jump	# #	# #	# #
4	Forward roll to back lying, arms above head	1.00	Lack of rhythm	#	#	#
5	Raise to sitting position and	1.00	Lack of rhythm Feet leaving ground	# #	# #	# #
6	Stretch forward to touch toes, and immediately	1.00	Lack of flexibility	#	#	#
7	Backward roll tucked to stand.	2.00	Lack of rhythm Arms not straightening (no push)	# #	# #	# #
			Body positions throughout routine, e.g. legs apart, bent legs etc (each time)	#	#	#
		TOTAL 10.00				

## LEVEL 1 - UNDER 10 - FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Cartwheel, quarter turn (outwards)	2.00	Lack of rhythm	#	#	#
2	Forward roll	1.50	Lack of rhythm	#	#	#
3	High jump with half turn to stand.	1.00	Lack of rhythm	#	#	#
4	Backward roll straddled, backward roll tucked to stand.	1.50	Lack of height in jump Lack of rhythm Arms not straightening (no push)	# # #	# # #	# # #
5	Forward roll to back lying,	0.50	Lack of rhythm	#	#	#
6	Raise legs and trunk to inverted shoulder stand. (held 2 secs)	1.00	Poor shape, Not held for 2 sec	#	#	#
7	Roll forward to stand.	0.50	Lack of rhythm	#	> 1sec #	< 1 Sec #
8	Short run, dive forward roll straddled jump to stand	2.00	Lack of Flight Poor body position Legs not reaching horizontal	# # #	# # #	# # #
			Body positions throughout routine, e.g. legs apart, bent legs etc (each time)	#	#	#
		TOTAL 10.00				

## LEVEL 1 - UNDER 12 - FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Step, skip, cartwheel quarter turn outwards into	2.00	lack of rhythm extra steps	# Per step	#	#
2	Dive forward roll, into straddled jump to stand.	2.00	Lack of rhythm Lack of height in dive roll Legs not reaching horizontal in straddle	# # #	# # #	# # #
3	Backward roll, straddled to low straddled stand.	1.00	Lack of rhythm Lack of flexibility	# #	# #	# #
4	Headstand (2 secs)	2.00	Poor shape, Not held for 2 sec	#	# > 1sec	# < 1sec
5	Forward roll high jump with half turn to stand .	1.00	Lack of rhythm Lack of height in jump	# #	# #	# #
6	Short run, round off high jump	2.00	Lack of height in jump	#	#	#
			Body positions throughout routine, e.g. legs apart, bent legs etc (each time)	#	#	#
		TOTAL 10.00				

## LEVEL 1 - UNDER 14 - FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Step, skip, cartwheel quarter turn (outwards)	1.50	Lack of rhythm Extra steps	# Per step	#	#
2	Dive forward roll to stand.	1.50	Lack of Flight	#	#	
3	Kick to Momentary Handstand	1.00	Not reaching handstand Roll forward out of handstand			# #
4	Lower one leg to ground, and half turn to stand, feet together.	1.00	Lack of Rhythm Extra step in turn	# Per step	#	#
5	Cartwheel, step into quarter turn inwards into	1.50	Lack of rhythm	#	#	#
6	Backward roll straddled, backward roll tucked to stand.	1.50	Lack of rhythm Arms not straightening (no push)	# #	# #	# #
7	Short run, dive forward roll, straddle jump to stand	2.00	Lack of Flight Legs not reaching horizontal in strd jump	# #	# #	# #
			<i>Body positions throughout routine, e.g. legs apart, bent legs etc (each time)</i>	#	#	#
		TOTAL 10.00				

## LEVEL 1 - UNDER 16 - FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Step, skip, cartwheel quarter turn outwards into	1.50	Lack of rhythm Extra step at start	# Per step	#	#
2	Dive forward roll to stand.	1.00	Lack of Flight	#	#	
3	Kick to Momentary Handstand	1.00	Not reaching handstand Roll out of handstand			# #
4	Lower one leg to ground, and half turn to stand, feet together.	0.50	Lack of Rhythm Extra step in turn	# Per step	#	#
5	Cartwheel, step into quarter turn inwards into	1.00	lack of rhythm	#	#	#
6	Backward roll straddled, backward roll tucked to squat position.	1.50	Lack of rhythm arms not straightening ( no push )	# #	# #	# #
7	High jump with half turn.	0.50	Lack of rhythm Lack of height in jump	# #	# #	#
8	Step forward into arabesque. Half turn to stand, feet together.	1.00	Lack of rhythm shoulder and knee not above horizontal Extra step in turn	# # Per step	# #	# #
9	Short run, dive forward roll, straddled jump to stand	2.00	Lack of Flight Legs not reaching horizontal in strd jump	# #	# #	#
		TOTAL 10.0	<i>Body positions throughout routine, e.g. legs apart, bent legs etc (each time)</i>	#	#	#

## LEVEL 1 - UNDER 14 & UNDER 16 - VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	Squat Through Jump over vaulting horse or Vaulting Box at 110cm  <b>1 attempt allowed</b>	10.00	Lack of height for first flight  Lack of body stretch in first flight  Hands failing to push before feet pass over vault  Lack of height/thrust from vault  Lack of extension before landing Landing faults (as per code of points)	#	#	#
		TOTAL 10.00				

# Irish Gymnastics

## Men's Artistic Gymnastics

### National Level 2

- Age Groups:** U8, U10, U12, U14, O14  
All age groups will perform the same routines.
- Apparatus:** Floor, Vault.  
2 pieces added to achieve total.
- Awards:** Gold Silver and Bronze will be awarded to the winning gymnasts at each age group.  
The highest individual total score from across all ages will be deemed to be the Level 2 National Champion.
- Eligibility:** Open to all gymnasts, except medal winners from previous years and gymnasts who have competed in higher levels.  
Gymnasts who wish to revert back to level 2 may request such in writing to the MTC.
- Entry:** Gymnasts represent their own clubs.

## LEVEL 2 – FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Raise one leg forwards and cartwheel 1/4 turn outwards, legs apart into immediate	1.50	lack of rhythm (each) stopping after cartwheel	#	# #	#
2	forward roll (joining feet in roll;), forward roll to long lie, arms above head.(2 secs) Place arms at side, and roll backwards to shoulder stand (2 secs) and roll forwards to	2.00	Lack of rhythm Not held for 2 sec Body shape in shoulder stand	# #	# # #	# # #
3	Pike sit, arms above head.	0.50	Lack of rhythm	#	#	#
4	Pike Fold (2 Sec)	1.00	Lack of flexibility Not held for 2 sec	#	# #	# #
5	Lift to Back support. (2 secs)	0.50	Poor shape Not held for 2 sec	#	# #	# #
6	Turn sideways to front support, squat one leg in and rise to arabesque, (2 sec). Stand.	1.50	Not held for 2 sec Shoulder and knee not above horizontal	#	# #	# #
7	Jump half turn and immediate rebound into tuck jump to stand.	1.50	Lack of amplitude in jumps	#	#	#
8	2 to 3 steps and dive forward roll to stand	1.50	Lack of height in dive roll More than 3 steps	# Per extra step	#	#
		TOTAL 10.00				

## LEVEL 2 – VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	<p><i>Max run: 10 metres</i> <i>Set-Up: Springboard in front of 60cm of matting.</i></p> <p><b>From a short run, dive roll</b></p> <p><i>The 'roll' part of the dive roll is not judged. Gymnasts should however roll to stand.</i></p> <p><b>1 attempt allowed</b></p>	7.00	<p>Inappropriate running technique</p> <p>Poor technique in hurdle step</p> <p>Lack of amplitude</p> <p>Poor Body Shape</p> <p>Other technical &amp; aesthetic errors</p>	#	#	#
2	<p><i>From standing on a 100cm Box Top or platform.</i></p> <p><b>Stretch jump to land. (on 20cm firm matting)</b></p> <p><i>Gymnasts must land with back vertical to the ground and feet together. There is no deduction for level of knee bend</i></p> <p><b>1 attempt allowed.</b></p>	3.00	<p>Lack of amplitude</p> <p>Lack of stretch</p> <p>Landing Faults</p>	#	#	#
	<p><i>The gymnast will perform the dive roll, and then immediately perform the jump to land, which will be set up alongside the 1<sup>st</sup> vault.</i></p>	TOTAL 10.00				

# Irish Gymnastics

## Men's Artistic Gymnastics

### National Level 3

- Age Groups:** U8, U10, U12, O12  
All age groups will perform the same routines.
- Apparatus:** Floor, Vault, P-Bars, Low-Bar.  
Best 3 pieces added to achieve total.
- Awards:** Gold, Silver and Bronze will be awarded to the winning gymnasts at each age group.  
The highest total score from across all ages will be deemed to be the Level 3 National Champion.
- Eligibility:** Open to all gymnasts, except medal winners from previous years and gymnasts who have competed in higher levels.  
Gymnasts who wish to revert back to level 3 may request such in writing to the MTC.
- Entry:** Gymnasts represent their own clubs.

### LEVEL 3 – FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Jump, skip, cartwheel, cartwheel, quarter turn inwards into	1.50	Lack of rhythm Step skip	#	# #	#
2	Backward roll with straight arms to stand. <i>May be interpreted this as backward roll through handstand with straight arms without deduction</i>	1.50	Bent arms Shoulder angle closing	# #	# #	# #
3	Forward roll pike sit.	0.50	Lack of rhythm	#	#	#
4	Pike Fold (2 Secs).	1.00	Lack of rhythm Not held for 2 sec	#	# > 1sec	# < 1sec
5	Pike Lever (2 Secs). Lower to Pike Sit.	1.50	No lift Not held for 2 sec		# > 1sec	1.5 < 1 sec
6	Lift to Back support (2 Secs)	0.50	Lack of rhythm Not held for 2 sec	#	# > 1sec	# < 1sec
7	Turn sideways to front support, squat one leg in and rise to arabesque, (2 sec). Stand.	1.50	Not held for 2 sec Shoulder and knee not above horizontal	#	# > 1sec	# < 1 sec
8	Jump, skip round-off into immediate half turn jump, and immediate rebound into dive roll to stand.	2.00	Lack of height in jump and dive roll Lack of rhythm	# #	# #	# #
		TOTAL 10.00				

### LEVEL 3 – VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	<p><b>SET-UP:</b> Using springboard and box-top at 65cm, and mats behind box top at 90cm. Max run: 10metres.</p> <p>Run, and jump from two feet to handspring to back lie.</p> <p><i>Gymnasts should land in a stretched position, and hold the shape for 2 seconds.</i></p> <p><b>1 attempt allowed</b></p>	10.00	Inappropriate running technique		#	#
			Low angle onto box	#	#	#
			Lack of posture during flight on	#	#	#
			Lack of posture during flight off	#	#	#
			Lack of visible thrust during the blocking action (Lack of height)	#	#	#
			Not passing through vertical	#	#	#
			Head completely tucked in <i>(Gymnast should just be able to see their hands)</i>			#
		TOTAL	10.00			

### LEVEL 3 – PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	<b>BAR HEIGHT – SHOULDER HEIGHT</b> <i>Gymnasts may also use springboard but when gymnast stands on the springboard shoulders must be at bar height</i>					
1	Jump into glide swing forwards, and swing backwards to stand.	1.00	Lack of rhythm lack of height	# #	# #	# #
2	Jump to support,	1.00	Poor posture and bent arms	#	#	#
3	Lift legs to high tucked lever (hold 2 sec.), and extend to	1.50	Knees not above horizontal Not held for 2 sec	#	# > 1sec	# < 1 sec
4	Pike lever (2 seconds) lower legs to support	1.50	Not above horizontal Not held for two sec	#	# > 1sec	# < 1 sec
5	Initiating with shoulders, rather than by piking the body, Swing backwards, swing forwards, swing backwards, swing forwards, swing backwards, swing forwards, swing backwards, swing forwards	3.00	Not swinging to above rail height(each ) Not swinging to above horizontal(each) Poor posture / swinging through hips rather than shoulders. Lack of rhythm for each swing at the front and back	# # # #	# #	# #
6	Swing backwards to at least horizontal and front vault dismount* to stand <i>Front vault dismount: The front of the body passes over the bar.</i>	2.00	Lack of extension in swing Lack of Rhythm Not reaching horizontal Landing faults	# # # #	# # # #	# # # #
		TOTAL 10.00				

### LEVEL 3 – LOW HORIZONTAL BAR

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	<b>BAR AT SHOULDER HEIGHT</b>					
	From stand, holding the bar.					
1	Bend knees, and push into glide swing forwards, and backwards to stand.	2.50	Poor posture, legs bent Lack of control Lack of extension	# # #	# # #	# # #
2	Lift into upwards hip circle with straight legs to support	2.50	Stepping/Kicking into circle Assisted by spotter in the completion of the element Touched but not assisted by spotter		#	# 1.00
3	Cast into backward hip circle to support.	2.50	Poor posture, legs bent Lack of rhythm Lack of amplitude	# # #	# # #	# # #
4	Beat, and high cast off the bar, (Horizontal) and land.	2.50	Assistance from coach Feet not rising above bar Not reaching horizontal Poor technique Poor posture Landing faults	# # #	# # #	1.00 # # # #
		TOTAL 10.00				

# Irish Gymnastics

## Men's Artistic Gymnastics

### National Level 4

- Age Groups:** U10, U12, O12  
All age groups will perform the same routines.
- Apparatus:** Floor, Mushroom, Rings, Vault, P-Bars, H-Bar.  
Best 4 pieces added to achieve total.
- Awards:** Gold, Silver and Bronze will be awarded to the winning gymnasts at each age group.  
The highest total score from across all ages will be deemed to be the Level 4 National Champion.
- Eligibility:** Open to all gymnasts, except medal winners from previous years and gymnasts who have competed in higher levels.  
Gymnasts who wish to revert back to level 4 may request such in writing to the MTC.
- Entry:** Gymnasts represent their own clubs.

## LEVEL 4 – FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Jump, skip, roundoff, rebound backwards into dished jump, into backward roll with straight arms and straight legs to front support.	2.00	Lack of rhythm. Lack of height in jump Step skip(instead of jump skip) Jump backwards not in dish shape Shoulder angle closing	# # # #	# # # #	#   #
2	Step to the side, join the feet together, and swing into half a double leg circle to back support	1.50	Lack of rhythm Lack of extension	# #	# #	# #
3	Lower to Pike Sit. Pike Lever (2 secs)	1.00	No lift Not held for 2 sec Legs lower than horizontal in lever	#	> 1sec #	1.0 < 1 sec #
4	Touch toes, and immediate backward roll to stand.	1.00	Lack of Rhythm Lack of push(arms not straightening)	# #	# #	# #
5	Step forwards, swinging arms, and stag leap to stand. (front leg bent, back leg straight)	1.00	Lack of rhythm Lack of height	# #	# #	#
6	Step forwards and arabesque (2 sec). Return to stand.	1.50	Not held for 2 sec Shoulder and knee not above horizontal	#	> 1 sec #	< 1 sec
7	Jump, skip Round-off into immediate half turn jump, and immediate rebound into dive roll into straddle jump to stand.	2.00	Step skip (instead of jump skip) Lack of height in jump and dive roll Legs not reaching horizontal in straddle Landing faults	# # #	# # #	#  #
		TOTAL 10.00				

## LEVEL 4 – MUSHROOM

Element	Description	Value	Execution Faults	Deductions			
				Small	Medium	Large	
1	<b>HIGH MUSHROOM – 60cm</b>						
	From support, step to the side into	0.0	Not starting with both hands on mushroom		#		
	2 x double leg circles (2 x 5.0 marks)	2 * 5.0	Rhythm	#	#	#	
	<i>Gymnasts may do 3 circles in a row but the judging will stop after the second circle.</i>			Bent arms during each double leg circle	#	#	#
				Bent legs/arms during each double leg circle	#	#	#
				Body alignment during each double leg circle	#	#	#
				Fall / Stop / sitting on mushroom – each time			1.0
				<i>Lack of extension in circles. Global deduction</i>		#	#
		<i>Deductions may be made for faults at the front and rear of the double leg circle</i>					
		TOTAL 10.00					

## LEVEL 4 – RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang: Arch, Dish, Arch, Dish (hold each for a minimum of 1 sec)	2.00	Poor posture Held for less than 1 sec	#	#	#
2	Lift legs, and push forwards into swing backwards	1.50	Lack of rhythm Lack of amplitude Bent arms/legs	# # #	# # #	# # #
3	Swing forwards, swing backwards	2.00	Lack of rhythm Lack of amplitude Feet lower than shoulders at top of swing Bent arms /legs	# # #	# # #	# # #
4	Swing forwards, swing backwards	2.00	Lack of rhythm Lack of amplitude Feet lower than shoulders at top of swing Bent arms/legs	# # #	# # #	# # #
5	Swing forwards into straight back salto dismount	2.50	Body shape Late release of rings lack of height in salto landing faults	# # #	# # #	# # #
	<i>Gymnasts competing at U12, may compete at a reduced ring height of 2metres. (Mats built up underneath)</i>		<i>Global deduction for lack of ring movement through routine (one time)</i>		#	#
		TOTAL 10.00				

## LEVEL 4 – VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	<p><b>SET-UP : Using springboard, vaulting table, and mats to height of vault</b>  <b>VAULT HEIGHT: U12: 90cm. O12: 100cm</b></p> <p>Run, and jump from two feet to handspring to back lie</p> <p><i>Gymnasts should land in a stretched position, and hold the shape for 2 seconds</i></p> <p><b>1 attempt allowed</b></p>	10.00	Inappropriate running technique		#	#
			Low angle onto vault	#	#	#
			Lack of posture during flight on	#	#	#
			Lack of posture during flight off	#	#	#
			Lack of visible thrust during the blocking action (Lack of height)	#	#	#
			Not passing through vertical	#	#	#
			Head completely tucked in <i>(Gymnast should just be able to see his hands)</i>			#
			Body not stretched on landing	#	#	#
			TOTAL	10.00		

## LEVEL 4 – PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	<b>BAR HEIGHT – SHOULDER HEIGHT</b>					
1	Jump into glide swing forwards, and swing backwards to stand.	1.00	Lack of rhythm Lack of amplitude	# #	# #	# #
2	Jump to upper arm hang, and 3 swings in upper arm	2.00	Poor body shape Lack of height in swing	# #	# #	# #
3	On the third swing, place feet on bar at back, and perform an immediate push up finishing in a front support position (feet remain on bar)	2.00	Lack of Rhythm/ Body positions Stop between placing feet on bar and push-up	# #	# #	# #
4	Change to a deep arched shape, join feet, and slowly lower to Pike lever (2 seconds)	1.00	Legs not above horizontal Not held for 2 sec	#	# > 1 sec	# < 1sec
5	Lift feet upwards, and push backwards into	1.00	Poor posture / Body swinging	#	#	#
6	Swing backwards, swing forwards, Swing backwards, swing forwards,	1.50	swing not above bar (each swing) swing not above horizontal lack of extension	#	# #	# #
7	Swing backwards towards handstand and front vault dismount <ul style="list-style-type: none"> <li>• <i>Gymnast is allowed to be up to 15 degrees from perfect handstand without deduction</i></li> <li>• <i>Front vault dismount: The front of the body passes over bar.</i></li> </ul>	1.50	Lack of height on dismount	15-45	45-90	Below horizontal >90
		TOTAL 10.00				

### LEVEL 4 – HORIZONTAL BAR (CHALK BAR)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	BAR AT REDUCED HEIGHT (2m) for U10, U12					
1	From still hang in overgrasp					
2	Pike leg lift (toes to bar). Return to hang.	1.00	Poor posture, legs bent Legs not reaching bar	# 0-45	# 45-90	# >90(hor.)
			Assistance from coach			1.0
3	Chin up, into upward hip circle to support.	2.00	Lack of rhythm	#	#	
4	Cast, and backward hip circle	2.00	Lack of height in layaway Lack of rhythm	#	#	
5	Cast, and layaway(towards horizontal) into	1.50	Layaway below horizontal Body not in dish shape on back swing,	# #	# #	#
6	3 x swings forward and backwards towards horizontal.	2.50	Lack of arching at bottom of swing. Lack of kick	# 0-15 below hor	# 15-30 below hor	# >30 below hor
7	Jump backwards to stand	1.00	Landing faults	#	#	#
		TOTAL 10.00				

# Irish Gymnastics

## Men's Artistic Gymnastics

### National Level 5

- Age Groups:** U12, O12  
All age groups will perform the same routines.
- Apparatus:** Gymnasts will compete on Floor, Mushroom, Rings, Vault, P-Bars & H-Bar.  
Best 5 pieces added to achieve total.
- Awards:** Gold, Silver and Bronze will be awarded to the winning gymnasts at each age group.  
The highest total score from across all ages will be deemed to be the Level 5 National Champion.
- Eligibility:** Open to all gymnasts, except medal winners from previous years and gymnasts who have competed in higher levels.  
Gymnasts who wish to revert back to level 5 may request such in writing to the MTC.
- Entry:** Gymnasts represent their own club.

## LEVEL 5 – FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE TO BE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	2 or 3 running steps, skip handspring into immediate dive roll to stand into immediate jump to prone. Press to front support	2.00	Bent legs in flight and lack of rhythm Extra steps	# Per step	#	#
2	Press into forward roll, into tuck lift to handstand. Roll forwards through straddle fold, and swim through to front lie.	1.50	Lack of height in jump and roll Lack of rhythm Bent arm in lift Lack of flexibility	# # # #	# # # #	# # # #
3	Lift to arch position, arms stretched forwards (2secs) Roll over to long dish position (2 secs)	0.50	Lack of rhythm/flexibility Holds not held for 2 sec	#	# > 1sec	# < 1 sec
4	Sit up to pike sit. Lift to Pike lever (2 secs), lift feet upwards towards Russian lever, and push out to back support.	1.50	No lift Pike lever not held for 2 sec Lack of amplitude in lift	#	# > 1 sec	1.5 < 1sec
5	Lift one leg in the air, and turn to front support bringing leg underneath. Lift to a lunge position, and lift to arabesque (2secs). Fouette making a half turn to stand. ( <i>swing the back leg forwards, whip through the hips making a half turn</i> )	1.00	Lack of rhythm Arabesque not held for 2 sec Shoulder and knee not above horizontal Lack of leg flexibility in turn	# # # #	# # # #	# # # #
6	Place arms horizontal sideways, take 2 steps forward and scissors kick to stand.	1.00	Lack of rhythm Extra steps Lack of flexibility in scissors kick	# Per step #	# #	# #
7	2 or 3 running steps into skip round-off backflip	2.00	Lack of flight, rhythm Extra steps Poor technique	# Per step #	# #	# #
		TOTAL 10.00				

## LEVEL 5 – MUSHROOM

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	<p><b>HIGH MUSHROOM – 60cm</b></p> <p>From support, facing the judges, step to the side into 5 x double leg circles (which may be in combination up to 6 double leg circles)</p> <p>Each gymnasts should complete 6 double leg circles if continuous (judging will stop at the end of the 5<sup>th</sup> circle)</p> <p>Each gymnast may have 4 attempts to complete the double leg circles</p>	5 * 2.0	Not starting with both hands on mushroom		#	
			Rhythm	#	#	#
			Bent arms during each double leg circle	#	#	#
			Hip angle for each double leg circle	#	#	#
			Bent legs during each double leg circle	#	#	#
			Body alignment during each double leg circle	#	#	#
			Sit on mushroom, fall or stop – each time			1.0
			<i>Lack of extension - global deduction</i>		#	#
			<i>Deductions may be made for faults at the front and rear of the double leg circle</i>			
		<i>Execution deduction for each double leg circle will be made as per FIG Code of Points</i>				
	TOTAL 10.00					

## LEVEL 5 - RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	From still hang:					
1	Arch, Dish, Arch, Dish (hold each for a minimum of 1 sec)	1.00	Poor posture Not held for 1 sec	#	#	#
2	Lift legs, and push forwards into swing backwards	1.00	Lack of rhythm/ body shape Lack of amplitude Feet lower than shoulders at top of swing	# #	# #	# #
3	Swing forwards, swing backwards	1.00	Lack of rhythm /body shape Lack of amplitude Feet lower than shoulders at top of swing	# #	# #	# #
4	Swing forwards, swing backwards into	1.00	Lack of rhythm/body shape Lack of amplitude	# #	# #	# #
5	Inlocation into swing backwards	2.50	Lack of rhythm /body shape Lack of amplitude	# #	# #	# #
6	Swing forwards, swing backwards	1.00	Lack of rhythm/body shape Lack of amplitude	# #	# #	# #
7	Swing forwards into straight back somersault	2.50	Lack of stretch in salto, landing faults Late release of rings lack of height in salto landing faults	# # # #	# # # #	# # # #
	<i>Gymnasts competing at U10 or U12, may compete at a reduced ring height of 2metres. (Mats built up underneath)</i>					
		TOTAL 10.00	<i>Global deduction for lack of ring movement through routine (one time)</i>			#

## LEVEL 5 – VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	<b>Vaulting Table Heights</b> <ul style="list-style-type: none"> <li>• Under 12 – 110 cm</li> <li>• Under 14 – 115 cm</li> <li>• Over 14 – 125 cm</li> </ul> From run:  <b>Handspring to land.</b>	10.0	Inappropriate running technique		#	#
			Lack of arm swing forward during jump on springboard		#	
			Performing the hurdle step with arms above the head			#
			Low angle onto table	#	#	#
			Lack of posture during flight on	#	#	#
			Lack of posture during flight off	#	#	#
			Lack of visible thrust during the blocking action	#	#	#
			Not passing through the vertical position	#	#	#
			Landing faults	#	#	#
		TOTAL	10.00			

## LEVEL 5 – PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	<b>BAR HEIGHT – SHOULDER HEIGHT</b>					
1	Jump into upstart to straddle sit	2.50	Lack of Rhythm Lack of amplitude Bent arms	# # #	# # #	# # #
2	Lift into Pike Lever (2 secs) Lift feet into swing backwards	2.00	Feet not horizontal Lever not held for 2 sec	#	# > 1sec	# < 1 sec
3	Swing forwards, swing backwards >45	0.50	Lack of rhythm Back swing Lack of extension in front swing	# #	# Below 45	# below hor
4	Swing forwards, swing backwards to handstand (not held)	2.50	Swing not to handstand Bending arms Lack of extension in front swing	0-45 # #	Below 45 # #	below hor # #
5	Swing forwards, swing backwards >45	0.50	Lack of rhythm Back swing Lack of extension in front swing	# #	# Below 45	# below hor
6	Swing forwards, and on the front swing, perform a flank dismount over the bar, performing a half turn to stand	2.00	Lack of rhythm Lack of ht Lack of extension Landing faults	# # # #	# # # #	# # # #
		TOTAL 10.00				

### LEVEL 5 – HORIZONTAL BAR (GLOVES AND LOOPS)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang in over grasp Upward hip circle to support	1.00	Poor posture, legs bending Assisted by coach Stopping in support for more than 1 sec	#	# #	# 1.0
2	Cast toward handstand, and layaway into.(a tolerance of up to 15degrees from handstand is allowed )	1.00	Height of cast	15-45	Cast below 45	Cast below hor
3	8 half swings x 1.0  Swing forwards, swing backwards Swing forwards, swing backwards Swing forwards, swing backwards Swing forwards, swing backwards	8.00	(EACH SWING) Poor posture, legs / arms bent Lack of rhythm Lack of dish shape on back swing, Lack of arching at bottom of swing. Body arched at top of front swing Back swings(above 45 no deduction) Front swings(above 45 no deductions)	# # # # #	# # # # # Below 45 Below 45	# # # # # below hor below hor
	<i>Note there is no deduction or bonus if gymnast does long-swings. Each long swing will be judged in place of a single 'swing forward swing backwards' sequence</i>					
		TOTAL 10.00				

# Irish Gymnastics

## Men's Artistic Gymnastics

### National Level 6/7/8

**Levels 6, 7 & 8 are the MTC National Voluntary Program and are aimed at National Squad Gymnasts and those working towards an advanced/elite program.**

<b>Age Groups:</b>	<b>Level 6:</b>	Under 13	(National Minor Championships)
	<b>Level 7:</b>	Under 18	(National Junior Championships)
	<b>Level 8:</b>	Over 16	(National Senior Championships)

**Apparatus:** Gymnasts will compete on Floor, Pommel, Rings, Vault, Parallel Bars & High Bar.  
All scores shall count to determine placings.

**Awards:** Gold, Silver and Bronze will be awarded to the winning gymnasts at each level.  
The highest total score at each level will be deemed to be the National Champion for that level

**Eligibility:** Open to all gymnasts.  
Gymnasts who wish to revert back to previous levels may request such in writing to the MTC.

**Entry:** Gymnasts represent their own club.

## LEVEL 6 – Under 13 (Minors)

### General Rules:

- The Level 6 code is the same code as used for Celtic Cup Under 13 Competition (i.e. GB Under 12 Code).
  - The code is based the FIG Junior Code outlined in the “FIG Code of Points 2009 Edition”
    - Certain elements are prohibited for juniors (see FIG Code of Points for specifics)
    - Best 8 elements will be used to calculate the D score
  - The following exceptions to the FIG Junior Code will be applied
    - **Supplementary Elements**
      - Elements from the list of ‘MTC Level 6 / Under 13 Supplementary elements’ may be used as counting elements.
      - All are classified as elements of ‘A’ value (0.1) and fulfil the needs of the element group they are classified under.
    - **Dismount requirements:**
      - 0.5 = B or higher difficulty dismount
      - 0.3 = A dismount (can be from either FIG Code of Points or from the MTC supplementary elements list).
    - **Short Routines – E Jury deductions taken from:**
      - 5 or more elements - 10.0
      - 4 elements - 7.0
      - 3 elements - 5.0
      - 2 elements - 3.0
      - 1 element - 0.0
    - **Apparatus Set-Up Modifications:**
      - **Pommel Horse** - An additional mat of 20 cm plus a springboard may be used together or individually. The coach will be responsible for removing the springboard from the working area after mount.
      - **Rings** - Use of additional safety mat is compulsory.
      - **Vault** – Table height 120 cm.
      - **Parallel Bars**
        - Height may be lowered to between 160 cm and 180 cm.
        - An additional safety mat is allowed without deduction.
      - **High Bar** – Use of additional safety mat is compulsory.

### Level 6 / Under 13 Supplementary Elements

Element Group	One	Two	Three	Four	Dismount
Floor	<b>Non acrobatic elements</b>	<b>Forward elements</b>	<b>Backward elements</b> Backward roll through h/stand on straight arms	<b>Sideways elements</b> Round off	N/A
Pommel	<b>Leg swings</b> ½ scissor	<b>Circle / flair / spindle</b>	<b>Travels</b>	<b>Kehrs / Wende / Flop</b>	<b>Dismounts</b>
Rings	<b>Kip and Swing</b>	<b>Swing to Handstand</b>	<b>Swing to strength</b>	<b>Strength / Hold</b> Muscle up to support	<b>Dismounts</b>
P. Bar	<b>Elements in support</b> Lift with straddle legs to H/stand 2 seconds Stutzkehre 45°	<b>Elements upper arm</b> Back uprise to support	<b>Swings in hang</b> Moy to upper arm	<b>Underswings</b> Undersomi to support	<b>Dismounts</b> Salto tucked
H. Bar	<b>Swings and turns</b>	<b>Flight elements</b>	<b>In-bar elements</b> Free hip circle through h/stand Stoop/straddle on & off backwards	<b>El grip / dorsal</b>	<b>Dismounts</b> Salto straight

## LEVEL 7 – Under 18 (Juniors)

### General Rules:

- All apparatus will be judged as per FIG Junior Code as per “FIG Code of Points 2009 Edition” with the following exceptions:
  - **Vault** – Gymnasts may opt for a vault table height of either 125 cm or 135 cm.
  - **Additional safety mats** – Additional mats up to 30 cms will be allowed without deduction Rings, Parallel Bars and High Bar.
- For those not familiar with the FIG Code of Points the following are the key specific rules that apply to juniors:
  - Certain elements are prohibited for juniors (see FIG Code of Points for specifics).
  - Best 8 elements used to calculate D Score.
  - Dismount requirements:
    - 0.5 = C or higher difficulty
    - 0.3 = B dismount
  - Short Routines – E Jury deductions taken from:
    - 7 or more elements - 10.0
    - 6 elements - 6.0
    - 5 elements - 5.0
    - 1 - 4 elements - 2.0
    - No element - 0.0

## LEVEL 8 – Seniors

### General Rules:

- All apparatus will be judged as per FIG Senior Code as per “FIG Code of Points 2009 Edition”
- Please review FIG Code Of Points for full regulations
  - Best 10 elements used to calculate D Score
  - Dismount requirements:
    - 0.5 = D or higher difficulty
    - 0.3 = C dismount
  - Short Routines – E Jury deductions taken from:
    - 7 or more elements - 10.0
    - 6 elements - 6.0
    - 5 elements - 5.0
    - 1 - 4 elements - 2.0
    - No element - 0.0