

NatWest Island Games - Bermuda 2013
Gymnastics Rules - MEN

Competition 1 Men - Team

FLOOR

START VALUE 3.9 MAX.

Difficulty: 1 C (value 0.3)
 3 B (value 0.2 each)
 5 A (value 0.1 each)

Only 1 C allowed.

Another C, or D, E NOT allowed (1, 0 deduction)

F.I.G. S.R. - 4 (0.5 each) - plus dismount (0.5)

1 element from each of the 4 groups:

1. Non - Acrobatic Elements
2. Acrobatic Elements Forwards
3. Acrobatic Elements Backwards
4. Acrobatic Elements Sideways, Backward Jumps with $\frac{1}{2}$ Turn To Saltos Forwards, and Forward Jumps with $\frac{1}{2}$ Turn To Saltos Backward

The Dismount cannot be from Element Group 1

The Dismount is fulfilled by an A (0.1) or B (0.2) move

VAULT

Any Vault up to 3.8 F.I.G. tariff.

1 Vault Only

Height 135cm can be reduced to 125 cm for Competitors 14 or 15 years.

Competition 2 Men - F.I.G. - 6 Piece

ALL AROUND AND APPARATUS FINALS

As per F.I.G. with the following modification:

A (0.1) and B (0.2) Dismounts fulfill the Dismount requirement for each Apparatus /
0.3 for "A", 0.5 for "B" and higher /

Height Parallel Bars - 160 – 180cm from mat

First Vault Score Counts for all around Results

Two Different Vaults / Average Mark / for Event Final

Competition 3 Men - Set 6 Pieces

FLOOR

START VALUE - 10.00

Set Elements:

1. Straddle Lift To Handstand - hold 2 sec. / 1.5 /
2. One Double Legs Circle / 1.5 /
3. Any Standing Scale - 2sec / 0.5 /
4. Handspring to One, Handspring, Dive Roll /2.00 /
5. Round Off Flic Salto Backwards Stretched /2.00 /
6. Any Splits / 0.5 /
7. From Standing, - 3 Flics, Salto Backwards Tucked /2.00 /

POMMEL HORSE

OPTION "A"

START VALUE - 10.00

105cm from Mat

1. From Standing Facing the Handles,
Jump into Leg In, Straddle Support Swing into One Leg Circle / 1.0 /
2. Leg In into Straddle Support Swing into Scissors /1.0 /
Forward into One Leg Circle /1.0 /
3. Leg into Straddlefeint into Pickup to 2-X Double Legs Circles /2.0 / into
4. Any Travel Out / Using a Recognised F.I.G. Skill / 3.0 /
5. Schwabenflanke Dismount / 2.0 /

NO SPRINGBOARD OR BLOCKS FOR START

OPTION "B"

START VALUE - 8.00

1. From Standing facing the Handles,
Jump into Leg In, Straddle Support Swing into One Leg Circle /1.0 /
2. Leg In into Straddle Support Swing into Scissors / 2.0 /
Forward into One Leg Circle / 1.0 /
3. Leg In into Straddle Feint, Pick Up to 3-X Double Leg Circles into Face Vault
Dismount / 4.0 /

RINGS

START VALUE - 10.00

260cm from mat

1. From Still Hang
Straight or Pike Lift to Inverted Hang and Back Support - Hold 2 Sec / 1.5 /
2. Circle Backwards to Extended German Hang / 0.5 /
3. Pull Back and Cast Forward into Inlocation with Straight Body / 0.5 /
4. Back Uprise into Support / 0.7 /,
Swing Forward, Support Swing Backward / 0.8 / into ½ Lever - hold 2 Sec / 0.5 /
5. Felge Forward Piked to Support / 1.0 /
6. Backward Roll to Inverted Hang / 0.5 /
7. Cast Forward into Swing Backward, Swing Forward into / 1.0 /
8. Dislocation, Dislocation / 1.5 /
9. Straight Back Salto Dismount / 1.5 /

VAULT

START VALUE - 10.00

Handspring

1 Vault Only.

Height 135cm can be reduced to 125cm for Competitors 14 or 15 years

PARALLEL BARS

START VALUE - 10.00

160 - 180cm from mat

GYMNAST CAN USE SPRINGBOARD

From Stand,

1. Jump into Upper Arms Support, Lift Legs Forwards and Upward to Pike Shoulder Stand, Cast Forward into Swing Backward / 1.0 / Into
2. Long Hang Swing Forward into Long Upstart / 1.0 / into Swing Backward into Upper Arms / 0.5 /
3. Forward Uprise / 1.0 / into
4. Swing Backward into Forward Pirouette / 2.5 /
5. Swing Forward, Swing Backward to Handstand - Hold 2 Sec / 2.0 /
6. Dismount – **Choose:**
 - A. Swing Forward into Straight Back Salto
 - B. Swing Forward, Swing Backward into Straight / or Pike / Front Salto / 2.0 /

HIGH BAR

START VALUE - 10.00

260cm from mat

From Still Hang Overgrasp

1. Body Shaper, Cast Forward, Swing Backward, Swing Forward into Upstart / 1.5 / into
2. Cast to Handstand / 1.5 / into
3. Clear Backward Circle Towards Handstand / 2.0 / into
4. 3 x Backward Longswings / 3.0 / into
5. Straight Back Salto Dismount / 2.0 /