

Gymnastics Competition Rules NatWest Island Games Aland 2009

Men's Competition 3 – Set 6 Piece

FLOOR

Start Value – 10.00

Set Elements

- 1 Handspring front salto tucked /1.5 /
- 2 Round-off side salto / tucked or pike /
or
Round – off jump backwards with ½ turn to salto forwards tucked / 1,5 /
- 3 Round – off flic tempo salto / 1,0 / - flic salto backwards tucked / 1,0 /
- 4 Round – off flic salto backwards stretched / 1,5 /
- 5 Straddle lift to handstand – hold 2sec
or
Chest roll to handstand – hold 2sec / 1,5 /
- 6 Any standing scale -- 2sec / 0,5 /
- 7 Two double legs circles / 1,5 /

POMMEL HORSE

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

VAULT

Start Value - 10.00

YAMASCHITA WITH ½ TURN

1 vault only.

Height 135cm can be reduced to 125cm for competitors 14 or 15 in the year of competition.

RINGS

Start Value – 10.00

260cm from mat

1. From still hang
2. Straight or pike lift to inverted hang and back support - hold 2sec / 1,0 /
3. Circle backwards to extended German hang / 0,5 /
4. Pull back and cast forward into inlocation with straight body / 1,0 /
5. Back uprise into support / 1,0 / swing forward / 0,5 /, support swing backward / 0,5 /, into $\frac{1}{2}$ lever -- hold 2sec / 0,5 /
6. Bent arms, straight body rotation to momentary shoulder stand, lowering to inverted hang / 1,0 /
7. Cast forward, swing backward / 1,0 /, swing forward into
8. Dislocation / 1,0 / -- dislocation / 1,0 /
9. Straight back salto dismount / 1,0 /

PARALLEL BARS

Start Value - 10.00

160 --180 cm 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 to handstand -- hold 2sec / 2,0 /
5. Swing forward, swing backward into forward pirouette / 2,5 /
6. Dismount -- **choose**
 - a. swing forward into straight back salto
 - b. swing forward, swing backward into straight front salto / 2,0 /

HIGH BAR

Start Value – 10.00

260cm from mat

From still hang overgrasp

1. Body shaper, cast forward, swing backward / 1,0 /, swing forward into
2. Upstart / 1,5 / into
3. Forward hips circle / 1,5 / into
4. **Choose**
 - a. Cast to handstand / 1,0 / into
2 x back giants / 3,0 / into
straight back salto dismount / 2,0 /
 - b. Change hang position into
cast to handstand / 1,0 / into
2 x forward giants / 3,0 / into
pike or straight forward salto dismount / 2,0 /