



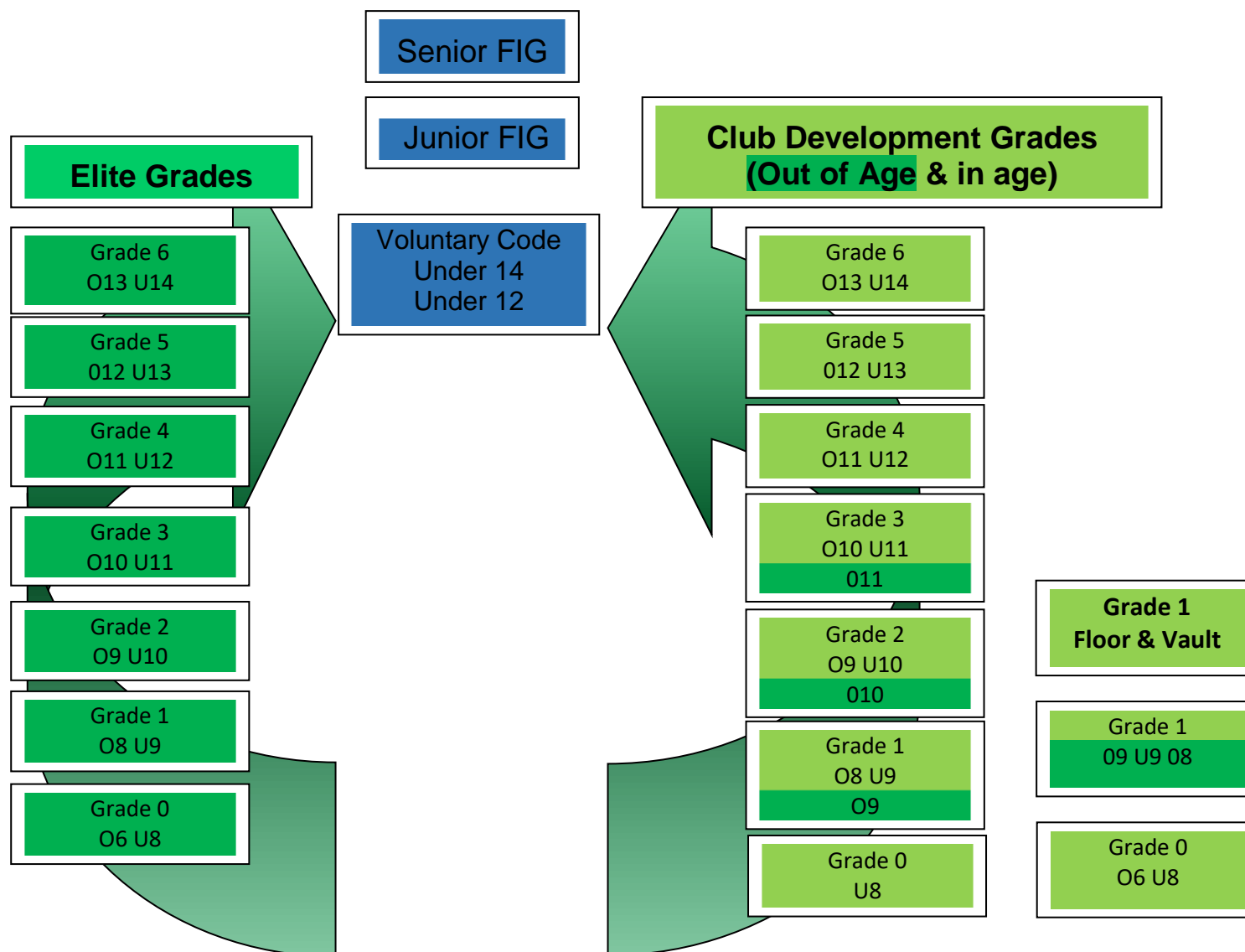
Men's Artistic Gymnastics Competition Guidelines 2019

Sport Starts Here.

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Pathway



EVENTS

All Gymnastics Ireland events are supported by the following documents available on the Gymnastics Ireland Website

- Events Policy
- Coaching Policy
- Judging Policy
- MAG Structure Guidelines
- Club Development Grades
- Elite Grades
- FIG Code of Points
- Entry Form

COMPETITIONS

- Level 1 Floor and Vault
- Club Grades
- Elite Grades
- Under 12 & Under 14 Voluntary code
- Senior and Junior FIG

Level 1 Floor and Vault

<u>Level</u>	<u>Age Group</u>	<u>March Team Competition and Qualification to the National Series Super Championships</u>	<u>National Series Super Championships July Individual Level 1 All-Around Final</u>
0	Over 6 Under 8	<ul style="list-style-type: none"> Teams will compete for the team national medals in each age group and level 	<ul style="list-style-type: none"> The top 8 All-around gymnasts that qualified from the Team competition in March will compete at this competition for the national all-around medals in each age group and level
1	Over 8 Under 9 Over 9	<ul style="list-style-type: none"> The top 8 (All-around) gymnasts in each age group and level will qualify to the All-around championships' competition at the NSSC in July Age groups are as listed on the left 	<ul style="list-style-type: none"> Qualification will continue down the ranking until either a) A maximum of 8 gymnasts is achieved (i.e. if a gymnast declines their place in a competition it will be offered to the next qualifier) or b) GI determine there are sufficient numbers in the age group and level to constitute a final or c) The age group will be combined with another age group Age groups will be as listed on the left
<ul style="list-style-type: none"> This competition is designed for gymnasts who may not feel they are ready to compete within the full 7 apparatus Club Development Grades structure or are relatively new to men's competitive gymnastics Gymnasts will perform the Level 1 Club Development Grades routines on floor and vault Gymnasts will compete at the grade specified for their age (the number of entries may determine more or less ages) Ages taken on the 1st January The minimum age to compete in the Level 1 Floor & Vault is 7 years old (6 on 1st January) in the year of competition. GI have introduced a Grade 0 which is the Grade 1 routines, but for gymnasts aged under 8 (i.e. gymnasts aged 6 or 7 on 1st January) The specific equipment is detailed for each grade in the Club Development Grades book Teams determined per grade Clubs may enter more than one team and / or individuals 			

Club Development Grades

Grades	Age Group	May National Championships AA and Apparatus Qualifier	National Series Super Championships July Apparatus Championships	November Teams
0	Over 6 Under 8	<ul style="list-style-type: none">Gymnasts will compete for the AA National medals in each age group and grade at this eventThe top 8 gymnasts on each apparatus in each age group and grade qualify to NSSC in July	<ul style="list-style-type: none">The top 8 gymnasts on each apparatus that qualified from the AA competition in May will compete at this competition for the medals on each apparatus in each age group and gradeQualification will continue down the ranking until either a) A maximum of 8 gymnasts is achieved (i.e. if a gymnast declines their place in a competition it will be offered to the next qualifier) or b) GI determine there are sufficient numbers in the Grades to constitute a final, or c) The age group will be combined with another age groupAge groups are as listed on the left	<ul style="list-style-type: none">Clubs may enter as many teams as they wishTeams will compete for the National Team medals in each age group and grade5 gymnasts make up a team with 3 scores to countYou may have 3 gymnasts in a teamDependant on entries the team format may change and possibly combine grades to ensure a team event can take place<i>Also dependant on entries, if a club has extra individuals not competing as part of a team, an All-Around category may be included as an open competition</i>
1	Over 8 Under 9 Over 9			
2	Over Under 10 Over 10			
3	Over 10 Under 11 Over 11			
4	Over 11 Under 12			
5	Over 12 Under 13			
6	Over 13 Under 14			
<ul style="list-style-type: none">The Club Development Pathway is aimed at improving gymnasts’ physical preparation and enhancing their basic skill acquisitionGymnasts will compete at the grade specified for their ageAges taken on the 1st JanuaryThe minimum age to follow the Club Development pathway is 7 years old (6 on 1st January) in the year of competition. Gymnastics Ireland have introduced a Grade 0 which is the Grade 1 routines, but for gymnasts aged under 8 (i.e. 6 or 7 on 1st January in the year of competition)The specific equipment is detailed for each grade in the Club Development Grades bookEach of the Grades has 7 routines, the 6 Men’s apparatus, and a Physical Preparation ProgrammeAll 7 scores will count towards the final overall resultTeams determined per gradeClubs may enter more than one team and / or individuals				

(Out of Age) Grades Competition

This competition is designed for gymnasts who may not feel they are ready to compete within the In -Age Grade structure or are relatively new to men's competitive gymnastics. These gymnasts are allowed to compete at grades out of their specific age band.

- This competition is on the Club Development Grades
- Gymnasts enter the grade that suits their ability
- Gymnast may enter a lower grade than they competed in previous competitions (as the apparatus may prove more challenging)
- Ages taken on the 1st January
- Each of the grades have 7 routines; the 6 men's apparatus and a Physical Preparation Programme
- The best 5 scores only will count towards the final overall result (so gymnasts do not have to perform all 7 routines, but may do so if they wish)
- Clubs may enter more than one team and / or as many individuals as they wish
- Teams determined per grade
- Gymnasts will not be allowed to drop down a level the following year, but may stay at the same level if suitable
- Age groups may change subject to entries

Gymnasts who have competed in either the Elite Grades, Club Development Grades, U12 or U14 Voluntary Code, will NOT be eligible to compete in the (Out of Age) competition in that year. (Special circumstances may apply – in these cases, coaches must request permission from the Performance and Technical Manager). In the following year they will be allowed to compete if the Levels Competition occurs before the above competitions.

Elite Grades

Grades	Age Group	May National Championships AA and Apparatus Qualifier	National Series Super Championships July Apparatus Championships	November Teams and AA
0	Over 6 Under 8	<ul style="list-style-type: none">No Elite Grades at this eventElite Grade level gymnasts are encouraged to compete in Under 12 / 14 Voluntary All-Around as below in page 9	<ul style="list-style-type: none">Elite Grades 0, 1 & 2 Apparatus CompetitionVoluntary Under 12 / 14 Apparatus Finals will take place as below in page 9	<ul style="list-style-type: none">Clubs may enter as many teams as they wish and / or individuals
1	Over 8 Under 9			<ul style="list-style-type: none">Teams will compete for the National Team medals in each grade
2	Over 9 Under 10			<ul style="list-style-type: none">Gymnasts will compete for the National All-around medals in each grade
3	Over 10 Under 11			<ul style="list-style-type: none">5 gymnasts make up a team with 3 scores to count
4	Over 11 Under 12			<ul style="list-style-type: none">You may have 3 gymnasts in a team
5	Over 12 Under 13			<ul style="list-style-type: none">Dependant on entries the team format may change and possibly combine grades to ensure a team event can take place
6	Over 13 Under 14			
<ul style="list-style-type: none">The Elite Pathway is very challenging and is aimed at gymnasts with exceptional physical preparationGymnasts will compete at the grade specified for their ageThe minimum age to follow the Elite Pathway is turning 7 years old (6 on 1st January) in the year of competition. Gymnastics Ireland have introduced a Grade 0 which is the Grade 1 routines, but for gymnasts aged under 8 (i.e. aged 6 or 7 on 1st January in the year of competition)Ages taken on the 1st JanuaryThe specific equipment is detailed for each grade in the Elite Grades bookEach of the grades has 7 routines; the 6 men's apparatus and a Physical Preparation Programme.All 7 scores will count towards the final overall resultAll National Squad OSS gymnasts must compete within the Elite Grades Pathway and the relevant Under 12 / Under 14 AA and Apparatus Championships				

FIG & U12 & U14

Age Group	May National Championships AA & Apparatus Qualifier	National Series Super Championships July Apparatus Championships	November Teams
Senior Born 2001 or earlier	<ul style="list-style-type: none">Gymnasts will compete for the All-Around National medalsTop 8 gymnasts on each apparatus qualify to NSSC	<ul style="list-style-type: none">The top 8 gymnasts on each apparatus that qualified from the All-around competition in May will compete at this competition for the apparatus National medals in each age groupQualification will continue down the ranking until there is either a) A maximum of 8 gymnasts is achieved (i.e. if a gymnast declines their place in a competition it will be offered to the next qualifier) or b) GI determine there are sufficient numbers to constitute a full final or c) The age group will be combined with another age groupAge groups will be as listed on the left	<ul style="list-style-type: none">Teams may be made up of Senior and / or Junior gymnasts and will compete for the National Team medals5 gymnasts make up a team with 3 scores to countYou may have 3 gymnasts in a teamDependant on entries the team format may change and the format may become separate for Juniors and SeniorsAlso dependant on entries, if a club has extra individuals not competing as part of a team, an All-Around category may be included as an open competition
Junior Born 2001 to 2004			
U14 Born 2005 and 2006			N/A (These gymnasts will be in the Elite Grades)
U12 Born 2007 and 2008			N/A (These gymnasts will be in the Elite Grades)
<ul style="list-style-type: none">Senior and Junior Nationals is judged on FIG Senior and Junior Code of Points (2017-2020)2001 born gymnasts can compete as either Junior or Senior in the National ChampionshipsThe Under 12 and Under 14 Voluntary Competition rules can be found on the Gymnastics Ireland websiteClubs may enter more than 1 team into the Junior and Senior Team Competition			

- Gymnasts must perform 2 salto vaults to be eligible for a vault final

Voluntary Under 12 / 14 Codes

The FIG Code of Points is used for all Gymnastic Ireland voluntary competitions in all age groups. ONLY the following exceptional amended rules apply. If there is no exception or amended rule listed here, then the published FIG Code rule applies.

Under 14 gymnasts are judged on the FIG Junior Code 2017-2020 with the following exceptions and amendments:

- Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and 10cm at Parallel Bars all without penalty
- Vault height – 125cm
- Under 14 short routines deductions

7 elements or more	E jury – 0.00
6 elements	E jury – 2.00
5 elements	E jury – 4.00
3-4 elements	E jury – 6.00
1-2 elements	E jury – 8.00
No elements	E jury – 10.00

Under 12 gymnasts will be judged on the FIG Junior code 2017-2020 with the following exceptions and amendments:

- Dismount requirements will be B = 0.5 and A = 0.3 (Code or Supplementary element list)
- Parallel Bar heights may be lowered to between 160cm and 180cm without penalty
- For Pommel Horse a springboard may be used to mount the apparatus without penalty. The coach will be responsible for removing the springboard from the working area after mount
- Additional safety mats up to 30cm will be available as an option on request at high bar, rings and 10cm on parallel bars all without penalty
- Vault height will be 120cm
- Shorts without socks may be used without penalty (teams must dress uniformly)
- At all Gymnastics Ireland under 12 competitions it is **COMPULSORY** for the coach to stand in during the Rings and High Bar routines
- Under 12 short routines deductions

5 elements or more	E jury - 0.00
4 elements	E jury - 2.00
3 elements	E jury - 4.00
1-2 elements	E jury - 6.00
0 elements	E jury - 10.00

- The following supplementary list of additional A elements will be used. These will count as elements of 0.1 value and may be used to achieve element groups

Element group	1	2	3	4
Floor	Non acrobatic elements	Acrobatic elements forward	Acrobatic elements backwards and Arabian elements	Dismounts
	Backward roll to handstand straight arms	Round off		
Pommel Horse	Single leg swings and scissors	Circle and flairs, with and/or without spindles, handstands, kehrswings, etc.	Travel type elements	Dismounts
	½ scissor (one only either forwards or backwards)			
Rings	Kip and swing elements and swings through or to handstand	Strength elements and hold elements	Swing to strength hold elements	Dismounts
		Muscle up		
Parallel Bars	Elements in support or through support on 2 bars	Elements starting in upper arm position	Long swings in hang on 1 or 2 bars and under swings	Dismounts
	Stutz to 45°	Back uprise to support	Moy to upper arm	Back salto tucked. Also, from long hang
High Bar	Long hang swings with and without turns	Flight elements	In bar and Adler elements	Dismounts
			Stoop/straddle on and off backwards	

Moving Between the Grades

- As stated, in the (In-Age) Grades Championships, gymnasts will only be allowed to compete at the grade specified for their age. Therefore, the following year the gymnast will move to the next grade
- Gymnasts scoring > 85% in the Club Development Grades should consider transferring to the Elite Pathway for the following year
- Gymnasts scoring < 70% in the Elite Grades should consider transferring to the Club Development Pathway for the following year
- Gymnasts do not need to pass a grade to move on to the next one the following year



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