

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



Fondée en 1881

Men's Competition Program

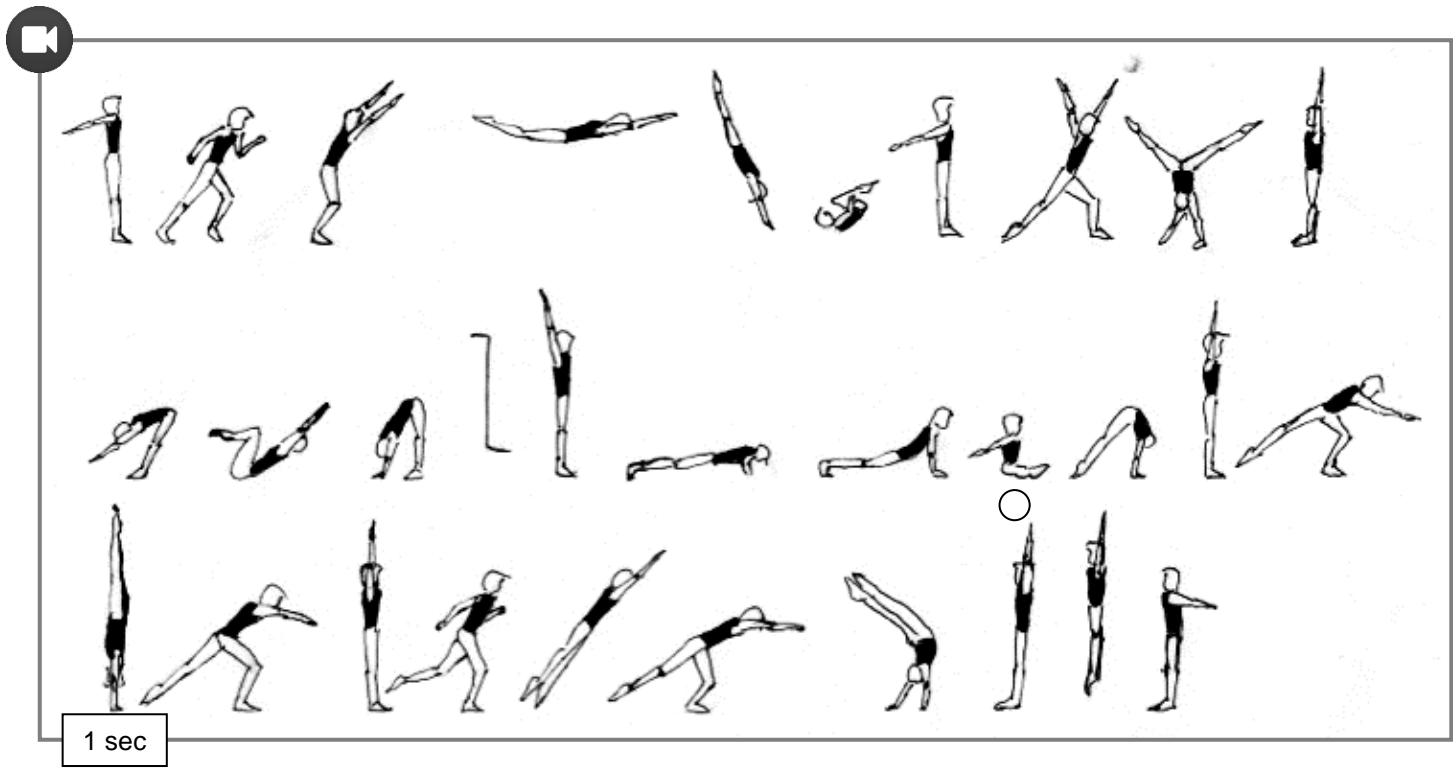
CLASS P1 & HP1

Compulsory Exercises

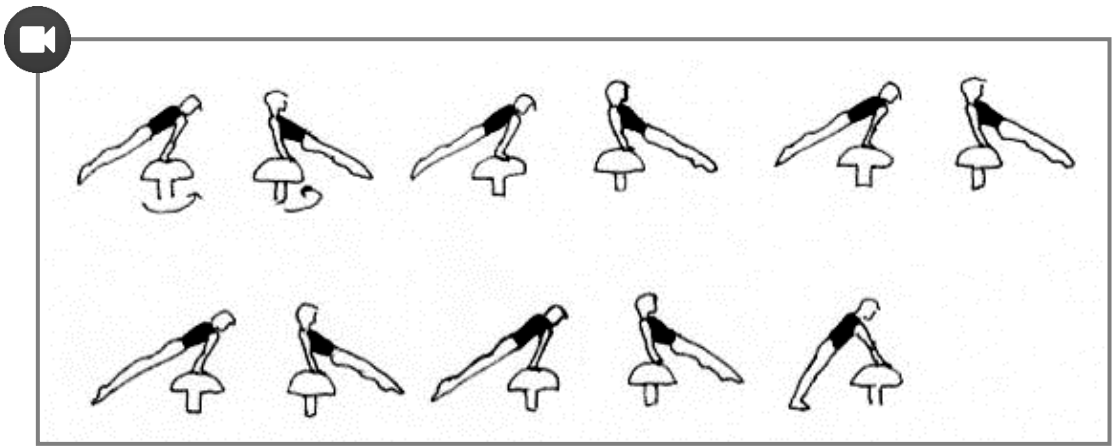
Participation Stream – Ages 8-9; 10-12; 13-15; 16+
High Performance Stream – Age 8-9

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CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – FLOOR EXERCISE



CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – POMMEL HORSE



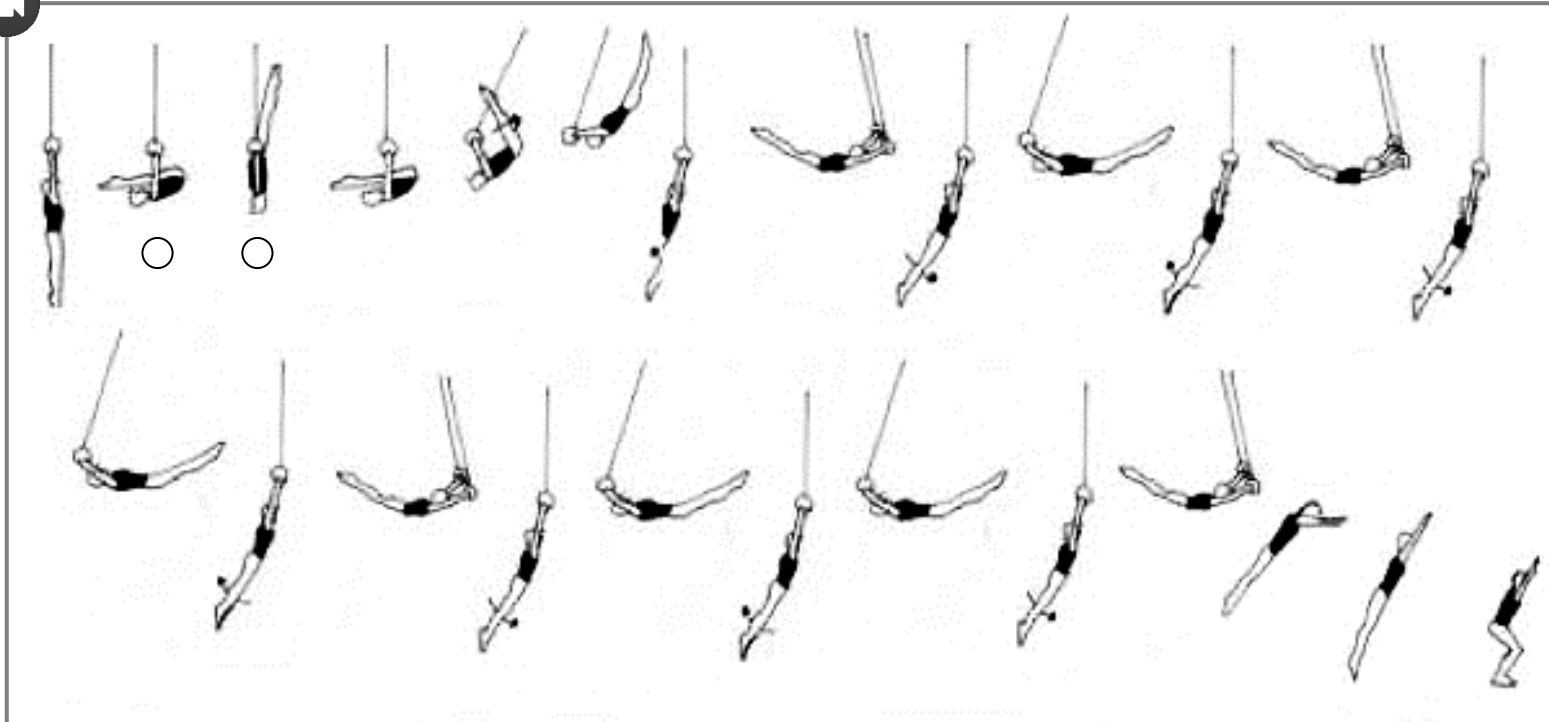
CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – FLOOR EXERCISE

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
<i>It is possible to perform this exercise back and forth on a single line of mats.</i>		
1. 2-3 steps stretched dive roll	1.8	<ul style="list-style-type: none"> • Tucked body 1.0 • Piked body 0.5
2. Cartwheel	1.0	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
3. Backward roll (legs piked or tucked)	0.8	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
4. Prone fall push to support with arched body.	0.4	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
5. Slide legs forward to middle split hold 2 sec	1.5	<ul style="list-style-type: none"> • Poor Flexibility 0.1 - 0.3 • Insufficient hold 0.1 - 0.3
6. Press up to stoop and stand	0.8	<ul style="list-style-type: none"> • Bent knees 0.1 - 0.3
7. Step to Handstand hold 1 sec and step down to stand	1.7	<ul style="list-style-type: none"> • Piked body 0.1 - 0.3 • 75° or less 0.3 • No Hold 0.1 - 0.3
8. 2-3 steps hurdle round off straight jump	2.0 (1.5; 0.5)	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
	Total 10.0	

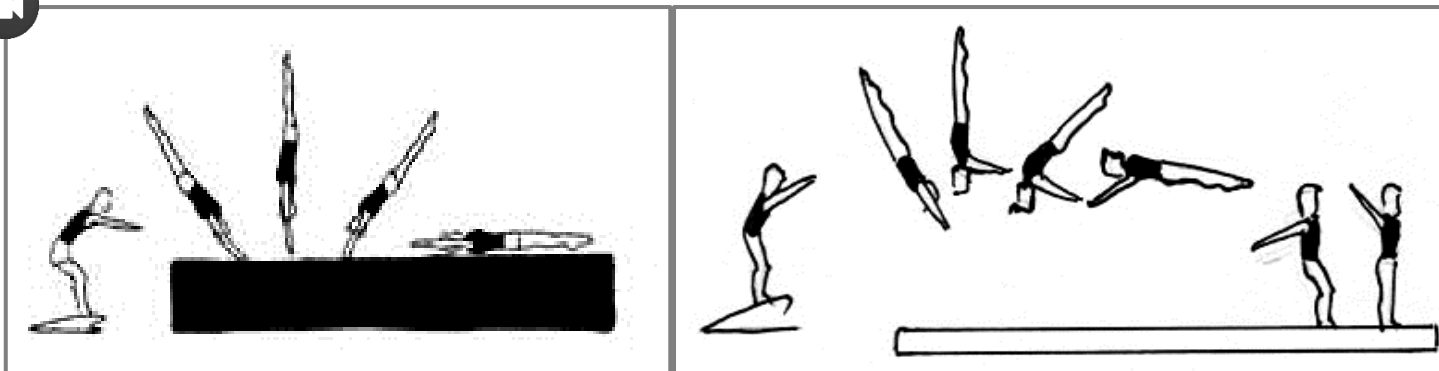
CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – POMMEL HORSE

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. Double leg circle on mushroom passing through support.	2.0	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
2. Double leg circle on mushroom passing through support	2.0	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
3. Double leg circle on mushroom passing through support	2.0	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
4. Double leg circle on mushroom passing through support.	2.0	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
5. Double leg circle on mushroom finishing in support	2.0	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
	Total 10.0	
<ul style="list-style-type: none"> • The gymnast must demonstrate these skills on a mushroom. • A deduction of 0.5 will be taken for each fall between circles. 		

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – RINGS



CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – VAULT (2 choices)



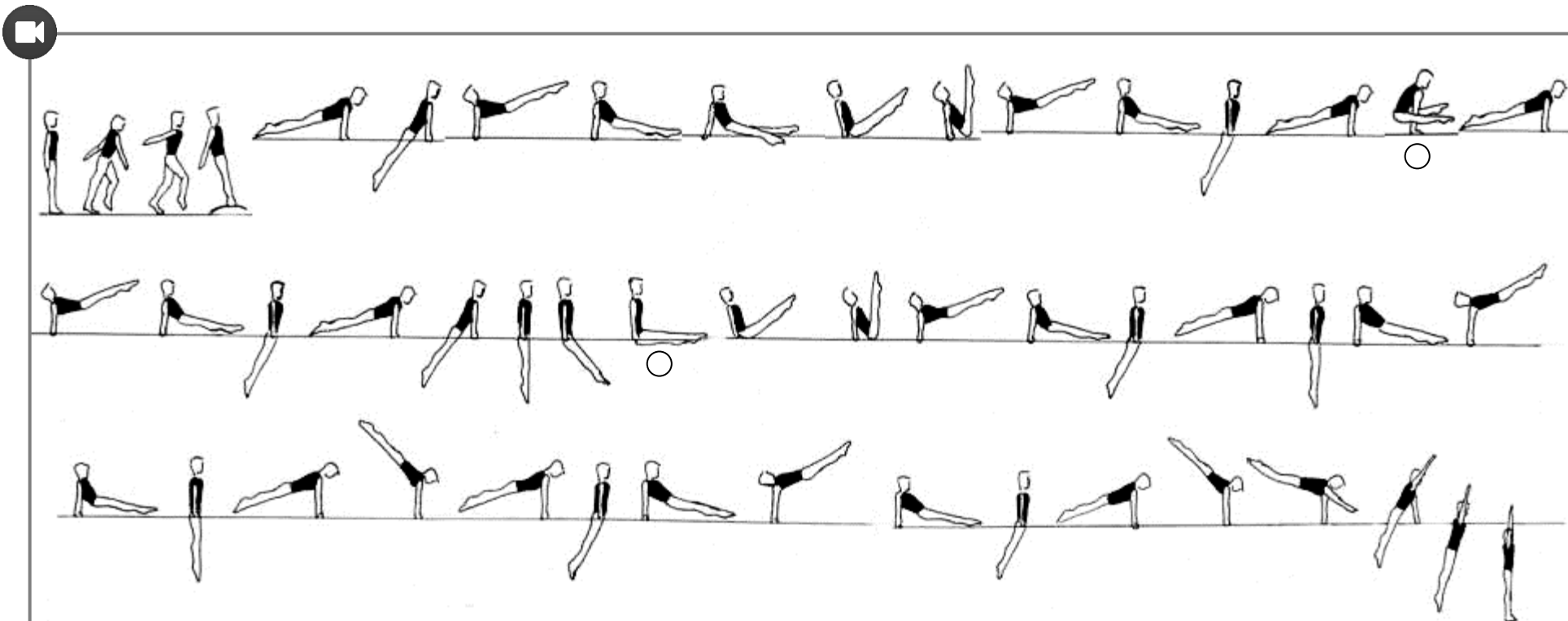
CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – RINGS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From hang lift body up to piked inverted hang (hold 2 sec)	0.5	<ul style="list-style-type: none"> Held 1-2 sec 0.1 Held 1 sec 0.2 Not held 0.3
2. Stretch body up to straight inverted hang (body slightly arched). Hold 2 sec.	1.0	<ul style="list-style-type: none"> Rings turned in 0.3 Held 1-2 sec 0.1 Held 1 sec 0.2 Not held 0.3
3. Pike down fast and open forward to downward swing	1.5 (0.5) (1.0)	<ul style="list-style-type: none"> Bent legs 0.1 – 0.3 Body not open in downward swing 0.3
4. 3 swings forward and backwards. Body should be at horizontal beginning with first forward swing. (hips at ring height)	6.0 (2.0) (2.0) (2.0)	<ul style="list-style-type: none"> Insufficient height 0.1 - 0.3 Poor rhythm 0.1 - 0.3
5. Dismount by dropping off at the end of the 4 th back swing.	1.0	<ul style="list-style-type: none"> Usual deductions 0.1 - 0.3
	Total 10.0	

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – VAULT (2 choices)

ERRORS	DEDUCTION	ERRORS	DEDUCTION
All ages have the option to compete one of the above two vaults.			
1. From run, hurdle onto vault board and jump from 2 feet to hands with straight body and fall to back on a soft mat of 80 cm height.		2. Salto forward stretched from a vaulting board	
<ul style="list-style-type: none"> Arms bent 0.1 – 0.3 Handstand pressed 0.1 – 0.3 Small pike in body 0.1 - 0.3 Large pike in body 0.5 Excessive Pike (90° or more) 1.0 Body tucked 5.0 		<ul style="list-style-type: none"> Small pike in body 0.1 - 0.3 Large pike in body 0.5 Excessive Pike (90° or more) 1.0 Body tucked 5.0 	
	Total 9.5		Total 10.0
A 2 nd attempt is permitted, but with 1.0 deduction			

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – PARALLEL BARS



CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – PARALLEL BARS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From run jump to support and straddle bounce off the bars (may be lifted to support by coach and then swing back-forward) beat board is optional	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Usual errors 0.1 - 0.3
2. Swing backward to straddle L-sit (2 sec), lift legs backwards	2.0 (1.5) (0.5)	<ul style="list-style-type: none"> • Legs not parallel to bars 0.1 – 0.3 • hold 1-2 sec 0.1 • Hold 1 sec 0.2 • Hold less 1 sec 0.3
3. Swing forward, swing backward (with hips above bars in a stretched body position)	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Bent legs 0.1 - 0.2 • Body not stretched 0.1 - 0.3 • hips not above bars 0.1 - 0.3
4. Swing forward to L sit (2 sec hold)	1.5	<ul style="list-style-type: none"> • Legs not parallel to bars 0.1 – 0.3 • hold 1-2 sec 0.1 • Hold 1 sec 0.2 • Hold less 1 sec 0.3
5. Lift legs forward, extend and swing backwards	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Legs bent 0.1 - 0.3 • Body not extended 0.1 - 0.2
6. Swing forward, swing backward, swing forward (with feet above bars in a stretched body position)	1.5 (0.5) (0.5) (0.5)	<ul style="list-style-type: none"> • Bent arms 0.1 - 0.2 • Body not stretched 0.1 - 0.3 • Legs not above bars 0.1 - 0.3
7. Swing backward to horizontal or above and dismount to the side (on 3 rd back swing) showing momentary support on 1 hand on one bar.	2.0	<ul style="list-style-type: none"> • Bent arms 0.1 - 0.2 • Body Piked 0.1 - 0.3 • No momentary support 0.3
	Total 10.0	

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – HORIZONTAL BAR

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. Starting from hang, lift to chin up position and pullover to front support	1.0	<ul style="list-style-type: none"> • Spotter assists 0.3
2. Cast to horizontal to immediate back hip circle to	1.5 (0.5) (1.0)	<ul style="list-style-type: none"> • Feet below bar 0.1 – 0.3 • Body piked 0.1 – 0.3 • Tucked 0.5
3. Immediate under bar cast (above 45°) and long hang swing backward	1.7 (1.0) (0.7)	<ul style="list-style-type: none"> • Lack of amplitude on cast 0.1 – 0.3 • Hips below bar on back swing 0.1 – 0.3
4. Swing forward and swing backward	1.4	<ul style="list-style-type: none"> • Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3
5. Swing forward and swing backward	1.4	<ul style="list-style-type: none"> • Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3
6. Swing forward and swing backward	1.4	<ul style="list-style-type: none"> • Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3
7. Swing forward and swing backward to push off dismount (on 5 th backward swing) and land on mats	1.6 (0.7) (0.7) (0.2)	<ul style="list-style-type: none"> • Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3
	Total 10.0	

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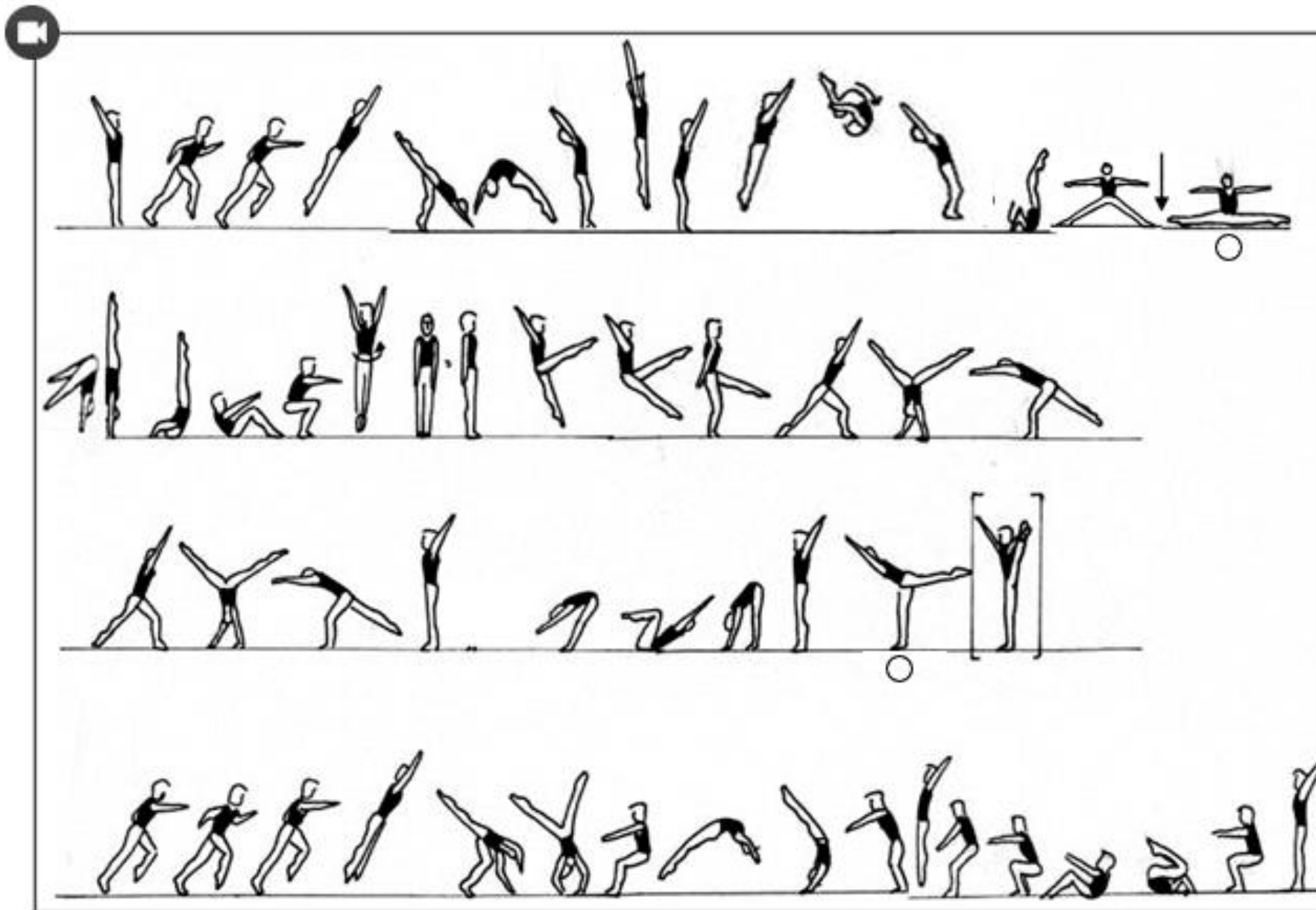
CLASS P2 & HP2

Compulsory Exercises

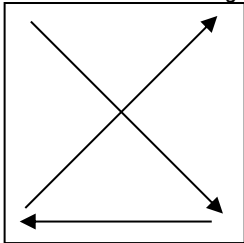
Participation Stream – Ages 10-12; 13-15; 16+
High Performance Stream – Age 10-11

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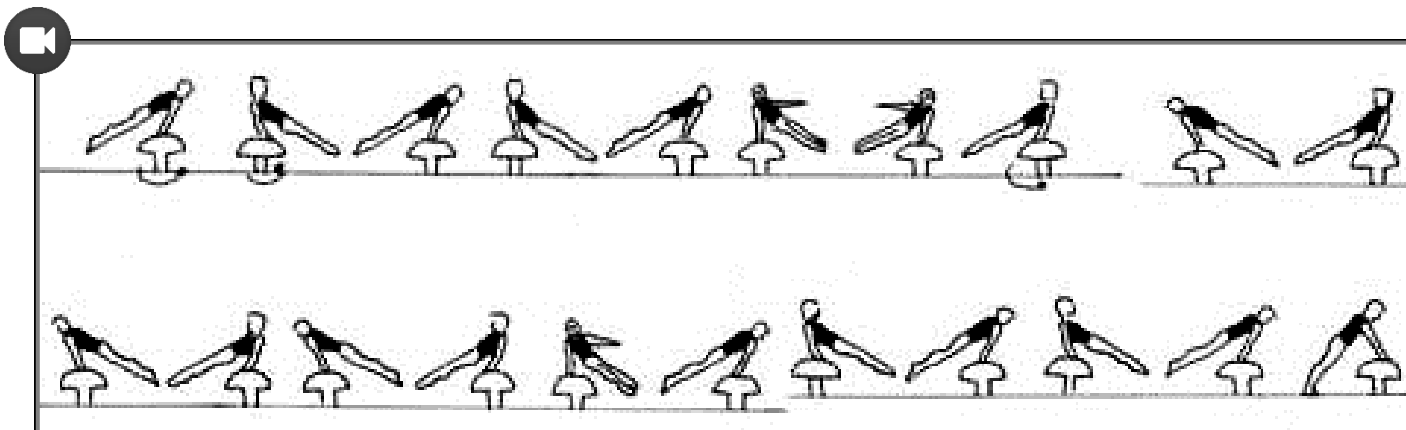
CLASS 2-Participation Stream(10+) or High Performance Stream (10-11)-FLOOR EXERCISE



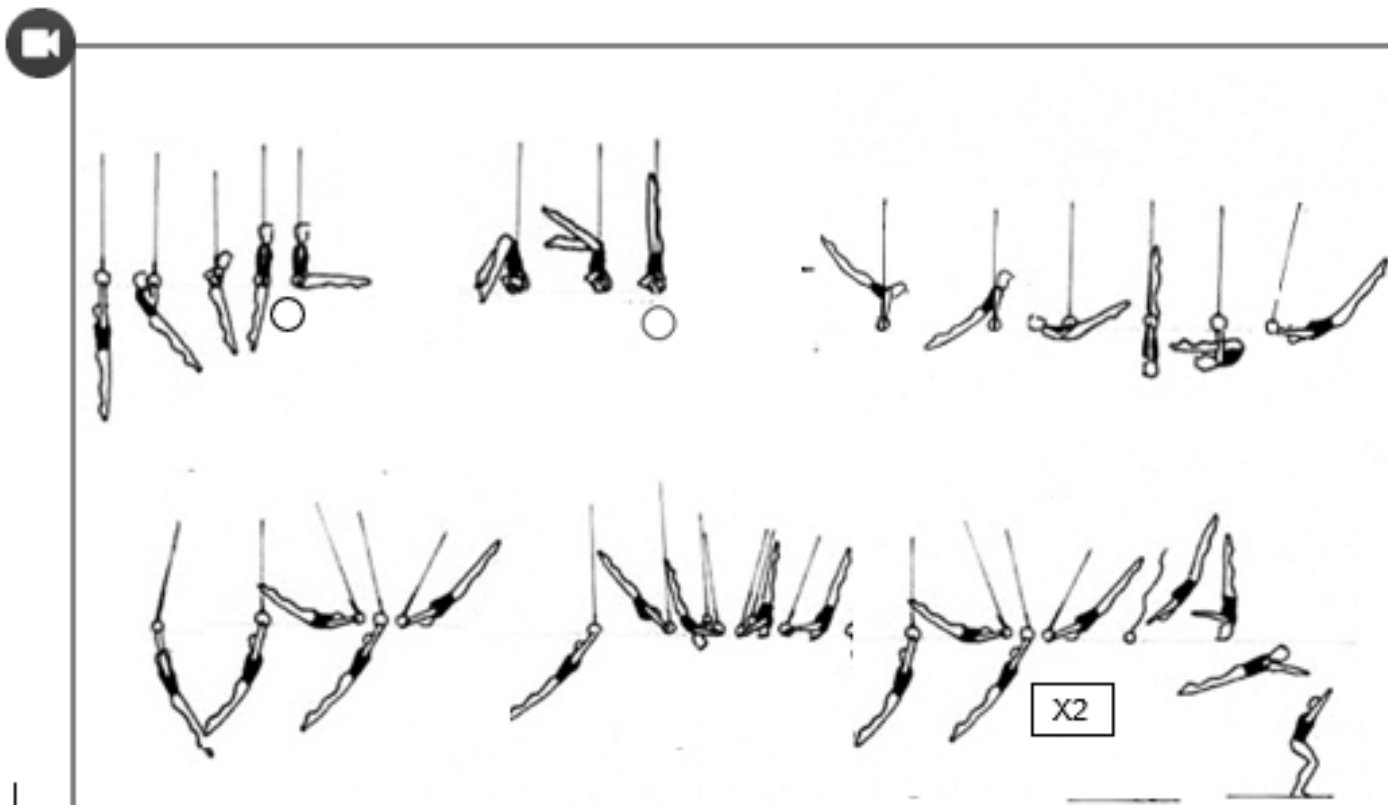
CLASS 2-Participation Stream(10+) or High Performance Stream (10-11)-FLOOR EXERCISE

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. 2-3 steps to front handspring, straight jump and then rebound to salto forward tucked with a controlled landing and then roll forward	2.6 (1.2) (0.4) (1.0)	<ul style="list-style-type: none"> • Usual errors in salto 0.1 - 0.3 • Usual landing errors 0.1 - 0.5 • Jump too low 0.1 - 0.3 • Usual errors 0.1 - 0.3
2. Finish roll in momentary straddle stand and lower with control in straddle split 2 sec	0.8	<ul style="list-style-type: none"> • Split hold 1-2 sec 0.1 • 1 sec 0.2 • less than 1 sec 0.3 • Lack of flexibility 0.1 - 0.3
3. Press with straight arms and straddled legs to momentary handstand and forward roll and jump with ¼ turn to face side	0.8	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
4. Step to scissor kick (kick one leg up and jump off second leg, switch legs in air and land on first leg) to 2 cartwheels	2.6 (0.6) (1.0) (1.0)	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
5. Pike down and backward roll with straight arms and straight legs to stand	0.5	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
6. Front scale or Y scale (2 sec)	0.5	<ul style="list-style-type: none"> • Insufficient hold 0.1 - 0.3 • Lack of flexibility 0.1 - 0.3
<p>7. 3 steps hurdle to Round off Back handspring Straight jump and backward roll tucked to stand. (Can be performed back and forth on single straight mat.)</p> 	<p>2.0 (0.5) (1.2) (0.3) (0.2)</p> <p style="text-align: center;">Total 10.0</p>	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3 • Jump too Low 0.1 - 0.3 • Lack of rhythm 0.2 - 0.3

CLASS 2 - Participation Stream (10+) or High Performance Stream (10-11)-POMMEL HORSE



CLASS 2 - Participation Stream (10+) or High Performance Stream (10-11) - RINGS



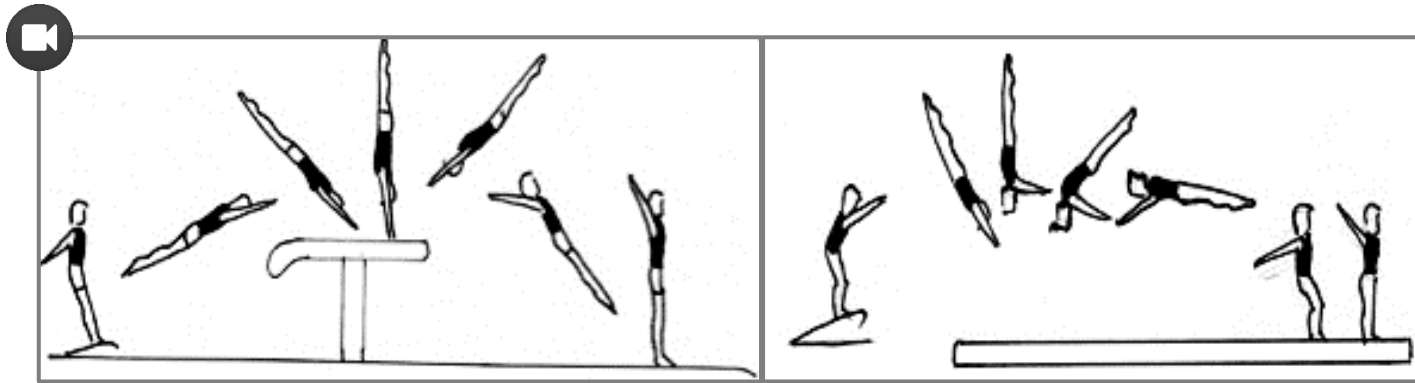
CLASS 2 – Participation Stream (10+) or High Performance Stream (10-11) – POMMEL HORSE

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. Double leg circle	1.0	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
2. Double leg circle	1.3	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
3. ½ spindle (two ¼ spindles)	1.9	<ul style="list-style-type: none"> • Not square to horse after turn 0.1 – 0.3
4. Double leg circle	1.3	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
5. Double leg circle	1.3	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
6. Double leg circle with 180° turn in one circle (Czech technique = front support to front support)	1.9	<ul style="list-style-type: none"> • Not square to horse after turn 0.1 – 0.3
7. Double leg circle and finish in stand on 2 nd circle	1.3	<ul style="list-style-type: none"> • Usual Errors 0.1 - 0.3
Total 10.0		
The routine is performed on a mushroom. No mat or board to mount.		

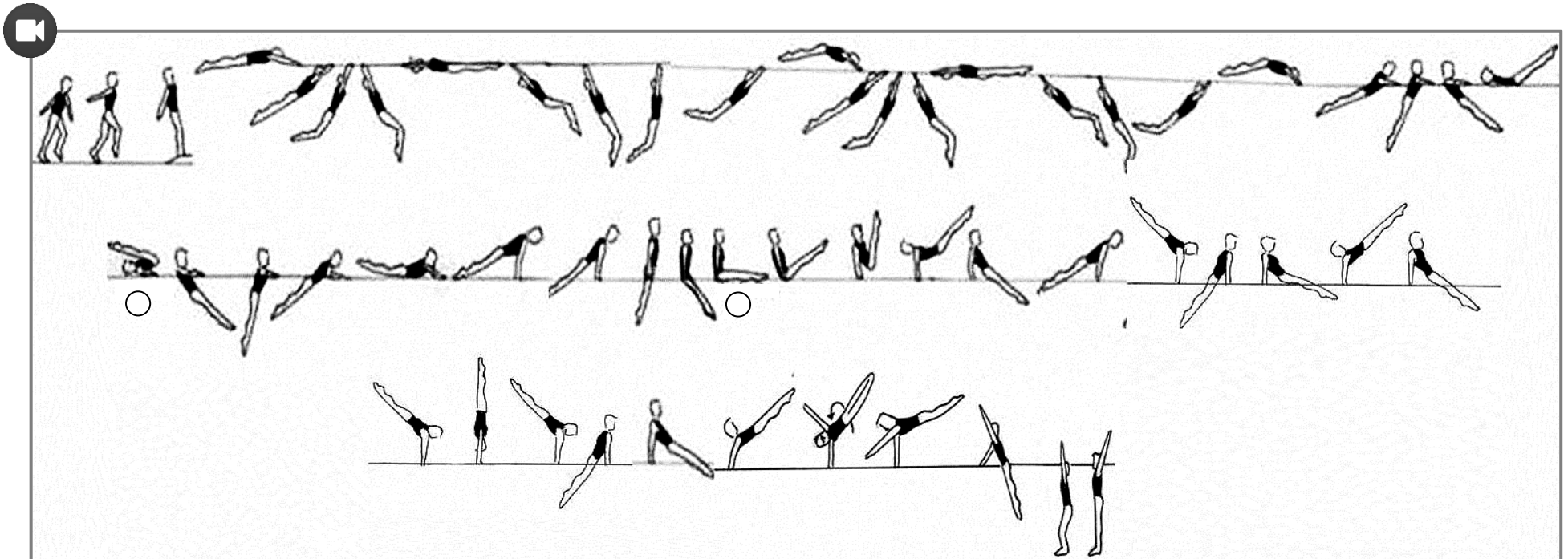
CLASS 2 – Participation Stream (10+) or High Performance Stream (10-11) – RINGS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. Muscle up to support (assistance permitted with 0.5 deduction)	0.7	<ul style="list-style-type: none"> • With assistance 0.5 • Support finished with bent arms 0.1 – 0.2
2. L sit hold 2 sec	0.6	<ul style="list-style-type: none"> • Arms bent in L-sit 0.1 – 0.2 • L-sit held 1-2 sec 0.1 • Held 1 sec 0.2 • Not held 0.3
3. Press with piked body to bent arm shoulder stand position (2 sec)	1.2	<ul style="list-style-type: none"> • Held 1-2 sec 0.1 • Held 1 sec 0.2 • Not held 0.3
4. Lower through support with control (slow smooth movement) and rotate backward to straight body inverted hang (body stretched)	2.0 (1.2) (0.8)	<ul style="list-style-type: none"> • lack of control 0.1 – 0.2 • Body not straight 0.1 – 0.3
5. Lower legs to pike inverted hang and quickly lift legs up and open body forward to long hang swing backward, swing forward, swing backward	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Usual errors 0.1 – 0.3
6. Straight body inlocate (If body is piked 90° or more the inlocate will be valued at 1.0 and receive full deduction for execution)	2.0	<ul style="list-style-type: none"> • Piked body 0.1 – 0.3
7. Swing backward swing forward swing backward	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Usual errors 0.1 – 0.3
8. Swing forward to salto backward stretched dismount.	1.5	<ul style="list-style-type: none"> • Usual errors 0.1 – 0.3
Total 10.0		

CLASS 2-Participation Stream(10+) or High Performance Stream (10-11)-VAULT(2 choices)



CLASS 2-Participation Stream(10+) or High Performance Stream (10-11)-PARALLEL BARS



CLASS 2-Participation Stream (10+) or High Performance Stream (10-11)-VAULT(2 choices)

ERRORS	DEDUCTION	ERRORS	DEDUCTION
All ages have the option to compete one of the above two vaults.			
1. Handspring to land on feet over Vault table. (Height = 1.10-1.35 depending on age of gymnasts)		2. Salto forward stretched from a vaulting board	
<ul style="list-style-type: none"> • Arms bent • Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked 	0.1 – 0.3 0.1 - 0.3 0.5 1.0 5.0 Total 10.0	<ul style="list-style-type: none"> • Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked 	0.1 - 0.3 0.5 1.0 5.0 Total 9.5
A 2 nd attempt is permitted, but with 1.0 deduction.			

CLASS 2-Participation Stream(10+) or High Performance Stream (10-11)-PARALLEL BARS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From run jump to long hang swing forward, swing backward. beat board is optional	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Usual Errors 0.1-0.3
2. Swing forward and swing backward to under arm position	1.5 (0.5) (1.0)	<ul style="list-style-type: none"> • Bent legs in uprise 0.1-0.3
3. Swing forward to inverted pike position, hips above the bar 2 sec hold	1.3 (0.3) (1.2)	<ul style="list-style-type: none"> • Hips below bar 0.1-0.3 • Bent legs 0.1-0.3 • Insufficient hold 0.1-0.3
4. Extend body up and forward and swing back to uprise to front support	1.5 (0.5) (1.0)	<ul style="list-style-type: none"> • Usual Errors 0.1-0.3
5. Swing forward to L sit 2 sec	1.0	<ul style="list-style-type: none"> • Usual Errors 0.1-0.3 • Insufficient hold 0.1-0.3
6. Lift legs up to momentary V sit (90°) and extend hips forward to backward swing. <i>**V sit below 90° will be valued at 0.6. Must be held long enough to have demonstrated control of the element.</i>	1.5 (1.2)** (0.3)	<ul style="list-style-type: none"> • Legs between 45° and 90° 0.1-0.3 • Bent arms 0.1-0.3 • Bent knees 0.1-0.3
7. Swing forward swing backward to momentary handstand and swing forward to stutz dismount (1/2 turn over one bar – either side) with hips above horizontal	2.0 (0.3) (1.0) (0.7) Total 10.0	<ul style="list-style-type: none"> • HS below 45° 0.5 • HS Between 45°-90° 0.1-0.3 • Hips below horizontal 0.5

CLASS 2-Participation Stream (10+) or High Performance Stream (10-11)-HORIZONTAL BAR



CLASS 2-Participation Stream(10+) or High Performance Stream (10-11)-HORIZONTAL BAR

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward, swing forward to swing backward	0.7 0.7	<ul style="list-style-type: none"> • Body must reach >45° above the bar 0.1 – 0.3 • Swings below horizontal 0.1 – 0.3
2. Back uprise to support	1.3	<ul style="list-style-type: none"> • Feet below the bar 0.1 – 0.3
3. To immediate back hip circle to under swing cast extend body forward	1.8 (1.0) (0.4) (0.4)	<ul style="list-style-type: none"> • Body below 45° 0.1 – 0.3 • Piked body 0.1 – 0.3 • Legs tucked 0.5
4. Swing backwards, swing forwards	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Feet below bar in back 0.1 – 0.3 • Hips below bar in front 0.1 – 0.3
5. Swing backwards, swing forward with ½ and switch grip to both hands in overgrip (one hand at a time)	1.5 (0.5) (1.0)	<ul style="list-style-type: none"> • Feet below bar in back 0.1 – 0.3 • Hips below bar at end of ½ turn 0.1 – 0.3
6. Swing forward	-	
7. Kip to support	2.0	<ul style="list-style-type: none"> • Excessive bent arms 0.1 – 0.3 • Assistance on kip 0.5
8. Underswing to swing backward; swing forward with ½ turn to two hand mixed grip and drop off dismount	1.0 (0.5) (0.5)	<ul style="list-style-type: none"> • Usual deductions 0.1 – 0.3
	Total 10.0	