

# Varsity 2023 Men's Rules

Highlighted changes this year.

## General

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**A team:** The team consists of up to six gymnasts. All 6 competitors may perform a routine on each apparatus. The top four scores on each apparatus count towards the team score.

**B team:** The team consists of up to six gymnasts. All 6 competitors may perform a routine on up to four pieces. The team total comprises of the top 4 scores on floor plus the top 8 apparatus scores. **For the top 8 apparatus scores only 2 scores can count from each apparatus and a gymnast can contribute a maximum of 3 scores.** 'All Around' medals will be awarded to the top scoring individual gymnasts summed across their top 3 apparatus.

In case of a tie, the highest cumulative execution score will be awarded the title.

Except where explicitly stated otherwise, the FIG code of points (2022–2024) will be used

## D-Jury

Each routine (excluding vault) may consist of up to 8 elements

Elements must be chosen from the FIG code of points or the list of uncoded elements below.

Difficulty Values:

Uncoded	A	B	C	D	E	F	G
0.1	0.2	0.4	0.6	0.8	1.0	1.2	1.4

Each piece (except Vault) has **3 EGRs** (Element Group Requirements), as listed in this document. A routine will be awarded **0.8 for each requirement** met. Any *coded* dismount will be awarded the full requirement value of 0.8; *uncoded* dismounts will be awarded a partial requirement value of 0.4. For Parallel Bars and High Bar salto dismounts award the full 0.8 value.

There will be no limit on the number of counting elements from the same group.

**Short exercise penalties** will be taken as follows:

No. of Elements	Deduction (A Team)	Deduction (B Team)
7	0.0	0.0
6	1.0	0.0
5	3.0	0.0
4	5.0	2.0
3	6.0	4.0
2	8.0	6.0
1	9.0	8.0
No elements	10.0	10.0

## **E-Jury**

Same as in FIG MAG CoP 2022–2024 except where specified otherwise.

Empty swings, intermediate swings and layaways will receive no deduction (although E-jury may take standard deductions for poor form in such swings).

Pauses will receive no deduction, assuming the gymnast does not rest on the apparatus.

After a fall from/on a piece of apparatus, a gymnast has 30 seconds in which to remount the apparatus in order to continue the routine, otherwise the routine is counted as finished.

## Floor Exercise

### D-Jury

EGRs	1. Non-Acrobatic Elements (FIG I)	2. Acrobatic Elements Forward (FIG II)	3. Acrobatic Elements Backward and Mixed (FIG III)
Uncoded elements	L-Sit (2 s.)	Neck or head spring	Round-off
	Jump ½ twist to front support	Cartwheel	
	Push headstand to hdst. , str. body		
	Bwd. roll to hdst. (str. arms, str. legs)		
	Fwd. roll to pike stand (str. arms, str. legs)		
	Bridge		
	Str. jump with 1/1 turn		
	Bwd. roll		

A routine will be awarded **0.8 for each** requirement met. Any coded dismount will be awarded the full requirement value of 0.8; uncoded dismounts will be awarded a partial requirement value of 0.4.

As per BUCS 2022 grade 2, all previous code (2017–2020) values for twisting i.e Straight back salto with 1/2 twist B and Straight back salto with 1/1 twist B – can be used in same exercise for value:

- Tempo salto (Whip back) B value
- Straight back salto B value
- Straight back salto 1/2 B value
- Straight back salto 1/1 B value
- Straight back salto 3/2 C value
- Straight back salto 2/1 C value
- Straight front salto B value
- Straight front salto 1/2 B value
- Straight front salto 1/1 C value
- Straight front salto 3/2 C value

There will be no deduction for not including a double salto element.

There will be no time limit on floor.

For the B team, all four corners of the floor do not need to be touched.

Floor link values: B-B = 0.1, B-C / C-B = 0.2, C-C / B-D /or higher = 0.3 (symmetric links valued equally, so D-B = B-D)

## Pommel Horse

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### D-Jury

EGRs	1. Single leg swings and Scissors (FIG I)	2. Circles, Flairs and Travel elements (FIG II & III)	3. Dismounts (FIG IV)
Uncoded elements	Half scissor (i.e. one leg scissor) fwd.	¼ spindle on end	Wende dismount from handles
	Half scissor bwd.	Single leg circle in any position	Wende dismount from side support on end
		From end, cut in to support on handles	
		Single leg circle (inner leg)	
		Single leg circle (outer leg)	
		In straddle L-sit, walk from end to other end	
		Travel from one part of the horse to another in or through straddle lever	

A routine will be awarded **0.8 for each** requirement met. Any *coded* dismount will be awarded the full requirement value of 0.8; *uncoded* dismounts will be awarded a partial requirement value of 0.4.

There will be the standard FIG deduction of 0.3 for not touching all 3 parts of the pommel horse.

### E-Jury

There will be no deductions for pausing or stopping in support or handstand.

There will be no deduction for extra single-leg swings (although E-jury may take standard deductions for poor form in such swings).

# Rings

## D-Jury

EGRs	1. Kip and Swing Elements (FIG I)	2. Strength and Swing to Strength Elements (FIG II & III)	3. Dismounts (FIG IV)
Uncoded elements	Felge tucked or piked to support	Shoulder stand (2 s.)	Salto fwd. tucked
	Nakayama (underswing from static) to above horizontal (shoulders need not be above rings)	Muscle up to support from straight arm hang	Salto bwd. tucked
		Tucked top planche (2 s.)	
		Front lever straddled (2 s.)	
		Back lever straddled (2 s.)	
		L-Sit in hang (2 s.)	
		From hang, lift to inverted with straight body, through momentary front lever	
		From German hang, lift to inverted hang with straight body, through momentary back lever	

A routine will be awarded **0.8 for each** requirement met. Any *coded* dismount will be awarded the full requirement value of 0.8; *uncoded* dismounts will be awarded a partial requirement value of 0.4.

A gymnast may be lifted to support as a starting position.

There will be no limit on the number of counting elements from the same group. In particular there is no requirement for a B+ value swing move between series of strength elements.

There is no swing to handstand requirement.

## E-Jury

There will be no deduction for extra swings (although E-jury may take standard deductions for poor form in such swings).

## Vault

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Each gymnast may compete 2 vaults. They may be vaults from the same group (or even the same vault). The best overall score of the two is counted.

### D-Jury

Coded vaults will be awarded **1.5x** the difficulty value stated in FIG MAG CoP 2022-2024. Uncoded vaults will be valued as below:

- Squat on, straight jump off - **0.4**
- Straddle over - **1.4**
- Squat over - **1.4**
- Half on, half off - **2.5**

### E-Jury

As standard.

## Parallel Bars

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### D-Jury

EGRs	1. Elements in or through support (FIG I & II)	2. Longswings and Underswings (FIG III)	3. Dismounts (FIG IV)
Uncoded elements	From shoulder stand roll fwd. to upper arm	Moy to upper arm	Tucked salto fwd. or bwd.
	Tucked top planche (2 s.)	From support, fall back in pike to kip (drop upstart)	Handstand vault dismount
	Shoulder stand (2 s.)	Bwd. uprise to support	Front vault dismount with ½ turn
	Front salto tucked to upper arms		Front vault dismount
	Stutzkehr to above horizontal		Rear vault dismount reaching horizontal

A routine will be awarded **0.8 for each** requirement met. Any *coded* dismount will be awarded the full requirement value of 0.8; *uncoded* dismounts excluding tucked salto fwd. or bwd. will be awarded a partial requirement value of 0.4.

A gymnast may be lifted to support as a starting position.

### E-Jury

There will be no deduction for extra swings (although E-jury may take standard deductions for poor form in such swings).

## High Bar

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### D-Jury

EGRs	1. Long hang swings (FIG I)	2. In bar and Flight elements (FIG II & III)	3. Dismounts (FIG IV)
Uncoded elements	Top turn from cast	Bwd. hip circle	Tucked salto fwd. or bwd.
	Swing ½ turn (above horizontal)	Fwd. hip circle	Undershoot release
	Back uprise to support	Undershoot to swing back	Pike/straddle undershoot release
		From hang kip to support (upstart)	
		Cast to handstand	
		Swing fwd. into hip circle to support (baby giant)	
		Straddle cut to hang or support	
	From hang, slow hip circle up to support		

A routine will be awarded **0.8 for each** requirement met. Any *coded* dismount will be awarded the full requirement value of 0.8; *uncoded* dismounts excluding tucked salto fwd. or bwd. will be awarded a partial requirement value of 0.4.

### E-Jury

There will be no deduction for extra swings (although E-jury may take standard deductions for poor form in such swings).

There will be no deductions for pausing or stopping in support or handstand.