

CONTINENTAL CUP 2023

MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

FIG Age Group Program - Men's Competition Structure and Program

[FIG MAG Age Group Program \(gymnastics.sport\)](https://gymnastics.sport) FOR YOUTH LEVEL 2

LEVEL 1 - FIG SENIOR (≥18) AND JUNIOR (15– 17 YEARS) COMPETITION – FIG RULES
AND
YOUTH LEVEL 2 - (P3 AND P4) – OPTIONAL ROUTINES DIVIDED INTO AGE GROUPS

Element Values & Maximum Number of Value Parts in D-score (including dismount)

Competition Class	Maximum # Elements	A-part value	B-part value	C-part value	D-part value	E-part value	F or G-part value
Class P3	6	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted
Class P4	7	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted

Evaluation of Short Exercises (maximum E-score)

Competition Class	8 elements	7 elements	6 elements	5 elements	4 elements	3 elements	2 elements	1 element
Class P3	10.0	10.0	10.0	8.0	6.0	4.0	2.0	1.0
Class P4	10.0	10.0	8.0	6.0	4.0	3.0	2.0	1.0

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Class P3 & P4

Age Groups: 8 – 9, 10 – 12, 13 – 15, ≥16 (categorized according to year of birth)

FLOOR EXERCISE

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group II 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount
Additional Regulations	No time limit May repeat one skill of A or B Value for difficulty	No time limit No Connection Bonus May repeat one skill of B or C Value for Difficulty or Bonus

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POMMEL HORSE

	Class P3	Class P4
Difficulty Values & Required Number of Elements	<p>Difficulty A=0.1, B =0.2, C=0.3, D=0.4*</p> <p>*D's only permitted on Pommel Horse</p> <p>6 skills maximum for D-score</p> <p>Can use vault board for mount</p>	<p>Difficulty A=0.1, B =0.2, C=0.3, D=0.4*</p> <p>*D's only permitted on Pommel Horse</p> <p>7 skills maximum for D-score</p> <p>Can use vault board for mount</p>
Developmental and Supplemental Skills	Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	<ol style="list-style-type: none"> 1. A Circle element 2. A single leg element 3. Dismount 	<ol style="list-style-type: none"> 1. Any turn of 90°(including spindle) 2. A scissor element 3. Dismount finishing through wende swing or handstand
Additional Regulations	May repeat one skill of A or B Value for Difficulty	May repeat one skill of B or C Value for Difficulty

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RINGS

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. Forward or Backward giant with bent arms = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. L- sit in cross support 2. Kip or Swing element 3. Dismount	1. Kip or Swing element 2. Strength hold skill (excluding L sit or Straddle L-sit) 3. Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty

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MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

VAULT

	Class P3	Class P4
Permitted Vaults and Difficulty Values	<p> Handspring = 2.0 Handspring $\frac{1}{2}$ = 2.2 Handspring 1/1 = 2.5 $\frac{1}{2}$ on = 2.0 $\frac{1}{2}$ on $\frac{1}{2}$ off = 2.2 $\frac{1}{2}$ on 1/1 off = 2.5 </p>	<p> Handspring = 2.0 Handspring $\frac{1}{2}$ = 2.2 Handspring 1/1 = 2.5 Handspring Front Tuck = 2.7 Handspring Front Tuck $\frac{1}{2}$ = 2.9 $\frac{1}{2}$ on = 2.0 $\frac{1}{2}$ on $\frac{1}{2}$ off = 2.2 $\frac{1}{2}$ on 1/1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1 </p>

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MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

PARALLEL BARS

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked dismount = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked dismount = B Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Element in or through support on 2 bars 2. Element through long hang or underarm support on 2 bars 3. Dismount	1. Handstand – 2 sec hold 2. Element through long hang on 2 bars 3. Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty

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HORIZONTAL BAR

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	<ol style="list-style-type: none"> 1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part <p>Any other skills which can reasonably be called a gymnastics skill = A part</p>	<ol style="list-style-type: none"> 1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part <p>Any other skills which can reasonably be called a gymnastics skill = A part</p>
Element Group Requirements (0.3 each)	<ol style="list-style-type: none"> 1. Long hang swing with or without turn 2. Any kip element 3. Dismount 	<ol style="list-style-type: none"> 1. Long hang swing ½ turn with hips at minimum bar height 2. In-bar element 3. Salto Dismount
Additional Regulations	<p>One extra swing is permitted</p> <p>May repeat one skill of A or B Value for Difficulty</p>	<p>One extra swing is permitted</p> <p>May repeat one skill of B or C Value for Difficulty or Bonus</p>

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MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

Class Participation 3 (P3) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score Can use vault board for mount	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score		Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part Any other skills which can reasonably be called a gymnastics skill = A part	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. A Circle element 2. A single leg element 3. Dismount	1. L- sit in cross support 2. Kip or Swing element 3. Dismount		1. Element in or through support on 2 bars 2. Element through long hang or underarm support on 2 bars 3. Dismount	1. Long hang swing with or without turn 2. Any kip element 3. Dismount
Additional Regulations	No time limit May repeat one skill of A or B Value for difficulty	May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	A 2 nd attempt is permitted, but with 1.0 deduction	One extra swing is permitted May repeat one skill of A or B Value for difficulty	One extra swing is permitted May repeat one skill of A or B Value for difficulty

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MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

Class Participation 4 (P4) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score Can use vault board for mount	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score		Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group II 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. The value of all static strength holds is increased by 2 values (excluding L and Straddle L sits) 5. Forward or Backward giant with bent arms = B part Any other skills which can reasonably be called a gymnastics skill = A part	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Any turn of 90°(including spindle) 2. A scissor element 3. Dismount finishing through wende swing or handstand	1. Kip or Swing element 2. Strength hold skill (excluding L sit or Straddle L-sit) 3. Dismount		1. Handstand – 2 sec hold 2. Element through long hang on 2 bars 3. Dismount	1. Long hang swing ½ turn with hips at minimum bar height 2. In-bar element 3. Salto Dismount
Additional Regulations	No time limit No Connection Bonus May repeat one skill of B or C Value for Difficulty or Bonus	May repeat one skill of B or C Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	A 2 nd attempt is permitted, but with 1.0 deduction	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty or Bonus