

# WHGC INVITATIONAL BOYS 2023



Open –2015 and older

Men's Artistic working all apparatus but not NDP or competed NDP Level 4 or above previously Gymnasts must not train more than 6 hours a week for this competition					
	Vault	Bars	P-Bars	Floor	Rings
<b>Apparatus</b>	Vaulting table optional height 1 meter+	Shiny Bar Set skills make into routine	Set 130cm from landing mat	Music is NOT required max 1.30 min Full Floor	Ring Frame
<b>Requirements</b>	Choice of Vault  Handspring or half on <b>11.60</b> Handspring ½ off <b>11.80</b> Handspring full off <b>12.00</b> Tsukahara <b>12.40</b>	Set Routine 1. Leg lift x 2 2. Chin Circle up 3. Cast Back hip circle undershoot 4. Swing out into 5. 5 swings max above horizontal 6. Back uprise to front support  Only 3 swings marked <b>12.00</b>	Set moves, make into a routine. 1. Jump to upper arm, to straddle sit mount 2. Pike Lever hold 2 secs 3. 2 x dips 4. Drop upstart 5. 3 swings to 45 6. Flank Dismount  <b>12.00</b>	Voluntary routine. Up to max 8 elements to count J = .05 A = 0.1, B = 0.2  CR's 0.5 1. Fwd & Bwd salto's no link required 2. Acro line with 2 elements, at least 1 Salto 3. Static Balance/Strength move	Set moves, make into a routine 1. 3 swings above horizontal 2. Static hold 2 seconds 3. Inlo or dislo 4. Somersault dismount  Min 4 moves max 6 moves.  <b>12.00</b>
<b>Notes</b>	No other vault permitted  2 attempts best score to count, can perform same or different vaults.	No other elements permitted  0.5 deduction for each missing element 1.0 deduction for coach assistance	  0.5 deduction for each missing element 1.0 deduction for coach assistance	Barred – C moves or higher	No other elements permitted  0.5 deduction for each missing element 1.0 deduction for coach assistance
<b>Bonus</b> Only awarded without a fall		0.5 Bwd or Fwd giants 0.3 Clear in place of Hip circle	0.3 Upstart mount 0.3 Russian Lever 0.3 Handstand	0.5 for straight back / front salto	0.5 for straight salto dismount 0.5 Muscle up (with no help)