

BUCS GYMNASTICS MEN'S RULES 2024 – LEVEL 2

The FIG Junior Code of Points will be used for the BUCS MAG Level 2 competition with the following exceptional amended rules applying:-

Floor No -0.3 deduction if multiple salto element is not performed

All previous code 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:

Element	Value	EGR
Tempo salto (Whip back)	B value	Gp III
Straight back salto	B value	Gp III
Straight back salto 1/2	B value	Gp III
Straight back salto 1/1	B value	Gp III
Straight back salto 3/2	C value	Gp III
Straight back salto 2/1	C value	Gp III
Straight front salto	B value	Gp II
Straight front salto 1/2	B value	Gp II
Straight front salto 1/1	C value	Gp II
Straight front salto 3/2	C value	Gp II

Rings No -0.3 deduction if swing to handstand is not performed

Dismount requirements will be B = 0.5 and A = 0.3 (code or supplementary list)

A maximum of 8 elements may count for difficulty (including the dismount).

Short Routines Deductions:		
5 elements or more	ND	-0.0
4 elements	ND	-2.0
3 elements	ND	-4.0
1 to 2 elements	ND	-6.0
No elements	ND	-10.0

Supplementary list of 'A' Parts

*no deduction for element not continuing in intended direction

Element Group	1	2	3	4
Floor	Non-acrobatic elements	Acrobatic elements forward	Acrobatic elements backward & Arabian elements	Dismounts
	Backward roll to handstand straight arms			
Pommel Horse	Single leg swings and scissors	Circle & flairs, with and/or without spindles, handstands, Kehrswings, etc	Travel type elements	Dismounts
	½ scissor (one only either fwds or bwds)			
Rings	Kip and swing elements & swings through or to handstand	Strength elements and hold elements	Swing to Strength hold elements	Dismounts
		Muscle up Tucked top planche (2s)		
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 underswings	Dismounts
	Stutz to 45°	Back uprise to support	Moy to upper arm	Back salto tucked. Also from long hang
Horizontal Bar	Long hang swings with and without turns	Flight elements	In bar and Adler elements	Dismounts
	Swing forward and half turn to handstand*		Stoop/straddle on & off backwards	