



HUGS Men's Artistic Program Guidelines

Section I: Equipment and Mat Specifications

- A. General
 - i. Floor – routines may be performed on either a regular 40'x40' Floor or a 6'x40' Strip.
 - ii. Still Rings – routines may be performed on either a regular Still Ring Tower or hanging rings.
 - iii. Vault – routines are performed on stacked mats with a minimum height of 16" or on the vault table.
 - iv. Parallel Bars – routines are performed on spotting blocks or on standard Parallel Bars .
 - v. High Bar – routines can be performed on a low bar or a high bar.
- B. Additional Matting – minimum requirements for matting should meet the standards set in the Men's Age Group Competition Program manual. Additional matting may be used at SR, PB & HB but must not impede the athlete's ability to swing freely on those apparatus.

Section II: Judging Guidelines

I. General Judging Guidelines

- A. Judging Requirements
 - i. Only one judge per event will be used
- B. Minimum Score

The minimum score for any exercise or attempted vault is 6.00.
- C. Routine Repetition Rule
 - i. One attempt at a routine is allowed.
 - ii. Should circumstances occur that are beyond the control of the gymnast which interrupt his attempt at a routine the gymnast may be given the opportunity to repeat his routine, at the discretion of the head judge.
 - iii. Should a hand guard (grip) tear during the routine; the gymnast will be allowed to repeat his performance, at the discretion of the head judge.
 - iv. An incomplete vault may be repeated once with safety in mind and at the judge's discretion with a deduction of 1.00 from the final score of the second attempt. No third attempt is allowed.
- D. Spotting Deductions
 - i. Spotting is allowed on all apparatus.

- ii. If the spotter assists in the execution of the skill, deduct 0.5 for the spot and also deduct for any execution errors that occurred in the execution of the skill.
 - iii. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting or assisting in the skill, there is no deduction.
 - iv. A coach may not spot an athlete from a surface that is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.
- E. General Apparatus and Behavioral Deductions
- i. Falls:
 - a. All FIG rules concerning falls apply in competition, i.e., a fall onto or off of the apparatus will be deducted 0.5 in addition to any other execution errors, the gymnast has 30 seconds to re-mount, the coach may ask the judge if credit for the skill was received.
 - ii. After a fall a gymnast may repeat the skill to earn its skill value or bonus value This rule includes dismounts.
 - iii. If a springboard is used inside the uprights to mount the parallel bars, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be an apparatus related violation of 0.3.
- F. Landing Deductions
All landing deductions are as per FIG.

Routine Error and Deduction Table:

Table of Routine Errors and Deductions	
Error	Deduction
Small error (as per FIG)	0.1
Medium error (as per FIG)	0.2
Large error (as per FIG)	0.3
Fall (as per FIG)	0.5
Missing value part	0.5
Missing Special Requirement	0.5
Skills of unallowable difficulty	0.5

Section III: Routine Requirements

I. General Requirements

- A. Hero Level – Minimum of 4 Value Parts
- i. Any “A” in the FIG Code of Points
 - ii. Any skill from the JO compulsory program receives “A” value (Including Basic Swings)
 - iii. Any skill from the Essential Elements program receives “A” value
 - iv. Any other recognizable gymnastics skill receives “A” value
 - v. No deduction for repetition
 - vi. No “B” or higher value parts allowed
 - vii. No Saltos or Aerials allowed
 - viii. One skill cannot fulfill more than one Special Requirement
- B. Super Hero level – Minimum of 6 Value Parts
- i. Any “A” or “B” in the FIG Code of Points
 - ii. Any skill from the JO compulsory program receives “A” value (Including Basic Swings)

- iii.** Any skill from the Essential Elements program receives “A” value
- iv.** Any other recognizable skill receives “A” value
- v.** No deduction for repetition
- vi.** No “C” or higher value parts
- vii.** One skill cannot fulfill more than one Special Requirement

II. Special Requirements

The Special Requirements for each event for Hero and Super Hero are listed in the event charts on the following pages.

Floor Exercise		
	Hero	Super Hero
Start Value	10.00	10.00
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	One skill cannot fulfill more than one Special Requirement.	One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "B" or higher (VP) No Saltos or Aerials	No "C" or higher (VP)
Special Requirements	<p>1. An Acro skill with or without Flight.</p> <p>2. A 2nd Acro Skill with or without Flight. (Must be Different than first Acro Skill) <i>Sample Skills (this is not a definitive list)</i> Forward Roll Straddle Roll Backward Roll Cartwheel Roundoff (flight skill) Dive Roll (flight skill) Back Walkover Back Handspring (flight skill) Front Walkover Front Handspring (flight skill) -----</p> <p>3. A Support Skill. <i>Sample Skills (this is not a definitive list)</i> Bridge Arabesque Scale Handstand Headstand Push Up L Seat Straddle L Seat Tuck Planche</p> <p>4. A Balance, Flexibility, or Strength Skill.</p>	<p>1. Minimum of 2 directly connected Acro Skills with or without Flight. <i>Sample Skills (this is not a definitive list)</i> 2 cartwheels Roundoff, BHS FHS Step Out/FHS FHS/Front Salto Tucked Roundoff/Back Salto Tucked FHS Step Out/Roundoff -----</p> <p>2. A 2nd acro skill or pass. (Must be different than skills in 1st requirement.) <i>Sample Skills (this is not a definitive list)</i> Roundoff Back Handspring Front Handspring Dive Roll Front Salto Tucked -----</p> <p>3. Non-tumbling pass</p> <p>4. A Balance, Flexibility, or Strength Skill.</p>

POMMEL HORSE		
	Hero	Super Hero
Start Value	10.00	10.00
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	One skill cannot fulfill more than one Special Requirement.	One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "C" or higher (VP)	No "D" or higher (VP)
Special Requirements	<ol style="list-style-type: none"> 1. Support skill initiated from front support 2. Single leg cut skill 3. Simple travel 4. Dismount 	<ol style="list-style-type: none"> 1. Half circle to rear support (Bonus – circle to front support) 2. Single leg cut skill 3. Travel skill 4. Dismount with minimum of 1/4 Turn

STILL RINGS		
	Hero	Super Hero
Start Value	10.00	10.00
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	Spotter assistance allowed to get to support. (Not a Value Part) One skill cannot fulfill more than one Special Requirement.	Spotter assistance allowed to get to support. (Not a Value Part) One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "B" or higher (VP)	No "C" or higher (VP)
Special Requirements	<ol style="list-style-type: none"> 1. Support skill (getting to support can be done w assistance as mount) 2. Long Hang skill 3. Skill through Vertical 4. Dismount 	<ol style="list-style-type: none"> 1. Support skill (getting to support can be done w assistance as mount) 2. Long Hang skill 3. Skill through Vertical 4. Salto Dismount

VAULT		
	Hero	Super Hero
Start Value (SV)	Up to 10.00	Up to 10.00
Allowable Vaults	Two vaults allowed If two vaults are preformed, the best of the two vaults would determine final score Alternative springboard or Jr. board allowed.	Two vaults allowed If two vaults are preformed, the best of the two vaults would determine final score Alternative springboard or Jr. board allowed. or table.
Clarifications	Alternative springboard or Jr. board allowed. Both vaults (same or different) need to be performed onto the same vault set-up.	Alternative springboard or Jr. board allowed. Both vaults (same or different) need to be performed onto the same vault set-up.
Special Requirements	See allowable skills list for approved vaults and start values	See allowable skills list for approved vaults and start values
Allowable Vaults	<ol style="list-style-type: none"> 1. Stretch, tuck or straddle jump off springboard to up to an 8" mat surface (SV 9.0) 2. Jump onto vault table stretch, tuck, pike or straddle - jump off (SV 10.0) 3. Handstand on vault board/landing mat to flat back position. (SV 9.5) 	<ol style="list-style-type: none"> 1. Handstand on springboard, flat back on 8" mat (SV 5.00) 2. Handspring, flat back – table to stack mats (SV 6.50) 3. Squat or straddle vault, using mats (SV 5.00) 4. Squat or straddle vault using table (SV 6.0) 5. Handspring, flat back – table to stack mats (SV 6.50) 6. Handspring on table (SV 7.50) 7. Yamashita (SV 8.00) 8. Handspring ½ (SV 9.0) 9. ½ on, ½ off (SV 9.50) 10. ½ on, 1/1 off (SV 9.70)

PARALLEL BARS		
	Hero	Super Hero
Start Value	10.00	10.00
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	Routine to be done on P-bar Blocks, or Stacked Panel Mats or P-Bars One skill cannot fulfill more than one Special Requirement.	Routine to be done on P-bars. One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "B" or higher (VP) No Saltos dismounts	No "C" or higher (VP)
Special Requirements	1. Support skill 2. Swing skill 3. 2nd Swing skill (may be the same as skill #2) 4. Dismount	1. Support skill 2. Long Hang skill 3. Upper-arm skill 4. Dismount

HORIZONTAL BAR		
	Hero	Super Hero
Start Value	10.00	10.00
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	Routine may be done on either low or high bar.	Routine to be done on High bar. One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "B" or higher (VP) No Saltos dismounts	No "C" or higher (VP)
Special Requirements	1. Mount 2. Cast (hips must leave bar) 3. Circling skill 4. Dismount	1. Long Hang skill with ½ turn 2. Cast to or above horizontal 3. Circling skill (not mount or dismount) 4. Dismount