

Reglugerð hjá piltum

Galdandi frá aug. 2021

Yvirskipaðar reglur

Gólv:

Gólvið skal vera 12x12m.

Beinsveiggj:

Hjá **dreingjum** skal hæddin vera 115cm frá gólvinum

Ringar:

Loyvt er at leggja eina lendingsmáttu omaná tí hørðu máttuna sum er 20cm.

Lop:

Hæddin skal vera millum 115-135cm.

Parallel barr:

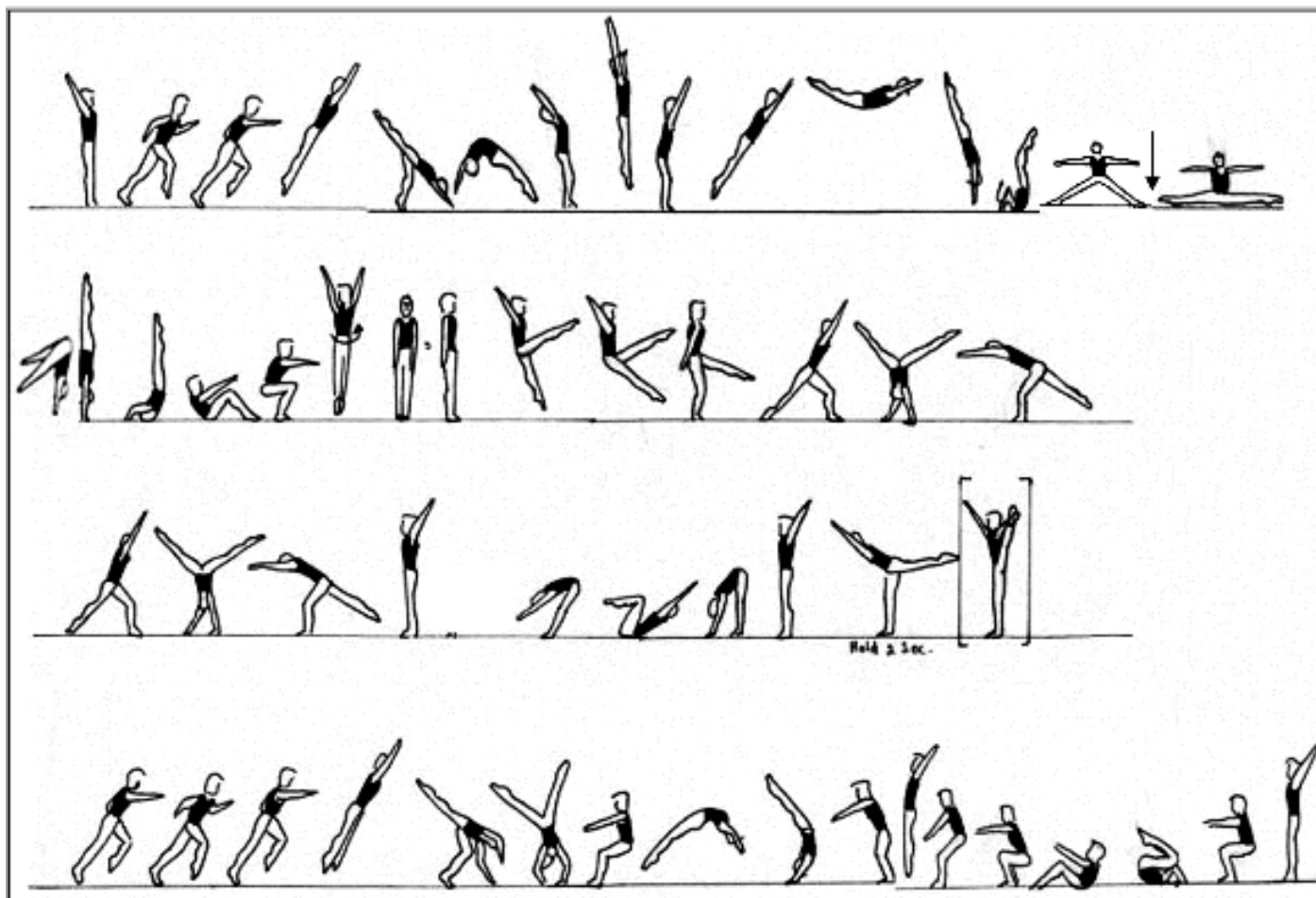
- Hjá **piltum** og **smádreingjum** skal barrin vera nóg høg, so at fimleikarin kann sveiggja undir barrini við boygdum beinum, uttan at nerta við máttuna (**tó max. 200cm frá gólvinum**)
- Dreingirnir skulu hava barrina í standard FIG hædd, sum er 200cm.

Rekk:

Loyvt er at leggja eina lendingsmáttu omaná tí hørðu máttuna sum er 20cm.

Tað er ikki krav at man skal gera øll elementir í einari seriu. Íðkarin ger tað hann klárar og fær D-virði hareftir.

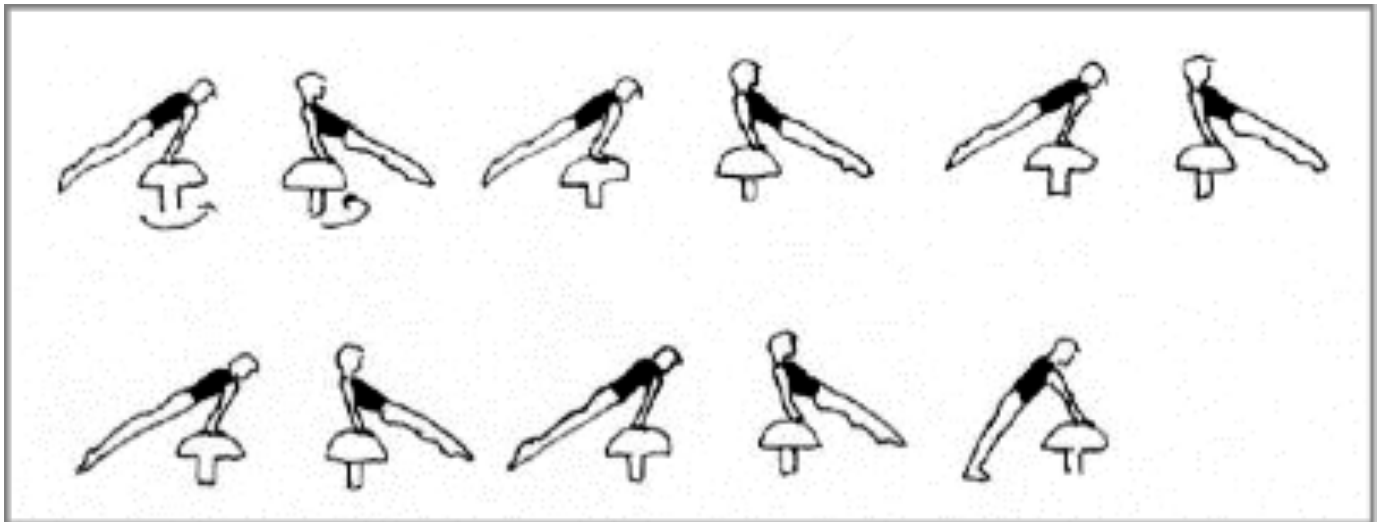
Gólv (floor):



Leinkja til videófil: <http://youtu.be/xz0uktPNoz4>

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. 2-3 steps to front handspring, straight jump and then rebound to stretched dive roll	2.6 (1.2) (0.4) (1.0)	• Body piked in dive 0.1 - 0.3 • Tucked 0.5 • Jump too low 0.1 - 0.3 • Usual errors 0.1 - 0.3
2. Finish roll in momentary straddle stand and lower with control in straddle split 2 sec	0.8	• Split hold 1-2 sec 0.1 • 1 sec 0.2 • less than 1 sec 0.3 • Lack of flexibility 0.1 - 0.3 • Usual Errors 0.1 - 0.3
3. Press with straight arms and straddled legs to momentary handstand and forward roll and jump with ¼ turn to face side	0.8	• Usual Errors 0.1 - 0.3
4. Step to scissor kick (kick one leg up and jump off second leg, switch legs in air and land on first leg) to 2 cartwheels	2.6 (0.6) (1.0) (1.0)	• Usual Errors 0.1 - 0.3
5. Pike down and backward roll with straight arms and straight legs to stand	0.5	• Usual Errors 0.1 - 0.3
6. Front scale or Y scale (2 sec)	0.5	• Insufficient hold 0.1 - 0.3 • Lack of flexibility 0.1 - 0.3
7. 3 steps hurdle to Round off Back handspring Straight jump and backward roll tucked to stand. (Can be performed back and forth on single straight mat.)	2.0 (0.5) (1.2) (0.3) (0.2)	• Usual Errors 0.1 - 0.3 • Jump too Low 0.1 - 0.3 • Lack of rhythm 0.2 - 0.3
Total 10.0		

Beinsveiggj (pommel horse):

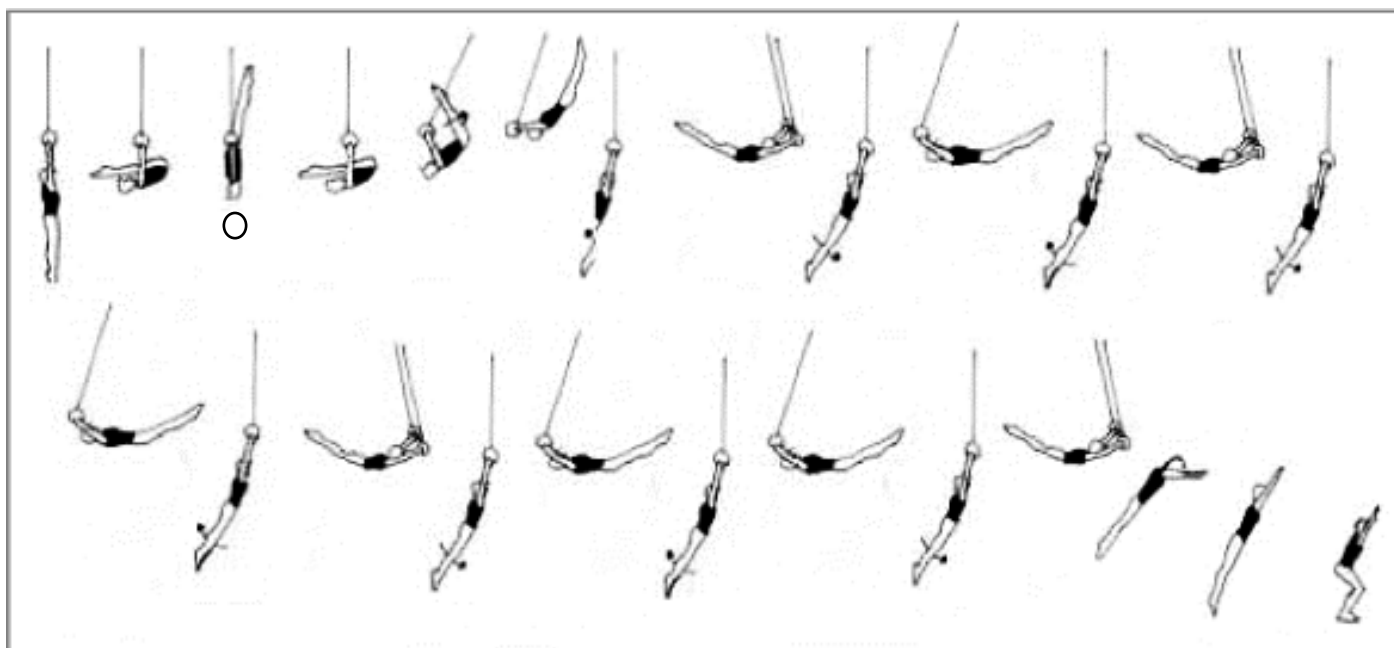


Leinkja til videofil: <https://www.youtube.com/watch?v=WT-wSVhcltg>

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – POMMEL HORSE

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. Double leg circle on mushroom passing through support.	2.0	• Usual Errors 0.1 - 0.3
2. Double leg circle on mushroom passing through support	2.0	• Usual Errors 0.1 - 0.3
3. Double leg circle on mushroom passing through support	2.0	• Usual Errors 0.1 - 0.3
4. Double leg circle on mushroom passing through support.	2.0	• Usual Errors 0.1 - 0.3
5. Double leg circle on mushroom finishing in support	2.0	• Usual Errors 0.1 - 0.3
	Total 10.0	
• The gymnast must demonstrate these skills on a mushroom. • A deduction of 0.5 will be taken for each fall between circles.		

Ringar (rings):

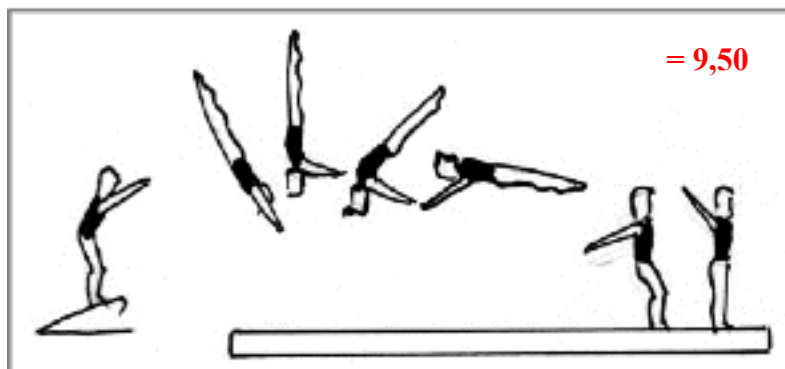
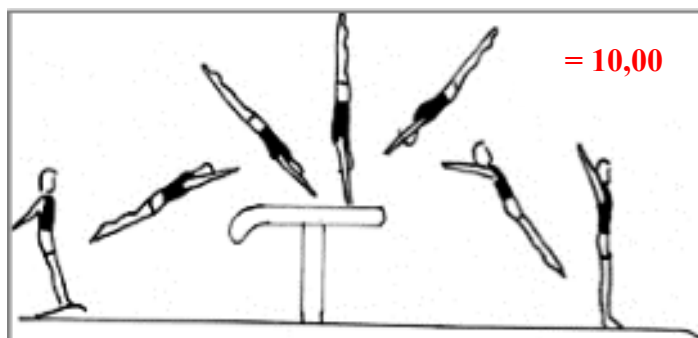
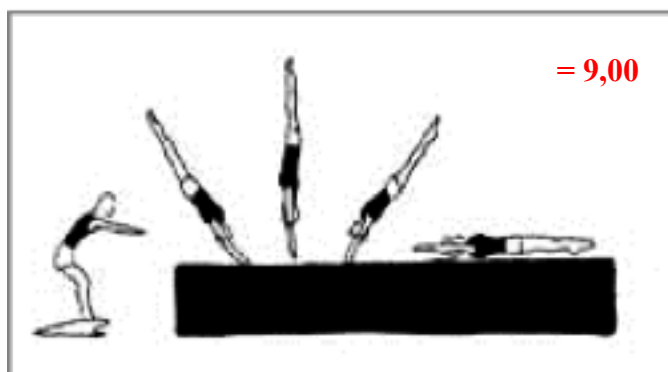


Leinkja til videofil: <http://youtu.be/HWe5H8PIZSI>

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – RINGS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From hang lift body up to piked inverted hang (hold 2 sec)	0.5	- Held 1-2 sec 0.1 - Held 1 sec 0.2 - Not held 0.3
2. Stretch body up to straight inverted hang (body slightly arched). Hold 2 sec.	1.0	- Rings turned in 0.3 - Held 1-2 sec 0.1 - Held 1 sec 0.2 - Not held 0.3
3. Pike down fast and open forward to downward swing	1.5 (0.5) (1.0)	- Bent legs 0.1 – 0.3 - Body not open in downward swing 0.3
4. 3 swings forward and backwards. Body should be at horizontal beginning with first forward swing. (hips at ring height)	6.0 (2.0) (2.0) (2.0)	- Insufficient height 0.1 - 0.3 - Poor rhythm 0.1 - 0.3
5. Dismount by dropping off at the end of the 4 th back swing.	1.0	Usual deductions 0.1 - 0.3
	Total 10.0	

Lop (vault):



Piltarnir skulu velja eitt av lopunum!

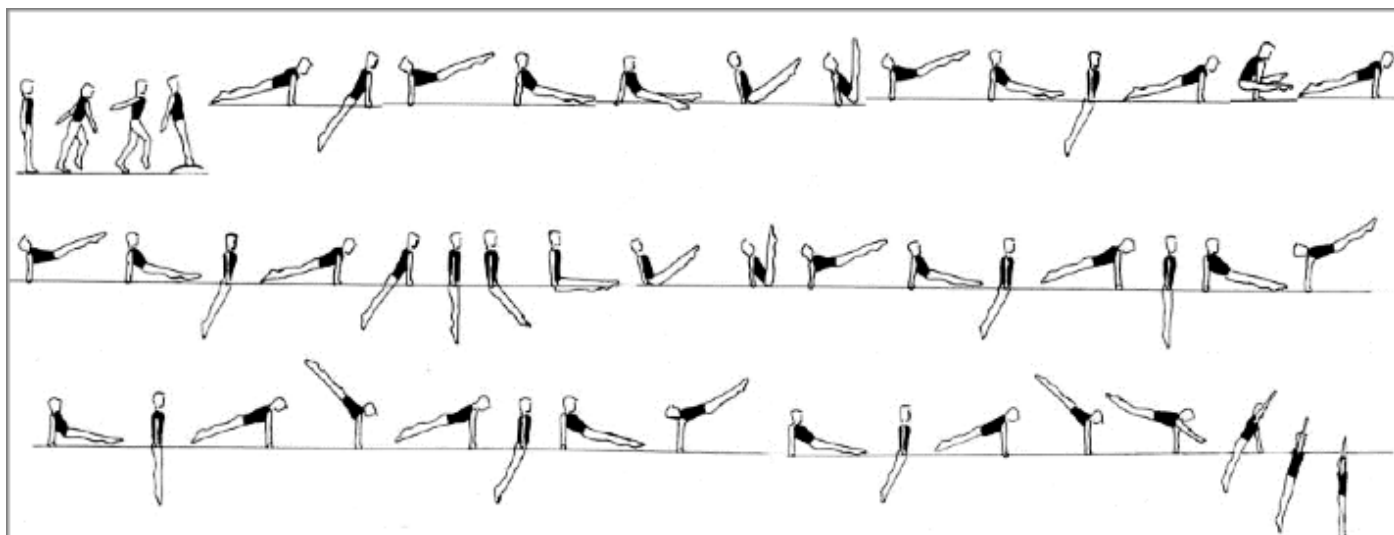
Leinkja til videofil: <http://youtu.be/6mog2eGGVeM>
<https://www.youtube.com/watch?v=cvn92vsyNVM>

CLASS 1 –Participation Stream (8+) or High Performance Stream (8-9) –VAULT (2 choices)

ERRORS	DEDUCTION	ERRORS	DEDUCTION
All ages have the option to compete one of the above two vaults.			
1. From run, hurdle onto vault board and jump from 2 feet to hands with straight body and fall to back on a soft mat of 80 cm height.		2. Salto forward stretched from a vaulting board	
- Arms bent - Handstand pressed - Small pike in body - Large pike in body - Excessive Pike (90° or more) - Body tucked	0.1 – 0.3 0.1 – 0.3 0.1 – 0.3 0.5 1.0 5.0 = 9,00	- Small pike in body - Large pike in body - Excessive Pike (90° or more) - Body tucked	0.1 - 0.3 0.5 1.0 5.0 = 9,50
A 2 nd attempt is permitted, but with 1.0 deduction			

ERRORS	DEDUCTION
All ages have the option to con	
1. Handspring to land on feet over Vault table.	
- Arms bent - Small pike in body - Large pike in body - Excessive Pike (90° or more) - Body tucked	0.1 – 0.3 0.1 - 0.3 0.5 1.0 5.0 = 10,00

Parallel barr (parallel bars):



Leinkja til videofil: <https://www.youtube.com/watch?v=krhLWMIcnww>

CLASS 2-Participation Stream(10+) or High Performance Stream (10-11)-PARALLEL BARS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From run jump to long hang swing forward, swing backward.	1.0 (0.5) (0.5)	Usual Errors 0.1-0.3
2. Swing forward and swing backward to under arm position	1.5 (0.5) (1.0)	Bent legs in uprise 0.1-0.3
3. Swing forward to inverted pike position, hips above the bar 2 sec hold	1.3 (0.3) (1.2)	- Hips below bar 0.1-0.3 - Bent legs 0.1-0.3 - Insufficient hold 0.1-0.3
4. Extend body up and forward and swing back to uprise to front support	1.5 (0.5) (1.0)	Usual Errors 0.1-0.3
5. Swing forward to L sit 2 sec	1.0	- Usual Errors 0.1-0.3 - Insufficient hold 0.1-0.3
6. Lift legs up to momentary V sit (90°) and extend hips forward to backward swing. **V sit below 90° will be valued at 0.6. Must be held long enough to have demonstrated control of the element.	1.5 (1.2)** (0.3)	- Legs between 45° and 90° 0.1-0.3 - Bent arms 0.1-0.3 - Bent knees 0.1-0.3
7. Swing forward swing backward to momentary handstand and swing forward to stutz dismount (1/2 turn over one bar – either side) with hips above horizontal	2.0 (0.3) (1.0) (0.7) Total 10.0	- HS below 45° 0.5 - HS Between 45°-90° 0.1-0.3 - Hips below horizontal 0.5

Rekk (high bar):



Leinkja til videofil: <https://www.youtube.com/watch?v=0EveJliZy5M>

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward	0.7	Body must reach >45° above the bar 0.1 – 0.3
2. Back uprise to support	2.0	Feet below the bar 0.1 – 0.3
3. To immediate back hip circle to under swing cast extend body forward	1.8 (1.0) (0.4) (0.4)	- Body below 45° 0.1 – 0.3 - Piked body 0.1 – 0.3 - Legs tucked 0.5
4. Swing backwards, swing forwards	1.0 (0.5) (0.5)	- Feet below bar in back 0.1 – 0.3 - Hips below bar in front 0.1 – 0.3
5. Swing backwards, swing forward with ½ and switch grip to both hands in overgrip (one hand at a time)	1.5 (0.5) (1.0)	- Feet below bar in back 0.1 – 0.3 - Hips below bar at end of ½ turn 0.1 – 0.3
6. Swing forward	-	
7. Kip to support	2.0	- Excessive bent arms 0.1 – 0.3 - Assistance on kip 0.5
8. Underswing to swing backward; swing forward with ½ turn to two hand mixed grip and drop off dismount	1.0 (0.5) (0.5)	Usual deductions 0.1 – 0.3
Total 10.0		