

# 2010 Rules for the Nordic Championships for boys under 16 and under 14 years

Updated after common decision made in Leipzig 05.12.2008, dated 12.12.08

Revised after discussion between the Nordic NF **25.02.2010**

**COP 2009 -2012** to be used with the following changes:

## 1. Difficulty values for elements:

**L** = 0.0 (Salto dismount, listed)

**A** = 0.1

**B** = 0.3

**C** = 0.5

**D, E or F** = 0.8

## 2. Rule regarding short exercises:

<b>Number of elements</b>	<b>E-value</b>
<b>7-8</b>	<i>10,00</i>
<b>6</b>	<i>8,00</i>
<b>5</b>	<i>7,00</i>
<b>4</b>	<i>6,00</i>
<b>3</b>	<i>3,00</i>
<b>2</b>	<i>0,00</i>
<b>1</b>	<i>0,00</i>
<b>0</b>	<i>0,00</i>

## 3. Dismounts:

**L** = 0.0

**A** = 0.0

**B** = 0.3

**C, D, E or F** = 0.5

If **no** dismount is performed, an E-deduction will be applied

**No** dismount = 1,0 (= to fall)

## 4. Rule regarding group values:

1. Group value elements do not need to be inside the 8 counting elements to be give value
2. There is no restriction regarding number of elements from the same group inside the 8 counting elements

## 6. Special rules for each apparatus:

### 6.1. Floor Exercise

No special rules

### 6.2. Pommel Horse

1. Circles in side support on the pommels and in side support with one arm on the pommel and one arm on the leather are two different **A**-elements.
2. Half front scissor = **A**
3. Kehr (IV1) to dismount = **A**
4. Czechkehr (IV44) to dismount = **B**

### 6.3. Rings

1. Salto fwd. tucked = **L**
2. Salto bwd. tucked = **L**
3. Felge upward to h.st. with bent arms = **B**
4. Uprise bwd. to h.st. with bent arms = **B**
5. Dislocate with shoulders above ring height = **B**
6. Inlocate with shoulders above ring height = **B**

#### 7. Evaluation of swing to handstand:

Swing to handstand with stretched arms = C

Swing to handstand with bent arms

(slight, strong or extreme) = B, and no E-deduction for bent arms)

8. A recognized h.st element (2s), receive an additional Special Requirement worth **+0,5 point**

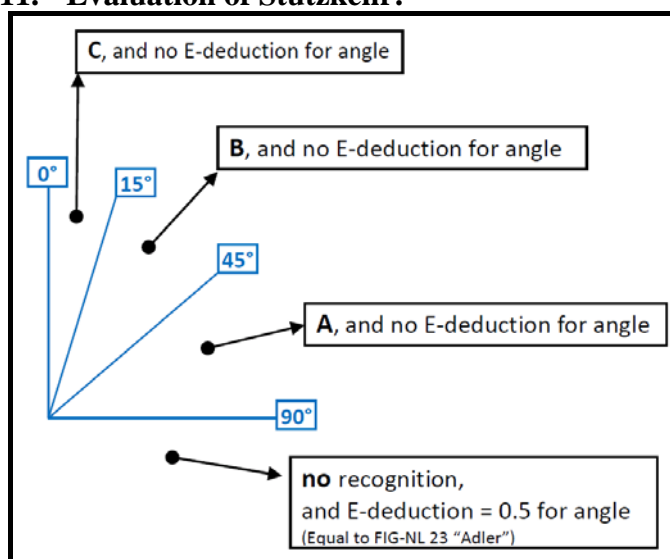
### 6.4. Vault

1. Vault finales  
Vault finals and qualification for vault finales according to CoP 2009.
2. Rule regarding height of the horse in vault:  
The height of the horse can be chosen by the gymnast between a minimum of 125 cm and a maximum of 135 cm.

## 6.5. Parallel Bars

1. Salto fwd. tucked to dismount = **L**
2. Salto bwd. tucked to dismount = **L**
3. Stutzkehr fwd. above 45 deg. = **B**
4. Stutzkehr fwd. above horizontal = **A** (E-deduction only for a Stutzkehr below horizontal)
5. Half Diamidov to one bar, turn in= **B**
6. Basket above horizontal to upper arm hang = **A**
7. Basket above horizontal to support or L-support = **B**  
(E-deduction only for a Basket below horizontal)
8. Basket to h.st with bent arm = **C** (no E-deduction for bent arms)
9. Moy to upper arm hang = **A**
10. Press with bent arms to handstand = **A**

## 11. Evaluation of Stutzkehr:



## 6.6. Horizontal Bar

1. Salto bwd. in tucked pos. = **L**
2. Salto fwd. in tucked pos. = **L**