



Adult Open Competition 2025 Men’s Artistic Handbook

Entry Instructions

All entries for this competition are made via our website: www.react-club.com. You can find the entry form under the ‘competition registration’ tab. An online handbook for all disciplines can also be found on our website under this tab.

Categories

Categories will be divided into ability levels: novice and intermediate.

Please note this is only a 4-piece Men’s competition. Floor, Rings, Vault & H-Bar.

Competitors are required to enter the correct level according to their age and ability level.

Age Bonus:

A competitor’s age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score

Age	18-22	23-25	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52	53-55	56-58
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2

Age	59-61	62-64	65-67	68-70	71-73	74-76	77-79	80
Age bonus	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

Categories – Ability Levels

Novice

Floor

Total score = E score + D score + Age bonus
7 highest elements + dismount

Floor routines must not exceed 70 seconds.

1. Forward acro element
2. Backwards acro element
3. Non-acrobatic element
4. Dismount (must be different a different acro element)

Only one somersault in tucked position permitted at this level.

Rings

Total score = E score + D score + Age bonus
7 highest elements + dismount

1. Strength position
2. Swing element
3. Held position
4. Dismount

Vault

Table vault 115, 120 or 125cm, 1x springboard (choice of 4 or 7 springs)

Total score = E score + D score + Age bonus

Squat/straddle on D score: 1.0

Squat through/straddle over D score: 2.5

Handspring or ½ on with repulsion off D score: 3.0

H-Bar

Total score = E score + D score + Age bonus
7 highest elements + dismount

1. Close bar element
2. One grip change
3. Long hang swing
4. Dismount

Intermediate

Floor

Total score = E score + D score + Age bonus
7 highest elements + dismount

Floor routines must not exceed 70 seconds.

1. Forward acro element
2. Backwards acro element
3. Non-acrobatic element
4. Dismount (must be different a different acro element)

No more than a 1/1 twist or double somersaults permitted at this level.

Rings

Total score = E score + D score + Age bonus
7 highest elements + dismount

1. Strength position
2. Swing element
3. Held position
4. Dismount

No more than B level elements permitted at this level.

Vault

Table vault 115, 120 or 125cm, 1x springboard (4 or 7 springs)

Total score = E score + D score + Age bonus

Squat/straddle on D score: 1.0

Squat through/straddle over D score: 2.5

Handspring or ½ on with repulsion off D score: 3.0

½ on ½ off D score: 3.5

Handspring / ½ on full off D score: 4.0

No vaults with somersault are permitted at this level.

H-Bar

Total score = E score + D score + Age bonus
7 highest elements + dismount

1. Close bar element
2. One grip change
3. Long hang swing
4. Dismount

No more than B level elements permitted at this level.

