

2024 Houston National Invitational

Men's Open Team Cup Rules

Competition Rules

- FIG Rules will apply with the mating exceptions listed below.
- Junior FIG for USA Level 9 & 10 Athletes.
- Floor Exercise will be timed.
- Athletes 18 years of age as of 2024 may compete either FIG or Junior FIG. Coaches must designate these athletes with an email to hni_meetdirector@yahoo.com.

Matting

Floor: Up to 10 cm (4") may be used for landings.

Rings: 30 cm (12") is required with an additional 20cm (8") permitted.

Vault: 30 cm (12") is required with an additional 20 cm (8") permitted.

P-Bars: 20 cm (8") is required with an additional 20 cm (8") permitted.

H-Bar: 30 cm (12") is required with an additional 20 cm (8") permitted.

HB Matting for Tall Gymnasts

- The 30 cm (12") FIG mat requirement is still required for the tall athlete.
- The athlete may raise the bar ONE NOTCH (4").
- The raised bar MUST remain in place for the entire competition in both the warmup and competition gyms.
- Once the bar is raised, the base mat minimum now becomes 40 cm or 4" + 8" + 4" for EVERY athlete.
- The tall gymnast then removes the additional 10 cm (4") which retains the minimum 30 cm (12") mat requirement while giving him an additional 10 cm (4") of height.
- Please notify the meet director during general stretch so that coaches and judges may be notified promptly.

Additional Matting for the Raised Bar

- An additional 20 cm (8") of matting is still permitted for use with all gymnasts. To be clear, this 20 cm (8") of matting can be used on top of the 40 cm (16") of mat required when the HB is raised.

Mark Sherman

Director of Officials