



## **GYMNASTICS (RHYTHMIC)** *Technical Guidelines & Ground Rules*

### **GENERAL RULES**

The *Federation Internationale de Gymnastique* (FIG) Code of Points 2017-2020, Updated Version valid from 1st of February 2018 will be used in the **Palarong Pambansa 2019** Rhythmic Gymnastics competition in consonance with the FIG Appendix to the COP, Technical Regulations, Statutes and Apparatus Norms. The Elementary level will observe the GAP RG Age Group Program 2017-2020 Pre-Junior Category while the Secondary level will observe the FIG Junior Category.

*Provision: all updates, errata, newsletters, and the like that are released by the FIG will be adapted as they are announced in effect.*

### **I. COMPETITION PROGRAM FOR RGI**

The program for RG Individual Exercises (2019-2020) are as follows:

#### **ELEMENTARY LEVEL – PRE-JUNIOR CATEGORY (3 GYMNASTS)**

<b>PALARO 2019-2020</b>	FREEHAND	ROPE	BALL	RIBBON
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#### **SECONDARY LEVEL – FIG JUNIOR CATEGORY (3 GYMNASTS)**

<b>PALARO 2019-2020</b>	ROPE	BALL	CLUBS	RIBBON
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### **II. GENERALITIES**

#### **A. Length of Exercise**

- Each exercise/routine must run at a minimum of 75 seconds and a maximum of 90 seconds (1:15-1:30)
- The stopwatch will start as soon as the gymnast begins to move and will be stopped as soon as the gymnast is totally motionless.
  - *Penalty: (Coordinator Judge) 0.05 point will be deducted for every missing /additional second*

#### **B. Music**

- All the exercises/routines have to be performed in their totality with a musical accompaniment. The music must be unified and complete.
- The music can be interpreted by one or several instruments, including the voice used as an instrument.
- Musical accompaniment of voice with words/lyrics may be used for maximum TWO exercises/routines per gymnast in respect to ethics.
  - *Penalty: (Coordinator Judge): 1.00 point for each exercise over the limit.*
- Each piece of music must be recorded on a single, high-quality CD or in 1 new USB flash disk for the whole region/team with only the RG music as its content. USB with detected virus upon checking will not be accepted.
- If the Coach opt to use CD, the CD should be marked with following information:
  - ✓ Level (Example: Elementary)
  - ✓ Name of Gymnast (Example: Andrea Bonifacio)
  - ✓ Region (Example: Region IV-B)
  - ✓ Apparatus (Example: Rope)
- If the Coach opt to use USB flask disk, music files must be in mp3 format and it should be marked and arranged as:
  - ✓ Region and Level using a masking tape

*(Example: Region IV-B/ Elementary)*

- ✓ The music of gymnasts are arranged in folder (apparatus)  
*(Example: Folder 1–Rope)*
- ✓ In each apparatus/event folder, each music is named per gymnast  
*(Example: Rope–Andrea Bonifacio)*

- A sound signal may start before the music.

### **C. Dress/Attire of Gymnasts**

- A correct RG leotard must be in non-transparent materials; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest)
- The neckline of the front and back of the leotard must no further down than half of the sternum and the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum), undergarments worn beneath the leotards should not be visible beyond the seams of the leotard itself.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body; however, decorative applications are allowed as long as they do not jeopardize the safety of the gymnast.
- It is allowed to wear: long tights over/under the leotards, a one-piece tight-fitting unitard, a skirt that does not fall further than the pelvic area, the style of the skirt is free.
- Bandages and support pieces cannot be in colors and must be of skin color.
  - *Penalty (Coordinator Judge): 0.30 point deduction if any of the above is violated.*

### **D. Apparatus**

Although gymnasts are encouraged to use apparatus with standard dimensions set by the FIG, the Gymnastics Association of the Philippines (GAP) Technical Committee, and the DepEd *Palarong Pambansa*, in consideration of the gymnasts' physical and psychomotor level of development, would allow gymnasts to use apparatus with the following dimensions in **ELEMENTARY** Level competitions:

- *Rope length:* based on the gymnasts' height (optional)
- *Hoop dimensions:* 700 - 800 mm diameter, 300g minimum
- *Ball dimensions:* 160 - 180 mm diameter, 300 g minimum
- *Clubs dimensions:* 300 – 400 mm
  - *Weight: 150 g. min. / Shape: Bottle shape / Diameter of the head: 30 mm max.*
  - *Elementary (developmental/pre-junior) gymnasts are allowed to use smaller than junior sized clubs*
- *Ribbon length – 4 meters* in length, with 1 meter fold at the end attached to the stick.

For **SECONDARY** level competitions, the use of apparatus which complies with the standard dimensions set by the FIG in Junior International competitions is required, including the ribbon length (which needs to be 5 meters according to FIG Junior Regulations).

- *Penalty: (Coordinator Judge) 0.50 pts for the use of non-conforming apparatus.*

### E. Entry and Discipline

- Each region/team shall compose of three gymnasts representing the entire level (Elementary/ Secondary)
  - All gymnasts/coaches should be present in the competition area especially once their presence is needed.
  - It is forbidden to warm-up in the competition hall
  - Individual gymnasts must enter the floor area with rapid marching without musical accompaniment and establish the start position immediately.
  - During the actual performance of the exercise/routine, the coach of the performing gymnast or any other member of their delegation may NOT communicate with the gymnast, the music custodian or the judges in any manner.
- *Penalty: (Coordinator Judge) 0.50 pts if any of the rules mentioned above is not met.*

### III. COMPETITION REQUIREMENTS

#### A. Elementary Level – Pre-Junior Category

1. The Individual Difficulty score for exercises with Apparatus is **5.50 points maximum**.
2. Requirements for Difficulty for **exercises with Apparatus** are:

Difficulty components connected with Apparatus Technical Elements	Body Difficulty Jump/Leaps- Min.1 Balances-Min.1 Rotations- Min.1	Dance Steps Combination	Dynamic Elements with Rotation	Apparatus Difficulty	Body Waves
Symbol	BD Min. 3;6 BD Highest Count	S Min. 2; Max. 4	R Min. 1 Max. 2	AD No Min. Max 3	§ Min. 1; Max. 2
Body Difficulty Groups	Value = 0.10 – 0.40 only	Value = 0.30 each	Value = 0.40 max. each	Value = 0.30 fixed	Value = 0.10 each

3. The Individual Difficulty score for Freehand exercise is **5.10 points maximum**.
4. Requirements for Difficulty on **Freehand exercise** are:

Difficulty components connected with Apparatus Technical Elements	Body Difficulty Jump/Leaps-Min.1 Balances-Min.1 Rotations-Min.1	Dance Steps Combination	Series of Pre-Acrobatic Element	Body Waves
Symbol	BD Min. 3;6 BD Highest Count	S Min. 2; Max. 4	R Min. 2; Max. 3	§ Min. 2; Max. 3
Body Difficulty Groups	Value = 0.10 – 0.40 only	Value = 0.30 each	Value = 0.40 max. each series	Value = 0.10 each

## 5. **Elementary: Pre-Junior Routine Requirement Explanations:**

### Body Difficulties (BD)

- For Pre- Junior Category, required base value is minimum of 0.10 and maximum of 0.40 points.

### Body Waves (§)

- Each Body Waves is equivalent to 0.10 points.
- Repetition of the same Body Waves is not valid (no penalty).
- There must be variety of body waves in an exercise; forward, sideward, backward, standing, on-the-floor, etc.

### Dynamic Element with Rotation (R)

- Minimum 1 / Maximum 2 R in an exercise
- R will only be valid if all the three basic requirements are met:
  - ✓ Medium-large throw
  - ✓ Two base complete body rotations (max. 2 rotations per R only) (without interruption, around any axis, with or without passing the floor)
  - ✓ Catch of the Apparatus
- It has a base value of = 0.20 points to a maximum of 0.40 points only (a criteria may be used either on the throw, rotation, and/or catch of the apparatus) any criteria exceeding above 0.40 points will not be valid, no penalty.

### Apparatus Difficulty (AD)

- No Minimum / Maximum 3 AD per exercise
- Should be a particularly technically difficult synchronization between apparatus and body consisting of a minimum 1 base + minimum 2 criteria OR 2 bases + 1 criteria
- AD should be interesting and innovative (not performed on a regular basis, not commonly performed by gymnasts)
- It must be performed Isolated in the exercise (it is NOT within the S or during a BD)
- It has a fixed value of 0.30.

### Series of Pre-Acrobatic Elements

- 1 series is composed of minimum of 2 and maximum of 3 identical and/or different Pre-Acrobatic elements
  - Example (identical): (2 consecutive forward rolls) = 0.20 (valid)  
(3 consecutive forward rolls) = 0.30 (valid)  
(4 consecutive forward rolls) = 0.30 only (valid/no penalty)  
Why? Maximum of 3 PA's only
  - Example (different): (1 front walkover + 2 forward rolls) = 0.40 (valid)  
Why? 3 different PA's + Change of Level  
(1 back walkover + 1 backward roll + 1 fish flop) = 0.40 (valid)  
Why? 3 different PA's + Change of Level
- A prohibited element is not allowed.
- No repetition of same pre-acrobatic elements in another series.

## **B. Secondary Level – FIG Junior Category**

1. The Individual Difficulty score has no limit.
2. Requirements for Difficulty:

Difficulty components connected with Apparatus Technical Elements	Body Difficulty	Dance Steps Combination	Dynamic Elements with Rotation	Apparatus Difficulty
Symbol	BD Minimum 3 7 BD highest count	S Minimum 2	R Minimum 1 Maximum 4	AD No minimum / maximum
Body Difficulty Groups	Jump/Leaps- Min. 1 Balances-Min. 1 Rotation-Min. 1	Value = 0.30	Base Value = 0.20	Value = 0.20/0.30/0.40

3. The Technical Committee does not recommend BD on the knee for junior gymnasts.
4. All general norms for Senior Individual Difficulty are also valid for junior individual.
5. The non-dominant hand must be used to perform a Fundamental or Non-Fundamental Apparatus Technical element during 2 BD (Ball and Ribbon).
6. Difficulty score (D): The D-Judges evaluate the Difficulties, applies the partial score and deducts possible penalties, respectively:

6.1. Penalties by D-judges (D1 and D2)

Difficulty	Minimum/Maximum	Penalty 0.30
Body Difficulties	Minimum 3 7 BD highest count	Less than 1 Difficulty of each Body Group ( $\wedge, T, \circ$ ); penalty for each missing Difficulty  Less than 3 BD performed  Less than 2 BD with handling using the non-dominant hand
"Slow turn" balance	Maximum 1	More than 1
Dance Steps Combinations	Minimum 2	Less than 2

6.2. Penalties by D-judges (D3 and D4)

Difficulty	Minimum/Maximum	Penalty 0.30
Dynamic Elements with Rotation	Minimum 1	Missing minimum 1

7. **Individual Execution:** All general norms for execution for Senior Individual exercise are also valid for Junior Individual exercise.

➤ **Explanation for FIG Junior APPARATUS DIFFICULTY:**

**Definition of AD:**

- A particularly technically difficult synchronization between apparatus and body consisting of a minimum 1 Base + a minimum 2 criteria or 2 Bases+ 1 criteria **-or-**
- An interesting or innovative use of the apparatus (not performed on a regular basis as standard apparatus movements for RG) consisting of a minimum 1 Base + a minimum 2 criteria or 2 Bases + 1 criteria

**AD may be performed:**

- Isolated
- During **BD**: the apparatus base will validate the **BD**
- During **S** - maximum **1 AD** (without pre-acrobatic element(s) or illusion(s))

**Each AD must be different;** an identical repetition is not valid (**no penalty**)

**AD Requirements**

- Each Individual exercise must have minimum **1 AD**.
- **AD** elements will be valid when the defined requirements for the Base and Criteria are met.
- **AD** elements will not be valid with:
  - ✓ A Base or criteria not performed according to its definition
  - ✓ Total loss of balance with Fall
  - ✓ Major alteration of the basic technique of the apparatus (technical fault of 0.30 or more)
  - ✓ Repetition of Pre-acrobatic elements

**Value of AD:**

- Each Base is a Fundamental or Non-Fundamental Apparatus Technical element (COP #3.3; #3.4) and has a value of 0.00. The Base and Criteria must be performed according to the definitions listed in the technical explanations.
- The Base coordinated with a minimum 2 Criteria has a value of 0.20, 0.30, or 0.4.

Apparatus Base (Fundamental or Non-Fundamental Apparatus Group)	0.20
Specific Apparatus Bases: <ul style="list-style-type: none"> <li>• Roll over a minimum of 2 large body segments</li> <li>• Small throw and catch of 2 unlocked clubs</li> <li>• Large throw</li> <li>• Transmission without the help of the hands with at least 2 different body parts (not the hands)</li> </ul>	0.30
Catch or rebound from the floor or a part of the body from a Large Throw ↓	0.40

**IV. JURY COMPOSITION**

- Judges' Panel
 

Each jury will consist of 2 groups of judges: **D-** Panel (**Difficulty**), and **E-** Panel (**Execution**).
- Composition of the Panels
 

**Difficulty Judges` Panel (D):** 4 judges, divided into 2 subgroups  
     The first (**D**) subgroup - 2 judges (**D1** and **D2**)  
     The second (**D**) subgroup - 2 judges (**D3** and **D4**)

**Execution Judges` Panel (E):** 6 judges, divided into 2 subgroups  
     The first (**E**) subgroup -2 judges (**E1, E2**): Evaluate Artistic faults  
     The second (**E**) subgroup - 4 judges (**E3, E4, E5, E6**): Evaluate Technical faults
- Modifications to the Judges' Panels are possible for other international competitions and for national and local competitions (4 Difficulty Judges and 4 Execution Judges).

**V. FUNCTIONS OF EACH JURY/PANEL**

- **Functions of the D- Panel**
  - a. **The first subgroup of D- Panel Judges (D1 and D2)** records the content of the exercise in symbol notation: evaluates the number and technical value of Body Difficulties (**BD**), number and value of Dance Steps Combinations (**S**); **D1** and **D2** judges evaluate the entire exercise independently and then jointly determine the partial D-score content (One Single common score).

- b. **The second subgroup of D- Panel Judges (D3 and D4)** records the content of the exercise in symbol notation:  
evaluates the number and technical value of Pre-Acrobatic Element Series/Dynamic Elements with Rotation (**R**) and the number and technical value of the Apparatus Difficulty (**AD**) and Body Waves (**§**); **D3** and **D4** judges evaluate the entire exercise independently and then jointly determine the partial D-score content (One Single common score).
- Brief discussion in each subgroup is allowed if needed; in case of disagreement between the judges, the Superior Jury/Tournament Director will be consulted.
- **The Final D- score** will be the sum of the two partial D-scores.
- **The D1 judge(s) of the D-Panel Jury is the Coordinator Judge.** This judge will apply the penalties for leaving the floor area, timing of the exercises, and all the other penalties indicated in the table of penalties for Coordinator Judge.
- The Superior Jury/Tournament Director must confirm the penalties given by the Coordinator Judge (D1).
- **Functions of the E- Panel:** must evaluate the faults and apply the corresponding deductions correctly.
  - a. **The first (E) subgroup - 2 judges (E1, E2)** evaluates the Artistic component independently and then jointly determines the Artistic penalties (one single common score). Discussion in subgroup is allowed if needed; in case of disagreement between E1 and E2, the counsel of the Superior Jury/Tournament Director must be solicited.
  - b. **The second (E) subgroup - 4 judges (E3, E4, E5, E6)** evaluates the Technical faults by deduction, determining the total deduction independently and without consulting the other judges (Average of the 2 middle scores).
  - c. Artistic and Technical deductions are entered separately for the final Execution score. The **E-score** deductions will be the sum of the two partial **E-score** deductions.
  - d. **The Final E- Score:** Sum of the Artistic and Technical deductions are subtracted from 10.00 points.
- The final score of an exercise will be established by the addition of the D-score and E-score.

**VI. GENERAL NOTES: APPLICABLE FOR BOTH ELEMENTARY AND SECONDARY LEVELS**

- All coaches must be updated and abreast with the latest trends in Rhythmic Gymnastics
- Coaches may visit FIG website for more updates and details at [www.FIG-gymnastics.com](http://www.FIG-gymnastics.com)
- The general Difficulty and Execution norms for Individual Senior and Junior Exercises are also valid for individual Pre-Junior and Developmental Exercises.
- FIG NEW RULES will automatically **be applied** WITHOUT FURTHER NOTICE as deemed official and applicable by FIG RG TC.

**VII. AWARDS**

LEVEL	CATEGORY	COMPETITION/ EVENT	AWARDS		
			FIRST PLACE	SECOND PLACE	THIRD PLACE
<b>E L E M</b>		INDIVIDUAL- ALL-AROUND	FIRST PLACE - 1 GOLD	SECOND PLACE - 1 SILVER	THIRD PLACE - 1 BRONZE
		A.F. - FREEHAND	FIRST PLACE - 1 GOLD	SECOND PLACE - 1 SILVER	THIRD PLACE - 1 BRONZE
		A.F. - ROPE	FIRST PLACE - 1 GOLD	SECOND PLACE - 1 SILVER	THIRD PLACE - 1 BRONZE

<b>E N T A R Y</b>		A.F. – BALL	FIRST PLACE – 1 GOLD	SECOND PLACE – 1 SILVER	THIRD PLACE – 1 BRONZE
		A.F. – RIBBON	FIRST PLACE – 1 GOLD	SECOND PLACE – 1 SILVER	THIRD PLACE – 1 BRONZE
	<i>COMBINED IAA SCORES</i>	TEAM CHAMPIONSHIP	FIRST PLACE – 3 GOLDS	SECOND PLACE – 3 SILVERS	THIRD PLACE – 3 BRONZES
<b>TOTAL MEDALS AT STAKE</b>			<b>8 GOLD MEDALS</b>	<b>8 SILVER MEDALS</b>	<b>8 BRONZE MEDALS</b>

<b>LEVEL</b>	<b>CATEGORY</b>	<b>COMPETITION/ EVENT</b>	<b>AWARDS</b>		
<b>S E C O N D A R Y</b>	<i>FIG JUNIOR (3)</i>	INDIVIDUAL- ALL-AROUND	FIRST PLACE – 1 GOLD	SECOND PLACE – 1 SILVER	THIRD PLACE – 1 BRONZE
		A.F. – ROPE	FIRST PLACE – 1 GOLD	SECOND PLACE – 1 SILVER	THIRD PLACE – 1 BRONZE
		A.F. – BALL	FIRST PLACE – 1 GOLD	SECOND PLACE – 1 SILVER	THIRD PLACE – 1 BRONZE
		A.F. – CLUBS	FIRST PLACE – 1 GOLD	SECOND PLACE – 1 SILVER	THIRD PLACE – 1 BRONZE
		A.F. – RIBBON	FIRST PLACE – 1 GOLD	SECOND PLACE – 1 SILVER	THIRD PLACE – 1 BRONZE
	<i>COMBINED IAA SCORES</i>	TEAM CHAMPIONSHIP	FIRST PLACE – 3 GOLDS	SECOND PLACE – 3 SILVERS	THIRD PLACE – 3 BRONZES
<b>TOTAL MEDALS AT STAKE</b>			<b>8 GOLD MEDALS</b>	<b>8 SILVER MEDALS</b>	<b>8 BRONZE MEDALS</b>



## **GROUND RULES**

### **GYMNAST PARTICIPATION**

1. No gymnast can compete in more than one discipline.
2. Drawing of lots to determine the Order of Performance is done during the Solidarity Meeting of Coaches and Technical Officials.
3. Music of the gymnasts may be submitted in two formats: a) CD format, one music per CD, and properly labeled CD, or b) USB flask disk format (mp3), properly arranged in folder, arranged per apparatus. Music must be submitted during the Solidarity Meeting. (*sample labels are on the Technical Guidelines*)

### **QUERIES**

1. Verification of scores must be done only by the Official Coach (appearing in the Gallery of Athletes) in writing and submitted right after the announcement/flashing of the gymnast's score. This should be addressed only to the Tournament Manager.
2. Validity of the scores (*FIG Technical Regulations, Section 1, Art. 8.3*) – in cases where the scores announced/flashed differs from what is in the official computer tabulation of the Judge Secretary, the scores registered in the computer of the Judge Secretary prevails.
3. Inquiries of the score (*FIG Technical Regulations, Section 1, Art. 8.4*) – inquiries on the Difficulty Score is allowed, however, inquiries on the execution score is not allowed.
4. Submission of Queries (written) should be **within 15 minutes** right after the score is announced/flashed. Late inquiries will not be entertained. A coach is not allowed to complain against a gymnast from another region/team.

### **TIE-BREAKING**

1. All-Around Finals: combined 3 gymnasts ,4 apparatus - (*FIG Technical Regulations, Section 3, Art. 3.4*)
2. Team Competition: combined 12 exercises - (*FIG Technical Regulations, Section 3, Art. 3.4*)
3. Apparatus/Event Finals - (*FIG Technical Regulations, Section 3, Art. 3.4*)

### **INDIVIDUAL ALL AROUND**

- All team members shall be ranked. The gymnast garnering the highest total score in all apparatus/events will be the Individual All-Around Champion per category.
- There will be IAA Champions per category:
  - Elementary IAA – 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup>
  - Secondary IAA – 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup>
- If by chance a region places first, second and third in the all-around scores , the region will be awarded gold, silver and bronze medals respectively.
- In cases of ties, FIG Rules for tie-breaking will be observed.

### **APPARATUS FINALS**

- Eight finalists, per event in each category will make it to the Apparatus/Event Finals with a maximum of two gymnasts from each region/team in the case of ( Elementary and Secondary only).
- Two alternates (ninth and tenth place) will standby in case any of the top eight finalists becomes injured or sick and will be unable to compete.

### **SUBSTITUTION**

- In the case of Apparatus/Event Finals, substitution must be done 24 hours prior to the competition through informing the Tournament Manager if any of the top eight finalists for the Apparatus/Event Finals would not be able to compete due to injury/sickness. The rank 9 and 10 who are alternates per apparatus/event are the only ones eligible for the substitution. The alternates, once informed/called upon by the Tournament Director, must be prepared to compete and will work in accordance with the order of the gymnast replaced. (*FIG Technical Regulations Section 3, Art. 5.1.5*).

### **TEAM CHAMPIONSHIP**

- The Team Score will come from the accumulated scores of the 3 gymnasts per level.
  - Elementary Level:  
Elementary – 4 Apparatus/Events (3 Gymnasts)  
**Total: 12 Apparatus/Events**
  - Secondary Level:  
Secondary – 4 Apparatus/Events (3 gymnasts)  
**Total: 12 Apparatus/Events**

### **DISRUPTIVE BEHAVIOR**

- The use of flash when taking pictures/videos is NOT allowed. First offense will be issued a yellow card/warning and second offense will be issued a red card and will be escorted out of the competition venue immediately.
- A coach who is found guilty of harassing or causing trouble during the competition will be issued a red card right away and will be escorted out of the competition venue immediately.

### **APPENDIX TO THE FIG CODE OF POINTS**

- Rules for the use of IRCOS
- Only the Official DepEd RG Palaro Video will be used.
- No video will be entertained from the region/team.
  - In order to avoid the abusive and excessive use of video judging and in order to guarantee the competition runs on schedule, the use of IRCOS is strictly restricted.
  - The IRCOS was NOT introduced to replace the existing judging system by a video judging system.
  - The IRCOS may be used only as a support tool for treating inquiries and in case of impossible scores where applicable

It may also be used for the control and analyses of the judging and education of coaches and judges.