



## **WOMEN'S ARTISTIC GYMNASTICS** *Technical Guidelines & Ground Rules*

### **I. GROUND RULES**

#### **Queries**

- 1) Verification of scores must be done by the Head Coach in writing and submitted right after the announcement of the gymnast's score. This should be addressed only to the Tournament Manager.
- 2) Only queries about the DV Score, review line and time penalties will be entertained. Comparison of scores with the scores of other gymnasts will not also be entertained.
- 3) Submission of Complaints (written) should be within half an hour right after the score is flashed
  - Judges' decision is final. (based on the FIG COP)

#### **Tie Breaking**

- Tie-breaking rules (Competition II) will follow FIG Rules.
  1. The gymnast with the highest sum of final apparatus scores obtained will prevail.
  2. If they remain ties, the highest E score by adding all apparatus will prevail.
  3. If they remain tied, the highest D scores by adding all apparatus will prevail.
  4. If they remain tied, the gymnasts will share the same classification.

#### **Disruptive Behavior of Coach**

A coach who is found guilty of harassing or causing undue trouble *with or without direct impact* on the result/performance of the gymnasts/team will be given the ff. sanctions:

1. Unsportsmanlike conduct, other flagrant and undisciplined behavior.
  - 1<sup>st</sup> time: Yellow card for coach (warning)
  - 2<sup>nd</sup> time: Red Card or removal of coach from competition/training area.
2. Unexcused delay or interruption, speaking to active judges during the competition, speaking directly to gymnasts, give signals, shouts/cheers during the exercise, etc.
  - 1<sup>st</sup> time: -0.50 (from gymnast/team at event) & Yellow card to coach.
  - 1<sup>st</sup> time: -1.00 (from gymnast/team at event) & Yellow card to coach who speaks aggressively to active coaches.
  - 2<sup>nd</sup> time: 1.00 (from gymnast/team at event) & Red card & removal of coach from competition area.
3. Incorrect presence of prescribed persons in inner circle during competition/ and or in the preparation of the apparatus.
  - 1.00 (from gymnast/team at event) & immediate Red card & removal of coach from competition floor.

*(FIG Table of Faults and Penalties shall be followed)*
4. The use of flash when taking pictures is *NOT allowed*.

#### **Gymnast Participation**

1. Gymnast may compete in only 1 discipline of gymnastics.
2. Drawing of lots to determine the Order of Performance is done during the Solidarity Meeting.

3. Music of gymnasts must be submitted (in CD format & properly labeled) to the Tournament Manager during the Solidarity Meeting or at least 24 hours before the competition.

**Apparatus Finals**

Eight finalists, per event will make it to Competition III or the Apparatus Finals. Two alternates (ninth and tenth place) will standby in case any of the top eight will not be able to compete.

A maximum of two (2) gymnasts per region may qualify to compete in Individual Apparatus Finals (Comp. III).

**Substitution:**

The coach of a gymnast who qualified to compete in Comp. III must inform the Tournament Manager 24 hours before the competition if the gymnast will not compete.

**Individual All-Around (Comp. II)**

All team members shall be ranked. The gymnast garnering the highest total score in all events will be the Individual All - Around Champion.

In case three (3) gymnasts from a region places first, second and third in the all-around scores, the region will be awarded gold, silver and bronze medals.

**II. Women's Artistic Gymnastics Technical Guidelines**

<b>Competition Structure</b>				
<b>Cluster</b>	<b>Age</b>	<b>Apparatus</b>	<b>Exercise Routine</b>	<b>Number of Athletes</b>
<b>ELEMENTARY</b>				
1	Ages 7-9	Single Bar Vault Floor Exercise Balance Beam	<i>Cluster 1: FIG Age Group (Compulsory)</i>	1
2	Ages 10 - 12	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 2: FIG Age Group Optional HP3</i>	2
<b>SECONDARY</b>				
3	Ages 13 - 18	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 3: FIG Junior</i>	3

**GENERAL REGULATIONS**  
**(Cluster 1, Cluster 2 & Cluster 3)**

**A. Competition Ages**

The gymnast's age eligibility will be based on her age.

**B. Warm-up and Assistance**

- A spotter / Coach is required for Uneven Bars/Single Bar event for all Clusters. A deduction of .3 will be taken off from the Final Score on Uneven Bars if the spotter/coach leaves during the performance of the routine.
- Soft safety mats (5, 10, 20 cm) are permitted on all apparatus without penalty except Floor Exercise. The use of a safety mat on Floor Exercise will result in a .30 deduction from the Final Score.
- A *safety-collar* must be used for all round-off entry vaults. Failure to use it will result in a Final Score of zero (0) point for said vault. (Apparatus Chair will not allow the gymnast to begin until a safety collar is present.)
- The use of any non-permitted supplementary equipment will have a corresponding deduction of 0.3.
- Cluster 1: There will be a general warm up of 90 seconds for each rotation group prior to the competition. No touch warm up before each apparatus.
- Cluster 2 & 3: Warm-up will follow the FIG Warm up Rule: gymnasts are allowed touch warm-up before each event

**C. General Judging Rules**

FIG 2017 – 2020 Code of Points and FIG 2015 Age Group Development Program rules and regulations with modification, Technical Directives, Specific Apparatus Deductions and Table of General Faults and Penalties will be use. A gymnast has option to qualify for Competition III.

**SPECIFIC REGULATIONS**

**D. Specific Judging Rules**

**Cluster 1: Compulsory Exercises**

- **Maximum D-score is from 10.00**
- **Maximum E Score is also from 10.00**
  - a. A gymnast may repeat an element for value following a fall or stop.
  - b. The omission of an element will result in the loss of value of that element.
  - c. The addition of an element will result in the deduction of 0.5 from the D score.

**Cluster 2: Optional Exercises for Beam, Floor and Uneven Bars**

- a.) Only vaults stated in the Age Group Development Program (AGDP) will be allowed, with vault values stated in the AGDP COP.
- b.) For UB, BB and FX, the DV will be based on the recognized elements performed as defined by the FIG COP and the AGDP modifications, based on individual apparatus requirement for HP3.
- c.) Each Element Group Requirement (EGR) is **0.50**.
- d.) May repeat one skill of B or C value.
- e.) Any connection bonus that applies (FX & BB only).

**E. The E-Score deductions:**

**For Clusters 1:**

Small Error: <b>0.1</b>	Medium Error: <b>0.2</b>	Large Error: <b>0.3</b>	Fall: <b>0.5</b>
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**For Clusters 2 & 3:** The E-Score deductions follow FIG Judging Rules

Small Error: <b>0.1</b>	Medium Error: <b>0.3</b>	Large Error: <b>0.5</b>	Fall: <b>1.0</b>
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\* The Final Score is determined by adding the D-Score to the E-Score.

**F. Element Values and Maximum Number of Elements**

**(Cluster 2)**

Maximum Number of Elements	A-part value	B-part value	C-part value	D-part value
<b>8</b>	<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<b>0.4</b>

(E value and higher not permitted)

**(Cluster 3)**

Maximum Number of Elements	A Part Value	B Part Value	C Part Value	D Part Value	E Part Value	F/G Part Value
<b>8</b>	<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<b>0.4</b>	<b>0.5</b>	<b>.6</b>

**G. Evaluation of Short (or long) Exercises**

**Clusters 2**

No. of Elements	8-10	7	6	5	4	3	2	1
<b>Max. E-score</b>	10.0	9.0	8.0	6.0	4.0	3.0	2.0	1.0

**Clusters 3**

No. of Elements	7-10	5-6	3-4	1-2
<b>Max. E-score</b>	10.0	8.0	6.0	4.0

### H. Apparatus Specifications

Vault	-	Table at 1.15 m – 1.25 m, Yurchenco collar *80 cm stack (Cluster 1)
Uneven Bars/Single Bar	-	FIG Standard (HB =2.35 m, LB = 1.70m) (HB =2.50 m, LB= 1.70 m)-Cluster 3 *20 cm safety mat is permitted
Balance Beam	-	FIG Height = 1.25 m *80 cm height (Cluster 1)
Floor	-	FIG Standard = 12 x 12 m

### J. Summary of Specific Regulations and Compulsory Exercises

#### CLUSTER 1 (Elementary: Compulsory Exercises for ages 7-9)

<b>VT</b>	<b>FIG Age Group Class 1 2 Choices:</b>	<b>A 2nd attempt is permitted, but with 0.5 deduction</b>
<b>HP1</b>	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

<b>BB</b>	<b>FX</b>	<b>Single Bar</b>
<b>HP1</b>	<b>HP1</b>	<b>HP1</b>
FIG Age Group Class 1	FIG Age Group Class 1	FIG Age Group Class 1
1. Jump and leg swing with $\frac{1}{4}$ <b>turn to straddle sit</b> on beam, swing legs fwd to tuck sit, <b>lift to momentary</b> , and back to momentary tuck sit	1. 2-3 steps fwd to <b>turn (360°)</b>	1. Starting from hang, lift to chin up position and pullover to front support
2. Swing legs backward to tuck stand and <b>forward roll to stand with one leg in front</b> , step forward to arch	2. Run and perform partially piked or stretched <b>dive roll fwds.</b>	2. Cast to horizontal to immediate back hip circle
3. Step forward to <b>straight jump</b> to land in lunge. Step back foot fwd with other foot in front, <b>turn <math>\frac{1}{2}</math> (180°)</b>	3. Extend the knees pushing from the floor to <b>handstand</b>	3. immediate under bar cast above 45°) and long hang swing backward
4. <b>Three running steps forward</b> , step kick fwd above horizontal to	4. <b>Handspring fwd to Cartwheel</b>	4. Swing forward and swing backward
	5. <b>Walkover forward</b>	5. Swing forward and swing backward
	6. <b>Split leap</b> , jump 90°, <b>roll bwd to hanstand</b> hold 1 sec and step down to stand	6. Swing forward and swing backward
		7. Swing forward and swing backward to push off

<p>momentary handstand and step down</p> <p>5. Jump <b>chasse forward</b>, 2 steps forward, <math>\frac{1}{2}</math> turn in <b>squat position</b></p> <p>6. <b>Body wave</b> to stand, step forward to developé'</p> <p>7. Step forward, step to <b>Arabesque</b> (hold for 2 sec )</p> <p>8. 1-3 walking steps forward to <b>round off dismount</b></p>	<p>7. 2-3 steps hurdle to <b>round off Straight jump</b></p>	<p>dismount (on 5<sup>th</sup> backward swing) and land on mats.</p>
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**CLUSTER 2 (Ages 10-12 Elementary - Optional for BB, FX and Uneven Bars)**

<b>BB</b>	<b>FX</b>	<b>Uneven Bars</b>
<b>HP3</b>	<b>HP3</b>	<b>HP3</b>
<p><i>FIG Age Group HP 3</i></p> <p>8 skills maximum for D-score (Maximum 4 can be Acro elements)</p> <p>1. Two connected dance elements</p> <p>2. Minimum full turn on 1 foot</p> <p>3. One Acro flight element</p> <p>4. Dismount</p> <p>*May repeat one skill of B or C Value for difficulty or bonus.</p>	<p><i>FIG Age Group HP 3</i></p> <p>8 skills maximum for D-score</p> <p>1. A passage with three dance elements</p> <p>2. Acrobatic element forward</p> <p>3. Acrobatic element backward</p> <p>4. Dismount</p> <p>*May repeat one skill of B or C Value for difficulty.</p>	<p><i>FIG Age Group HP 3</i></p> <p>8 skills maximum for D-score</p> <p>1. Long hang swing with turn</p> <p>2. Close Bar element</p> <p>3. Two transitions between Bars</p> <p>4. Dismount</p> <p>*May repeat one skill of B or C Value for difficulty.</p>
<p align="center"><b>VT</b></p> <p><b>FIG Age Group Class 3</b></p>		<p><b>A 2nd attempt is permitted, but with 1.0 deduction</b></p>
<p align="center"><b>HP3</b></p>	<p>Handspring (VT# 1.00) = 2.00</p> <p>Handspring <math>\frac{1}{2}</math> (VT# 1.01) = 2.20</p> <p>Handspring 1/1 (VT# 1.02) = 2.50</p>	<p><math>\frac{1}{2}</math> on (VT# 1.20) = 2.00</p> <p><math>\frac{1}{2}</math> on <math>\frac{1}{2}</math> off (VT# 1.21) = 2.20</p> <p><math>\frac{1}{2}</math> on 1/1 off (VT# 1.22) = 2.50</p> <p>Tsukahara Tuck</p>

	Handspring 1 ½ (VT# 1.03) = 2.70 Handspring Front Tuck (VT# 2.10) = 2.70 Handspring Front Tuck ½ (VT# 2.11) = 2.90 Handspring Front Pike (VT# 2.20) = 2.90 Handspring Front Pike ½ (VT# 2.21) = 3.10	(VT# 3.10) = 2.70 Yurchenko Tuck (VT# 4.10) = 2.70 Yurchenko Tuck 1/1 (VT# 4.12) = 2.90 Yurchenko Pike (VT# 4.20) = 2.90 Yurchenko Straight (VT# 4.30) = 3.10
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**CLUSTER 3 (Secondary: FIG 2017 for VT, UB, BB & FX)**

<i>Optional</i> FIG 2017	<i>Optional</i> FIG 2017	<i>Optional</i> FIG JUNIOR 2017
<b>(BALANCE BEAM)</b>	<b>(FLOOR EXERCISE)</b>	<b>(VAULT)</b>
<p><i>Maximum 8 highest difficulties including the dismount are counted for DV.</i></p> <p><i>*No DMT -0.50 from Final Score (D Panel)</i></p> <p><b>*Minimum 3 Dance</b> <b>*Minimum 3 Acro</b> <b>and 2 optional elements</b></p> <ol style="list-style-type: none"> <li>One connection of at least 2 <b>different</b> dance elements, 1 being a leap or jump with 180° split (<i>cross or side</i>), or straddle position. = 0.50</li> <li>Turn (<i>Gr. 3</i>) = 0.50</li> <li>One acro series, min. of 2 flight* elements - 1 being salto (<i>elements may be the same</i>). = 0.50</li> <li>Acro elements in different directions (<i>fwd/swd and bwd</i>). = 0.50</li> </ol> <p><i>*Flight elements with or without hand support.</i></p>	<p><i>Maximum 8 highest difficulties including the dismount are counted for DV.</i></p> <p><i>*No DMT -0.50 from Final Score (D Panel)</i></p> <p><b>*Minimum 3 Dance</b> <b>*Minimum 3 Acro</b> <b>and 2 optional elements</b></p> <ol style="list-style-type: none"> <li>A dance passage composed of two different, leaps or hops, (from the Code) connected directly or indirectly (<i>with running steps, small leaps, hops, chassé, chaîné turns</i>), one of them with 180° cross/side split or straddle position = 0.50           <ul style="list-style-type: none"> <li>No jumps or turns are permitted because they are stationary. Chainé turns (½ turns on two feet) are allowed because they are traveling steps.</li> <li>Leaps and hops must land on one leg if performed as the 1st element in the dance passage.</li> </ul> </li> </ol>	<p><b>* In the Qualifying competitions (CI):</b> the <b>1<sup>st</sup> vault score</b> counts toward the <i>team and/or All-Around Total</i>.</p> <p>The gymnast who wishes to qualify for the <b>Apparatus Final</b> must perform two (2) vaults as per the <b>Junior Level Apparatus Final</b> rules.</p> <p><b>* Apparatus Finals (CII):</b></p> <p>-Gymnast must perform two (2) different vaults (can be from the <b>same</b> Vault Group).</p>

	2. Salto with LA turn (min.360°) = 0.50  3. Salto with double BA = 0.50  4. Salto bwd and salto fwd (no aerials) in the same or different acro line = 0.50  <i>*Note: CR 2, 3, &amp; 4 must be performed within Acro line.</i>	
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<b>Uneven Bars</b>	FIG 2017	
	1. Flight element from HB to LB	= 0.50
	2. Flight element on the same bar	= 0.50
	3. Different grips (no cast, MT or DMT)	= 0.50
	4. Non-flight element with min. 360° turn (No MT)	= 0.50

*WAG Guidelines for this year's Palaro is based on the 2017 FIG Junior Ruling and the 2015 FIG Age Group Development Program.  
Moving forward, together, WE CAN!!!*