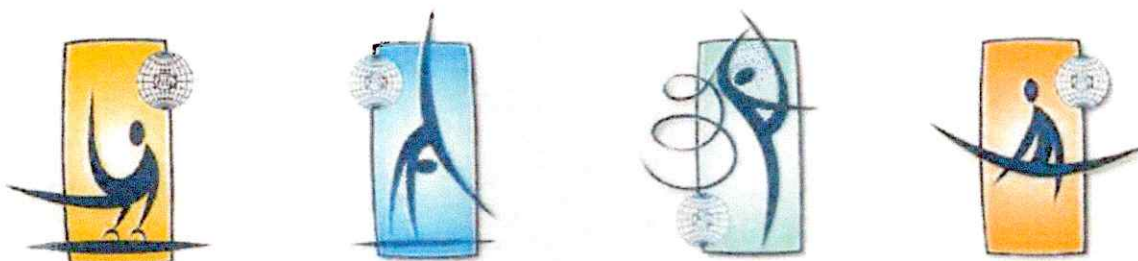




2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR GYMNASTICS



I. RULES and REGULATIONS

The *Federation Internationale de Gymnastique* (FIG) Code of Points 2022-2024, Updated Version will be used in the **Palarong Pambansa 2023**. Gymnastics competition in consonance with the FIG Appendix to the COP, Technical Regulations, Statutes and Apparatus Norms. *Artistic Gymnastics* will observe the modified DepEd and GAP Artistic Age Group Program Elementary/Pre-Junior Level (FIG-AGDP 2021) while the Secondary level will observe the FIG Junior Category. For *Rhythmic Gymnastics*, the Elementary level will observe the Palaro RG Age Group Program 2022-2024 Pre-Junior Category while the Secondary level will observe the FIG Junior Category. On the other hand, *Aerobic Gymnastics* will observe the FIG World Age Group Competition Programme and AER COP 2022-2024, May 2022 edition with some modification in Elementary and Secondary levels, respectively.

The Code of Points must be read in conjunction with the Technical Regulations. In case of conflict of interpretation between the provisions of any of the technical guidelines, the principles of the COP and TR shall take precedence and DepEd Palarong Pambansa General Rules.

Provision: all updates, errata, newsletters, and the like that are released by the FIG will be adapted as they are announced in effect. These changes will be proposed to DepEd Palaro Board subject for approval.

II. ELIGIBILITY

a. The NSAC Rules for eligibility shall apply:

- Age- The gymnast's age eligibility will be based on age on the cut-off date which is in the year of competition.
- Residency
- Appeal

III. COMPOSITION OF CONTINGENT

- a. Each region/team shall compose of three (3) gymnasts in per category (Elementary and Secondary) except for Aerobic Gymnastics which compose of two (2) gymnasts per gender and category.

DISCIPLINE	GENDER	NO. OF GYMNASTS		COACH	CHAPERONE
Women's Artistic Gymnastics	GIRLS	Elementary: Cluster 1	1	1	1
		Elementary: Cluster 2	2		
		Secondary: Cluster 3	3	1	1
Men's Artistic Gymnastics	BOYS	Elementary: Cluster 1	1	1	N/A
		Elementary: Cluster 2	2		N/A
		Secondary: Cluster 3	3	1	N/A
Rhythmic Gymnastics	GIRLS	Elementary	3	1	
		Secondary	3	1	
Aerobic Gymnastics	BOYS	Elementary	2	1	
	GIRLS	Elementary	2		
	BOYS	Secondary	2	1	
	GIRLS	Secondary	2		

- b. 1 Coach per category (Elementary and Secondary)
c. 1 Chaperone per category except for Boys

IV. DISQUALIFICATION

- a. The athlete who did not qualify in the eligibility rules of NSAC.
b. The athlete proved to have knowingly broken any DepEd and GAP rules and regulations.
c. Unsportsmanlike
d. 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:

- Unsportsmanlike conduct, other flagrant and undisciplined behavior.
- 1st time: Yellow card for coach (warning)
- 2nd time: Red Card or removal of coach from competition/training area.

- Unexcused delay or interruption, speaking to active judges during the competition, speaking directly to gymnasts, give signals, shouts/cheers during the exercise, etc.
 - 1st time: -0.50 (from gymnast/team at event) & Yellow card to coach.
 - 1st time: -1.00 (from gymnast/team at event) & Yellow card to coach who speaks aggressively to active coaches.
 - 2nd time: 1.00 (from gymnast/team at event) & Red card & removal of coach from competition area.
 - 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)*
- The use of flash when taking pictures is *NOT allowed*. The 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.
 - There are serious breaches of the FIG Statutes, Technical Regulations and/or Code of Points and if there is a Walk-over.

V. SPORTS EVENTS / DISCIPLINES

a. COMPETITION PROGRAM FOR ARTISTIC GYMNASTICS

The program for Artistic Gymnastics in Palarong Pambansa 2023.

WOMEN'S ARTISTIC GYMNASTICS				
Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Athletes
ELEMENTARY				
1	Ages 7– 9 years old in the year of Palarong Pambansa competition (Born 2014-2016) (Ages 7-8 years old and turning 9 years old on 2023.)	Single Bar Vault Floor Exercise Balance Beam	Cluster 1: FIG Age Group Edition 1 2021 (HP1) (Compulsory)	1

2	Ages 10 – 13 in the year of Palarong Pambansa competition (Born 2010-2013) (Ages 10-12 years old and turning 13 years old on 2023)	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 2: FIG Age Group Edition 1 2021 Optional HP3</i>	2
SECONDARY				
3	Ages 13 – 18 (Born 2005-2010) (Ages 13-17 years old and turning 18 years old on 2023.)	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 3: FIG 2022-2024 (Cycle XV) Junior</i>	3

MEN'S ARTISTIC GYMNASTICS				
Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Athletes
ELEMENTARY				
1	Ages 7-9 in the year of Palarong Pambansa competition (Born 2014-2016) (Ages 7-8 years old and turning 9 years old on 2023.)	Floor Exercise Pommel Horse (Mushroom) Vaulting Table Horizontal Bar	Class 2 FIG Age Group Edition 1 2021 Compulsory Class 1 FIG Age Group- Edition 1 2021 Compulsory Class 2 FIG Age Group- Edition 1 2021 Compulsory Class 1 FIG Age Group- Edition 1 2021 Compulsory	1
2	Ages 10 – 13 in the year of Palarong Pambansa competition Born 2010-2013)	Floor Exercise Vaulting Table	Class P4-FIG Age Group- Edition 1 2021 Optional Class HP 3	2

	(Ages 10-12 years old and turning 13 years old on 2023)	Pommel Horse	Class 2- FIG Age Group- Edition 1 2021 Compulsory	
		Horizontal Bar	Class 2- FIG Age Group- Edition 1 2021 Compulsory	
SECONDARY				
3	Ages 13 – 18 in the year of Palarong Pambansa competition (Born 2005-2010) (Ages 13-17 years old and turning 18 years old on 2023.)	Floor Exercise	Code of Points Junior Rule	3
		Vaulting Table		
		Pommel Horse	Class HP3- FIG Age Group- Edition 1 2021 Compulsory	
		Horizontal Bar	Class 2- FIG Age Group- Edition 1 2021 Compulsory	

b. COMPETITION PROGRAM FOR RHYTHMIC GYMNASTICS

The program for Rhythmic Gymnastics Individual Exercises in Palarong Pambansa 2023.

RHYTHMIC GYMNASTICS				
Competition Structure				
Category	Age	Apparatus	Exercise Routine	Number of Athletes
Elementary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong Pambansa competition	Freehand Rope Hoop Ball	FIG Pre-Junior Category	3
Secondary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong	Hoop Ball Clubs Ribbon	FIG Junior Category	3

	Pambansa competition			
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c. COMPETITION PROGRAM FOR AEROBIC GYMNASTICS

The program for Aerobic Gymnastics in Palarong Pambansa 2023.

AEROBIC GYMNASTICS				
Competition Structure				
Category	Age	Events / Categories	Exercise Routine	Number of Athletes
Elementary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong Pambansa competition	Individual Men (IM) Individddual Women (IW) Mixed Pair (MP) Trio (TR) Aerobic Dance (AD)	FIG World Age Group Competition Programme & COP May 2022 Edition	4
Secondary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong Pambansa competition	Individual Men (IM) Individddual Women (IW) Mixed Pair (MP) Trio (TR) Aerobic Dance (AD)	FIG World Age Group Competition Programme & COP May 2022 Edition	4
<ul style="list-style-type: none"> - Individual Men IM (1 male competitor) - Individual Women IW (1 female competitor) - Mixed Pairs MP (1 male competitor and 1 female competitor) - Trio TR (3 competitors of optional gender) - Aerobic Dance AD (8 competitors, mixed of (4) Elementary and (4) Secondary) 				
*The participation is limited to 2 units per region in each category except Trio and AER Dance.				

VI. CATEGORIES

For Artistic Gymnastics

a. ELEMENTARY (GIRLS)

- Cluster 1 Ages 7– 9 years old in the year of Palarong Pambansa competition (**Born 2014-2016, Ages 7-8 years old and turning 9 years old on 2023.**)
- Cluster 2 Ages 10–13 years old in the year of Palarong Pambansa competition (**Born 2010-2013, Ages 10-12 years old and turning 13 years old on 2023.**)

b. SECONDARY (GRILS)

- Cluster 3 Ages 13 – 18 in the year of Palarong Pambansa competition (**Born 2005-2010, Ages 13-17 years old and turning 18 years old on 2023**).

For Rhythmic and Aerobic Gymnastics

- a. Follow the Revised Eligibility Requirements and Guidelines for the Screening and Accreditation of Athletes, Coaches, and Chaperones in the Division, Regional, and Palarong Pambansa.

VII. PLAYING AREA AND EQUIPMENT

a. ***Playing Area***

The Playing area is 60 x 34 meters.

b. ***Apparatus***

The Women's Artistic Gymnastics apparatus are Vault, Uneven Bars, Balance Beam, and Floor.

The Men's Artistic Gymnastics apparatus are Floor, Pommel Horse (Mushroom), Vault, Hand Horizontal bar.

Rhythmic Gymnastics performed on a carpeted square mat of 13m x 13m with required ceiling height minimum of 8 meters.

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
 - o Weight: 150 g. min. / Shape: Bottle shape / Diameter of the head: 30 mm max.

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- 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 long for Juniors according to FIG Junior Regulations).

- Penalty: (Coordinator Judge) 0.50 pts for the use of non-conforming apparatus.
- Apparatus must be GAP approved for Elementary & FIG approved for Secondary Level.

The podium for Aerobic Gymnastics is no less than 14m x 14m in size.

All apparatus will follow the FIG apparatus norms except for some consideration due to physiological development of the athletes for Rhythmic Gymnastics. For more details about the FIG Apparatus Norms, please refer to the link: <https://www.fig-gymnastics.com/site/rules/rules.php#9>

VIII. OFFICIALS

- a. Only DepEd National Accredited Officials are allowed to officiate in the Palarong Pambansa and selected NSA accredited Officials.
- b. He / She must be Physically Fit.
- c. Must comply with the age requirement of DepEd Palarong Pambansa Guidelines. If the Technical Official did not qualify due to this provision, the NSA President or Secretary General and /or Tournament Director will make justification letter address to the Palarong Pambansa Secretary-General for his/her participation.

IX. PROTEST, PENALTIES AND SANCTIONS

No protest allowed. Only official coach will be allowed to ask queries.

Queries

- Verification of scores must be done by the Official Head Coach in writing and submitted right after the announcement of the gymnast's score. This should be addressed only to the Tournament Manager.
- 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.
- Validity of the scores (FIG Technical Regulations, Section 1, Art. 8.4) – in cases where the scores announced/flushed differs from what is in the official computer tabulation of the Judge Secretary, the scores registered in the computer of the Judge Secretary prevails.
- Inquiries of the score (FIG Technical Regulations, Section 1, Art. 8.5) – inquiries on the Difficulty Score are allowed, however, inquiries on the execution score is not allowed.
- Submission of Queries (written) should be within four (4) minutes right after the score is flashed.
- Judges' decision is final. (Based on the FIG COP)

Disciplinary Penalties

a. WARNINGS

Warnings are given for the following:

- Presence in a prohibited area.
- Improper behavior on the Podium.
- Disrespectful manners to judges & officials.
- Unsportsmanlike behavior.
- Competition attire not being worn at the medal awarding ceremony. - A competitor receives one warning only and, irrespective of the category, the second warning will result in immediate disqualification.

b. DISQUALIFICATION

Disqualification is declared if:

-
- there are serious breaches of the FIG Statutes, Technical Regulations and/or Code of Points and if there is a Walk-over.

X. CONDUCT OF THE COMPETITION

ARTISTIC GYMNASTICS

(Cluster 1, Cluster 2 & Cluster 3)

Competition Ages

The gymnast's age eligibility will be based on her age in the year of Palarong Pambansa competition.

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.
- For Cluster 1: .30 deduction if coach touches the gymnast during the element, value of the element will be deducted if the coach assists in the completion of the element.
- For Cluster 2 and 3: 1.00 deduction will be taken in the final score each time if spotting assistance (help) was done in Uneven Bars/Single Bar, Balance Beam, and Floor Exercise specifically:
 - if the coach/spotter helps gymnast after element completed and no CV and No DMT bonus;
 - if coach/spotter helps gymnast to perform element, then also no DV, CV, CR, and no DMT bonus
- 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 0.30 (age group) deduction and 0.50 deduction (Cluster 3) 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. (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 .50.
- Cluster 1 & 2: There will be a *general warm up of 30 minutes* prior to the competition. No touch warm up before each apparatus for Cluster 1 only.
- Cluster 2 & 3: Warm-up will follow the FIG Warm up Rule: gymnasts are allowed touch warm-up before each event.

General Judging Rules

FIG 2022 – 2024 Code of Points and FIG 2021 Age Group Development Program rules and regulations with modification, Technical Directives, Specific Apparatus Deductions and Table of General Faults and Penalties will be used. A gymnast has option to qualify for Competition III.

SPECIFIC REGULATIONS

WOMEN'S ARTISTIC GYMNASTICS

Specific Judging Rules

Cluster 1: Compulsory Exercises

- **Maximum D-score is from 10.00**
- **Maximum E Score is also from 10.00**
 - a. Change or omission of an element or a part without value will result in the deduction of 0.10 each time.
 - b. The addition of an element will result in the deduction of 0.30 each time from the D score.
- Deduction for wrong floor pattern is 0.50. The floor pattern can be changed in direction only in its entirety.
- Error in line of direction of an isolated element .10 deduction each time
- Error in line of direction of a full section of floor pattern .20 deduction each time
- Individual elements can turn left or right-an intermediate step is permitted if required to be in the right position.
- Each of the minor elements has a value of 0.10
- Errors in arm movements and positions are deducted as errors in execution maximum of 1.00 for the entire routine
- Errors in choreography=0.10 each time to a maximum of 1.00 for the entire routine.
- All exercises may be reversed in their entirety including the elements with Difficulty Value (Major Elements).
- Only Springboard provided by the organizers will only be used by all gymnasts. No changing of springboard and springs may not be removed.

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

- Only vaults stated in the Age Group Development Program (AGDP) will be allowed, their corresponding vault values.
- 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, such as recognition of

any legitimate gymnastics element that is not recognized in the current FIG COP as an A-value element based on individual apparatus requirement for HP3.

- Each Compositional Requirement (CR) is **0.30**.
- May repeat one skill of B or C value.
- Any connection bonus that applies (FX, BB, UB only).

The E-Score deductions:

For Clusters 1 :

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

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

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
8	0.1	0.2	0.3	0.4

(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 Part Value	G Part Value
8	0.1	0.2	0.3	0.4	0.5	.6	.7

Evaluation of Short (or long) Exercises

(Clusters 2)

No. of Elements	8-10	7	6	5	4	3	2	1
Max. E-score	10.0	10.0	6.0	6.0	4.0	4.0	2.0	2.0

(Clusters 3)

- For the execution and artistry of presentation, the gymnast may earn a maximum E-Score of 10.00.
- The D-panel will take the appropriate neutral deduction (penalty) for a short Exercise from the Final Score
 - 7 or more elements – no deductions
 - 5-6 elements - 4.00
 - 3-4 elements - 6.00
 - 1-2 elements - 8.00
 - No elements -10.00

Vault:

Cluster 1: 80 cm stack

Cluster 2: Table at 1.15 m – 1.25 m, Yurchenko collar

Cluster 3: FIG Standard Height, Yurchenko collar

Single Bar / Uneven Bars:

Cluster 1: high enough to accommodate the tallest gymnast. Bar may be lowered or mats may be added before competition

Cluster 2: FIG Standard (HB =2.50 m, LB = 1.70m) *20 cm safety mat is permitted

Cluster 3: FIG Standard (HB =2.50 m, LB = 1.70m) *20 cm safety mat is permitted

Balance Beam

Cluster 1: 80 cm

Cluster 2 & 3: 1.25 m

Floor (for all clusters) 12 x 12 m

Summary of Specific Regulations and Compulsory Exercises

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

VT	FIG Age Group Class 1 2 Choices:	A 2nd attempt is permitted, but with 1.0 deduction
HP1	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.

Single Bar
HP1
FIG Age Group Class 1
<ol style="list-style-type: none">1. Starting from hang, lift to chin up position and pullover to front support2. Cast to horizontal to immediate back hip circle3. Immediate under bar cast above 45°) and long hang swing backward4. Swing forward and swing backward5. Swing forward and swing backward6. Swing forward and swing backward7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats.

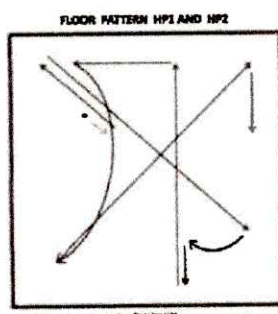
CLUSTER 1 : BALANCE BEAM (AGDP 2021)

DESCRIPTION	VALUE
1. Jump to frontal support, and leg swing with ¼ TURN TO STRADDLE SIT on beam. ARMS - Place the hands side by side on beam in front of the hips. In a circular pattern, lift both arms forward-upward, then lower the arms backward-downward to grasp the beam behind the hips. Raise both legs forward-upward to tuck sit, then, LIFT TO A MOMENTARY V-SIT.	1.2 (0.6, 0.2, 0.4)
2. Separate the legs and perform a backward swing to a tucked stand. Execute a FORWARD ROLL STAND WITH ONE LEG IN FRONT. ARMS - Move the arms forward to place both hands on beam in front of hips. Keep the hands ON the beam throughout the forward roll. Then, open sideward-diagonally-upward when standing. Step forward with the left leg, bend the left leg in demi-plié and take a step forward with the right leg pointed forward. ARMS - Lower both arms sideward-downward to low on the step. Optional in the demi-plié. Transfer the weight towards the right leg in demi-plié on a right lunge with the left leg pointed backward. Slightly arch the trunk. ARMS - Optional.	1.4 (0.2, 1.0, 0.1, 0.1)
3. Step forward left, then close the right foot in front of the left foot. Execute a STRETCHED JUMP to land with one leg in front of the other in a forward lunge. ARMS - Optional during the jump. Open sideward-diagonally-upward on lunge. Take one step forward left, then, close the right foot in front of the left foot in relevé. ARMS - In a circular pattern, move the arms in an alternated form: first the right arm sideward-downward to low - forward-upward to high, then the left arm sideward-downward to low - forward-upward to high. ½ (180°) PIVOT TURN. ARMS - Remain in high position.	1.1 (0.6, 0.1, 0.4)
4. THREE RUNNING STEPS FORWARD, step-kick forward above horizontal. ARMS - Optional during run, sideward-middle during kick step. Step forward with the right leg and close with left, right foot in relevé. ARMS - Side-middle. Lower the left heel and move right leg forward pointing at beam, bend the left knee in demi-plié and flex the trunk forward, immediately extend the left leg and raise the trunk to stand. The right leg is extended forward with the right foot pointed. ARMS - Move both arms forward-middle, interlocking fingers, bend the elbows with palms facing chest, then extend elbows, palms out and lift both arms forward-upward to high position. Bend both legs - left in demi-plié, right in forward passé. ARMS - Optional. Extend both legs pointing the right foot to beam and a ¼ (180°) TURN to the right in relevé, left leg in forward passé. Finish in a left forward lunge. ARMS - Optional during the turn, high position on lunge.	1.7 (3 x 0.3) (0.1, 0.1, 0.1, 0.4, 0.1)
5. Step forward, KICK TO MOMENTARY HANDSTAND AND STEP DOWN TO RIGHT FORWARD LUNGE. ARMS - High position during the handstand, open sideward-diagonally-upward on lunge. FORWARD CHASSÉ ARMS - Sideward-middle.	1.4 (0.8, 0.2, 0.4)
6. 2 steps forward, close right foot behind left foot in relevé, bend the legs to squat. ¼ TURN IN SQUAT POSITION. Extend the legs while performing a BODY WAVE ending in relevé. ARMS - Lower sideward-downward to low while bending knees, keep low during the turn. Lift them forward, then backward upward during the wave, finish the wave with arms high.	1.4 (0.1, 0.1, 0.4, 0.6, 0.1, 0.1)
7. Step forward left-right and point left foot backward (tendu). Execute an ARABESQUE leg horizontal (hold for 2 seconds). ARMS - Sideward-middle. Lower the leg, raise the trunk and point the left foot behind the right, then, place left sole on beam transferring weight backward and point right foot forward. ARMS - Remain side-middle. With a fluid movement, bend and extend the left leg, then place the toes of the right foot on the beam. ARMS - Optional.	1.2 (0.1, 0.6, 0.1, 0.1)
8. 1-3 walking steps forward to ROUND OFF DISMOUNT	0.8 Total 10

CLUSTER 1 : FLOOR EXERCISE (AGDP 2021)

	DESCRIPTION	VALUE
START POSITION: Stand on the diagonal close to the corner 1, facing corner 5. Begin in a straight stand with the feet turned out in 3° position with the right foot in front, hands on waist.		
Line 1	<p>a. Take a step forward onto the right leg through 4° position demi-plié. Transfer the weight of the body forward to the right foot, extend both knees to finish with the left leg extended backward and the left foot pointed on the floor. ARMS: Lift both arms forward-upward, to forward-middle and perform an inward forearm circle bending the elbows and moving both hands toward the chest, continue extending the elbows and lifting both arms forward-upward to forward-diagonally-upward, palms out. Through 4° position demi-plié, transfer the weight of the body backward onto the left foot to finish with the right foot pointing forward. ARMS: Turning the shoulders out, palms facing up, lower the arms forward-downward close to the hips, then lift the arms sideward-upward to sideward-diagonally-upward.</p> <p>b. Using an acceptable turn preparation technique, transfer the weight of the body forward onto the ball of the right foot to perform a ½ (180°) TURN to the right with the left leg IN FORWARD PASSÉ. Step forward onto the left leg Through 4° position demi-plié, then straight both legs to finish with the right leg extended backward and the right foot pointed on the floor. ARMS: During the turn, use an acceptable turn technique, finish sideward-diagonally-upward.</p> <p>c. Take a "small leap" diagonally-forward onto the right leg in demi-plié and the left foot in forward passé (toward side 2). ARMS: Lower the left arm sideward-downward to place the left hand on the waist. Simultaneously make a circle with the right arm in front of the body, starting the movement from right to left, then from left to right and finish the circle with the right arm sideward-middle. View to the right. Take a "small leap" to the left onto the left leg in demi-plié and cross the right leg flexed behind the left leg and the right foot pointed on the floor. ARMS: Raise the left arm curved to the right at chest level, palm up. Then, with a circular motion, lower both arms laterally to the left to low and continue raising both arms laterally to the left ending with the left arm sideward-middle and the right arm curved at chest level palm up.</p> <p>d. Take a long step forward on the right foot in relevé, then take a step forward on the left foot in relevé. Later, execute a ½ (180°) PIVOT TURN to the right. ARMS: Lower both arms sideward-downward to low while perform the steps. Keep the arms low during the pivot turn. At the end of the turn, lower the left heel to the floor and keeping the right foot in relevé, bend both knees to perform a POSE on demi-plié. ARMS: Place the right hand on the waist and lift the left arm forward-upward to forward-middle, rotate the shoulder externally and bend the elbow to finish with the arm curved and the palm up. View to the left. Close the right foot backward beside the left foot, both in relevé. ARMS: Optional.</p>	<p>0.6 180° turn = 0.3 180° pivot = 0.3</p>
Line 2	a. Run, hurdle and execute a FRONT HANDSPRING STEP OUT – CARTWHEEL. Finish in left forward lunge. Note: No steps are allowed between the handspring and the cartwheel. ARMS: Lift high on the hurdle, maintain high throughout the handspring and the cartwheel. Then open to sideward-diagonally-upward on the forward lunge.	<p>1.4 (0.9 + 0.5)</p>
Line 3	<p>a. Following a circular trajectory to the right, take four steps starting with the right leg (the first of these steps through a slight demi-plié) Finish with the left leg in demi-plié and the right leg in open coupé. (Facing Side 6) ARMS: Lower both arms sideward-downward to sideward-middle with the arms curved and palms up in the first three steps. Then place the hands on the waist at the last step in demi-plié. Step backward with the right foot in relevé while turning 90° to the right, facing Side 2. Close the left foot beside the right foot in relevé, then low both heels to the floor on 1° position. ARMS: Lift both arms sideward-upward to sideward-middle.</p> <p>b. Keeping the weight of the body on the left foot, remove the right foot from the floor and bring it backward, bend both knees and lower to a kneeling position on the right leg. Turn the body ½ (180°) to the right on the right knee, close the left knee beside the right knee to arrive in a sitting/kneeling position with the buttocks resting on the heels. (Facing to Side 6) ARMS: Lower both arms sideward-downward to low.</p> <p>c. Raise the buttocks off the heels and extend the hips, then, lift and extend the right leg forward and place the right foot pointed on the floor, straighten the left leg and slide the right leg forward and to finish in a right FORWARD SPLIT. ARMS: Lift both arms sideward-upward to sideward-diagonally-upward while raising the body. Lower the arms supply sideward-downward to sideward-middle while descending to split.</p> <p>d. Turn the body ½ (180°) to the right directing the right leg extended towards Side 2, while turning, bend the left leg to finish sitting with the right leg extended forward and the left leg banded on the floor facing to Side 2. ARMS: Lower the right arm sideward-downward to low and place the left hand on the floor near the left hip while starting the turn. Then, lift the left arm sideward-upward to sideward-middle. Keep the right arm sideward-middle.</p> <p>e. Raise buttocks off the floor transferring the weight of the body forward, then extend both legs to arrive in a stand on the right leg with the left leg extended backward, left toes pointed on the floor. ARMS: Direct both arms forward-middle while raising the body, then open sideward-middle.</p>	<p>2.5 180° turn = 0.3 Split = 0.7 180° turn = 0.3 Side wave = 0.3 Chasse = 0.3 Held roll = 0.6</p>
	<p>i. Take a left step sideward on the left leg through 2° position demi-plié while execute a SIDE WAVE to the left. ARMS: Start the Wave with the right arm sideward-diagonally-upward and the left arm in front of the chest, curved and the palm up. With circular motion, gently lower both arms to the left sideward-downward to low, continue moving the arms to the left sideward-upward to finish with the left arm lateral-diagonally-upward and the right arm in front of the chest curved and the palm up. Close the right foot beside the left foot on 1° or 3° position. ARMS: Lower both arms to sideward-diagonally-downward.</p> <p>g. Raise the right foot in relevé and perform ¼ (90°) turn to the right with the left leg in forward passé. Finish facing Side 4. ARMS: Place both hands on the waist. Execute a SIDEWARD CHASSÉ to the left through 2° position demi-plié. ARMS: Cross the arms in front of the chest to start the chassé, then open both arms laterally-upward to lateral-middle.</p> <p>h. While placing the right foot on the floor at the end of the chassé, turn ¼ (90°) to the left, take a step forward on the left leg, then close the right foot beside the left foot in forward coupé. Facing Side 2. ARMS: Place the hands on the waist.</p> <p>i. Take two fast forward steps performing a small leap and placing the free leg in forward passé (left – right) the rhythm of these steps are (1-2) ARMS: Keep on the waist. Extend the right leg forward and execute a high kick. ARMS: Lift both arms sideward-upward to a high position.</p> <p>j. Execute a HANDSTAND-FORWARD ROLL PIKED elbows straight, finish stand with legs joint and extended. ARMS: Keep high on the handstand, move forward-downward to place the hands on the floor beside the hips, then push the floor at the end of the roll, lift both arms forward-upward to a high position at stand.</p>	
Line 4	<p>a. Turn ¼ (90°) to the left facing Side 8 and perform a FORWARD CHASSÉ with the left leg, take a left forward step, then, close the right foot beside the right foot and bend the knees to execute an EXTENDED JUMP WITH ½ (180°) TURN to the right. ARMS: Bring the left arm sideward-middle and the right arm forward-middle during the chassé and the forward step, then lower both arms beside the trunk while bending the knees. Lift both arms forward-upward to high during the jump and the landing.</p> <p>b. Take a long backward step on the right leg while performing a BODY WAVE, then, close the left foot beside the right foot. ARMS: Start the wave with the arms forward-middle curved, palms up, then with a circular motion, direct the arms forward-downward to low, continue lifting the arms sideward-upward to high.</p>	<p>0.9 Chasse 0.3 Jump 1/21 = 0.3 Wave = 0.3</p>
Line 5	<p>a. Bend the knees, to execute a BACKWARD ROLL TO PUSH-UP POSITION, with the elbows extended and the shoulders rotated inward. ARMS: Lower the arms forward-middle while bending the knees, then, lift both arms forward-upward to a high position to execute the backward roll, place the hands with the fingers toward to end at facial support.</p> <p>b. Bring the right hip towards the floor while turning the body 180° to the left, to finish sitting with the legs together and extended facing Side 8. ARMS: Remove the left hand from the floor and bring the left arm beside the left hip when sitting, keep the right hand near the right hip.</p> <p>c. Perform an arms circle in opposite directions (right arm forward-upward, then backward-downward and left arm backward-upward, then forward-downward) Pass through 5° position with both arms up. Later, place the left hand on the floor close to the left hip and turn the body ½ (180°) to the left to finish on support on hands, hips and legs. The trunk slightly arched facing Side 4.</p> <p>d. Bend the knees bringing the trunk backward and slide the hands on the floor backward to a sitting/kneeling position with the hands slightly in front of the knees. Extend the knees, raise the hips, separate and joint the legs to perform a momentary HANDSTAND. Lower the right leg then the left leg to finish in a right forward lunge. ARMS: Keep the arms high while descending from the handstand, open to sideward-diagonally-upward at lunge.</p> <p>e. Make a small hop on the right leg with 3/8 (135°) turn to the right, with the left leg in forward passé. ARMS: High position</p> <p>f. Land on the right foot, then perform a small run (or a forward chassé and run steps, the number of steps or the leg that performs the forward chassé are OPTIONAL) to execute a SPLIT LEAP with the right leg. The leg separation must be at least 150°. Land with the right leg, step forward with the left leg and perform a HOP WITH ½ (180°) TURN IN FORWARD PASSÉ to the left. Land on the left foot and step forward with the right leg passing through the demi-plié in 4° position, extend the right leg and place the left foot pointed on the floor. ARMS: Optional during the run, at 2° or 3° position during the split leap, high during the hop in, sideward-diagonally-upward when finishing with the right leg forward and the left foot backward.</p>	<p>2.3 Back roll = 0.5 180° turn = 0.3 Handstand = 0.5 Split leap = 0.6 180° passe = 0.4</p>

	DESCRIPTION	VALUE
Line 6	a. Turning $\frac{1}{4}$ (90°) to the left, take 2 sideward steps in demi-plié to the left toward corner 4 (left leg-right leg crossing in front), continue taking a third step towards the same direction with the left leg extended and the left foot in relevé. ARMS: Lower the left arm sideward-downward to sideward-middle, lower the right arm sideward and cross it in front of the chest at the same time that the right leg is crossing in front, then open to sideward-middle. b. Execute $\frac{1}{2}$ (180°) TURN to the right on the left foot in relevé, the right leg keeps extended and far to the left leg. ARMS: Lower both arms sideward-downward to low. c. Place the right foot on the floor and perform a SIDE CHASSÉ to the right (Towards corner 7), then take a sideward step to the right onto the right foot in relevé and raise the left leg to the left. ARMS: By a circular motion, lift both arms laterally to the right to a high position, continue the circle by lowering the arms laterally to the left to low, finish the circle by raising the arms laterally to the right to end with both arms sideward-diagonally-upward to the right. Facing to corner 7. d. Perform $\frac{1}{4}$ (90°) turn to the left on the right foot and lower the left leg to place the left foot pointed forward. Facing to corner 3.	0.6 180° turn = 0.3 Chasse 0.3
Line 7	a. Run, hurdle and execute a ROUND OFF – REBOUND . The rebound should be immediate and should be done as part of a good execution of the round off by vigorously pushing with both legs the floor when touching it with the ball of the foot. (It is desirable that the bounce show a small backward shift). Land on a controlled demi-plié with the legs together, then bend the knees and move the trunk backward to execute a BACKWARD ROLL TUCKED . Finish in a stand position. Take a backward step with the left leg to finish in a right forward lunge. ARMS: Finish the backward roll with the arms up, then, open sideward-laterally-upward on lunge.	1.1 Roundoff = 0.5 Rebound = 0.3 Back roll = 0.3
Line 8	a. Performing a $\frac{1}{8}$ (45°) turn to the left, take a step forward with the left leg to the side 6, then perform a high kick with the right leg to execute a HANDSTAND-FORWARD WALKOVER (FEET TOGETHER) . ARMS: Raise the arms upward during the kick, keep the arms upward during the handstand-forward walkover. Step forward with the left leg, then bend the left leg in demi-plié and place the right leg in forward passé. Contract the trunk. ARMS: Lower the arms laterally-downward to lateral-sideward during the step, then bring the arms forward-middle curved during the forward passé in demi-plié. b. Extend both legs, raise the left foot in relevé and kick forward-upward with the right leg above the horizontal extending the trunk. Step forward with the right leg, then simultaneously bend both knees closing the left foot beside the right foot to finish semi-kneel with the right leg squatting and the left instep and left calf on the floor. Extend both hips, bring the right leg backward-sideward and arch the trunk to show a FINAL POSE . ARMS: Raise sideward-laterally-upward while kicking forward, then, lower sideward-downward to low, place the left hand on the floor far away from the left knee, raise the right arm sideward-diagonally-upward during the final pose.	0.6 Total Value = 10.8



NOTES:

- The floor pattern can be changed in direction only in its entirety.
- Individual elements can turn left or right – an intermediate step is permitted if required to be in the right position.
- Each of the minor elements has a value of 0.1.
- Errors in arm movements and positions are deducted as errors in execution.
- Error in choreography = 0.1 each time to a max of 1.0 for the entire routine.

CLUSTER 2 (Ages 10-12 Elementary - Optional for BB, FX and Uneven Bars)

BB HP3	FX HP3	Uneven Bars HP3
FIG Age Group HP 3	FIG Age Group HP 3	FIG Age Group HP 3
8 skills maximum for D-score (Maximum 4 can be Acro elements)	8 skills maximum for D-score	8 skills maximum for D-score
1. Two connected dance Elements	1. A passage with two dance elements	1. Long hang swing with min $\frac{1}{2}$ turn handstand on the same bar
2. Minimum full turn on 1 foot	2. Acrobatic element forward	2. Close Bar element-min B
3. Acro series min one flight element	3. Acrobatic element backward	3. One transition between Bars
4. Dismount	4. Dismount- Salto	4. Dismount
* May repeat one skill of B or C Value for Difficulty.	*May repeat one skill of B or C Value for difficulty.	
	* No "D" salto	

* No "D" dismount * No Connection Bonus	* No Connection Bonus	* Jump from low bar to high bar is permitted without deduction *May repeat one skill of B or C Value for difficulty.
VT FIG Age Group Class 3		A 2nd attempt is permitted, but with 1.0 deduction
HP3	Handspring= 2.00 Handspring ½= 2.20 Handspring 1/1= 2.50 Handspring 1 ½= 2.70 Handspring Front Tuck= 2.70 Handspring Front Tuck ½= 2.90 Handspring Front Pike= 2.90 Handspring Front Pike ½= 3.10	½ on= 2.00 ½ on ½ off = 2.20 ½ on 1/1 off= 2.50 Tsukahara Tuck= 2.70 Yurchenko Tuck= 2.70 Yurchenko Tuck 1/1= 2.90 Yurchenko Pike= 2.90 Yurchenko Straight= 3.10

In the Qualifying Competition, the first vault counts towards the Team and the All Around Competition. Gymnasts who wish to qualify for the apparatus finals must perform 2 different vaults.

CLUSTER 3 (Secondary: FIG 2022-2024 for VT, UB, BB & FX)

Optional FIG 2022-2024 (BALANCE BEAM)	Optional FIG 2022-2024 (FLOOR EXERCISE)	Optional FIG 2022-2024 (VAULT)
<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>*Minimum 3 Dance *Minimum 3 Acro and 2 optional elements</p> <p>1. One connection of at least 2 different dance elements, 1 being a leap or jump with 180° split</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>*Minimum 3 Dance *Minimum 3 Acro and 2 optional elements</p> <p>1. A dance passage composed of two different, leaps or hops, (from the Code) connected directly or</p>	<p>* In the Qualifying competitions (CI): the 1st vault score counts toward the team and/or All-Around Total.</p> <p>The gymnast who wishes to qualify for the Apparatus Final must perform two (2) vaults as per the Junior Level Apparatus Final rules.</p> <p>* Apparatus Finals (CII):</p>

<p>(<i>cross or side</i>), or straddle position. = 0.50</p> <p>2. Turn (<i>Gr. 3</i>) = 0.50</p> <p>3. One acro series, min. of 2 flight* elements - 1 being a salto (<i>elements may be the same</i>). = 0.50</p> <p>4. Acro elements in different directions (<i>fwd/swd and bwd</i>). = 0.50</p> <p>*Flight elements with or without hand support.</p>	<p>indirectly (<i>with running steps, small leaps, hops, chassé, chainé turns</i>), one of them with 180°cross/side split or straddle position. = 0.50</p> <p>▪ No jumps or turns are permitted because they are stationary. Chainé turns (½ turns on two feet) are allowed because they are traveling steps.</p> <p>▪ Leaps and hops must land on one leg if performed as the 1st element in the dance passage.</p> <p>2. Salto with LA turn (min.360°) = 0.50</p> <p>3. Salto with double BA= 0.50</p> <p>4. Salto bwd and salto fwd (no aerials) in the same or different acro line. = 0.50</p> <p>*Note: CR 2, 3, & 4 must be performed within Acro line.</p>	<p>- Gymnast must perform two (2) different vaults (can be from the same Vault Group).</p>
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Uneven Bars	FIG 2022-2024
<p>1. Flight element from HB to LB = 0.50</p> <p>2. Flight element on the same bar = 0.50</p> <p>3. Different grips (not cast, MT or DMT) = 0.50</p> <p>4. Non-flight element with min. 360° turn (<i>Not MT</i>) = 0.50</p>	

MEN'S ARTISTIC GYMNASTICS

Specific Judging Rules

The evaluation of optional exercises in Elementary Cluster 2 will be based mainly on the system of the FIG Age Group Program (2021 Edition) and 2022-2024 FIG Code of Points. There are two evaluation factors in this system; a Difficulty Score (D-score) and an Execution Score (E-score).

D-score

The D-score is calculated based on adding the following 3 aspects of a performance;

- The values of the difficulties presented in the exercise up to a specified maximum number.
- Each EGR fulfilled in the exercise will be given 0.3
- The values of any eligible Bonus Connection points that were performed.

The D-score is calculated according to the following sequence:

- Determine the value of the dismount. If a gymnast does not performed a recognized dismount he will automatically be penalized by not receiving the 0.3 for that EGR.
- Determine if the remaining EGR have been performed and award 0.3 for each one met (plus the value of the element itself). This applies also to A-part and B-part dismounts.
- Add the value of the remaining most difficult recognized elements up to the maximum number of elements permitted.

E-score

The E-score deductions for optional exercises and when not specified for Compulsory exercises are as follows:

Compulsory Exercises

Cluster 1 (All apparatus), Cluster 2 (Mushroom, Horizontal Bar),
Cluster 3 (Pommel Horse, Horizontal Bar)

Small error= 0.1	Medium error=0.2	Large error= 0.3	Fall= 0.5
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Optional Exercises
Cluster 2 (Floor, Vault) and Cluster 3 (Floor, Vault)

Small error= 0.1	Medium error=0.3	Large error= 0.5	Fall= 1.0
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Final Score

The final Score for compulsory and for Optional Exercises is determined by adding the D-score and E-score.

Additional Modifications to the FIG Code of Points

- **Developmental Parts**

Gymnasts may use the identified elements in the developmental part to meet difficulty and element group requirements.

- **Repetition**

In elementary cluster 2 Floor Exercise- May repeat one skill of B or C Value for Difficulty

In elementary cluster 1:

- may repeat an element for value following a fall or stop
- The omission of an element will result in the loss of value of that element.
- The addition of an element will result in the deduction of 0.5 from the D-score.

Element Values and Maximum Number of Elements for Elementary Cluster 2:

(D value and higher not permitted)

Maximum Number of Element	A-part value	B-part value	C-part value
8	0.1	0.2	0.3

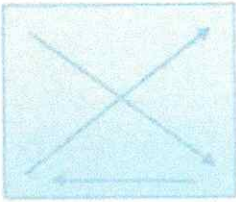
Evaluation of Short (or long) Exercises for Cluster 2

No. of Elements	8	7	6	5	4	3	2	1
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Max. E-score	10.0	10.0	8.0	8.0	6.0	3.0	2.0	1.0
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CLUSTER 1 (Compulsory Exercises)

FX	Mushroom (PH)	VT
FIG Age Group Class 2	FIG Age Group HP 1	FIG Age Group HP 1
<ol style="list-style-type: none"> 2-3 steps to front handspring, straight jump and then rebound to salto forward tucked with a controlled landing and then roll forward. Finish roll in momentary straddle stand and lower with control in straddle split 2 sec. Press with straight arms and straddled legs to momentary handstand and forward roll and jump with $\frac{3}{4}$ turn to face side. Step to scissor kick (kick one leg up and jump off second leg, switch legs in air and land on first leg) to 2 cartwheels Pike down and backward roll with straight arms and straight legs to stand. Pike down and backward roll with straight arms and straight legs to stand. Front scale or Y scale (2 sec). 3 steps hurdle to Round off Back handspring Straight jump and backward roll tucked to 	<ol style="list-style-type: none"> 5 leg circles with 2 point each, total value of 10.0 The gymnast must demonstrate these skills on a mushroom. A deduction of 0.5 will be taken for each fall between circles. 	<p>2 Choices:</p> <ol style="list-style-type: none"> Handspring to land on feet over Vault table. (Height = 1.10-1.35 depending on age of gymnasts) Salto forward stretched from a vaulting board. A 2nd attempt is permitted, but with 1.0 deduction
	HB	
	FIG Age Group Class 1	
	<ol style="list-style-type: none"> Starting from hang, lift to chin up position and pullover to front support. Cast to horizontal to immediate back hip circle to. Immediate under bar cast (above 45°) and long hang swing backward. Swing forward and swing backward. Swing forward and swing backward. Swing forward and swing backward. 	

stand. (Can be performed back and forth on single straight mat.)	7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats.
Floor Pattern 	

CLUSTER 2

FX	Mushroom (PH)	VT
FIG Age Group HP 3 Class HP 3- Optional Difficulty Values & Required No. of Elements Difficulty A=.1 B=.2 C=.3 8 skills max. for D-score Developmental and Supplemental Skills 1. Round off or Cartwheel=A part Element Group 4 and in the same box 2. Back extension to handstand=A part. Element Group 3 3. The value of all circles, flair and Russian skills are increased by one value over the FIG Code	FIG Age Group Class 2 1. Double leg circle 2. Double leg circle 3. ½ spindle (two ¼ spindles) 4. Double leg circle 5. Double leg circle 6. Double leg circle with 180° turn in one circle (Czech technique = front support to front support) 7. Double leg circle and finish in stand on 2nd circle HB FIG Age Group Class 2 1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward, swing forward to swing backward. 2. Back uprise to support.	FIG Age Group Class HP 3- Optional Permitted Vaults and Difficulty Values Handspring= 2.0 w/ ½ t= 2.2 w/ 1/1t= 2.5 Handspring front tuck=2.7 w/ ½=2.9 Handspring front pike=2.9 w/ ½=3.1 ½ on=2.0 ½ on ½ off =2.2 ½ on 1/1 off =2.5 Tsukahara Tuck=2.7 Yurchenko Tuck=2.7 Yurchenko Tuck 1/1=2.9 Yurchenko Pike=2.9

EGR (0.3 each) <ul style="list-style-type: none"> • Non- acro element • Acro. Element fwd • Acro. Element bwd • Dismount 	3. To immediate back hip circle to under swing cast extend body forward. 4. Swing backwards, swing forwards. 5. Swings backwards, swing forward with ½ and switch grip to both hands in over grip (one hand at a time). 6. Swing forward. 7. Kip to support. 8. Under swing to swing backward; swing forward with ½ turn to two hand mixed grip and drop off dismount	Yurchenko Straight=3.1 Height=1.15m-1.35m (2nd attempt is permitted, but with 1.0 deduction)
	Additional Regulations No time limits No Connection Bonus May repeat one skill of B or C Value for Difficulty	

CLUSTER 3

FX	POMMEL HORSE (PH)	VT	HB
Code of Points (2022-2024) Junior Rule	FIG Age Group Class HP 3 Description is for counterclockwise circles. 1. From stand on right side of horse, jump to 2 circles. 2. On 3rd circle, 90° turn to left followed by 2 loops. 3. On 3rd loop, 90° turn to left followed by 2 circles. 4. On 3rd circle, kehre 90° to 1 downhill loop.	Code of Points (2022-2024) Junior Rule	FIG Age Group Class 2 Below is the description. 1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward, swing forward to swing backward. 2. Back uprise to support. 3. To immediate back hip circle to under swing cast extend body forward

	5. On 2nd downhill loop, flank back ($\frac{1}{2}$ circle) to stop with feet on ground in front support position		4. Swing backwards, swing forwards. 5. Swings backwards, swing forward with $\frac{1}{2}$ and switch grip to both hands in over grip (one hand at a time). 6. Swing forward. 7. Kip to support. 8. Under swing to swing backward; swing forward with $\frac{1}{2}$ turn to two hand mixed grip and drop off dismount.
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RHYTHMIC GYMNASTICS

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.
- A short musical introduction not longer than 4 seconds without body and/or apparatus movement is tolerated.
- Timing related to all exercises (start of exercise, gymnast's exercise duration) will be done in 1 second increments.
 - ❖ *Penalty: 0.05 point for each additional or missing second, counted in full second increments. Example: 1'30.72 = no penalty; 1'31 = penalty -0.05*

Music

- All the exercises/routines must be performed in their totality with musical accompaniment.
- A sound signal may start before the music.
- Each piece of music must be recorded on a single, high-quality CD or in 1 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 II)
 - 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 II/Elementary)
 - The music of gymnasts must be arranged in folder (apparatus) (Example: Folder 1-Rope)
 - In each apparatus/event folder, each music is named per gymnast (Example: Rope-Andrea Bonifacio)
- In case the music plays incorrectly (wrong music, music distortion or interruption, etc.), it is the responsibility of the gymnast to stop the exercise as soon as the gymnast realizes the music is incorrect. After permission of the Responsible Judge, the gymnast can exit the competition floor and re-enter and re-start the routine with her correct music when called to the competition floor. A protest after completion of the routine will not be accepted for incorrect music.

Dress/ Attire of Gymnast

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest). The pelvic/crotch area (with or without a skirt) should be covered with non-transparent material up to the hip bones and a small lace or transparent area for connection/decoration is tolerated.
- The style of neckline of the front and back of the leotard is free.
- Leotards may be with or without sleeves; the leotards with narrow straps also 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 leotard should not be visible beyond the seams of the leotard.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body.
- The leotard must be all in one piece. It is not possible for a gymnast to wear a leotard and separate additional "socks," "gloves," decorative legwarmers, belt, etc.

-
- It is allowed to wear:
 - Long tights over or under the leotard
 - A full-length one-piece leotard provided that it is tight-fitting.
 - The length and colors(s) of the fabric covering the legs must be identical on both legs (the "harlequin" look is forbidden), only the style (cut or decorations) may be different.
 - A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
 - The style of the skirt (cut or decorations) is free, but the look of a ballet "tutu" is forbidden.
 - Gymnasts may perform their exercises with bare feet or gymnastics slippers.
 - Decorative appliques or details on the leotard are allowed:
 - If the dress of the gymnast does not conform to the regulations: **Penalty: 0.30 point**
 - It is forbidden to wear large and dangling jewelry that jeopardize the safety of the gymnast. Piercings are not allowed. **Penalty: 0.30 point**
 - The hairstyle must be neat and compact. Decorative details are allowed but they must not be bulky and/or jeopardize the safety of the gymnast. Hair decorations must be close to the bun/compact to the hair. **Penalty: 0.30 point**
 - Make-up should be clear and light (theatrical masks are not allowed) **Penalty: 0.30 point**
 - Emblem or publicity must conform to the official norms of the event. **Penalty: 0.30 point**
 - Bandages or support pieces must be of skin color and cannot be in other colors. **Penalty: 0.30 point**

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/Senior International competitions is required, including the ribbon length (which needs to be 5 meters long for Juniors and 6 meters long for Seniors, according to FIG Junior/Senior Regulations).

- Junior gymnasts are allowed to compete with a senior ribbon.
- Penalty: 0.50 pts for the use of non-conforming apparatus.
- Apparatus must be DepEd Palaro approved for Elementary & FIG approved for Secondary.

Entry and Discipline

- Each region/team shall compose of three gymnasts representing the entire level (Elementary/Secondary)
- The gymnast should be present in the competition area only once she has been called either by the announcer by the microphone or when the green light is showing.
 - **Penalty: 0.50 point** for early presentation (before being called) or late presentation
- It is forbidden to warm up in the competition hall.
 - **Penalty: 0.50 point** if this rule is not met
- For the wrong apparatus presented according to the start order, the following ensues: The gymnast will be asked to leave the floor area and will compete in her

later position in the start order for the correct/second apparatus She will perform the missed apparatus at the end of the rotation and receive a **Penalty of: 0.50** for that exercise.

- If a gymnast stops her exercise due to an injury or unforeseen circumstance during the performance, the exercise will be evaluated as per stopping the exercise due to a broken apparatus (#9.6-9.7)
- A gymnast may repeat an exercise only in the case of a "force major" fault from the Organizing Committee and approved by the Responsible Judge Example: electricity shut down, sound system error, etc.

Discipline of the Coaches

- During the actual performance of the exercise, the coach of the gymnast (or any other member of the delegation) may not communicate with the gymnast, the musician, or the judges in any manner:
 - **Penalty: 0.50 point** if this rule is not met

COMPETITION REQUIREMENTS

Elementary Level – Pre-Junior Category

- The Individual Difficulty score for exercises with Apparatus is 6.10 points maximum.
- A gymnast must include only elements that she can perform safely and with a high degree of aesthetic and technical proficiency.

DIFFICULTY REQUIREMENTS	Difficulty of Body Jump/Leaps-Min.1 Balances-Min.1 Rotations-Min.1	Dynamic Elements with Rotation	Difficulty of Apparatus
RANGE/LIMIT	Highest 6 counted	Maximum 2 (in performance order)	Minimum 1, maximum 7 (in performance order)
VALUE	Value: 0.10 to 0.50	Value: maximum 0.50	Fixed Value: 0.30

- The Individual Difficulty score for Freehand exercise is 4.20 points maximum.
- Requirements for Difficulty on Freehand exercise are:

DIFFICULTY REQUIREMENTS	Difficulty of Body Jump/Leaps-Min.1 Balances- Min.1 Rotations-Min.1	Series of Pre-Acrobatic Elements
RANGE/LIMIT	Highest 6 counted	Min. 2, Max. 3 (in performance order)
VALUE	Value: 0.10 to 0.50	Value: maximum 0.40 (in each series)

Elementary: Pre-Junior Routine Requirement Explanations:

Difficulty of the Body (DB)

- Requirements: 6 highest performed DB in the exercise will be counted.
- The required difficulty value is minimum of 0.10 and maximum of 0.50 points including CBD.
- One Combined Body Difficulty (CBD) is authorized.
- It is possible to perform only one Slow Turn on flat foot or in releve.
- The Technical Committee does not recommend DB on the knee.

Dynamic Element with Rotation (R)

- Definition: a combination of a high throw, 2 or more dynamic elements with rotation and a catch of the apparatus
- No minimum / Maximum 2 R in an exercise.
- Additional R elements will not be evaluated (No Penalty).
- R will only be valid if all the three basic requirements are met:
 - High throw of the apparatus (more than two heights of the gymnast) performed before the first rotation or during the first rotation. A small throw is not valid (#3.7.1; 3.7.2).
 - Minimum two complete dynamic elements of the body rotation ("base rotations"). A minimum of two base rotations with 360° for each rotation must be performed under the flight of the apparatus. The two base rotations must be performed without interruption (defined as additional steps between the two rotations) in any phase of the R.
- Catch of the apparatus after the final rotation or coordinated with any phase of the final rotation.

-
- The two base rotations and any additional rotations may be any version of the following groups of complete 360° rotational elements listed in the corresponding tables for:
 - Pre-Acrobatic elements
 - Vertical rotations (includes DB with rotation 360° or more with a value of 0.10)
 - DB with rotation of 360° or more with a value of 0.20 or more (DB Tables # 9; 13)
 - DB which may include multiple rotations from a single impulse count as one rotation except for illusions performed with intermediary steps (# 4.8.4)
 - Each group of pre-acrobatic/vertical elements may be used **one time** in R, either isolated, in a series, or repeated within one R in any order. If a group of pre-acrobatic elements is repeated (isolated or in a series) in another R (regardless of a different variation) this R will not be valid.
 - The base value of R can be increased by using additional criteria. Additional criteria may be performed during the throw of the apparatus, under the flight and/ or during catch of the apparatus.

Difficulty of Apparatus (DA)

- Definition: Apparatus Difficulty (DA) is a technical apparatus element ("Base") performed with specific criteria for the apparatus.
- Min. 1 / Max. 7 DA elements will be evaluated in chronological order (regardless of the technical execution of the DA). Additional DA elements will not be evaluated (No Penalty).
- 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.
- When the DA consists of 1 apparatus base + 2 criteria: the value of the Base determines the DA value.
- An identical repetition of a DA element will not be valid: 5.7.1. an identical repetition of an entire combination of Base(s) and criterion/a 5.7.2. a repetition of a DB (including shapes performed isolated or within a fouetté balance) will not be valid a DB criterion.

Series of Pre-Acrobatic Elements (Freehand)

- 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.

Secondary Level – FIG Junior Category

- The Individual Difficulty score has **NO limit**.
- A gymnast must include only elements that she can perform safely and with a high degree of aesthetic and technical proficiency.

DIFFICULTY REQUIREMENTS	Difficulty of Body Jump/Leaps-Min.1 Balances-Min.1 Rotations-Min.1	Dynamic Elements with Rotation	Difficulty of Apparatus
RANGE/LIMIT	Highest 7 counted	Maximum 4 (in performance order)	Minimum 1, maximum 15 (in performance order)
VALUE	Value: 0.10 to 0.70	Base Value: 0.20	Value: 0.20/0.30/0.40/0.50

- All Generalities norms for Senior Individual are valid for Junior individual.
- The non-dominant hand must be used to perform a Fundamental or Non-Fundamental Apparatus Technical element during 2 BD (Ball and Ribbon).
- The Difficulty judges identify and record Difficulties in order of their performance regardless of if they are valid or not:
 - The first subgroup D- judges (DB): evaluates the number and value of DB elements, including two DB in the Ball and Ribbon exercises with a Fundamental/Non-Fundamental apparatus element performed with the non-

dominant hand; evaluates the number and value of R, recognition of W performed during the exercise. Judges record all elements in symbol notation.

- The second subgroup D-judges (DA): evaluates the number and value of DA elements and the presence of required Fundamental apparatus technical elements. Judges record all elements in symbol notation.
- The performance order of Difficulties is unrestricted; however, the arrangement of Difficulties should respect the choreographic principle that the Difficulties should be arranged logically with connecting elements and movements in harmony with the character of the music.
- Penalties for missing the minimum required number of Difficulties and non-compliance with special requirements are applied when a Difficulty element is NOT ATTEMPTED AT ALL.

Scoring

Difficulty Score (D)

- The D-Judges evaluate the Difficulties, apply the partial score and deduct possible penalties, respectively:

The first subgroup D-judges (DB)

Difficulty	Minimum/Maximum	Penalty 0.30
Difficulties of Body (DB)	Minimum 3	Less than 3 Body Difficulties performed. Less than 1 Difficulty of each Body Group Penalty for each missing Difficulty
"Slow turn" balance	Maximum 1 in releve OR Maximum 1 on flat	More than 1 in releve OR More than 1 on flat
Full body waves (W)	Minimum 2	Penalty for each missing W
Dynamic Elements of Rotation (R)	Maximum 2 (Elem) Maximum 4 (Sec)	
Less than 2 DB with handling using the non-dominant hand		For each missing

The second subgroup D-judges (DA)

Difficulty	Minimum/Maximum	Penalty 0.30
Difficulty of Apparatus (DA)	Min. 1, Max. 7 (Elem) Min. 1, Max. 15 (Sec)	Missing minimum 1
Specific Fundamental Apparatus Elements	Minimum 2 of each	For each missing
Fundamental Apparatus Elements	Minimum 1 of each	For each missing

Artistry and Execution

All general norms for execution for Senior Individual exercise are also valid for Junior Individual exercise.

Further Explanation for FIG Junior Difficulty of Apparatus (DA)




Definition of AD

Apparatus Difficulty (DA) is a technical apparatus element ("Base") performed with specific criteria to the apparatus.

Requirements



- Minimum 1, Maximum 15 DA elements will be evaluated in chronological order. Additional DA elements will not be evaluated (No Penalty).
- The criteria DB may be used a maximum of 7 times in the exercise, evaluated in performance order.
- DA consists of the following combination of Base(s) and criteria:
 - 1 Apparatus Base + minimum 2 criteria (both criteria executed during the 1 Base)
 - 2 Apparatus Bases (only when 1 of the 2 bases is "catch from a high throw") + minimum 1 criterion which is executed during both Bases.
- When the DA consists of 1 apparatus base + 2 criteria: the value of the Base determines the DA value.

Example: Hoop and Ball

Base	Value	Criteria	DA Value
Large Roll 	0.40	 	0.40

- When the DA consists of 2 apparatus Bases (one of which must be “catch from a high throw”): the value of the highest Base + an additional 0.10 for the second Base determines the DA value.

Example: Hoop and Ball

Base	Value	Base	Value	Criteria	DA Value
Catch from a high throw ↓	0.30	Large Roll 	0.40		0.40 (highest base) + 0.10 (second base) = 0.50

- When the DA is performed with 2 apparatus Bases, the 2 Bases must be executed without a pause or interruption (when the apparatus is caught in the handstand position, a short pause is tolerated as per #4.3.5 between the Base “catch from a high throw” and the second Base).
- When the DA is performed with 2 apparatus Bases (neither Base is “catch from a high throw”) and only 1 criterion is executed: this is not evaluated as DA.
- When the DA is performed with 2 apparatus Bases (neither Base is “catch from a high throw”) and 2 criteria: the Base which is executed with 2 criteria will be valid; if both Bases are executed with 2 criteria, the highest Base will determine the value.
- For small throws/catches: the variations of “small throw” per # 3.7.2 are not a separate or second Base but rather all are possibilities for the base “small throw”:
 - ✓ with throw/thrust/push into the air
 - ✓ with rebound on the body
 - ✓ with apparatus dropped from a height (free fall)
 - ✓ for throw of one Club: with or without 360° rotation.
- An identical repetition of a DA element will not be valid:
 - an identical repetition of an entire combination of Base(s) and criterion/a
 - a repetition of a DB (including shapes performed isolated or within a fouetté balance) will not be valid a DB criterion.
- DA elements will be valid when the defined requirements for the apparatus Base and criteria are met.

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- Consecutive same Bases: the same Base performed in the same body-apparatus relationship for 2 or more consecutive body elements/ Difficulties of body will only validate the first DA.
 - Table of criteria for DA valid for all apparatus: criteria are valid under the conditions listed in the table; criterion listed as "N/A" in the DA Tables (# 5.11-5.14) indicates that this criterion is "Not Available" for that Base and cannot be counted.
 - The criteria DB may be used a maximum of 7 times in the exercise, evaluated in performance order.
 - A maximum of 3 pre-acrobatic elements from different groups of pre-acrobatic elements may be performed for the criterion "rotation". Pre-acrobatic elements may be the same or different than those used in R:
 - pre-acrobatic elements are evaluated in performance order: the first 3 will be evaluated;
 - the presence of a pre-acrobatic element in a DA element is evaluated regardless of how many additional criteria are executed;
 - a repetition of the same pre-acrobatic element performed in two (or three) separate DA elements will not be valid; the DA will not be valid, regardless of the number of additional criteria performed; and
 - if an additional pre-acrobatic element is used in DA, this DA will not be valid (No Penalty)
 - When a pre-acrobatic element is connected to a DB (with or without DA), this pre-acrobatic element is counted in the total number of pre-acrobatic elements authorized for the "rotation" criterion used for DA elements.
 - There is no limit on the use of vertical rotation groups in DA.

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.
- The general Difficulty, Artistry and Execution norms for Individual Senior Exercises are also valid for individual Junior and Pre-Junior Exercises.
- FIG NEW RULES will automatically be applied WITHOUT FURTHER NOTICE as deemed official and applicable by FIG RG TC.

AEROBIC GYMNASTICS

QUALIFYING ROUNDS AND FINALS

Number of Participants in the Qualifying Rounds

The maximum number for the Qualifying Rounds is:

- two per category per region for IM, IW, and MP
- one per region for TR and AER Dance.

Number of Participants in the Finals

The eight best scores of all categories may participate in the finals.

Training Area

A training hall is available to the competitors 2 days prior to the start of the competition. It is equipped with appropriate sound equipment and a full-size competition floor. Access to the floor is given by a rotation schedule set up by the LOC and approved by the Aerobic Gymnastics Technical Committee.

Waiting Area

A designated area connected to the Podium is referred to as the Waiting Area. It is only to be used by the competitors and their coaches of the next two starts. The area is not allowed to be used by any other person.

Restrictions

Competitors, coaches, and all unauthorized persons are restricted from entering the waiting area during competition, except when called by an official of the OC or the FIG.

Coaches have to remain in the Waiting Area while their competitors are competing. Coaches, competitors, and all unauthorized persons are restricted from entering the judging area. Disregard of these restrictions may lead to the disqualification of the competitor by the Superior Jury.

Technical / Orientation Meeting

It is mandatory for all coaches to be present in the Technical / Orientation Meeting. At this meeting, all information concerning the detailed organization of the competition will be given by the Tournament Manager.

The qualification system identifies individuals participating in the event and indicates that these individuals are permitted access. There will be access control at the entrance to each area. All participants are required to wear ID Cards at all times in the competition venue.

Coaches must check the names, categories, and competitors' music CDs.

The Technical / Orientation Meeting will be held in _____.

Music

Upon arrival, the delegation must deliver two CDs or USB stick to the OC as per the norms given in the FIG Code of Points. The following information must be written on the CDs:

- Region
- Name of competitor
- Category (IM / IW / MP / TR / AER DANCE)
- Title of the music
- The composer(s) of the music used.

The Head of Delegation or the Coach must sign two forms on behalf of the competitor(s)

- The approval of the technical criteria of playing the CDs or USB stick by the OC
- The confirmation that the music used does not violate any copyrights and that it can be broadcasted within sports.

For training in the training venue, the competitor(s) will have to bring their personal (third) copy of the music CDs or USB stick.

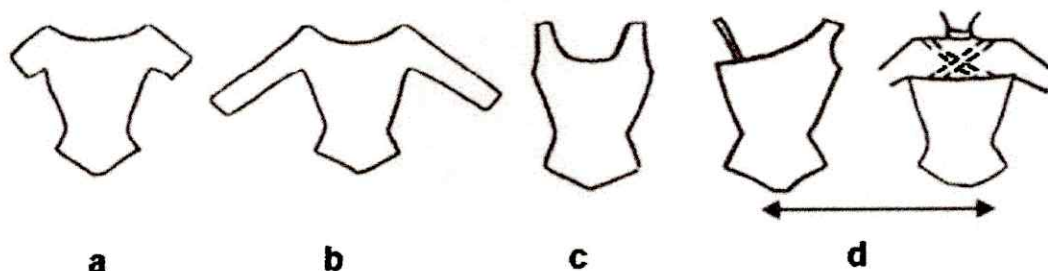
Dress Code

The competitors' dress must demonstrate that it subscribes to the sport profile of a Gymnastics discipline. A neat and proper athletic appearance should be the overall impression.

Attire violating any description written in the Dress Code will be deducted by CJP (-0.2 point each time for different criteria).

• **WOMEN'S ATTIRE**

- Women must wear a one-piece leotard with flesh coloured or transparent tights or a full-length unitard (one-piece leotard from neck to ankle).
- Different types of sequins are allowed.
- The neckline of the front and back of the leotard/unitard must be no further than half of the sternum for the front and no further than the lower line of the shoulder blades for the back.
- The cut of the leotard at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium. The leotard must cover the crotch completely.
- Attire for women may be with or without long sleeves (1 or 2 sleeves). Long sleeves end maximum at the wrist. Transparent material allowed for sleeves.



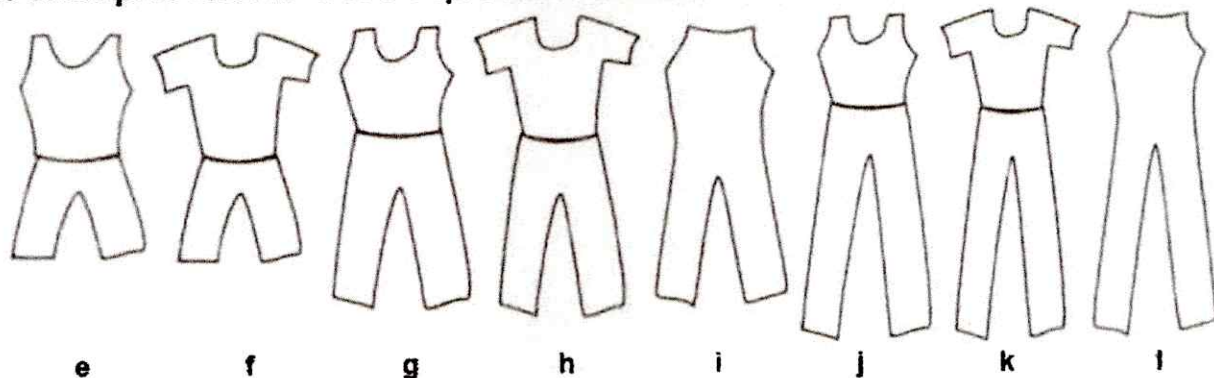
The examples shown "a to c" represent the same front and back of the leotard.
The example "d" is the same leotard showing the front and the back.

• **MEN'S ATTIRE**

- Men must wear 2 pieces (short or long pants and a form fitting top) or full-length unitard. Shorts/pants/trousers must not be skin-tight.
- Short pants must cover 1/3 of the thigh length from hip joint.
- The attire must not have an open cut at the front or back.
- The armhole must not be cut below shoulder blades (scapular).
- Any kind of SEQUINS for Men's Attire is not allowed.
- 3/4 leggings, long gymnastics trousers (leotard + trousers), 1-piece combi-trousers are allowed.

Examples for MEN

The examples shown "e to l" represents the same front and back of the leotard.



CORRECT ATTIRE:

- Correct support must be worn.
- Hair must be secured to the head.
- The competitors must wear white aerobics shoes and optional white socks.
- Make-up must be only for women and used sparingly.
- Loose and additional items to the attire are not allowed.
- Jewelry must not be worn.
- Torn or ripped costume or undergarments must not be shown during a performance.
- Aerobics attire must be in non-transparent material, except for sleeves for women.
- Attire depicting war, violence or religious themes is forbidden.
- Body paint is not allowed.
- Only skin colour taping is allowed (no braces/grips).
- Leotards that are almost all skin coloured (see Glossary) are not allowed. It appears as nudity on TV.

Uniform: (WARNING BY CJP):

All competitors must wear their official national tracksuit at the Opening and Closing Ceremony and competition attire for Medal Award ceremonies. (see FIG T.R. section 1, Art. 9.3.3)

Competition Attire for Muslim Participants

All participants from BARMM or Muslim participants from other regions can wear jazz pants, jogging pants, hijab, or any comfortable attire that will not violate the Muslim teachings.

Late Appearance on the Competition Area and Walk Over

Should a competitor fail to appear on stage within 20 seconds after being called, a deduction of 0.5 point will be made by the Chair of the Judges Panel. Should a competitor fail to appear on stage within 60 seconds after being called, the start will be deemed as a Walk Over. Upon announcement of such a Walk Over the competitor loses his right to participate in the category in question.

In the case of EXTRAORDINARY CIRCUMSTANCES, refer to chapter 1, COP 2022-2024.

Training Warm-Up

Training sessions will begin on _____ and the official training venue is at Marikina City.

The training schedule will be made according to the arrival time of each delegation and will be handed to the Heads of Delegation upon registration.

Access to the competition hall and the training venue will be given only to the members of the delegation wearing their ID and only during their respective training time.

Judges' Meeting

All members of the judging panel are obliged to attend all meetings, briefings, and debriefings as per FIG COP 1.2.b. Briefings will take place before every competition and is compulsory to all appointed judges and reserves.

Judges' Briefing will take place on _____ from _____ at the _____.

Drawing of Lots for Judges / Starting Order

A draw will decide the starting order of the competition. Lots will be drawn in the presence of the Coaches and Technical officials. The drawing of lots will take place during the coaches' and technical meetings. The lots shall be drawn by a "neutral" person or by computer.

Display of Scores and Distribution of Results

The scores of the juries and final results will be published on a display screen.

A detailed list of results, including all judges' marks, will be distributed to the Heads of Delegation after the Finals.

COMPETITION PROGRAMME

	ELEMENTARY LEVEL	SECONDARY LEVEL
AGE	DepEd Palarong Pambansa Eligibility Guidelines	
CATEGORIES	IM, IW, MP, TR, AER DANCE	IM, IW, MP, TR, AER DANCE
EXCEPTIONS	No 1 arm support	
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)	1 minute 20 sec. (+/- 5sec)
DIFFICULTY ELEMENTS	Maximum 7 elements IM: Family 4 is NOT compulsory Family 8 is NOT allowed.	Maximum 7 elements Must perform minimum of 4 families. IM: same rule as Senior
ACROBATIC ELEMENTS (No repetition)	2 Elements from A1 to A4 (optional)	2 elements from A1 to A5 (optional) No repetition and Salto 360° without twist ONLY. <IM / IW> 1 combination of Acrobatic Elements (A+A)

		allowed and will be counted as 1 combination.
COMBINATION OF DIFFERENT ELEMENTS	2 diff elements or diff/Acro elements allowed. (A+D / D+D / D+A)	2 diff elements or diff/Acro elements including Compulsory elements allowed. (A+D / D+D / D+A)
TOTAL COMBINATION SET ALLOWED	Maximum 1 set of combination (A+D / D+D / D+A)	Maximum 1 set of combination (A+D / D+D / D+A) IM/IW: include A+A
COMPETITION SPACE	7m x 7m: IND 10m x 10m: TR, MP, AER DANCE	10m x 10m All Categories
COMPULSORY ELEMENTS (MP/TR: must perform the same compulsory element at the same time)	4 Elements <ul style="list-style-type: none"> Combination of Compulsory elements not allowed. <ol style="list-style-type: none"> Helicopter Straddle or L-Support (max to 1/1 turn) Tuck Jump 1/1 turn 2/1 turn Group B & C: If performed with incomplete rotation (as in the CoP), Downgraded and Missing Compulsory deduction will apply. 	7 elements <ul style="list-style-type: none"> Combination of compulsory elements allowed. <ol style="list-style-type: none"> 0.8 value (optional): Maximum 1 element 0.7 value: Minimum 1 and maximum 2 elements 0.6 value or lower: 4, 5 or 6 elements If no element from 0.7 value, it will be a deduction for Missing Compulsory including downgraded.
ELEMENTS ALLOWED VALUE	0.2 – 0.6	0.2 – 0.8
PUSH UP SPLIT LANDING (Difficulty Elements (Group B / Acrobatic Elements))	<IM> <ul style="list-style-type: none"> Maximum 1 element landing to PU. No Split landing elements <IW/MP/TR/GR> <ul style="list-style-type: none"> Maximum 1 element landing to PU 	<IM> <ul style="list-style-type: none"> Maximum 2 element landing in PU No Split landing elements <IW/MP/TR>

	<p>OR</p> <ul style="list-style-type: none"> Maximum 1 element landing to Split 	<ul style="list-style-type: none"> Maximum 1 element landing in PU <p>OR</p> <ul style="list-style-type: none"> Maximum 1 element landing in Split
COLLABORATIONS	Minimum of 2 collaborations	Minimum of 3 collaborations
ATTIRE	FIG Code of Points (LIGTH make-up)	FIG Code of Points
JUDGES' PANEL	<p>For National Development: 2-4 A-Jury, 2-4 E-Jury, 1-2 D-Jury, 2 L-Jury, 1 T-Jury, 1 CJP</p> <p>According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics Code of Points.</p>	
TEAM RANKING	There will be a team ranking for both categories.	

DEDUCTIONS

	ELEMENTARY LEVEL	SECONDARY LEVEL
<p>Difficulty Deductions</p> <p>(-0.5 each time)</p>	<ul style="list-style-type: none"> More than 7 elements Compulsory elements: missing or in any combination or not at the same time Elements with 0.7 or more Performing elements not allowed More than 1 jump element landing to PU or split More set of combination of elements allowed (D+D, D+A, A+D) Combination of 3 elements Repetition of an element 	<ul style="list-style-type: none"> More than 7 elements Less than 4 families Missing Compulsory: Not performing 1 element of 0.7 value Elements with 0,9 value or more Performing elements not allowed (IM: Family 8) IM: Missing Family 4 IM; More than 2 PU landing IM; Split landing (Group B) IW, MP, TR; More than 1 Split landing IW, MP, TR: More than 1 PU landing

		<ul style="list-style-type: none"> • Combination of 3 elements • More set of combination of elements allowed (D+D, D+A, A+D, A+A) • Repetition of an element
CJP Deduction (-0.5 each time)	<ul style="list-style-type: none"> • Performing Acrobatic elements (A5) without collaboration • Performing more than 2 Acrobatic elements and or in combination • Acro elements (A5) landing without support / help from partners in collaboration • Performing Prohibited moves 	<ul style="list-style-type: none"> • Performing Salto 360° with twist • Performing more than 2 Acrobatic elements • IM: Acrobatic elements landing in Splits • MP/TR: Combination of Acro elements • Acrobatic elements (A5) landing without support / help from partners in collaboration • Performing Prohibited moves

AEROBIC DANCE

EVENTS	COMBINED (4) ELEMENTARY AND (4) SECONDARY
DEFINITION	<p>Group Choreography of 8 competitors (male/female/mixed), utilizing the Aerobic movements in Dance Style.</p> <ul style="list-style-type: none"> • The Choreography must have a "THEME" and must express within the choreography. • The routine must include 32 to 64 counts of 2nd style (Any Style of Dance are allowed) that is different from the rest of the choreography. • One of the important aspects is the SYNCHRONIZATION of all members as a unit. • The routine may include acrobatic and/or difficulty elements, but they will not receive any value.
AGE	DepEd Palarong Pambansa Eligibility Guidelines
CATEGORIES	AER DANCE
COLLABORATION	Must show minimum of 3 collaborations in the whole routine.
MUSIC LENGTH	1 minute 20 sec. (+/- 5sec)
ACROBATIC ELEMENTS	The routine may include movements from other disciplines (without excessive use) well integrated into the Choreography.

(No repetition of Acrobatic Element)	<p>Only A-1 to A-4 Acrobatic element is allowed to perform. A-5 is not allowed to perform except in the collaboration but must land with partner(s) support/help.</p> <p>If A-5 is performed without collaboration, it will be considered as a prohibited move.</p> <p>If all 8 competitors perform the Acrobatic element, this must be performed at the same time with the same element.</p>
COMBINATION OF DIFFERENT ELEMENTS	<ul style="list-style-type: none"> Maximum of 2 Acrobatic Elements in combination (=set) may be performed but must perform at the same time.
ACROBATIC ELEMENTS	<p>Examples:</p> <p>Round off + flic flac + salto = DEDUCTION</p> <p>Round off + salto = NO DEDUCTION</p>
AND	<ul style="list-style-type: none"> Combination of 2 Acrobatic Elements (A+A) is allowed in the whole routine.
DEDUCTIONS	<p>More than 2 acrobatic elements performed in combination (=sets): -0.5 each time. More than 2 acrobatic combinations (sets) in the whole routine -0.5 each time.</p>
COMPETITION SPACE	10m x 10m: AER DANCE
DANCE CONTENT	<p>In the Dance Content, dance movements are evaluated throughout the routine, including the 2nd style. If the 2nd style is not included or not recognizable or not STREET DANCE, maximum in Dance Content is 1.1 (Unacceptable).</p> <p>The dance content must have high correlations with the theme and the style of the music.</p> <p>It is recommended to show high level of creativity in the dance content, especially by using the music style and accents, but without repetitions. The second style must be clearly different from the rest of the choreography and must show high degree of creativity.</p>
PUSH UP	Maximum 1 JUMP landing in SPLIT
SPLIT LANDING	Maximum 1 JUMP landing in PUSH UP
LIFT	1 (optional), no value
ATTIRE	FIG Code of Points
JUDGES' PANEL	<p>2-4 A-Jury, 2-4 E-Jury, 2-D Jury, 2-L- Jury, 1- CJP</p> <p>According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics code of points.</p>
TEAM RANKING	There will be a team ranking for both categories (Elementary and Secondary)

XI. DETERMINATION OF WINNER

Artistic Gymnastics

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).

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.

There will be IAA Champions per category:

- Elementary- Cluster 1- IAA – 1st / 2nd / 3rd
Cluster 2- IAA – 1st / 2nd / 3rd
- Secondary- Cluster 3- IAA – 1st / 2nd / 3rd

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

In cases of ties for all three slots, FIG Rules for tie-breaking will be observed.

Team Championship

Artistic Gymnastics

For Secondary (Cluster 3), scores of the three (3) gymnasts from each region for all apparatuses will be tallied and ranked per team. Teams who ranked first, second and third will be given gold, silver, and bronze medals. Coaches will receive certificates only.

For Elementary (Clusters 1 & 2), the team score will come from accumulated scores of gymnasts from Cluster 1 and Cluster 2 for four (4) events. Teams who ranked first, second

and third will be given gold, silver, and bronze medals. Coaches will receive certificates only.

Tie Breaking

(See T.R. section 32 - Art 7)

Rhythmic Gymnastics

The Team Score will come from the accumulated scores of the 3 gymnasts per level.

- o Elementary Level:

Elementary - 4 Apparatus/Events (3 Gymnasts)

Total: 12 Apparatus/Events

- o Secondary Level: Secondary - 4 Apparatus/Events (3 gymnasts)

Total: 12 Apparatus/Events

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)

Final Score Calculation

- The rules governing the determination of the Final Score are identical for all sessions of competitions (Individual Qualifications, All-Around, Apparatus Finals).
- The Final score of an exercise will be established by the addition of the D score, A score and E score. Deduction of penalties, if any, are from the final score.

Tie Breaking

(See T.R. section 3 - Art 4.4)

In case of a tie, in points at any place on any apparatus for qualification for Apparatus Finals, the ranking will be determined by the following criteria:

1. The gymnast with the highest E-score prevails.
2. The gymnast with the highest sum of E and A-scores prevails.
3. The gymnast with the highest D-score prevails.

If there is still a tie, the tie will not be broken.

Aerobic Gymnastics

Ranking By Teams

(See T.R. section 6 - Art 3.3)

In case of a tie in points at any place in the Team Ranking, the ranking will be determined by the following criteria:

1. The best ranked Trio
2. The best ranked counting Aerobic Dance
3. To participate in the Team Ranking, team must be represented with at least one participant in each category.
 - Individual Men and/or Individual Women, Mixed Pair, Trio
 - Aerobic Dance

The team ranking list will be established adding the 4 best places (ranking): Individual Men or Individual Women, Mixed Pair, Trio, and Aerobic Dance. The 4 places of each Team are converted into points as according to the ranking from the competition.

e.g.: 1st place – 1 point, 2nd place – 2 points

The team with the lowest number of points is declared Team Champion. Medals will also be given to the winning teams. The delegations must announce the composition of their team coaches' meeting and orientation. (1 individual man and / or 1 individual woman, 1 mixed pair, 1 trio and 1 aerobic dance during

In case of a tie in points at any place in the Team Ranking, the ranking will be determined by the best ranked Trio. If there is still a tie, the tie will not be broken.

XII. MEDALS TO BE CONTESTED

Men's Artistic Gymnastics

Categories	Gold	Silver	Bronze
Elementary	11	11	11
Secondary	6	6	6
Total	17	17	21

Women's Artistic Gymnastics

Categories	Gold	Silver	Bronze
Elementary	11	11	11
Secondary	6	6	6
Total	17	17	17

Rhythmic Gymnastics

Categories	Gold	Silver	Bronze
Elementary	6	6	6
Secondary	6	6	6
Total	12	12	12

Aerobic Gymnastics

Categories	Gold	Silver	Bronze
Elementary	6	6	6
Secondary	6	6	6
Total	12	12	12

XIII. NUMBER OF MEDALS TO BE AWARDED

Men's Artistic Gymnastics

Category	Competition/ Event	Awards		
<i>Elementary Cluster 1</i>	Individual-All-Around	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Floor Exercise	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Pommel Horse (Mushroom)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	VaultingTable	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Horizontal Bar	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
<i>Elementary Cluster 2</i>	Individual-All-Around	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Floor Exercise	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Pommel Horse (Mushroom)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	VaultingTable	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Horizontal Bar	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 Sivers	Third Place - 3 Bronzes
<i>Secondary Cluster 3</i>	Individual-All-Around	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Floor Exercise	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Pommel Horse (Mushroom)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	VaultingTable	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Horizontal Bar	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 Sivers	Third Place - 3 Bronzes
Total Medals		24 Gold Medals	24 Silver Medals	24 Bronze Medals

Note: Extra medals will be given in case there is a tie.

Women's Artistic Gymnastics

Category	Competition/ Event	Awards		
<i>Elementary Cluster 1</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Uneven Bars	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Balance Beam	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Vault	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Elementary Cluster 2</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Uneven Bars	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Balance Beam	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Vault	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Combined Scores</i> IAA	Team Championship	First Place – 3 Golds	Second Place – 3 Sivers	Third Place – 3 Bronzes
<i>Secondary Cluster 3</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Uneven Bars	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Balance Beam	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Vault	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Combined Scores</i> IAA	Team Championship	First Place – 3 Golds	Second Place – 3 Sivers	Third Place – 3 Bronzes
Total Medals		24 Gold Medals	24 Silver Medals	24 Bronze Medals

Note: Extra medals will be given in case there is a tie.

Rhythmic Gymnastics

Level / Category	Competition/ Event	Awards		
		First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
<i>Elementary/ Pre-Junior</i>	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
	A.F. - Hoop	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
<i>Combined IAA Scores</i>	Team Championship	First Place - 3 Golds	Second Place - 3 Silvers	Third Place - 3 Bronzes
Total Medals		8 Gold Medals	8 Silver Medals	8 Bronze Medals

Level / Category	Competition/ Event	Awards		
		First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
<i>Secondary/ FIG Junior</i>	Individual-All-Around	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Hoop	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
Total Medals		8 Gold Medals	8 Silver Medals	8 Bronze Medals

Note: Extra medals will be given in case there is a tie.

Aerobic Gymnastics

Category	Competition/ Event	Awards		
<i>Elementary</i>	Individual Men (IM)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Individual Women (IW)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Mixed Pair (MP)	First Place - 2 Gold	Second Place - 2 Silver	Third Place - 2 Bronze
	Trio (TR)	First Place - 3 Gold	Second Place - 3 Silver	Third Place - 3 Bronze
	Aerobic Dance (AD)	First Place - 4 Gold	Second Place - 4 Silver	Third Place - 4 Bronze
<i>Combined Medal Points</i>	Team Championship	First Place - 4 Golds	Second Place - 4 Silvers	Third Place - 4 Bronzes
Total Medals		18 Gold Medals	18 Silver Medals	18 Bronze Medals

Category	Competition/ Event	Awards		
<i>Secondary</i>	Individual Men (IM)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Individual Women (IW)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Mixed Pair (MP)	First Place - 2 Gold	Second Place - 2 Silver	Third Place - 2 Bronze
	Trio (TR)	First Place - 3 Gold	Second Place - 3 Silver	Third Place - 3 Bronze
	Aerobic Dance (AD)	First Place - 4 Gold	Second Place - 4 Silver	Third Place - 4 Bronze
<i>Combined Medal Points</i>	Team Championship	First Place - 4 Golds	Second Place - 4 Silvers	Third Place - 4 Bronzes
Total Medals		18 Gold Medals	18 Gold Medals	18 Silver Medals

Note: Extra medals will be given in case there is a tie.

XIV. PROPOSED SCHEDULE OF THE GAME

Artistic Gymnastics

Day	Time	Activity/Event
Competition Day 1: Podium Training: Per Regions		
1	6:00-7:00	Elementary & Secondary: WAG & MAG- Region 1 & 2
	7:00-8:00	Elementary & Secondary: WAG & MAG- Region 3 & 4A
	8:00-9:00	Elementary & Secondary: WAG & MAG- Region 4B & 5
	9:00-10:00	Elementary & Secondary: WAG & MAG- Region 6 & 7
	10:00-11:00	Elementary & Secondary: WAG & MAG- Region 8 & 9
	11:00-12:00	Elementary & Secondary: WAG & MAG- Region 10 & 11
	12:00-1:00	Elementary & Secondary: WAG & MAG- Region 12 & 13
	1:00-2:00	Elementary & Secondary: WAG & MAG- Region CAR
	2:00-3:00	Elementary & Secondary: WAG & MAG- Region NCR
	3:00-5:00	Judges' Refreshers Course
	5:00-6:00	Coaches' Solidarity Meeting
	6:00-7:00	Meeting of Technical Officials
Competition Day 2: Elementary & Secondary WAG		
2	6:00 – 7:15	Open Warm-Up / Assembly/Preparation Reminders/Orientation Checking of Gallery
	7:15-7:30	Technical Officials & Judges' Meeting/Briefing
	7:30-7:45	Opening Parade/Program
	7:45-8:00	General Warm-Up for Cluster 1
	8:00-9:00	Cluster 1 Competition
	9:00-9:30	General Warm-Up for Cluster 2
	9:30-12:00	Cluster 2 Competition
	12:30-1:00	General Warm-Up for Cluster 3
	1:00-5:00	Cluster 3 Competition
	5:00-6:00	Awarding Ceremonies (IAA & Team Championship)
	6:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Competition Day 3: Elementary & Secondary MAG		
3	6:00 – 7:15	Open Warm-Up / Assembly/Preparation Reminders/Orientation Checking of Gallery
	7:15-7:30	Technical Officials & Judges' Meeting/Briefing
	7:30-7:45	Opening Parade/Program
	7:45-8:00	General Warm-Up for Cluster 1
	8:00-9:00	Cluster 1 Competition
	9:00-9:30	General Warm-Up for Cluster 2
	9:30-12:00	Cluster 2 Competition
	12:30-1:00	General Warm-Up for Cluster 3
	1:00-5:00	Cluster 3 Competition
	5:00-6:00	Awarding Ceremonies (IAA & Team Championship)

	6:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Competition Day 4: Event Finals & Awarding		
4	6:00 – 8:00	General Warm – Up Cluster 1 / Checking of Apparatus / Orientation of Finalists
	8:00 – 9:00	WAG Elem Cluster 1 Finals
	9:00 – 9:30	General Warm-Up for Cluster 2
	9:30 – 10:30	WAG Elem Cluster 2 Finals
	10:30 – 11:00	General Warm-Up for Cluster 3
	11:00 – 12:00	WAG Sec Cluster 3 Finals
	12:00 – 1:00	Lunch Break / Checking of Apparatus / Orientation of Finalists
	1:00 – 1:30	MAG Elem Cluster 1 Finals
	1:30 – 2:00	General Warm-Up for Cluster 2
	2:00 – 2:30	MAG Elem Cluster 2 Finals
	2:30 – 3:00	General Warm-Up for Cluster 3
	3:00 – 3:30	MAG Sec Cluster 3 Finals
	3:30 – 5:00	Awarding Ceremonies (Apparatus Finals)

Rhythmic Gymnastics

Day	Time	Activity/Event
Competition Day 1: Opening & Elem FH/Rope – Sec Hoop/Ball		
1	7:00 – 10:00	General Warm-Up / Assembly / Preparation / Parade Opening Ceremony / Checking of Gallery Orientation / Checking of Apparatus & Leotards
	10:00 – 12:00	Elementary Group A / SG I & II / FH & Rope
	12:30 – 2:30	Elementary Group B / SG III & IV / FH & Rope
	2:45 – 4:45	Secondary Group A / SG I & II / Hoop & Ball
	5:00 – 7:00	Secondary Group B / Sg III & IV / Hoop & Ball
	7:00 – 7:30	Meeting of Technical Officials
Competition Day 2: Elem Hoop/Ball – Sec Clubs/Ribbon		
2	7:00 – 9:00	General Warm-Up / Assembly/Preparation Reminders/Orientation Checking of Apparatus & Leotards
	9:00 – 11:00	Elementary Group A / SG I & II / Rope & Hoop
	11:30 – 1:30	Elementary Group B / SG III & IV / Rope & Hoop
	1:45 – 3:45	Secondary Group A / Sg I & II / Clubs & Ribbon
	4:00 – 6:00	Secondary Group B / Sg III & IV / Clubs & Ribbon
	6:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Podium Training Day 3		
3	7:00 – 8:20	Elementary Finalists: Freehand
	8:20 – 9:40	Elementary Finalists: Rope
	9:40 – 11:00	Elementary Finalists: Hoop
	11:00 – 12:20	Elementary Finalists: Ball

	12:20 – 1:00	Lunch Break
	1:00 – 2:20	Secondary Finalists: Hoop
	2:20 – 3:40	Secondary Finalists: Ball
	3:40 – 5:00	Secondary Finalists: Clubs
	5:00 – 6:20	Secondary Finalists: Ribbon
Competition Day 4: Event Finals & Awarding		
4	7:00 – 9:00	General Warm – Up / Checking of Apparatus / Orientation Of Finalists
	9:00 – 9:30	Elementary Freehand
	9:30 – 10:00	Elementary Rope
	10:00 – 10:30	Elementary Hoop
	10:30 – 11:00	Elementary Ball
	11:00 – 1:00	Lunch Break / Checking of Apparatus / Orientation of Finalists
	1:00 – 1:30	Secondary Hoop
	1:30 – 2:00	Secondary Ball
	2:00 – 2:30	Secondary Clubs
	2:30 – 3:00	Secondary Ribbon
	3:00 – 3:30	Break
	3:30 – 5:00	Awarding Ceremonies

Aerobic Gymnastics

Day	Time	Activity/Event
Podium Training Day 1: Mass Dance Preparation		
1	9:00 – 12:00	Podium Training for the Opening and Mass Dance / Assembly / Preparation / Parade Opening Ceremony / Checking of Gallery Orientation
	1:00 – 3:00	Judges' Refresher Course
	1:00 – 5:00	Training per Schedule
	3:00 – 5:00	Coaches' Solidarity Meeting
	5:00 – 7:00	Meeting of Technical Officials
Competition Day 2: Individual Men and Women		
2	8:00 – 9:00	Judges' Meeting and Briefing
	9:00 – 9:30	Opening Parade
	9:30 – 12:00	Elementary Qualifying Rounds for IM and IW
	2:00 – 5:00	Secondary Qualifying Rounds for IM and IW
	5:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Competition Day 3: Mixed Pair, Trio, Aerobic Dance		
3	8:00 – 9:00	Judges' Meeting and Briefing
	9:00 – 12:00	Elementary Qualifying Rounds for MP / TR / AER DANCE
	2:00 – 5:00	Secondary Qualifying Rounds for MP / TR / AER DANCE
	5:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Competition Day 4: Event Finals & Awarding		
	8:00 – 9:00	Judges' Meeting and Briefing Opening Parade

4	9:00 – 12:00	Elementary Finals for IM / IW / MP / TR / AER DANCE
	1:00 – 4:00	Secondary Finals for IM / IW / MP / TR / AER DANCE
	4:00 – 5:00	Awarding Ceremonies

XV. COMPETITION DETAILS

The opening will take place on April 22, 2023, at Marikina Sports Complex, Marikina City. Gymnastics opening parade and physical appearance will take place on April 24, 2023 at Gymnastics Association of the Philippines Training Center, Rizal Memorial Sports Complex, Manila, Philippines.

Competitors will hold an opening parade and will be presented in this event and must wear their track suit.

XVI. SAFETY STANDARDS AND HEALTH PROTOCOLS

Principles

- Keep physical interactions with others to a minimum.
- Avoid physical contact, including hugs and handshakes.
- Keep two meters, distance from athletes and at least one meter from others, including in operational spaces.
- Avoid enclosed spaces and crowds where possible.
- Use Games transport systems provided by the Organizer or Region. Do not use public transport unless given permission.
- Complete and follow what you describe in your activity plan.
- Cough into your mask, sleeve, or tissue.
- Avoid using shared items where possible or disinfect them.
- Download DepEd Palarong Pambansa Contact Tracing and Health Reporting smartphone applications (app).
- Get a test and isolate if you experience any symptoms or are told to by tracing services and inform the Coaches, Sports Regional Officer, Tournament Manager, Organizers, and Covid-19 Liaison Officer who will record your symptoms, test results and close contacts, and agree on next steps.
- Monitor your health daily for 14 days before you travel to Competition Venue. Take and record your temperature daily.
- Pro-actively monitor your personal health using the application.

Physical Facilities, Competition, and Spectators Area

- Sanitation devices and thermometer must be placed in all entrances of the Field of play (FOP) and are required to be used by the participants.
- Chairs for the spectators must be arranged 1-2 meters apart.
- Limited no. of spectators allowed in the competition area.
- Signs and Reminders must be posted and provided to remind the people about Safety Standards and Health Protocols.
- The Competition Area must be sanitized.
- Designated Area for disinfection of all the people that will be entering the premises of the competition area.
- Each team must be provided with a holding area spacious enough to observe social distancing.
- Handwashing facilities must be always available with soap and water and placed in high traffic areas and entry/exit points.
- Physical distancing must be strictly observed in and out of the field of play.
- Separate spectators' area from the athletes and maintain physical distancing at least 1-2 meters.
- Live broadcast will be posted (Official DepEd Palarong Pambansa Website, Facebook Page and YouTube Channel) to lessen the spectators in the venue.
- Regular disinfection of equipment and facilities before and after the event competition.
- Provide space for the medical team and there should an ambulance standby outside the gym.
- Ventilate rooms and common spaces every 30 minutes.
- Educate the people to observe physical distancing through voice clips and video in the venue before, during, and after competition.

Gymnasts, Coaches, and Officials

a. GYMNASTS

- Gymnasts must secure medical clearance.
- Teams must always wear masks but during the competition proper, they may remove and wear it after their routine/performance.
- Each gymnast must have their own drinking bottles and towels.

-
- Each team will be provided a designated area, enough to observe physical distancing.
 - Only teams with scheduled games will be allowed in the Field of Play.
 - Limited number of gymnasts which will be allowed in the competition area per event to observe physical distancing.
 - Daily health check of teams and officials.
 - All competing teams and officials must adhere to the medical requirements.
 - Sharing of equipment should be prohibited (e.g. apparatus, towels, water bottles and cups are not shared).

b. COACHES AND OFFICIALS

- Coaches and officials must secure medical clearance.
- Coaches and Officials of the game shall always maintain and observe physical distancing for at least 1-2 meters apart.
- Coaches and Officials are required to always wear face masks.

XVII. CHILD PROTECTION AND SAFEGUARDING IN SPORTS

Gymnastics will adhere to the DO 40, s. 2012- DepEd Child Protection Policy, FIG Guidelines for National Federation Safeguarding Policy and Procedures, and Palarong Pambansa rules and regulations for sports safeguarding.

XVIII. REFERENCES

Code of Points

- **Men's Artistic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_%202022-2024%20MAG%20CoP.pdf

- **Women's Artistic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf

- **Rhythmic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20RG%20Code%20of%20Points.pdf

- **Aerobic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20AER%20CoP.pdf

MAG Age Group- <https://www.gymnastics.sport/site/pages/education/agegroup-mag-manual-e.pdf>

WAG Age Group- <https://www.gymnastics.sport/site/pages/education/agegroup-wag-manual-e.pdf>

Technical Regulations- https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20%20Technical%20Regulations%202023.pdf

National Federation Safeguarding Policy and Procedures-

https://www.gymnastics.sport/site/pdf/safeguarding/20180927_Policy%20and%20Procedures_V14_with%20charts.pdf