

2017 PALARONG PAMBANSA

San Jose, Antique

April 23-29

MEN'S ARTISTIC GYMNASTICS COMPETITION GUIDELINES

Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Players
ELEMENTARY				
1	Ages 7-9	Floor Exercise	Class 2 FIG Age Group-Compulsory	1
		Pommel Horse (mushroom), Vaulting Table	Class 1 FIG Age Group-Compulsory	
2	Ages 10 - 12	Floor Exercise, Vaulting Table	Class 3 FIG Age Group-Optional	2
		Pommel Horse	Class 1 FIG Age Group-Compulsory	
SECONDARY				
3	Ages 13 - 18	Floor Exercise, Vaulting Table	FIG Junior	3
		Pommel Horse	Class 2 FIG Age Group-Compulsory	

GENERAL REGULATIONS

Article 1. Competition Ages

- The gymnast's age eligibility will be based on his age on _____ of the year of competition.

Article 2. Warm-up and Assistance

- The competitors will be given at least 90-minutes of general warm-up prior to the competition but no one touch (or 30-second) warm-up in advance of the competition.
- The use of soft safety mats on vault is allowed but on floor exercise and pommel horse will result in 0.3 deduction from the final score.
- The use of any non-permitted supplementary equipment will be deducted 0.3.

Article 3. General Judging Rules

- Unless otherwise stated within this document, execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
- Deductions of a disciplinary nature are taken from the Final Score by the Chair of the Apparatus Jury.
- The values and deductions of all compulsory routines will be based in the fig age group program manual.

SPECIFIC REGULATIONS

Article 4. Specific Judging Rules

The evaluation of optional exercises in elementary cluster 2 will be based on the system of the 2013 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 which was fulfilled in the exercise will be given 0.5
- 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 0.5 for that EGR.
- Determine if the remaining EGR have been performed and award 0.5 for each one met (plus the value of the element itself). This applies 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.
- Add any connection bonus that applies (Floor Exercise only)

E-score

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

Small error= 0.1 Medium error= 0.2 Large error= 0.3 Fall= 0.5

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 requirements, EGR and possible Connection Bonus points.
- **Repetition**
In elementary cluster 2-may repeat one skill of B or C value
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.

Article 6. Element Values and Maximum Number of Elements for Elementary Cluster 2:

Maximum Number of Element	A- part value	B-part value	C-part value	D- part and higher
8	0.1	0.2	0.3	Not permitted

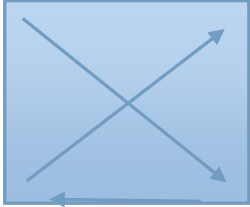
Article 7. Evaluation of Short (or long) Exercises for Cluster 2

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

Article 8. Summary of Specific Regulations and Compulsory Exercises

CLUSTER 1 (Compulsory Exercises)

FX	Mushroom(PH)	VT
FIG Age Group Class 2 1)2-3 steps to front handspring, straight jump and then rebound to stretched dive roll 2) Finish with control in straddle split 2 sec. 3. Press to handstand with bent arms and straddled legs to momentary hold and forward roll and jump with ¾ turn to face side	FIG Age Group Class 1 -5 leg circles with 2 point each, total value of 10.0 -deductions: small=.1 medium=.2 large=.3 Fall=.5	FIG Age Group Class 1 2 Choices: 1. From run, hurdle onto board and jump from two feet to hands with straight body and fall to back on a soft mat of 80 cm height. 2.Salto fwd stretched from a vaulting board -Base the deduction from FIG age Group Program -a 2 nd attempt is permitted , but

<p>4. Step to scissor kick to 2 cartwheels</p> <p>5. Pike down and backward roll with straight arms and straight legs to stand</p> <p>6. Front scale or y scale (2 sec)</p> <p>7. 3 steps hurdle to round off backhandspring straight jump and backward roll tucked to stand.</p> <p style="text-align: center;"><u>Floor Pattern</u></p> 		with 0.5 deduction
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CLUSTER 2

FX	Mushroom(PH)	VT
<p>Difficulty Values & Required No. of Elements</p> <p>Difficulty A=.1 B=.2 C=.3</p> <p>8 skills max. for D-score</p>	<p>FIG Age Group Class 1</p> <p>-5 leg circles with 2 point each, total value of 10.0</p> <p>-deductions: small=.1 medium=.2 large=.3 Fall=.5</p>	<p>Permitted Vaults and Difficulty Values</p> <p>Handspring=2.0 w/ 1/2 t=2.2 w/ 1/1t=2.5 w/1 1/2t=2.7</p>
<p>Developmental and Supplemental Skills</p> <p>1)Round off or Cartwheel=A part Element Group 4 and in the same box</p> <p>2) Back extension to handstand=A part. Element Group 3</p> <p>3)The value of all circle, flair and Russian skills are increased by one value over the FIG Code</p>	<p>----Same to cluster 1 -----</p>	<p>Handspring front tuck=2.7 w/ 1/2=2.9</p> <p>Handspring front pike=2.9 w/ 1/2=3.1</p> <p>Tsukahara Tuck=2.7</p> <p>Tsukahara Pike=2.9</p> <p>Tsukahara layOut=3.1</p> <p>Yurchenko Tuck=2.7</p> <p>Yurchenko Tuck 1/1=2.9</p> <p>Yurchenko Pike=2.9</p> <p>Yurchenko Straight=3.1</p>
<p>EGR (0.5 each)</p> <ul style="list-style-type: none"> • Non- acro element • Acro. Element fwd • Acro. Element bwd • Dismount 		<p>-All Yurchenco Group has the same value with Tsukahara Group-</p>
<p>Additional Regulations</p> <p>No time limit</p> <p>Connection Bonus(saltos only)</p> <p>A or B +C or vice versa=.1</p> <p>C+C= .2</p> <p>May repeat one skill of C or Higher value for difficulty</p>		<p>-Bonus for distance</p> <p>2m-2.5=.1</p> <p>>2.5-3m=.2</p> <p>>3m=.3</p> <p>Height=1.15m-1.35m</p> <p>(2nd attempt is permitted , but with 0.5 deduction)</p>

CLUSTER 3

FX	MUSHROOM(PH)	VT
FIG JUNIOR 2013	<p>FIG Age Group Class 2 Compulsory Exercise:</p> <ol style="list-style-type: none">1. Double Leg Circle2. Double Leg Circle3. 1/2 spindle (unlimited circle)4. Double leg circle5. Double leg circle6. Double leg circle w/ 180 turn in 1 circle (any technique)7. Double leg circle & finish in stand <p>Total Value = 10.0 (for element values and deductions refer to FIG Age Group Manual)</p>	FIG JUNIOR 2013

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