



Republic of the Philippines
DEPARTMENT OF EDUCATION
2017 PALARONG PAMBANSA

San Jose, Antique
Women's Artistic Gymnastics (WAG)

I. Ground Rules

Queries

- 1) Verification of scores must be done by the Head Coach in writing and submitted right after the announcement of the gymnast's score. This should be addressed only to the Tournament Manager of the concerned discipline.
 - 2) Inquiry about the DV Score is allowed but not the Execution Score.
 - 3) Submission of Complaints (written) should be within half an hour right after the score is flashed.
 - 4) Comparison of scores, done upon verification will never be entertained.
- Judges' decision is final. (based on the FIG – COP)

Tie Breaking

- 5) FIG Rules of tie-breaking will be applied.

Disruptive Behavior

- 6) A coach who is found guilty of harassing or causing undue trouble during the competition will be issued a red card and will be escorted out of the competition venue, immediately.
- 7) The use of flash when taking pictures is NOT allowed.

Gymnast Participation

- 8) No gymnast can compete in more than one discipline.
- 9) Drawing of lots to determine the Order of Performance is done during the ManCom Meeting and will just be reviewed during the Solidarity Meeting.
- 10) Music of gymnast in Cluster 2 and 3 for WAG, must be submitted (in CD format & properly labeled) to the Tournament Manager during the Solidarity Meeting or at least 24 hours before the competition.

11) Difficulty forms for RG must be submitted to the RG Tournament Manager as early as the Solidarity Meeting and not later than 24 hours before the competition.

Individual All Around

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

If by chance a region places first, second and third in the all around scores, the region will be awarded gold, silver and bronze medals.

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

Apparatus Finals

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

Substitution:

This must be done 24 hours prior to the Competition if any of the top eight will not be able to play due to injury (Apparatus Finals), by informing the Tournament Manager of the concerned discipline.

II. Women's Artistic Gymnastics Technical Guidelines

Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Athletes
ELEMENTARY				
1	Ages 7-9	Single Bar Vault	Cluster 1 FIG Age Group- Compulsory	1
		Floor Exercise Balance Beam	Cluster 1 FIG Age Group- Compulsory	
2	Ages 10 - 12	Single Bar	Cluster 2 FIG Age Group- Compulsory	2
		Floor Exercise Balance Beam Vault	Cluster 2 FIG Age Group Optional	
SECONDARY				
3	Ages 13 - 18	Single Bar	Class 2 FIG Age Group- Compulsory	3
		Floor Exercise Balance Beam Vault	FIG Junior	

GENERAL REGULATIONS

Article 1. Competition Ages

- The gymnast's age eligibility will be based on how old she is beginning January on 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.
- A spotter / Coach is required for Single Bar event for all Clusters. A deduction of .3 will be penalized from the Final Score on Single Bar if the spotter/Coach leaves during the performance of the compulsory routine.

- Soft safety mats (5, 10, 20 cm) are permitted on all apparatus without penalty except Floor Exercise. A deduction of .30 will be deducted from the Final Score if a gymnast uses soft mats on Floor.
- A safety-collar must be used for round-off entry vaults in Cluster 3. Failure to use it will result in a zero vault score for said vault. (Apparatus Chair will not allow the gymnast to begin until a safety collar is present.)
- The use of any non-permitted supplementary equipment will have a corresponding deduction of 0.3.

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 2013 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 on all compulsory routines will be based in the FIG Age Group Program Manual.

SPECIFIC REGULATIONS

Article 4. Specific Judging Rules

Cluster 1: Compulsory Exercises and for Single Bar (also for Cluster 2 & 3, Single Bar)

D-score is from 10.

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

E Score is also from 10.

A tariff for expected errors per event is available in the FIG Age Group Manual.

Cluster 2 & 3: Optional Exercises for Vault, Beam and Floor

The D-score (in BB & FX) is calculated by adding:

- a) The values of the difficulties or highest 8 skills seen in the exercise including dismount.
- b) Each Element Group Requirement (EGR) fulfilled in the exercise will be given 0.50.
- c) Bonus Connection points for connected skills

The E-Score deductions **follow Junior FIG Judging Rules.**

Small Error: 0.1	Medium Error: 0.3	Large Error: 0.5
-------------------------	--------------------------	-------------------------

The Final Score is determined by adding the D-Score to the E-Score.

Repetition: *Cluster 2, Optional Exercises may repeat one skill of B or C Value in Floor and Beam events.*

Article 5. Element Values and Maximum Number of Elements for Elementary

Cluster 2:

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

(D value and higher not permitted)

Article 6. 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 7. 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 0.5 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
BB		
HP1	FX	Single Bar
HP1	HP1	HP1
FIG Age Group Class 1 1. Jump ¼ turn to straddle beam, swing legs to tuck sit, lift to momentary V, and back to momentary tuck sit 2. Swing legs backward to forward roll to stand with one leg in front, step forward to arch 3. Step forward to straight jump to land in lunge with one foot in front, ½ turn 4. Three running steps, step forward, step forward, kick to momentary handstand and step down 5. Jump chasse forward, 2 steps forward, ½ turn in squat position 6. Body wave to stand, step forward to developpe' 7. Step forward, step to Arabesque (hold for 2 sec) 8. 1-3 walking steps forward to round off dismount	FIG Age Group Class 1 1. 2-3 steps partially piked or stretched dive roll 2. Cartwheel 3. Backward walkover 4. Cat leap 5. Lift leg high to step forward and then full turn 6. Split leap from a run 7. Step to handstand hold 1 sec and step down to stand 7. 2-3 steps hurdle to Round off Straight jump	FIG Age Group Class 1 1. Starting from hang, lift to chin up position and pullover to front support 2. Cast to horizontal to immediate back hip circle to 3. immediate under bar cast above 45°) and long hang swing backward 4. Swing forward and swing backward 5. Swing forward and swing backward 6. Swing forward and swing backward 7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats

CLUSTER 2 (Ages 10-12 Elementary - Optional for VT, BB, FX and Compulsory for Single Bar)

VT FIG Age Group Class 3	.	A 2nd attempt is permitted, but with 0.5 deduction
HP3	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring 1 ½ = 2.7 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 Handspring Front Pike = 2.9 Handspring Front Pike ½ = 3.1	½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1

BB	FX	Single Bar
HP3	HP3	HP1
FIG Age Group Class 3 8 skills maximum for D-score Maximum 4 can be Acro elements 1. Two connected dance elements 2. Minimum full turn on 1 foot 3. One Acro flight element 4. Dismount	FIG Age Group Class 3 8 skills maximum for D-score 1. A passage with three dance elements 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	FIG Age Group Class 1 1. Starting from hang, lift to chin up position and pullover to front support 2. Cast to horizontal to immediate back hip circle to 3. immediate under bar cast above 45°) and long hang swing backward 4. Swing forward and swing backward 5. Swing forward and swing backward 6. Swing forward and swing backward 7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats

**CLUSTER 3 (Secondary: Junior FIG 2013 for VT, BB, FX and
Compulsory: Single Bar)**

Optional	Optional	Optional
<p>FIG JUNIOR 2013</p> <ul style="list-style-type: none"> ▪ In the Qualifying competitions (CI): The gymnast who wishes to qualify for the Apparatus Final must perform two vaults as per the Apparatus Finals rules below. ▪ Apparatus Finals (CIII): Gymnast must perform two different vaults (maybe from the same group, but with different numbers). 	<p>FIG JUNIOR 2013</p> <p><i>8 highest skills (DV) including Dmt</i></p> <p>Maximum 5 Acro Minimum 3 Dance</p> <ol style="list-style-type: none"> 1. One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split (<i>cross or side</i>), or straddle position 2. Turn (<i>Gr. 3</i>) 3. One acro series, min. of 2 flight* elements 1 being a salto (<i>elements may be the same</i>) 4. Acro elements in different directions (<i>fwd/swd and bwd</i>) 5. Dismount <p>No / A dmt - award 0.00</p> <p>B dmt - award 0.30 C dmt - award 0.50 D or higher dismount – NOT ALLOWED</p>	<p>FIG JUNIOR 2013</p> <p><i>8 highest skills (DV) including Dmt</i></p> <p>Maximum 4 Acro Minimum 3 Dance</p> <ol style="list-style-type: none"> 1. A dance passage composed of two different, leaps or hops, (from the Code) connected directly or indirectly (<i>with running steps, small leaps, hops, chassé, chainé turns</i>), one of them with 180°cross/side split or straddle position <ul style="list-style-type: none"> ▪ No jumps or turns are permitted because they are stationary. Chainé turns (½ turns on two feet) are allowed because they are traveling steps. ▪ Leaps and hops must land on one leg if performed as the 1st element in the dance passage. 2 . Salto fwd/swd & bwd 3 . Salto with LA turn (min. 360°) 4 . Salto with double BA 5 . Dismount <p>No / A dmt - award 0.00</p> <p>B dmt - award 0.30 C dmt - award 0.50 D or higher dismount – NOT ALLOWED</p>

Single Bar	FIG Age Group Class 2, Compulsory
<ol style="list-style-type: none">1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward2. Back uprise to support3. Immediate back hip circle to under bar cast extend body forward4. Swing backwards, swing forward5. Swing backwards, swing forward6. Kip to support7. Underswing dismount (any technique – free hip circle; straddle on, stoop on)	

WAG Guidelines for this year's Palaro is based on the 2013 FIG Junior Ruling and the 2012 FIG Age Group Development Program. Moving forward, together! –

WAG Technical Committee, Gymnastics Association of the Philippines