

Apparatus Groups:

Men :	all categories	Parallel bars
		Floor
		Vault
		Horizontal Bar
Women:	all categories	Floor
		Vault
		Parallel Bars
		Beam

COMMON RULES**

- Each athlete may choose to perform one or more apparatuses but only within the selected group.
- All elements of value A taken from the current International Code of Points (C.d.P.), UNLESS OTHERWISE STATED IN THE TABLES, are to be considered worth 3 points.
- All elements of value B taken from the current International Code of Points (C.d.P.), UNLESS OTHERWISE STATED IN THE TABLES, are to be considered worth 4 points.
- For individual exercises, the maximum time is 30 seconds (excluding balance beam: see below).
- For the SENIOR category only, the maximum time is 1 minute for all apparatuses.
- MUSIC is prohibited for all apparatuses and all categories except for BOTH MALE and FEMALE FLOOR EXERCISE.

3. COMPOSITION of EXERCISES and EVALUATION METHODS

a) Elements to be included in free exercises for each apparatus:

5 (five) chosen from those proposed in the attached tables, with a maximum of 3 gymnastic elements (balance positions, waves, turns, artistic jumps) for the balance beam and floor exercise.

For vault, one single jump executed and repeated 2 times (only the best counts), taken from the related table with differentiated starting scores.

b) The elements presented will be considered executed only if the total penalties do not exceed 0.40 points for elements worth 1 point, 0.50 for elements worth 2 points, and 0.80 for elements worth 3 points. Elements worth 4 points will be considered null if executed with a fall.

Example: Element worth 1 point with penalties above 0.30 – null element.
 Element worth 4 points with a fall – null element.

- c) The elements must be written in the order of presentation on the appropriate forms that will be submitted to the judges.
- d) Extra elements will not be evaluated except for general faults committed (e.g., falls).
- e) Elements written in one sequence but executed in another will not be considered valid.
- f) **Each element may be presented only once, even if included in different series. Therefore, it will be evaluated only once for its technical value!**

Examples:

The athlete performs: round-off + flic + back jump and cartwheel + backward roll + flic – in this case, the round-off, 1 flic, the jump, the turn, and the backward roll backward will be evaluated!

4. Rankings

INDIVIDUALS:

- For each Age Category and for each Apparatus.
- Absolute: by age category, sum of points obtained in 3 (three) apparatus out of 4 (four).

FOR CLUBS:

- Sum of the best 3 (three) absolute results for each age category.

In case of a tie: for the Young 2, Young 1, and Junior categories, the younger athlete prevails for the Senior and Master categories, the older athlete prevails.

****5. SAMPLE FORM****

(To be filled out and submitted to the judges by the coach before the exercise is performed)

NOT DELIVERING THE FORM AT THE TIME OF THE ATHLETE'S CALL RESULTS IN A FIXED PENALTY OF 1 POINT.

**THE INDICATED ELEMENTS WILL BE EVALUATED IN THE WRITTEN SEQUENCE!!!
ELEMENTS PRESENTED IN A DIFFERENT ORDER FROM THE WRITTEN ONE WILL BE DISQUALIFIED!!!**

CLUB:				
ATHLETE:		No.	APPARATUS:	
Progr. Elem.	DESCRIPTION or SYMBOL		VALUE	
1				
2				
3				
4				
5				
ALLOWANCE (where applicable)		TOTAL VALUE		TOTAL PENALTIES
TOTAL				

