



Republic of the Philippines
DEPARTMENT OF EDUCATION
PALARONG PAMBANSA 2016
Gymnastics



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) The gymnast's age eligibility will be based on her age on the cut-off date which is January of the year of competition. Your respective Regional Screening Committee is in charge of this, and we abide by their decision.

Cluster	Age Category
1	7 – 9
2	10 - 12
3	13 above

- 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 gymnasts for all Clusters in Women's Artistic Gymnastics (WAG), must be submitted (in CD format / per gymnast & properly labeled; *Region , Category and Name*) to the WAG Tournament Manager during the Solidarity Meeting or at least 24 hours before the competition.

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

Scores and Ranking:

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.

Team Scores for MAG & WAG

Cluster 3 (Secondary): Scores of 3 gymnasts will be tallied and ranked per Team. Top 3 Teams will be given medals, Coaches and Trainers, certificates.

Cluster 2 and 1 (Elementary): The Team Score , will come from the accumulated scores of gymnasts from Cluster 1 and Cluster 2 for all four (4) events .

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	Class 1 FIG Age Group-Compulsory	1
		Floor Exercise Balance Beam	Cluster 1 FIG Age Group-Compulsory	
2	Ages 10 – 12	Single Bar	Class 1 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 .30** 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.

- A gymnast 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.

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:

- DV:** The values of the difficulties or highest 8 skills seen in the exercise including Dismount
- CR :** Each Element Group Requirement (EGR) fulfilled in the exercise will be given 0.5
- CB:** Bonus Connection points for connected skills

The E-Score deductions :

	Small Error	Medium Error	Large Error	Fall
Cluster 1	0.1	0.2	0.3	0.5
Cluster 2 and 3	0.1	0.3	0.5	1.0

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.

Cluster 2 Bonuses:

<u>VT</u>	<u>BB</u>	<u>FX</u>
For Distance	Saltos that land on the BB:	Double saltos tucked or piked
2m – 2.5m : + 0.1	Value is increased by 1.	Value is increased by 1
➤ 2.5 – 3.0 : + 0.2		
➤ 3.0 : + 0.3		

Cluster 3 CV Bonuses:

Floor Exercise		
CV	0.1	0.2
Acro Indirect	B / C + D A + A + D	C + E D + D A + A + E
Acro Direct	A + D C + C	A + E C + D
Mixed	D salto + B dance E salto + A dance	
Turns	B + B (no step) D + B	
Balance Beam		
Acro Flight (no Dmt)	C / D + D (non reb fwd) C + C B + E	C / D + D B + D (fwd dir) B + F
Acro Series Bonus	B + B + C D + B + C	
Dance / Mixed Salto + Dance / Scale (this order) Turns	C + C D + A A + C	D + D

Article 5. Element Values and Maximum Number of Elements

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

(Cluster 2 :
D value and
higher not
permitted)**Article 6. Short Exercises****a) 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

b) Evaluation of Short (or long) Exercises for Cluster 3

No. of Elements	7-10	5-6	3-4	1-2	0
*Neutral Deduction	None	4.0	6.0	8.0	10.0

- Deducted from the Final Score.

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	FX	Single Bar
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 developé 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

Optional		
VT FIG Age Group Class 3		A 2nd attempt is permitted, but with 1.0 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
Optional BB	Optional FX	Compulsory 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. Salto 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 2 (Ages 10-12 Elementary - Optional for VT, BB, FX and Compulsory for Single Bar)

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

Optional VAULT	Optional B BEAM	Optional FLOOR EXE
<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><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 or D dmt - award 0.50</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 or D dmt - award 0.50</p>

Single Bar	FIG Age Group Class 2, Compulsory FOR Cluster 3
<ol style="list-style-type: none"> 1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward 2. Back uprise to support 3. Immediate back hip circle to under bar cast extend body forward 4. Swing backwards, swing forward 5. Swing backwards, swing forward 6. Kip to support 7. 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
PP2016.WAG.Version 5.1.cjfv



TECHNICAL GUIDELINES Rhythmic Gymnastics



I. GENERAL RULES

The Federation Internationale de Gymnastique (FIG) Code of Points for RHYTHMIC GYMNASTICS 2013-2016, shall be used in the Palarong Pambansa. The Elementary level will adhere to the International Age Group Rules & Regulations and the Gymnastics Association of the Philippines (GAP) Rhythmic Gymnastics Age-Group Program 2013- 2016, Pre-Junior Level 5-6 while the Secondary Level shall observe the FIG Junior International Rules & Regulations.

II. COMPETITION PROGRAM FOR INDIVIDUAL RHYTHMIC GYMNASTICS

The program for the individual gymnasts shall consist of four (4) exercises for each level :

Elementary Level:

SY 2015 - 2016	ROPE	HOOP	CLUBS	FREEHAND
SY 2016 - 2017	ROPE	BALL	CLUBS	FREEHAND

Secondary Level:

SY 2015 - 2016	ROPE	HOOP	BALL	CLUBS
SY 2016 - 2017	ROPE	HOOP	BALL	CLUBS







III. GENERALITIES

A. Length of Exercise

- Each exercise must run at least 75 secs and a maximum of 90 secs (1:15-1:30)
- The stopwatch will be started as soon as the gymnast begins to move and will be stopped as soon as the gymnast is totally motionless.
- * *Penalty:(Coordinator Judge) 0.05 point will be deducted for every missing/additional sec.*

B. Music

- Each gymnast must provide one (1) cassette/CD for each individual exercise. Music could be of one or several instruments including voice as instrument, with/ without words (which is allowed in only 1 exercise), except when the FIG Technical Committee disallows its use.
- The coach must indicate whether the exercise is used **with music, with voice/ words** on the D form.
- * *Penalty: (Difficulty Judge) 0.50 point deduction if more than one exercise is used with music with voice and words*
- The cassette tape/CD should be marked with following information:
 - Name of gymnast
 - Three-letter initials or number of the team's district/division/region
 - Symbol representing the apparatus

					
ROPE	HOOP	BALL	CLUBS	RIBBON	FREE HAND

- It is permitted to record a sound signal at the beginning of the music.
- The recording shall be made only on 1 side of the tape or at the beginning of the CD
- * *Penalty(Coordinator Judge)0.50 point deduction will be earned if any of the items above is not met.*

C. Dress/ Attire of Gymnast

- Leotard/ unitard must be in non-transparent materials.
- The neckline of the front and back of the leotard must not be further than half of the sternum and no further than the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow sleeves are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch.
- The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.
- * *Penalty: (Coordinator Judge) 0.30 point deduction if any of the above is violated.*

D. APPARATUS

Although gymnasts are encouraged to use apparatus with standard dimensions set by the Federation Internationale de Gymnastique (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
- Hoop dimensions – 700 - 800 mm diameter, 300 g minimum
- Ball dimensions – 180 mm diameter, 300 g minimum
- Clubs dimensions - 400 – 500 mm (senior standard dimensions)
 - Weight: 150 g. min.
 - Shape: Bottle shape
 - Diameter of the head: 30 mm max.
 - Elementary (pre-junior/elementary) gymnasts are allowed to use smaller than junior sized clubs(400-300 mm)
- Ribbon length – 4 metres in length, with 1 metre 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 metres long according to FIG Junior Regulations).

* *Penalty: (Coordinator Judge) 0.50pts for the use of non-conforming apparatus.*

* **Apparatus must be GAP approved for Elementary & FIG approved for Secondary**

E. ENTRY

- a. Each team shall compose of three gymnasts representing the entire level (eg. Elementary/ Secondary)
- b. Each gymnast has to perform the four (4) apparatus namely: HOOP, BALL, CLUBS and ROPE in the secondary level while FREEHAND, ROPE, CLUBS and HOOP in the elementary level

IV. COMPETITION REQUIREMENTS FOR THE INDIVIDUAL EXERCISES

1. FOR ELEMENTARY LEVEL/DIVISION

INTERNATIONAL AGE GROUP RULES AND REGULATIONS
TECHNICAL REQUIREMENTS

APPARATUS DIFFICULTIES
Difficulty(D) max. 7.0 points
1. Body difficulty (0.1 to 0.8) <ul style="list-style-type: none"> a. Min. 1 , 1 , 1 each b. Min. 3; Max. 6D
2. minimum 1
3. maximum 2
4. M no limit

1.1. DIFFICULTY (D) – 7.0point maximum

Difficulty from each group of body movement must be performed throughout the exercise (Minimum 1, maximum 3 from each group): Jumps/Leaps , Balances, tions

The Difficulty elements (, ,) must be written in the Official Difficulty (D) form in the order of their execution.

All the Difficulties declared on the Official D form must adhere to the maximum stated above.

Each Body Difficulty is counted, only once (either isolated or as a part of a Multiple Difficulty or Mixed Difficulty) and may not be repeated.

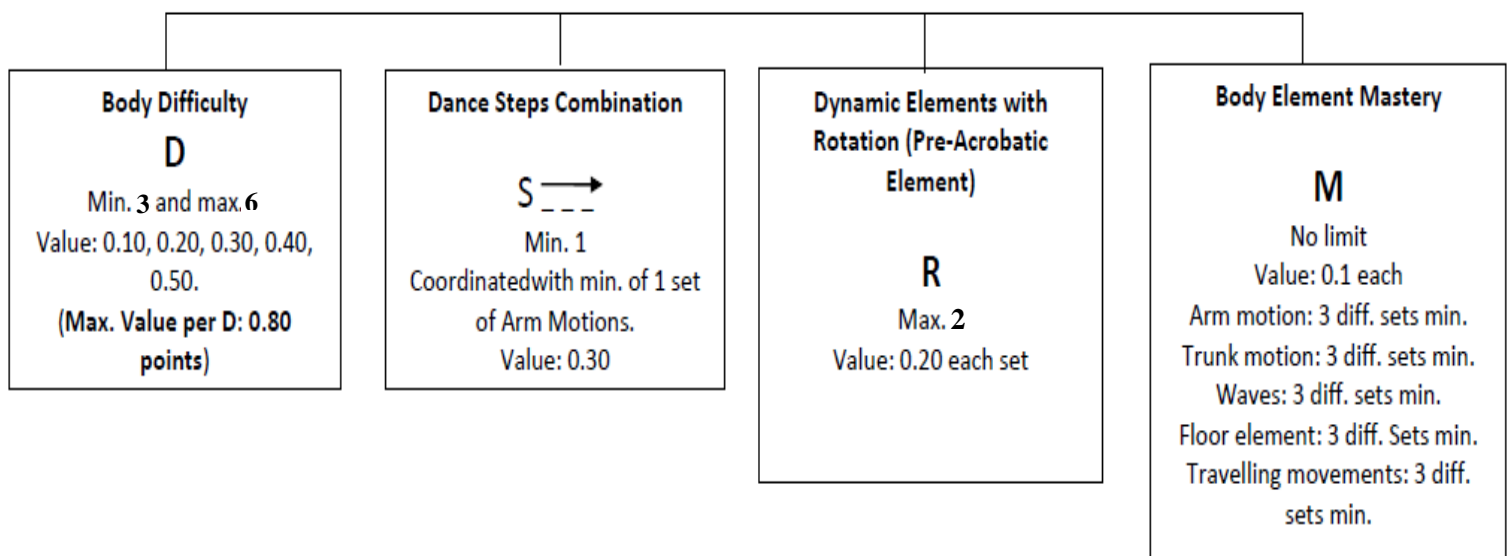
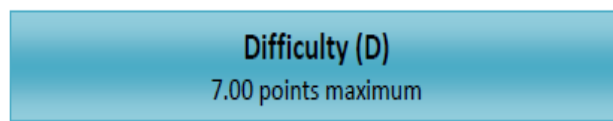
For Difficulties with Rotation (Pivots), the value of the Difficulty is calculated until the maximum point is reached.

Each Difficulty **exceeding the 7.0 point maximum is null (0.00 point)** and will not be subject to penalties.

* **A body difficulty must be executed with a minimum of one (1) Fundamental Technical Element specific to each apparatus or an element of other Technical Apparatus groups during the isolated difficulty or during each component of a Multiple Rotation Difficulty and Mixed Difficulty**

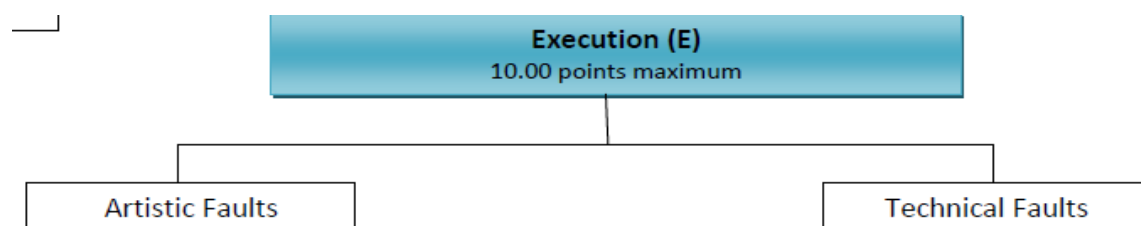
**1.1.1. Routine WITHOUT APPARATUS
FREEHAND**

**PRE JUNIOR (Level 5 - 6)
Individuals, Free Hand**



BODY MOVEMENT	SYMBOLS
Arm Motion	
Trunk Movement • Include direction/plane within the parenthesis	T(direction)
Waves	
Floor element	
Travelling	- - - -

1.2. EXECUTION (E) – 10.00pts Max



1.2.1. FREEHAND GENERAL NOTICE (Pre Junior/Elementary Level):

1.2.2. Arm Motions: 1 Set of arm motion consists of:

- * 3 different medium (min 2) to full arm motions
- * performed both arms (alternately, separately or simultaneously)

1.2.3. Dance Steps Combination:

- * A minimum of 1 set of Arm Motion must be performed
- * Show character of the music
- * With partial or complete travelling

- 1.2.4. **Movements of the Trunk:** Large trunk movements must be performed in any plane.
- 1.2.5. **Body Waves:** Must be performed at least half of the body. Trunk movements are not counted as waves.
- 1.2.6. **Elements on the Floor:** Difficulties and/or pre-acrobatic skills performed or passing on the floor are not counted as elements on the floor.

1.2.7. Dynamic Elements with Rotation (Pre- Acrobatic Elements) (R):

- 1.2.7.1. **Maximum of 2 different pre-acrobatic elements (sets)** may be included in an exercise.
- 1.2.7.2. A **set must have a min. of 2 rotations, and max. of 3 rotations** on any axis and is considered by F.I.G. as RG pre- acrobatic elements.
- 1.2.7.3. Each **pre-acrobatic element could only be performed once**, though a different technique may be employed with the same pre-acrobatic element which would render it different and valid.
- 1.2.7.4. <<Dive – Split leap – forward roll >> is considered as 2 elements of rotation, subject to F.I.G. rules.
- 1.2.7.5. All the conditions (unless ruled upon by GAP TC) established by the F.I.G.-RG Technical Committee, pertinent to Dynamic Elements w/ Rotation will apply

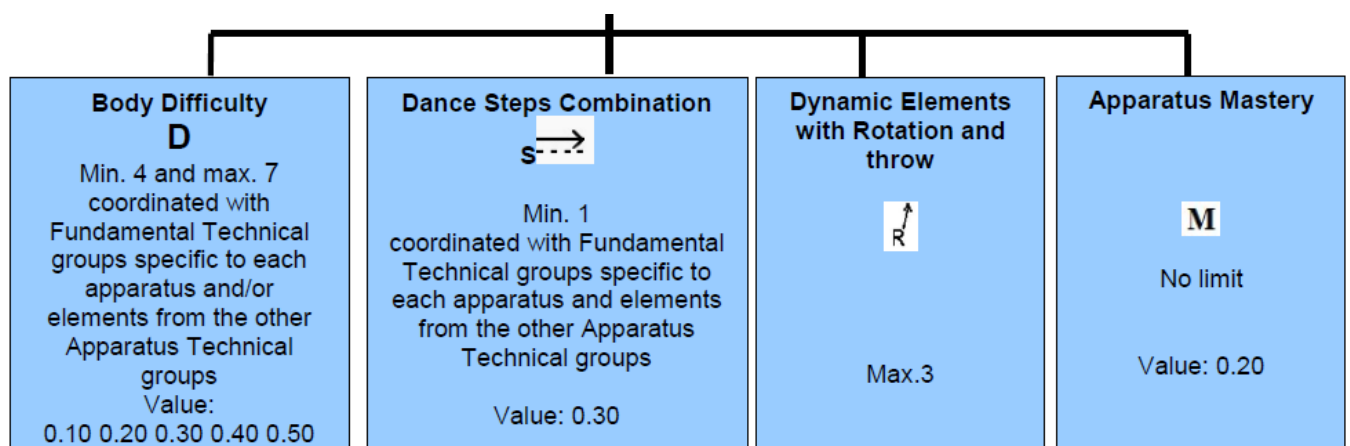
1.3. DISTRIBUTION AND CALCULATION OF SCORES




The final score for either of the age groups in the elementary level should not exceed **maximum of 17.0 points** which is calculated by adding the following:

- Difficulty (D): average of 2 middle scores of 4 judges = 7.0 pts.max.
- Execution (E): average of the 3 middle scores of the 5 judges = 10.00 pts. max.

2. FOR SECONDARY LEVEL/ DIVISION

2.1. DIFFICULTY (D) – 8.00point maximum



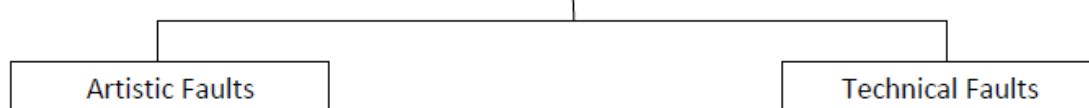
Difficulty from each body group must be performed in the exercise (Minimum 1, maximum 3 from each group of body movements): Jumps/Leaps  , Balances  , Rotations 

Value of each Body Difficulty Isolated, Multiple or Mixed): **1.00 point maximum** (All declarations must adhere to this cap.)

All difficulties will be evaluated at **1.00 pt maximum**.

2.2. EXECUTION (E) – 10.00pts Max

Execution of the Individual exercises consist of:



2.3. DISTRIBUTION AND CALCULATION OF SCORES

The final score - 18.0 point maximum is calculated by adding the following:

- Difficulty (D): average of the 2 middle scores of 4 judges = 8.00 pts. max.
- Execution (E): average of the 3 middle scores of the 5 judges = 10.00 point maximum

General Notes: Applicable for both Elementary and Secondary Levels

- Each gymnast must submit in advance **(during the solidarity meeting or at least 24 hours**

before competition) the official Difficulty form for each exercise, where the Difficulty elements ^(D, S, R, M) must be written in the order of their execution. Otherwise, the gymnast can still participate in the competition but will automatically merit 0.00pts for Difficulty

- Each gymnast must submit 5 copies of the Execution Judges' forms (for each exercise).
- The general Difficulty norms for individual senior exercises are also valid for junior individual exercises.