

INTERNATIONAL CHILDREN'S GAMES

23 - 28/06/09

# GYMNASTICS

## TECHNICAL HANDBOOK



# GYMNASTICS

## 1. GENERAL INFORMATION

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### Artistic Gymnastics

25 – 27 June

Competition Manager:

Head of Judges:

Jury of Appeal:

Position	Surname	First Name
Venue Manager		
Security Manager		
Transport Venue Manager		
Competition Referees		
I.C.G. T.C.		
Medical Services		

### PARTICIPATION & SIZE OF DELEGATIONS

Number of coaches: One for each boy's team, one for each girl's team

Number of gymnasts: minimum two (2) – maximum five (5) athletes per Delegation

Total number of gymnasts: 80 Athletes, 48 boys & 32 girls

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## 2. COMPETITION INFORMATION

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The competitions will begin on 25<sup>th</sup> June. The finals will be held on 27<sup>th</sup> at the Ilioupoli Indoor Hall. For the needs of training, the athletes will be able to use the same venue on 23<sup>rd</sup> and 24<sup>th</sup> June.

In order to ensure quality in terms of competition, each delegation is entitled to be accompanied by its own international referee. (Optional)

### Competition:

#### **Male**

Floor Exercises  
Pommel Horse  
Rings  
Vault  
Parallel Bars  
Horizontal Bar

Optional Exercises

#### **Female**

Vault  
Uneven Bars  
Beam  
Floor Exercises



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## **Athletes Equipment & Uniforms:**

Men must wear a sleeveless Gymnastics singlet and short pants for the Floor Exercises and Vault, while for the rest of the apparatus long gymnastics pants and a singlet. Women must always wear a leotard. Men and women use special leather slippers, socks or compete barefoot.

### *Magnesia*

Athletes may use a powder on their hands and feet known as magnesia, in order to secure steadiness in their position and to keep their hands dry for a good grip during the elements.

### *Hand guards*

In some apparatus, e.g. the Horizontal Bar, Parallel Bar, Uneven Bars and Rings, men and women athletes may wrap their hands with special leather hand guards for a better grip.

The competition program of boy's artistic gymnastics consists of 6 routines: floor exercises, pommel horse, rings, vault, parallel bars and the horizontal bar.

## **Competition Equipment**

## **Men's Aparatus**

- Floor Exercise

Floor exercises are performed on a 12X12 meter mat without musical accompaniment. A series of tumbling passes is performed to demonstrate flexibility, strength, and balance. The gymnast must also show strength skills, including circles, scales, and press handstands. Men's floor routines usually have four passes that will total between 60–70 seconds. Rules require that gymnasts touch each corner of the floor at least once during their routine.

- Pommel Horse

The Pommel Horse is 1.60m long, 1.05m tall and carries two pommels (handles). The distance between the pommels is 40 to 45cm. Athletes execute a series of circular exercises with legs apart and legs together in a routine with a continuous flow and interchange of exercises and grips along the width of the horse.

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- Rings

The Rings are made of wood and are hung from a special metal structure with belts and wire ropes, 2.75m above the floor. Athletes perform a series of exercises with swings and holds and other static and dynamic elements, while the routine finishes with an impressive acrobatic dismount.

- Vault

Since 2001, a slightly inclined level table (Vaulting Table) has replaced the vault, placed on a special metal base 1.25cm high. The approach run is 25m. After gaining speed with the running start, athletes bounce off the spring board, push the Vault Table with their hands and, after performing single or multiple turns and pirouettes, try to finish with a controlled and steady landing behind the Vault Table.

- Parallel Bars

Parallel Bars are two 3.5m-long parallel wooden bars, standing on a metal base 1.95m above the ground. Athletes perform routines combining an interchange of swinging movements with strength or hold elements above and below the two bars.

- Horizontal Bar

It is a steel bar with a 2.75cm-diameter and 2.4m-length that rests on two metal bases 2.80m above the ground. The routine in one of the most spectacular apparatus of men's Artistic Gymnastics includes clean swinging movements, not allowing the athlete to touch the bar with his body. The athlete demonstrates changes of grip, swinging movements both forward and backward and elevation exercises reaching up to 4m high. Dismounts are usually acrobatic and spectacular.

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The competition program of girl's artistic gymnastics includes the vaulting table, the uneven bars, the beam and the floor.

## Competition Equipment

## Women's Apparatus

- Vault

A slightly inclined level tablet (Vault Table) has replaced the Vault, placed on a special metal base, 1.25m high. The approach run is about 25m. After gaining speed, athletes bounce off of the spring board, push the apparatus with their hands and then perform turns and pirouettes, finishing with a controlled landing.

- Uneven Bars

Uneven Bars consist of two parallel wooden bars 2.40m long, each on a different height above the floor (2.45m and 1.65m). The gymnasts swing in both directions, above and below the bars, ending the routine with a controlled dismount and landing.

- Balance Beam

The Balance Beam is 5m long, 1.25m above the ground, and only 10cm wide. It is the apparatus that most often determines the winner of the competition. Gymnasts have 1' 30" minutes to perform, steadily and without falls, a combination of acrobatic exercises, jumps, turns, dancing movements and balance exercises

- Floor exercises

The floor event occurs on a carpeted 12m x 12m (40'x40') square, usually consisting of hard foam over a layer of plywood, which is supported by springs or foam blocks generally called a "sprung" floor. This provides a firm surface that will respond with force when compressed, allowing gymnasts to achieve extra height and a softer landing than would be possible on a regular floor. Female gymnasts perform a choreographed exercise 70 to 90 seconds along with music. The music is instrumental and cannot include vocals. The routines consist of tumbling passes, series of jumps, dance elements, acrobatic skills, and turns. A gymnast usually performs four or five tumbling passes that include three or more skills or 'tricks'. Smaller gymnasts usually only do one or two tumbling passes.

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## 3. COMPETITION RULES

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Participants (gymnasts) must be born in 1994, 1995, 1996 and 1997.

During Competition only one personal coach will be allowed within the competition area. In the case of the women's competition these will consist of at least one female coach.

General Warm up: 20 minutes before competition starts

Special warm up: 10 minutes in each apparatus

The competition will consist of two groups, one male group and one female group. A full team will consist of 5 male or female gymnasts. For each apparatus, four (4) athletes will compete and we will take into account the top three (3) scores for the team event (Same format as European Gymnastics Competition).

In order to ensure quality in terms of competition, each city is entitled to be accompanied by its own international referee.



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## WAG COP modifications for Junior Competitions (Girls)

The **2009 CODE** is designed to:

- be utilized at all international competitions under the official jurisdiction of FIG, its Member Federations and Continental Unions, namely World Championships, Olympic Games and other Multisport Games, World Cup Qualifying Competitions, International Competitions and Tournaments as well as special events created by FIG
- standardize the judging of the four phases of FIG official competitions: Qualification (C-I), Team Finals (C-IV), All around (C-II) and Individual Event Finals (C-III)

For Junior Competitions, the 2009 CODE with some modifications should be used.

### 1.1 Rights of the Gymnast

- **Warm-up**
- **In Qualifying (C-I), Team Final (C-IV), All Around Final (C-II) and Apparatus Final (C-III)**

Each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus;

∞ Vault

C-I, C-II, C-IV – two attempts only

C-I – qualification for C-III & C-III – max. three attempts

∞ Uneven bars – 50 sec. each, including the preparation of the bars

∞ Balance beam – 30 sec. each

∞ Floor – 30 sec. each (minimum time is based on the competition group size).

### **NOTE:**

∞ In Qualifying (C-I) and Team Final (C-IV) the entire warm-up time (30 seconds per gymnast on beam and 50 seconds on bars) belongs to the team. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.

In mixed-groups the warm-up time belongs personally to the gymnast

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## 5.3.1 Difficulty Value (DV)

DV Restriction: If performed “F” or “G” elements the maximum value of 0.50 for each element may be rewarded.

## 5.3.3 Composition Requirements (CR) 2.50 P.

Composition requirements are described in the respective Apparatus Articles.

A maximum of 2.50 P. is possible.

- One element may fulfill more than one CR; however, an element may not be repeated to fulfill another CR

## Dismount Principle

- No dismount, A - dismount – award 0.00 P.
- B - dismount – award 0.30 P.
- C - or higher dismount – award 0.50 P.

## 8.3 Requirements

- The **intended** vault number to be flashed (manually or electronically) before the vault is performed
- In the **Qualifying, Team Final and All-Around**:  
One vault must be performed.
- In **Qualifying**, the 1st vault score counts toward the **Team** and/or **All-Around** Total.
- The gymnast who wishes to qualify for the **Apparatus Final** must perform two vaults as per the **Apparatus Finals** rules below.

## Apparatus Finals

Gymnast must perform two different vaults (maybe from the same group, but with different numbers), which will be averaged for the final score.

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## 8.3 Specific Apparatus Deductions (D- Panel)

All vaults are illustrated with a number.

The gymnast is responsible for flashing the **intended** vault number. There is no penalty, if a different vault than the flashed vault is performed.

- Failure to flash the intended vault number\* (**no** vault number flashed) 0.30.P

\* taken from the Final Score of the vault performed

- Touch with one hand (taken from Final Score) 2.00 P.
- In the **Qualification** for the **Apparatus Finals & Apparatus Finals**

∞ when only one vault is performed

**Evaluation:** Score of the performed vault divided by 2 = Final Score

∞ or the same vault is performed twice

**Evaluation:** Final average of both vaults **minus** 2.00 P. = Final Score

## TABLE OF ELEMENTS

Following elements are prohibited for performance:

1. VT - vaults with sideward take-off or landing
2. UB - salto in the middle of exercise & DMT take off two feet.
3. BB - dance elements with cross sit landing on BB.
4. FX - acro elements with sideward take off and/or landing into roll

### **\*Vault**

Height: 110 cm measured from the floor (only for female athletes **born 1997**)

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<b>Boys (juniors)</b>
<p>The difficulty value of 8 elements (the best 7 for juniors - but maximum 4 elements for the same Element Group, in chronological order inside the best counting plus the value of the dismount).</p>
<p style="text-align: center;"><b>Short exercises</b></p> <ul style="list-style-type: none"><li>• 7 or more elements 10.00 p.</li><li>• 6 elements 6.00 p.</li><li>• 5 elements 5.00 p.</li><li>• 1 to 4 elements 2.00 p.</li><li>• No element 0.00 p.</li></ul>
<p style="text-align: center;"><b>Difficulty values</b></p> <ul style="list-style-type: none"><li>• A=0.10</li><li>• B=0.20</li><li>• C=0.30</li><li>• D=0.40</li><li>• E=0.50</li><li>• F=0.60</li><li>• G=0.70</li></ul>
<p style="text-align: center;"><b>Element Groups</b></p> <p style="text-align: center;"><math>4 \times 0.50 = 2.00</math></p>
<p style="text-align: center;"><b>Dismount</b></p> <ul style="list-style-type: none"><li>• A value dismount +0.30 p. (partial requ. value)</li><li>• B or higher value +0.50 p. (full requirement value)</li></ul>

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DEDUCTIONS ACCORDING WITH FIG			
SMALL	MEDIUM	LARGE	FALL
0.10	0.30	0.50	1.00

## FLOOR EXERCISE

### CONNECTIONS

All connections between saltos that include a C or more value will receive + 0, 10 points. If both saltos are C and over + 0, 20 points. These connection values will be awarded only in one side

### ILLEGAL ELEMENTS

A gymnast may NOT elements that finish with a roll out (interdicted for juniors) or in a front support position.

### RINGS

Elements which include BACKWARD saltos in hang are not permitted.

### VAULT

Height: 125 cm measured from the floor

### HIGH BAR

#### CONNECTIONS

On bar Flight Connection points

C or D or E or F + C or D or E or F = 0,20

or vice versa

Flight Connection points

C or D or E or F + C = 0,10

or vice versa

D or E or F + D or E or F = 0,20

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## **4. DISPUTES**

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Any disputes will be settled in compliance with FIG rules, ICG Athens Sports Rules, and will be heard by the Jury of Appeals, consisting of the Head of Judges, the ICG Technical Director Member and the Athens ICG Artistic Gymnastics Director.

## **5. DISCIPLINARY RULES**

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Athletes will be excluded from the games for indecent behavior, offence provided by words or actions, violent behavior, abusive language.

## **6. AWARDS CEREMONY**

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All participants will receive a certificate from the Organizing Committee Athens 2009



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## 7. VENUE – LOCATION

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Ilioupoli Indoor Hall



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## 8. MEDICAL SERVICES

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During the Games a full medical service (Doctor, physiotherapist, medical equipment and ambulance) will be available at the Argyroupoli sports Hall.

All delegations should have insurance in case of any member of their team needs medical care or treatment in an official Hospital or in a private physician.

## 9. TECHNICAL MEETING

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Technical meeting will be held on the June 24<sup>th</sup>, time and location will be decided.

If it's necessary, a second technical meeting will be organized in order to ensure the quality of the Competition.

Delegations with full teams are entitled to include one (1) international Jury for this particular tournament. The Athens 2009 Organizing Committee may cover only accommodation costs for each jury.

The FIG website [www.fig-gymnastics.com](http://www.fig-gymnastics.com) provides a copy of the latest Regulations for competition.



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## 10. ESSENTIAL INFORMATION

All the teams must be in the venue 1 hour before the designated fixture. Teams (Coaches, gymnasts) should arrive at the Illioupoli Indoor Hall carrying their accreditation card. Any delegation has to comply with any indication made by the venue staff, without preceding any kind of problems to other teams. For any issue or protest, the Head of Delegation has to contact the competition manager immediately. If anything negative is observed we request immediate report to the department responsible person.

## 11. FORMS

	A-100	E-200	C-300	C-400	C-500	F-600	G-700
1	10 X	101	101				
2	2						
3	FL		11X2X				
4		104	100				
5	105	105					
6	106	106					
7	107		108				
8		109	110				
9		L	M	M-20M			
10		111	112				
11		113	114	115	116		
12		117					
13		118	119	120			
14		121	122	123	124		
15		125					
16			126	127			128
17			129	130			
18			131	132	133	134	135
19							



	A-100	E-200	C-300	C-400	C-500	F-600	G-700
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	A-100	E-200	C-300	C-400	C-500	F-600	G-700
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## 12. COMPETITION SCHEDULE

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The Final programme of the Games will be announced when the registration progress will be completed.

### OVERVIEW

fn	DATE SPORT	23	24	25	26	27	28
		T	W	T	F	S	S
1.	FOOTBALL						
2.	VOLLEYBALL						
3.	BASKETBALL						
4.	SWIMMING						
5.	TRACK & FIELD						
6.	TENNIS						
7.	<b>ARTISTIC</b>						

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**23.06.2009**

**Start 15:00**

**End 21:00**

<b>Start</b>	<b>End</b>	
15:00	18:30	<b>Training Boys</b>
18:30	21:00	<b>Training Girls</b>

**24.06.2009**

**Start 10:00**

**End 16:00**

<b>Start</b>	<b>End</b>	
10:00	13:30	<b>Training Boys</b>
13:30	16:00	<b>Training Girls</b>

**25.06.2009**

**Start 09:00**

**End 21:00**

<b>Start</b>	<b>End</b>	
09:00	12:30	<b>Training Boys</b>
17:00	20:30	<b>Competition Girls</b>
20:45	21:00	<b>Medal Ceremony Girls</b>

**26.06.2009**

**Start 09:00**

**End 16:00**

<b>start</b>	<b>End</b>	
09:00	13:30	<b>Competition Boys</b>
13:45	14:00	<b>Medal Ceremony Boys</b>
14:00	16:00	<b>Training Girls (qualified for CIII)</b>

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27.06.2009

Start 09:00

End 16:00

<b>start</b>	<b>End</b>	
10:30	11:00	<b>Floor Boys</b>
11:00	11:30	<b>Pommel Boys - Vault Girls</b>
11:30	12:00	<b>Rings Boys - Bars Girls</b>
12:00	12:15	<b>Medal Ceremonies (F.X. Boys – P.H. Boys - Vault Girls)</b>
12:15	12:45	<b>Vault Boys – Beam Girls</b>
12:45	13:00	<b>Medal Ceremonies (Rings Boys – Bars Girls)</b>
13:00	13:30	<b>Parallel Bars Boys - Floor Girls</b>
13:30	13:45	<b>Medal Ceremonies (Vault Boys – Beam Girls)</b>
13:45	14:15	<b>High Bar Boys</b>
14:15	14:30	<b>Medal Ceremonies (High Bar Boys – Floor Girls)</b>

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