

RnR fit Artistic Gymnastics Invitational Meet 2017 - 2018

RULES & REGULATIONS

- The competition will be conducted according to the rules of Gymnastics Federation of India (GFI) and Federation of International Gymnastics (FIG), unless otherwise modified below.
- The meet will be Under 6, 8, 10,12, & 14 Year Age Groups.
- Separate championship will held for Artistic Boys and Artistic Girls.
- Each club / School can have a maximum of 6 gymnast in each age group separately in Boys & Girls category for the team championship.
- A Maximum of 2 teams in the same Age group are allowed to participate. representing the same club / school in the team championship
- The Meet will have only one competition in which the all round Individual champion and Individual Apparatus Champion for girls and separate for boys will be decided
- A Gymnast cannot participate in a lower age group than their own.
- List of events:

Artistic Boys	Artistic Girls
Under 6 <ul style="list-style-type: none"> • Floor Exercise 	Under 6 <ul style="list-style-type: none"> • Floor Exercise
Under 8 <ul style="list-style-type: none"> • Vault Table • Floor Exercise 	Under 8 <ul style="list-style-type: none"> • Beam • Floor Exercise
Under 10 years <ul style="list-style-type: none"> • Vault Table • Floor Exercise 	Under 10 years <ul style="list-style-type: none"> • Beam • Floor Exercise
Under 12 years <ul style="list-style-type: none"> • Vault Table • Floor Exercise • Pommel Horse • Parallel Bars • High Bar • Roman rings 	Under 12 years <ul style="list-style-type: none"> • Vault Table • Floor Exercise • Uneven bars • Beam
Under 14 years <ul style="list-style-type: none"> • Vault Table • Floor Exercise • Pommel Horse • Parallel Bars • High Bar • Roman rings 	Under 14 years <ul style="list-style-type: none"> • Vault Table • Floor Exercise • Uneven bars • Beam

Rules for Optional Exercises

Each exercise on all apparatuses will be evaluated on the basis of Two factors

- Difficulty Scores by D panel of judges
- Execution Scores by E panel of judges

Evaluation of D Score:

- Difficulty Value (DV)
- Compositional Requirements(CR)
CR on each apparatus has been specified at their respective heads.

D Value:

- The value of maximum **seven** best elements including dismount will be considered on each apparatus except vault table.

Listed below are the Code of points for participants in the UNDER 6 category for boys and girls.

UNDER-6 (BOYS & GIRLS) FLOOR

ELEMENTS FLOOR	VALUE
SPLIT (ALL SIDES)	0.10
FORWARD ROLL	0.10
BACKWARD ROLL	0.10
LYING POSITION TO BRIDGE	1.00
HORIZONTAL SCALE 2 SEC HOLD	1.00
CART WHEEL (Lunge - Cartwheel - Lunge)	1.00
HAND STAND (Lunge - Handstand - Lunge)	1.00
TUCK /SPLIT JUMP-LEEP /SPLIT JUMP	0.30
JUMP 180 TURN	0.20

NOTE

- a. Gymnasts should perform only the above listed elements not exceeding 6 elements.
- b. Split (all sides) should compulsory be in the routine of the gymnast.
- c. 2 elements E-score value starts at 2.00
- d. 3 elements E- score value starts at 3.00
- e 4 elements E- score value starts at 6.00
- f 5 elements E- score value starts at 8.00
- g. 6 elements E- score value starts at 10.00
- h. E- score deductions will be as per FIG code
- i. Girls: A penalty of 2 points will deduced from the final score for routine without music.

**UNDER 8 BOYS FLOOR -
LISTED ELEMENTS AND VALUE**

ELEMENTS FLOOR	VALUE
SPLIT (ALL SIDES)	0.30
FORWARD /BACKWARD/ Y-SCALE 2 SEC HOLD	0.10
ROUND OFF	0.10
BACK ROLL TO HANDSTAND (Straight Arm)	0.03
HAND STAND & HALF TURN	0.20
CARTWHEEL (Lunge - Cartwheel - Lunge)	0.20
FRONT LIMBER	0.20
JUMP 360 TURN	0.10
ANY PRESS HANDSTAND (with strength)	0.30
L-HOLD-2 SEC HOLD	0.20

NOTE

- a. Gymnasts should perform only the above listed elements not exceeding 6 elements.
- b. Split (all sides) is compulsory in the routine of the gymnast.
- c. 2 elements E-score value starts at 2.00
- d. 3 elements E- score value starts at 3.00
- e. 4 elements E score value starts at 6.00
- f. 5 elements E score value starts at 8.00
- g. 6 elements E- score value starts at 10.00
- h. E- score deductions will be as per FIG code

UNDER 8 BOYS VAULT LISTED ELEMENTS AND VALUE

NOTE : Gymnasts should perform any one Vault of the below listed elements

ELEMENTS	VALUE
Through vault (leg bend/body bend)	5.00
Split vault (Separation of legs stradle)	5.20
Stoop vault (leg straight body bend)	5.50
Round off	6.00
Handspring	6.50

* Vault Height 100 cm

UNDER 8 GIRLS BALANCE BEAM LISTED ELEMENTS AND VALUE

UNDER 8 GIRLS BALANCING BEAM SKILL:	
ELEMENTS	VALUE
Minimum Split any one side - 2sec hold	0.20
Scale one leg 2 sec hold (Arabesque)	0.10
3/4th Handstand/Split Leg Handstand	0.30
Cartwheel (Lunge - Cartwheel - Lunge)	0.30
180deg turn on Toe one leg	0.20
Any one jump Tuck/Pike/Straddle	0.10
Roundoff/Handspring Dismount	0.30

- a. Gymnasts should perform only the above listed elements not exceeding 6 elements
- b. Split and scale should compulsory be in the routine off the Gymnast.
- c. E-score deduction will be as per FIG code
- d. 2 elements E-score value starts at 2.00
- e. 3 elements E- score value starts at 3.00
- f. 4 elements E- score value starts at 6.00
- f. 5 elements E- score value starts at 8.00
- i. 6 elements E- score value starts at 10.00
- j. E- score deductions will be as per FIG code

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UNDER 8 GIRLS FLOOR LISTED ELEMENTS AND VALUE

ELEMENTS	VALUE
SPLIT (ALL SIDES)	0.10
FRONT WALKOVER	0.20
BACK WALKOVER	0.20
HANDSTAND BRIDGE	0.10
Back roll to handstand	0.20
JUMP 360 TURN	0.20
STAG / LEAP / SPLIT	0.10
ONE LEG 360 ON TOES	0.20
SCALE BALANCE or Y BALANCE	0.20
ANY PRESS HANDSTAND	0.30

NOTE

- a. Gymnasts should perform only the above listed elements not exceeding 6 elements.
- b. Split (all sides) should compulsory be in the routine of the gymnast.
- c. 2 elements E-score value starts at 2.00
- d. 3 elements E- score value starts at 3.00
- e 4 elements E- score value starts at 6.00
- f 5 elements E- score value starts at 8.00
- g. 6 elements E- score value starts at 10.00
- h. E- score deductions will be as per FIG code
- i. A penalty of 2 points will be deducted from the final score for routine without music.

Listed elements and values for Under 10 / Under 12 and Under 14 will be evaluated as per GFI code of points. For any queries on please email us at info@rnrfit.com

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