



COMPETITION RULES AND REGULATIONS (2018)

The Competition Rules are based on the following:

- * FIG Technical Regulations (as published from time to time)
- * UAG Technical Regulations (as published from time to time)
- * FIG (Men's Artistic Gymnastics, Women's Artistic Gymnastics, Rhythmic Gymnastics, Aerobic Gymnastics, Trampoline & Tumbling) Codes of Points (as published from time to time) and subsequent decisions of the Technical Committees of Region 5 which have been ratified by the Region 5 Executive committee.
- * The respective exercise manuals of the South African Gymnastics Federation as referred to in these regulations.

1. Competition Age Limits

1.1 Women Artistic (WAG)

Seniors: Minimum age of 13 in the year of competition.

Juniors: Maximum age of 15 in the year of competition.

Pre-Juniors Maximum age of 13 in the year of competition.

Men Artistic (MAG)

Seniors: Minimum age 14 in the year of competition.

Juniors: Maximum age 18 in the year of competition.

Pre-Juniors Maximum age 14 in the year of competition.

1.2 Rhythmic Gymnastics (RG)

Seniors: Minimum age 13 in the year of competition.

Juniors: Maximum age 15 in the year of competition.

Pre-Juniors: Maximum age 14 in the year of competition.

Entry Level: Maximum age 12 in the year of competition

Groups: NO age restrictions.

1.3 Trampoline & Tumbling

1.3.1 Trampoline

Seniors: Minimum age 15 in the year of competition.

Juniors: Maximum age 14 in the year of competition.

Double-Mini-trampoline Boys (DM-TRB) and Girls (DM-TRG)

Seniors: Minimum age 15 in the year of competition.

Juniors: Maximum age 14 in the year of competition.

Mini-trampoline Boys (M-TRB) and Girls (M-TRG)

Pre Juniors: Minimum age 9 & maximum age 14 in the year of competition.

1.3.2 Tumbling

Pre Juniors: Maximum age 14 in the year of competition

Juniors: Maximum age 16 in the year of competition

Seniors: Minimum age 14 in the year of competition

1.4 Aerobic Gymnastics (AG)

Seniors: Minimum age 15 in the year of competition.

Juniors: Maximum age 14 in the year of competition.

2. Official Competitions

2.1 “New” countries competing for the first time in a discipline

The possibility exists for a country to apply to the host country to arrange a competition at a lower level than these regulations allow by way of allowing that country the opportunity to participate in that discipline. This may only be done for two (2) years and then the normal program must be followed. The level of competition is by arrangement between the host and the “new” country. (Only apparatus and individual medals awarded as the case may be)

2.2 Artistic Gymnastics

Team and Individual Competition for Juniors & Pre-Juniors

Each Federation is entitled to participate with a minimum of 3 and a maximum of 6 gymnasts for the team competition in Pre-Junior or with a maximum of 2 individual gymnasts for the individual competition. Seniors and Juniors, each Federation is entitled to participate with a minimum of 2 and a maximum of 4 gymnasts for the team competition or with a maximum of 1 individual gymnast for the individual competition.

2.2 Rhythmic Gymnastics

Team and Individual Competition for Pre-Juniors, Juniors, Seniors and Groups

Each Federation is entitled to participate with a minimum of 2 gymnasts or a maximum of 3 gymnasts for Entry level, Pre-Junior, Junior and Senior for the team competition. Federations who do not have 2 or more gymnasts may enter one individual gymnast to be eligible for individual awards.

Groups participate twice and the total of both performances will determine the rank of the teams (groups may be 4/5 or 5/6 with every gymnast participating at least once)

2.3 Trampoline & Tumbling

2.3.1 Trampoline

Individual and Team Competition for Men and Women (Seniors and Juniors)

Syncro Pair’s Competition will be for Senior male & female and Junior boys & girls however these participants MUST consist of individual trampoline gymnasts (one team per country)

Each Federation is entitled to participate with a minimum of 3 gymnasts or a maximum of 6 gymnasts for Juniors and Pre-Juniors for the team competition and with a minimum of 2 gymnasts or a maximum of 4 for the Seniors team competition. Federations who do not have 2 (seniors) or 3 (juniors) or more gymnasts may enter one individual gymnast to be eligible for individual awards.

Double mini trampoline for Men and Woman (Seniors and Juniors)

Each Federation will be limited to 6 junior members per team of which 3 must also compete in the Eurotramp event and 4 senior members in which 2 must also compete in the Eurotramp event.

Mini trampoline for Pre Junior boys & girls

Each Federation will be limited to 6 members per team for this competition

2.3.2 Tumble

Team Competition for Men and Women (Juniors & Seniors)

Each Federation is entitled to participate with a minimum of 3 gymnasts or a maximum of 4 gymnasts for the team competition or with a maximum of 2 individual gymnasts for the individual competition.

2.4 Aerobic Gymnastics

Competition for Men and Women (Seniors and Juniors)

Each Federation is entitled to participate with a maximum of 2 teams of 3 in each section – the team will make up a Pair, Trio and individual athletes – individuals must be part of trio or pair.

3. Competition Scoring/Results

3.1 Team Medals:

Two (2) or more countries must have participated in the competition for team medals to be awarded.

3.2 Artistic Gymnastics:

Team and Individual All Round Competition for Pre-Junior, Juniors and Seniors.

The team score for MAG and WAG will be calculated by adding the best three (3) scores on each apparatus to arrive at the team total except for the Senior section where the best of two (2) scores on each apparatus will be used.

The Individual All Round score consists of the scores of the four (4) exercises for WAG and the six (6) exercises for MAG.

The apparatus awards will be determined by the scores achieved on each apparatus, 4 for WAG and 6 for MAG with the limitation of no more than 2 apparatus awards per country per apparatus.

3.3 Rhythmic Gymnastics:

Team and Individual All Round score for Seniors, Juniors Pre-Juniors and Entry Level

The team score will be calculated by adding the top two (2) scores per apparatus for each of the four events for Seniors, Pre-Juniors and Entry Level and the three events for Juniors

The team score for the Group competition is calculated by adding the scores of the two routines and dividing it by two to get an average score.

The classification for the Individual All Round winners will be made by adding the four scores obtained on the four (4) events for Seniors, Pre-Juniors and Entry Level and the three (3) scores obtained for Juniors.

The apparatus awards will be determined by the scores achieved with each apparatus with the limitation of no more than 2 apparatus awards per country per apparatus.

3.4 Trampoline & Tumble

3.4.1 Trampoline

Team and Individual All Round Competition for Seniors, Juniors and Pre-Juniors on the following apparatus, Trampoline, Double-Mini Tramp and Mini Tramp. The team score will be calculated by adding the best three (3) scores of six (6) for the preliminary and final routines to arrive at the team total except for the Senior section where only two (2) scores will be used. The Individual all round score consist of the scores of the preliminary and the final routines and the classification is made by adding the preliminary and final scores.

3.4.2 Tumble

The score and difficulty will be calculated according to the FIG rules.

The score from the Compulsory Pass (no difficulty value) is carried over to the final and added to the scores of the 2 free voluntary passes in the final to determine the competitor's final total score.

The team score will be calculated by adding the best three (3) scores of four (4) for the preliminary and final passes to arrive at the team total.

3.5 Aerobic Gymnastics

Scores for each routine are used to calculate the ranking and medal awards in each section – individual, pairs, trios and team.

4. Content and Difficulty Requirements of Exercises

4.1 Artistic Gymnastics

4.1.1 Men

Seniors: Level 9 of the SAGF MAG Manual (2016 edition)

Juniors: Level 8 of the SAGF MAG Manual (2016 edition)

Pre-Juniors: Class 2 of the FIG Age Group Development Manual (2015 edition)

4.1.2 Women

Seniors: Level 8 of the SAGF WAG Exercise Manual (2016 edition)

Juniors: Level 7 of the SAGF WAG Exercise Manual (2016 edition)

Pre-Juniors: Level 5 of the SAGF WAG Exercise Manual (2016 edition)

4.2 Rhythmic Gymnastics

4.2.1 Entry Level: Level 4 of the SAGF RG Manual

4.2.2 Pre – Juniors: Level 6 of the SAGF RG Manual

4.2.2 Juniors: Level 8 of the SAGF RG Manual (Ball, Club & Hoop)
Difficulty = 6 body elements (2 x rotations, 2 x balance, 2 x leaps)

4.2.3 Seniors: FIG Junior Rules

4.2.4 Groups: Current FIG junior rules apply (team of 5/6)
2015 /2016 = Balls - routine will be performed twice

4.3 Trampoline & Tumbling

4.3.1 Trampoline

Routines must be handed to the organizers written on an official competition card before the competition starts, at a time and place as stipulated by the organizing committee.

Compulsory routines are awarded no difficulty degree and are executed first

Changes to the voluntary routines are allowed without penalty.

Repeats of skills will result in no difficulty being awarded for the repeated skill, in cases where the difficulty is lower than 0.5, a deduction of 0.5 will be made.

A competition is made up out of one compulsory routine (neatness) and one voluntary routine (difficulty).

4.3.1.1 **Seniors:** Minimum age 15 in the year of competition.

Compulsory routine:	Voluntary routine
1. 1/1 twist (back)	9 Of 10 skills with minimum 270 degrees rotation. Difficulty not allowed to be less than difficulty of skills in prescribed routine, i.e. 5.7
2. Straight barani	
3. Layout	
4. Tuck barani	
5. 1 1/4 pike back	
6. Pike pull-over	
7. Pike barani	
8. Pike back	
9. Swan dive	
10. Barani ball-out	

4.3.1.2 **Juniors:** Maximum age 14 in the year of competition.

Compulsory routine:	Voluntary routine
1. Layout	Difficulty not allowed to be less than difficulty of skills in prescribed routine, i.e. 4.0
2. Straight barani	
3. Tuck bounce	
4. 3/4 layout	
5. Cody tuck	
6. Pike bounce	
7. Tuck barani	
8. Tuck back	
9. Swan dive	
10. Ball-out	

4.3.2 **DOUBLE-MINI TRAMPOLINE**

A competition is made up out of two compulsory routines (neatness) and two voluntary routines (difficulty)

Seniors: Minimum age 15 in the year of competition.

Compulsory routines:	1. Tuck back (<i>spotter</i>)	Rudi (<i>dismount</i>)
	2. Straight barani (<i>mount or spotter</i>)	Full Twist (<i>dismount</i>)

Voluntary: All skills with minimum of 360 degrees rotation.

Juniors: Maximum age 14 in the year of competition.

Compulsory routines:	1. Tuck back (<i>spotter</i>)	Straight barani (<i>dismount</i>)
	2. Tuck front (<i>mount or spotter</i>)	Pike front (<i>dismount</i>)

Voluntary: All skills with minimum 360 degrees rotation

4.3.3 MINI-TRAMPOLINE

A competition is made up out of 4 voluntary routines. Two neatness routines (1&2) with no difficulty value and two voluntary routines (3&4) with difficulty value. Only the difficulty of routines 3 and 4 will count. Repeats of skills will result in no difficulty being awarded for the repeated skill, in cases where the difficulty is lower than 0.5, a deduction of 0.5 will be made

4.3.4 SYNCHRO TRAMPOLINE

Trampoline rules apply

4.3.5 Tumbling

4.3.5.1 Equipment Requirements

A 17 metre tumbling strip with a 8-11 metre run up.

Should a regulation tumble track not be available an extended Artistic floor area will be used with a minimum width of 2m and a length of 17m (excluding run up and landing area). The markings as set out in the F.I.G. guide for the Tumbling track should be clearly visible.

Landing area will be a standard gymnastics mat 20cm x 2m x 6m – additional 10cm may be placed on top for safety.

Run up area must be a minimum of 8m maximum 11 metres.

A springboard or additional built up runway may be used to facilitate access to the spring surface.

For tolerances and specifications on the springboard, please refer to: FIG apparatus norms 0701 E

4.3.5.2 Additional Rules

1.The FIG Rules will apply with adjustments as stated below:

2.A competition constitutes 1 Compulsory Pass and 2 Voluntary Passes.

3.The following points out of the F.I.G. Tumbling Judges code of points, are being used for the Zone VI competition.

4.Passes must be handed in to the organizers written on official competition cards before the competition starts, at a time and place stipulated by the organizing committee.

5.Changes to the voluntary passes will be penalized 0.2 for the pass where the change occurs.

6.Repetition of skills (except for Round-offs, Flic-flacs and Whip-backs) will result in no difficulty being awarded to the repeated skill. Skills will not be considered a repetition if preceded by a different skill.

7.Changes to the compulsory pass will result in the termination of the pass from the point where the change occurs.

4.3.5.3 Passes

Seniors

1. Compulsory Pass – for the techniques please refer to the SAGF tumbling coaches manuals

Round-Off, Whip, Whip, Flic-flac, Full Twist.

2. Straight Voluntary Pass

Five (5) elements with a minimum of 3 somersaults, one of which must be performed at the end of the pass. No skill may have more than 180°twist.

3. Twisting Voluntary Pass

Five (5) elements with a minimum of 3 somersaults, one of which must have a minimum of 360°twist and must be performed at the end of the pass.

4. Individual Finals

The Top ten (10) competitors (with a maximum of 3 competitors per country) in each category qualify for the Individual Finals.

Two free passes of five (5) elements, without repetition of skills from either pass, with the exception of 7. above. Passes performed in the Preliminary competition may be repeated in the finals.

5. Team Finals

Top five (5) teams in each category qualify for the Team Finals.

One free pass of five (5) elements will be performed in the Team Finals.

Juniors

1. Compulsory Pass– for the techniques please refer to the SAGF tumbling coaches manuals

Round-Off, Flic Flac, Whip, Flic-Flac, Layout

2. Straight Voluntary Pass

Five (5) elements with a minimum of 2 somersaults, one of which must be performed at the end of the pass.

3. Twisting Voluntary Pass

Five (5) elements with a minimum of 2 somersaults, one of which must have a minimum of 360°twist and must be performed at the end of the pass.

4. Individual Finals

The Top ten (10) competitors (with a maximum of 3 competitors per country) in each category qualify for the Individual Finals.

Two free passes of five (5) elements, without repetition of skills from either pass, with the exception of 3.2.3 above. Passes performed in the Preliminary competition may be repeated in the finals.

5. Team Finals

Top five (5) teams in each category qualify for the Team Finals.

One free pass of five (5) elements will be performed in the Team Finals.

Pre-Juniors

1. Compulsory Pass– for the techniques please refer to the SAGF tumbling coaches manuals

Round-Off, Flic-Flac, Flic-Flac, Flic-Flac, Flic-Flac

2. Straight Voluntary Pass

Round-Off, Flic-Flac, Flic-Flac, Flic-Flac, Tuck Back

4.4 Aerobic Gymnastics

4.4.3 Total allocation of Gymnasts (see table below)

	Level 3	Level 7.
Age	Maximum age 14 years	Over 15 years
Category	Individual, Pairs, Trio	IM, IW, Mixed Pairs, Trio
Exceptions		No 1 arm push –up No 1 arm support No 1 arm landings
Music	Prescribed music for Level 5	1 minute 30 seconds (+/- 5 seconds) Any style of music adapted for Aerobic Gymnastics.
Total Difficulty Elements	10	10
Competition Space	7x7 Metres IM, IW, MP, Trio	10x10 Metres IM, IW, MP, Trio
Compulsory Elements	Group A – Lateral Push-up, Group B – L-Support, Straddle Support ½ Turn. Group C – Straddle Jump, Switch Split Leap, Sagital Scale Free Fall Airborne to Push-up, ½ Air turn to Frontal split, ½ Turn Tuck Jump. Group D – 1 ½ Turn, Vertical Split	No compulsory elements BUT routine must have at least 2 elements from each of the 4 groups.
Value allowed for Elements	Prescribed Routine	0.1 to 0.4
Floor Elements	Prescribed Routine	5 (maximum 2 landing in Push-up and maximum of 2 landing in Splits)
Elements from each Group A,B,C,D.	Prescribed Routine	No compulsory elements BUT routine must have at least 2 elements from each of the 4 groups.
Lifts	2 Lifts in Pairs, Trios and Group	2 Lifts in Mixed Pairs, Trios and Groups
Rules	Prescribed Routine to be exactly like the DVD.	Level 7 is a stepping stone for gymnasts who have NOT competed at any higher level – AG1, AG2 and Seniors. To gain experience. Once a Gymnasts has competed at a higher level they may NOT compete in L7 again.

5. Summary of maximum team sizes

Discipline	Pre-Junior	Junior	Senior	Coach	Judge	Manager	Total
Federation						1	1
WAG	6	4	4	3	2		19
MAG	6	4	4	3	2		19
RG	4	4 L8	4 5/6=group	4	2		22
Tramp male		4	3	1	1		9
Tramp female		4	3	1	1		9
Double Mini male		2 (+ 2 doing tramp)	1 (+ 2 doing tramp)	1	1		5
Double mini female		2 (+ 2 doing tramp)	1 (+ 2 doing tramp)	1	1		5
Mini tramp – boys & girls	8			2			10
Aerobic Gymnastics		10	8	4	2		24
Tumbling boys	4	4	3	1	1		13
Tumbling girls	4	4	3	1	1		13
Totals	30	41	37	22	14	1	145?

6. Medal table (allocation and quantities - maximum)

Discipline	Apparatus smaller award?	Individual	Team	Total
WAG	36	9	36	81
MAG	54	9	36	99
RG	45	12	54	111
Tramp	24	36	104	164
Aerobic Gym		36		36
Tumbling		12	42	54
Total	159	114	272	545

Every participant is to receive a participation award (certificate or medal)
 The above table does not allow for “new” country discipline competitions

7. Sample Program/Timetable of event

It is envisaged that the host country will try and present a “standard” event as per the following guidelines , barring any local conditions that may require minor changes.

Day	Event	Time
1 (Wednesday)	Arrival of teams Training available – discretion of host	Morning Afternoon
2 (Thursday)	WAG & MAG TC meetings Tramp & RG & AG training Tramp/Tum & RG & AG TC meetings WAG & MAG training Tumbling training Opening Ceremony/Function	Morning Morning Afternoon Afternoon Afternoon Evening
3 (Friday)	Zone 6 Ass. Executive Committee meeting WAG & MAG Pre Junior competition Aerobic Gymnastics Competition WAG & MAG Junior competition WAG & MAG Senior competition Zone 6 Ass. AGM	Morning Morning Morning Afternoon Evening Evening
4 (Saturday)	Trampoline – mini – competition Trampoline – double mini – competition Rhythmic pre junior competition Rhythmic junior competition Tumbling competition Trampoline individual & syncro competition Rhythmic Group competition Rhythmic Senior competition Closing Ceremony/Function	Morning Morning Morning Morning Afternoon Afternoon Afternoon Afternoon Evening
5 (Sunday)	Teams depart	Morning

8. Sample Calendar of activities/tasks for host country

It is envisaged that the host country will try and follow a “standard” schedule of tasks as per the following guidelines to ensure smooth presentation and entry procedures for participating Federations.

Calendar (- = pre event , + = post event)	Task/Action
- 11 Months	Host country confirms hosting to Z6 in writing – giving approximate dates and host city/town
- 11 Months	Z6 Executive ensures that any new rules etc. are distributed to all member federations – include minutes of meetings that were held at the previous event
- 6 Months	Entry by NUMBER & NAME forms are sent to member Federations
- 5 Months	Entry by NUMBER forms are due back to the host country from members
- 2 Months	Entry by NAME & OFFICIALS forms due back to the host country with 50% deposit of entry fee
- 1 Month	Confirmation of NAMES & OFFICIALS and payment of balance of funds due as per hosts arrangement – entry fee, meals, transport and accommodation
- 1 Month	Final program published
- 2 Weeks	Arrival & departure times, dates and mode confirmed – transport, meals and accommodation plans finalized
+ 1 Week	Complete set of results e mailed to member Federations

9. Gymnastics equipment that should be provided

It is hoped that all equipment provided will be within FIG specifications (see www.fig-gymnastics.com) however if this is not possible as close as possible (local manufacture) must be provided bearing in mind the safety of the gymnasts especially with regards to landing mats and other safety areas.

Suggested venue layout may also be found on the FIG website however due to local size of venues changes may be made but always with the safety and wellbeing of the participants in mind

10. Additional equipment/areas that must be provided

To present the Region 5 competition the following areas must be available (apart from the gymnastics hall itself) :-

- Adequate change and bath rooms for gymnasts, officials and spectators
- Sufficient spectator seating (include teams that are not competing)
- Sufficient tables and chairs for the judges during each discipline competition
- 2 separate meeting areas for the duration of the event for judges
- Meeting area for TC meetings and AGM
- Administration area/office equipped with computer, printer, Photostat machine
- Scoring area/office equipped with computer, printer and relevant furniture
- 1st aid station/demarcated area
- PA system with CD player that is suitable for the venue and competitions that are catered for
- Rostrum and prize giving area – arrangement for flag ceremony during prize giving’s when necessary
- Boarding or similar to separate spectators from the competition area and other areas which may be needed to be cordoned off

11. Additional support staff

To present the Region 5 competition the following staff must be available for every competition (apart from the technical staff provided by the team entry and local gymnastics federation) :-

- Competition/Floor manager
- Announcer
- Music player & assistants
- Scorer & assistants
- Medal ceremony team (medals, flags, etc.)
- Administrators that may be required on the floor (secretary at judges tables, etc.)
- 1st aid personnel
- Security personnel as required by venue and/or local conditions
- Catering for technical and other support staff
- Apparatus manager & assistants (double as venue housekeeping?)
- Venue housekeeping
- Spectator catering if organized by LOC (may be contracted to venue?)