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Republic of the Philippines
DEPARTMENT OF EDUCATION

2013 PALARONG PAMBANSA
MEN'S ARTISTIC GYMNASTICS

CHRISTOPHER B. PALMILAO
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I. GROUND RULES

A. Queries

- a.1 Verification of score must be done by the Head Coach in writing and submitted within 30 minutes after the announcement of gymnast score. This should be addressed to the Tournament Manager.
- A.2 Only the coaches who attended the Solidarity can file a complaint

B. Tie Breaking

- b.1 2013-2016 FIG tie-breaking rules will be applied.

C. Disruptive Behavior

- c.1 Anyone who is found guilty of harassing or causing undue trouble during the competition will be escorted out of the competition venue, immediately.
- c.2 A coach who is found guilty of harassing or causing undue trouble during the competition will be penalized and dealt with under coach's behavioral violation rule.
- c.3 For competition I and II of cluster 2 only 1 official coach is allowed to enter in the inner circle, any delegation violating this rule will be penalized under coach's behavioral violation rule.
- c.5 For competition III, if 2 gymnast qualify from the same region two (2) coaches are allowed to enter in the inner circle.
- c.6 A coach may request for temporary replacement only on vault exercise one at a time by his assistant coach or spotter declared during the solidarity conference.
- c.7 The use of flash when taking pictures is NOT allowed.
- c.8 Delegation Officials, trainers, parents and supporters are not allowed to intervene the decision of the judges.

D. Uniform

- D.1 Gymnast must wear a correct men's gymnastics leotard in accordance with apparatus requirement.
- D.2 The leotard must be identical for members competing for team championship
- D.3 Leotard must be fit to the body.
- D.4 Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened. It must be beige or skin-colored when available from the manufacturer.
- D.5 Any attire violation will be penalized.
- D.6 Coach must wear their official delegation uniform with i.d. during the competition.

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Note:

- Rules that are not so mention in these guidelines, FIG Rules may apply.

II. GENERAL REGULATIONS

Article 1. Competition Ages

- The gymnast's age eligibility will be based on his age on the beginning of January of 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.
- The use of soft safety mats on vault is allowed but on floor exercise and pommel horse will result in 0.3 deduction from the final score.
- The use of any non-permitted supplementary equipment will be deducted 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 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 of all compulsory routines will be based in the fig age group program manual.

Article 4. Specific Judging Rules

The evaluation of optional exercises in elementary cluster 2 will be based on the system of the 2013 FIG Code of Points. There are two evaluation factors in this system; a Difficulty Score (D-score) and an Execution Score (E-score)

D-score

The D-score is calculated based on adding the following 3 aspects of a performance;

- The values of the difficulties presented in the exercise up to a specified maximum number.
- Each EGR which was fulfilled in the exercise will be given 0.5
- The values of any eligible Bonus Connection points that were performed.

The D-score is calculated according to the following sequence:

- Determine the value of the dismount. If a gymnast does not perform a recognized dismount he will automatically be penalized by not receiving the 0.5 for that EGR.
- Determine if the remaining EGR have been performed and award 0.5 for each one met (plus the value of the element itself). This applies to A-part and B-part dismounts.
- Add the value of the remaining most difficult recognized elements up to the maximum number of elements permitted.

- Add any connection bonus that applies (Floor Exercise only)

E-score

The E-score deductions for optional exercises and when not specified for Compulsory Exercises are as follows;

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

Calculation of the Final Score

Cluster 1

Final score is determined by deducting the E score from D score.

Cluster 2 & 3

The Final Score is determined by adding the E score and the D-Score.

Additional Modifications to the FIG Code of Points

- **Developmental Parts**
Gymnasts may use the identified elements in the developmental part to meet difficulty requirements, EGR and possible Connection Bonus points.
- **Repetition**
In elementary cluster 2-may repeat one skill of B or C value
In elementary cluster 1:
 - 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.

Article 5. Element Values and Maximum Number of Elements for Elementary Cluster 2:


Maximum Number of Element	A- part value	B-part value	C-part value	D- part and higher value
8	0.1	0.2	0.3	Not permitted

Article 6. 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

Article 7. Summary of Specific Regulations and Compulsory Exercises

CLUSTER 1 (Compulsory Exercises)

FX	Mushroom(PH)	VT
<p>FIG Age Group Class 2</p> <p>1)2-3 steps to front handspring, straight jump and then rebound to stretched dive roll</p> <p>2) Finish with control in straddle split 2 sec.</p> <p>3. Press to handstand with bent arms and straddled legs to momentary hold and forward roll and jump with $\frac{3}{4}$ turn to face side</p> <p>4. Step to scissor kick to 2 cartwheels</p> <p>5. Pike down and backward roll with straight arms and straight legs to stand</p> <p>6. Front scale or y scale (2 sec)</p> <p>7. 3 steps hurdle to round off backhandspring straight jump and backward roll tucked to stand.</p> <p><u>Floor Pattern</u></p> 	<p>FIG Age Group Class 1</p> <p>-5 leg circles with 2 point each, total value of 10.0</p> <p>-deductions: small=.1 medium=.2 large=.3 Fall=.5</p>	<p>FIG Age Group Class 1</p> <p>2 Choices:</p> <p>1. From run, hurdle onto board and jump from two feet to hands with straight body and fall to back on a soft mat of 80 cm height.</p> <p>2.Salto fwd stretched from a vaulting board</p> <p>-Base the deduction from FIG age Group Program</p> <p>-a 2nd attempt is permitted , but with 0.5 deduction</p>

CLUSTER 2

FX	Mushroom(PH)	VT
<p>Difficulty Values & Required No. of Elements</p> <p>Difficulty A=.1 B=.2 C=.3</p> <p>8 skills max. for D-score</p>	<p>FIG Age Group Class 1</p> <p>-5 leg circles with 2 point each, total value of 10.0</p> <p>-deductions: small=.1 medium=.2 large=.3 Fall=.5</p>	<p>Permitted Vaults and Difficulty Values</p> <p>Handspring=2.0 w/ 1/2 t=2.2 w/ 1/1t=2.5 w/1 1/2t=2.7</p>
<p>Developmental and Supplemental Skills</p> <p>1)Round off or Cartwheel=A part Element Group 4 and in the same box</p> <p>2) Back extension to handstand=A part. Element Group 3</p> <p>3)The value of all circle, flair and Russian skills are increased by one value over the FIG Code</p>	<p>----Same to cluster 1 -----</p>	<p>Handspring front tuck=2.7 w/ 1/2=2.9 Handspring front pike=2.9 w/ 1/2=3.1 Tsukahara Tuck=2.7</p>
<p>EGR (0.5 each)</p> <ul style="list-style-type: none"> • Non- acro element • Acro. Element fwd • Acro. Element bwd • Dismount 		<p>Tsukahara Pike=2.9</p> <p>Tsukahara layOut=3.1</p> <p>Yurchenko Tuck=2.7</p> <p>Yurchenko Tuck 1/1=2.9</p> <p>Yurchenko Pike=2.9</p> <p>Yurchenko Straight=3.1</p>
<p>Additional Regulations</p> <p>No time limit</p> <p>Connection Bonus(saltos only)</p> <p>A or B +C or vice versa=.1 C+C= .2</p> <p>May repeat one skill of C or Higher value for difficulty</p>		<p>-All Yurchenco Group has the same value with Tsukahara Group-</p> <p>-Bonus for distance 2m-2.5=.1 >2.5-3m=.2 >3m=.3</p> <p>Height=1.15m-1.35m</p> <p>(2nd attempt is permitted , but with 0.5 deduction)</p>

CLUSTER 3

FX	MUSHROOM(PH)	VT
FIG JUNIOR 2013	<p>FIG Age Group Class 2 Compulsory Exercise:</p> <ol style="list-style-type: none"> 1. Double Leg Circle 2. Double Leg Circle 3. 1/2 spindle (unlimited circle) 4. Double leg circle 5. Double leg circle 6. Double leg circle w/ 180 turn in 1 circle (any technique) 7. Double leg circle & finish in stand <p>Total Value = 10.0 (for element values and deductions refer to FIG Age Group Manual)</p>	FIG JUNIOR 2013

This Guidelines is based on the 2013 FIG Junior Ruling and the 2013 Edition FIG Age Group Development Program.

Article 9: Awarding ceremony

9.1 Gymnast who will not attend the victory ceremony means annulment of gymnast score.

I. GYMNAST PARTICIPATION

Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Players
ELEMENTARY				
1	Ages 7-9	Floor Exercise	Class 2 FIG Age Group-Compulsory	1
		Pommel Horse (mushroom), Vaulting Table	Class1 FIG Age Group-Compulsory	
2	Ages 10 - 12	Floor Exercise, Vaulting Table	Class 3 FIG Age Group-Optional	2
		Pommel Horse	Class 1 FIG Age Group-Compulsory	

SECONDARY				
3	Ages 13 - 18	Floor Exercise Vaulting Table	FIG Junior	3
		Pommel Horse	Class 2 FIG Age Group-Compulsory	

Prepared by:

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