

**NatWest Island Games - Bermuda 2013**  
**Gymnastics Rules**  
**Competition 3 Women's (FIG)**

## **WAG COP modifications for Junior Competitions**

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), All Around Final (C-II) and Team Final (C-IV)**  
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 for all phases of competitions ( C-I, C-II, C-III, C-IV)
  - 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*

### **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 fulfil more than one CR; however, an element may not be repeated to fulfil 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.

### 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 & DMT with 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