

Gymnastics Competition Rules NatWest Island Games Aland 2009

Men's Competition 1 – Team Competition

FLOOR

Start Value 5.80

Difficulty: 3 B (value 0.5 each)
6 A (value 0.3 each)
C – NOT ALLOWED (1.0 DEDUCTION)

An A can partially replace a B

F.I.G. S.R. – 4 (0.5 each) -- PLUS DISMOUNT (0.5)

(1 element from each of the 4 groups)

- I. Non-acrobatic elements
- II. Acrobatic elements forward
- III. Acrobatic elements backwards
- IV. Acrobatic elements sideways, backward jumps with $\frac{1}{2}$ turn to saltos forward, and forward jumps with $\frac{1}{2}$ turn to saltos backward

2. The dismount cannot be from Element Group I

The dismount is fulfilled by an A (0.1) or B (0.2) move.

VAULT

Any vault up to 3.8 F.I.G. tariff.

1 vault only

Height 135 cm can be reduced to 125cm for competitors 14 or 15 in the year of competition.