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 ½ turn to saltos forward,
    and forward jumps with ½ 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.