

# Competition

## Work Plan

- Competition consists of GROUP competition (Free exercise) and INDIVIDUAL competition (Stick, Rings, Rope and Clubs).
- Competition shall follow the determined procedure (Work plan) of the respective year.

## Competition

The official competition is set out below:

1. GROUP competition
  - a. Competition I
    - Qualifying competition
      - all registered team performs.
      - Apparatus: Optional exercise
    - Final Competition
      - Top 8 teams qualify for the final competition.
      - Apparatus: Optional exercise
      - All Around ranking is determined by a half of qualifying score and the total of final competition. (30.00 points max).
  - b. Competition II
    - Final Competition
      - All registered team performs.
      - Apparatus: Optional exercise
      - All Around ranking is determined by the total of final competition (20.00 points max).
2. INDIVIDUAL competition
  - a. Competition I
    - Individual AA Final Competition
      - All registered gymnasts perform.
      - Apparatus: 4 exercises using 4 different apparatuses.
      - All Around ranking is determined by the total of 4 exercises. (40.00 points max)
      - The apparatus order in the competition is as follows:
        1. Stick
        2. Rings
        3. Rope
        4. Clubs
    - Apparatus Final Competition
      - Top 8 gymnasts of each apparatus will qualify into the Apparatus Final Competition. However, up to 3 gymnasts from the same gym may participate.
      - Final ranking is determined by the total of apparatus final competition. (10.00 max).

## b. Competition II

- Individual All Around Final Competition
  - All registered gymnasts perform.
  - Apparatus: 4 exercises using 4 different apparatuses.
  - All Around ranking is determined by the total of 4 exercises. (40.00 max).
  - The apparatus order in the competition is as follows:
    1. Stick
    2. Rings
    3. Rope
    4. Clubs
- Apparatus Final Competition
  - Final ranking will be determined by the scores of each apparatus in the individual All around competition.

## **Age**

Competitor must be more than 15 years old in the respective competition year and must be an affiliated member of each Federation as well. As far as competitors under 15 years old are concerned, they could participate if they had an approval from their Federation.

## **Gymnasts**

- Each GROUP exercise has to be performed by 5 or 6 gymnasts.
- Each Federation may register a minimum of 5 gymnasts and a maximum of 8 gymnasts for GROUP exercise.
- Regards to gymnast's alternation, alternative gymnasts must be approved at the Supervisor's meeting. In case of any accident, which is notified by the official doctor, a gymnast may be changed by 30 minutes before the competition.

## **Length of Exercises**

The length of exercise is as follows:

GROUP Exercise: From 2 minute 30 second to a maximum of 3 minutes.

INDIVIDUAL Exercise: From 1 minute to 1 minute 30 second.

There will be a signal 5 second before the time is over.

## **Musical Accompaniment**

- All the exercises have to be performed with a musical accompaniment.
- The end of the exercise must correspond perfectly with the end of the music.
- The music must be played by instruments. Human vocal accompaniment is not authorized.
- The exercise may be accompanied by means of a recording on a cassette (including DAT, MD, DCC etc.)
- A different cassette has to be used for each exercise.

### ***Competition Venue / Competition Area (Floor)***

- The competition venue must have a competition area of approximately 50 meter X 30 meter, and the boundary must be distinct.
- The height of the ceiling must be minimum of 8 meter.
- It is prohibited to enter this competition area except competition authorities.
- The floor at the official competition should use the Men's RG floor mattress (The official mattress of the Artistic Gymnastics).
- Inner floor competition area must be 13 meter X 13meter for both of GROUP and INDIVIDUAL exercises.
- The boundary of the inner floor competition area must be distinct. The line must be 5 cm wide.
- In case of setting up two floors, they must be more than 4 meters apart from the other one.
- The judges are allocated minimum 4 meter apart from the performance floor.

### ***Dress of Gymnasts for competition***

- Gymnasts must wear gymnastics tights or shorts. They must be in non-transparent material but colors are unrestrained. Tank tops and tights may be stitched together.
- Uniforms for GROUP competition must be identical, (i.e. same material, style, design and color) for all gymnasts of the group.
- For INDIVIDUAL competition, uniforms don't have to be the same style nor the same color even if they belong to the same Federation or the same club. However, the logo must be put on the uniform.
- A competitor may perform with gymnastics slippers, socks or without footwear. Colors are not limited.

Men's rhythmic gymnastics (Code of Points 2001)  
Individual Exercises  
Last update Feb 24<sup>th</sup>, 2003

Individual Exercises

<b>Aspect</b>	<b>Stick</b>	<b>Rings</b>	<b>Rope</b>	<b>Clubs</b>
<b>Apparatus Standards</b>				
<b>Material</b>	Wood or Plastic	Wood or Plastic	Hemp or synthetic textile	Wood or Plastic
<b>Weight</b>	>= 200 gram	>= 200 gram each	No restriction	>= 200 gram each
<b>Overall Dimension</b>	Length: 90cm - 110cm Diameter: 2.5cm - 3.5cm	Inside Diameter: 40cm - 45cm Circumference: 2.5cm - 3.5cm	Length & Thickness: No restriction	Length: 40cm-50cm
<b>More specific Dimension</b>	Cap: Diameter: Max 4cm Length: Max 5cm		Both ends: 2 knots are allowed	Grip / head of club: Within 4 cm of its diameter Neck circumference: 6cm - 9cm Trunk circumference: 6cm - 9cm Trunk length: 12cm - 18cm
<b>Taping</b>	Can cover whole apparatus with tape		Each end is allowed to cover up to 10cm.	Can cover whole apparatus with tape
<b>Color</b>	No restrictions			

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Aspect	Stick	Rings	Rope	Clubs
Choreography requirements				
<b>Fundamental apparatus elements</b>	Mills > 2 times	Rotations (hand , body) > 2 times	Various jump series: ∅ Two or more consecutive forward jumps on the spot ∅ Two or more consecutive backward jumps on the spot. ∅ Two or more consecutive jumps with transition.	Mills must be executed more than twice.
	Rolling > one time and >= 1 meter in length			Rolling must be executed more than once and at least 50 cm in length.
	Throwing > 2 times (each more than 2m from the point of throw)			
<b>Tumbling</b>	Forward, backward or sideways tumbling must be executed. Apparatus must be in motion/alive during a tumbling.			
<b>Other Elements</b>	Different directions of mills combined with the free exercise.	Various kinds of rotations	Various kinds of jump series	Execution of mills combined with free exercises, in different directions and in different faces of the clubs.
	Various kinds of throws (Horizontal, vertical, horizontal or vertical mills, one or two handed throws).	Various kinds of throws	Various kinds of movement which are executed in different directions (swings, circles, snakes)	Various kinds of throws (eg Throwing one club, throwing both clubs at the same time, throwing two clubs sequentially)
	Rhythmically spinning stick	Various kinds of swings and circles	Various kinds of throws	

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Last update Feb 24<sup>th</sup>, 2003

<b>Aspect</b>	<b>Stick</b>	<b>Rings</b>	<b>Rope</b>	<b>Clubs</b>
	Various kinds of mills (small, medium, large) using the wrist, forearm or arm.		Change of speed	Various kinds of rotations (small, medium, large) using the wrist, forearm or arm.
		Different movements between the left and the right.		Different movements between the left and the right.
	Various ways of holding the apparatus	Various ways of holding the apparatus	Various ways of handling the rope (eg. Opened rope, bended rope, one handed rope, both handed, holding the end, holding the center, etc).	Various ways of handling the clubs
	Various rolls	Various rolls		Various rolls
<b>Notes</b>	<p>Ø When a gymnast throws the stick, his body must be moving. The most essential element is that the stick must always be in harmony with the body.</p>	<p>Ø When a gymnast throws only one ring, the other ring must be moving. The essential element is that both rings must always be in harmony with the body.</p>	<p>Ø Although handling the bended rope is a characteristics of the apparatus, performance must have variety. It is just as important to perform with opened rope.</p> <p>Ø Both ropes must be used equally when the elements of one handed hold are executed.</p>	<p>Ø When a gymnast throws only one club, the other club must be moving. The essential element is that both clubs must always be in harmony with the body.</p>
<b>Difficulties Required</b>	<p>A: Optional                      B: 3 required                      C: 1 required                      D: Optional                      Note: Extra Cs will be counted as B difficulties.</p>			