

COMPETITION RULES ÅLAND INVITATIONAL 23-24.4 2022

Easy FIG Rules

Only A- and B-elements from CoP to make up DV. Elements above B-value will have a value of 0.2. No extra points for CV (connection values). Execution score as per CoP.

VAULT

FIG vaulting table, height 115 cm. Gymnasts are allowed to perform 2 vaults.

- The two vaults must have different vault numbers
- The first vault will be for the individual overall title. The second vault will be averaged with the first vault for the apparatus medals.
- Vault tariffs will be taken from the code of points at time of competition.

UNEVEN BARS

FIG bars set up. The gymnast is allowed to use a springboard for mounts.

Short routine deductions: 8-6 elements = no deduction. 5 elements = -2,0 points. 4 elements = -3,0 points. 3 elements = -4,0 points. 2 elements = -5,0 points. 1 element = -6.0 points.

CR

- Upstart on low bar 0.5
- Upstart on high bar 0.5
- Circle element with B-value 0.5
- An element to/through handstand 0.5

BEAM

Beam set up according to FIG rules. The gymnast is allowed to use a springboard for mounts.

All CR must be performed on the beam (not as mounts or dismounts).

- Combination of two gymnastic leaps or jumps, with at least one leap/jump showing split 0.5.
- A turn from the CoP (group 3), roll or flare 0.5.
- A combination of two acrobatic elements (same or different. Can be non-flight) 0.5.
- Acrobatic elements on the beam forward/sideways and backwards 0.5.

FLOOR

The routine is performed on a 12x12 m floor. The routine is performed to music.

CR

- A dance passage with at least one of the leaps showing split 0.5
- An acrobatic combination of at least two flight elements, one being a salto with at least B-value 0.5
- An acrobatic combination of at least two flight elements, one being a salto forward. 0.5
- An acrobatic combination of at least two flight elements, one being a salto backward. 0.5

Modified FIG Rules

DV and CV as per CoP. CR is modified and there are possibilities to get bonus points.

VAULT

FIG vaulting table, height 125 cm. Gymnasts are allowed to perform 2 vaults.

- The two vaults must have different vault numbers
- The first vault will be for the individual overall title. The second vault will be averaged with the first vault for the apparatus medals.
- Vault tariffs will be taken from the code of points at time of competition.

UNEVEN BARS

FIG bars set up. The gymnast is allowed to use one springboard for mounts.

CR. Maximum = 2.0.

- Flight element from HB to LB 0.5
- Flight element on the same bar, OR flight element from COP from LB to HB (if the element performed is worth a D or more) 0.5
- Different grips (no cast, MT or DMT) 0.5
- Non flight element with min. 360° turn (no MT), 0.5, OR non flight element with 180° turn 0.3

BONUS: For a flight element to re-catch the same bar of a minimum of a D value performed with visible flight and without a fall, a bonus of 0.50 will be awarded. This bonus will only be awarded once.

Short routine deductions: 5-6 elements = -2,0 points. 3-4 elements = -4,0 points. 1-2 elements = -6,0 points

If a shaposhnikova is performed (for the CR2 flight element) the gymnast will be allowed to kip after without deduction.

BEAM

Beam set up according to FIG rules. The gymnast is allowed to use one springboard for mounts.

CR. Maximum = 2.0.

- One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split (cross or side), or straddle position. 0.5
- Turn (Gr. 3) roll or flare 0.5
- One acro series min. of 2 flight elements 1 being a salto (elements may be the same) 0.5, OR an acro series with two flight elements but not a salto e.g. flick- flick 0.3
- Acro elements in different directions (fwd/swd and bwd). Can be non flight. 0.5

BONUS: If a salto is successfully performed in a series or on its own a bonus of 0.50 will be awarded. This bonus will only be awarded once.

FLOOR

The routine is performed on a 12x12 m floor. The routine is performed to music.

CR. Maximum = 2.0.

- A dance passage composed of two different leaps (from the Code), connected directly or indirectly 0.5
- Salto with LA turn (min. 360°) performed in an acro line 0.5 OR Salto with half LA turn (180°) can be forwards or bwd 0.3
- Salto with double BA performed in an acro line 0.5
- Salto bwd and salto fwd (no aerials) in the same or different acro line 0.5

BONUS: For a double salto successfully performed a bonus of 0.50 will be awarded. This bonus will only be awarded once.