

GYMNASTIC

- 1 Boys and Girls Competition (According to ELG Code of Point)
2. Junior Boys and Girls Competition (According to ELG Code of Point)
3. Sub-Juniors Boys and Girls Competitions (According to Modified Rules as under) :-

The Competition of team (Sub-Junior, Senior is as under)

- 1 Team consists of 7 members.
- 2 6 members will participate and 6th member will be taken be substitute.
3. For team championship score of 5 members will be calculated.
4. There will be three competitions
 - (a) Competition No. I i.e. Team Competition.
 - (b) Competition No. II i.e. Individual Competition.
(24 Gymnast will qualify 2 best scorer from each state)
 - (c) Competition No. III i.e. All around apparatus Comp.

Evaluation of optional Exercise for sub junior boys will be as under

Difficulty	The value of the best 6 elements + Dismount
Special requirements	0.50 Each EGR + Dismount Up to + 0.50 Special Requirements
Bonus Points	No Bonus for any higher difficulty elements.
Presentation	E jury deductions will be taken from a s tart score of 10
Total	Exercise presentation Score (out of 10 + value of difficulty + value of performed EGR.

A	B	C	D
0.20	0.40	0.60	0.80

EGR value 0.50 each	= 1.50
Dismount	= 0.50
Total EGR	= 2.00

Dismount

A Value Dismount	0.20
B Value Dismount	0.50

Elements

- 7 elements in a routine to be made up of 6 elements + dismount
- Each element will be recognized only once in a routine.

No. of Elements	E Jury Score
1 to 2	2.00
3	4.00
4	6.00
5	8.00
6	9.00
7	10.00

Requirements for Sub-Junior Boys (EGR + Optional)

If a Gymnast performs higher difficulty value elements her lower value element will automatically replace the prescribed EGR

Example :-

On Floor Exercise if a gymnast performs backward salto 360 turn, automatically the EGR 2 will be replaced and it will fulfill the elements group requirements (EGR) value 0.50 + B difficulty 0.40 i.e. A Gymnast will receive 0.90 for above element.

Connection values for Floor Exercise

The connection values will get only in Acrobatic saltos.

A+C	0.10
A+D	0.20
B+C	0.30
C+C	0.40

EGR on different apparatus Floor exercise

EGR	Description of elements	Remark
1	Press hand stand i.e. Close legs/ Swiss press	
2	Front or Back salto stretch with 360/540/720t	
3	Circle/Arabian salto/Russian wendes 360t and more	Russian wends 360 and more
4	Any salto dismount	It should not be repeated from the same EGR 2, it should be from quite different EGR (Direction)

Pommel Horse

EGR	Description of elements	Remark
1	Scissors of any direction	
2	Cross Support Circle on leather or on grip	
3	Kehre Swing/wende swing or any element of the same group	
4	Dismount	

EGR	Description of elements	Remark
1.	High in Location/dislocation/Turnover/Honma/Back up rise with open legs sit.	
2.	Press hand stand straight arm/bend arm bend boy / straight body bent arm.	
3.	Any strength hold (even front or back scale) T hold (not from hand stand group)	
4.	Dismount	

Table Vault

- - FIG value + bonus will be awarded to gymnast.
- - Bonus will only be awarded to Gymnast when there is proper landing on both the feet. (If there is a fall no bonus will be awarded to Gymnast)
- - Table vault height 1.20 meters

EGR	Description of elements	Bonus
1.	Tsukahara tuck salto	0.50
2.	Tsukahara pike salto	0.50
3.	Tsukahara straight salto	1.00
4.	Hand front	1.00
5.	Hand front pike	1.00
6.	Hand front straight	1.00

Parallel Bars

EGR	Description of elements	Remark
1.	Hely in any support/stutzkehre above 45 degree legs/hop change	
2.	Press hand stand with close/open legs with straight arms and bent body	
3.	Moy full support / Tipplet / Giant swing	
4.	Dismount	

Horizontal Bar

EGR	Description of elements	Remark
1.	Endo/Stalder/180 t and more	
2.	Any release and re grasp	Minimum B value
3.	1/1 turn in mixed grip (or) 1/1 turn to both hands in el grip	
4.	Dismount	

Sub-Junior Girls (Below 14 years)

The Competition of team (Sub-Junior girls will be as under)

1. Team consists of 7 members.
2. 6 members will participate and 6th member will be taken as substitute.
3. For team championship score of 5 members will be calculated.
4. There will be three competitions.
 - (a) Competition No. I i.e. Team Competition.
 - (b) Competition No. II i.e. Individual Competition.
(24 Gymnast will qualify 2 best scorer from each state)

- (c) Competition No. III i.e. All around apparatus Comp.
8 gymnast will qualify 2 from each state.

Evaluation of optional Exercise for sub junior boys will be as under

Difficulty	The value of the best 6 elements + Dismount
Special requirements	0.50 Each EGR + Dismount Up to + 0.50 Special Requirements must come from with the counting elements
Bonus Points	No Bonus for any higher difficulty elements.
Presentation	E jury deductions will be taken from a start score of 10
Total	Exercise presentation Score (out of 10 + value of difficulty + value of performed EGR.

Element Value

A	B	C	D
0.20	0.40	0.60	0.80

Dismount

A Value Dismount	0.20
B Value Dismount	0.50

Elements

- ~ 7 elements in a routine to be made up of 6 elements + dismount
- ~ Gymnast has to add in her combination the following 3 EGR and remaining 3 elements + dismount of her choice
- ~ Each element will be recognized only once in a routine.

No. of Elements	E Jury score
1 to 2	2.00
3	3.00
4	4.00
5	6.00
6	7.00
7	8.00

Table Vault Height 1.20 M

FIT value of the vault + Bonus will be awarded to gymnast.

Bonus on the following vault will be awarded as under.

- ~ All the round off entry vaults with saltos are equal ant to Tsukahara” s values + bonus will be awarded.

- ~ Bonus will only be awarded to Gymnast when there is proper landing on both the feet (If there is a fall no bonus will be awarded to Gymnast)

EGR	Description of elements	Bonus
1.	Tsukahara tuck salto	0.50
2.	Tsukahara pike salto	0.50
3.	Tsukahara straight salto	0.50
4.	Hand front	0.50
5.	Hand front pike	0.50
6.	Hand front straight	0.50

Uneven Bars

Short Exercise "E" Jury score on Uneven Bars

No. of Elements	E Jury score
1 to 2	2.00
3	3.00
4	6.00
5	8.00
6	9.00
7	10.00

EGR	Description of elements	Remark
1.	Release and re grasp low bar to high bar catch/ High bar to low bar batch	
2.	Cast to hand stand with open legs / close legs / free h p circle backward to Momentary handstand.	
3.	Any release and re grasp on the same bar low / high bar	Ex: Cut and catch / On same bar both hands release at a time and catch / like swing 180 degree turn.

Balancing Beam

Evaluation of choreography

There should be Artistry deduction in Balancing beam (B Panel)

(Note = 2.00 points for choreography)

Faults	Min.	Max.
Missing one wave movement through toe balance Ex. (ex. No. 4.101 in FIG (WAG) Code.	-	0.30
Lack of creative choreography	0.10	0.30
Sureness of performance	0.10	0.30
Missing one element close to the beam (Exercise from group – 4 from the FIG Code	-	0.30

Competition requirement for Beam

EGR	Description of elements	Remark
1.	Jump 360 turn /540/720 t. but it should minimum 360 t with jump	
2.	2 different type of jumps i.e. leap jump / stag jump / wolf jump / fing jump / Tuck jump	Leap jump is must
3.	Walk over / front/back, hand spring/back flip/jump back walkover	
4.	Dismount any salto	

Floor exercise

Timings as per FIG	Choreography (3.00 points out of 10.00 from B Jury will be awarded)
Dancing is a part of Choreography	Choreography should be combined with active and dynamic flexibility
All joints of the body should be involved in variety of combinations	Dancing elements should not be repeated
The entire choreography should be coordinated with suitable music	

Floor exercise connection bonus will be awarded only for Acrobatic saltos bonus is as follows

A + C or vice versa	0.10
A + D or vice versa	0.20
B + C or vice versa	0.30
C + C or vice versa	0.40

If a Gymnast performs higher difficulty value element it will automatically fulfill the lower value EGR.

Evaluation of Choreography

There should be Artistry deduction in floor exercise (B Panel)

Faults	Deduction
Music and Movement not in harmony	0.50 Pts.
No music	1.00 Pts.
Missing one element close to the floor (Split sit fwd 2 sec. hold)	0.50 Pts.
Missing illusion 180 degree turn / hand stand with 360 t.	0.50 Pts.
Missing one leg turn on toe min 360. t.	0.50 Pts.

Floor Exercise

EGR	Description of elements	Remark
1.	A dance passage of 3 different elements one leap jump with 180 degree separation, one turn 360 degree t on toe, one jump min. 360 turn.	
2.	Front / back salto stretch / 360 / 540 / 720 / twist.	
3.	2 different type s of jumps one should be with minimum 360 degree t or more	
4.	Dismount any salto	Not. Salto will be different directions i.e. front / back not from EGR.

Horizontal Bar

EGR	Description of elements	Remark
1.	Endo / Stalder / 180 t and more	
2.	Any release and re grasp	Minimum B value
3.	1/1 turn in mixed grip (or) 1/1 turn to both hands in el grip	
4.	Dismount	