

**10th GYMSPORT MATOSINHOS - INTERNATIONAL
TOURNAMENT
MEN'S AND WOMEN'S ARTISTIC GYMNASTICS
TECHNICAL REQUIREMENTS**

April 27th and 28th 2019

WAG				
YOUTH (2006, 2007)				
E score	Vault	Uneven Bars	Beam	Floor
Penalty of: 7-8 elem - 0,00 p. 6 elem - 2,00 p. 4-5 elem - 4,00p. 2-3 elem - 6,00p. 1 elem - 8,00 p. 0 elem - 10,00 p.	<i>Height: 1m 20</i> OR 1m25 1 springboard C-I 2 vaults (same vault allowed) best account C-III 2 vaults (same group allowed but must be different) Final score =average of 2 vaults If the second vault is the same of 1 st vault Evaluation=FIG Code	7 best elements + dismount <u>Comp.requirements</u> - Flight elem. HB to LB or LB to HB - Close bar circle elem. min. B (group2,4.5) - 2 different grips - Elem. with 360° LA rotation <u>Notes:</u> <ul style="list-style-type: none"> • Underswing on LB (support of feet) with half turn (180°) and glide skip to support on LB = "A" value • Giant circle ending on front support = "A" value • Is permitted to perform cast to put both feet on the LB and jump to HB is not an element but do not deduct for uncharacteristic element 	7 best elements + dismount (3 acro elem; 3 dance elem, and 2 optional elements) <u>Comp. requirements</u> - 2 different dance elem 1 being 180° split pos. (FIG) -Turn gr. 3 (FIG) - 1 Acro serie with 2 flight elements (with or without hand support. Allowed the same element) - Acrob elem fwd/swd or bwd (FIG) <u>Additional Value:</u> <ul style="list-style-type: none"> • Dmt connection with Round-off or flic-flac landed on both feet with salto, or handspring with fwd salto, or 	7 best elements + dismount (3 acro elem; 3 dance elem. and 2 optional elements) <u>Comp. requirements.</u> - Dance passage (FIG rules) - Salto with LA turn (min.360°) - 2 acro lines with salto bwd and salto fwd (no aerials) - Turn (360°) min. B ACRO LINE (FIG rules) MAX 3 ACRO LINES <u>Additional Value:</u> <ul style="list-style-type: none"> • 1 acro line with 3 flight fwd elements -0,30 p. (different) • 1 acro line with 4 flight bwd/sidew elements - 0,30 p. (different) • Double bwd salto – 0,50 p.

	<p>Notes:</p> <p>The Group IV vaults (Yurchenko) will have the same D value as the Group III vaults (Tsukahara) with the same second flight</p> <p>. Vaults 1.40=2,80p. 1.50=3.00p.</p>	<p><u>Additional Value:</u></p> <ul style="list-style-type: none"> • Cast to handstand – 0,30p. • Flight elem. different from the 1st Comp. Req. – 0,50p • Elem. with 180° LA rotation (except from cast to handstand=0,30p. -0,50p- • Flight elem same bar – 0,50p. • Dmt starting from bwd or fwd stretched salto – 0,30 p. • Dmt with LA rotation (min. 360°) – 0,50 p. • Dmt double salto bwd with or without LA rotation – 0,50 p. <p>The ADITIONAL VALUE is awarded even with a fall</p> <p>FIG CP bonus are awarded ONLY when the elements are performed with success</p>	<p>cartwheel or flic-flac 1 leg and Auerbach salto – 0,20 p.</p> <ul style="list-style-type: none"> • Acro serie with 2 flight elements, one with 1 salto – 0,30 p. • DMT with LA rotation ($\leq 360^\circ$) – 0,30p. <p>The ADITIONAL VALUE is awarded even with a fall</p> <p>FIG CP bonus are awarded only when the elements are performed with success</p>	<ul style="list-style-type: none"> • Fwd salto with LA turn ($\leq 540^\circ$) -0,30 p. • Bwd salto with LA turn ($\leq 720^\circ$) -0,30 p. <p>The ADITIONAL VALUE is awarded even with a fall</p> <p>FIG CP bonus are awarded only when the elements are performed with success</p> <p><u>Note:</u></p> <ul style="list-style-type: none"> - Additional mat can be used without penalty for double saltos or double LA turn. The mat CANNOT be moved during the floor routine and the other acro lines CANNOT have reception in the mat (FIG deduction) - The same acro line can only receive one Additional Value. Will be award the highest Additional Value
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JUNIOR (2004, 2005)

<p>C-I - Junior FIG</p> <p>C-III – Senior FIG</p> <p>NOTE: <i>All junior gymnasts who wants to participate in C-III must perform in C-I two vaults</i></p>	<p>Junior FIG</p>	<p>Junior FIG</p>	<p>Junior FIG</p>	<p>Junior FIG</p>
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SENIOR (2003 and older)

<p>Senior FIG</p>	<p>Senior FIG</p>	<p>Senior FIG</p>	<p>Senior FIG</p>	<p>Senior FIG</p>
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