

# SCHOOLS OLYMPIC PROGRAM



## TECHNICAL REGULATIONS ARTISTIC GYMNASTICS

17<sup>th</sup> EDITION 2023-2024



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# THE EVALUATION PROGRAM

1. Introduction-----

2. Age Group-----

3. Index of different competitions-----

4. Competition Format-----

## 5. Primary schools – Level 1

- Age Group
- Principle
- The evaluation content.
- Qualification
- Technical Program:
- Vault exercises – Boys and girls
- Judgement
- Floor Exercise – Boys & Girls
- Judgement

## 6. Primary schools – Level 2

- Age Group
- Principle
- Rules for teams
- Qualification
- Technical program
- Vault exercises – Boys and girls
- Judgement
- Floor Exercise – Boys and girls
- Judgement

## 7. Preparatory schools – Level 3

- Age Group
- Principle
- Rules for teams
- Qualification
- Technical program
- Vault exercises – Boys and girls
- Judgement
- Floor exercise – Boys and girls
- Judgement

### 1. Introduction:

After a term of gymnastic training, it will be the time to evaluate the technical acquisition through a specific program of evaluation. The following program can be used for a class and for every gymnastic competition between schools or and for the Olympic Program.

### 2. Age Group:

At each class corresponding a level of evaluation like it is resumed in the following table:

School Level	Age	Evaluation Boys & Girls
Primary (Level 1)	7 - 10	(Year Birth: 2017 – 2016 – 2015 - 2014)
Primary (Level 2)	11 - 12	(Year Birth: 2013 – 2012)
Preparatory (Level 3)	13 - 15	(Year Birth: 2011 – 2010 - 2009)

### 3. Index of the different competitions

Artistic Gymnastics		
Discipline	Men Events	Women Events
Events	Qualifications (C1)	Qualifications (C1)
	Team Final (C2)	Team Final (C2)
	Individual All-Around (C3)	Individual All-Around (C3)
	Floor Exercises Final (C4)	Floor Exercises Final (C4)
	Vault Final (C4)	Vault Final (C4)

#### 4. Competition Format:

The Artistic Gymnastics competition consists of (4) four competitions each for Boys & Girls:

##### 1. Qualifications :

- Team .
- Individual All-Around .
- Apparatus ( Floor Exrsice ).
- Apparatus ( Vault ).

##### 2. Finals :

- Team Final : ( 6 First schools will be qualifying for the Team finals ).
- All-Around Final : ( 8 First Student will be qualifying for the finals ) Maximum 2 Student best from each school.
- Apparatus Finals : ( 8 First Student will be qualifying for the finals ) Maximum 2 Student best from each school.

##### Not :

Any student or team who is absent with unjustified reason will be disqualified.

#### 4.1 Team Final

This competition determines the Team Champions.

The 6 schools having obtained the highest total scores in Competition I take part in this competition.

##### Level 1

- Each participation school may enter one (1) team of maximum six (6) students and minimum four (4) students.
- (4) highest scores for students on the school will be taken into account for the Team total.
- Each participation school competing with less than four (4) students will compete only for the Individual Events.

##### Level 2 & 3

- Each participating school may enter one (1) team of of maximum six (5) students and minimum four (3) students.
- (3) highest scores students on the school will be taken into account for the Team total.
- Each participating school competing with less than three (3) students will compete only for the Individual Events.

#### 4.2 All Around Final

- The Top ( 8 ) students from the schools (maximum (2) two per school) from the Qualifications shall compete in the All-Around Final.
- The result of Competition I doesn't affect Competition II.

#### 4.3 Apparatus Finals

- The top ( 8 ) students from the schools (maximum (2) two per school) qualified for each of apparatus (Floor Exrsice & Vault)

## Primary schools – Level (1) (BOYS & GIRLS)

### 1.Age Group:

This competition is open for boys and girls from Age 7 to 10 years.

### 2.Principle:

This is a competition where student must perform on floor and /or on vault.

There will be two competitions:

#### The first (qualifications) :-

- C1 will **qualify** gymnasts for the finals C3 (individual) and C2 (team) finals and Apparatus final C4.

#### The second ( Final ) :-

- (all around individual Final) will be the final C3 and the C2 final (team final) and (Apparatus Final) will be the final C4.

### 3.Rules for teams: -

- For the C1 (qualifications), each school is allowed to present **1 team for boys and 1 team for girls**.
- The first entry should be deposit to the organisation 1 month before the competition. Then Two weeks before for the definitive entry.
- Any entry deposit after this date will not be accepted.
- One week before the competition, each school will receive the schedule of the event. The timetable must be respected, in case of non-respect the competition management can decide to disqualify the team.
- The team composition will be as following:  
**Maximum of gymnasts (6).**  
**Minimum of gymnasts to perform (4).**
- **The 4 best score will be taken by jury to do the final mark.**

### 4.Qualification:

The C1 will qualify:-

- **The (6) best teams of the competition**
- **The (8) best gymnasts in All Around final (they could be also member of a team).**
- **The (8) best gymnasts in Apparatus final (Floor Exrsice & Vault) (they could be also member of a team).**

### 5.Technical Program:

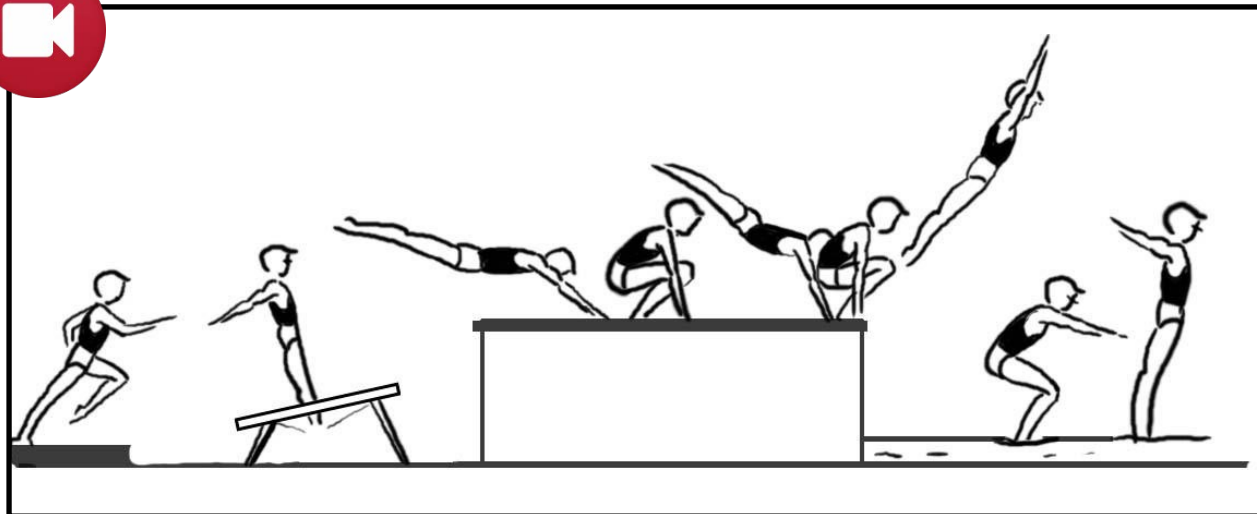
Each gymnast must perform on a compulsory program. The program is a simple routine with options.

According to his capacity the gymnast could include any option he is able to do.

The evaluation will include the value of the routine, the quality of the execution.



❖ VAULT - Level (1) – (Boys & Girls) :



**DIFFICULTY = 5 pts**

Description	Value
From standing run and jump with both feet on the trampoline	5pts
Directly Jump and put first two hands on the plinth then 2 feet.	
Do a bunny jump to the end	
Then jump with body straight in the air to land on the mat	

**EXECUTION = 10 pts**

❖ FLOOR EXERCISES - Level (1) - Boys & Girls:



The image displays a sequence of 14 line drawings illustrating floor exercises, organized into two rows. Below the drawings are numbered boxes: 1, 2, 3, 4, 5, 6, 7. Two black dots are positioned below the first row of drawings, and one black dot is positioned below the second row of drawings.

Row 1 (10 drawings):

- 1. Standing, arms raised.
- 2. Standing, one leg raised.
- 3. Standing, arms raised.
- 4. Standing, arms raised.
- 5. Standing, arms raised.
- 6. Standing, one leg raised.
- 7. Standing, one leg raised.
- 8. Standing, one leg raised.
- 9. Standing, one leg raised.
- 10. Standing, one leg raised.

Row 2 (4 drawings):

- 1. Kneeling.
- 2. Kneeling.
- 3. Kneeling.
- 4. Standing, arms raised.

## Level (1) – FLOOR COMPULSORY –JUDGEMENT

This exercise is a compulsory; the order of elements must be respected. According to the student' abilities.The final score will be the addition of two score:

### The D score:

This is the evaluation of the compulsory content (Respect of the elements order and value of the difficulty), maximum mark 9,5,00 points. + 0.5 for good exécution.

### The E score:

This is the evaluation of the execution quality and the technical value of elements, maximum mark 10,00 points.

### D JUDGE MARK :

SECTORS	ELEMENTS	VALUE (Pts)	REMARKS
Part 1	From standing, run 3 steps jump with full pirouette	1.5	Body Straight
Part 2	Directly jump diving roll ½ turn Pirouette	1.0	Amplitude
Part 3	Backward roll straddle legs – hold the shape 2”	1.5	Hands on back roll – Hold 2”
Part 4	Put hands on the floor between legs and sit down with straddle legs. Bend over until the chest touch the floor hold this shape 2”. Open chest to sit down with arms up	1.0	Flexibility
Part 5	Reverse body back to hold a candle N°3for 2”- Roll forward stand up on one leg	1.5	Candle alignment - hold
Part 6	From Standing up one leg handstand shape and come back, squeeze legs	1.5	Shape alignment for Handstand
Part 7	Hurdle and cartwheel ¼ turn feet join.	1.5	Cartwheel
<b>TOTAL OF DIFFICULTY POINTS</b>		<b>9.5</b>	
<b>BONUS FOR GOOD EXECUTION</b>		<b>0.50</b>	
<b>TOTAL OF POINTS</b>		<b>10.00</b>	

- Hold element have to be hold 2”. Hold 1” half value of element. Less than1” no recognition of the element and deduction of the element value.
- Add element, not allowed. No value and E judge deduction.

### E JUDGE MARK

- Execution mark : 10 pts
- The deduction will apply with the same rules of the FIG technical regulations: Mistakes:

Small	0.1
Medium	0.3
Big	0.5
Fall	1.0



## Primary Schools – Level (2) (BOYS & GIRLS)

### 1.Participation:

This competition is open for boys and girls from Age **11 to 12** years.

### 2.Principle:

This is a competition where children must perform on floor and /or on vault.

There will be two competitions:-

#### **The first (Qualifications) :**

**C1 will Qualify** gymnasts for the finals C3 (individual) and C2 (team) finals and Apparatus final C4.

#### **The second (Final) :**

(all around individual Final) will be the final C3 and the C2 final (team final) and (Apparatus Final) will be the final C4.

### 3.Rules for teams:

- For the C1 (qualifications), each school is allowed to present **1 team for Boys and 1 team for Girls**.
- The first entry should be deposit to the organisation 1 month before the competition. Then Two weeks . before for the definitive entry.
- Any entry deposit after this date will not be accepted One week before the competition,
- each school will receive the schedule of the event. The timetable must be respected, in case of non-respect the competition management can decide to disqualify the team.

#### **The team composition will be as following:-**

- Maximum of Gymnasts (5).
- Minimum of Gymnasts to perform (3) .
- **The 3 best score will be taken by jury to do the final mark.**

### 4.Qualification:

The C1 will Qualify:

The best (6) Teams Schools of the competition

The best (8) Qymnasts in All Around final (they could be also member of a team).

The best (8) Qymnasts in Apparatus final (Floor Exrsice & Vault) (they could be also member of a team).

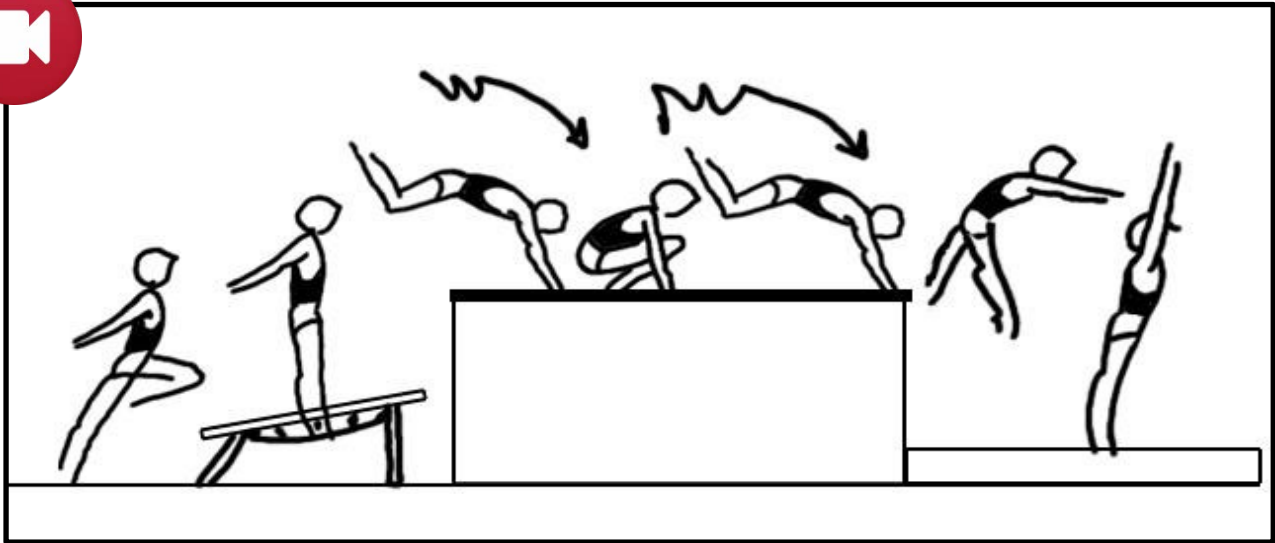
### 5.Technical Program:

Each gymnast must perform on a compulsory program. The program is a simple routine with options.

According to his capacity the gymnast could include any option he is able to do.

The evaluation will include the value of the routine, the quality of the execution.

❖ VAULT - Level (2) - Boys & Girls :



Text	Value	Mistake
From stand, run and jump on the mini trampoline. Hands on the plinth then legs. Bunny jump straddle jump landing on the mat .	5 pts	Legs open in the first flight Legs open in the bunny jump Bent legs in the straddle jump Reception not stable
Execution value	10 pts	
Value maximum	<b>15 pts</b>	

**EXECUTION = 10 pts**

❖ FLOOR EXERCISES - Level (2)- Boys & Girls:



	<p style="text-align: center;"><b>OPTION 1</b></p>		
<p>PART 1</p>	<p>1,5 pt</p>	<p>1 pt</p>	
<p>PART 2</p>	<p>1 pt</p>	<p>0,5</p>	<p>• 1 pt</p>
<p>PART 3</p>	<p>1 pt</p>	<p>0,5</p>	<p>0,5      0,5</p>
<p style="text-align: center;"><b>OPTION 2</b></p>			
<p>1 pt</p>		<p>1 pt</p>	<p>1 pt      PART 4</p>

## Level (2) – FLOOR COMPULSORY -JUDGEMENT

This exercise is a compulsory; the order of elements must be respected. According to the student's abilities a choice of options could be realised to increase the value of the routine.

The final score will be the addition of two scores:

**The D score: This is the evaluation of the compulsory content (Respect of the elements order and value of the difficulty), maximum mark 10,00 points.**

**The E score: This is the evaluation of the execution quality and the technical value of elements, maximum mark 10,00 points**

### D JUDGE MARK

SECTORS	ELEMENTS	VALUE	REMARKS
Part 1	From station run		
<b>Option 1</b>	<b>Round of jump 1/2T</b>	<b>1,50</b>	<b>Rhythm of the element</b>
	Cartwheel to the station	1,00	Rhythm and straight legs
Part 2	Backward roll straddle	1,00	
	Straddle planche , then by arms support join legs to the station.	0,50	Straight legs and straight arms
	Arabesque Hold 2" then back to station.	1,00	Legs straight
Part 3	Run then diving roll to the station	1,00	Amplitude of the element
	Directly jump half turn	0,50	From station to the station squeeze legs
	From station backward roll stand on candle hold 2"	0,50	Squeeze legs body straight
	From candle forward roll to the station	0,50	Roll with squeeze legs to the station
Part 4			
<b>Option 2</b>	<b>From station Handstand forward roll</b>	<b>1,00</b>	<b>Alignment of the body straight arms</b>
	From station run and jump full pirouette 1/1 turn	1,00	Squeeze legs and straight body
<b>Total of value of the compulsory with options</b>		<b>9,50</b>	
<b>Bonus for a good execution</b>		<b>0,50</b>	
<b>Final mark for A judges</b>		<b>10,00</b>	

- Hold element have to be hold 2". Hold 1" half value of element. Less than 1" no recognition of the element and deduction of the element value.
- Add element, not allowed. No value and E judge deduction.

### E JUDGE MARK

- Execution mark : 10 pts
- The deduction will apply with the same rules of the FIG technical regulations: Mistakes:

Small	0.1
Medium	0.3
Big	0.5
Fall	1.0

## Primary schools – Level (3) (BOYS & GIRLS)

### 1.Participation:

This competition is open for boys and girls from Age **13 to 15** years.

### 2.Principle:

This is a competition where children must perform on floor and /or on vault.

There will be two competitions:

**The first (qualifications)**, C1 will **qualify** gymnasts for the finals C3 (individual) and C2 (team) finals and Apparatus final C4.

**The second (Final)**, (all around individual Final) will be the final C3 and the C2 final (team final) and (Apparatus Final) will be the final C4.

### 3.Rules for teams:

For the C1 (qualifications), each school is allowed to present **1 team for boys and 1 team for girls**.

The first entry should be deposit to the organisation 1 month before the competition. Then Two weeks before for the definitive entry. Any entry deposit after this date will not be accepted.

One week before the competition, each school will receive the schedule of the event. The timetable must be respected, in case of non-respect the competition management can decide to disqualify the team.

The team composition will be as following:

**Maximum of gymnasts 5.**

**Minimum of gymnasts to perform 3.**

**The 3 best score will be taken by jury to do the final mark.**

### 4.Qualification:

The C1 will qualify:

**The 6 best teams of the competition**

The C1 will qualify:

**The 8 best gymnasts in All Around final (they could be also member of a team).**

The C1 will qualify:

**The 8 best gymnasts in Apparatus final (they could be also member of a team).**

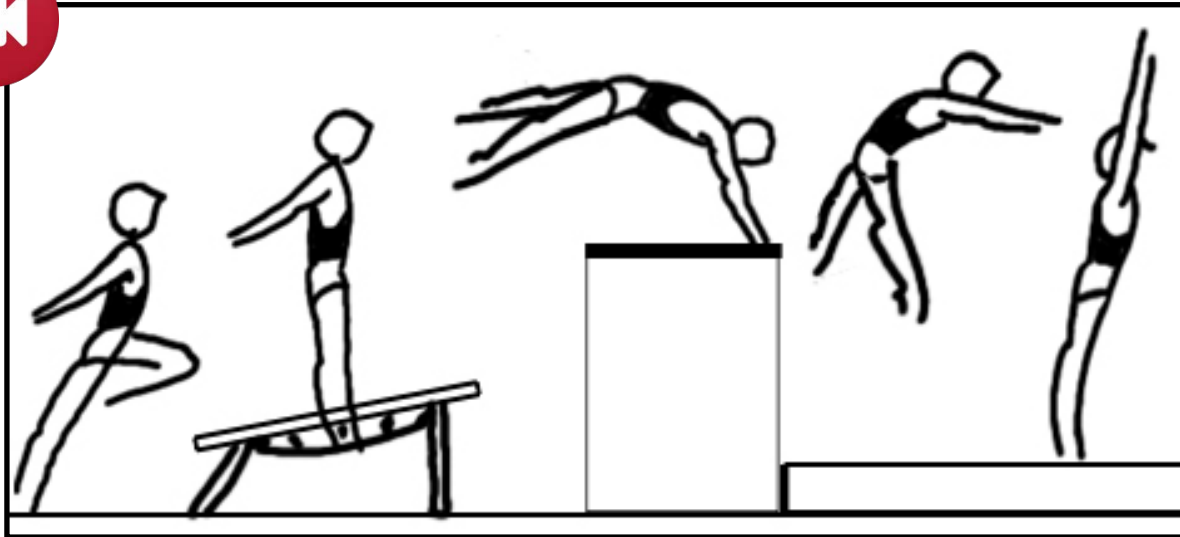
### 5.Technical Program:

Each gymnast must perform on a compulsory program. The program is a simple routine with options.

According to his capacity the gymnast could include any option he is able to do.

The evaluation will include the value of the routine, the quality of the execution.

❖ VAULT – Level ( 3 ) – ( Boys & Girls ) :



Text	Value	Mistake
From stand run and jump on the mini trampoline hands on the plinth and directly straddle jump to the station.	8 pts	Bent legs Amplitude Reception unstable
Execution value	10 pts	
Value maximum	<b>18 pts</b>	

**EXECUTION = 10 pts**

❖ FLOOR EXERCISE – Level (3) – ( Boys & Girls)



<p>PART 1</p>	<p><b>OPTION 1</b></p> <p>1pt</p>	<p>1pt</p>	<p>0,5</p>			
<p>PART 2</p>	<p>0,5</p>	<p>1pt</p>	<p>0,5</p>	<p><b>OPTION 2</b></p> <p>1pt</p>		
<p>PART 3</p>		<p>1pt</p>			<p>1pt</p>	
<p>PART 4</p>		<p>1pt</p>	<p><b>OPTION 3</b></p> <p>1pt</p>			<p>0,5</p>

### Level (3) – FLOOR COMPULSORY -JUDGEMENT

This exercise is a compulsory; the order of elements must be respected. According to the gymnasts' abilities a choice of options could be realised to increase the value of the routine.

The final score will be the addition of two score:

#### **The D score:**

This is the evaluation of the compulsory content (Respect of the elements order and value of the difficulty), maximum mark 10,00 points.

#### **The E score:**

This is the evaluation of the execution quality and the technical value of elements, maximum mark :10.00 points.

### D JUDGE MARK

SECTORS	ELEMENTS	VALUE –pts	REMARKS
Part 1			
	From the station run		
<b>Option 1</b>	<b>Handspring to the station</b>	<b>1,00</b>	<b>Rhythm straight arms and legs</b>
	Jump diving roll	<b>1,00</b>	Amplitude
	Without stop jump half turn	<b>0,50</b>	Squeeze legs body alignment
Part 2			
	From the station Planche	<b>0,50</b>	Straight legs
	Handstand		Alignment of the body
	Forward roll straddle legs	<b>0,50</b>	Straight legs
<b>Option 2</b>	<b>Leg splits</b>	<b>1,00</b>	<b>Amplitude</b>
	By arms support join legs to the station		
Part 3			
	From the station backward roll straight legs	<b>1,00</b>	
	Cartwheel	<b>1,00</b>	Rhythm straight arms and legs
Part 4			
	Run and jump round off	<b>1,00</b>	Rhythm
<b>Option 3</b>	<b>Back flip</b>	<b>1,00</b>	<b>Rhythm straight arms and legs</b>
	Tuck jump to the station	<b>0,50</b>	Amplitude
<b>Total of value of the compulsory with options</b>		<b>9,50</b>	
<b>Bonus for a good execution</b>		<b>0,50</b>	
<b>Final mark for A judges</b>		<b>10,00</b>	

- A missing element cannot be do again, “A” judge must deduct the value of the missing element.
- Hold element must be hold 2”. Hold 1” half value of element. Less than 1” no recognition of the element and deduction of the element value.
- Add element, not allowed. No value and B judge deduction.

### E JUDGE MARK

- Execution mark: 10 pts
- For deduction judges will apply the same rules FIG presentation sector Mistakes

Small	0.1
Medium	0.3
Big	0.5
Fall	1.0