



PHILIPPINE NATIONAL GAMES



TECHNICAL GUIDELINES

GYMNASTICS

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Gymnastics



1. Competition Schedule

December 17-22, 2023

2. Submission of Entries

2.1 Entry by Number and Names

All requirements and registration must be done through the Philippine National Games Secretariat at <https://png.psc.gov.ph/>.

Provisional Entry Forms by number from each delegation must be completed. They should be received by the Gymnastics Association of the Philippines-Philippine National Games Overall Secretariat not later than November 27, 2023.

Nominative Entry Forms by each delegation member must be received no later than December 1, 2023.

The Technical Committee reserves the right to transfer a gymnast to another level if the indicated level in their registration is wrong. They will be properly notified should their level be changed.


Late Entries and Changes

Substitution of Gymnasts may be allowed up to December 10, 2023.

Late entry forms may be allowed up to December 1, 2023.

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Please see the appendices for Nominative and Provisional Entry Forms.


Entry forms may be sent by fax or e-mail to the following:

FAX : (02) 521.2640


E-MAIL: philippinegymnastics@gmail.com

3. Eligibility

- 3.1 To be eligible for participation in the 2023 Philippine National Games Gymnastics Competition must comply with the FIG age category. The competition is open to Filipino citizens, affiliated members, and GAP members clubs and delegations endorsed by the concerned Local Government Units.
- 3.2 An athlete should participate as a member of the official delegation of a province or chartered city. Municipal and barangay-level endorsements of athletes shall NOT be accepted.
- 3.3 This competition does not automatically make a gymnast eligible to be a member of the Training Pool. Membership of the training pool and team requires that the gymnast fulfill requirements as stated in the last item of the competition guideline.
- 3.4 An athlete should be a Filipino citizen by birth or naturalization. A Fil-foreign athlete may participate if he/she represents a particular LGU (birthplace of Filipino parent).
- 3.5 PNG participation is free (no entry/participation fee to be collected).
- 3.6 All athletes in competition for the Gymnastics events should have a valid Gymnastics Association of the Philippines membership identification card and are subject to the following age limits:
 - 3.6.1 For Men's Artistic Gymnastics (MAG) events, athletes must be born on or before 31 December 2005 (18 years old and above) for FIG Senior.
 - 3.6.2 For Women's Artistic Gymnastics (WAG) events, athletes must be born on or before 31 December 2007 (16 years old and above) for Senior Optional.
 - 3.6.3 For Rhythmic Gymnastics events, athletes must be born on or before 31 December 2007 and earlier (16 years old and above) for

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Senior RGI. For Senior RGG, 16 years old and older -1 year (born 2006 and earlier)

**IMPORTANT NOTE: Since it's very challenging to create a team for RGG, the GAP RG Tech Comm allows crossover of RGI players; and groups are flexible to up to \pm (plus, minus) one year of the prescribed ages; groups can be composed of 4-5 gymnasts.*

Teams may opt to have 5 members + a sixth member who will be an alternate to the other apparatus/routine.

3.6.4 For Aerobic Gymnastics (AER) events, athletes must be born on or before 31 December 2005 (18 years old and above) for Senior.

3.6.5 For Trampoline (TRA) events, athletes must be born on or before 31 December 2005 (18 years old and above) for Senior.

4. Competition Information


4.1 Competition Dates: December 17-22

Discipline	Date
Men's Artistic Gymnastics	December 17-22
Women's Artistic Gymnastics	December 17-22
Rhythmic Gymnastics	December 17-22
Aerobic Gymnastics	December 17-22
Trampoline	December 17-21


4.2 Competition Venues:

GAP Training Center and Badminton Hall
Rizal Memorial Sports Complex, Pablo Ocampo Sr. St., Malate Manila
Philippines 1004 Philippines

MVP Gymnastics Training Center, 606 Basco Street, Intramuros, Metro Manila
1002 Philippines

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5. Events

No	EVENTS	MEN	WOMEN	
1	Artistic Gymnastics	Floor Exercise	✓	✓
2		Pommel Horse	✓	-
3		Still Rings	✓	-
4		Vault	✓	✓
5		Parallel Bars	✓	-
6		Horizontal Bar	✓	-
7		Uneven Bars	-	✓
8		Balance Beam	-	✓
9		Individual All-Around	✓	✓
		Team	✓	✓
Total Artistic Gymnastics Events		8	6	
		14		

No.	EVENTS	WOMEN	
1	Rhythmic Gymnastics	Hoop	✓
2		Ball	✓
3		Clubs	✓
4		Ribbon	✓
5		RGG- (4-5 Hoops and 3 (2) Ribbons + 2 Balls	✓
6		Individual All-Around	✓
Total Rhythmic Gymnastics Events		6	


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No.	EVENTS	WOMEN	MEN	
1	Aerobic Gymnastics	Individual Women (National Developmental, Age Group, Junior)	✓	
2		Individual Men (National Developmental, Age Group, Junior)	✓	
3		Pair (National Developmental, Age Group, Junior)	✓	✓
4		Trio (National Developmental, Age Group, Junior)	Optional	Optional
5		Aerobic Dance (Combined)	Optional	Optional
Total Aerobic Gymnastics Events		5		

No.	EVENTS	MEN	WOMEN	
1	Trampoline	Boys Individual	✓	
2		Girls Individual	-	✓
3		Boys Synchro Trampoline	✓	
4		Girls Synchro Trampoline		✓
5		Mixed Synchro Trampoline	✓	✓
6		Boys Double Mini	✓	-
7		Girls Double Mini	-	✓
8		Boys Tumbling	✓	
9		Girls Tumbling		✓
Total Trampoline Events		5	5	
		10		


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6. Quotas

6.1 For Artistic Gymnastics, each LGU may be represented by a maximum of four (4) gymnasts, and three (3) gymnasts may compete in each category. Only three (3) gymnasts with the highest score to count for Team Championship. Gymnasts who perform on all the apparatus are eligible for the All-Around Final.

6.2 For Rhythmic Gymnastics Individual – as there is no Team Competition for RGI, no preferred number of gymnasts per LGU/Delegation/Team. An LGU can send just one gymnast or opt for many.

For Rhythmic Gymnastics Group – one team per LGU/Delegation composed of 4-6 gymnasts; and can be crossover from RGI.

Coach per Group per discipline (RGI and RGG)

Team Manager

1 Judge (national- or regional-level)

1 Head of Delegation

6.3 For Aerobic Gymnastics, each LGU may enter a maximum of six (8) gymnasts, and each may compete with two (2) units in each category. A unit is an individual, a pair, and a trio.

6.4 For Trampoline, each LGU may enter a maximum of five (5) female and five (5) male gymnasts in each category.

7. Meetings and Key Activities


7.1 Orientation Meeting

The Technical / Orientation Meeting of managers, coaches, judges, and other officials will be held in the competition venue at a date specified by the respective tournament directors per discipline.

All coaches and judges are required to attend the technical meeting. Failure to do so will bar you from rules and regulations inquiry during the competition.

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All requirements must be submitted on or before the time and date specified by the Overall Tournament Director. Any late entries or requirements will be subjected to the conditions specified during the technical meeting.

7.2 Judges' Meeting

All members of the judging panel are obliged to attend all meetings, briefings, and debriefings as per FIG COP 1.2.b. Briefings will take place before every competition and are compulsory for all appointed judges and reserves.

Judges Briefing will take place on _____ at the _____ from _____.

8. Proposed Competition Schedule

Women's Artistic Gymnastics		
Day	Time	Activity
Day 1	Whole day	Arrival and Training
Day 2	Whole day	Training
	1000 – 1100	Technical Meeting
	1300 – 1700	Judges' review and draw
Day 3	0900 – 1200	Competition I and Competition II Vault and Uneven Bars
	1300 – 1700	Balance Beam and Floor Exercise
	1700 – 1800	Awarding Ceremony
Day 4	1000 – 1500	Competition III
	1600 – 1700	Awarding Ceremony
Day 5	Whole day	Departure

Men's Artistic Gymnastics		
Day	Time	Activity
Day 1	Whole day	Arrival and Training
Day 2	Whole day	Training
	1000 – 1100	Technical Meeting
	1300 – 1700	Judges' review and draw
	0900 – 1200	Competition I and Competition II



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Day 3		Vault, Still Rings, Parallel Bar
	1300 – 1700	Horizontal Bar, Pommel Horse/Mushroom, and Floor Exercise
	1700 – 1800	Awarding Ceremony
Day 4	1000 – 1500	Competition III
	1600 – 1700	Awarding Ceremony
Day 5	Whole day	Departure

Rhythmic Gymnastics		
Day	Time	Activity
Day 1	Whole day	Arrival and Training
Day 2	Whole day	Training
	08:00-10:00	Technical Meeting and Coaches' Orientation Meeting
	10:00-20:00	Podium Training
Day 3	07:00-7:30	Judges' Meeting and Briefing
	07:30 – 11:00	RGI Hopes and RGI Developmental
	11:00 – 11:30	Opening Ceremony
	11:30 – 12:00	Lunch Break
	12:00 – 17:00	RGI Pre-Juniors
Day 4	07:00 – 07:30	Judges' Meeting and Briefing
	07:30 – 11:30	All RGG (Hopes, Developmental, Pre-Junior, Junior)
	11:30 – 12:00	Lunch Break
	12:00 – 17:00	RGI Junior, RGG Junior
Day 5	07:00 – 07:30	Judges' Meeting and Briefing
	07:30 – 11:30	RGI Senior, RGG Senior
	11:30 – 12:30	Lunch Break
	13:00 – 15:00	Preparation for awarding and Awarding Ceremony
	15:00 – onwards	Departure

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Aerobic Gymnastics		
Day	Time	Activity
Day 1	Whole day	Arrival and Training
Day 2	0900-1200	Podium Training for the Opening Parade and Mass Dance
	1300 – 1500	Judges' Refresher Course
	13:00 – 1700	Training per schedule
	1500 – 1700	Coaches' Solidarity Meeting
Day 3	0800 – 0900	Judges' Meeting and Briefing
	0900 – 1000	Opening Parade
	1000 – 1230	Qualification National Developmental and Age Group for IM, IW, MP, and TR
	1230 – 1330	Break
	1330 – 1600	Qualification Junior and Senior for IM, IW, MP, and TR Qualification AD
Day 4	0800 – 0900	Judges' Meeting and Briefing
	0900 – 1000	Opening Parade
	1000 – 1130	National Developmental Finals and Age Group for IM, IW, MP, and TR
	1130 – 1230	Awarding Ceremony
	1230 – 1330	Break
	1330 – 1500	Junior and Senior Finals for IM, IW, MP, and TR Aerobic Dance Finals
	1500 – 1600	Awarding Ceremony
Day 5	Whole day	Departure

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Trampoline		
Day	Time	Activity
Day 1	Whole day	Arrival and Training
Day 2	0800 – 2000	Open Training
	1500 – 1600	Technical Meeting
	1700 – 1800	Judges' Meeting
Day 3	0700 – 0830	Warm-up
	0845 – 0900	Assembly and Opening Program
	0900 – 1000	Tumbling Events
	1000 – 1100	Synchro Events
	1100 – 1200	Individual Trampoline Events
	1300 – 1400	Double Mini Events
	1400 – 1500	Awarding
Day 4	Whole day	Departure

9. Training

9.1 Training Policies

The pre-competition training schedule will be allocated to all delegations two (2) days prior to the start of the competition for the sports (including familiarization, if necessary). Training sessions are strictly by allocation; no change or addition of training requests are allowed. Delegations are required to notify the Sports Information Desk if any team does not intend to use the allocated training session.

Access to the training hall is given by a rotation schedule set up by the LOC and approved by the Overall Tournament Director.

9.2 Training Venues


Artistic Gymnastics and Rhythmic Gymnastics – Gymnastics Association of the Philippines Training Hall A

Aerobic Gymnastics – Badminton Hall

Rizal Memorial Sports Complex, Pablo Ocampo Sr. St., Malate Manila
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Artistic Gymnastics and Aerobic Gymnastics- MVP Gymnastics Training
Center Training Hall B
606 Basco Street, Intramuros, Metro Manila 1002 Philippines

9.3 Training Schedules

9.3.1 Pre-competition Training (PCT)

TBA

9.3.2 Training during Competition (TDC)

TBA

10. Competition Procedures, Rules, and Regulations

10.1 Competition Rules

The Gymnastics competition of the Philippine National Games 2023 shall be responsible and have full control of the GAP Technical Organization which will be held in accordance with the current Fédération Internationale de Gymnastique (FIG) Code of Points, Rules and Regulations, under the guidance of the existing GAP Technical Rules and Guidelines.

Any unforeseen cases not covered by the GAP Technical Rules and Regulations shall be resolved as follows:

10.1.1 General Issues: To be resolved in accordance with the PNG General Rules.

10.1.2 Technical Issues: To be resolved in accordance with the FIG Rules and Regulations and FIG Norms.



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10.2 Competition Format

The competition will be conducted according to the current FIG COP 2022-2024, FIG Age Group, FIG and GAP Technical Rules and Regulations, and Norms.

10.2.1 Artistic Gymnastics

The Artistic Gymnastics competition will comprise the following events:

- Qualification and Individual All-Around Final
- Apparatus Finals (AF)
- Team

Awards will be given to individuals as well as Teams per level. Winners for Individual All-Around (C-II), Individual Apparatus Finals (CIII), and Team (C-IV) shall be based on the Qualifying Competition (C-1). Only 1 vault is required for HP1 and HP2.

For WAG, 2 vaults for HP3 will be averaged whether qualifying for Individual All-Around or not. Juniors and Seniors must do 2 vaults if qualifying for Individual All-Around.

The sequence of the competition on apparatus will be as follows:

Men's Artistic Gymnastics (MAG)

- Floor Exercise
- Pommel Horse / Mushroom
- Still Rings
- Vault
- Parallel Bars
- Horizontal Bar

Women's Artistic Gymnastics (WAG)

- Vault
- Uneven Bars
- Balance Beam
- Floor Exercise



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Qualification and Individual All-Around Finals

For the Individual All-Around Finals, a team shall assign not more than three (3) athletes to compete on each apparatus. The qualification competition is organized by a rotation of groups. A group shall comprise a team of three (3) athletes from the same team, or a mixed group of individual athletes from different teams for the Qualification / Individual All-Around Competition. The competition will also serve as the qualification competition for the Apparatus Finals.

To qualify for the Vault Finals, two (2) vaults are necessary in accordance with FIG Technical Rules and Regulations for Vault.

The qualifying score is based on the average of the two (2) scores.


For the All-Around ranking, only the first vault will count in accordance with FIG Technical Rules and Regulations.

Qualified competitors for the Apparatus Finals may be replaced by their team with one (1) of its other athletes at their discretion provided that the said replacement has obtained a superior result to that of the first reserve gymnast. The replacement gymnast will fill the position in the draw of the replaced gymnast (FIG Technical Regulations).


For the Individual All-Around Champion, the total scores of individual gymnasts in all six (6) apparatus. The gymnast that has the highest total score will be declared the individual all-around champion, the second highest will be the Second Place, and the next will be the Third Place.

Apparatus final

The best eight (8) athletes (with a maximum of two (2) male and two (2) female athletes per delegation) qualified from each of the apparatus for Men and Women respectively will compete in the Apparatus Finals.

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The starting order will be decided by the drawing of lots. Qualified athletes for Apparatus Finals may be replaced by their NOC with one (1) of its other competing athletes at their discretion provided that the said replacement has obtained a superior result to that of the first reserve competing athlete. The replacement athlete will fill the position in the draw of the replaced athlete (FIG Technical Regulations).

Three (3) reserve athletes will be designated taking into account the list of results in the qualification. If called upon, the reserve athlete works in accordance with the order the athlete replaced.

A general warm-up will be allowed before the start of the competition. Apparatus touch warm-up will be according to the start list. Judge D1 has the prerogative to break gymnasts into groups.

Qualifying and Individual All-Around Finals

The All-Around Finals comprises an exercise on each of the six (6) prescribed apparatus for MAG, and four (4) prescribed apparatus for WAG.

The classification is made by adding the six (6) scores for MAG obtained from the six (6) apparatuses, and the four (4) scores from the four (4) prescribed apparatus for WAG. The winning competitor is one who has obtained the highest total number of points from all their apparatus.

The results of the qualifying competition will determine the All-Around champion.

For the Individual Apparatus Final, the gymnast with the highest obtained score in the respective apparatus will be awarded the winner in the said particular apparatus.



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Team Champion

Men's Artistic Gymnastics

HP 1

Age 7-9

Event

IAA (6 apparatus count)

a team of 4 gymnasts, 3 to compete per apparatus, 6 scores to count. They shall be allowed to bring 1 coach. An LGU may register as many gymnasts as possible per level in any/all levels but must indicate which ones are competing in the Team Competition.

HP 2

Age 10-13

Event

IAA (6 apparatus count)

a team of 4 gymnasts, 3 to compete per apparatus, 6 scores to count (Floor, Mushroom, Vault, and horizontal bar, parallel bars, and still rings). They shall be allowed to bring 1 coach. An LGU may register as many gymnasts as possible per level in any/all levels but must indicate which ones are competing for the Team Competition.

An LGU may opt to send only individual gymnasts wherein they will be allowed to bring 1 coach.

Women's Artistic Gymnastics

To qualify for Team competition, an LGU may register a team of 5 gymnasts, 4 to compete per apparatus, and 3 scores to count. They shall be allowed to bring 2 coaches. An LGU may register as many gymnasts per level in any/all levels but must indicate which ones are competing for the Team Competition.

An LGU may opt to send only individual gymnasts wherein they will be allowed to bring 1 coach.



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MAG

Routines for HP1-2 will be based on the FIG Age Group Development Program Edition 1- 2021: <https://www.gymnastics.sport/site/pages/education/agegroup-mag-manual-e.pdf>

WAG

Routines for HP1-3 will be based on the FIG Age Group Development Program Edition 1- 2021: <https://www.gymnastics.sport/site/pages/education/agegroup-wag-manual-e.pdf>

10.2.2 Rhythmic Gymnastics

The Rhythmic Gymnastics competition will comprise the following events:

- Qualification Competition for Individual
- Individual All Around (IAA)
- Apparatus Finals (AF);

The sequence of the competition on apparatus will be as follows.

- Hoop
- Ball
- Clubs
- Ribbon

Qualifying

The competition program comprises exercises using the five (5) apparatus and freehand prescribed in the program for the years 2022- 2024.

The (number of athletes to be determined later) best athletes from the Qualification.

Apparatus Final (AF)

The best eight (8) athletes (with a maximum of two (2) competing athletes per team) on each of the five (5) apparatuses and freehand in the Qualification Competition will qualify to participate in the Apparatus Finals.



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EVENTS

Level	Requirements
Senior (RGI)	FIG Rules
Senior (RGG)	FIG Rules

10.2.3 Aerobic Gymnastics

Maximum participation in the qualifying competition is 2 units per category per delegation.

The team may cancel the competition in the respective category if at the time of the Definitive Entry, there are less than 4 units registered in that category.

Events and Categories

The Senior (18 years old and above) in the year of competition will be carried out in accordance with the FIG Technical Regulations and AER FIG Code of Points (2022-2024, Cycle XV).

Categories:

- Individual Women (IW) 1 female gymnast
- Mixed Pair (MP) 1 male and 1 female gymnasts
- Trio (TR) 3 gymnasts (optional gender)
- Aerobic Dance (AD) Optional gender

10.2.4 Trampoline

Individual TRA Event – maximum 6 entries per LGU in each age group for M/W

Syncho Event – one pair maximum 6 entries per age group for M/W/M

Double Mini Event – Max 6 entries per LGU in each age group for M/W



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Tumbling Event – Max 6 entries per LGU in each age group for M/W

10.3 Judging

10.3.1 Artistic Gymnastics

- The Artistic Gymnastics competition will have a panel of six (6) Judges officiating for the Qualification competition; and a panel of seven (7) Judges for the Apparatus Finals. If there are not enough judges, then the D1 may serve also as Supervisor.
- The Difficulty (D) panel will comprise two (2) Judges to determine the D-score, which is the score an athlete receives based on the content of the Routine.
- The Execution (E) panel will comprise four (4) Judges in the Qualification Competition and five (5) Judges in the Apparatus Finals who determine the deductions from the maximum possible score (10.00) based on the execution of the routine.
- The competitions will be officiated by WAG Brevet judges and GAP WAG National Coaches
 - HP1 and HP2 – 2 Brevet judges and 1 National Judge
 - HP3 and Junior Level – 4 Brevet and 2 National judges

10.3.2 Rhythmic Gymnastics

- The Rhythmic Gymnastics competition will have a panel of ten (10) Judges to determine the Final Score (FS).
- The Difficulty Judges' Panel (D) for the Individual and Group events will be as follows:
 - Four (4) judges, divided into two (2) sub-groups:
 - The first (D) sub-group – two (2) judges (DB1 and DB2);
 - The second (D) sub-group - two (2) judges (DA3 and DA4).



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- The Panel of Execution Judges' (E) for Individual and Group events will be as follows:
 - The first (E) sub-group - two (2) judges (EA1 and EA2): Evaluation of Artistry faults;
 - The second (E) sub-group - four (4) judges (ET3, ET4, ET5, and ET6): Evaluation of Technical Faults.

10.3.3 Aerobic Gymnastics

- The number of Juries (Judges' Panel) may be decided by NOC depending on the number of participating competitors and judges.
- The juries are set up by a draw – directed by the AF/IF AER Technical Delegate from the judges present at the event. Priority will be given to the Judges of the highest category.

- A jury must consist of:

Chair of Judges Panel (CJP)	1
Difficulty Judges	2
Execution Judges	4
Artistic Judges	4
Time Judge	1
Line Judges	2

TOTAL 14

- A delegation may not have a judge on both the execution and artistic panels. The Chair of Judges' Panel and the Difficulty Judges should also be from different delegations. Only in exceptional situations can the Technical Director make the decision to deviate from this.
- The CJP must be of Cat. 1 or 2. The Difficulty Judges must be Cat. 1, 2 or 3. The Execution and Artistic judges must be Cat. 1, 2, 3 or 4.
- If, on the day of the competition, there are no sufficient number of judges in the requested categories, the Technical Director may take whatever action needed to secure the running of the event.



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10.3.4 Trampoline

The number of Judges' panels may be decided by the GAP-TRA Technical Committee depending on the number of participating competitors and judges.

The Judges' panels will be set up by a draw – directed by the GAP Technical Director – from the judges present at the event.

Each participating LGU must provide a minimum of one judge to be trained.

In trampoline gymnastics the judges' panels are as follows:

	Individual TRA	Synchro
Chair of Judges' Panel	1	1
Judges for Execution	6	6
Judges for Difficulty	2	2
Total	9	9

10.4 Tie-break Procedures

Artistic Gymnastics

I. Compulsory Routines:

1. Should there be a tie in the Apparatus Finals, the gymnast with the higher All-Around Score shall prevail. If they are still tied, the gymnast with the total of 3 highest apparatus scores shall prevail. If they still tie, they shall both be given the award.
2. Should there be a tie in the 1st place, there will be no 2nd place; should there be a tie in the 2nd place, there shall be no 3rd place; should there be a tie in the 3rd place, they shall be both awarded.
3. Should there be a tie in the Individual All Around, the one with the higher total of 3 highest scores will be awarded. Should there be a tie be awarded, Item 2 shall be followed.
4. Should there be a tie in the Team Score, the Team with a higher total of the 3 highest apparatus scores will be awarded.

II. Optional Routines:

FIG Technical Regulations 2022 Edition Tie-Breaking Rule



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III. (See T.R. section 6 - Art 3.3)

In case of a tie at any place in qualifications or finals, the tie will be broken based on the following criteria in this order:

1. The highest total score in Execution
2. The highest total score in Artistic
3. The highest total score in Difficulty
4. If there is still a tie, the tie will not be broken

IV. Ranking by Teams

In case of a tie in points at any place in the Team Ranking, the ranking will be determined by the following criteria:

1. The best-ranked Trio
2. The best-ranked counting Aerobic Dance or Aerobic Step

If there is still a tie, the tie will not be broken.

10.5 Disqualification Rules

There are two (2) types of disqualification:

10.5.1 Disqualification as a result of a breach of the FIG Technical Rules and Regulations. (Decisions are made by the Jury of Appeal.)

10.5.2 Disqualification as a result of infringing recognized sports ethics and rules (e.g., positive doping control). (Decisions are made under the PSC-BP Rules and/or GAP authorities.) An athlete may be expelled from the competition for such a breach.

10.6 Official Draw

A draw will decide the starting order of the competition. Lots will be drawn in the presence of the Coaches and Technical officials. The drawing of lots will take place during the coaches' and technical meetings. The lots shall be drawn by a "neutral" person or by computer.

All draws will be conducted in accordance with the FIG Rules and Regulations.



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10.7 Inquiries

10.7.1 The FIG policy regarding these inquiries, as outlined in the Technical Regulations, will be applied.

10.7.2 Inquiries on the Difficulty score is permitted, provided that they are made verbally immediately after the publication of the score or at the very latest before the score of the following gymnast is shown. For the last gymnast of a rotation, this limit is one minute after the score is shown on the scoreboard. The person designated to receive the verbal inquiry has to note the time of receiving it and this starts the procedure.

10.7.3 Only the accredited coaches in the competition area are entitled to submit an inquiry. An area close to the podium where the coach of the competing athlete can observe the exercise must be designated.

10.7.4 Late verbal inquiries will be rejected. A participating team is not permitted to complain against a competing athlete from another team.

10.7.5 Inquiries for all other scores (Execution, Artistic, Time of flight, and Synchro) are not permitted.

10.7.6 The inquiry must be confirmed as soon as possible in writing, but within 4 minutes at the latest after the verbal inquiry, and requires an agreement of payment of Php 1,000.00, for the first complaint, Php 1,500.00, for the second complaint and Php 2,000.00 for the third complaint. Should the inquiry not be confirmed in writing within 4 minutes, the procedure becomes obsolete.

10.7.7 Should the inquiry prove correct and be accepted, this sum will be reimbursed. Otherwise, the sum will be transferred to the GAP funds.

10.7.8 Every inquiry must be examined by the Overall Tournament Director, Tournament Director, and Technical Director of the discipline and a final decision (which may not be appealed) must be taken at the very latest:

- at the end of the rotation for the qualifying competitions, the all-around competition (final)
- before the score of the following gymnast or group is shown for the finals (apparatus finals for ART and RG).



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10.8 Withdrawal

Any competing athlete who withdraws from the competition without the prior approval of GAP may be subjected to annulment of all results he/she has obtained.

10.9 Delays, Postponements or Cancellations

The Technical Delegate must consult the BP and PNG Secretariat if there is any delay, postponement, or cancellation of any competition that affects the scheduled times for “live broadcast” or victory ceremonies.

11. Sports equipment and Competition attire

11.1 Sports equipment

All sports equipment used by athletes in competition must comply with the international standard approved by FIG.

11.2 Competition attire

11.2.1 All attire worn by athletes in competition must comply with the FIG Rules and Regulations, including all FIG uniform standards.

11.2.2 For MAG and WAG only, they must wear the bib number supplied by the GAP Overall Secretariat.

11.2.3 They must wear an LGU emblem on their singlet in accordance with the most recent FIG Publicity Rules and the PNG General Games.

11.2.4 They must wear only those logos, advertising, and sponsorship identifiers that are permitted under the FIG / GAP Charter and Rules.

12. Music

12.1 The music must be emailed or sent in the official Google Drive link provided by the NOC. Gymnasts may bring their own copy of their music in USB format as a backup and must submit their USB with their name and level to the music custodian.



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Format: Name
LGU
Category
Apparatus

The Head of Delegation or the Coach must sign two forms on behalf of the competitor(s)

- The approval of the technical criteria of playing the CDs or USB sticks by the NOC.
- The confirmation that the music used does not violate any copyrights and that it can be broadcasted within sports.

13. Technical Officials and Jury of Appeal

The appointments of Technical Officials and Jury of Appeal members will be in accordance with FIG Technical Rules and Regulations.

The Panel of Judges will be headed by Brevet Judge(s) assisted by National Judges who have taken and passed the National Judging Course for Cycle XV.


Judges must attend the judge's review, and meeting and draw on the appointed dates/days. Judges who do not attend the review/meeting/draw will not be allowed to sit on the panel.

All judges must have a current valid FIG brevet or accredited GAP National Judge at all times of the event.


GAP reserves the right to select the panel of Philippine National Games technical officials as it seems fit and available.

14. Obligation of Judges

All Judges have to participate in all Judges' Instructions/Meetings, as scheduled – key dates and activities and as communicated by the competition management representative during the course of the Games. The selection of judges for competitions is made by drawing lots from all judges and attending the Judge's Meeting. For Apparatus Finals, (Competition III), only one (1) judge from each delegation is allowed to judge the apparatus concerned including the 'D' Judges. For Rhythmic Gymnastics and Aerobic Gymnastics, a maximum of (2) two Judges from each delegation is allowed on the panel.

 Rizal Memorial Sports Complex, P.
Ocampo Sr. St., Malate, Manila

 (+632) 521 2640

 philippinegymnastics@gmail.com

 philippinegymnastics.org

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Sporting justice, ethics, and honesty are the basis of a fair judgment. All Juries and Judges shall pledge to respect the terms of the Judges' Oath. If a judge does not abide by his or her oath, he or she shall incur the risk of being sanctioned as per status Reg. 28 (Reg 7.12).

Members of the judges are required to be acquainted with and have in their possession the Code of Points, the Technical Regulations, and the directions relating to the particular competition. They are required to strictly observe the instructions concerning dress, seating arrangement, comportment, and other disciplinary and organizational matters provided for in the code of points.

The above Judges' regulations are subject to change by the GAP Technical Committee if deemed necessary.

14.1 International Technical Officials / Brevet Judges and National Technical Officials

The Gymnastics Association of the Philippines (GAP) will appoint such number of NTOs holding a valid GAP National Judge ID and for the ITOs is FIG Brevet on the 14th FIG Cycle 2017 – 2020 as may be approved by the PNG Organizing Committee to assist the International Technical Officials / Brevet judges.

The competition will be officiated by FIG Brevet and National Judges affiliated with GAP.

14.2 Jury of Appeal

The Jury of Appeal shall consist of the three (3) Technical Officials appointed by GAP Technical Committee.

15. Protests and Appeals

15.1 Any written protest must first be made and submitted by the Head of Delegation or Team Manager to the Overall Tournament Director within four (4) minutes after the end of the event in which the protest is generated with the payment of a Protest Fee of Php 10,000 per protest payable to GAP.



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- 15.2** If conditions causing a potential protest are noted prior to the start of the event, a written protest must be lodged before the signal to start the event is given.
- 15.3** All protests must be considered by the Overall Tournament Director concerned who must make a decision as soon as possible. He/She must state the reason(s) for his/her upholding/rejecting the protest.
- 15.4** Any Head of Delegation or Team Manager dissatisfied with the decision of the Overall Tournament Director, may appeal to the Jury of Appeal by submitting the written appeal to the OTD within sixty (60) minutes of receipt of the OTD's written decision. The appeal must be heard and decided by the Jury of Appeal for the sport within two (2) hours after receipt of the written protest.
- 15.5** Any team dissatisfied with any decision by the Jury of Appeal may make any appeal in accordance with the Philippine National Games General Rules in appeals.
- 15.6** The protest fee shall be refunded if the protest is upheld; it will be forfeited if the protest is rejected.

16. Victory Ceremony

- 16.1** Victory Ceremonies will be held in accordance with the FIG Technical Rules and Regulations and PNG Rules to honor the individual achievements of the winning athletes.
- 16.2** The athletes who have been judged first, second, and third shall take their places, in their sports attire or LGU-designated attire, on a stand facing the Tribune of Honor, with the winner slightly above the second who is on his/her right, and the third who is on his/her left.
- 16.3** The flag of the country of the winner shall be hoisted on the central flagpole and those of the second and third on adjoining flagpoles on the right and left respectively as they face the arena. Meanwhile, the LGU hymn of the winner is played, and the athletes and spectators shall face their LGU flags. If these are not available, the PNG official theme song shall be played.



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17. Media Interview

17.1 All athletes should pass through the Mixed Zone.

17.2 Athletes and/or coaches should attend press conferences and interview requests for them.

18. Insurance

The Gymnastics Association of the Philippines, the Philippine Sports Commission (PSC), and the Philippine Olympic Committee (POC) will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like.

The GAP Technical Regulations foresee that all participating Delegations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, and accidents and for repatriation for all the members of their Delegation.

GAP will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance coverage must inform GAP in advance.

19. Transportation and Accommodation

The invited participating delegations pay for the travel costs of their members. Accommodation for registered athletes and coach(es) is shouldered by the PSC Dormitory and designated DEPED School near the venue.

Note:

- Slot is first come first serve basis.
- Arrival prior to the Official Arrival date is subject to billeting availability unless on own arrangement.

Contact PSC for details:

Luzon: (0908) 523 1114

Visayas: (0917) 857 0033

Mindanao: (0905) 516 6949



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20. Medal Award Ceremony

The awarding of medals will take place after the competition. All RG competitor(s) are required to wear competition attire. The prizes for Rhythmic Gymnastics Batang Pinoy National Championship 2023 will be awarded as follows:

Individual All-around (IAA) per age group

First Place: Gold Medal and Certificate

Second Place: Silver and Certificate

Third Place: Bronze and Certificate

Apparatus / Category Finals (each apparatus/category) per age group

First Place: Gold Medal and Certificate

Second Place: Silver and Certificate

Third Place: Bronze and Certificate

21. Directory

Gymnastics Association of the Philippines (GAP)

President : **Ms. Cynthia L. Carrion**

Secretary General : **Ms. Myrna T. Yao**

BP Overall Tournament Manager: **Anna Lou M. Carreon**

Address : Gymnastics Association of the Philippines Training Center
Rizal Memorial Sports Complex Pablo Ocampo Sr., Street
1007 MANILA, Philippines

Telephone : +63 2 5212640 / +639993338492

Email : philippinegymnastics@gmail.com



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Appendix 1

INDIVIDUAL TRAMPOLINE EVENT (TRA) - Men/Women Jr. and Sr. Division (2)

Entries: Two entries per LGU per event per division (Max 2 Jrs/ 2 Srs each for Men and Women)

Each entry will perform two rounds of routines with each routine having 10 recognized TRA elements, no more, no less. The first routine uses a choice of Level 1 to 4 GAP Compulsory routines. The second routine has a DD limit of 6.0. Anything more than 6.0 DD will still be recognized as 6.0 DD.

Each gymnast will be given a one-touch warmup of 30 seconds each. There will be three trampolines available for this purpose.

Once the gymnast has fallen off the trampoline of mat edges before the 10 elements, they cannot restart or continue the routine and will score a 0.0.

A gymnast can do as many bounces as possible before he/she starts the routine (recommended 6-8) before he/she starts the routine. Once the gymnast puts both hands/arms down at the sides, the routine is considered to have started.

If the gymnast starts the skill without putting his/her arms/hands down it will not be considered a start will not be scored. Hence, it will have a final score of 0.0.

If a gymnast lands on the bed on one foot during the actual routine (and not the warm-up bounces), the routine ends right away.

The sum of the total score of each gymnast after two rounds will determine the final rankings. In the event of a tie, the gymnast with highest raw score in the first round wins the tie-break. If there is still a tie after this rule is affected, the tie will not be broken.

Bonus points will be awarded in the Junior/Senior division only, and not Junior AG, for Time of Flight using the graph and example below.

Junior Division (M/W) – time of flight if at 13 seconds and up – 10 points added to total score.

Senior Division (M/W) – time of flight if at 16 seconds and up – 10 points added to total score.

Bare feet is only allowed during the tumbling event. All participants in the IND/SYN/DMT competition must wear gymnastics and/or trampoline slippers or athletic socks.



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2023 LEVEL ROUTINES

For Individual TRA and synchronized TRA only

INDIVIDUAL DOUBLE MINI TRAMPOLINE EVENT (DMT) – Men, Women Division (2)

Entries: Two entries per LGU per event per division (Max 2 Jrs/ 2 Srs each for Men and Women)

Each entry will perform two (2) rounds of 1 pass each round. The gymnast must mount on the 1st trampoline bed, a dismount using the 2nd trampoline bed onto the mat. No more, no less. The 1st mount must have an element value and not just a straight jump onto the 2nd bed. The dismount of the 2nd trampoline bed from the 1st mount of the 1s trampoline bed must have an element value and not just a straight jump. There is no maximum element degree of difficulty. In case of a tie, the highest average (not total) score of the 2 passes done shall determine the final ranking. If there is still a tie, the tie will not be broken.

Each gymnast will be given a two-touch warmup before the start of the competition. There will be only one (1) DMT available for this purpose.

Once the gymnast has fallen off the trampoline of mat edges or the sides before the 1st or 2nd elements of the DMT run, they cannot restart or continue the routine will be scored a 0.0.

A gymnast balks (runs then stops before hitting the 1st trampoline bed), he/she can only restart again with no penalty once. If a gymnast balks again, this shall be considered as one official DMT run regardless of whether he/she has finished the run.

If the gymnast does not hit both 1st and 2nd trampoline in the same order, it will be scored as 0.0.

If the gymnast, does a straight jump dismount off the 2nd trampoline bed, it will not be considered a complete DMT run and will not be scored regardless if the gymnast does a skill from the 1st to the 2nd trampoline bed. Hence, it will have a final score of 0.0.

If a gymnast lands on the trampoline bed or edges on one foot during the actual run (on any part of the 1st or 2nd trampoline bed), the routine ends right away with a score of 0.0.

Bare feet are only allowed during the tumbling event. All participants in the IND/SYN/DMT competition must wear gymnastics and/or trampoline slippers or athletic socks.



Affiliate:



INDIVIDUAL TUMBLING EVENT (TUM) – Men, Women Division (2)

Entries: Two entries per LGU per event per division

(Max 2 Jrs/ 2 Srs each for Men and Women and 2 entries for each Mixed Jr and Senior Division)

The competition will consist of 2 tumbling rounds. Each entry will perform 1 tumbling pass each round with a minimum of seven (7) elements. In the Junior Division, the 1st tumbling pass is a compulsory pass for all junior competitors.

The Compulsory seven-element 1st Tumbling pass for the Juniors division only is as follows:

Running cartwheel $\frac{1}{4}$ turn, cat leap, hitch kick, cartwheel, cartwheel $\frac{1}{4}$ turn, dive forward roll, Jump full turn.

The junior gymnast may repeat this 1st tumbling pass as their second tumbling pass with no penalty.

The gymnast cannot perform 2 tumbling skills of the same kind and position more than 2 times in a row. There must be an intermediate skill in between before the gymnast can opt to continue the same skill again.

Triple saltos and 2 $\frac{1}{2}$ twists and or a combination thereof is not allowed at this competition. There is no maximum element degree of difficulty. However, we strongly urge caution not to attempt or complete passes the gymnast is not capable of doing without spotting assistance.

For multiple saltos and twists, a spotter shall only be allowed to make sure the last skill (dismount) is done safely. The designated spotter will be allowed to stand on the last element of the tumbling pass where the landing mat is but should not have his/her back or sides face the judges. He/she should not touch any part of the gymnast's body in any form or way as to assist in the execution of landing of the skill. If the spotter touches the performing gymnast and to aid in the completion of the skill, the gymnast will garner a maximum deduction of 5.0 points from each judge. If the spot was done and have shown it was to save the gymnast from injury, the head judge will decide on its merit whether or not it be allowed. If allowed a corresponding point deduction per judge will be given.

In case of a tie, the highest average (not total) score of the 2 passes done shall determine the final ranking. If there is still a tie, the tie will not be broken.

Each gymnast will be given a two-touch warmup before the start of the competition. There will be only one (1) tumbling floor strip available for this purpose.

Once the gymnast has fallen off the edges of the tumbling strip, before, during or after the tumbling pass, they cannot restart or continue the pass. It will be scored a 0.0.



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If a gymnast balks (runs then stops before hitting the 1st skill of the tumbling pass, he/she can only restart again with no penalty once. If a gymnast balks again, this shall be considered as one official tumbling run regardless of whether he/she has finished the run.

Once a gymnast starts his/her first element of the tumbling pass. It cannot be restarted, It will be already be judged and scored accordingly.

Sample 7 element Tumbling Pass for Senior Division and Junior Division 2nd pass.

ALLOWED – Running round off, back handspring, back handspring, back handspring step out, back salto tuck, back handspring, back salto tuck, pike or layout.

DISALLOWED – Running round off, 3 back handsprings, back salto tuck, back handspring, back salto.

SYNCHRONIZED TRAMPOLINE EVENT (SYN) – Men, Women, Mixed (3)

Entries: One entry per LGU per event per division (Max 1 Jr/ 1 Sr each for Men, Women & Mixed)

One of the gymnasts in each pair entry must compete in the Individual Trampoline Competition.

Each entry pair will perform one round of routine with each routine having 10 recognized TRA elements, no more, no less. The first routine could use a choice of Level 1 to 4 GAP Compulsory routines or a custom-made routine having a DD limit of 6.0. Anything more than 6.0 DD will still be recognized as 6.0 DD.

Each synchro entry will be given a one-touch warm-up of 30 secs each. There will be two trampolines available for this purpose.

Once the gymnast (one or both) has fallen off the trampoline of mat edges before the 10 elements, they cannot restart or continue the routine and will be scored a 0.0.

The SYN pair can do as many bounces as possible before he/she starts the routine (recommended 6-8) before he/she starts the routine. Once the SYN pair puts both hands/arms down at the sides, the routine is considered to have started.

If one or both SYN pair starts the skill without putting his/her arms/hands down it will not be considered a start and will not be scored. Hence, it will have a final score of 0.0.

If a gymnast or both lands on the bed on one foot during the actual routine (and not the warmup bounces), the routine ends right away.



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The sum of the total score of each SYN after one round will determine the final rankings. In the event of a tie, the SYN with the highest synchronized score wins the tie-break. If there is still a tie after this rule is affected, the tie will not be broken.

The team must wear the same top and/or leotards for the competition. A maximum deduction of 1.5 points per judge score will be deducted if the team violates this provision.

Bare feet is only allowed during the tumbling event. All participants in the IND/SYN/DMT competition must wear gymnastics and/or trampoline slippers or athletic socks.

Bonus points will be awarded in the Junior/Senior division only, and not Junior AG, for Time of Flight using the graph and example below.

Junior Division (M/W) – time of flight if at 13 seconds and up – 10 points added to the total score.

Senior Division (M/W) – time of flight if at 15 seconds and up – 10 points added to the total score.

TEAM EVENT (TME) – Mixed (1 Junior / 1 Senior team maximum)

Entries: One entry per LGU per event per division (Max 1 Jr/ 1 Sr TEAM each for Men, Women)

Junior Division

One team entry consists of : One Male & One Female Individual Trampoline
: One Mixed Synchronized Trampoline pair
: One Male and one Female Individual Double Mini Trampoline
: One Male and one Female Individual Tumbling Event One team entry

Senior Division

One team entry consists of : One Male & One Female Individual Trampoline
: One Mixed Synchronized Trampoline pair
: One Male & One Female Individual Double Mini Trampoline
: One Male & One Female Individual Tumbling Event One team entry



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Note: Once confirmed, the entry cannot be substituted or replaced.

The time-of-flight bonus (TOF) will not be awarded during this competition.

The team must wear the same top and/or leotards for the competition. A maximum deduction of 1.5 points per judge score will be deducted if the team violates this provision.

Bare feet are only allowed during the tumbling event. All participants in the IND/SYN/DMT competition must wear gymnastics and/or trampoline slippers or athletic socks.

Total Score of one round of competition of all event performances of each LGU for Junior/Senior/Junior. AG will be added to determine the final placement. In the event of a tie, the team with the highest scoring individual score of any event performed by a team member in the team competition will serve as a tiebreaker. If there is still a tie, both medals will be awarded.

** Future Events after 2018 to be introduced – Synchro Double Mini (M/W), Synchro Tumbling (M/W)*

Level 1 - Mount, 3 rebounds, Straddle Jump, Tuck Jump, Pike Jump (touch toes) , Seat drop, Pike Jump, Tuck jump (tight tuck), Pike jump (touch toes), Seat drop, Rebound to safety check, Salute, Dismount **DD Total: 1.2**

Level 2 - Mount 3-4 rebounds, Pike jump, Seat drop, all fours, front drop, rebound, tuck jump, ½ turn, straddle jump, seat drop, rebound to safety check, salute, dismount **DD Total: 1.4**

Level 3 - Mount, 3-4 rebounds, seat drop, swivel hips (1/2 turn from a seat drop), seat drop, front jump, rebound, tuck jump, ½ turn, pike jump, straddle jump, jump to safety check (return to feet) , salute dismount **DD Total: 1.6**

Level 4 - Mount, 3-4 rebounds, back drop, ¾ back salto layout (pullover) to front drop, rebound, straddle jump, ½ turn, pike jump, seat drop, all fours, ¾ front salto to back drop to check (return to feet), salute, dismount **DD Total : 2.0**

Important Notes:

- a. Trampolinists must be in competition leotard (female sleeveless allowed). Male full or ¾ pants mandatory.
- b. Approved Trampoline shoes or socks must be worn.
- c. All routines must be done with the presence of two spotters and one safety coach.
- d. Any discrepancy or clarifications to the routines should be coursed to the GAP TRA technical director.



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2023 TRA LEVEL ROUTINES

Level 0 - Mount, Rebound 10 times (arms up or swinging) to safety check, Dismount

Mandatory: Tuck Jump

Pike Jump

Straddle Jump

Seat Drop

Knee drop

All fours

Note: All mandatory skills must come from a 2-rebound lead-up.

Level 1 – Mount, 3 rebounds, Straddle Jump, Tuck Jump, Pike Jump (touch toes), Seat drop, Pike Jump, Tuck jump (tight tuck), Pike jump (touch toes), Seat drop, rebound to safety check, Salute, Dismount. **DD Total: 1.2**

Level 2 – Mount 3-4 rebounds, Pike jump, Seat drop, all fours, front drop, rebound, tuck jump, 1.2. turn, straddle jump, seat drop, rebound to safety check, salute, dismount. **DD Total: 1.4**

Level 3 – Mount, 3-4 rebounds, seat drop, swivel hips (1/2 turn from a seat drop), seat drop, front jump, rebound, tuck jump, 1/2 turn, pike jump, straddle jump, jump to safety check (return to feet), salute dismount. **DD Total: 1.6**

Level 4 – Mount, 3-4 rebounds, backdrop, 3/4 back salto layout (pullover) to front drop, rebound, straddle jump, 1/2 turn, pike jump, seat drop, all fours, 3/4 front salto to backdrop to check (return to feet), salute, dismount. **DD Total: 2.0**

Level 5 – Mount, 3-4 rebounds, Back salto tucked kick out, tuck jump, full pirouette, straddle jump, 1.2 twist to front drop (airplane), seat drop, return to feet-round, 1/2 turn, pike jump, front salto to kick out, check, salute, dismount

Level 6 – Mount, salute, jump 1/4 turn to 4 rebounds, Back salto pike position, tick jump, Back salto tuck to kick out, seat drop, front drop, 1/2 turn to feet, straddle jump, jump 1/2 turn, pike jump, barani in pike, rebound to check, salute, dismount

Level 7 – Mount, salute, jump 1/4 turn to 4 rebounds, 3/4 back salto to back drop, 1/2 to front drop (cruise), return to feet, pike jump, back salto tuck kickout, barani tuck kickout, tuck jump, back salto pike, straddle jump, barani straight, rebound to check, salute, dismount



Rizal Memorial Sports Complex, P.
Ocampo Sr. St., Malate, Manila



(+632) 521 2640



philippinegymnastics@gmail.com



philippinegymnastics.org

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Level 8 – Mount, salute, jump 1/4 turn to 4 rebounds, Back salto layout, Barani straight, Pike, Back salto, pike, Barani pike, straddle jump, back salto tuck kickout, tuck jump, front 3/4 salto straight to drop, ball out tuck kickout, salute, dismount

Level 9 – Mount, salute, jump 1/4 turn to 4 rebounds, front 3/4 salto straight to drop, barani ball out tuck kickout, tuck jump, barani tuck, back salto tuck, back salto pike, barani pike, straddle jump, barani straight, back salto layout, rebound to check, salute, dismount

Level 10 – Mount, salute, jump 1/4 turn to 4 rebounds, back salto straight to drop, cody tuck, tuck jump, barani tuck, back salto tuck kickout, barani pike, back salto pike, front salto full pike, back salto straight, back salto full, rebound to check, salute, dismount

Level 11 – Mount, salute, jump 1/4 turn to 4 rebounds, back salto straight to drop, cody tuck, tuck jump, barani straight, straddle jump, back double salto tuck, tuck jump, front salto full pike, back salto straight, back salto full, rebound to check, salute, dismount

Level 12 – Mount, salute, jump 1/4 turn to 4 rebounds, front salto straight to drop, cody tuck, tuck jump, barani straight, ball salto full/double, straddle jump, back double salto tuck, tuck jump, front salto full pike, back salto straight, front double salto tuck 1/2 turn, rebound to straight to check, salute, dismount

Important Notes:

- a.) Trampolinists must be in a competition leotard (female sleeveless allowed). Male full or 3/4 pants mandatory.
- b.) Approved Trampoline shoes or socks must be worn.
- c.) All routines must be done with the presence of four spotters and one safety coach
- d.) Minimum no of judges to evaluate routines: 4 (1 head judge and three E judges)
- e.) For individual skill assessment: 2 (two) both have to concur
- f.) Any discrepancies or clarifications to the routines should be coursed to the GAP TRA technical director