



Republic of the Philippines
 DEPARTMENT OF EDUCATION
PALARONG PAMBANSA 2016-2017
 GROUND RULES
Gymnastics

Queries

1. Verification of scores must be done by the Head Coach in writing and submitted right after the announcement of the gymnast's score. This should be addressed only to the Tournament Manager of the concerned discipline.
2. Inquiry about the Difficulty Score is allowed but not the Execution Score.
3. Submission of Complaints (written) should be within half an hour right after the score is announced.
4. Comparison of scores, done upon verification will never be entertained.
 - Judges' decision is final (based on the FIG RG COP).

Tie Breaking

1. FIG Rules of tie-breaking will be applied.

Disruptive Behavior

1. A coach who is found guilty of harassing or causing undue trouble during the competition will be issued a red card and will be escorted out of the competition venue, immediately.
2. The use of flash when taking pictures is NOT allowed.

Gymnast Participation

1. No gymnast can compete in more than one discipline.
2. Drawing of lots to determine the Order of Performance is done during the ManCom Meeting and will just be reviewed during the Solidarity Meeting.
3. Music of gymnast in Cluster 2 and 3 for WAG, must be submitted (in CD format & properly labeled) to the Tournament Manager during the Solidarity Meeting or at least 24 hours before the competition.
4. Difficulty forms for RG must be submitted to the RG Tournament Manager as early as the Solidarity Meeting and not later than 24 hours before the competition.

Individual All Around

All team members shall be ranked. The gymnast garnering the highest total score in all events will be the Individual All-Around Champion. Medals will also be given to Coaches.

If by chance a region places first, second and third in the all around scores, the region will be awarded gold, silver and bronze medals respectively.

In cases of ties for all three slots, FIG Rules for tie-breaking will be observed.

Apparatus Finals

Eight finalists, per event will make it to Competition III or the Apparatus Finals with a maximum of two gymnasts from each team. Two alternates (ninth and tenth place) will standby in case any of the top eight contenders becomes injured or sick and will be unable to compete.

Substitution

This must be done 24 hours prior to the Competition through informing the Tournament Manager of the concerned discipline if any of the top eight contenders for the Apparatus Finals would not be able to compete due to injury/ sickness.

Team Score

The Team Score will come from the accumulated scores of Cluster 1 & 2 gymnasts in the case of MAG & WAG while Elementary & Secondary Levels for RG from all 4 events in Competition I .



Republic of the Philippines
DEPARTMENT OF EDUCATION
PALARONG PAMBANSA 2016-2017
TECHNICAL GUIDELINES
Rhythmic Gymnastics

I. GENERAL RULES

The Federation Internationale de Gymnastique (FIG) Code of Points for RHYTHMIC GYMNASTICS 2013-2016, shall be used in the Palarong Pambansa. The Elementary level will adhere to the International Age Group Rules & Regulations and the Gymnastics Association of the Philippines (GAP) Rhythmic Gymnastics Age-Group Program 2013- 2016, Pre-Junior Level 5-6 while the Secondary Level shall observe the FIG Junior International Rules & Regulations.

II. COMPETITION PROGRAM FOR INDIVIDUAL RHYTHMIC GYMNASTICS

The program for the individual gymnasts shall consist of four (4) exercises for each level :

Elementary Level:

SY 2016 - 2017	ROPE	BALL	CLUBS	FREEHAND
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Secondary Level:

SY 2016 - 2017	ROPE	HOOP	BALL	CLUBS
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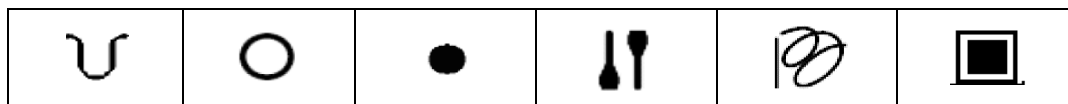
III. GENERALITIES

A. Length of Exercise

- Each exercise must run at least 75 secs and a maximum of 90 secs (1:15-1:30)
- The stopwatch will be started as soon as the gymnast begins to move and will be stopped as soon as the gymnast is totally motionless.
- * *Penalty:(Coordinator Judge) 0.05 point will be deducted for every missing/additional sec.*

B. Music

- Each gymnast must provide one (1) cassette/CD for each individual exercise. Music could be of one or several instruments including voice as instrument, with/ without words (which is allowed in only 1 exercise), except when the FIG Technical Committee disallows its use.
- The coach must indicate whether the exercise is used **with music, with voice/ words** on the D form.
- * *Penalty: (Difficulty Judge) 0.50 point deduction if more than one exercise is used with music with voice and words*
- The cassette tape/ CD should be marked with following information:
 - Name of gymnast
 - Three-letter initials or number of the team's district/division/region
 - Symbol representing the apparatus



ROPE	HOOP	BALL	CLUBS	RIBBON	FREE HAND
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- It is permitted to record a sound signal at the beginning of the music.
 - The recording shall be made only on 1 side of the tape or at the beginning of the CD
- * *Penalty (Coordinator Judge) 0.50 point deduction will be earned if any of the items above is not met.*

C. Dress/ Attire of Gymnast

- Leotard/ unitard must be in non-transparent materials.
 - The neckline of the front and back of the leotard must not be further than half of the sternum and no further than the lower line of the shoulder blades.
 - Leotards may be with or without sleeves, but dance leotards with narrow sleeves are not allowed.
 - The cut of the leotard at the top of the legs must not go beyond the fold of the crotch.
 - The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.
- * *Penalty: (Coordinator Judge) 0.30 point deduction if any of the above is violated.*

D. APPARATUS

Although gymnasts are encouraged to use apparatus with standard dimensions set by the Federation Internationale de Gymnastique (FIG), the Gymnastics Association of the Philippines (GAP) Technical Committee, and the DEPED Palarong Pambansa, in consideration of the gymnasts' physical and psychomotor level of development, would allow gymnasts to use apparatus with the following dimensions in **ELEMENTARY** level competitions:

- Rope length – based on the gymnasts' height
- Hoop dimensions – 700 - 800 mm diameter, 300 g minimum
- Ball dimensions – 180 mm diameter, 300 g minimum
- Clubs dimensions - 400 – 500 mm (senior standard dimensions)
 - Weight: 150 g. min.
 - Shape: Bottle shape
 - Diameter of the head: 30 mm max.
 - Elementary (pre-junior/elementary) gymnasts are allowed to use smaller than junior sized clubs(400-300 mm)
- Ribbon length – 4 metres in length, with 1 metre fold at the end attached to the stick.

For **SECONDARY** level competitions, the use of apparatus which complies with the standard dimensions set by the FIG in Junior International competitions is required, including the ribbon length (which needs to be 5 metres long according to FIG Junior Regulations).

- * *Penalty: (Coordinator Judge) 0.50 pts for the use of non-conforming apparatus.*
- * **Apparatus must be GAP approved for Elementary & FIG approved for Secondary**

E. ENTRY






- a. Each team shall compose of three gymnasts representing the entire level (eg. Elementary/ Secondary)
- b. Each gymnast has to perform the four (4) apparatus namely: HOOP, BALL, CLUBS and ROPE in the secondary level while FREEHAND, ROPE, CLUBS and HOOP in the elementary level

IV. COMPETITION REQUIREMENTS FOR THE INDIVIDUAL EXERCISES




1. FOR ELEMENTARY LEVEL/ DIVISION



INTERNATIONAL AGE GROUP RULES AND REGULATIONS

TECHNICAL REQUIREMENTS

APPARATUS DIFFICULTIES	
Difficulty(D) max. 7.0 points	
1.	Body difficulty (0.1 to 0.8)
a.	Min. 1  , 1  , 1  each
b.	Min. 3; Max. 6 D
2.	 minimum 1
3.	 maximum 2
4.	M no limit

1.1. DIFFICULTY (D) – 7.0 point maximum

Difficulty from each group of body movement must be performed throughout the exercise (Minimum 1, maximum 3 from each group): Jumps/Leaps , Balances , Rotations 

The Difficulty elements (**D**, , , **M**) must be written on the Official Difficulty (D) form in the order of their execution.

All the Difficulties declared on the Official D form must adhere to the maximum stated above.

Each Body Difficulty is counted, only once (either isolated or as a part of a Multiple Difficulty or Mixed Difficulty) and may not be repeated.

For Difficulties with Rotation (Pivots), the value of the Difficulty is calculated until the maximum point is reached.

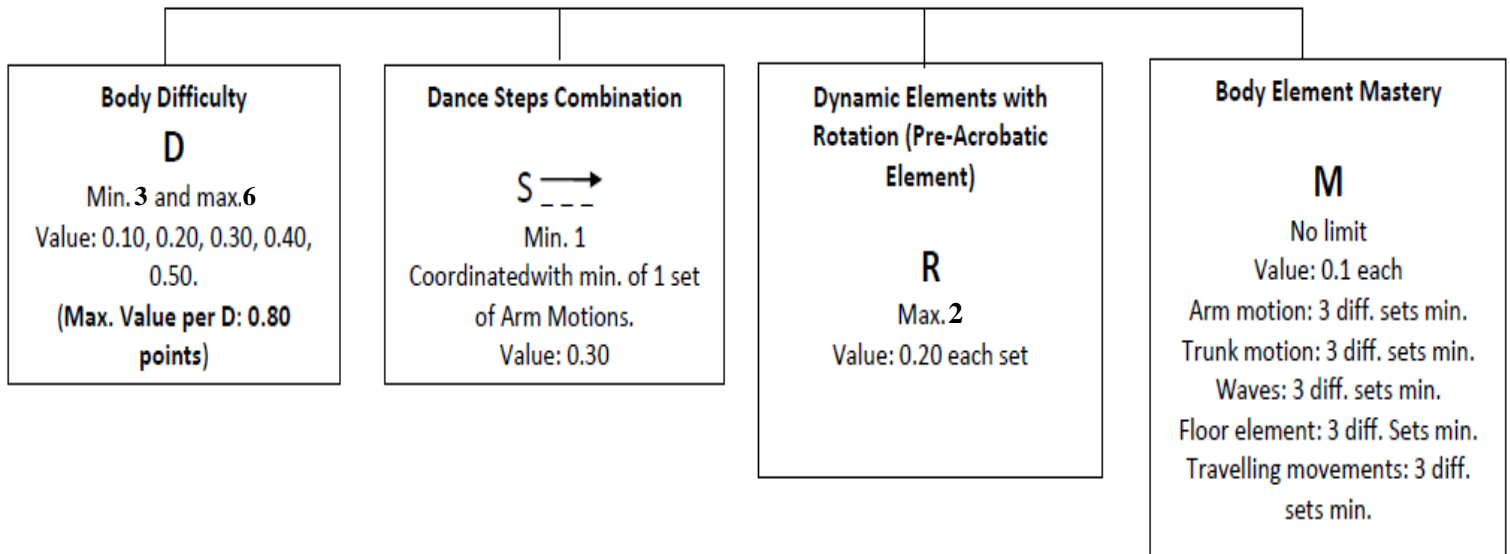
Each Difficulty **exceeding the 7.0 point maximum is null (0.00 point)** and will not be subject to penalties.

*** A body difficulty must be executed with a minimum of one (1) Fundamental Technical Element specific to each apparatus or an element of other Technical Apparatus groups during the isolated difficulty or during each component of a Multiple Rotation Difficulty and Mixed Difficulty**

1.1.1. Routine WITHOUT APPARATUS FREEHAND

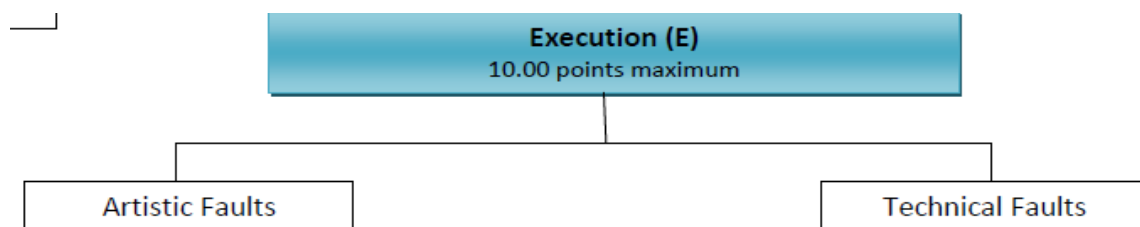
PRE JUNIOR (Level 5 - 6)
Individuals, Free Hand

Difficulty (D)
 7.00 points maximum



BODY MOVEMENT	SYMBOLS
Arm Motion	↻
Trunk Movement • Include direction/plane within the parenthesis	T(direction)
Waves	∫
Floor element	≡
Travelling	----

1.2. EXECUTION (E) – 10.00pts Max



1.2.1. FREEHAND GENERAL NOTICE (Pre Junior/Elementary Level):

1.2.2. Arm Motions: 1 Set of arm motion consists of:

- * 3 different medium (min 2) to full arm motions
- * performed both arms (alternately, separately or simultaneously)

1.2.3. Dance Steps Combination:

- * A minimum of 1 set of Arm Motion must be performed
- * Show character of the music
- * With partial or complete travelling

1.2.4. Movements of the Trunk: Large trunk movements must be performed in any plane.

1.2.5. Body Waves: Must be performed at least half of the body. Trunk movements are not counted as waves.

1.2.6. Elements on the Floor: Difficulties and/or pre acrobatic skills performed or passing on the floor are not counted as elements on the floor.

1.2.7. Dynamic Elements with Rotation (Pre- Acrobatic Elements) (R):

- 1.2.7.1. **Maximum of 2 different pre-acrobatic elements (sets)** may be included in an exercise.
- 1.2.7.2. A **set must have a min. of 2 rotations**, and **max. of 3 rotations** on any axis and is considered by F.I.G. as RG pre- acrobatic elements.
- 1.2.7.3. Each **pre-acrobatic element could only be performed once**, though a different technique may be employed with the same pre-acrobatic element which would render it different and valid.
- 1.2.7.4. <<Dive – Split leap – forward roll >> is considered as 2 elements of rotation, subject to F.I.G. rules.
- 1.2.7.5. All the conditions (unless ruled upon by GAP TC) established by the F.I.G.-RG Technical Committee, pertinent to Dynamic Elements w/ Rotation will apply

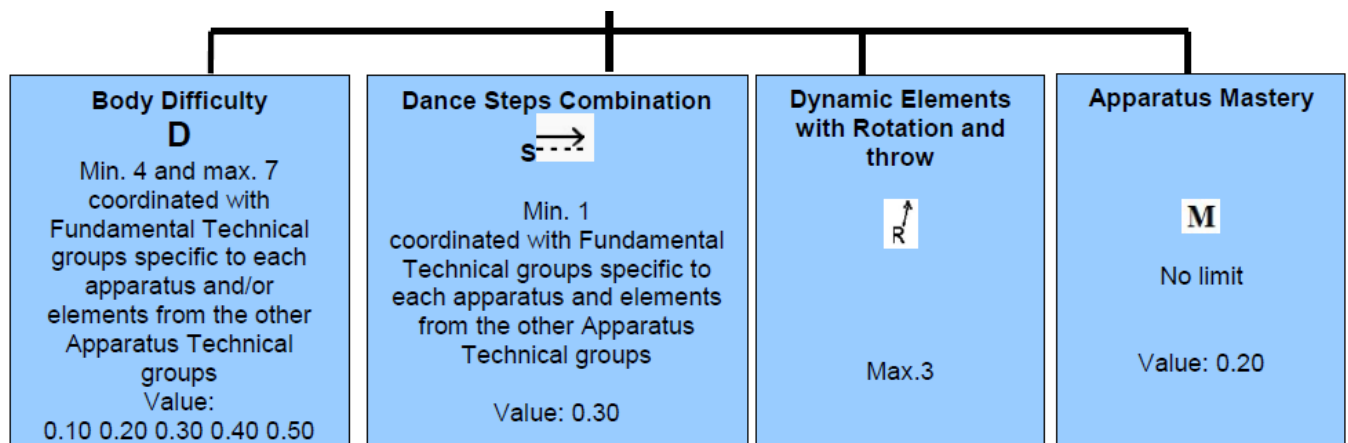
1.3. DISTRIBUTION AND CALCULATION OF SCORES




The final score for either of the age groups in the elementary level should not exceed a **maximum of 17.0 points** which is calculated by adding the following:

- Difficulty (D): average of 2 middle scores of 4 judges = 7.0 pts.max.
- Execution (E): average of the 3 middle scores of the 5 judges = 10.00 pts. max.

2. FOR SECONDARY LEVEL/ DIVISION

2.1. DIFFICULTY (D) – 8.00 point maximum



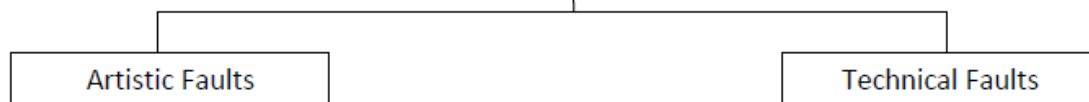
Difficulty from each body group must be performed in the exercise (Minimum 1, maximum 3 from each group of body movements): Jumps/Leaps  , Balances  , Rotations 

Value of each Body Difficulty Isolated, Multiple or Mixed): **1.00 point maximum** (All declarations must adhere to this cap.)

All difficulties will be evaluated at **1.00 pt maximum**.

2.2. EXECUTION (E) – 10.00pts Max

Execution of the Individual exercises consist of:




2.3. DISTRIBUTION AND CALCULATION OF SCORES

The final score - 18.0 point maximum is calculated by adding the following:

- Difficulty (D): average of the 2 middle scores of 4 judges = 8.00 pts. max.
- Execution (E): average of the 3 middle scores of the 5 judges = 10.00 point maximum

General Notes: Applicable for both Elementary and Secondary Levels

- Each gymnast must submit in advance (**during the solidarity meeting or at least 24 hours before competition**) the official Difficulty form for each exercise, where the Difficulty elements (**D, S** , **R, M**) must be written in the order of their execution. Otherwise, the gymnast can still participate in the competition but will automatically merit 0.00pts for Difficulty
- Each gymnast must submit 5 copies of the Execution Judges' forms (for each exercise).
- The general Difficulty norms for individual senior exercises are also valid for junior individual exercises.