

## **Gymnastics Competition Rules NatWest Island Games Aland 2009**

### **Women's Competition 2 - Modified FIG 4 Piece All Around and Event Finals.**

Judging as per FIG with the following modifications (which replace the SR's in the code):

27<sup>th</sup> October 2009

Changes made due to release of 2009 code:

- 1 The 8 most difficult elements including dismount (instead of 10 most difficult) on beam, bar and floor for DV
- 2 Maximum 5 acro and minimum 3 gymnastic elements on beam and floor for DV
- 3 Maximum 4 acro series with salto on floor.

### **VAULT**

125cm vault height

2 vaults to be performed

Open choice of vault from FIG code.

Vault does not have to be 2 different vaults.

Highest of 2 vaults score for AA.

Average of 2 vaults for Event Final score.

### **FLOOR**

8 elements

Modification: 5 special requirements needed all worth .50

- A dance passage of 2 or more different leaps or hops to include a 180 deg split.
- One acro series with 2 different saltos
- Two saltos in different direction (fwd/swd and backwards)
- Turn on one foot
- Dismount A 0.10; B 0.20; etc (Therefore A & B will fulfil the requirement as well as C or higher)

Deleting the following from Specific Composition deductions in Article 11.5:

- Missing a double BA salto

## **BEAM**

8 elements

Modification: 5 special requirements needed all worth .50

- One connection of at least two different dance elements one being a leap/jump/hop with 180 split
- Turn on one foot
- Acro series min of 2 elements (doesn't have to be a salto)
- Acro element in a different direction (fwd/side and back)
- Dismount A 0.10; B 0.20, etc (Therefore A & B will fulfil the requirement as well as C or higher)

Delete the following from Specific Composition deductions in Article 10.5:

**Salto** - from acro series min 2 element 1 being salto

## **ASYMMETRIC BARS**

8 elements

Modification: 4 Special requirements needed all worth .50

- Flight from high bar to low bar
- Flight from low bar to high bar
- Close bar element (group 2,4,5)
- Dismount A 0.10; B 0.20, etc (Therefore A & B will fulfil the requirement as well as C or higher)

Delete the following from Specific Composition deductions in Article 9.5:

- Missing non-flight element with (360°) LA turn
- Less than two different grips

Changes to Article 9.2;

- Delete flight element required
- Delete deduction for squat on LB and sole circle to grasp HB