

# GYMNASTICS

## FACILITY & EQUIPMENT

The following apparatus will be available at each competition. Gymnasts will be required to choose their apparatus, under the guidance of their coach, although all gymnasts are recommended to compete on all 5 pieces of apparatus. We appreciate that this is not always possible.

### Girls Apparatus:

- Asymmetric Bars (bar height and distance between bars is adjustable)
- Floor Area (suitable mats for safe execution of the required skills at each level)
- High Beam (adjustable height with a minimum competition height of 1.10m)
- Vault (adjustable height)
- Mini Trampoline (with suitable landing modules)

### Boys Apparatus:

- Parallel Bars / Pommel (bar height and distance between bars is adjustable / mushroom pommel)
- Asymmetric Bars (bar height and distance between bars is adjustable)
- Floor Area (suitable mats for safe execution of the required skills at each level)
- Vault (adjustable height)
- Mini Trampoline (with suitable landing modules)

## AGE CATEGORIES

Please refer to the **SGIS Age Categories** for this academic year located [HERE](#).

Medals and trophies will be awarded within each level, within each age category, with boys and girls competing separately.

## ROSTERS

For official SGIS competitions, a roster size of 10 per category from Level 2 and above. 15 gymnasts for Level 1.

Invitational event rosters are up to the discretion of the host.

## OFFICIAL RULES

SGIS refers to the Competitive Gymnastics Programme developed and updated by the International Schools Gymnastics Network:

- Routines and judging schemes are set on a two year rotation in consultation with the involved schools.
- Recommended software to run the competition is ScoreExpress  
[axel.hallez@scoreexpress.be](mailto:axel.hallez@scoreexpress.be)

## **FORMAT**

### **Timing**

Competitions should, ideally, run in 1 day. This can be done over several sessions, splitting gymnasts into several smaller, more manageable groups who will be allocated staggered start times.

Full details of the timing and organisation of the day must be published to schools in advance of the competition. You are able to assist organisation by providing a roster of your gymnasts that will compete in advance of the official deadline.

Warm-up time (5-7 minutes per apparatus) will be given depending on time, before the start of competition. This will be in the rotation order that matches with the competition rotation.  
No warm up during competition.

### **Groups and Rotations**

Groups for the competition will be created based on level, age and gender.

They will follow a rotation through each piece of apparatus (even if they are not entered to perform on that piece of apparatus). Only the gymnasts entered to compete on the apparatus need to be present on the competition floor at that rotation.

Rotations will follow a schedule that will be available to coaches well in advance of the competition. They will also be displayed clearly around the warm up, changing and competition areas. Groupings will also be detailed.

Each 'mini' competition (broken down by level) will be short, with manageable group sizes of 6 to generate minimum waiting time throughout the competition.

For all other competitions, organising schools will send out their own specific details in advance of their competition.

## **SCORING & RESULTS**

The medal ceremony for each level will be held shortly after the final rotation of performances for that level, once the scores have been collated and medal winners confirmed by judges.

In a situation when there is one participant in the level (getting first on each apparatus), then only the overall medal will be awarded.

In the case of a tie, multiple medals can be awarded, however places stand as recorded. For example, if 3 participants get first equal, there are no medals awarded for second or third.

Results and prize giving will be organised in the most logical way for each session of competition.

Team competition - high point competition to determine the winners. If there is a school with less than a full team, they are still eligible for the team award.

Level	Score
1	top 5 gymnasts score
2	
3	top 5 combined scores
4	
5	

At the end of the day, coaches / spectators and gymnasts are kindly encouraged to help clear the equipment following the prize giving.

## **HEALTH & SAFETY**

Standard SOP and RAs should be accessible to all participating schools.