



# REGULATIONS – "ADULT GYMNASTICS"

The regulations are based on the "Riga Regulations," an international competition for adult gymnastics that has been organized for many years. The regulations are intended for those who have practiced gymnastics for some time. Judging presupposes that the judge has knowledge of the international judging regulations – the Code of Points.

The regulations primarily apply to classes 1 through 8, i.e. from 25 years and older. In addition, there is a class 0 for the age group 20–24.

## REGULATIONS – "ADULT GYMNASTICS"

*No neutral deductions. The elements may come from the same group. Element value follows the COP (Code of Points). Elements easier than A may be evaluated as A – but do not give bonus. Elements listed in the same box/row but that are different are counted as separate.*

**BONUS IN FLOOR: Performing an acrobatic series including a salto will award a 0.5 p bonus**

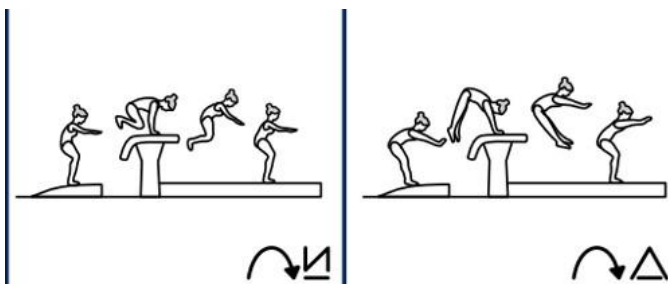
<b>Category 1</b> <b>Age 25-29 years</b>	5 elements: 1B, 4 A, one optional  Max. 6 counting elements	Start Value: 10,00	Missing element: A: - 0,1 B: - 0,2	Additional element: D og higher: +0,4 C: +0,3 B: +0,2 Max. one additional element	Vault: FIG+6,0 p + (0,5 X category)  Hight on vaulting table; 1,25 m	All-round awards:  two best apparatus
<b>Category 2</b> <b>Age 30-34 years</b>	5 elements: 5 A, one optional  Max. 6 counting elements	Start Value: 10,00	Missing element: A: -0,1	Additional element: D og higher: +0,4 C: +0,3 B: +0,2 Max. one add. element	Vault: FIG+6,0 p + (0,5 X category)  Height on vaulting table; 1,25 m	All-round awards:  two best apparatus
<b>Category 3</b> <b>Age 35-39 years</b>	4 elements: 4 A  Max. 6 counting elements	Start Value: 10,00	Missing element: A: -0,2	Additional elements: C og higher: +0,6 B: +0,4 A: +0,2 Max. two add. elements	Vault: FIG+6,0 p + (0,5 X category)  Height on vaulting table; 1,25 m	All-round awards:  two best apparatus
<b>Category 4</b> <b>Age 40-44 years</b>	3 elements: 3 A  Max. 6 counting elements	Start Value: 10,00	Missing element: A: -0,2	Additional elements: C og higher: +0,7 B: +0,5 A: +0,3 Max. three add. elements	Vault: FIG+6,0 p + (0,5 X category)  Height on vaulting table; 1,25 m	All-round awards:  two best apparatus
<b>Category 5</b> <b>Age 45-49 years</b>	3 elements: 3 A  Max. 6 counting elements	Start Value: 10,00	Missing element: A: -0,2	Additional elements: C og higher: +0,8 B: +0,6 A: +0,4 Max. three add. elements	Vault: FIG+6,0 p + (0,5 X category)  Optional height on vaulting table	All-round awards:  two best apparatus
<b>Category 6</b> <b>Age 50-54 years</b>	2 elements: 2 A  Max. 6 counting elements	Start Value: 10,00	Missing element: A: -0,2	Additional elements: C og higher: +1,0 B: +0,8 A: +0,6 Max. four add. elements	Vault: FIG+6,0 p + (0,5 X category)  Optional height on vaulting table	All-round awards:  two best apparatus

<b>Category 7</b> <b>Age 55-59</b> <b>years</b>	2 elements: 2 A  Max. 6 counting elements	Start Value: 10,00	Missing element: A: -0,2	Additional elements: B og higher: +0,9 A: +0,7 Max. four add. elements	Vault: FIG+6,0 p + (0,5 X category)  Optional height on vaulting table	All-round awards:  two best apparatus
<b>Category 8</b> <b>Age 60 years</b> <b>and older</b>	1 element 1 A	Start Value: 10,00	Missing element: A: -0,2	Additional elements: B og higher: + 1,0 A: +0,8 Max. five add. elements	Vault: FIG+6,0 p + (0,5 X category)  Optional height on vaulting table	All-round awards:  two best apparatus
<b>Category 0</b> <b>Age 20-24</b> <b>years</b>	5 elements: 2B, 3A	Start Value: 10,00	Missing element: A: - 0,1 B: - 0,2	Additional element: D og higher: +0,4 C: +0,3 B: +0,2 Max. one add. element	Vault: FIG+6,0 p + (0,5 X category)  Hight on vaulting table; 1,25 m	All-round awards:  two best apparatus

### Apparatus-specific/composition deductions

Vault: Any vault not included in the FIG vault table will be assigned a value of 6,0 p

- a) Vault to squat sit – stretch jump dismount
- b) "Transition jump"
- c) "Straddle vault"



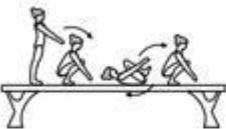
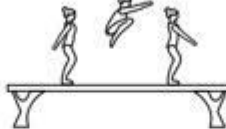
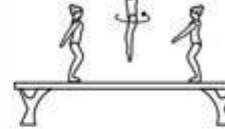
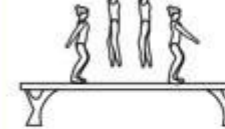





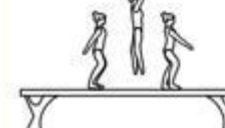
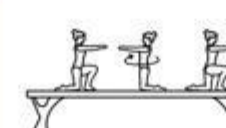



**Uneven bars:**

- Jumping from the low bar to the high bar is allowed. No deductions
- Basic elements (seen in table) count as A (DV)

<p>1. Pullover mount with feet together (mount or long hang pullover on high bar)</p> <p>CR I Age 10+ Only</p> <p>9</p>	<p>2. Baby giant</p> <p>CR III</p> <p>9</p>	<p>3. Back uprise</p> <p>8f</p>	<p>4. Drop kip to support</p> <p>CR II</p> <p>L</p>	<p>5. Squat on (tuck/pike/straddle)</p> <p>9= 9v 9u</p>	<p>6. Underswing dismount (either high or low bar)</p> <p>CR V All 10+ Partial 10-11 10+ - Full 10-11</p> <p>f</p>
<p>7. Pullover with one leg kick (mount)</p> <p>CR I Age 10+ Only</p> <p>40+ 9</p>	<p>8. Running kip (mount)</p> <p>CR II</p> <p>40+ L</p>	<p>9. Single leg kip (mount) from glide or run</p> <p>CR II</p> <p>40+ A</p>	<p>10. From rear support, drop backwards and jam back up to rear support</p> <p>CR II</p> <p>40+ &gt;</p>	<p>11. Mill circle (fwd or bwd)</p> <p>CR III</p> <p>40+ Q</p>	<p>12. Support swing bwd to hop off floor to underswing dismount</p> <p>CR V All 10+ Partial 10-11 10+ - Full 10-11</p> <p>40+ ↓ f</p>


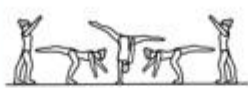




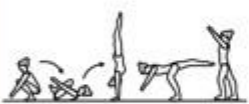






## Balance Beam

- A safety mat under the beam is allowed without deductions. No time limit
- Basic elements (seen in table) count as A (DV)
- Use of padding on the beam itself or mats placed over the beam will result in a 2,0 p penalty taken from the final score.

<p>1. Forward roll (any start or end position) <b>CR IV</b></p>  <p>(D)</p>	<p>2. Tuck jump <b>CR I</b> jump element Age 10+ Only</p>  <p>(D)</p>	<p>3. Straight jump with 1/2 twist <b>CR I</b> jump element Age 10+ Only</p>  <p>(D)</p>	<p>4. Straight jump with double leg change <b>CR I</b> jump element Age 10+ Only</p>  <p>(D)</p>	<p>5. Half turn on one leg (free leg any position) <b>CR II</b> Age 10+ Only</p>  <p>(D)</p>	<p>6. Free round-off dismount <b>CR V</b> 40-59: Partial (0.5) 60+ Full (0.5)</p> 
<p>7. Front handspring dismount <b>CR V</b> 40-59: Partial (0.5) 60+ Full (0.5)</p> 	<p>8. Free front handspring dismount <b>CR V</b> 40-59: Partial (0.5) 60+ Full (0.5)</p> 	<p>9. Backward roll to kneeling (from any start position) <b>CR IV</b></p>  <p>40+ (D)</p>	<p>10. Straight jump with single leg change <b>CR I</b> jump element Age 10+ Only</p>  <p>40+ (D)</p>	<p>11. Full turn on knees</p>  <p>40+ (D)</p>	<p>12. Headstand (2 s.) <b>CR IV</b> Age 10+ Only</p>  <p>40+</p>
<p>13. Scale w/ free leg at or above horizontal (2 s.)</p>  <p>40+</p>	<p>14. Round-off dismount <b>CR V</b> 40-59: Partial (0.5) 60+ Full (0.5)</p>  <p>40+</p>	<p>15.</p>	<p>16.</p>	<p>17.</p>	<p>18.</p>

**Floor**

- Safety mats are permitted without deductions
- Basic elements (seen in table) count as A (DV)
- BONUS IN FLOOR: Performing an acrobatic series including a salto will award a 0.5 p bonus

1. Cartwheel CR III  X	2. One arm cartwheel (either arm) CR III  X	3. Walkover forward CR III  ⤿	4. Walkover backward (also Valdez) CR IV  ⤿	5. Hitch kick forwards or backwards CR I Age 10+ Only  ≡	6. Tuck jump  ⤿
7. Back extension roll CR IV  ≡! 40+	8. Backward roll to stand CR IV  ≡ 40+	9. Forward roll to stand CR III  ≡ 40+	10. Free (no hands) forward roll to stand CR III  ≡ 40+	11. Straight jump with 1/2 twist  ≡ 40+	12. Headstand (2 s.)  ! 40+
13. Scale w/ free leg at or above horizontal (2 s.)  40+	14.	15.	16.	17.	18.

Source: the illustrations are taken from the NAIGC regulations, Master Gymnastics