

8th TGIGT AG Rules and Regulations

General Information

*All age category according to year of born

*Gymnasts born after year 2012 allow to take part in under 15, but gymnasts born before 2012 are not allow to take part in under 11

Discipline	Age Category	FMG Compulsory Routine	Apparatus
Women Artistic Gymnastics - WAG	Under 11	Level 2 or 3	1) Vault 2) Balance Beam 3) Floor
	Under 15	Level 3 or 4	

Discipline	Age Category	FMG Compulsory Routine	Apparatus
Men Artistic Gymnastics - MAG	Under 11	Level 2 or 3	1) Floor 2) Vault 3) Parallel Bar
	Under 15	Level 3 or 4	

Team Format	5:5:3 **Max 5 gymnasts - 5 compete - 3 top scores to count on each apparatus
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RULES

*All according to FMG Compulsory Routine

*Gymnasts allow to compete in different level in different apparatus. Example: floor doing level 3 and balance beam doing level 2

- Video Link

https://drive.google.com/drive/folders/1AJTMI9KHDpk61sqwZoJKjDOOSn3RMZ?usp=share_link

- Page Link

https://drive.google.com/file/d/1243PH_AuOQ9vL1yiBkdIR7grZH0qX6wp/view?usp=share_link

Attire: It is allow to wear any attire not necessarily to be similar in the team.

Note: Limit to 2 teams per club only

GIRLS (WAG)

Apparatus	Age Group	Level	E-Score	D- Score
Balance Beam height 1.15 meter	Under 11	Level 2	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 3	Start from 10.00	Max is 5.00 (please refer to the page link)
Floor 12 meter X 2 meter	Under 11	Level 2	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 3	Start from 10.00	Max is 5.00 (please refer to the page link)
Vault	Under 11	80 cm matt handstand lay down	Start from 8.00	5
		Front Handspring -Table vault height 1 meter	Start from 10.00	5

Apparatus	Age Group	Level	E-Score	D- Score
Balance Beam height 1.15 meter can put matt on the beam	Under 15	Level 3	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 4	Start from 10.00	Max is 5.00 (please refer to the page link)
Floor 12 meter X 2 meter	Under 15	Level 3	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 4	Start from 10.00	Max is 5.00 (please refer to the page link)
Vault	Under 15	80 cm matt handstand lay down	Start from 8.00	5
		Front Handspring -Table vault height 1 meter	Start from 10.00	5

BOYS (MAG)

Apparatus	Age Group	Level	E-Score	D- Score
Floor 12 meter x 2 meters	Under 11	Level 2	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 3	Start from 10.00	Max is 5.00 (please refer to the page link)
Parallel Bar can put spring board and matt	Under 11	Level 2	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 3	Start from 10.00	Max is 5.00 (please refer to the page link)
Vault	Under 11	80 cm matt handstand lay down	Start from 8.00	5
		Front Handspring -Table vault height 1 meter	Start from 10.00	5

Apparatus	Age Group	Level	E-Score	D- Score
Floor 12 meter x 2 meters	Under 15	Level 3	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 4	Start from 10.00	Max is 5.00 (please refer to the page link)
Parallel Bar can put spring board and matt	Under 15	Level 3	Start from 8.00	Max is 5.00 (please refer to the page link)
		Level 4	Start from 10.00	Max is 5.00 (please refer to the page link)
Vault	Under 15	80 cm matt handstand lay down	Start from 8.00	5
		Front Handspring -Table vault height 1 meter	Start from 10.00	5

Awards Guideline

WAG Under 11		
Award Format	Team Award	30% Gold 30% Sliver 40% Bronze
	Team Final	Top 3 Awarded (1 team per club awarded only)
	Floor Level 2	Top 5 (2 gymnasts per team awarded)
	Floor Level 3	Top 5 (2 gymnasts per team awarded)
	Balance Beam Level	Top 5 (2 gymnasts per team awarded)
	Balance Beam Level	Top 5 (2 gymnasts per team awarded)
	Vault	Top 5 (2 gymnasts per team awarded)
	All Around	Top 5 (2 gymnasts per team awarded)

WAG Under 15		
Award Format	Team Award	30% Gold 30% Sliver 40% Bronze
	Team Final	Top 3 Awarded (1 team per club awarded only)
	Floor Level 3	Top 5 (2 gymnasts per team awarded)
	Floor Level 4	Top 5 (2 gymnasts per team awarded)
	Balance Beam Level	Top 5 (2 gymnasts per team awarded)
	Balance Beam Level	Top 5 (2 gymnasts per team awarded)
	Vault	Top 5 (2 gymnasts per team awarded)
	All Around	Top 5 (2 gymnasts per team awarded)

MAG Under 11		
Award Format	Team Award	30% Gold 30% Silver 40% Bronze
	Team Final	Top 3 Awarded (1 team per club awarded only)
	Floor Level 2	Top 5 (2 gymnasts per team awarded)
	Floor Level 3	Top 5 (2 gymnasts per team awarded)
	Parallel Bar Level 2	Top 5 (2 gymnasts per team awarded)
	Parallel Bar Level 3	Top 5 (2 gymnasts per team awarded)
	Vault	Top 5 (2 gymnasts per team awarded)
	All Around	Top 5 (2 gymnasts per team awarded)

MAG Under 15		
Award Format	Team Award	30% Gold 30% Silver 40% Bronze
	Team Final	Top 3 Awarded (1 team per club awarded only)
	Floor Level 3	Top 5 (2 gymnasts per team awarded)
	Floor Level 4	Top 5 (2 gymnasts per team awarded)
	Parallel Bar Level 3	Top 5 (2 gymnasts per team awarded)
	Parallel Bar Level 4	Top 5 (2 gymnasts per team awarded)
	Vault	Top 5 (2 gymnasts per team awarded)
	All Around	Top 5 (2 gymnasts per team awarded)