



COMPETITION RULES WOMEN MÄLAR CUP 2014

Overall rules according to FIG the Code of Points – WAG, valid 2013-2016, except for the modifications stated below.

		D-score; difficulty value within the 8 most difficult elements including the dismount	ERG
Class	Age		Dismount
Youth	-02	CR see below F and G elements maximum 0,50	B-dismount A-dismount= 0,30
Junior	01-99	FIG Junior rules	C-dismount B-dismount= 0,30
Senior	98-	FIG	FIG

Vault: In All-Around competition and Team comp one vault must be performed. The gymnasts who wish to qualify for the Apparatus Finals must perform two vaults in the AA comp according to the Apparatus Finals rules below. The first vault score counts in the AA comp.

Seniors: according to FIG rules, the two vaults must show a different Repulsion phase (take off position from the vaulting table) bwd and fwd .

Juniors and Youth: two different vaults (maybe from the same group but with different numbers)

Uneven bars: According to FIG rules the gymnast is permitted to raise both bar rails if her feet touch the mat.

Seniors: Exercises according to the FIG CoP

Juniors: Exercises according to the FIG Junior rules

Youth:

CR 1.	Two (2) different grips
CR 2	One close bar circle element (Non flight)
CR 3	One non flight element with 1/1 turn (360) No mount
CR 4	Two (2) of the following element a: Flight element from HB till LB b: Flight from LB to HB c: Flight element on same bar (See def. flight in CoP)
CR 5	B-dismount A-dismount award 0,30 P.

Beam: **Seniors:** Exercises according to FIG rules

Juniors: Exercises according to the FIG Junior rules

Youth:

CR 1	One connection of at least 2 different dance elements, one being a leap, jump or hop with 180° split/straddle position
CR 2	Turn (gr.3)
CR 3	One acro series min 2 elements one being a salto
CR 4	One acro element fwd/swd
CR 5	B-dismount A-dismount award 0,30 P.

Floor exercise:

CR 1	One dance passage of at least 2 different dance elements one with 180° split/straddle position
CR 2	One acro line with 2 different salti
CR 3	One salto with min 2/1 twist or double salto
CR 4	Salto fwd/swd & bwd
CR 5	B-dismount A-dismount award 0,30 P.

Additional soft mats: The gymnast must use an additional soft mat (10 cm) on top of existing basic mat according to FIG rules in vault, bars and beam. For youths and juniors an additional soft mat (10 cm) may be used on floor for double salto.

Finals: 4 gymnasts with the highest scores from each age group (however, maximum two gymnasts/nation,) qualify for the final on each apparatus. Sweden as host nation will always have at least one gymnast in each final.