



Belfast 2010

COMPETITION RULES:

1. Clothing

1.1. All competitors must wear white socks, shorts above the knee and a t-shirt. Advanced and elite competitors must wear standard competition attire, i.e. leotards for women and leotards and whites for men. Leotard shorts for women are allowed. Long tights may be worn (must be skin tight).

1.2. The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.

Any violation of 1.1 or 1.2 may result in disqualification from the round in which the offence occurs. These rules apply to individual, synchro and tumbling competitions. This decision is made by the Chair of Judges Panel.

2. Routines

2.1 Competitors will complete two routines. A standard set routine as has been outlined and a voluntary routine which can consist of ten elements of the competitors choice within tariff limits for each level.

2.2 Somersaults are not permitted in the Novice category.

2.3 Competitors will be judged for each routine based on form. For the voluntary routine, scores will include both form and tariff. The combined scores from the two routines including tariff of the voluntary routine will determine each competitors overall score.

2.4 Competitors will be judged according to the latest standard FIG (Fédération International de Gymnastique) code of points.

2.5 1st, 2nd and 3rd place titles will be awarded to competitors at each level.

2.6 In the event of a tie, the tie will be broken by ranking the competitors by the three counting form scores of their vol. Tariff will not be included in this.

3. Teams

3.1 A team comprises a minimum of three and a maximum of four gymnasts of any mixed level and/or mixed gender.

3.2 Teams are limited to a maximum of three per club

3.3 Results of the team competition are based on form scores only. Tariff scores will not be included

3.4 The team score will be the sum of the three highest set and three highest vol scores obtained by the members of the team.

4. Shield Competition

4.1 The top six competitor form scores from each club regardless of gender or level will be added, WITHOUT including tariff and the club with the highest overall score on this scale will be awarded the title of overall ISTO Winners.

5. Synchro

5.1 A synchronised pair consists of two gymnasts and can be mixed gender.

5.2 Partners must do the same element at the same time and must start facing in the same direction. They need not twist in the same direction.

5.3 The competition will involve one set routine only.

5.4 Synchro pairs must compete at the level of the lowest competitor.

6. Other Rules

6.1 Second attempts at routines are not allowed. If a gymnast is obviously disturbed in a routine (faulty equipment or substantial external influence or the like), the Chair of Judges Panel may allow another attempt. A gymnast's clothing cannot be classed as "equipment". Spectator noise, applause and the like would not normally constitute a disturbance.

6.2 Competition cards must be provided for voluntary routines. Each of the elements must be marked with the difficulty value of each element. The competition card must be handed in at the time and place specified by the organising committee, otherwise the gymnast may not be allowed to start.

6.3 Guests may medal but cannot compete as part of a team or have their score counted towards the shield.

6.4 If a competitor is not present at the time in which they are due to compete as identified by the Marshal of the competition, they then forfeit their turn.