



International Workers & Amateurs in Sports Confederation

Confédération Sportive Internationale Travailleuse & Amateur

# Technical Commission Commission Technique

## Esthetic Group Gymnastics

English Version / Version Anglaise

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Version 0



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## PREAMBULE

- This regulation refers to CSIT Championships and Technical Commissions' general regulations adopted at the latest CSIT Congress. It cannot derogate from these regulations.
- CSIT organises amateur championships and has Fair Play as one of its most important aims. CSIT Championships are strictly open for amateur athletes. To participate in CSIT Championships the defined eligibility criteria per sport must be respected
- All activities of the CSIT, including its championships are open to the members of the CSIT Unions, observer members Unions and members of the international Confederations which CSIT has signed cooperation agreements according to CSIT general regulations: COPADET (American Continent) / BAWA (Balkan region) and ALSO (Central Africa); also non CSIT members, partners, governmental bodies, trade unions and companies can participate in the CSIT Championships.
- CSIT Championships are organised under the principal of a Zero Tolerance Policy. Not playing for political, religious or discriminatory reason will lead to an immediately exclusion of the team/athlete.
- CSIT Championships are under the regulations of WADA. It is possible athletes can be invited for doping test. More information can be found in the CSIT anti-doping policy which can be downloaded at the CSIT website: <http://www.csit.tv/en/news-service/download-area>
- CSIT Sporting activities (championships, training, tournaments, rallies, etc.) are organised under the responsibility of Technical Commissions by sport. If there is a problem not provided in the regulations, the chairperson and secretary of the TC will solve the problem for technical matters. Appeals on technical matters will be solved the Appeal Committee.
- CSIT Championships and Technical Commissions' general regulations and sports regulations can be downloaded from the download area of the CSIT website: <http://www.csit.tv/en/news-service/download-area>



## 1 GENERALITIES

Esthetic Group Gymnastics is stylized, expressive, natural total movement. A movement performed with one part of body reflects in the whole body. Esthetic Group Gymnastic sport is based on harmonious, economic, rhythmic and dynamic movements. The program must contain body movements, jumps and leaps, balances, skips and hops combined to varied series of movements and different combinations. Movement series must flow naturally from one movement to the other supported by the music and changes of strength.

These rules are used to define Esthetic Group Gymnastics Championships to CSIT Championships.

These rules define the minimum requirements for CSIT Championships. However, teams may participate under their own country's group gymnastics rules.

The competition includes a preliminary competition and a final competition. A minimum of ten (10) teams of every age category will qualify to the finals. Judges have the right to decide the final number of teams attending to the finals.

### 1.1 Organizing the competition

A CSIT Championship is an official Championship when the minimum requirements of participation are respected (see TC & Championships General Regulations)

The organizing committee by the host is in charge of the preparation and organisation of the championship. The CSIT Technical Commission and a representative of the organising committee are in charge of the management of the championship during its duration (See Chapter four (4) of the Technical Commissions and Championships General Regulations)

### 1.2 Invitation and registration

The organizing committee sends via the office of CSIT the championships invitations to every CSIT Union (and partners), company sports organizations and guest etc. At least nine (9) months before the start of the championship. Invitation must include all technical information relating to the championship.

Registration to the competition must be made in writing and before the deadline announced by the organizer.

### 1.3 Competition categories

- 14-16 years old : A) Beginners , B) Advanced
- 16-18 years old : A) Beginners , B) Advanced
- 18-25 years old
- 25 years old and older. This series has no upper age limit.
- 35 years old and older. This series has no upper age limit.



- 45 years old and older. This series has no upper age limit.
- Sport Club series from 10 years old. There is no upper age limit in this series.

The age of a gymnast is determined based on the year of birth.

## 1.4 Eligibility and confirmation of participation

### 1.4.1 Eligibility criteria

Gymnastics (athletes) who have participated during the last 4 years in any Gymnastics World Championships or any Continental Championships (European, African, Asian, Oceanian, Pan American Games) are not allowed to compete in CSIT World Sports Games or CSIT Championships.

### 1.4.2 Participation conditions

This championship is open for men and women from 14 years and older except Sport Club series from 10 years old

In one competition a gymnast may compete in only one series and one team. A team is allowed two designated reserve gymnasts. A reserve gymnast may be used when needed.

Participation needs to be confirmed at the place of competition minimum of one hour before the competition. Participation requires that the team has paid the participation fee.

## 1.5 Competition group

A team consists of minimum of five (5) gymnasts in beginners and six (6) gymnasts in other categories. Teams can consist of any gender or be a mix of genders.

Sport Club series are for children and adults together. The team must clearly consist of gymnasts of different ages so that at least one (1) gymnast is from the age categories of 10-15 years.

One third of a team's gymnasts may be over or under the age limit by two (2) years in 14-16, 16-18 and 18-25 series. There is no upper age limit for the series of 25 years, 35 years and 45 years.

## 1.6 Competition program

### 1.6.1 General

Competition program is freely chosen.



### **1.6.2 Duration of the program**

The duration of the program is from 2 minutes to 2 minutes 45 seconds. The time starts from the first movement (made by one or more gymnasts) and ends at the finish of the last movement.

### **1.6.3 Music**

- Music is freely chosen and supportive of the idea. The music is suited for the age group in spirit and lyrics (if the music has lyrics). The lyrics, theme and idea of the music cannot be in contradiction with each other.
- The music must be of good quality.
- The organizer is responsible for the sound system.
- The music will be delivered to the organizer in a format announced by the organizer.

### **1.6.4 Competition outfit**

- The competition costume has to be in unison with the whole team.
- The outfit needs to support the chosen idea.
- The outfit needs to be esthetic and cannot prevent visibility of movement.

### **1.6.5 Competition area**

- The size of the competition area must be a minimum of 13m x 13m.
- The competition area must have a gymnastic mat. The borderline must be marked clearly. The borderline is included in the competition area.



## 2 REQUIREMENTS OF COMPOSITION

### 2.1 General requirements of composition

The composition of a competition program must be based on the technique of group gymnastics sport. Composition must include different movements and their combinations.

### 2.2 Technical requirements

**The composition must include at least:**

#### **Body movements:**

- Fundamental body movements are waves, swings, twistings, bendings, leans or lunges, contractions and relaxations
- Body movement series must perform fluently so that the previous movement creates the next movement.
- Body movement series can be performed standing, on the floor, with steps or with turnings.
- A: body movement series consists of two (2) different body movements all tied together
- B: body movement series consists of three (3) different body movements all tied together
- C: body movement series consists of four (4) different body movements all tied together

#### **Balances:**

- Balances can be performed on one foot, on one knee. The free leg must be raised at minimum 90 degrees.
- Balances can be statics or turnings (pivots, illusions, tourlants) from 180 to 720 degrees.
- Balance series consists of two (2) different balances. The supporting leg may change between balance series.

#### **Jumps/leaps**

- Jumps and leaps must have a fixed shape during the flight and the landing must be light and soft.
- Jump series consists of two (2) different jumps. There may be at most one intermediate step between jump series (3 floor-touches).

Balances and jumps/leaps must be suitable for the age group and according to the gymnasts' skill level.

#### **Steps, skips and hops series**

- The series of steps, skips and hops must perform rhythmically and with good technique
- The series must be combined to another movement group for example arms or body

#### **Combined series**

- Combined series consists of two different movement groups
- Such as :



- Jump and body movement series or vice versa
- Balance and body movement series or vice versa
- Jump and balance or vice versa

Movements and movement series do not have a fixed order.

### The technical value

<b>Beginners points max 5,5</b>	<b>Advanced points max 8,5</b>	<b>All 18+ years old points max 7,5</b>
2 waves a´ 0,3 0,6 2 swings a´ 0,3 0,6  Points max 1,2	2 waves a´ 0,3 0,6 2 swings a´ 0,3 0,6  Points max 1,2	2 waves a´ 0,3 0,6 2 swings a´ 0,3 0,6  Points max 1,2
Body movement series (BMS) 2 A body series a´ 0,3 0,6 2 B body series a´ 0,4 0,8  Points max 1,4	Body movement series (5) (BMS) A body series a´ 0,3 B body series a´ 0,4 C body series a´ 0,5  Points max 2,5	Body movement series (4) (BMS) A body series a´ 0,3 B body series a´ 0,4 C body series a´ 0,5  Points max 2,0
-	-	1steps series combined with another movement  Points max 0,2
2 balances a´ 0,2 0,4 1 balance serie 0,4  Points max 0,8	2 static balance a´ 0,2 0,4 1 turning balance 0,2 1 balance serie 0,4  Points max 1,0	2 balances a´ 0,2 0,4 1 turning balance 0,2 1 balance serie 0,4  Points max 1,0
1 jump 0,1 1 jump serie 0,2  Points max 0,3	1 jump 0,2 1 jump serie 0,4  Points max 0,6	1 jump 0,1 1 jump serie 0,2  Points max 0,3
Combined series (3)  Balance + BMS 0,5-0,6 BMS + balance 0,5-0,6 Jump + BMS 0,4-0,5 BMS + jump 0,4-0,5 Balance+ jump 0,3 Jump + balance 0,3  Points max 1,8	Combined series (5)  Balance + BMS 0,5-0,7 BMS + balance 0,5-0,7 Jump + BMS 0,5-0,7 BMS + jump 0,5-0,7 Balance+ jump 0,4 Jump + balance 0,4  Points max 3,2	Combined series (4)  Balance + BMS 0,5-0,7 BMS + balance 0,5-0,7 Jump + BMS 0,5-0,7 BMS + jump 0,5-0,7 Balance+ jump 0,4 Jump + balance 0,4  Points max 2,8

### 2.3 Artistic requirements

Composition of the competition program is like a story where the idea, music, expression and skills unite through gymnastics.





The music has to be suitable for the age group in spirit and lyrics. The lyrics, theme and idea of music cannot be in contradiction with each others.

The structure of the music and movement must work together in a balanced fashion and the music does not seem like background music.

The music cannot be politically or religiously opinionated nor insulting of humanity.

The music must coincide with the idea of the programs' composition and expression and contains changes in rhythm and tempo.

The program must bring out the gymnasts' flexibility, strength, **balance**, muscle control and endurance.

The program must contain at least six (6) different formations, which form in a versatile manner. The formations must vary by shape, size, and locations.

The program must contain movements and movement series in various levels and directions, still or moving.

By its idea and execution, the program is a versatile and aesthetic unity which shows in body language and the gymnasts' natural expression through the program. The expressiveness of the composition utilizes the changes in tempo, dynamics and strength between the movements and movement series. The expression must be natural and originate from movements, movement series and the chosen idea.

Versatility can be brought to the program through various collaborative movements.

The style and expression must be suitable for the team and consider the individuals' expressive skills.

There can be two acrobatic movements. Flips/somersaults are forbidden in a program. Also two lifts are allowed.

Annex

## **3 REQUIREMENTS OF PERFORMANCE**

### **3.1 General**

The team must form a consistent unity with a uniform and precise execution.

All gymnasts of the team must execute movements of equal value. Individual performances do not add to the value of the program.



The movements of the gymnasts must be based on the group gymnastic sport techniques and overall exercise.

The execution must show a good performance technique in different body movements, jumps/leaps, balances and combinations of different movement families.

The execution must demonstrate the gymnasts' ability to coordinate, their endurance, certainty, rhythmicity and posture.

The execution must aim for expressiveness and aesthetics. The execution must also consider healthy aspects, like supporting leg and body control in balances, and landing from jumps/leaps.

Annex



## 4 EVALUATION

### 4.1 Scoring the points

Each team's total points will consist of the added points of execution and composition (look the evaluation form)

In the composition score is included both the technical and artistic value. Points can also be given for a successful overall performance, when the team demonstrates for example sensitivity, energy, sportiness or impressiveness.

#### Maximum points for a program

Beginners		Advanced		All 18+years old	
Tecnical value	5,5	Tecnical value	8,5	Tecnical value	7,5
Artistic value	5,5	Artistic value	5,5	Artistic value	5,5
Execution	10,0	Execution	10,0	Execution	10,0
Max	21,0	Max	24,0	Max	23,0

The lowest and highest score given by the judges will be dismissed, and the average of the two remaining scores will be the team's points.

### 4.2 Judges

The number of evaluating judges is 6-12, one (1) of which will act as the Head Judge in the panels.

The chosen judges must have had a training suitable for these series. The secretary of the CSIT Technical Commission Esthetic Group Gymnastics will see to the organization of the training. The training may be executed live or distance-learning.

Neither the choreographer of the competition program nor the team's coach may be a judge in a series where their team is competing.

The chosen judges must take part in the judges' meeting before the competition. The judges will be from different countries.

The secretary of the CSIT Technical Commission Esthetic Group Gymnastics and the manager of the competition will confirm the judges of the competition.

### 4.3 Duties of Judges

The judges give their points individually with an accuracy of a tenth (0,1).

The judges will send their points to the Head Judge of her/his evaluating panel.



#### 4.4 Duties of Head Judge

The Head Judge will check the points given by other judges. The scores will be counted as follows:

##### **Panel of 4 judges**

- the highest and lowest scores will be eliminated and the average of two middle scores is the score of the panel
- the difference of the two middle scores must not be greater than 0,4

##### **Panel of 3 judges**

- the average of all scores is the result of the panel
- the difference of all scores must not be greater than 0,6

##### **Panel of 2 judges**

- the average of both scores is the result of the panel
- the difference of both scores must not be greater than 0,6

The head judge will call for a negotiation if the difference in points awarded is too big, and other times too if necessary.

The Head Judge will make point deductions. Deductions will be made from the average and will be marked in the documents.

Deductions are as follows:

- overtime **0,5 points**
- unesthetic or otherwise rule-breaking costume 0,2 points
- missing gymnast 0,5 points
- crossing the border of competition area, each crossing of each gymnast 0,1 points

Deductions are made from the average and marked in the documents.

#### 4.5 Line judges

There are at least two (2) line judges in a competition. They will write down each crossing of a gymnast. The line judges will notify the series' Head Judge immediately after the performance.

#### 4.6 Time Judge

There are two (2) timers in a competition. They will notify the series' Head Judge immediately after a competition performance, if undertime or overtime has occurred.



## 5 REWARDS

Three (3) best teams of each series will be awarded with a medal: gold for the first place, silver for the second place and bronze for the third place. In the case of a tie the judges' ranking points will determine the order. The secretariat will count the points.

In each series honorary awards may also be awarded for best overall performances.

## 6 APPEAL COMMITTEE

- The Appeal Committee is composed of:
  - The CSIT Technical Commission's chairperson
  - The CSIT Technical Commission's secretary
  - A person among the participating Unions. Such member shall not participate in the appeals in which his own Union would be involved.
- Appeals for technical reasons must be brought to the attention of the appeal committee as soon as possible after the incident, providing all the necessary information.

Detailed information can be found in Chapter 5 under D of the Technical Commissions and Championships General Regulations.



## 7 TECHNICAL COMMISSION MEETINGS

- The Technical Commission chairperson or secretary is in charge of convening a meeting of the commission before and at the end of the championship. A summons containing the date and agenda will be sent to all Unions at least three (3) months ahead of schedule. The chairperson, the secretary, Unions representatives, heads of delegation participate. Referees, coaches of participant Unions, members of the organizing committee are invited.
- A preparation and information meeting is organized before the championships under the responsibility of the chairperson (and/or Technical Commission secretary and head of the organizing committee from the organizing Union) to inform all delegations of the planning of the championship, to appoint referees to matches, to bring clarifications to regulations if necessary in order to make the event to a success.
- The purpose of the meeting after the championships is to evaluate the championship, to proceed with the modifications of the present regulations if necessary, to prepare future events (planning of next championships) and elections, to take into account the reports on the CSIT congress.



## 8 RESULTS AND DOCUMENTS

Within seven (7) days after the Championships the secretary of the Technical Commission will send the results and documents to the Sports Director and the office of CSIT.

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