



International Workers & Amateurs in Sports  
Confederation

Confédération Sportive Internationale  
Travailleuse & Amateur

**Technical  
Commission  
Artistic Gymnastic  
Female**

English Version

Chairman: Mr. Paolo Ciavolella (FISAC ITA)  
Secretary: Pro Tempore all TC



## Artistic Gymnastic CSIT 2022

### Rules and Regulations

**TEAM:** from 3 to 5 GYMNASTS

**INDIVIDUAL:** All Round and Single Apparatus

Competition Formula	Categories	Age	Apparatus
Individual All Round	E1	AGE 9-10 (2012-13)	FLOOR BEAM 0,50 M VAULT (vaulting mats)
	E2	AGE 11-12	FLOOR BEAM 1 M VAULT (vaulting table)
	E3	AGE 13-15	
	E4	AGE 16-34	
	E5	AGE > 35	
Individual Single Apparatus	E1	AGE 9-10 (2012-13)	FLOOR BEAM 0,50 M VAULT (vaulting mats)
	E2	AGE 11-12	FLOOR BEAM 1 M VAULT (vaulting table)
	E3	AGE 13-15	
	E4	AGE 16-34	
	E5	AGE > 35	
Team	E1	AGE 9-10 (2012-13)	FLOOR BEAM 0,50 M VAULT (vaulting mats)
	E2	AGE 11-12	FLOOR BEAM 1 M VAULT (vaulting table)
	E3	AGE 13-15	
	E4	AGE 16-34	
	E5	AGE > 35	



## GENERAL COMPETITION FORMULA

THERE ARE 2 (TWO) DIFFERENT TECHNICAL LEVEL:

- **Promotional** - Code 2022/2024

VAULT : Only GROUP 1 till 2,40 p. Max.

BEAM and FLOOR : Only group A code elements.

- **Advanced** - Code 2022/2024

VAULT : GROUP 1 and 2 till 3,60 p. Max.

BEAM and FLOOR : group A and B code elements.

Every gymnast has the right to participate in only one level and in only one type of competition of the following.

**INDIVIDUAL COMPETITION ALL ROUND**: every gymnast must perform the routine on the three Apparatus. The All-Around Score is the sum of the Final Scores obtained from each of the three apparatus. There will be an All Around ranking and an Apparatus Ranking.

**INDIVIDUAL COMPETITION FOR APPARATUS**: each gymnast can perform the routine on her own Apparatus. The Apparatus Score is the Scores obtained in each apparatus. Max. 2 apparatus each.

**TEAM COMPETITION**: the team can be composed by 3 to 5 gymnasts. They will present 1 routine for every Apparatus. At the end of the competition, when the scores are shown, they can decide to present max two other routines at one or two different apparatus with the reserve gymnasts. The All-Around Score is the sum of the best score obtained from each of the three apparatus. Who compete in Individual all round or in individual for apparatus cannot be member of TEAM

**MAXIMUM PARTECIPANTS**

Each UNION or Club can participate with up to 3 (three) athletes for All Round, one team, and 1 athlete each apparatus for each age total.



## RANKINGS

- Each Level and age category will be awarded
- Two different ranking for National UNION representative and for Clubs
- The All Round gymnasts will be included also in the Apparatus Ranking

## REQUESTS

FLOOR	Execution Area: m 12 x 12 (individual), m 12 x 12 (team)
	1 balance - 1 turn - 1 artistic or dance combination of 2 elements - 2 acro line (minimum 3 elements) fwd or bwd or mix.
	Requirements: 8 elements. It's allowed to present more than 8 elements, in order to attempt the requirements. For the final score, there will be considered the highest value's 8 elements presented.
	Timing: MAX 1' 30"
BEAM	H. 1 M (0,50 m. for E1 category) with mats-ensured area
	Mount - Dismount - 1 balance - 1 turn - 1 artistic combination - 1 acrobatic element
	Requirements: 8 elements. It's allowed to present more than 8 elements, in order to attempt the requirements. Only the 8 elements with the highest scores out of all the elements presented will be considered for the final score.
	Timing: MAX 1' 30"
VAULT	Spring board + vault mats h 80 cm (2x8 m) - for E1
	Spring board + vault table h 125 cm + landing mats 2x6 - h 20 cm. for E2/5
	Run up min m 10, max m. 25
	2 different vaults (E1 category 2 time same salto also)

## **Penalties (different value from Code)**

**Execution (10,00 points)**- Falls down always 0,50 with the exception for VAULT :

- \*landing with 1 feet only or put 1 or both hands on landing mat 1,0 p.
- \*landing without feet, null

**Composition (2,00 points)**- each request elements don't execute, 0,50 p.