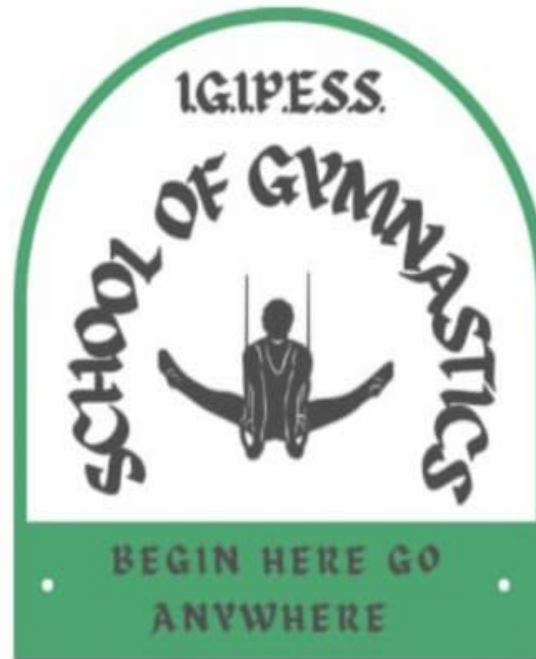




IGIPES SCHOOL OF GYMNASTICS

**GRASSROOTS
LEVEL
GYMNASTICS
CHAMPIONSHIPS**



**BOY'S AND
GIRL'S
ARTISTIC
GYMNASTICS**

CODE OF POINT

AIM OF THE CODE OF POINT

The aim of creating structured code of point to ensure the objectivity in evaluation of routine of exercise.

CATEGORIZATION OF LEVEL & APPARATUS

Boys

Category	Apparatus 1	Apparatus 2	Apparatus 3	Apparatus 4
Level I	Floor Exercise	Soft Board	Parallel bars	Pommel horse
Level II	Floor Exercise	Soft Board	Parallel bars	Pommel horse
Level III	Floor Exercise	Buck Horse	Parallel bars	Pommel horse
Level IV	Floor Exercise	Table Vault	Parallel bars	Pommel Horse
Level V	Floor Exercise	Table Vault	Parallel bars	Pommel Horse
Level VI	Floor Exercise	Table Vault	Parallel bars	Pommel Horse

Girls

Category	Apparatus 1	Apparatus 2	Apparatus 3
Level I	Floor Exercise	Soft Board	Balancing Beam
Level II	Floor Exercise	Soft Board	Balancing Beam
Level III	Floor Exercise	Buck Horse	Balancing Beam
Level IV	Floor Exercise	Table Vault	Balancing Beam
Level V	Floor Exercise	Table Vault	Balancing Beam
Level VI	Floor Exercise	Table Vault	Balancing Beam

HOW TO SELECT GYMNAST ACCORDING TO LEVEL & AGE ?

- A. In case of Level- I: The training age shall be preferably less than 6 months, relaxed up to 7 months (expected age is predicated 5 to 7 years).
- B. In case of Level- II: The training age shall be preferably less than 8 months, relaxed up to 12 months (expected age is predicated 8 years).
- C. In case of Level- III: The training age shall be preferably less than 13 months, relaxed up to 18 months (expected age is predicated 8 to 10 years).
- D. In case of Level- IV: The training age shall be preferably less than 18 months, relaxed up to 24 months (expected age is predicated 10 to 12 years).

- E. In case of Level- V: The training age shall be preferably less than 24 months, relaxed up to 30 months (expected age is predicated 12 to 14 year).
- F. In case of Level- VI: The training age shall be preferably less than 30 months, relaxed up to 36 months (expected age is predicated above 14 years).

SPECIFIC INSTRUCTIONS:

- Level qualifying certificate will be awarded to a gymnast who secure minimum 60-70 % marks in all four apparatus for boys and three apparatus for girls as the case may be.
- Best three teams in respective level shall be awarded best team award.
- Three all around best Gymnasts will be given best gymnast medal. Best Gymnast will be calculated by adding the marks on all apparatus as the case may be.
- On each apparatus best five rank holders (All Gold Medal) will be awarded based on the performance on an individual apparatus.

NOTE: You are requested to ensure that all the participants are physically fit to undertake the competition load.

RESPONSIBILITIES AND DUTIES OF THE GYMNAST

1. Know the level rules and conduct themselves accordingly.
2. Present themselves in proper manner (arms up) and thereby acknowledge the head judge at the commencement of their exercise and to acknowledge the same judge at the conclusion of exercise.
3. Begin the exercise within 30 seconds of the signals from head judge.
4. Remount within 30 seconds after a fall from FX, PBs, BB and PH.
5. Refrain from changing the height of any apparatus unless permission has been granted.
6. Refrain from speaking with active judges during the competition.
- 7 Use an additional 10 cm soft mat on the top of the existing basic landing mats for dismounts on vault.

RIGHTS OF THE GYMNAST-

The gymnasts are guaranteed the right to-

1. Have their performance judged correctly, fairly, and in accordance with the stipulations of the level's rules.

2. Have their score publicly announced immediately following their performance with the specific regulations governing that competition.
3. Repeat their entire exercise, if the exercise has been interrupted for the reason beyond their control or responsibility with permission of the jury.
4. Receive through their delegation leader the correct result output, showing at their scores received in the competition.

RESPONSIBILITIES OF THE COACH

1. Know the level rules and conduct themselves accordingly.
2. Submit the competition order and other information required in accordance with the level rules and technical regulations that given.
3. Refrain from changing the height of any apparatus or add, re-arrange or remove spring from the springboard without permission.
4. Refrain from obstructing the view of the judges and from otherwise abusing or interfering with the right of any participants.
5. Refrain from speaking to the gymnast or from assisting her in any other way (given signals or instructions or similar) during her performance.
6. Refrain from engaging in discussion with active judges and spectators during the competition (exceptions - team doctor).
7. Refrain from any other undisciplined or abusive behavior.
8. Conduct themselves in a fair and sportsmanlike manner at all time during the competition.

RESPONSIBILITIES OF JUDGE

1. Every judge is fully and alone responsible for their scores. All members of the judges' panels have the responsibility to have thorough knowledge of the gymnastic level's rules manual (COP 2023) designed, developed by the IGIPSS School of Gymnastics.
2. Be in possession of the appropriate qualification valid for the level of the competition.
3. Have extensive knowledge in contemporary gymnastics and understand the intent, purpose, interpretation and application of each rule.
4. Attend all schedule instruction session and meeting of the judges before the respective competition.
5. Adhere to any special organizational or judging related instruction given by the competition organizer.
6. Be prepared thoroughly on all apparatus.
7. Be capable of fulfilling the various necessary duties which includes: -
 - i. Correctly completing the required score sheets using necessary computer or manual equipment facilitating the efficient running of competition, when required communicating effectively with other judges.
 - ii. Be well prepared, rested, vigilant, and punctual.
 - iii. Arrive at least one hour before the start of the competition or accordingly to the requirement of the competition.
 - iv. Wear the prescribed competition uniform as prescribed by the organizer, attire includes - Dark blue or Black pent, White Shirt.