



GYMNASTICS

INTRODUCTION

A judge is considering the difficulty, the execution and the composition of the routine. These three aspects are fundamental in scoring, but other areas also enter into a score, among them are amplitude, creativity, elegance, risk and so forth. All parts of the body benefit in the sport of gymnastics. It promotes strength, agility, flexibility, co-ordination, kinaesthetic sense and balance. Furthermore, mastery of a stunt or routine develops more than the physical aspects, it also improves the participants' self - image.

PERSONAL EQUIPMENTS

CLOTHING

Leotard: Leotard is made of two-way stretch material that hugs the body .The one-piece designs ensure that they will not fall off during competition and training.

Shoes: Some gymnasts like to wear shoes for the floor area, vault or beam. They should have a non-slip sole and be a snug fit.

Trousers: Men are obliged to wear trousers on some of the apparatus at a certain age.

Hair clips: Women need to ensure that their hair is neat and tidy. If the hair is long then a simple pony tail held with an elastic band at the nape of the neck is sufficient. If the hair is shorter then more clips may be necessary.

Hand guards: Hand guards are the most essential piece of equipment. As gymnasts increase their skills and work on the more difficult and complex skills their hands become hot and sore; hand guards can provide some protection against this soreness.

GENERAL RULES

1. Fail to mark (FX) Line on mat, when using Line Judge
2. Fail to present to the Chief Judge before or any Judge after
3. Starting exercise before signal from Chief Judge
4. Fail to begin within 30 seconds of signal
5. Exceed intermediate time
6. May not speak with active judges during competition
7. Coach instructs gymnast for the next skill

OFFICIALS

Guidelines for Standard Meet Operation

- 2 Teams, 2 or 4 Judges
- 3 Teams, 2 Judges
- 3 Teams, 3 Judges
- 3 Teams, 4 Judges
- 4 Teams, 3 Judges
- 4 Teams, 4 Judges

JUDGES/OFFICIALS AND THEIR DUTIES

Meet Officials include:

Meet Referee, Head Judge, Acting Judges, line judges and timers.

Judges/Officials are obligated to:

A. Maintain their Gymnastics Professional Membership and have their membership cards in their possession at all competitions.

B. Be safety certified and properly rated for the appropriate level of competition.

C. Follow the federation Gymnastics Code of Ethics.

D. For all qualifying competitions, act only in the capacity of an official during warm-ups and competition and not serve in a dual capacity (i.e., coach/judge, parent/judge, meet director/judge, etc).

E. Be professional.

1. Dress appropriately, regardless of the level of competition.

2. Be mentally and physically prepared and rested in order that the evaluations be as accurate as possible for all gymnasts.

3. Be quick, cooperative and efficient in resolving differences during a conference.

4. Refrain from talking to other judges during competition, unless necessary. No use of a cell phone is allowed during the competition.

5. Remain at the judges' table until the entire competition is completed.

6. No judge has the right to demand a last minute change in the course of the meet or to jeopardize the

Athlete/competition in any way unless there has been a violation of the Rules and Policies.

F. Be familiar with the meet set-up and organization.

G. Fulfill all assignments according to the contractual agreement.

H. Refrain from conversation with coaches, athletes and parents before, during and after the competition.

I. Show respect for all gymnasts, coaches, judges and meet personnel.

1. Verbal, emotional, sexual, or physical abuse of the gymnast will not be tolerated.

2. Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel will not be tolerated.

J. Be confidential about meet matters, scores, their own or other judges' scores or opinions.

K. Update judging knowledge and experience on a planned, regular basis, which includes studying, practice judging with videos or live athletes, attending courses, and judging as much as possible.

L. Treat all competitions the same, regardless of skill level.

- M. Avoid judging a meet in which their own positive or negative bias towards any competing team would affect their ability to judge objectively.
- N. Show respect to the flag and the National Anthem. Remember that we teach young people by example.

JUDGES RIGHTS

All Judges/Officials have the right to:

- A. Be provided with hotel rooms in nearby quality hotels, ideally two persons assigned to one room.
 - B. Be provided transportation to and from the hotel. Pickup time and place and name of driver should be included in judging packets.
 - C. Be provided transportation to and from the airport or have arrangements made.
 - D. Have a runner assigned to her/him who should stay with the judge for the length of a session to provide the most efficient work.
 - E. Receive the utmost courtesy and respect from the coaches, gymnasts and any participating person.
 - F. Work Load and Recovery Sessions.
- Sessions: Judges shall not judge any longer than a maximum of three hours at each session.

A. MEET REFEREE (MR):

1. Meet Referee or Acting Meet Referee must be designated for each meet.
2. Assists with draw for competition order.
3. President of Jury of Appeal.
4. Liaison between coaches and judges.
5. Conducts judges Meeting: logistics, rule changes, equipment issues, meet information, protocol.
6. Acts in a professional manner.
7. Official measurement of equipment with Chief Judge.
8. Selects Chief Judges and panel judges.
9. May observe or give opinion during conferences.
10. Available for counsel with Chief Judge.
11. May counsel Chief Judge.
12. May recommend a change of score (but never force).
13. Sign & correct change of scores.
14. Gives Technical judging information to Meet Director for distribution.
15. Final authority in technical matters: (timers, linesmen, scorer, flashers, equipment).
16. Notates warning given by Chief Judge for incorrect attire, notifies other Chief Judges, so deduction may be taken.
17. Takes deduction for unsportsmanlike behaviour of coach and disruptive behaviour.
18. Available for questions and answers (15 minutes after last competitor).
19. Wears the correct uniform.
20. May be affiliated with a team.
21. Is not involved with or makes comments to gymnast during warm-ups or training.

B. CHIEF JUDGE (CJ):

1. Prepares judges at meeting prior to competition.
2. Check apparatus: mats, working materials, signals & devices.

3. Instruct Judging Assistants
 - a. Line Judge Signals
 - b. Stop Watches, time limitations
 - c. Reporting procedures: line & time violations
 - d. Method of Scoring
 - e. Procedures for flashing scores.
4. Responsible for correct working of panel and assistants.
5. Must act professionally.
6. Green flag or hand signal gymnast presentation.
7. Evaluate and write down score - before reviewing other scores.
8. Record: deductions and neutral deductions.
9. Flash Start Value and Score.
10. Verify Range of Scores.
11. Verify proper recording of all scores on score sheet.
12. Decides with the MR whether exercise may be repeated (technical failure) before score is flashed.
13. Calls a conference to assist judges in finding common basis for scoring:
 - a. Start Value differences clarified
 - b. Meet Referee may be included
 - c. Judges may change score (not obligated) but must come to agreement.
 - d. Chief Judge may mandate that judges come into range, after consultation with the Meet Referee.
14. Takes Neutral deductions from the average and notify coach.
15. Terminate exercise if Fall Time exceeded.
16. Report to Meet Referee: attire incorrect, lack of discipline, exceeding warm-up time, warnings given, excessive cheers or disruptive behaviour by teammates or coach.
17. Responsible for responding with panel judges(s) inquires in a professional manner.
18. Must wear correct uniform.
19. May not be affiliated to the teams participating.

C. PANEL JUDGE (PJ):

1. Judges are obligated to the rules and regulations.
2. Record and deduction errors.
3. Score Slips:
 - a. Signature and Number.
 - b. Start Value
 - c. No Bonus required
 - d. Special Requirements
 - e. Value Parts missing
 - f. Note spotting deduction taken
 - g. Note fail to mark borderline exceeded, when needed
4. Flash Start Value and Score
5. Initial a Score Change (cross out old score, record new score).
6. Act professionally: do not leave without Chief Judge permission, remain at event and avoid conversations with coaches.
7. Wear correct uniform according to the contract.
8. May be affiliated with team (one per panel).

9. Is not involved or makes comments to gymnasts during warm-ups or training.

D. ASSISTANTS:

1. Chief Judge when no assistants are available
2. Send written notification given to the Chief Judge.
3. Type of Assistants:
 - a. Line Judges
 - b. Timers
- 2) Warm-up Period (30 second touch) not including settings, markings, board.
 - 20 seconds remaining, 10 seconds remaining, Time.
 - Gymnast may continue movement when time is called.
 - Time Exceeded = inform Chief Judge (deduct 0.2).
- b) Green Light from Chief Judge
- c. Vault Number Flasher.
- d. Other Assistants as required.

E. JURY OF APPEAL

1. Meet Referee, Meet Director, Chief Judge (of event in question), neutral coach and judge.
2. Rights and Duties:
 - a. Govern technical and organizational matters.
 - b. Make final decisions – unusual situations.

I. DETERMINING THE AVERAGE SCORING:

- A. Judging Panels for Institute
- One panel per event.
 - 1 Chief Judge, 1 Panel Judge, Assistants.

II. RANGE OF SCORES:

- A. Allowable Difference between Counting Scores
- B. Average Score Determines the Range (not Chief Judge's score).
- C. Average Score Range of Scores
- 10.000 - 9.50 = 0.2 pt. range
- 9.475 - 9.00 = 0.5 pt. range
- 8.975 - 8.00 = 0.7 pt. range
- 7.975 - 0.00 = 1.0 pt. range
- D. Final Score of 1.00 for Compulsory & Optional Exercises.

E. Opening Scoring:

1. Not allowed at Regular Season meets, only average score posted.
2. Required at State Tournament.
3. Procedures for Open Scoring:
 - a. Score independently.
 - b. Record and Final Score on judging slip and send to Chief Judge via Runner.
 - c. After all scores received flash scores.

IMPORTANT INTERNATIONAL GYMNASTICS COMPETITIONS

OLYMPIC GAMES

COMMONWEALTH GAMES

WORLD ARTISTIC GYMNASTICS

RHYTHMIC GYMNASTICS WORLD CHAMPIONSHIP

ASIAN GAMES

LIST OF ARJUNA AWARDEES

NAME	YEAR
1. Shri Shyam Lal	1961
2. Shri Montu Debnath	1975
3. Miss S. Sharma	1985
4. Miss Kripali Patel	1989
5. Ms. Anju Dua	1998
6. Dr. (Ms) Kalpana Debnath	2000
7. Ashish Kumar	2011

CONCLUSION

Use of proper and precise names of exercises in gymnastics is of considerable importance. Proper names of exercise will enable the teacher to evaluate training material properly and will also help to establish a correct communication channel between professional colleagues and the gymnasts. With the help of exact terms, one can facilitate the gymnasts to form a right conception of the course of movement, and thus accelerate the whole process of learning.
