

pacific alliance
OF NATIONAL GYMNASTIC FEDERATIONS



TECHNICAL REGULATIONS

MEN'S ARTISTIC GYMNASTICS

WOMEN'S ARTISTIC GYMNASTICS

RHYTHMIC GYMNASTICS

TRAMPOLINE GYMNASTICS

**AMENDED MAY 2010
MELBOURNE, AUSTRALIA**

January 2011 Version

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INTRODUCTION

These regulations are valid for the Pacific Alliance of National Gymnastic Federations (PANGF) and the affiliated National Federations for the conduct of the Pacific Alliance competitions in Artistic Gymnastics for men and women. In April 2000 and 2004 amendments to include Rhythmic Gymnastics and Trampoline Gymnastics were included.

These regulations are recommended for use by all PANGF member countries for modified team competition in order to encourage competition of teams and individuals, particularly in the developing PANGF countries.

BACKGROUND

The original Technical Regulations for the PANGF were developed by Jackie Fie, USA. Since their adoption, they have been amended and up-dated several times by proposals made by the Technical Coordinators and PANGF member countries. Amendments were made at the following Annual General Assembly Meetings:

1984 USA	1986 Macau	1988 China
1990 Philippines	1992 Korea	1994 New Zealand
1996 Malaysia	1998 Canada	2000 New Zealand
2001 Belgium	2002 Canada	2004 USA
2006 USA	2008 USA	2010 Australia

HISTORY OF CHAMPIONSHIPS LOCATIONS

Junior Championships	1989 USA	1991 Hong Kong
	1993 Australia	1995 Colombia (Pacific Ocean Games)
	1997 USA	1999 not held
	2002 Canada	2004 USA
	2006 USA	2008 USA
	2010 Australia	

Senior Championships	1984 USA	1986 Macau
	1988 China	1990 Philippines
	1992 Korea	1994 New Zealand
	1996 Malaysia	1998 Canada
	2000 New Zealand	2002 Canada
	2004 USA	2006 USA
	2008 USA	2010 Australia

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ARTICLE 1: OBJECTIVES

- 1.1 The goals and purpose of the PANGF Technical Regulations are:
- A. To guarantee the uniform conduct of the Pacific Alliance Gymnastics Competition every two years (even numbered years) with the senior and junior levels at the same event.
 - B. To establish and elaborate Technical Regulations for the PANGF in order to encourage developing nations to participate as individuals, as well as teams.
 - C. To promote a higher standard of gymnastics within the Pacific Alliance, through symposia, clinics and courses emphasizing coaching techniques, judging abilities, technical information and private club management ownership.
 - D. To utilize the FIG Technical Regulations and Code of Points unless otherwise stated in PANGF rules.

ARTICLE 2: VALIDITY

- 2.1 The Technical Regulations are valid for a minimum of two years from their acceptance by the General Meeting Assembly.

ARTICLE 3: CHANGE IN TECHNICAL REGULATIONS

- 3.1 All changes in the Technical Regulations require the following:
- A. The proposed changes to be circulated to the membership three months prior to the General Meeting Assembly.
 - B. The change requires simple majority vote of members present.
 - C. Implementation and approval at the next Pacific Alliance Championships

ARTICLE 4: VENUE SELECTION

- 4.1 The Pacific Rim Championships will be awarded to a member federation by a majority vote at the Annual General Meeting Assembly, at the latest the year prior to the competition.

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ARTICLE 5: TIME PERIODS

- 5.1 The Pacific Rim Championships will be held every two years (even numbered) for Junior and Senior levels for Men's and Women's Artistic Gymnastics, Rhythmic Gymnastics and Trampoline Gymnastics:
- A. The Senior and Junior events will be conducted at the same event.
 - B. The competition will be held preferably in the period from April 1 to June 30.
 - C. A different time period must be specifically agreed upon by the Executive Committee.

For organization of the Pacific Ocean Games, and where so decided, the Pacific Alliance will be conducted within the Pacific Ocean Games using their medals etc. In order to organize the event, the PANGF Technical Regulations will apply and the PANGF will provide the technical co-ordination and support in terms of key personnel.

- 5.2 Preliminary commitment to take part in the Pacific Rim Championships with men's and/or women's artistic gymnastics teams or rhythmic gymnastics teams or groups or trampoline gymnastics must be registered in writing to the host federation at the General Meeting of the PANGF two years prior to the competition.
- 5.3 Provisional registrations of the participants and number of judges who will participate must be sent to the host federation 3 months before the competition.
- 5.4 Definitive registrations of the participants and number of judges who will participate must be in the possession of the host federation, at the latest, two months before the competition.
- 5.5 Nominative registrations of the competitors and judges must be in the possession of the host federation, at the latest, one month prior to the competition.
- 5.6 As an exception, necessary changes in the list of names can be given to the Director of Events or the designated Technical Director prior to arrival in the host country.

ARTICLE 6: QUALIFICATION OF PARTICIPANTS

- 6.1 All of the PANGF Member Federations, under the condition that all financial obligations have to be fulfilled to PANGF, are to be admitted to the Pacific Rim Championships in artistic gymnastics for men and women, rhythmic gymnastics and trampoline gymnastics.

The competition in artistic gymnastics for men and women will take place at the same location at the same time.

- 6.2 Those federations who qualify, but are not yet members of the PANGF, may be invited one time to participate in the Pacific Rim Championships. Subsequent invitations are based upon paid -up membership.

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ARTICLE 7: CONDITIONS OF PARTICIPANTS

In principle, the PANGF conditions of participants will be aligned with the FIG age for participants as stipulated in the FIG Technical Regulations. The PANGF Executive Committee reserves the right to make adjustment annually as it deems necessary to respect this principle.

7.1 Artistic Gymnastics:

Senior Men	Minimum, turning 16 years of age in the year of competition
Junior Men	Minimum, turning 14 years of age in the year of competition Maximum, turning 18 years of age in the year of competition
Senior Women	Minimum, turning 16 years of age in the year of competition
Junior Women	Minimum, turning 13 years of age in the year of competition Maximum, turning 15 years of age in the year of competition

Rhythmic Gymnastics:

Senior	Minimum, turning 16 years of age in the year of competition
Junior	Minimum, turning 13 years of age in the year of competition Maximum, turning 15 years of age in the year of competition
Senior Group	In order to hold a group competition a minimum of 3 groups is required. Junior aged participants are allowed to participate in the Senior Group category

Trampoline Gymnastics:

Senior:	Minimum, turning 17 years of age in the year of the competition
Junior:	Minimum, turning 13 years of age in the year of the competition Maximum, turning 17 years of age in the year of the competition

Birth certificates and /or passports may be checked by the Technical Coordinators.

7.1.1 The choice of competitors from all countries is the full responsibility of the respective member federation.

7.2 Number of Participants:

For all disciplines no reserve athlete(s) are permitted.

Artistic Gymnastics and Rhythmic Gymnastics:

A Team of 6 composed of Senior & Junior gymnasts, with a maximum of 3 Senior gymnasts.

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Trampoline Gymnastics:

A Team of 4 composed of 2 Senior & 2 Junior gymnasts.

7.3 Delegation Size:

DELEGATION HEAD = 1			
MAG	6 athletes	= 6	
	2 coaches	= 2	Additional coaches at full cost of federation
	1 judge	= 1	Additional to be determined
WAG	6 athletes	= 6	
	2 coaches	= 2	Additional coaches at full cost of federation
	1 judge	= 1	Additional to be determined
RG	6 athletes	= 6	
	2 coaches	= 2	Additional coaches at full cost of federation
	1 judge	= 1	Additional to be determined
TR M	4 athletes	= 4	
	2 coaches	= 2	Additional coaches at full cost of federation
	1 judge	= 1	Additional to be determined
TR W	4 athletes	= 4	
	2 coaches	= 2	Additional coaches at full cost of federation
	1 judge	= 1	Additional to be determined
TOTAL	=	41	

RG Group 6 athletes = 6 At full cost of federation
Junior allowed in Senior Group for the Senior Program
1 coach = 1 At full cost of federation
1 judge = 1 At full cost of federation

ARTICLE 8: DURATION AND SCHEDULE

8.1 The Pacific Rim Championship for Artistic Gymnastics will be carried out according to the following schedule:

- A. The MAG Team and All-Around Competition (I/II) on Day1.
- B. The WAG Team and All-Around Competition (I/II) on Day 2.
- C. The Apparatus Finals (III) for MAG (Floor, Pommels, Rings) and WAG (Vault, Uneven Bars) for Senior and Junior on Day 3.
- D. The Apparatus Finals (III) for MAG (Vault, Parallel Bars, High Bar) and WAG (Beam, Floor) for Senior and Junior on Day 3 or 4.

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- 8.2 The Pacific Rim Championships for Rhythmic Gymnastics will be carried out according to the following schedule:
- A. The Team and All-Around Competition (I/II) on Day 1 & 2.
 - B. The Junior and Senior Apparatus Finals for 2 apparatus on Day 3.
 - C. The Junior and Senior Apparatus Finals for 2 apparatus on Day 3 or 4.
- 8.3 The Pacific Rim Championships for Trampoline Gymnastics will be carried out according to the following schedule:
- A. Individual Trampoline Preliminaries & Team on Day 2.
 - B. Individual Trampoline Finals on Day 3.

Each host organizing committee will propose to the PANGF Executive Committee, within 3 months of being awarded the bid to host the Championships, how they intend to schedule competition for all disciplines within the Championships. Some flexibility will be allowed to suit the venues and television or other marketing situations. Some requests for reasonable adaptations to the schedule will be considered.

ARTICLE 9: COMPETITION FORMAT

Unless otherwise stated in PANGF rules, the Pacific Rim Championships will be conducted according to FIG rules. Senior and Junior FIG rules will be applied for all disciplines.

9.1 Team & All Around

The competition in Artistic Gymnastics will consist of six event optional Team and All Around for men, and a four event optional Team and All-Around for women according to FIG rules for competition I.

The competition in Rhythmic Gymnastics will consist of four apparatus Team and All Around competition according to FIG rules for competition I.

In Trampoline Gymnastics the team ranking will be established using FIG Team qualification rules.

9.1.1 For Artistic and Rhythmic Gymnastics, a Team of 6 (maximum of 3 Senior gymnasts), with 5 gymnasts to compete on/with each apparatus. The highest 4 of the 5 scores at each apparatus are used to arrive at the team total (6-5-4 competition format).

Before the competition, Federations must name the five (5) gymnasts who will compete on each apparatus for the team total. The designated 6th gymnast for

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each apparatus will be permitted to compete (unofficially for team competition) and will be eligible for the Individual All Around and Apparatus Finals.

9.1.2 For Trampoline Gymnastics, a Team will consist of 4 gymnasts per gender. The Junior and Senior gymnasts will combine to form a men's Team and a women's Team of 4 gymnasts. The highest 3 of 4 scores from the 1st voluntary routine plus the highest 3 of the 4 scores from the 2nd voluntary routine will be totaled for the Team total. There will separate Team awards for men and women.

9.1.3 The results of the Men's and Women's Artistic, Rhythmic Gymnastics and Trampoline Gymnastics will be totaled separately. No combined scores will be calculated.

9.1.4 Where competition I and II are combined (Team and All-Around) the ranking for All-Around will be according to FIG Rules.

9.1.5 The Team and All-Around competition will be according to FIG Rules for competition I

9.2 Apparatus Finals

9.2.1 Combined Individual Event / Apparatus Finals will be conducted in both Junior and Senior age division. The top 8 Juniors and the top 8 Seniors in each age division will qualify for Event / Apparatus Finals with a limit of two per country in each age category.

9.2.2 Two reserves will be named. The rules for substitution will be according to the current FIG rules.

9.2.3 The draw for order of competition will be according to FIG rules.

9.2.4 Artistic Gymnastics:

Senior Apparatus Finals will be according to FIG rules for Competition III.

Junior Apparatus Finals will be according to FIG rules for Competition III except for Vault, which will be judged according to Competition II rules.

For Junior Apparatus Finals, gymnasts will be permitted a touch warm-up prior to competition on each event.

When there is no separate training/warm-up facility for Senior Apparatus Finals, gymnasts will be permitted a touch warm-up prior to competition on each event, including 3 running approaches on Vault.

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9.3 Rotation of groups in Competition 1

9.3.1 Order of event rotation will be according to FIG regulations.

9.3.2 The competition will take place in one session with one subdivision (with or without byes) or two subdivisions as needed according to the number of teams registered.

9.3.3 The duration of a subdivision during which each team competes six events for Men's Artistic Gymnastics or four events for Women's Artistic Gymnastics or two apparatus for Rhythmic Gymnastics must not exceed two and a half hours (2.5).

9.3.4 In Artistic Gymnastics one or two teams of gymnasts may be drawn into one group depending on the number of teams entered and the number of subdivisions desired.

9.4 The drawing of lots

9.4.1 The drawing of lots for the competition will take place at least one month prior to competition. It will be a public draw attended by the PANGF President or his/her delegate, Organizing Committee Chairperson, and the Organizing Committee Technical Director.

9.4.2 The last subdivision will be seeded from the results of the previous Pacific Rim Championships. For women's artistic the three (3) top teams plus the host federation, for men's artistic the top five (5) teams plus the host federation, for rhythmic the four (4) top teams plus the host federation will appear in the last subdivision.

In the case of the host federation being amongst the top 3-5 teams respectively, the final position and all other positions will be allocated by the draw.

9.5 Each Federation has the responsibility to submit the Team competitive order for their gymnasts at each event at the time designated by the Organizing Committee, usually within 24 to 48 hours prior to the start of the competition. Failure to respect this deadline will result in a 0.5 team penalty.

ARTICLE 10: PANEL OF JUDGES

10.1 The judging panel will be assembled from judges who are registered on the list of the FIG International Judges.

10.2 Every participating Member Federation must register one (1) judge per discipline and can have a maximum of three (3) per discipline.

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10.2.1 The balance of the judges may be supplied by the host federation. There may be no more than (1) judge from each federation on each apparatus. The final decision will be taken by the Technical Coordinator in consultation with the Executive to ensure the integrity of the panels is retained.

- 10.3 The fine for non-compliance with TR 10.2 will be US\$1000 for each discipline. The fine income will be used to cover the cost of travel and accommodation for additional judges, as appointed by the PANGF EC to officiate at the event.
- 10.4 Artistic Gymnastics – the total number of judges on the D and E panels will be a minimum of three (3), determined by the PANGF Technical Coordinators in consultation with the Executive, considering the total number of judges registered and available. A D judge can serve as both a member of the D and of the E panel.

The D Panels are allocated/drawn taking into account the FIG Categories of the judges with the highest category being eligible for D Panel. If there are more than 8 Cat 1 and 2 judges a draw could then be done for positions on D panel with all of these judges being eligible.

10.4.1 The placement of judges is assigned by the Technical Coordinators, at least 24 hours before the start of the competition and approved by the Executive.

- 10.5 Rhythmic Gymnastics – to be determined by Technical Coordinator - RG
- 10.6 Trampoline Gymnastics – to be determined by Technical Coordinator - TR
- 10.7 The Jury of Appeal will be appointed by the host federation and shall consist of:
- The PANGF Technical Coordinator
 - The local host federation Technical Director
 - The PANGF President or his /her designate
 - The Chair of Judges panel of the event in question
- 10.8 The Jury of Appeal will decide any extraordinary and unforeseen instances, which are not covered by the current Technical Regulations and the Code of Points and which occur during the competition.
- 10.9 Where justified the Technical Coordinators and coaches may query the gymnast's D Score. The Technical Coordinator in consultation with the 'D' panel may change the D Score if the value of an element is incorrect, a bonus is not awarded or there has been a calculation error. This query must be submitted, preferably in writing, immediately at the end of that apparatus rotation.

The D Score may be raised, lowered or not altered. The D Score will not be altered if bonus has not been awarded because there has been an execution or compositional deduction.

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ARTICLE 11: TECHNICAL ORGANIZATION - PRINCIPAL DUTIES

- 11.1 The Technical organization and execution is entrusted to the organizers who will ensure that their highest technical and administrative personnel will serve as Event Directors for Women's Artistic Gymnastics, Event Director for Men's Artistic Gymnastics, Event Director for Rhythmic Gymnastics and Event Director for Trampoline Gymnastics. The PANGF Technical Coordinators for all 4 disciplines will collaborate with the Technical Organization by correspondence, if these Technical Coordinators do not belong to the host federation.
- 11.2 The Organizing Committee is completely responsible for the organization and execution of the Pacific Rim Championships and takes the responsibility for all transactions and subsequent costs, particularly:
- A. Printing and distribution of a periodical information bulletin which contains all essential information of the organization to all member federations, Executive Committee and Men's Artistic, Women's Artistic, Rhythmic and Trampoline Coordinators.
 - B. The sending of punctual preliminary commitment to participate, as well as the provisional, definitive and nominative registrations forms.
 - C. The notification to PANGF Member Federations of the brand names of all various apparatus at least three (3) months in advance of the competition. All apparatus to be utilized during the competition and training must meet current FIG specifications and dimensions.
 - D. Preparation of the competition site and training possibilities in a suitable gym. Training to be available three (3) days before the competition.
 - E. For artistic gymnastics training to be available twice a day as per FIG requirements and available in one, three hour and one, one and a half hour session. For rhythmic gymnastics 3 hours of training is to be available to each federation comprising of 2 hours for one session and one hour for the other or two sessions of one and a half hours each.
 - F. Provision for one and one half hours of warm-up to be provided prior to each session (one complete rotation) of the competition with the last hour being grouped and timed.
 - G. Assistant judges for timing and line judging are required for artistic and rhythmic gymnastics.

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- H. The necessary apparatus (electronic if possible) to control the boundary lines on floor, the timing on floor and the timing on beam. For Rhythmic Gymnastics a control zone must be provided for the checking of the apparatus proposed to be used by the gymnasts. Personnel, qualified to carry out such checks must also be assigned.
- I. The necessary equipment for musical accompaniment for women's floor exercise, rhythmic gymnastics and the march in and out of the gymnasts.
- J. All necessary personnel and equipment for the system of flashing the scores to the public, as well as runners to deliver the scores to 'D' Panel of the Apparatus. If possible, an electric scoreboard on which to flash the average score for each gymnast.
- K. All necessary qualified personnel in regard to maintaining the time schedule and conveying the results of the competition:
 - i. Competition Director;
 - ii. Floor Director charged with the location of personnel, apparatus, installation of other equipment;
 - iii. Apparatus representative attending to apparatus for competition and training and its installation;
 - iv. Local leader for each team squad;
 - v. A scorer's table with sufficient personnel for the control, the achievement and distribution of the scoring results of the competitors as outlined in Article 12;
 - vi. Assistants for the judges and judges' chair on the floor in order to fulfill their obligations.
- L. Personnel, equipment, platform and necessary installations of flags, music for the awards ceremony, presentations of medals and certificates.
- M. Printing and labeling of all score sheets and judges score slips according to FIG patterns.
- N. Provision of a medical trainer, doctor and essential emergency equipment.
- O. All internal transportation for all those belonging to the delegations (gymnasts, coaches, judges and delegation leaders) as well as the PANGF President, Secretary and Technical Coordinators, and any invited FIG guests, from the arrival at the port of entry until departure home from the airport or other method of transport.
- P. Cost of meals, accommodation and travel to and from the host country for the Technical Coordinators for each discipline and the President (meals & accommodation only). For the PANGF President the cost of travel to and from the host country will be paid from PANGF funds.

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- 11.3 In accordance with these Technical Regulations, the Organizing Committee agrees to assume responsibility for the entire affair of the competition, training, judging meetings, and lectures, related symposia, and other necessary meetings according to its agreement with the PANGF.

ARTICLE 12: DOCUMENTATION OF RESULTS, PLACINGS AND FINALISTS

- 12.1 The PANGF Executive Committee, the Jury of Appeal, the Delegation Leaders and members of the press, radio and television are delivered with the running score standings and results as soon as available throughout the competition.
- 12.2 Immediately after leaving an apparatus the coach is provided with all scores for his/her team on that apparatus.
- 12.3 At the end of Competition 1, all delegation leaders, 'A' panel judges, Jury, PANGF Executive Committee, FIG guests, press radio and television are furnished with a complete set of results including:
- A. A placement list of all teams;
 - B. A placement list of all gymnasts in the All-Around including individual scores on the apparatus showing scores of all judges and head judges.
- 12.4 Directly after the competition, the Organizing Committee will compile the list of eight (8) finalists in each event (a maximum of two (2) per country), listing also the two reserves. The list must be signed off by the Technical Coordinators of the respective discipline. The list of finalists will be distributed to all delegation leaders, PANGF Executive.
- 12.5 At the conclusion of the Championship each delegation will receive a complete set of all results.

ARTICLE 13: TITLES

- 13.1 The first placed team earns the title "Pacific Rim" Team Champions in:
- Men's Artistic Gymnastics
 - Women's Artistic Gymnastic
 - Rhythmic Gymnastics
 - Trampoline Gymnastics
- 13.2 The first placed All-Around gymnast earns the title "Pacific Rim" Junior or Senior All-Around Champion in:
- Men's Artistic Gymnastics
 - Women's Artistic Gymnastics
 - Rhythmic Gymnastics
 - Trampoline Gymnastics

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13.3 The first placed gymnast on each of the apparatus earns the title "Pacific Rim" Junior or Senior Apparatus Champion in:

- Men's Artistic Gymnastics
- Women's Artistic Gymnastics
- Rhythmic Gymnastics

13.4 In the case of the scores being the same for the first place, the title will be given to all those teams or individuals who have obtained that score.

ARTICLE 14: MEDALS AND VICTORY HONOURS

14.1 Team:

To gymnasts (6 per team) and one coach (one per Team) for Artistic and Rhythmic Gymnastics

- First Place Team Gold Medal
- Second Place Team Silver Medal
- Third Place Team Bronze Medal

To gymnasts (4 per team) and one coach (one per Team) for Trampoline Gymnastics

- First Place Team Gold Medal
- Second Place Team Silver Medal
- Third Place Team Bronze Medal

In the case that two teams obtain the same team score total (team tie) for first place, then dual awards will be presented

14.2 To the All-Around winners, Junior and Senior

- First Place All-Around Gold Medal
- Second Place All-Around Silver Medal
- Third Place All-Around Bronze Medal

14.3 To the winners, Junior and Senior, on each apparatus respectively:

- First Place Gold Medal
- Second Place Silver Medal
- Third Place Bronze Medal

14.4 Commemorative Medals will be issued to all participants (Official delegation members, additional participating judges, (maximum 3 judges per discipline per federation), PANGF Executive).

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- 14.5 Certificates of remembrance will be issued to all gymnasts, coaches, judges, and delegation leaders, as well as technical co-workers, stating their first and last names, association and duties.
- 14.6 The medal design must utilize the die that was struck for the Pacific Alliance awards in 1982 or, if the Organizing Committee wishes to utilize its own design it must be approved by the PANGF President.
- 14.7 Awards Protocol – for the team and individual all-around competition there will be 2 sets of medals to present - the Team and the All-around. For these the national anthem for first place finishers will be played and the national flag displayed. For the finals for all events and categories the athletes are to be named for their positions to the podium, their country flag is to be shown behind them, the presenters make the medal presentations all at once, national anthems are not played.
- 14.8 For medal presentation ceremonies gymnasts will wear their competition attire. Coaches will wear appropriate team tracksuit and footwear.

ARTICLE 15: RELATED SEMINARS AND SYMPOSIA

- 15.1 The host federation is encouraged to organize a Symposium after the main "Pacific Rim" competition, which would be from one to three days duration.
- 15.2 Each participating Federation would be invited to prepare and deliver a presentation.
- 15.3 A schedule of lecture and teaching demonstrations to promote the exchange of ideas in the area of coaching, judging, bio-mechanics, sports medicine, athlete nutrition and /or club management etc. will be worked out.

ARTICLE 16: UNIFORMS

- 16.1 Athletes As per FIG Regulations and Code of Points
- 16.2 Coaches As per FIG Regulations and Code of Points
- 16.3 Judges As per FIG Regulations and Code of Points.

ARTICLE 17: SPECIAL CASES

- 17.1 In all items not covered by these PANGF Regulations, the FIG Statutes and the FIG Technical Regulations will apply.

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- 17.2 All official communications, documents and directives must be in the English language. They may also be in the language of the organizing federation.
- 17.3 The Organizers must adhere to these PANGF Technical Regulations and PANGF Constitutional Statutes and, where applicable, their FIG counterparts.
- 17.4 In exceptional cases, the PANGF Executive Committee with the organizers, will decide according to what will be most beneficial to the organization and the execution of the Pacific Alliance competitions.