

COMPETITION RULES WOMEN MÄLARCUPEN 2024



Class	Age	CoP
Senior	-08 and earlier	FIG CoP
Junior	-09/-10/-11	FIG Junior rules Juniors have a DV restriction: elements F and higher have a maximum value of 0,5. DMT Bonus will not be awarded.
Youth	-12/-13	modified FIG rules Youths have a DV restriction: elements F and higher have a maximum value of 0,5. DMT Bonus will not be awarded.

Overall rules according to the FIG Code of Points – WAG, valid 2022-2024, except for the modifications stated below:

Finals

The top eight results from each class (Senior, Junior, Youth and Future Stars class B) on each apparatus will qualify for the finals on Sunday.

Additional soft mats

The gymnast must use an additional soft mat (10 cm) on top of existing landing basic mat according to FIG rules on vault, uneven bars and balance beam.

On the uneven bars an extra additional soft mat (10 cm) may be used for flight elements.

An additional soft mat (10 cm) may be used on floor for double salto. The extra additional soft mat can stay in place on uneven bars/floor during the routine or can be removed.

Vault

In All Around (AA) competition and Team competition: one vault must be performed. The gymnasts who wish to qualify to the apparatus finals on Sunday must perform two vaults in the AA competition. The first vault score counts in the AA comp.

Seniors: According to FIG rules, the two vaults must be from different groups and may not have identical 2nd flight phases

Juniors and

Youth: Two different vaults (may be from the same group)

Uneven Bars

According to FIG rules the gymnast is permitted to raise both bar rails if her feet touch the mat.

Seniors: Exercises according to the FIG CoP.

Juniors: Exercises according to the FIG Junior rules.

Youth: CR 1 Two different grips
CR 2 A close bar circle element at least B-value
CR 3 A non flight element with at least ½ turn (180°) to/at handstand
CR 4 One of the following elements
a: Flight element from HB to LB
b: Flight element on same bar (see def. flight in CoP)

Juniors
and Youth:

will not be deducted for empty swing if they perform a kip after Shaposhnikova elements.

Beam

Seniors: Exercises according to FIG rules CoP

Juniors: Exercises according to the FIG Junior rules

Youth: CR 1 One connection of at least 2 different dance elements, one being a leap or jump with 180° split/cross or straddle position
CR 2 Turn (gr.3) or Roll/Flairs
CR 3 One acro series min 2 flight elements, same or different
CR 4 Acro elements in different directions fwd/swd and bwd

Floor exercise

Seniors: Exercises according to FIG rules CoP

Juniors: Exercises according to the FIG Junior rules

Youth: CR 1 A dance passage of at least 2 different leaps or hops, one with 180° split/cross or straddle position
CR 2 Acro line included a salto with minimum 360° LA-turn
CR 3 Acro line with two saltos, same or different
CR 4 Acro lines with salto fwd/swd and bwd

COMPETITION RULES WOMEN MÄLARCUPEN "FUTURE STARS" 2023



Future Stars Competition A

Swedish compulsory programs "**Svenska Stegserierna**" level 5, 6 and 7.

All Around competition (for each level) and team competition (level 5, 6, 7 and optional class together)

Future Stars Competition B – optional class

Optional programs. Age: min 11 years during calendar year.

All Around competition, team competition (level 5, 6, 7 and optional class together) and apparatus finals (on Sunday).

D-score: DV as CoP but with double value on UB, BB and FX.
CV as CoP.
CR with modifications as listed below

E-score: Execution and deductions as CoP when exceptions are not listed below

Bonus: + 0,2 if a C-Dismount (or more) is performed without a fall.

Vault (VT) Future Stars

In All-Around (AA) competition and Team competition: one vault must be performed.

The gymnasts who wish to qualify to the apparatus finals on Sunday must perform two vaults in the AA competition. The first vault score counts in the AA comp.

Two different vaults (may be from the same group but with different numbers).

Step or jump with hand/hands on vaulting table: deduction 0,50 P.

Touch warm-up: one attempt for each competition vault is allowed.

Uneven Bars (UB) Future Stars

- CR 1 Flight element from HB to LB
- CR 2 Flight element on the same bar
- CR 3 Different grips
- CR 4 One non-flight element with 1/2 turn (180°) performed over the bar **or** one non-flight element with 1/1 turn (360°)
- CR 5 Element to or through handstand

No deduction for empty swing if a kip is performed after Shaposhnikova elements.

An extra additional soft mat (10 cm) may be used for flight elements without deductions. The mat can stay in place during the routine or can be removed.

Neutral deduction for short exercise on UB is changed to

6 elements gives deduction 2,00 P	3 elements gives deduction 5,00 P
5 elements gives deduction 3,00 P	2 elements gives deduction 6,00 P
4 elements gives deduction 4,00 P	1 element gives deduction 7,00 P

Balance Beam (BB) Future Stars

- CR 1 One connection of at least 2 different dance elements, one being a leap or jump with 180° split/cross or straddle position
- CR 2 Turn (gr.3) or Rolls/Flairs
- CR 3 One acro series min 2 flight elements on beam (could be same)
- CR 4 One acro element fwd/swd and one bwd (no MT or DMT)
- CR 5 Salto fwd/swd or bwd on the beam (MT ok)

Floor Exercise (FX) Future Stars

- CR 1 One dance passage of at least 2 different leaps or hops, one with 180° split/cross or straddle position
- CR 2 Salto fwd or bwd with LA turn (min 360°) within an acroline
- CR 3 Double salto within an acroline
- CR 4 Salto fwd/swd and bwd within an acroline or different acrolines
- CR 5 One acroline with 2 salti (connected or not, could be same)

An additional soft mat (10 cm) may be used on floor for double salto. The extra additional soft mat can stay in place during the routine or can be removed.