

COMPETITION RULES WOMEN MÄLARCUPEN 2021



Overall rules according to the FIG Code of Points –WAG, valid 2017-2021, except for the modifications stated below.

Class	Age	CoP
Youth	-09 and later	modified FIG rules
Junior	-06/-07/-08	FIG Junior rules
Senior	-05 and earlier	FIG CoP

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 but with different numbers)

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 (2) different grips
- CR 2 One close bar circle element
- CR 3 One non flight element with at least 1/2 turn (180°), no mount
- CR 4 One (1) of the following element
 - a: Flight element from HB to LB
 - b: Flight element on same bar (see def. flight in CoP)

Youth and Juniors **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)
CR 3 One acro series min 2 elements one being a salto
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 (may be the same)
CR 4 Acro lines with salto fwd/swd and bwd

Additional soft mats

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

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

For youths and juniors an additional soft mat (10 cm) may be used on floor for double salto.

Finals

The top four results from each class (senior, junior, youth and Future Stars class B) on each apparatus will qualify for the finals on Sunday.

COMPETITION RULES WOMEN MÄLARCUPEN "FUTURE STARS" 2021



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: born 2010 and earlier.

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

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 on vaulting table: deduction 0,50 P.

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 element with 1/1 turn (360°), no mount or dismount

CR 5 Element to or through handstand

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)

CR 3 One acro series min 2 flight elements on beam (could be same)

CR 4 One acro element fwd/swd and one bwd

CR 5 Salto fwd/swd or bwd on the beam (mount 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/swd & bwd within an acroline or different acrolines
- CR 3 Salto with LA turn (min 360°) within an acroline
- CR 4 Double salto within an acroline
- CR 5 One acroline with 2 salti (connected or not, could be same)