

Coaches Handbook

Men's Artistic Gymnastics



European
Gymnastics



European
Gymnastics

Men's Technical Committee



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NUMBER OF COACHES ON THE FOP DURING COMPETITION



- For full Teams in the QC, 2 coaches are allowed
- For Federations with Individual Gymnasts in the QC, **ONLY** 1 coach is allowed regardless of the number of Individuals
- For Federations with Individual Gymnasts in the MTF, AAF and AF, 1 coach per gymnast is allowed
- For all competitions, 1 Team Medical person per National Federation is allowed
- The above maximum number of coaches on the FOP does not apply to Podium Training!

RETURNING TO THE WARM-UP HALL DURING THE COMPETITION



Gymnasts are permitted to return to the warm-up hall during Podium Training & / Competitions, without any special approval, in order to share the designated stretching area and the apparatus. Priority will nevertheless always be given to any gymnast's warming-up for the following subdivision. Therefore, permission will be required from any federation(s) warming-up on the Apparatus before the gymnasts coming from the Competition Hall may use a specific apparatus. Gymnasts will be fully responsible to return to the competition hall when required in order to perform their routine on time.

ABSENCE FROM THE COMPETITION HALL



Gymnasts may briefly leave the FOP for personal reasons without any special permission, however it is the responsibility of the gymnast to ensure they are back in time to compete. The competition will **NOT** be delayed as a result of their absence.

NATIONAL IDENTIFICATION / EMBLEM



Must be in the form of:-

A FLAG (in official colours) **AND OR**

The Country Name (FIG 3 Letter Federation Code or in Full)

The Minimum size overall area is 30 sq. cm.

A countries national emblem / crest / coat of arms may be worn in addition to the mandatory Flag or Country Name.

Placement is Optional

SUPPLEMENTARY MATS

**Are available in the
Warm-up Hall
&
at Podium Training**

BUT

**Are NOT allowed on
the Field of Play during
the Competition
or
during the Touch
Warm-up**

APPARATUS



Tension Control Sensor (TCS)

A Tension Control Sensor will be provided by Spieth and used on the Still Rings and Horizontal Bar.

It is considered dangerous for gymnasts to compete with a tension outside of the recommended norms. As a result, after an initial warning, a deduction may be applied in the future, if adherence to the recommended norms is not respected.

Please refer to the FIG Apparatus Norms – Page 77 to understand the “recommended norms”.

PREPARING THE APPARATUS



Coaches can move discretely to the next Apparatus **IN ADVANCE** of the rotation of gymnasts being announced and start preparing the apparatus **as soon as the rotation music starts** – **NOT BEFORE.**

In the Qualifications, for preparation of any apparatus prior to an exercise (during the touch warm-up and competition), any FOP accredited person from the federation of the gymnasts may assist.

In the All-Around or Apparatus Finals, a maximum of three people (the competing gymnast, coach, and 1 other FOP accredited person) may be on the podium to prepare the apparatus.

If there are two Teams in one group, the preparation of the apparatus can start after the last exercise of the first team.

Remember - The preparation of the Apparatus (including Vault) cannot begin until the rotation music starts

RAISING OF THE HORIZONTAL BAR

All requests to raise the HB will be checked by the TC President, TD / European Gymnastics Member during a Training session. The gymnast will be asked to perform an element on the Horizontal Bar (i.e., Giant) and **only if he touches the mat during this element** will approval be granted to raise the HB.

Competition Order for Gymnasts where the HB has been raised

To ensure the smooth running of the competition (without raising and lowering the HB too many times), the gymnast who requires the apparatus to be raised, will warm-up last and compete first.

COMPETITION ORDER IN THE QC - TEAMS



The (up to) 4 team gymnasts will always compete first at each apparatus. The 6th gymnast will compete on the apparatus after all the team gymnasts have competed.

With 2 teams on each apparatus in a subdivision, the first team (plus 6th gymnast if competing at that apparatus) will warm up and compete. Then the second team (plus 6th gymnast if competing at that apparatus) will warm up and compete.

COMPETITION ORDER IN THE QC – TEAM / MXD GROUP

The competing order of Teams / Mixed Groups will NOT alternate during the Qualification Competition – see example below.

Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
MG2	MG2	MG2	MG2	MG2	MG2
ISR	ISR	ISR	ISR	ISR	ISR

ROTATION WITHIN MIXED GROUPS IN THE QC

NF with more than one gymnast within a Mixed Group must submit the Starting Order for their gymnasts on each apparatus. This is freely decided by the NF.

The competing order of a NF with Individual gymnasts inside a Mixed Group
WILL rotate

Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6
LTU	LTU	ALB	LUX	LTU	LTU
LTU	ALB	LUX	LTU	LTU	ALB
ALB	LUX	LTU	LTU	ALB	LUX
LUX	LTU	LTU	ALB	LUX	LTU

TOUCH WARM-UP TIME IN THE QC



When the team does not have a 6th gymnast competing on an apparatus, the usual team touch warming up and competition procedures will apply.

When the team does have the 6th gymnast competing on an apparatus, the extra 50 seconds for the touch warming up will be part of the federation warming up time. For example, on Pommel Horse, the federation will have up to a total of 250 seconds (4 minutes 10 seconds) – this is 200 seconds for the 4 team gymnasts plus 50 seconds for the 6th gymnast.

The time includes all apparatus preparation.

For Teams, the total warm-up time belongs to the TEAM.

APPARATUS FINALS – WARM-UP



In Apparatus Finals, the first 4 gymnasts will warm-up and compete followed by the remaining 4 gymnasts, warming-up and competing.

Prior to the start of the AF Competition, a timed / controlled warm-up period (one apparatus at a time **under lights**) is afforded to the gymnasts on the Podium. The exact timing of this podium training is communicated in the MAG Training Plan. This warm-up will end 30 minutes before the start of the competition.

TOUCH WARM-UP ON THE PODIUM - VAULT



VAULT WARM-UP ATTEMPTS

- During the warm up, each gymnast is permitted 2 Vaults (maximum). This applies during any phase of the competition where the warm up is occurring on the podium.
- The gymnast is entitled to their 2 warm up Vaults even if the warm up time has expired.
- For Individuals & Teams, the Warm-up is managed by the Line Judge on Vault.

FALL TIME

The gymnast is allowed 30 seconds (starting when he is on his feet) to remount the apparatus after a Fall.

If he remounts the apparatus between 31 seconds & 60 seconds – a deduction of 0.30 for “Exceeding the Fall Time” will be applied.

If he remounts the apparatus at 61 seconds or later – the exercise will be considered finished at the fall & any elements performed after remounting at this time will not be judged.

FALL TIME

Following a fall from the apparatus if a gymnast intentionally remains off his feet to avoid the intermediate fall time (resting / adjusting grips / receiving chalk from his coach / delaying the competition without justification)

= 0.30 Deduction from the Final Score - Considered Abusive Behaviour

COACH REMAINING ON THE PODIUM

The coach has the right to:

Be present on the podium after the green light is lit to **remove the springboard on Parallel Bars**.

Be present at **Rings** and **Horizontal Bar** during the gymnast's exercise for reasons of safety.

In this example at vault:

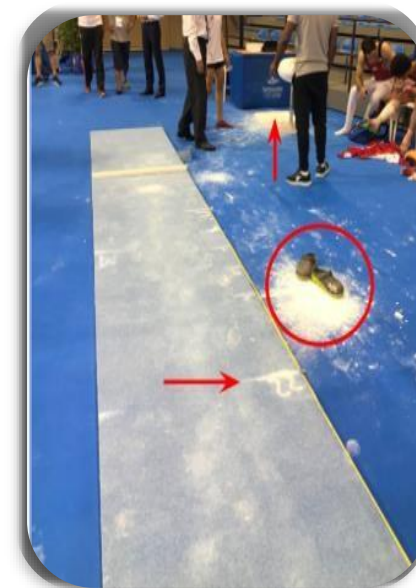


0.50 deduction from the Final Score

REMINDER – DAMAGE TO THE APPARATUS & INCORRECT USE OF MAGNESIA



PAY ATTENTION!
0.50 Deduction



INQUIRIES



INQUIRY

- Coaches should go directly to the Inquiry Desk and NOT to the Judges on the Apparatus.
- There will be 2 Inquiry Desks on the FOP.
- Please refer to the FIG Tech. Regs. Section 1 – Article 8.5 for the updated timing / procedure around the submission of an inquiry (May 25 Edition).
- Complete **Appendix 8** in **FULL** and submit it to the Inquiry Desk / input the relevant data into the SmartScoring Tablet (the Inquiry Officer will help the coach with the tablet input).
- It is vital that when submitting an Inquiry the coach includes 1) the reason for the Inquiry & 2) the expected D-Score.
- No Cash on the FOP. For unsuccessful inquiries, invoices will be sent by the European Gymnastics Office to the Federation concerned at a later date

LINE, TIME & **STICK BONUS** REVIEW



- Coaches should go directly to the Inquiry Desk and NOT to the Judges on the Apparatus.
- Complete **Appendix 9** in **FULL** and submit it to the Inquiry Desk / input the relevant data into the Inquiry Tablet. Please note that a Line, Time & Stick Bonus Review must comply with the same principles, procedures & deadlines specified for Inquiries in the FIG Technical Regulations, Section 1, Articles 8.5.
- There is **NO FEE** payable for a Time, Line or **Stick Bonus** Review



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