

# Men's 2010 'Cash and Carry Cup' Rules

## Rationale

- This session is open to all athletes normally competing in any category but especially those in National Youth, National Open, High Performance, Junior and Senior and we welcome any National Team members.
- Deduction will be as per FIG (0.1, 0.3, 0.5, 1.0).
- The 'Cash and Carry' session is governed by in house rules. See below.
- An intent of the 'Cash and Carry Cup' is to promote clean and well executed gymnastics, in a setting that allows top athletes of all ages to compete fairly with and against each other in a friendly competition.
- Another intent of the 'Cash and Carry Cup' is to provide an easy to understand competition format allowing increased excitement for the audience and competitors. Training reimbursement awards are to be provided to athletes placing top three on the individual events and top six All Around.

## General Rules (keeping the perfect 10.0 alive!)

- 8 value parts per routine (supplementary skills as per GCG levels 3 and 4 program allowed for all gymnasts). In other words all athletes can use any skill that was ever a considered a skill even though it is not in the current *FIG Code of Points*.
- All gymnasts will have a start value of 9.7 (Vault 9.5 or 10.0).
- No skill repetition.
- Short routines will be deducted 0.5 for each missing element.
- Each missing special requirement will be deducted 0.5.
- Up to 0.2 virtuosity bonus is available to all gymnasts.
- Up to 0.1 artistic merit bonus is available to all gymnasts.
- Unrecognized dismounts will also receive a 0.5 deduction (i.e. jumping off the high bar on a back swing).
- Extra swings will not be considered elements anywhere. Some extra swings will be allowed without deduction for athletes under 13 on some apparatus (see individual apparatus section). Otherwise FIG rules for extra swings apply.
- No judging protests.
- On some event there will be some age stipulations which will allow for slightly different requirements. See Pommel and PB apparatus specific requirements below.
- All age stipulations are as of December 31<sup>st</sup>, 2010.
- There will be a one touch warm-up on all apparatus.

## 'Cash and Carry Cup' Awards (final sums to TBD)

### *Individual Events*

1<sup>st</sup>- 'Training reimbursement' cheque=\$300  
2<sup>nd</sup>- 'Training reimbursement' cheque=\$125  
3<sup>rd</sup>- 'Training reimbursement' cheque=\$75

### *All Around*

1<sup>st</sup>-6<sup>th</sup> 'Training reimbursement' cheque  
\$200-\$25

### *Audience voted*

Several awards may be presented to athletes based on votes received from the audience. These awards TBD

# Men's 2010 'Cash and Carry Cup' Rules

## Event Special Requirements (to ensure all routines are equal)

- FX            No age stipulations  
                 All 3 corners of the floor must be used  
                 3 Tumbling lines  
                 A strength hold or balance part is required (e.g. a scale)
  
- PH            3 categories and competition apparatus will be used  
  
                 Category A - under 13 years old- compete on the mushroom  
                 Category B - 13-15 years old- compete big horse no handles  
                 Category C - 16 years + - Compete FIG regulation horse  
  
                 Individuals can request to compete in a higher category but not a lower one  
  
                 \* Remember repetition rule applies to all except to those on the mushroom who can count 3 circles, each as a separate element. This is because on the long horse a side circle, a loop and a reverse loop are separate elements, which cannot be distinguished apart on the mushroom as separate elements.  
                 \*In addition all athletes in all Categories (A, B or C) can count 1 flair in any position as a separate skill.
  
- R            No age stipulations  
                 One strength hold part (not in L-seat family)  
                 FIG height
  
- V            Any salto vaults or vaults with 360 degree turns or greater have 10.0 SV  
                 All other vaults will have a 9.5 SV  
                 No deduction for using mini-tramp or double beat board  
                 Vault height 135 cm for everyone
  
- PB            No simple layaways allowed (HS to front up-rise OK)  
                 FIG height  
                 Athletes under 13 are allowed two extra swings, which are not to be counted as elements. These extra swings are however, subject to execution deductions.
  
- HB            No Requirements  
                 FIG height  
                 Athletes under 13 are allowed two extra swings, which are not to be counted as elements. These extra swings are however, subject to execution deductions.

# *Women's 2010 Cash and Carry Cup Rules*

## **Rationale and General Rules**

1. This session is open to all Level 5 and National Level athletes of all ages.
2. The intent of the "Cash and Carry Cup" is to promote clean and well executed gymnastics, in a setting that allows top athletes of all ages to compete fairly with and against each other in a friendly competition.
3. A Maximum of 40 athletes will be accepted.
4. Gymnasts are required to meet their usual Element Group Requirements. Difficulty scores will have a maximum cap in order to allow the various levels to compete fairly against one another. The B Score will be calculated as usual.
5. All Level IV and National levels are ranked together for the cash awards.
6. No Judging protests.

## **Cash and Carry Awards**

### *Individual Events*

- 1st - Training reimbursement cheques of \$300.00
- 2nd - Training reimbursement cheques of \$125.00
- 3rd - Training reimbursement cheques of \$75.00

### *All Round*

- 1st – 6<sup>th</sup> - Training reimbursement cheques of \$200.00 - \$25.00