

**Zagreb Christmas Adult Masters Gymnastics Competition  
Stjepan Boltižar Memorial 2024**

**INFORMATION AND RULES FOR COMPETITION**

- Organizer: **Zagreb Gymnastics Club "Hrvatski sokol"**
- Date: **Sunday December 1<sup>st</sup> 2024**
- Venue: **ZTD „Hrvatski sokol“, Republic of Croatia Square 6, (Trg Republike Hrvatske 6), Zagreb, Croatia**
- Competition: **Artistic gymnastics adult woman and man competition, individual and teams. The start of the competition is at 10:00 a.m., and the end is scheduled for 11:30 a.m. In case of a larger number of competitors, two subdivisions will be formed. In this case, the second subdivision will start the competition 45 minutes after the end of the first subdivision competition. The award ceremony is scheduled 30 minutes after the end of competition. Warm-up will be provided 45 minutes before the start of the competition. The final schedule and start list will be sent after registration closes.**
- Training: **Training will be available on Saturday, November 30, 2024 from 6:30 p.m. to 9:00 p.m. in the same hall where the competition will be held.**
- Entries: **On-line via Google form:**  
[https://docs.google.com/forms/d/e/1FAIpQLSf2P68QQwLKBWIEOgss6jviFNKf0OdckYj-wy5TWiud8VZpfg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf2P68QQwLKBWIEOgss6jviFNKf0OdckYj-wy5TWiud8VZpfg/viewform?usp=sf_link)  
**The deadline for entry is November 15<sup>th</sup> 2024.**
- Entry fee: **50 € payable to bank account:**  
BENEFICIARY: ZTD Hrvatski Sokol  
VAT ID: HR62134292408  
BANK: Erste&Steiermarkische bank d.d.  
BANK ADDRESS: Jadranski trg 3a, 51 000 Rijeka  
IBAN: HR3124020061100723848  
SWIFT: ESBCHR22  
AMOUNT: 50 EUR  
PAYMENT DESCRIPTION: registration fee (participant's name and surname)  
**The deadline for payment is November 22<sup>nd</sup> 2024.**

For any questions regarding the competition contact [ztdhs.tajnistvo@gmail.com](mailto:ztdhs.tajnistvo@gmail.com).

## RULES FOR WOMEN

### CATEGORIES

Category	Age in years*	Minimum required number of elements per apparatus**
I	26-35	5
II	36-45	4
III	46-55	3
IV	56-65	2
V	65+	2

\* Age is calculated by the birthday in the current year

\*\* Elements also include any gymnastic move and element of balance or strength which are not listed in the current FIG code of points

### RULES FOR JUDGING

Competitor chooses the number of apparatuses to exercise but the total score is calculated as **the sum of the two best scores**.

Final score per apparatus is calculated as the sum of “E” score and “D” score.

“E” score will start from 10 points. Final deduction is calculated as half as regulated in the current FIG code of points.

“D” score: There are no element group requirements thus there are no awards for element group requirement fulfilment. Maximum of 5 different most difficult elements per apparatus can be calculated for “D” score, including dismount if performed. The elements have double value from the same elements as regulated in the current FIG code of points (A difficulty – 0.2 points; B difficulty – 0.4 points, etc). In addition, gymnastic elements that are not listed in the current FIG code of points have 0.1 value. Each missing element for corresponding category requirement is penalized by 2 points. Exercise without elements is scored with 0 points.

Competitors can choose to perform exercise on low beam.

Vault: Each competitor can choose the vault table height and use one or two vaulting boards or small trampoline. “D” score for vault has the value according to the current FIG code of points. Vaults that are not listed in the current FIG code of points have “D” value of 1.0 point. IV and V category competitors can use gymnastic box in desired height instead of the vault table and they can jump into leg support on the table/box with or without arm support.

## RULES FOR MEN

### CATEGORIES

Category	Age in years*	Minimum required number of elements per apparatus**
I	31-40	6
II	41-50	5
III	51-60	4
IV	61-70	3
V	70+	2

\* Age is calculated by the birthday in the current year

\*\* Elements also include any gymnastic move and element of balance or strength which are not listed in the current FIG code of points

### RULES FOR JUDGING

Competitor chooses number of apparatuses to exercise but the total score is calculated as **the sum of the three best scores**.

Final score per apparatus is calculated as the sum of “E” score and “D” score.

“E” score will start from 10 points. Final deduction is calculated as half as regulated in the current FIG code of points.

“D” score: There are no element group requirements thus there are no awards for element group requirement fulfilment. Maximum of 6 different most difficult elements per apparatus can be calculated for “D” score, including dismount if performed. The elements have double value from the same elements as regulated in the current FIG code of points (A difficulty – 0.2 points; B difficulty – 0.4 points, etc). In addition, gymnastic elements that are not listed in the current FIG code of points have 0.1 value. Each missing element for corresponding category requirement is penalized by 2 points. Exercise without elements is scored with 0 points.

The height of the parallel bars is according to personal choice. Each competitor can perform exercise on high bar above the safety pit. IV and V category competitors can choose to exercise on a low bar and low rings.

Vault: Each competitor can choose the vault table height and use one or two vaulting boards or a small trampoline. “D” score for vault has value according to the current FIG code of points. Vaults that are not listed in the current FIG code of points have “D” value of 1.0 point. IV and V category competitors can use gymnastic box in desired height instead of the vault table and they can jump into leg support on the table/box with or without arm support.

## **RULES FOR TEAM COMPETITION**

Each WAG or MAG team consists of minimum three and maximum five competitors, with a maximum of two competitors from the same category in the team. Each competitor receives points depending on the final placement in her/his age category. The last gets one point, the next to the last gets two points and so on. If there is only one competitor in the age group, she/he gets one point and a credit that will be used as an advantage in case of tied team results. The team score is calculated by summing the three best placings in each team.

The team can be based on national or club level. More than one team can be registered from each country or club. Possibly, WAG or MAG teams with competitors mixed from different countries can be registered if the individuals have no other possibility to participate in team. Each team must have a captain who is in charge of registering her/his team. The name of the team is based on the national or club name, and if there are several teams from the same country or club, an additional designation (e.g. by colour, number or else) is required. The captains should send applications to [ztdhs.tajnistvo@gmail.com](mailto:ztdhs.tajnistvo@gmail.com) not later than November 15th 2024.