

# Indian Gymnastics League



## Teams

- ✓ Players participating in the first season of the league would essentially be champs who would have represented India in the recent past. Best 16 Men & Best 16 women from all over India will be selected by organizing team based on their current performance.
- ✓ Team composition would be random and to be decided by blind draws. For forming the teams two names would be drawn from each bucket labelled as: 1) Men Juniors 2) Men Seniors 3) Women Juniors 4) Women Seniors. The team formation would be as below:

GROUP A		GROUP B	
<b>Twisters (Total 8 Gymnasts)</b>	<b>Jumpers (Total 8 Gymnasts)</b>	<b>Swingers (Total 8 Gymnasts)</b>	<b>Bouncers (Total 8 Gymnasts)</b>
2 Men Juniors (Age below 18 Years)	2 Men Juniors (Age below 18 Years)	2 Men Juniors (Age below 18 Years)	2 Men Juniors (Age below 18 Years)
2 Men Seniors (Age above 18 Years)	2 Men Seniors (Age above 18 Years)	2 Men Seniors (Age above 18 Years)	2 Men Seniors (Age above 18 Years)
2 Women Juniors (Age below 18 Years)	2 Women Juniors (Age below 18 Years)	2 Women Juniors (Age below 18 Years)	2 Women Juniors (Age below 18 Years)
2 Women Seniors (Age above 18 Years)	2 Women Seniors (Age above 18 Years)	2 Women Seniors (Age above 18 Years)	2 Women Seniors (Age above 18 Years)

- ✓ Once the team is formed, coaches / mentors shall be assigned. The coach shall help the team finalize their captain.
- ✓ Top scorer teams from each group will compete in the finals.

Organized and Hosted by **PTKS and TheGymnast**  
Under the aegis of **RYP Centre of Excellence**

## Competition Format

- ✓ The Competition would be in Match Format wherein the teams would compete with each other leading to the final match as per the following draw:



- ✓ Each match will comprise of 4 Rounds and in each Round any 2 gymnasts from the competing teams would perform on the given event as under:

Round	Event (Men)	Event (Women)
1	Vault	Vault
2	High Bar	Uneven Bars
3	Tumble Track	Tumble Track
4	Rings	Beam

- ✓ 8 Events X 2 Performances on each = Total 16 performances by each team in a Match. Each Gymnast to perform at least once and at maximum thrice.

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## Rules

### ✓ Performance Requirements:

<b>Rings (M)</b>	<b>Beam (W)</b>
2 Skills	2 Skills – Should be an Acro Series*
2 Skills – 1 should be Dismount	2 Acro Skills – 1 should be Dismount
<b>Horizontal Bar (M)</b>	<b>Uneven Bars (W)</b>
2 Skills – 1 should be Flight	2 Skills – 1 should be Flight
2 Skills – 1 should be Dismount	2 Skills – 1 should be Dismount
<b>Vault (M &amp; W)</b>	<b>Tumble (M &amp; W) #</b>
1 Vault ^	2 Acro Skills – Should be in a single acro line
1 Vault ^	2 Acro Skills – Should be in a single acro line

- ✓ In case more than required number of Skills are performed than the higher difficulty skill will be considered for difficulty.
- ✓ There will be no value for repetition in a performance.

\* Acro elements without flight may also fulfil an Acro series on Beam. In case of no Acro series, only 1 Acro Skill (highest difficulty) will be considered for difficulty.

^ The 2 Vaults may be from same group but should be difference vaults. If same vault is repeated, then difficulty value for Vault #2 will only be half of the prescribed value.

# For Tumble Track, there will be a Tumble bonus (to be added to difficulty) of 10 points if both skills are Salto and 10 points if one of the skill is a double salto.



## Scoring

- ✓ Each performance shall be judged by a jury comprising of- 1 Supervisor, 1 Difficulty Judge and 3 Execution Judges.
- ✓ The score for each performance would be Difficulty Score + Execution Score.
- ✓ **Difficulty Score:** Addition of the skill values as under. For Vault, the difficulty score would be the Vault Value x 20 round off to nearest multiple of 5:

Skill Class	Score	Score (Men)	Vault	Score (Women)
A	10	30/30	Handspring / Piked	40/50
B	20	35/40	Handspring 180 /360 turn	50/60
C	30	35/40	Piked 180/360 turn	55/65
D	40	50/55/70	Handfront tuck/pike/stretch	80/85/90
E	50	45/50/65	Tsukhara tuck/pike/stretch	70/75/85
F	60	80/95	Tsukhara Stretched 360 / 720	95/110
G	70	105	Tsukhara Double tuck	-
H	80	105	Handfront double / Produnova	130

- ✓ **Execution Score:** The aggregate of the deductions by the 3 Execution Judges will be subtracted from 50 to arrive at the execution score. Maximum Execution score that could be achieved is 50 in case of a perfect execution. Minimum would be 0.
- ✓ In case of no vault or if no skill recognized, then the execution score would be 0. If only 1 skills is recognized (other than vault), Execution score would be out of 30.
- ✓ The Execution Judges to take deductions using the following scale:

Error	Small	Medium	Large	Fall
Deduction (By each judge)	1 Point	3 Points	5 Points	10 Points

- ✓ **Team Score:** The score of each performance would be added for the team score and the team with a higher score after all 4 rounds will be the winner



## Rules

### ✓ Lifelines:

#### **1. Risky Repeat:**

- Risky repeat lifeline may be used if the gymnast falls during a performance. This lifeline can be availed once in any performance and twice by each team in a match.
- The coach in consultation with the Gymnast may opt for this lifeline within 30 seconds following the first fall of the performance. If not opted after the first fall, then it cannot be opted for that performance for any subsequent fall(s).
- If opted, the gymnast will get the opportunity to perform afresh. His earlier difficulty score and execution deductions will be annulled.
- The Gymnast has to perform the same skill(s) that he/she had attempted and cannot change the skills after opting for Risky Repeat.
- If gymnast falls during Risky Repeat, the opponent team will get bonus of 20 points.

#### **2. Loaning a Gymnast:**

- The two teams, who have reached the finals, have an option to bid for gymnasts from the other 2 teams which could not reach finals.
- Maximum 2 Gymnasts (1 Men & 1 Women) may be loaned by a team in finals. For loaning, the Teams need to make a bid in a sealed envelope with the Name of Gymnast and Bid Value.
- The teams may include an additional second preference bid for 1 Men & 1 Women in case their first preference bid fails.
- Bid envelopes of both teams would be opened together before Final Match.
- Base price for bid would be INR 1,000/-. The bid price would go to the respective gymnast. The gymnast so loaned may perform on maximum 2 events in the Finals.

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## Rules

### ✓ Tie (draw):

1. In case of a tie, where the competing teams have same score at the end of the match, there would be a '**Front Salto Stick Out**' to break the tie.
2. Each teams shall put forward 5 gymnasts to perform (alternatively) a front salto from Spring Board with a short run on to a Crash Mat. The objective would be to stick the landing.
3. A team will get 1 point for sticking the salto. After all 5 gymnasts from both teams have performed, the team with the higher point will be the winner.
4. If there is still a tie, then it will be decided by 'Sudden Death Stick Out', where each team takes a further one attempt each, repeated until only one team sticks, resulting in the winning of the match.

## Award

- ✓ First prize: IGL Winner's Trophy and cash prize of Rs. 100,000/-
- ✓ Second prize: IGL runner-up certificate and cash prize of Rs. 50,000/-

### Indian Gymnastics League

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