

- The MPC can invite any athlete from Day 1 to participate in Day 2 based on extenuating circumstances.
- **The Senior All Around results will be determined by a combined 2-day total score. If an AA athlete competes two vaults, only the first vault score will be used towards their AA total.**
- **Individual Event winners will be determined by a combined two-day total score. A two-vault average on each day of competition is required for final rankings on Vault.**
- Groups from Day 1 will be kept together for Day 2, but events will be re-drawn.
- Winter Cup Junior Individual Event Finals:
 - Junior athletes will qualify on each event to Finals from the ETC competition. Qualification will be based on the following:
 - The top seven (7) athletes on each event by final ranking from ETC. In the event of a tie for 7th place, both athletes will compete in Finals.
 - Junior D score bonus will be in effect.
 - Random draw for starting order on each event. If an athlete is competing back-to back-events, adequate rest will be considered for the starting order, i.e., an athlete will not compete last on FX and first on PH.

Competition Rules

- A. This will be a FIG rules event with the exceptions noted here.
 - The following documents will be used:
 - FIG *Code of Points* –the current FIG version which can be found at <https://www.gymnastics.sport/site/rules/#2>
 - Any official Men’s Technical Committee Newsletters: <https://www.gymnastics.sport/site/pages/newsletters-mag.php>.
 - Most recent USAG/NGJA Rules Interpretations which can be found at <http://www.ngja.org/>
- B. Senior Division athletes will use the FIG *Code of Points* rules for seniors with **USAG Senior D score bonus system will NOT be in effect.**
- C. Junior athletes will use the FIG *Code of Points* rules for juniors with no Development Program modifications.
- D. **Junior D score bonus system will be in effect** and applied to final scores (**Attachment C**).
- E. The FIG competition apparel rules will be in effect (**i.e. – no dark colored competition pants, socks and/or slippers**).
 - As an exception to FIG uniform advertising rules, there will be no penalty for having an athlete’s name on their competition uniform.
- F. Athletes are required to wear a shirt or competition top for all pre-competition warm-ups.
- G. A Broken Hand Guard rule will apply, i.e., a retrieval for the breaking of a hand guard or dowel is allowed, at the discretion of the head judge.
- H. Matting:
 - Horizontal Bar: The use of an 8-inch (20 cm) safety mat under horizontal bar is allowed for release moves. Additionally, the use of an 8-inch (20 cm) safety mat for dismounts is allowed at Winter Cup (as per additional matting below).
 - Use of a 10 cm on top of the 20 cm base mat is required for landings on Vault and on both sides of Horizontal Bar. This matting configuration can be changed according to the additional matting allowance noted below; however, the 20 cm base mat must remain in place and the minimum of 30 cm is required.
 - Additional Matting:

FX	Up to 10 cm additional will be allowed – mat cannot be moved once in place. Matting may be used only for landings – no value skills may be initiated on the additional matting.
SR	30 cm mats required, up to 20 cm additional will be allowed (maximum 50 cm)
V	30 cm mats required, up to 20 cm additional will be allowed (maximum 50 cm)

PB Up to 10 cm additional will be allowed

HB 30 cm mats are required, up to 20 cm additional allowed (maximum 50 cm)

I. Vault:

- All vaults will receive a score (no zero vaults), with the exception of vaults that fail to touch the table.
- Men's vault numbers must be shown prior to each vault. Flash boards for vault numbers will be provided at the end of the vault runway.
- Per FIG rules, during the 30 second warm up on Vault, each gymnast is permitted two (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 two (2) warm up Vaults even if the 30 second warm up time has expired.

I. A 30 second (50 seconds for PB) one-touch warm-up will be used prior to the start of each rotation. There will be a timer at FX and PB.

J. Spraying water or honey on equipment is not permitted (with the exception of PB), however, spraying the hands and then rubbing the equipment will be allowed as per FIG rules

K. For preparation of the Parallel Bars prior to an exercise (during the one-touch warm up and competition), any FOP accredited person from the federation (club) of the gymnasts may assist. (FIG rules for Qualification events)

L. As an exception to FIG uniform advertising rules, there will be no penalty for having an athlete's name on their competition uniform.

M. There will be three (3) judges per event for all sessions of competition. Two (2) judges will perform D and E jury duties and one (1) judge will perform only E jury duties.

N. **IMPORTANT:** For a coach to inquire about a start value at the 2024 Winter Cup and Elite Team Cup, a prepared inquiry form must be used. The form must be typed and filled out completely prior to submission. Coaches may use the form included as **Attachment D** or they may use their own form. However, the following information must be included:

- The athlete's entire routine must be recorded – typed (may include written update during the competition).
- The Difficulty value of each skill must be shown.
- The Element Group of each skill must be shown.
- Any connection bonus must be shown.
- The total number of counting elements in the exercise.
- The total difficulty value, total element group value and final start value for the exercise must be shown.

N. **Coach's professional attire is required at ALL podium training and competition sessions - violators will be asked to leave the floor.**

- Closed-toe shoes, no sandals
- Slacks, warm-up pants or hemmed shorts (no denim and no cargo type pants or shorts will be allowed)
- T-shirt, hoodie, or collared shirts with USAG/club/school logo
- No hats
- No sleeveless shirts
- No backpacks on the podium

O. **Coach's attire at off-day training:**

- Closed toe shoes – no sandals
- Slacks, jeans, warm-up pants or shorts
- T-shirts, hoodie, or collared shirts with USAG/club/school logo
- No sleeveless shirts
- No backpacks may be worn while spotting