

# Program of national competitions

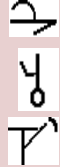
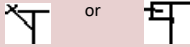




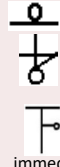



2020







In order to develop group exercises in the Republic:

It is not possible to participate in the Azerbaijan Championship and Baku championship without teams in-group exercises 2012-2010 or 2007-2008, for a club with more than 3 years of experience


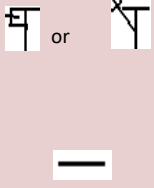


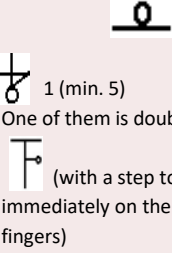

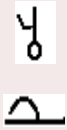




Competition	Program Individual \ Group	Date of birth	Apparatus	Number of elements with body	Max. Score D	Special requirements	Right leg	Left leg	Deductions
Baku Championships	Individual program	Kids (2010-2012)	W/A	5-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	<ul style="list-style-type: none"> <li>- min. 5 and max. 7 difficulties</li> <li>- min. 3 combinations of dance steps-the value of each step is 0.30(min. for 8 seconds)</li> <li>- min. 1-max 3 pre-acrobatic series-value of each-0.50(min. of three elements)</li> <li>- pre-acrobatic elements cannot be repeated</li> <li>- 3 visible waves-0.20</li> </ul>	<p>Necessary elements that must be present in the exercise without the apparatus:</p>  <p>(с шоссе)</p>	 or   	For the absence of necessarily elements of the body in the exercise, the difficulty judge's deduction is - 0.50 (for each missing element) For the absence of any of the Special Requirements-discount -0.30
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation Attention: (min 1 element of body difficulty with non dominant hand )			Judge's deduction D1-D2 -0.30 for absence of Special requirements
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation			
		Pre-Juniors (2008-2009)	W/A	5-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	<ul style="list-style-type: none"> <li>- min. 5 and max. 7 difficulties</li> <li>- min. 3 combinations of dance steps-the value of each step is 0.30(min. for 8 seconds)</li> <li>- min. 1-max 3 pre-acrobatic series-value of each-0.50(min. of three elements)</li> <li>- pre-acrobatic elements cannot be repeated</li> <li>- 3 visible waves-0.20</li> </ul>	<p>Necessary elements that must be present in the exercise without the apparatus:</p>  <p>(min. 5) One of them is double</p> <p>(with a step to stand immediately on the half fingers)</p>	  	For the absence of necessarily elements of the body in the exercise, the difficulty judge's deduction is - 0.50 (for each missing element) For the absence of any of the Special Requirements-discount -0.30
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation Attention: (min 1 element of body difficulty with non dominant hand )			Judge's deduction D1-D2 -0.30 for absence of Special requirements

Competition	Program Individual \ Group	Date of birth	Apparatus	Number of elements with body	Maximal score D	Special requirements	Right leg	Left leg	Deductions D1-D2
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation Attention: (min 3 element of body difficulty with non dominant hand )			Judge's deduction of difficulties <b>D1-D2</b> -0.30 for using less than three difficulty elements with non-dominant hand
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation Attention: (min 3 element of body difficulty with non dominant hand )			Judge's deduction of difficulties <b>D1-D2</b> -0.30 for using less than three difficulty elements with non-dominant hand
		Juniors (2005-2007)			Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation			
	Group exercises	Kids (2010-2012)	W/A 4, 5 or 6 gymnasts	Max 5-elements with a uniform distribution of difficulties from each group of the body.	Difficulty(D) – Open Score Execution (E)- 10.00	The duration of the exercise 1:30-2:00 min. Technical value of the exercise: - min 3-cooperation-value of each - 0.20 - min 2-max 3 pre-acrobatic series - The value of each -0.30 (minimum of two elements) (pre-acrobatic elements cannot be repeated ) - Min 4-regroup-value of each -0.20 - Min 3-combinations of dance steps - the value of each step is 0.30 ( for a minimum of 8 seconds) - 3 visible waves-0.20 each			Judge's deduction of difficulties D1 and D2 -0.30 for the execution of more than 5 difficulties with the body Judge's deduction of difficulties D1 and D2 -0.30 for less than three combinations of dance steps Judge's deduction of difficulties D1-D2-0.30 for the absence of each of the waves Judge's deduction of difficulties D3 and D4 -0.30 for less than four rebuilds Judge's deduction of difficulties D3 and D4 -0.30 for less than two and more than three pre-acrobatic series Judge's deduction of difficulties D3 and D4 -0.30 for less than three collaborations
			 4-5-6 gymnasts	According to the program of FIG	Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation			
		Pre-Juniors (2008 -2009)	5 gymnasts 	According to the program of FIG	Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation			


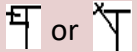






Competition	Program Individual \ Group	Date of birth	Apparatus	Number of elements with body	Max. Score D	Special requirements
Azerbaijan Championships	Individual program	Juniors (2005-2007)		According to the program of the International Gymnastics Federation	Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation
		Seniors (2004 year and older)		According to the program of the International Gymnastics Federation	Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation








Competition	Program Individual \ Group	Date of birth	Apparatus	Number of elements with body	Maximal score D	Special requirements	Right leg	Left leg	Deductions D1-D2
Baku Championships	Individual Program	Kids (2010-2012)	W/A	5-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	<ul style="list-style-type: none"> <li>- min. 5 and max. 7 difficulties</li> <li>- min. 3 combinations of dance steps-the value of each step is 0.30(min. for 8 seconds)</li> <li>- min. 1-max 3 pre-acrobatic series-value of each-0.50(min. of three elements)</li> <li>- pre-acrobatic elements cannot be repeated</li> <li>- 3 visible waves-0.20</li> </ul>	Necessary elements that must be present in the exercise without the apparatus:   (с волне)		For the absence of necessarily elements of the body in the exercise, the difficulty judge's deduction is -0.50 (for each missing element) For the absence of any of the Special Requirements- discount -0.30
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation Attention: (min 1 element of body difficulty with non dominant hand )			Judge's deduction D1-D2 -0.30 for absence of Special requirements
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation			
		Pre-juniors (2008-2009)	W/A	5-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	<ul style="list-style-type: none"> <li>- min. 5 and max. 7 difficulties</li> <li>- min. 3 combinations of dance steps-the value of each step is 0.30(min. for 8 seconds)</li> <li>- min. 1-max 3 pre-acrobatic series-value of each-0.50(min. of three elements)</li> <li>- pre-acrobatic elements cannot be repeated</li> <li>- 3 visible waves-0.20</li> </ul>	Necessary elements that must be present in the exercise without the apparatus:   1 (min. 5) One of them is double  (with a step to stand immediately on the half fingers)		For the absence of necessarily elements of the body in the exercise, the difficulty judge's deduction is -0.50 (for each missing element) For the absence of any of the Special Requirements- discount -0.30

Competition	Program Individual \ Group	Date of birth	Apparatus	Number of elements with body	Max. Score D	Special requirements	Right leg	Left leg	Deductions
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation Attention: (min 1 element of body difficulty with non dominant hand )			Judge's deduction D1-D2 -0.30 for absence of special requirements
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation			
		Juniors (2005-2007)			Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation			
		Seniors (2004 year and older)			Difficulty(D) – Open Score Execution (E)- 10.00	According to the program of the International Gymnastics Federation			



Competition	Program Individual \ Group	Date of birth	Apparatus	Number of elements with body	Maximal score D	Special requirements	Right leg	Left leg	Deductions D1-D2
Azerbaijan Championships and Region Cup (2012, 2011, 2010, 2009, 2008 + Juniors) + Golden Age	Individual program	Kids(2010-2012)	W/A	5-7	Difficulty(D) -- Open Score Execution (E)- 10.00 (According to the program of FIG)	<ul style="list-style-type: none"> <li>- min. 5 and max. 7 difficulties</li> <li>- min. 3 combinations of dance steps-the value of each step is 0.30 (min. for 8 seconds)</li> <li>- min. 1-max. 3 pre-acrobatic series-value of each- 0.50 (min. of three elements)</li> <li>- pre-acrobatic elements cannot be repeated</li> <li>- 3 visible waves -0.20 each</li> </ul>	Necessary elements that must be present in the exercise without the apparatus:   (с шосс)	  	For the absence of necessarily elements of the body in the exercise, the difficulty judge's deduction is - 0.50 (for each missing element) For the absence of any of the Special Requirements- discount -0.30
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation			
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation			
		Pre-Juniors 2008-2009		3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation Attention: (min 1 element of body difficulty with non dominant hand )			Judge's deduction of difficulties -0.30 for using less than three difficulty elements with non-dominant hand
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	According to the program of the International Gymnastics Federation			
				3-7	Difficulty(D) – Open Score Execution (E)- 10.00 (According to the program of FIG)	<b>According to the program of the International Gymnastics Federation</b> Attention: (min 3 elements with non dominant hand)			Judge's deduction of difficulties -0.30 for using less than three difficulty elements with non-dominant hand



Competiton	Program Individual \ Group	Date of birth	Apparatus	Number of elements with body	Maximal score D	Notes
		Juniors (2005-2007)			(D) – Open score Execution (E) - 10.00	According to the program of the International Gymnastics Federation
	Group Exercises	Kids (2010-2012)	W/A 4, 5 or 6 gymnasts	Max 5-elements with a uniform distribution of difficulties from each group of the body.	Difficulty (D) –open score  Execution (E) - 10.00	The duration of the exercise is 1:30-2:00 min. Technical value of the exercise: <ul style="list-style-type: none"> <li>- min 3-cooperation-value of each - 0.20</li> <li>- min 2-max 3 pre-acrobatic series</li> <li>- The value of each -0.30 (minimum of two elements) (pre-acrobatic elements cannot be repeated )</li> <li>- Min 4-regroup-value of each -0.20</li> <li>- Min 3-combinations of dance steps - the value of each step is 0.30 ( for a minimum of 8 seconds)</li> <li>- 3 visible waves-0.20 each</li> </ul>
			4-5-6 gymnasts 		(D) – Open score Execution (E) - 10.00	According to the program of FIG
		Pre-Juniors (2009-2008rr.)	5 gymnasts 1 exercise  2 exercises 		(D) – Open score Execution (E) - 10.00	According to the program of FIG
		Juniors (2005-2007)	1 exercise  2 exercises 			According to the program of FIG



**Attention!!!**  
*If the gymnast is left-handed, she must perform the required elements on the right leg.  
 There may be changes to the rules that will be published in the appendices to the rules.*

Competition	Age Program	Number of elements	Score	Notes
Golden Age	20-30 years 2 apparatus to choose	Min 2 balances Min 2 turning Min 2 jumping Min 2 dance pathway Min 1 risk Min 1 AD	Difficulty 7 points Execution 10 points	During the performance, participants can be dressed in a tracksuit, a sports t-shirt and leggings or sports trousers
	30-40 years 2 apparatus to choose	Min 2 balances Min 2 turning Min 1 jumping Min 2 dance pathway Risk – not min not max AD- not min not max	Difficulty 6 points Execution 10 points	During the performance, participants can be dressed in a tracksuit, a sports t-shirt and leggings or sports trousers
	40-50 years 2 apparatus to choose	Min 1 balances Min 1 turning Min 1 jumping Min 1 dance pathway Risk – not min not max AD- not min not max	Difficulty 5 points Execution 10 points	During the performance, participants can be dressed in a tracksuit, a sports t-shirt and leggings or sports trousers
	50 years and older 1 apparatus to choose	Balance - not min not max Turning - not min not max Jumping - not min not max Min 1 dance pathway Risk – not min not max AD- not min not max	Difficulty 4 points Execution 10 points	During the performance, participants can be dressed in a tracksuit, a sports t-shirt and leggings or sports trousers



**Award Ceremony  
2020**



The award ceremony will be held in tracksuits  
(according to the FIG Technical regulations)



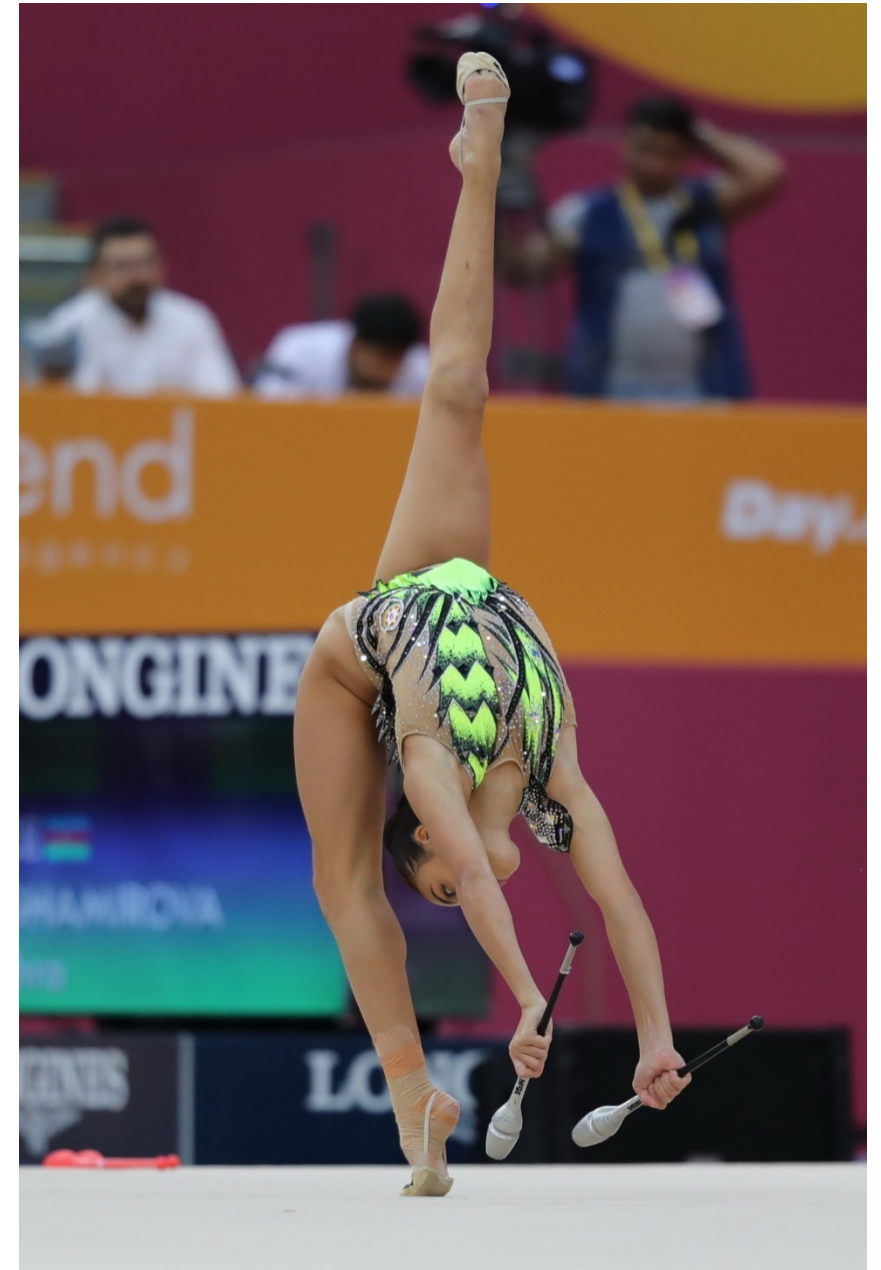
Name of Competitions	Year of birth	Kinds	Places
Baku Championships	Kids– 2012year	Individual All Around	I
			II
			III
	Kids– 2011year	Individual All Around	I
			II
			III
	Kids– 2010 year	Individual All Around	I
			II
			III
	Pre-Juniors - 2008-2009 years	Individual All Around	I
			II
			III
	Kids- 2010-2012years	Group Exercises-(2 apparatus)	I
			II
			III
	Pre-Juniors - 2009-2008 years	Group Exercises	I
			II
			III
	Juniors 2005-2007years	Individual All Around	I
			II
			III
	Team championship	Group Exercises-(2 apparatus) 2012-2010 years Group Exercises 2009-2008 years Best result of a gymnast 2012-2010 years Best result of a gymnast 2009-2008 years Best result of a gymnast 2005-2007 years	I
			II
			III



Azerbaijan Championships	Seniors 2004 year and older	Individual All Around and Finals	I II III
	Juniors- 2005-2007years	Individual All Around and Finals	I II III



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Baku Championships	Kids– 2012 year	Individual All Around	I II III
	Kids– 2011year	Individual All Around	I II III
	Kids– 2010 year	Individual All Around	I II III
	Pre-Juniors- 2008-2009years	Individual All Around + Finals	I II III
	Juniors – 2005-2007years	Individual All Around + Finals	I II III
	Seniors 2004 year and older	Individual All Around + Finals	I II III



Azerbaijan Championships	Kids– 2012 year	Individual All Around	I II III
	Kids– 2011 year	Individual All Around	I II III
	Kids– 2010 year	Individual All Around	I II III
	Pre-juniors - 2008-2009 years	Individual All Around	I II III
	Juniors - 2005-2007years	Individual All Around	I II III
	Kids- 2010-2012 years	Group exercises 1) All-Around 2) Awards for individual apparatus (based on qualification results)	I II III
	Pre-juniors - 2008-2009 years	Group exercises 1) All-Around 2) Awards for individual apparatus (based on qualification results)	I II III

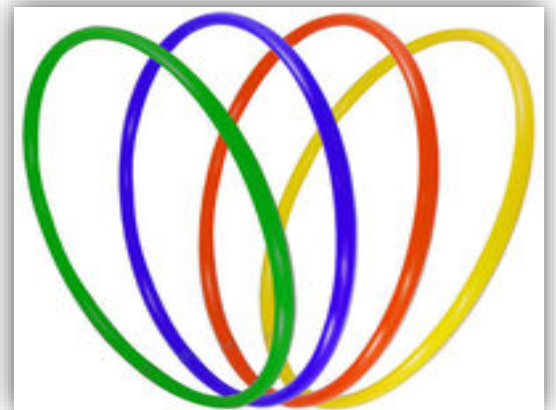
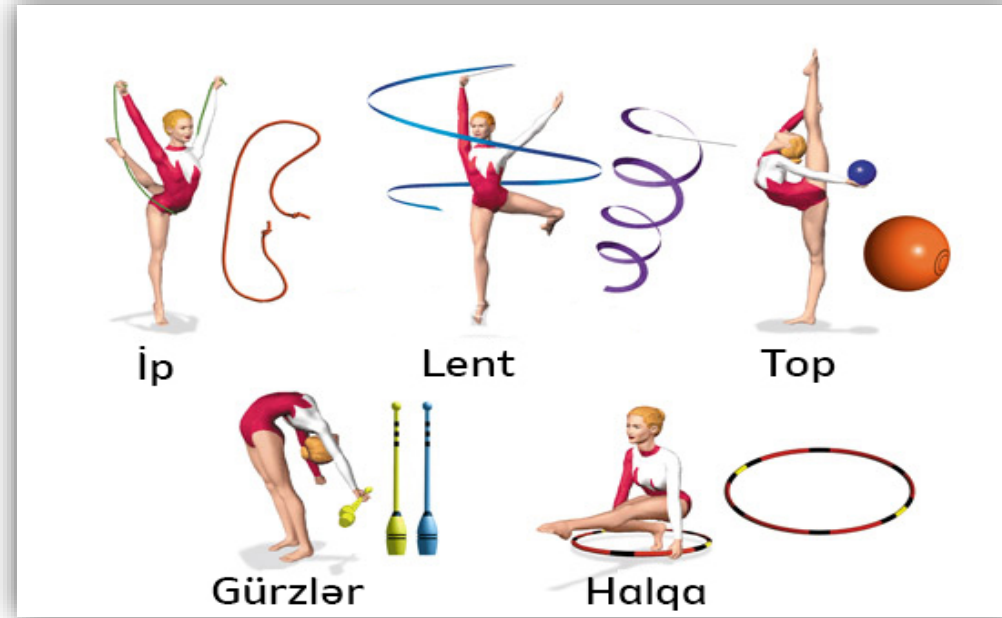




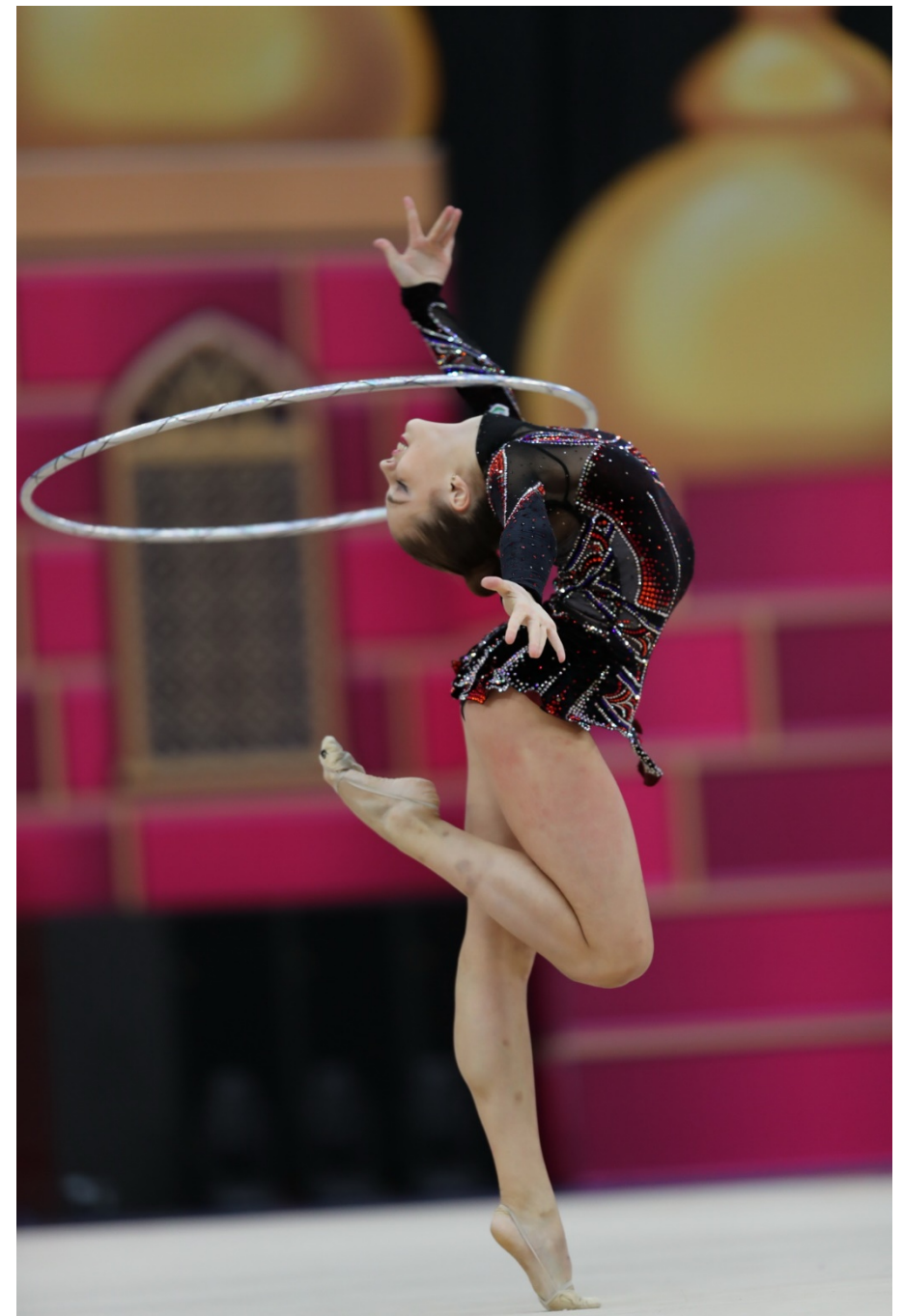
<b>Regions' Cup</b>	Kids– 2012r.	Individual All Around	I II III
	Kids– 2011 year	Individual All Around	I II III
	Kids– 2010 year	Individual All Around	I II III
	Pre-juniors - 2009 year	Individual All Around	I II III
	Pre-juniors- 2008 year	Individual All Around	I II III
	Juniors 2005-2007	Individual All Around	I II III
<b>Regions' Cup</b>	Kids (2012-2010)	Group exercises (All Around)	I II III
	Pre-juniors 2008-2009	(All Around)	I II III













# Standards of apparatus



Age	Apparatus	Size	Weight	Notes
2005-2007 (according to the norms of the International Gymnastics Federation)		According to the height of the gymnast	Without weight	
		700-900 mm(diameter)	Min. 300 gr.	
		180-200 mm(diameter)	Min. 400 gr.	
		Length 400-500 mm Diameter end of clubs max. 30 mm	Min. 150 gr.	Each
		Length min.- 5000 mm Double part of ribbon min. 1000 mm Bracing -70 mm End of the stick max 100 mm Diameter of the end of the stick max. 10 mm Length of stick- 500-600 mm Width of ribbon- 40-60 mm	Min. 30 gr.	Without stick
2004 and older (according to the norms of the International Gymnastics Federation)		800-900 mm(diameter)	Min. 300 gr.	
		180-200 mm(diameter)	Min. 400 gr.	
		Length 400-500 mm Diameter end of clubs max. 30 mm	Min. 150 gr.	Each
		Length min. 6000 mm Double part of ribbon min. 1000 mm Bracing -70 mm End of the stick max 100 mm Diameter of the end of the stick max. 10 mm Length of stick- 500-600 mm Width of ribbon- 40-60 mm	Min. 35 gr.	Without stick



Age	Apparatus	Size	Weight	Notes
2010-2012		According to the height of the gymnast	Without weight	
		According to the height of the gymnast	Min. 150gr	Up to the hip
		Diameter min. 160 mm	Without weight	
		Length min. 360 mm Diameter end of clubs min. 30 mm	Without weight	
		Length min. 4500 mm Double part of ribbon min. 1000 mm Bracing min. 70 mm End of the stick max. 100 mm Diameter of the end of the stick max. 10 mm Stick min. 500 mm	Without weight	
2008-2009		According to the height of the gymnast		
		Diameter 700-900 mm	Min. 250gr	
		Diameter min. 180 mm	Min. 400gr	
		Length- 400-500 mm	Min.150gr	
		Length min. - 5000 mm Double part of ribbon min. 1000 mm Bracing min. 70 mm End of the stick max. 100 mm Diameter of the end of the stick max. 10 mm Stick- 500-600 mm	Min.30 gr	Without a stick

