



Dommerseminar Turn menn

30. – 31. januar 2010

Spennende - Inkluderende - Visjonær - Troverdige



Dommerseminar Turn menn

Program

Spennende - Inkluderende - Visjonær - Troverdige

Lørdag 30/01



- **1500** UEG/FIG Colloquium Judges Work 2007

(delvis felles med Turn kvinner)

- 16.30 - 17.00 Kaffe pause

- 1700- Div Informasjon

- Internett steder (informasjon)
Endringer CoP Int. (FIG)

- Endringer reglement Gutter

- Endringer reglement Sen.-Jun.

-

- -1900 Spørsmål og svar

- kl.1900



Søndag 31/01



- kl.0930- Anti (noe mer til Trenerne)
Praktisk øvelser
- 11.00 - 11.15 Kaffe pause
- 1230-1300 Lunsj
- 1300 Avreise



Div Informasjon



Kretsdommer Kurs



For ALLE kretser

26. – 28. Februar i Oslo, Ekeberg



Div Informasjon



E-dommergrad (eget kurs, fra 2011)



Internett steder (informasjon)



- NGTF <http://gymogturn.no/Sider/VelkommentilNGTF.aspx> <http://www.gymogturn.no/konkurransen/turnmenn/reglement306/Sider/Reglementforside306.aspx>
- UEG http://www.ueg-gymnastics.com/commstore/commstore.pl/7a0853575540128f/index.html?k=ALL&P3=home&block_id=P3,content
- FIG <http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188042-205264-navlist,00.html>
- Gymnastics results <http://www.gymnasticsresults.com/>



Endringer CoP Int. (FIG)



FIG-MTC NL-23

Horizontal Bar:

- Single salto bwd stretched dismount= A value (added as progression for juniors)
- Stoop circle rearward fwd. (Adler) thr hdst. (clarification)

	$\leq 15^\circ$	16-45°	$>45^\circ$
D Jury	C value	B value	No value
E Jury	-0.0	-0.0	-0.5

- Stoop circle rearward fwd. (Adler) and 1/1 t. thr hdst. in mixed or ungr. (clarification)

	$\leq 15^\circ$	16-45°	46° - 90°	$>90^\circ$
D Jury	D or E value	D or E value	B Value	No value
E Jury	-0.0	-0.1 or -0.3	-0.0	-0.5



Endringer CoP Int. (FIG)



Pommel Horse:

- Lack of Body Extension in Circles or Flairs- The E jury must apply the global deductions (-0.3 or -0.5) for execution style (as body extension during the entire exercise). Hip breaks within an element should be deducted as technical errors. The global deduction is for overall execution style.
- Extra swing in the performance of scissor mounts- No extra $\frac{1}{2}$ swing is permitted in the performance of scissor mounts. The deduction for this violation is -0.3.



Endringer CoP Int. (FIG)



➤ *Floor Exercise*

- Understanding special repetition on Floor Exercise (rollout & jumps to prone elements) and Horizontal Bar (one arm elements)
 - 1st element= ok
 - 2nd element, if the same = repetition, or if different (ok for value)
 - 3rd skill- No value (D jury) & -0.3 composition deductions (E jury)
 - 4th and subsequent skills- No value (D jury) & -0.3 composition deduction (E jury) each time

- #1 – If an EG IV element is performed only as a dismount and there is no other EG IV element within the exercise = award the dismount value & dismount EG, but no EG IV will be recognized because of the missing EG IV element inside the exercise.
- #2
Example- EG III + EG III + EG III + EG III + EG III dismount (in one exercise)
The dismount must count first, and eliminate the lowest value element from EG III inside the exercise.
- #3 – If a Double salto fwd tucked is performed inside the exercise and again for the dismount = no value for the dismount element and no EG dismount because of simple repetition. _____

Endringer CoP Int. (FIG)



FIG-MTC NL-24

Floor Exercise

All press to handstands elements **MUST** be held. By consequence, remove page 35 Article 27.3g from the Code of Points.

See- Table of Specific Errors and Deductions for FX

More than 2x the same diagonal direct succession - add statement “with or without intermediate elements between the passes”.

Pommel Horse

Clarification: For a handstand dismount to increase in value by a 3/3 travel, **a minimum 270° of turning is required.**

Expectations for Scissor to handstand elements:

The gymnast is expected to swing to handstand without strength or hesitation, with hips stretched throughout. The legs are not required to close.

A scissor to handstand with pronounced hip bend and strength should receive these two separate deductions from the E jury.

Any lowering of the hips while attempting to achieve the handstand position (from a scissor or to any dismount) will result in no value for the element from the D jury and a -0.5 deduction from the E jury.

Endringer CoP Int. (FIG)



Parallel Bars

Change: Elements placed in same box (now counted as same element):

Giant swing bwd. also with $\frac{1}{4}$ or $\frac{1}{2}$ t. & Wells are now in the same Code box (C value);

Basket to handstand & Cucherat-Celen are now in the same Code box (D value);

New elements:

Add to Group V #25- Simple Salto backward Stretched (A value-important for junior development)

Note: Version 6 of Code will be presented soon, with all recent clarifications and additions included.



Endringer CoP NOR Gutter



7. Avsprang vil ha følgende verdier:

- *Grunnelement* 0.0 poeng (ikke oppfylt)
- *A avsprang* 0.0 poeng (ikke oppfylt)
- *B avsprang* 0.3 poeng (delvis oppfylt)
- *C avsprang eller høyere* 0.5 poeng (oppfylt)

NB!

Uten avsprang
trekk på 1,0 poeng (= Fall)

For korte øvelser vil følgende gjelde:

- *7 eller flere elementer* 10.0 poeng
- *6 elementer* 9,0 poeng
- *5 elementer* 8.0 poeng
- *4 elementer* 7.0 poeng
- osv.

iv. Sving i Ringer, Skaranke og Svingstang som er listet som Grunnelementer må utføres som første elementer i øvelsen. (det kan utføres flere sving direkte etter hverandre uten trekk for "døsving")(se spesiell regel for skaranke)



Endringer CoP NOR Gutter



Kapittel 7 : Frittstående

- g) En press til håndstående må bare bli holdt dersom det er forventet, eller nødvendig for vanskelighet eller elementgruppe. Gymnasten må klart vise at han ikke ønsker å holde pressen.

Utgår!
NL 24



Endringer CoP NOR Gutter



Kapittel 8 : Bøylehest

- *"Halv saks"* **G-el**

Kapittel 9 : Ringer

Kapittel 11 : Skranke

- *Sving bakover over vannrett*
(*sving som element må utføres først i øvelsen. Følgende elementer kan utføres før "sving som element": Kip, oppstemning*)

(Moy til overarmsheng = A) **avventer endelig avklaring med Nordiske Land**



Endringer CoP NOR Sen-Jun



Ingen utenom endringer i gjort i FIG-MTC News letter 23 og 24



LUM



5 Øvelser pr. apparat

Trinn 1	1,0
Trinn 2	1,5
Trinn 3	2,5
Trinn 4	3,0 (unntatt Bøyle, 2x krets 3,5)
Trinn 5	4,0



Spørsmål?

