

List of updates to Competition rules Junior and Women long program – valid since 1.9.2023

1.6. DRESS, HAIR AND MAKE-UP OF GYMNASTS (updates)

1.6.1 DRESS

The competition dress used by a group must be a gymnastics leotard or unitard, with or without a skirt and with an aesthetic appeal appreciating the spirit and principles of the competitive sport, but not a show or performance. Competition dress must be identical (in material and in style) and of the same color for all members of the group. However, if the competition dress is made of patterned material, some slight differences due to the cut are tolerated. Competition dress must remain unchanged throughout the program.

Gymnasts must perform the program in any kind of beige colored toe shoes.

Competition dress must be made of non-transparent material with the exception of sleeves, neckline, and legs for the part below the fold of the crotch. The neckline of the leotard must not be lower than the top of the breasts in the front and the bottom of the shoulder blades in the back. The cut of the skirt must be long enough to cover the groin in the front and the glutei in the back. Competition dress must not distract or prevent clear sight of movements or disturb the evaluation of execution.

It is permitted to have:

- tights down to ankles, over or under the leotard
- small decorations on competition dress/skirt (such as ribbons, rhinestones, rosettes etc.) that are aesthetic and do not disturb the execution of the program
- skin-colored bandages and support tapes
- national emblems and logos in conformity with General Competition Rules (size max.30 cm²). Emblems can be situated on the upper arm or hip area of the competition dress.

It is forbidden to have:

- hats or any other headgear,
- separate decorations on wrists, ankles and/or neck
- all types of earrings and other jewelry
- any lights in the competition dress
- gloves or sleeves on palm
- too large decorations or decorative elements in the competition dress that do not allow the judges to see the movements
- pants

Competition dress must not hurt/insult any religion or nationality and must not express any political attitude/opinion.

- **Penalty** by Head Judge of **AV-A** (proposal from the majority of AV-A judges): - 0.3 for dress hurting, insulting or expressing a religion, or taking a stand politically, or expressing hurting people.

1.6.2. HAIR AND MAKE-UP

Hair (except short hair) must be tied for the safety of the gymnasts. Small hair decoration (including a scrunchie around the hair bun) is allowed (maximum size of all together hair decorations is approximately 5 x 10 cm, height from scalp max 1 cm) and needs to be same style. Hairdo of the gymnasts must stay unchanged from the beginning till the end of the program. Each destroyed hairdo will result in an AV penalty.

Clarification: Loss of small hair pins and small rhinestones will not be penalized.

It is not allowed to use hair dyes that can transfer to the competition area.

Make-up should conform to the principles of competitive sports, but not a show or performance.

Sportive, moderate, and aesthetic make-up is allowed. Theatrical make-up, drawings or other drawings on the face, stones or sequins, glitter shadows, too dark/unnatural lipstick color, colored contact lenses etc. are not allowed. The artificial eyelashes are allowed (but not longer than 1 cm).



- **Penalty by Head Judge of AV-A** (proposal from the majority of AV-A judges): -0.1 for one gymnast and - 0.2 for two or more gymnasts for dress, hair or make-up not conforming to these rules.
- **Penalty by Head Judge of AV-A** (proposal from the majority of AV-A judges): -0.1 for each destroyed hairdo
- **Penalty by Head Judge of AV-A**: -0.1 for each lost item (hair decoration, toe shoes etc.). Penalty is proposed by Line Judges.
- **Penalty by Judge Responsible**: -0.2 for each color spot. Penalty is proposed by Line Judge

1.7. DISCIPLINE (updates)

1.7.2. Discipline of Gymnasts and Coaches

All the teams must be present and perform their program at the official training.

If a group does not participate in the official competition training, they are prohibited from competing in that competition (except in extenuating circumstances and then only when approved by Judge Responsible/IFAGG Council).

All groups and coaches must respect the competing team and not disturb the competing team, evaluating judges and audience during competition and/or trainings. Loud voices or music from outside the competition area during performances of other teams are not allowed and will result in a penalty deducted from AV-A.

- **Penalty by Judge Responsible**: -0.3 for discipline of the coach

Gymnasts are not allowed to warm up on the spot before entry to the carpet. During the competition program coaches and reserve gymnasts have to stay in the place designated for coaches. They cannot stay in any visible place near the carpet. This will lead to a penalty deducted from the AV-A.

- **Penalty by Judge Responsible**: -0.3 for discipline of the coach and/or gymnast/s

In no case may a coach, team leader or other official person communicate verbally or by signals with a gymnast or with a group during the program. Any assistance contributing to the successful execution of a program will result in a penalty deducted from AV-A.

- **Penalty by Judge Responsible**: -0.3 for assistance by a coach

Gymnasts are not allowed to make any vocal sounds during the program, except single claps, taps or similar rhythmic effects and will result in a penalty deducted from AV-A.

- **Penalty by Head Judge of AV-A** (proposal from the majority of AV-A judges): -0.1 each time.

For other discipline regulations see IFAGG Discipline Code.