

***SCOTTISH UNIVERSITIES GYMNASTICS  
LEAGUE 2025/6***

**COMPETITION RULES AND INFORMATION**



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## **1. Rights of the Gymnast**

**The gymnast is guaranteed the right to:**

- 1.1. Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points.
- 1.2. Have their score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- 1.3. Repeat their entire exercise, if the exercise has been interrupted for reasons beyond their control or responsibility, with permission of the Superior Jury.
- 1.4. Briefly leave the competition hall for personal reasons and that such a request not be unreasonably denied with permission, based on the directives of the competition or from the Superior Jury President. NOTE: The competition may not be delayed through their absence.
- 1.5. Receive through their delegation leader the correct result output, showing all their scores received in the competition.

## **2. Responsibilities of the Gymnasts**

- 2.1. To know the Code of Points and conduct themselves accordingly.

## **3. Duties of the Gymnasts**

**General:**

- 3.1. To present themselves by raising 1 or 2 arms and thereby acknowledge the D1 judge at the commencement of their exercise and to acknowledge the same judge at the conclusion of their exercise.
- 3.2. To begin the exercise within 30 seconds of the signal from D1 judge.
- 3.3. To remount within 30 seconds after a fall (the timing starts when the gymnast is on their feet after the fall). In this time the gymnast can recuperate, re-chalk, confer with their coach and remount. If a gymnast intentionally remains off of their feet, in order to avoid the 30 second from starting (resting, adjusting grips, receiving chalk from coach, delaying the competition without justification, etc.), then - 0.3 from the Final Score by the D1 Judge.
- 3.4. To leave the podium immediately after the conclusion of their exercise.
- 3.5. To refrain from changing the height of any apparatus, unless permission has been granted.
- 3.6. To refrain from delaying the competition, remaining on the podium for too long, remounting the podium on completion of their exercise, and from otherwise abusing their rights or infringing on those of any other participant.
- 3.7. To refrain from any other undisciplined or abusive behaviour or infringing on those of any other participant (i.e. marking the floor carpet with magnesium, damaging any apparatus surface or parts during preparation for their exercise or removing springs from the spring board, spraying pommel horse or vault table with water or other

substance. These violations will be treated as apparatus related violations, and will be deducted as large errors with 0.5 points).

- 3.8. To notify the Superior Jury, if a necessity arises to leave the competition hall. The Competition may not be delayed through their absence.
- 3.9. To leave the supplementary mats in position (for landing) during the entire exercise.

**General:**

- 3.10. The wearing of clothing that is appropriate for performing gymnastics is compulsory. The clothing must not distract from the performance, must not hide a gymnast's performance e.g. being baggy and hiding knee angles and must be safe to perform gymnastics in. A gymnastics singlet (leotard) or a tight fitting white t-shirt with black shorts is recommended and will not result in any attire violations. If a gymnast, coach or official is unsure on what is acceptable attire the Competitions Chair must be asked and will have the final say given a dispute between the judging panel and gymnast, coach or club.
- 3.11. Gymnasts have the option of wearing gymnastic footwear and / or socks. Skin coloured footwear and / or socks are preferred but not mandatory.
- 3.12. Gymnasts can wear compression sleeves during competition. Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Skin-coloured bandages are preferred but not mandatory.
- 3.13. Earrings are permitted if they are securely fastened using tape. If they can be removed, that is preferred. Any type of facial jewellery must be removed. Bracelets and necklaces must be removed. In the case of permanent piercings, bracelets, necklaces, or any other jewellery, these must be securely covered using tape and or bandages.

#### 4. Penalties for Gymnast Behaviour

Violation	Penalty
Behaviour Related Violations	
Attire violations	-0.3 from final score

Non respect of official warm up time or exceeding the maximum number of practises	-0.3 from final score
Not presenting to the D1 Judge	-0.3 for each time from the final score
Exceeding 30 sec. before commencing exercise	-0.3 from final score
Exceeding 60 sec. before commencing exercise	Exercise is terminated
Exceeding 30 sec. before continuing after a fall	-0.3 from final score
Exceeding 60 sec. before continuing after a fall	Exercise is terminated at the fall
Remounting podium after exercise	-0.3 from final score
Harming oneself or others, causing distress to others, hate speech, and or any other undisciplined abusive behaviours	Removed from competition
<b>Apparatus Related Violations</b>	
Use of spotter	-0.5 from final score
Incorrect use of magnesium and/or damaging apparatus	-0.5 from final score
Use of non-permitted supplementary mats	-0.5 from final score
Coach moving supplementary mats during exercise	-0.5 from final score
Changing apparatus height without permission	-0.5 from final score
Re-arrangement or removal of springs from springboard	-0.5 from final score
<b>Other Individual Violations</b>	
Absent from competition area without permission, failure to return and complete competition	Disqualification from exercise
Performing without signal from D1 Judge	Final Score = 0 points

## 5. Rights of the Coaches

The coach is guaranteed the right to:

- 5.1. Assist the gymnast or team under their care in submitting written requests related to the raising of apparatus.
- 5.2. Assist the gymnast or team under their care on the podium during the warm up period on all apparatus.
- 5.3. Help the gymnast or team prepare the apparatus for competition. Preparation of any apparatus may be performed by coaches for the upcoming rotation upon completion of the final exercise in the current rotation and publication of the last gymnast's score on that apparatus.
- 5.4. Be present on the podium after the Head Judge signals an exercise may start to remove a springboard where required.
- 5.5. Be present during the gymnast's exercise for reasons of safety.
- 5.6. Assist or advise the gymnast during the thirty seconds after a fall on all apparatus.
- 5.7. Have their gymnast's score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition. This is only a right given the competition displaying other gymnast's scores publicly. In the case where no scores are being shown publicly this right does not apply.
- 5.8. Inquire to Superior Jury concerning the evaluation of the content of the exercise of the gymnast. All challenges to the evaluation of an exercise must first be made to the Head Judge of the judging panel and if the dispute is not then resolved it may then be escalated to the Superior Jury. Any dispute regarding the evaluation of a gymnast's exercise will only consider official recordings of the exercise. Inquiries will only be considered within the running of the category on the specific apparatus or within 15 minutes of it ending.
- 5.9. Inquire to Superior Jury concerning the evaluation of the content of the exercise of any gymnast within a category of the coach's gymnast. Any challenge must include the coach of the affected gymnast or will otherwise be ignored. All challenges to the evaluation of an exercise must first be made to the Head Judge of the judging panel and if the dispute is not then resolved it may then be escalated to the Superior Jury. Any dispute regarding the evaluation of a gymnast's exercise will only consider official recordings of the exercise. Inquiries will only be considered within the running of the category on the specific apparatus or within 15 minutes of it ending.

## 6. Responsibilities of the Coaches

- 6.1. Know the Code of Points and conduct themselves accordingly.
- 6.2. Refrain from changing the height of any apparatus or adding, rearranging or removing springs from the springboard.
- 6.3. Refrain from delaying the competition, obstructing the view of the judges and from otherwise abusing or interfering with the rights of any other participant.

- 6.4. Refrain from any other undisciplined or abusive behavior.
- 6.5. Conduct themselves in a fair and sportsmanlike manner at all times during the competition and Award Ceremony.

## 7. Penalties for Coach Behaviour

Behaviour of Coach with no impact on the result/ performance of the gymnast	
Unsportsmanlike conduct	1 <sup>st</sup> time = warning
	2 <sup>nd</sup> time = removal from competition
Other flagrant, undisciplined and abusive behaviour	Immediate removal from competition
Behaviour of Coach with direct impact on the result/ performance of the gymnast/ team	
Unsportsmanlike conduct	1 <sup>st</sup> time = warning to coach and -1.0 to gymnast/ team
	2 <sup>nd</sup> time = removal of coach from competition and -1.0 to gymnast/ team
Other flagrant, undisciplined and abusive behaviour	Removal of coach from competition and -1.0 to gymnast/ team

## 8. Responsibilities of Judges

**Every judge is fully and solely responsible for their own scores. All members of the Judges' Panel have the responsibility to:**

- 8.1. Have thorough knowledge of:
  - 8.1.1. The Regulations
  - 8.1.2. The Code of Points
  - 8.1.3. The Judges' Rules
  - 8.1.4. Any other technical information necessary to carry out their duties during a competition.
- 8.2. Have extensive knowledge in gymnastics and to understand the intent, purpose, interpretation, and application of each rule.
- 8.3. Attend all scheduled instruction sessions and meetings of judges before the respective Competition
- 8.4. Adhere to any special organisational or judging related instruction given by the governing authorities (i.e. Scoring system instructions).
- 8.5.
- 8.6. Be thoroughly prepared for all apparatus
- 8.7. Be capable of fulfilling the various necessary duties, which include:

- 8.7.1. Correctly completing any required scoresheets.
- 8.7.2. Using any necessary computer equipment.
- 8.7.3. Facilitate the efficient running of the competition.
- 8.8. Be well prepared, rested, vigilant, and punctually present at least one hour before the start of competition or according to the instructions from the Work plan.
- 8.9. During the competition judges must:
  - 8.9.1. Behave at all times in a professional manner and exemplify non-partisan ethical behaviour.
  - 8.9.2. Evaluate each exercise accurately, consistently, quickly, objectively and fairly.
  - 8.9.3. Maintain a record of their personal scores until the end of the competition.

## **9. Rights of Judges**

- 9.1. In case of an intervention by the Superior Jury, the Judge has the right to explain their score and to agree (or not) to a change. In case of disagreement the Judge may be overruled by the Superior Jury and shall be informed accordingly. In case of arbitrary action taken against a judge, they have the right to file an appeal:
  - 9.1.1. To the Superior Jury, if the action was initiated by the Head Judge

## **10. Competition Structure**

- 10.1. The competition is organised by the competitions committee who will have final say on any decisions made within the competition with the competition chair having the deciding say for any decision made by the committee.
- 10.2. The Superior Jury of the competition will be the competitions committee.
- 10.3. Each judging panel will consist of execution, difficulty and where appropriate artistry judges. The Head Judge of each panel will be the difficulty judge. Where possible a recorder will also be present on a panel to record scores within the score system.

## **11. General Disability Rules and Regulations**

- 11.1. Any competitor who considers themselves disabled may compete in either the provided disability categories or the non-disability categories.
- 11.2. Competitors are not required by default to provide evidence of any disability when making requests. However, in exceptional circumstances the competitions committee reserves the right to request evidence of a competitor's disability.



## **12. Disability Accommodations**

- 12.1. Any competitor may request accommodations that will allow them to compete where they have a disability or special requirements that would prevent them from doing so without the accommodations.
- 12.2. Accommodations are able to be requested for disability and non-disability categories. However, a more limited set of accommodations will be accepted in the non-disability categories.
- 12.3. Accommodation requests can be included in the appropriate place in the sign up form or requested up to two weeks in advance of a competition. Requests after this deadline may not be considered or made possible.
- 12.4. The organising committee will endeavour to make all accommodations requested where the following applies:
  - 12.4.1. The accommodation is requested within the specified timeline.
  - 12.4.2. Requested accommodations don't impact the competitive integrity of the category and allow for a fair competition. A list of possible accommodations is provided at the end of each discipline specific code of points for both disability and non-disability categories.
  - 12.4.3. The organising committee can reasonably implement the accommodations at the competition.