



## DELTA INVITATIONAL

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### CASH & CARRY CUP 2017

## Women's 2017 Cash and Carry Cup Rules

### Rationale and General Rules

- The intent of the "Cash and Carry Cup" is to promote clean and well executed gymnastics, in a setting that allows top athletes of all ages to compete fairly against each other in a friendly competition.
- This session is open to all JO 9 and JO 10 athletes of all ages and will be ranked together for the cash awards.
- JO 9 rules will apply but with no restrictions.
- All gymnasts will have a start value of 9.7. 0.5 will be deducted for each special requirement missing.
- All JO 9 and JO 10 athletes are ranked together for the cash awards.
- No Judging protests.

## Men's 2017 Cash and Carry Cup Rules

### Rationale

- This session is open to all athletes normally competing in any category but especially those in L5, National Open, Elite 3&4, Junior and Senior and we welcome any National Team members.
- Deduction will be as per FIG (0.1, 0.3, 0.5, 1.0).
- The 'Cash and Carry' session is governed by in house rules. See below.
- An intent of the 'Cash and Carry Cup' is to promote clean and well executed gymnastics, in a setting that allows top athletes of all ages to compete fairly with and against each other in a friendly competition.
- Another intent of the 'Cash and Carry Cup' is to provide an easy to understand competition format allowing increased excitement for the audience and competitors. Training reimbursement awards are to be provided to athletes placing top three on the individual events and top six All Around. Awards for 4th-8th on each event and 7th-10th in the All Around will also be given.
- There will be a one touch warm-up on all apparatus.
- At Judges discretion – 0.05 deductions will be allowed

### General Rules (keeping the perfect 10.0 alive!)

- 8 value parts per routine (Supplementary A skills allowed. Any skills listed in previous FIG code of points will be Supplementary A's).
- All gymnasts will have a start value of 9.7 (Vault 9.5 or 10.0).
- No skill repetition.
- Short routines will be deducted 0.5 for each missing element.

- Each missing special requirement will be deducted 0.5 (see event special requirements)
- Up to 0.2 virtuosity bonus is available to all gymnasts.
- Up to 0.1 artistic merit bonus is available to all gymnasts (for unique combinations or artistry).
- Unrecognized dismounts will also receive a 0.5 deduction (i.e. jumping off the high bar on a back swing).
- Some extra swings will be allowed without deduction for athletes under 13 on some apparatus (see individual apparatus section). Otherwise FIG rules for extra swings apply.
- No judging protests.
- On some event there will be some age stipulations which will allow for slightly different requirements. See Pommel, PB and HB apparatus specific requirements below.
- All age stipulations are as of December 31st, 2017.

## Event Special Requirements (to ensure all routines are equal)

**Floor** No age stipulations  
 All 4 corners of the floor must be used  
 3 Tumbling lines  
 A strength hold or balance part is required (e.g. a scale or held handstand)

**Pommel Horse** 3 categories and competition apparatus will be used  
**Category A** - under 13 years old- compete on the mushroom  
**Category B** - 13-15 years old- compete big horse no handles  
**Category C** - 16 years + - Compete FIG regulation horse

### Individuals can request to compete in a higher category but not a lower one

*\* Remember repetition rule applies to all except to those on the mushroom who can count 3 circles, each as a separate element. This is because on the long horse a side circle, a loop and a reverse loop are separate elements, which cannot be distinguished apart on the mushroom as separate elements.*

*\*In addition all athletes in all Categories (A, B or C) can count 1 flair in any position as a separate skill.*

**Rings** No age stipulations  
 One strength hold part (not L-seat or press to handstand e.g. a lever or cross )  
 FIG height

**Vault** Any salto vaults or vaults with 360 degree turns or greater have 10.0 SV  
 All other vaults will have a 9.5 SV  
 No deduction for using mini-tramp or double beat board  
 Vault height 135 cm for everyone

**Parallel Bars** No simple layaways allowed (HS to front up-rise OK)  
 FIG height  
 Athletes under 13 are allowed two extra swings, which are not to be counted as elements. These extra swings are however, subject to execution deductions.

**High Bar** No Requirements  
 FIG height  
 Athletes under 13 are allowed two extra swings, which are not to be counted as elements. These extra swings are however, subject to execution deductions.