

This information has been extracted from the MAG Manual Master 2015-2016 Version 4, word for word.

The full manual can be accessed [here](#).

4.3 Competition Procedures and Behaviours

4.3.1 Gymnasts and Coaches attire

Gymnasts are to wear club or regional tracksuits and white socks or club and regional leotards, longs, and socks for march-on. All gymnasts from the one club/region should be dressed the same for march-on and off the competition floor and during competition. Coaches are to wear club / region tracksuits or uniform. Penalties for non-compliance are as per the FIG code of points.

4.3.2 Apparatus Warm-up

Prior to each competition session gymnasts will be allowed to warm-up on the apparatus, which is determined by the Organising Committee. Each gymnast is allowed 30 seconds touch warm-up prior to competing on each apparatus. Competitors must be ready to commence on the signal of the Chair Judge.

4.3.3 Apparatus

Failure to remount the apparatus within 30 seconds after a fall shall automatically terminate the exercise.

4.3.4 Competition Floor Area

Only nominated Regional/Club competitors and coaches are permitted on to the competition floor at any time. All additional regional and club representatives must remain in the spectator area. One coach only per regional/club team.

4.3.5 Coaches Behaviour

Coaches are responsible to conduct themselves in a professional manner. Any coach who fails to obey instructions of competition officials or who displays poor temperament or unsportsmanlike conduct (words or gesture) shall be penalised in accordance with the Code of Points.

4.3.6 Gymnast Behaviour

Coaches are responsible for the conduct of their gymnasts. Any gymnast who fails to obey instructions of competition officials or displays poor temperament or unsportsmanlike conduct (words or gesture) shall be penalised in accordance with the Code of Points. In cases of serious misconduct they will be disqualified. Refer to Behaviour Policy section (4.3.6) below.

4.3.7 Behaviour Policy and Penalties

Behaviour penalties will be applied at all Ribbon Meets/Competitions (Regional or Club), Regional and/or Qualification Meets / Competitions, National and / or Provincial Championships.

4.3.8 Penalties For competitions/championships, if the appropriate penalty to be applied is not specified in the Code of Points or Technical Manual then this policy shall apply:

Gymnasts must remain on the competition floor for the duration of the competition. If a gymnast wishes to leave the competition floor they must, through their coach, seek approval from the Competition Control (Chief) Judge or the Apparatus Chair Judge to be excused.

- **Penalty** for unapproved absence from the competition floor –For ALL breaches, the penalty will be DISQUALIFICATION from the competition.
- **Penalty** for late appearance after the green light/flag – the respective Code of Points penalties shall apply Gymnasts, Coaches, Regional/Club Officials or unauthorized persons may not talk to “active” judges during competition
- **Penalty** for gymnast talking to “active” judges during competition – 0.50 penalty taken from the gymnast’s Individual All Around score, followed by 2nd violation of 1.000 and removal from the competition.
- **Penalty** for coaches, regional/club official or unauthorised persons talking to “active” judges during competition –for a first breach a warning will be issued and a 0.50 penalty taken from the gymnast’s Individual All Around score and/or the Team score, as applicable. For subsequent breaches the person shall be excluded/removed from the remainder of the competition. Unauthorised persons are not permitted on the competition floor. With the exception of the accredited persons, no regional/club officials, coaches, photographers, video operators or parents/guardians/caregivers are allowed on the competition floor.
- **Penalty** for unauthorised persons on the competition floor – for a first breach the person shall be requested to leave the competition floor, a warning will be issued and a 0.50 penalty taken from the gymnast’s Individual All Around score and/or the Team score, as applicable. For subsequent breaches the gymnast or team (which ever is applicable) shall be DISQUALIFIED.

Definition – the competition floor shall also apply to the warm-up area with regards to the Unauthorised Persons penalty.

In all instances, infractions will be reported to the Competition Control (Chief) Judge who will action the penalties and warnings.

4.3.9 Protests and Complaints

The Head Coach only may protest against the apparatus start value of their own individual gymnasts. Comparison with the performance or other gymnasts will not be entertained, and shall result in the immediate dismissal of the protest and forfeiture of the protest fee. International competitions will come under the FIG Code of Points and thus protests will not apply.

A fee of \$20.00 shall be lodged with the jury before the protest is heard. If the protest is successful, 50% of the lodgment fee (\$10) will be refunded. Protests must state clearly and concisely the case for the gymnast in question and must be submitted within 3 minutes of the completion of that apparatus.

Videotape evidence regarding start value (D jury) will only be considered if the video is an official competition Video and all other routines have been recorded from the same angle as the judging panel. The decision of the jury is final and no discussion will be entered into.