

Aesthetic Group Gymnastics Technical Rules and Regulations

Revised
November 2003

Technical Rules and Regulations For Aesthetic Group Gymnastics

November 2003

The Gymnastics Ontario **Aesthetic Group Gymnastics Technical Rules and Regulations** manual provides the Provincial guidelines for Ontario RG Interclub athletes, coaches and judges.

All AGG Competitions sponsored or sanctioned by Gymnastics Ontario shall be governed by the rules described in this manual.

All policies applicable to Gymnastics Discipline in general are included in the Gymnastics Ontario Operations Manual. A copy of this manual is available to each Gymnastics Ontario member club.

The procedures for competition organization can be found in the Gymnastics Ontario Meet Director Manual.

The Ministry of Citizenship, Culture and Recreation, Government of Ontario financially supports the programs of this Federation

ACKNOWLEDGEMENTS

These rules and regulations for Aesthetic Group Gymnastics Competition are based on SVOLI (Finnish Gymnastics) Rules and Regulations. These rules have been adapted and revised to Ontario Technical Rules and Regulations by the Ontario RG Committee members: Maija Ceming, Evelyn Koop, Joanne McGarry, Paula Preston, Annely Riga and Marta Selmeczi. Thank you to Kerstin Wadsten for her assistance with the illustrations.

Section 1 – GENERAL

1.1 Purpose and Objectives of Aesthetic Group Gymnastics

The objectives of the AGG Competition are to provide a competitive venue for Rhythmic Gymnastics groups of all ages. The Ontario AGG competitions offer a free routine similar to that in the International AGG rules. In addition Ontario AGG competitions offer a creative routine that allows participants to demonstrate their creativity in use of varied apparatus and costumes.

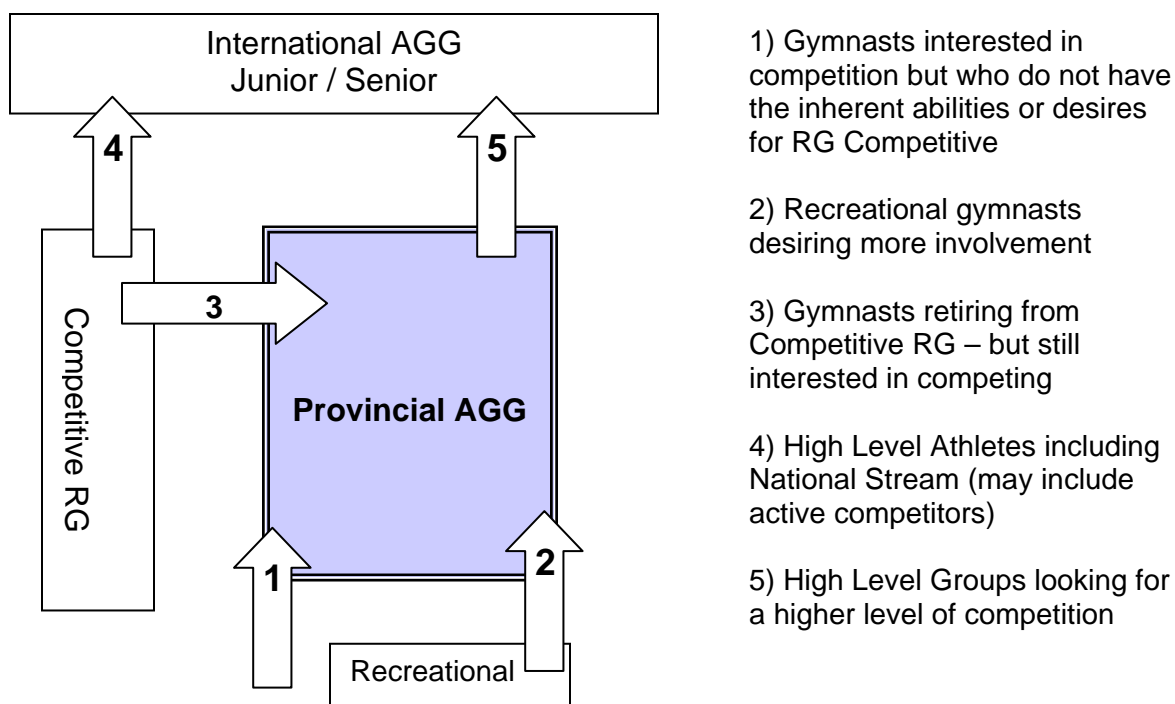
The vision of AGG competition is to ensure that the choreography of both the Free and Creative routines include the elements of Rhythmic Gymnastics. Emphasis is on natural body movements such as locomotion, body waves, contractions, swings, circles, balances, bends, turns, spins, leaps etc. The sport also focuses on rhythmic movement, as well as grace, flexibility, coordination, endurance, strength, speed, artistic expression and creativity.

The AGG Provincial Championship is held in late spring and is commonly known as the Red Ribbon Competition.

1.2 Categories

The Provincial Category is targeted at the provincial stream athletes. The Junior International and International categories are targeted at gymnasts who desire a higher level in technical requirements and competition levels. Although the International categories are meant for gymnasts who plan to compete Internationally – they are open to all.

1.3 Athlete Model



Section 2 - GROUP CATEGORIES

2.1 Provincial Categories

Category	Age of Participants	Number of Group Members		Applicable Rules
		Minimum	Maximum	
Child	7 – 10 years old	4	10	See Rules 1 – 7
Pre-Teen	10 – 13 years old	4	10	See Rules 1 – 7
Teen	13 – 17 years old	4	10	See Rules 1 – 7
Young Adult	17 years old and older	4	10	See Rules 1 – 7
Adult	30 years old and over	3	no maximum	See Rules 1 – 7
Open	No age specification	4	10	See Rules 3 – 6,8

RULES:

- 1) Gymnasts must be in the age range in the calendar year of the competition
- 2) Up to 2 gymnasts from any lower or higher age group are permitted to compete on a team in an age category.
- 3) To encourage participation, groups of 3 participants or groups of more than 10 are permitted to compete. With the exception of Adult Groups (no group maximum), groups will be evaluated but not eligible for awards.
- 4) Gymnasts are permitted to participate in more than one age level in order to make up the required minimum group numbers.
- 5) All groups must perform both Free and Creative routines with the same gymnasts in order to be eligible for the Overall and Grand Prize awards. However groups may compete in only one routine and be eligible for the applicable award.
- 6) All participants must be registered with Gymnastics Ontario as Inter-Club gymnasts.
- 7) Gymnasts in categories other than Open must not have competed as a RG or Artistic Competitive Athlete in the current competitive year.
- 8) The Open category is open to any gymnast including active or former RG competitive gymnasts, active or former artistic competitive gymnasts, or elite performance gymnasts. Gymnasts competing in the Open category who are already currently registered with GO as a competitive athlete do not need to also register as an interclub athlete.

NOTE: Any group that does not follow the above rules will be disqualified from the competition.

2.2 International Categories

Category	Age of Participants	Number of Group Members		Time	Notes
		Minimum	Maximum		
Junior Intl Child	8 – 10 years	4	10	1:45– 2:15	See Notes 1 & 2
Junior Intl Pre-Teen	10 - 12 years	4	10	2:00- 2:30	See Notes 1 & 2
Junior Intl Teen	12 - 15 years	4	10	2:00- 2:30	See Notes 1 & 2
International	See International Rules of Aesthetic Group Gymnastics Competition				

Notes

- 1 :** These categories will follow the rules as described in “ Rules of AGG Competition for Junior Gymnasts” updated 20.06.2002. This is available from SVOLI.
- 2:** The exception to the rules is that for developmental reasons the minimum number allowed in a group is 4.

The Junior International and International categories are open to all gymnasts including current competitive gymnasts, and are meant for those gymnasts who may be competing in the International AGG Competitions. In addition teams who desire a higher degree of difficulty and expectation may register and compete in this category without traveling internationally.

Section 3 - PROGRAMME

Provincial categories will compete with a FREE Routine (with compulsory elements) and a CREATIVE Routine (with compulsory elements). In all provincial categories groups must perform a free routine and a creative routine with the same gymnasts in order to be eligible for overall awards in their category and for the Grand Prize award. However, groups may compete with only one routine and be eligible for the applicable award.

The International category will compete with a FREE routine. A CREATIVE routine can be performed and will be evaluated. International groups are not eligible for the Provincial Overall Award (Maija Ceming Cup).

3.1 Free Routine

No apparatus is allowed.

3.1.1 *Composition Requirements –Technical Value*

The following required elements must be included in the Free Routine. The list of “A” and “B” difficulties are in Appendix I.

	Requirements	Value	Max Value	
1	Jumps and Leaps			
	a) 2 different “A” difficulties	0.3 each	0.6	
	b) 2 different “B” difficulties (Teens, Young Adults, Open aged categories only.)	0.5 each	1.0	
2	Balances Two different Balances – choice from either A or B difficulty in Appendix 1. Balance may be performed on flat foot or on toes	0.3 each	0.6	
3	Pivots Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn)	0.3 each	0.6	
4	Body Movements	a) 2 different body waves	0.3 each	0.6
		b) 2 different body swings	0.3 each	0.6
		c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.	0.4	0.4
		d) 1 body movement B series (3 different body movements in combination of any of the above or some other ie figure eights, circles etc)	0.6	0.6
	Max Value Total			
	Child, Pre-teen, Adult		4.0	
	Teen, Y Adult, Open		5.0	

Deductions of Technical Value:

- B difficulty will be counted as an A difficulty if there are 0.4-0.5 deductions in execution of the difficulty.
- B difficulty will not be counted at all as a difficulty if there are 0.6 or more deductions in execution of the difficulty
- A difficulty will not be counted at all as a difficulty if there are 0.5 or more deductions in execution of the difficulty

3.1.2 Artistic Requirements

The Artistic Value (AV) of the Composition is calculated as follows:

Requirements	Value	Max Value
Fast and Slow Movements	0.1 – 0.3	0.3
Strength and Coordination	0.1 – 0.3	0.3
Usage of full floor area and levels	0.1 – 0.4	0.4
Expressiveness of movements and harmony with music	0.1 – 1.5	1.5
Originality through elements and formations which should enhance the theme	0.1 – 1.5	1.5
AGG Technique (ie waves, swings, body moves)	0.1 – 0.2	0.2
Formations	0.1	0.1
Fluent Collaboration	0.1-0.2	0.2
Suitability for the Group (ie skills, music, costume)	0.1-0.2	0.2
Variety in Movement	0.1	0.1
Unity (Work as a team)	0.1-0.2	0.2
Maximum score for the Artistic Value		5.0

The following required formations must be included in the Free Routine.

- CHILD Category - 4 Formations
- All other categories - 6 Formations

Unity (working together as a team) of the group is predominant. Different kinds of solos or canons give nuance for the composition, but they must not be predominating. Each routine is allowed three (3) solo movements in which movement cannot last more than three (3) seconds.

3.1.3 Optional Elements

Pre-acrobatic and acrobatic elements (front rolls, cartwheels, walkovers, splits) are permitted, but not required. No flight acrobatics at any time (i.e. aerial cartwheels, aerial walkovers, handsprings and sumi's). Lifting of the gymnasts is permitted providing the gymnast being lifted is in contact with another group member while in the lift. Dragging and spinning is allowed.

3.1.4 Execution

The overall execution technique and evaluation is described later in a separate section and is common to both Free and Creative.

Maximum points for execution for the free routine is 10.0.

3.1.5 Judging Panels

For the Free Routine, the groups will be evaluated by two panels of judges – Composition and Execution.

The first panel of judges (Composition) is divided into two subgroups:

Composition – Technical Value (TV) may consist of 2-4 judges

Composition - Artistic Value (AV) may consist of 2-4 judges.

Number 1 judge on each subgroup will act as Head Judge for the subgroup.

The second panel of judges (Execution) may consist of 3-4 judges

Number 1 judge on the panel will act as Head Judge for the panel.

A Time judge and line judges are required.

3.1.6 Scoring the Points

The final score will be calculated by adding the three partial scores: Composition TV, Composition AV and Execution.

For Child, Pre-teen and Adult:

Max score for Composition Tech Value (TV)	4.0
Max score for Composition Artistic Value (AV)	5.0
Max score for Execution (EX)	10.0

Max Total score = 19.0

For Teen, Young Adult, Open

Max score for Composition Tech Value (TV)	5.0
Max score for Composition Artistic Value (AV)	5.0
Max score for Execution (EX)	10.0

Max Total score = 20.0

The difference in the individual judges scores for TV and AV may not be greater than 0.3.

The difference in the scores for Execution (EX) may not be greater than 0.4.

Each panel (jury) for TV and AV will give their partial scores in the range 0.4 – 5.0. The EX panel will give their points in the range 0.4 – 10.0

Depending upon the number of judges, the partial scores will be calculated as follows:

Jury of four judges – highest and lowest scores eliminated, the two middle scores are averaged

Jury of three judges – all three scores are averaged

Jury of two judges – the two scores are averaged

Averages will be taken to 3 decimal points ie 3.333

3.1.7 Penalties deducted by the Head Judges

Penalties will be taken from the final score of the Composition –Artistic Value Jury and from the final score of the Execution Jury.

Jury	Deduction	Description	Penalty
Composition AV	Time	If the length of the exercise does not conform to the regulations (under or over run is 10 secs or more)	A single deduction of 0.1 points will be applied regardless of the overrun length.
Composition AV	Dress of Gymnasts	Unaesthetic dress or dress not conforming to the regulations (costume, hair decorations, makeup and gymnastics slippers etc)	Deduct 0.1 per gymnast up to max of 0.2
Composition AV	Dress of Gymnasts	Loose item (hair decoration, slipper etc.)	Deduct 0.1 per item
Execution	Out of bounds (Free Routine Only)	Each gymnast out of the boundary of the floor area (touching over the borderline of the floor)	Deduct 0.1 points every time
Execution	Gymnast drops out	If a gymnast arrives late, or drops out in the middle of a routine	Deduct 0.5 points

3.2 Creative Routines

The objective of the Creative Routine is to allow the usage of costumes and apparatus in a creative fashion while still retaining the elements of Rhythmic Gymnastics. The vision of AGG competition is to ensure that the choreography of the routines address the elements of Rhythmic Gymnastics. Emphasis is on natural body movements such as locomotion, body waves, swings, contractions, circles, balances, bends, turns, spins, leaps etc. The sport focuses on the flow of rhythmic movements, as well as grace, flexibility, coordination, endurance, strength, speed, artistic expression and creativity.

The RG-Aesthetic Technical Committee will distribute annual themes for the Creative routines prior to the start of the competitive season. The Committee will collect input during the fall General Assembly and publish the themes for the subsequent year as soon as possible.

The routines must be given a name that reflects the appropriate theme. For instance if child **category** theme is **summer**; their name could be **“Play at the Beach”**.

3.2.1 Composition Requirements (Technical Value)

The following required elements for Technical Value must be included in the Creative Routine. The list of “A” and “B” difficulties are in Appendix I.

		Requirements	Value	Max Value
1	Jumps and Leaps	a) 2 different “A” difficulties	0.3 each	0.6
		b) 1 “B” difficulty (Teens, Young Adults, Open aged categories only.)	0.5	0.5
2	Balances	One Balance – choice from either A or B difficulty in Appendix 1. Balance may be performed on flat foot or on toes	0.3	0.3
3	Pivots	One Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn)	0.3	0.3
4	Body Movements	a) 1 body wave	0.3	0.3
		b) 1 body swing	0.3	0.3
		c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.	0.4	0.4
	Total Max Value	Child, Pre-teen, Adult Teen, Young Adult, Open		2.2 2.7

Deductions of Technical Value:

- B difficulty will be counted as an A difficulty if there are 0.4-0.5 deductions in execution of the difficulty.
- B difficulty will not be counted at all as a difficulty if there are 0.6 or more deductions in execution of the difficulty
- A difficulty will not be counted at all as a difficulty if there are 0.5 or more deductions in execution of the difficulty

3.2.2 Execution Value

Execution is the same as that used in the Free Routine with the exception that the maximum panel score will 2.3. Judges will score out of 10 (same as Free) but the final score will be multiplied by 0.23 to bring it to its relative value.

There will be no deductions from gymnasts out of bounds.

3.2.3 Creative Value

The creative mark is scored out of a maximum of 5 points – with three components:

- Idea – originality, artistic impression, new elements, creativity and formations - maximum value of 2.0
- Expression – connection of composition to: idea and theme, apparatus, equipment, gymnasts movements and interpretation of theme - maximum value of 1.5
- Music- Music sets the theme and idea. Relationship of full group to tempo and style of music. Maximum value of 1.5

Unity (working together as a team) of the group is predominant. Different kinds of solos or canons give nuance for the composition, but they must not be predominating. Each routine is allowed three (3) solo movements in which movement cannot last more than three (3) seconds.

3.2.4 Optional Elements

Pre-acrobatic and acrobatic elements (front rolls, cartwheels, walkovers, splits) are permitted, but not required. No flight acrobatics at any time (i.e. aerial cartwheels, aerial walkovers, handsprings and sauto's). Lifting of the gymnasts is permitted. Dragging and spinning is allowed.

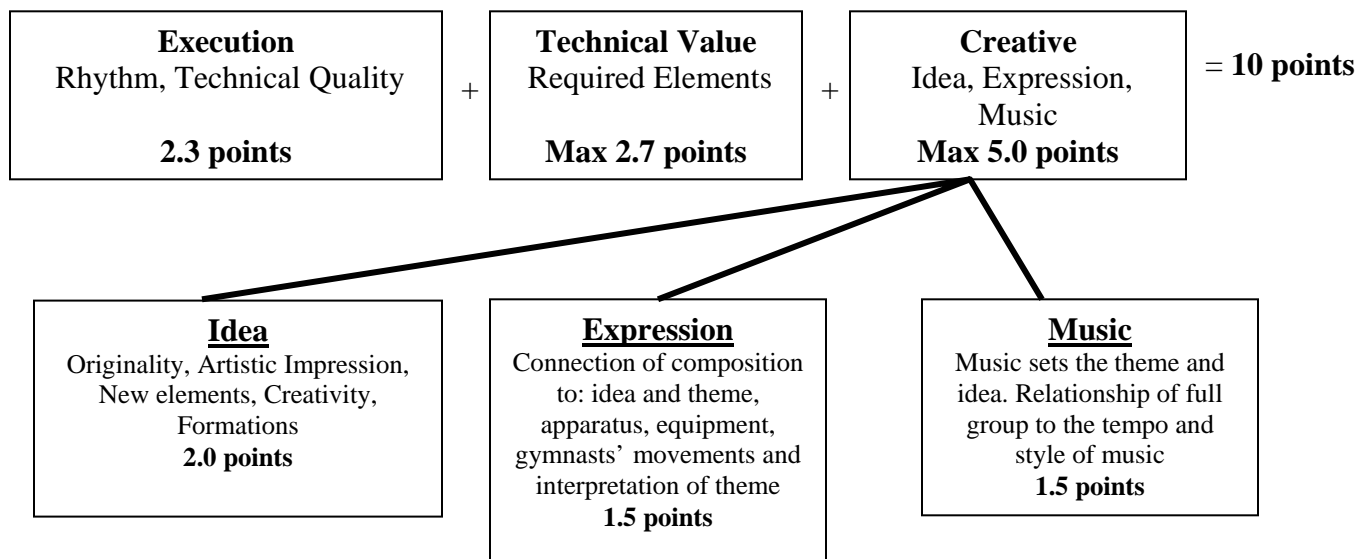
3.2.5 Creative Equipment

Use of any hand held apparatus or props, traditional or non-traditional is allowed. These may include but are not limited to: balls, hoops, ropes, ribbons, clubs, tambourines, flags, scarves, chairs, mini trampoline, sticks, teddy bears, umbrellas, canes, fans, dolls, and baseballs.

Use of any apparatus must include appropriate RG apparatus elements such as throws, rolls, exchanges, swings, mills, snakes and spirals, boomerangs, and balances. The apparatus must be more than just a decorative element.

There will be no deduction for apparatus placed out of bounds during the routine.

3.2.6 Creative Routine Scoring



The total maximum score for the Creative Routine is 10.0 for Teen, Young Adult and Open. For Child, Pre-teen and Adult the total maximum score is 9.5.

3.2.7 Judging

The judging criteria for the Creative Routine will be one (1) panel of nine (9) judges. The Head judge for the competition will be the Head Judge of the panel. The panel will consist of three (3) Execution judges, three (3) Technical judges and three (3) Creative judges.

The differences in the individual judges score in the Execution Panel and Technical Value Panel may not be greater than 0.2. The differences in the individual judges score in the Creative Panel may not be greater than 0.3

A Time judge is required.

Line judges are not required for the Creative Routine.

3.3 Execution

This wording has been copied directly from the International Rules of Aesthetic Group Gymnastics Competition – as published by IFAGG. Some of the meanings especially those identified in italics requires rewording for further clarification. The Ontario Committee is working with IFAGG to clarify these meanings, and improved definitions will be made available as they are received.

3.3.1 Technique of Body Movements

Aesthetic group gymnastics is stylized, natural total body movement where the hips form the basic movement center. A movement performed with one part of the body reflects in the whole body. The philosophy of the sport is founded on harmonious, rhythmic and dynamic movements **performed with economic and natural use of strength**. Harmonious movements follow naturally from one movement to the next as if they were created by the previous movement. All movements must be performed fluently. Execution must show amplitude, variety in the dynamics and speed.

3.3.1.1 Body wave forward (basic form)

The wave starts with a little relaxation in the body and continues with a strong push forward with the hips, and the push is reflected to the whole body. The wave goes through the body from the ankles to the head. Hips draw a whole circle during the wave: hips go back, down, forward and up.

3.3.1.2 Body wave backward

The motion starts with pushing the hips forward. *Because of the push, the upper body is taking down chest forward, head last. Rising up happens with rounded back, head last.*

3.3.1.3 Body wave from side to side

In this wave, it is important to push the hips from side to side and to transfer the weight to the other leg. When the hips move from side to side, upper body and head balance the movement by relaxing to the opposite side. Neck must be relaxed. When the weight is on the other leg, extension starts from the hips and continues until the whole body is extended. Knees and hips draw a half circle during the wave.

All waves can be performed with arm movements, steps or combined with other movements.

3.3.1.4 Body Swings with speed

A swing consists of four parts, which are gathering of speed, the swing, release and extension. The importance in this motion is alternation between extension and relaxation as well as between power and lightness. Body swing can be done forward, from side to side and in a horizontal stage.

3.3.1.5 Contractions

In contractions, the abdominal, back and flank muscles are active. The rest of the body reflects naturally to the contraction. Basic form: contract the stomach muscles, then hips bend backwards, chest presses in and shoulders push forward, back rounds up and head bends back.

3.3.2 Balances

All balances must be performed clearly. The duration of the use of the support surface in balance movements must be clearly visible. Shape must be fixed and well defined during the balance.

Balances must have the following characteristics:

- Shape fixed and well defined during the balance
- Good amplitude in the shape
- Good control in the body during and after balance

3.3.3 Pivots

Pivots must have the following characteristics:

- Shape fixed and well defined during the whole rotation of the pivot
- Good amplitude in the shape
- Good control in the body during and after the pivot
- Pivots can be performed with a flat foot

Insufficient shape during the rotation lowers the level of difficulty.

3.3.4 Jumps and Leaps

Jumps and leaps must have the following characteristics:

- Shape fixed and well defined during the flight
- Shape fixed and well defined during the rotation of the turning jumps and leaps
- Good amplitude in the shape
- Good amplitude in the height and elevation
- Good control in the body during and after jump or leap
- Landing must be light and soft

An insufficient shape or flight of the jump or leap, result in the lowering of the level of difficulty. Insufficient shape during rotation of turning jumps and leaps lowers the level of difficulty. B-jump becomes A-jump. A-jump is not considered as a jump. *All jumps and leaps that considered flight and shape can be noticed as an A-jump.*

3.3.5 Other Execution Requirements

- The execution must be unified and synchronous.
- All team members must perform the same elements with the same or equal degrees of difficulty, either simultaneously, successively or within a short space of time.
- All movements and movement combinations must be performed by total movement technique. Changes from one body movement or formation to another must be fluent. *In total movement technique, the leading movement reflects in every part of the body, when movement flows either from the center of the body, hips backwards or to the center.* The movements are tied together in a way that the flow continues from one movement to the other.
- The execution must show good technique, good extensions, accuracy of movement, and variations in the use of muscular tension, relaxation and strength, and preciseness of formations and transitions.
- The execution must show good posture, coordination, balance, stability and rhythm.
- The execution must show the group's athletic skills: flexibility, strength, speed and endurance.

- The execution must show expressiveness and aesthetic appeal.
- Gymnasts must perform the execution according to the dynamics and rhythm of the music.
- Starting and ending positions are part of the execution.

3.3.6 Value of the Execution

The execution value is scored as follows:

Gymnastics Quality	
- Posture	0.1 each time
- Total Body Movement	0.3 whole program
- Insufficient extensions	0.1 each time
Unity of the Group	
- Slight difference in execution	0.1 each time
- Lack of synchronization	0.1 each time
- Different execution technique of movements	0.1 each time
Movements of the body	
- Slight imperfection/inadequacy/insufficiency in exec.	0.1 each time
- Unfixed shape	0.1 each time
- Extra movement	0.1 each time
Balances	
- Unnecessary movement without step or hop	0.1 each time
- Unnecessary hop or step	0.2 each time
- Shape not fixed	0.1 each time
- Loss of balance: with support on step, hand, foot or other part of body	0.3 each time
- Total loss of balance with fall	0.4 each time
Jumps and Leaps	
- Shape not fixed	0.1 each time
- Heavy Landing	0.1 each time
- Lack of amplitude in the shape	0.1 each time
- Insufficient flight (elevation)	0.1 each time
Traveling	
- Lack of fluency	0.1 each time
- Lack of lightness	0.1 each time
- Collision between gymnasts	0.1 each time
- Collision between gymnasts: execution disturbs clearly	0.3 each time
Movement Accuracy	
- Imprecise planes or directions	0.1 each time
- Inaccuracy in formations	0.1 each time
<i>Physical Characteristics</i>	
- Slight lack in some area	0.1 each time/group/area
- Clear lack in some area during the whole execution	0.3
Music and Movement	
- Slight inaccuracy between movement and rhythm of the music	0.1 each time

Missing

- Slight uncertainty in execution 0.1 each time
- *Missing momentary: the execution disturbs* 0.2 each time

3.4 Length of Routine

Free and Creative Routines:

Category	Time**
Child	1:30 – 2:00 minutes
Pre-Teen	2:00 – 2:30 minutes
Teens, Young Adults, Adults and Open	2:15 – 2:45 minutes

** An over or under of ten (10) second music fault is permitted. A single deduction of 0.1 will be applied for music faults greater than ten (10) seconds.

Timing will start from the beginning of the first movement after the group has taken its starting position on the competition area. Timing will stop as soon as all gymnasts are totally motionless.

The group's entrance to the starting position may not be accompanied by music.

3.5 Music

Free and Creative Routines:

Choice of music for the routines is free; both instrumental and vocal are allowed.

The music must include:

- a) Change of Tempo
- b) Harmony between music theme and composition elements
- c) Harmony between music theme and gymnasts' expression
- d) Collaboration between theme, elements and expression

Tapes or CDs must be of good quality, and if tape: recorded on one side only and cued to the beginning of the cassette. A different cassette or CD is required for each routine.

Each tape/ CD must be marked with the following:

1. Name of Club
2. Category (i.e. Child, Open)
3. Type of Routine – Free or Creative
4. Name of Routine (Creative routine only)

3.6 Competition Area

The size of the competition carpet area is 13 M X 13M (40' X 40'). The competition area is covered with a rhythmic carpet.

There is no height restriction.

3.7 Dress of Gymnasts

Free Routine

The competition dress of a group must be a leotard with aesthetic appeal. A correct gymnastic leotard must be in non-transparent material. Arms, back and chest can be transparent. The cut of the gymnastics suit at the top of the legs must not go beyond the fold of the crotch (maximum). A small skirt is permitted, that must not go beyond the fold of the crotch. The suit may have small decorations such as ribbons, rhinestones or rosettes. The decoration cannot disturb the execution. Leotards must be identical (material and style) and the same color for all the gymnasts of the group. However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated. Gymnastics slippers and tights are permitted. Tights must be fitted at the ankle. Hair decorations, make-up and gymnastics slippers are also considered part of the competition dress. Hair decorations are part of the competition dress. The hairstyle must be neat and trim.

All outfits must be fitted to the body to show the moves.

A deduction will be assessed per group for not conforming to the dress code.

Exception for Young Adults and Adults Categories:

In the free routine Young Adults and Adults may use see-through skirts in any length. Upper thigh length skirts may be used and may be of any material.

Creative Routine

Costume of free choice. Costume may include items such as accessories, feathers, ruffles, hats, boots, skirts, etc.

3.8 Judges Qualifications

The intent is to require all Judges to be at least a qualified AGG Provincial level 1 judge. At this point the Meet Technical Director and Judge Responsible may waive this requirement.

Section 4 - AWARDS

4.1 Provincial – Free and Creative Routines

	PLACEMENT	AWARD
Free Routine	1 st – 8 th place	Ribbons
Creative Routine	1 st – 8 th place	Ribbons
Overall*	1 st	Medals and Team Trophy**
	2 nd and 3 rd	Medals
Grand Prize*	Team with highest total score out of all categories	Maija Ceming Cup

The Overall score is out of a maximum of 30 points (20.0 for Free and 10.0 for Creative), with the exception of child and pre-teen where it is out of 28.5.

* In the case of a tie the team with the highest Free routine score will be declared the winner.

** Team Trophy may be a trophy, plaque or certificate

4.2 International - Free Routines

PLACEMENT	AWARD
1 st , 2 nd and 3 rd	Medals
4 th – 8 th	Ribbons

For the International teams there is no overall or grand prize.

4.3 Special Recognition Awards

Panels of Judges under the direction of the Head Judge decide these awards.

The organizing committee has the option of suggesting alternate but similar intent awards.

- Youngest Team
- Most Unified Team
- Most Original Team
- Most Graceful Team
- Most Spirited Team
- Most Innovative Team
- Club with most gymnasts registered

Participation Ribbons may be presented to all gymnasts. It is strongly recommended that groups placing 9th and up should receive participation certificates/ribbons.

4.4 General Comments

In order to speed up the Awards Ceremonies, while still recognizing all the athletes – the Meet Director may choose to invite all athletes up to receive their ribbon, but give the entire set of the team’s ribbon to the Team Captain who will hand them out after they sit down again.