

REGULATION

GYMNASTICS FOR ALL



Introduction:

The Urban Sport4all regulation in the gymnastics modality is based on the regulation of the World Gym For Life Challenge, within the scope of Gymnastics for All, which includes a group presentation contest, with some particularities that are described in this document.

Exercise time:

Maximum duration of 5 (five) minutes.

Space:

Workable 14mX14m

Evaluation:

The groups are evaluated by a panel of 5 invited evaluators, with no separation of groups by categories or gymnastic areas. The observation areas focus on the following areas:

1. Entertainment

- Expressiveness
- Clothing / Characterization
- Reaction provoked in the spectators

2. Overall impression

- Training + general use of space
- Different rhythms and dynamics
- Harmony (movement, music and choreography)
- Highlights, surprises and contrasts
- Timing
- Safety

3. Innovation, originality and variety

- Idea development
- Originality/Creativity
- Variety

4. Technique (quality and safety)

- Suitability at the group level
- Posture/Body Attitude
- Execution/Technical Quality
- Basic Gymnastics Techniques

Classification:

Groups are classified into three levels: bronze, silver and gold. For this purpose, each of the assessment areas will be scored from 1 to 10 points, with a maximum score of 40 points. An average of the scores of the different judges will be carried out, with the mentions being awarded as follows:

- Bronze – scores between 0 and 22 points
- Silver – scores between 23 and 31 points
- Gold – scores above 31 points

Awards:

All groups will receive a trophy representing the mention obtained.

