

25.13 GYMNASTICS

25.13.1 COMPETITION DATES (TBA)

October 26 – 31, 2025

25.13.2 COMPETITION VENUES (TBA)

RG – EDSA Gym

Tramp – Pedro Atcharon Gym

Aero – KCC Convention & Events Area

MAG and WAG – GAP Intramuros, Manila

25.13.3 COMPETITION MANAGEMENT



Tournament Director	Anna Lou Carreon
Assistant Tournament Director (Asst. TD) Men's Artistic Gymnastics	Julius Arandia
Assistant Tournament Director (Asst. TD) Women's Artistic Gymnastics	Josefina Ma. Valento
Assistant Tournament Director (Asst. TD) Rhythmic Gymnastics	Russel John M. Ronquillo
Assistant Tournament Director (Asst. TD) Aerobic Gymnastics	Mary Grace Borela-Sison
Assistant Tournament Director (Asst. TD) Trampoline	Catherine Joy Villareal
GYMNASTICS ASSOCIATION OF THE PHILIPPINES Gymnastics Association of the Philippines Training Center Rizal Memorial Sports Complex Pablo Ocampo Sr., Street 1007 MANILA, Philippines 606 Basco St, Intramuros, 1002 Metro Manila Phone: +63 2 5212640 / +639993338492 Email: philippinegymnastics@gmail.com	



25.13.4 COMPETITION EVENTS

No.		EVENTS	MEN	WOMEN
1	Artistic Gymnastics	Floor Exercise	✓	✓
2		Pommel Horse/ Mushroom	✓	-
3		Still Rings	✓	-
4		Vault	✓	✓
5		Parallel Bars	✓	-
6		Horizontal Bar	✓	-
7		Uneven Bars	-	✓
8		Balance Beam	-	✓
9	WAG – HP2 – 3 Compulsory, and HP4 Optional	Individual All-Around	✓	✓
		Team Championship	✓	✓
Total Artistic Gymnastics Events			32	18
			50	

No.		EVENTS	WOMEN
1		Freehand- Developmental	✓
2		Rope- Developmental	✓
3		Hoop - Pre-Junior, Junior, Senior	✓
4		Ball - Developmental, Pre-Junior, Junior, Senior	✓
5		Clubs- Pre-Junior, Junior, Senior	✓



6	Rhythmic Gymnastics	Ribbon- Junior, Senior	✓
		Developmental: Freehand	✓
7		Pre-Junior: Freehand, 5 Balls (In preparation for FIG RGG Apparatus Program 2026-2027)	✓
8			✓
9		Junior: 5 Pairs of Clubs, 5 Hoops (FIG RGG Apparatus Program 2025)	-
10		Senior: 5 Ribbons, 3 Balls + 2 Hoops (FIG RGG Apparatus Program 2025)	✓
11		Individual All-Around- Developmental, Pre- Junior, Junior, Senior	✓
12		Team Championship - RGI and RGG	✓
Total Rhythmic Gymnastics Events			27

No.		EVENTS	MEN	WOMEN
1	Aerobic Gymnastics	Individual Women (National Development, Youth, and Junior)	✓	-
2		Individual Men (National Development, Youth, and Junior)	-	✓
3		Mixed Pair (National Development, Youth, and Junior)	✓	✓
4		Trio (National Development, Youth, and Junior)	Optional	Optional

		Group (National Development, Youth, and Junior)	Optional	Optional
5		Aerobic Dance (8 gymnasts - Combined)	Optional	Optional
		Team	Combined	Combined
Total Aerobic Gymnastics Events			17	

No.		EVENTS	MEN	WOMEN
1	Trampoline Junior and Senior	Boys Individual	✓	-
2		Girls Individual	-	✓
3		Boys Double Mini	✓	-
4		Girls Double Mini	-	✓
5		Boys Tumbling	✓	-
6		Girls Tumbling	-	✓
		Team	✓	✓
Total Trampoline Events			8	8
			16	

25.13.5 COMPETITION SCHEDULE

DISCIPLINE	DATE
Men's Artistic Gymnastics	October 27 – 30, 2025
Women's Artistic Gymnastics	October 27 – 30, 2025
Rhythmic Gymnastics	October 27 – 29, 2025
Aerobic Gymnastics	October 25 – 27, 2025
Trampoline	October 27 – 29, 2025



25.13.5.1 Artistic Gymnastics

DATE	TIME	ACTIVITY
October 25, 2025 Day 1	ALL DAY	Arrival of WAG TD, ATD, TWG, and Delegations
October 26, 2025 Day 2	ALL DAY	Arrival of WAG & MAG NTOs
	09:00 – 10:00 AM	Solidarity Meeting
	ALL DAY	WAG Podium Training
	01:30 – 05:00 PM	WAG Technical Meeting
	02:15– 05:00 PM	Judges' Review
October 27, 2025 Day 3	07:30 – 08:00 AM	Opening Ceremonies
	08:00 – 04:00 PM	WAG HP2 and HP3 Competitions
	04:00 – 05:00 PM	Awarding Ceremony
	01:30 – 05:00 PM	MAG Technical Meeting
	02:00 – 05:00 PM	MAG Judges' review and draw
October 28, 2025 Day 4	ALL DAY	MAG Podium Training
	08:00 AM – 12:00 NN	WAG HP 4 Competition
	12:00 – 01:00 PM	Awarding Ceremony
October 29, 2025	07:30 – 08:00 AM	Opening Ceremonies

Day 5	08:00 – 12:00 NN	MAG HP2 Compulsory
	02:00 – 04:00 PM	MAG HP3 and 4 Optional
	04:00 – 05:00 PM	Awarding Ceremony
October 30, 2025	08:00 AM – 01:00 PM	MAG Junior Competitions
Day 6	04:00 – 05:00 PM	Awarding Ceremony
October 31, 2025	ALL DAY	Departure
Day 7		

25.13.5.2 Rhythmic Gymnastics

DATE	TIME	ACTIVITY
October 25, 2025 Day 1	ALL DAY	Arrival of Delegations and RG TD and ATD
	ALL DAY	Open Training
October 26, 2025 Day 2	ALL DAY	Arrival of RG NTOs and Technical Committee
	08:00 – 10:00 AM	Technical Meeting and Coaches' Orientation/ Solidarity Meeting
	10:00 AM – 08:00 PM	Podium Training
October 27, 2025 Day 3	07:00 – 08:00 AM	Judges' Meeting and Briefing
	08:00 AM – 12:00 NN	RGI Developmental and Pre-Junior
	12:00 – 01:00 PM	Lunch Break



	01:00 – 02:00 PM	Opening Ceremony
	02:00 – 05:00 PM	RGG Developmental and Pre-Junior
October 28, 2025 Day 4	07:00 – 08:00 AM	Judges' Meeting and Briefing
	08:00 AM – 12:00 NN	RGI Junior
	12:00 – 01:00 PM	Lunch Break
	01:00 – 05:00 PM	RGI Senior
October 29, 2025 Day 5	07:00 – 08:00 AM	Judges' Meeting and Briefing
	08:00 AM – 12:00 NN	RGI Junior and Senior
	12:00 – 02:00 PM	Lunch Break
	02:00 – 03:00 PM	Awarding Ceremony
October 30, 2025 Day 6	ALL DAY	Departure

25.13.5.3 Aerobic Gymnastics

DATE	TIME	ACTIVITY
October 23, 2025 Day 1	ALL DAY	Arrival of AER TD and ATD
	ALL DAY	Open Training
October 24, 2025 Day 2	ALL DAY	Arrival of AER NTOs and Delegation
	08:00 – 09:00 AM	Coaches' Solidarity Meeting

	09:00 AM – 01:00 PM	Judges' and Scoring Instructions
	01:00 – 03:00 PM	Judges' Refresher Course
	02:30 – 03:30 PM	Rehearsal for the Opening Parade and Mass Dance
October 25, 2025 Day 3	07:30 – 08:30 AM	Judges' Meeting and Draw
	08:30 – 09:00 AM	Opening Parade
	09:00 – 10:00 AM	Qualification National Development for MP and GR
	10:00 AM - 12:30 NN	Qualification Youth and Junior for IM and IW
	12:30 – 02:00 PM	Break
	02:00 – 03:00 PM	Qualification National Development for IM and IW
	03:00 – 04:00 PM	Qualification Youth and Junior MP and GR
October 26, 2025 Day 4	08:00 – 09:00 AM	Judges' Meeting and Draw
	09:00 – 10:00 AM	Qualification National Development for TR
	10:00 AM – 12:00 NN	Qualification Youth and Junior for TR
	12:00 – 02:00 PM	Break
	02:00 – 03:00 PM	Qualification AER Dance
	03:00 – 04:00 PM	Finals National Development for IM and IW



	04:00 – 05:00 PM	Finals Youth and Junior for IM and IW
October 27, 2025 Day 5	08:00 – 09:00 AM	Finals National Development for MP and GR
	09:00 – 10:00 AM	Finals Youth and Junior MP and GR
	10:00 AM – 12:00 NN	Finals National Development for TR
	12:00 – 02:00 PM	Break
	02:00 – 03:00 PM	Finals Youth and Junior TR
	03:00 – 04:00 PM	Finals AER Dance
	04:00 – 05:00 PM	Awarding Ceremony
October 28, 2025 Day 6	ALL DAY	Departure

25.13.5.4 Trampoline

DATE	TIME	ACTIVITY
October 25, 2025 Day 1	ALL DAY	Arrival of TRA TD and ATD
October 26, 2025 Day 2	ALL DAY	Arrival of TRA NTOs and Delegations
	ALL DAY	Open Training
	03:00 – 04:00 PM	Coaches' Meeting

	05:00 – 06:00 PM	Judges' Review
October 27, 2025 Day 3	07:30 – 08:00 AM	Assembly and Opening Program
	08:00 AM – 12:00 NN	Individual Trampoline Junior
	12:00 – 02:00 PM	Lunch Break
	02:00 – 04:00 PM	Individual Trampoline Senior
	04:00 – 05:00 PM	Awarding Ceremony
October 28, 2025 Day 4	08:00 AM – 12:00 NN	Double Mini Events Junior and Senior
	12:00 – 02:00 PM	Lunch Break
	02:00 – 04:00 PM	Individual Tumbling Junior
	04:00 – 05:00 PM	Awarding Ceremony
October 29, 2025 Day 5	08:00 AM – 12:00 NN	Individual Tumbling Senior
	12:00 – 02:00 PM	Lunch Break
	02:00 – 04:00 PM	Synchronized Events Junior and Senior
	04:00 – 05:00 PM	Awarding Ceremony
October 30, 2025 Day 6	ALL DAY	Departure



25.13.5.5 Training Schedule

25.13.5.5.1 Training Policies

The pre-competition training schedule will be allocated to all delegations two (2) days prior to the start of the competition for the sports (including familiarization, if necessary). Training sessions are strictly by allocation; no change or addition of training requests are allowed. Delegations are required to notify the Sports Information Desk if any team does not intend to use the allocated training session.

Access to the training hall is given by a rotation schedule set up by the LOC and approved by the Overall Tournament Director

25.13.5.5.2 Training Venues

TBA

25.13.5.5.3 Training Schedules

25.13.5.5.3.1 Pre-competition Training (PCT)

TBA

25.13.5.5.3.2 Training during Competition (TDC)

TBA

25.13.6 ELIGIBILITY

25.13.6.1 To be eligible for participation in the 2025 Batang Pinoy National Finals Gymnastics Competition must comply with the FIG age category. The competition is open to Filipino citizens, affiliated members, and GAP members clubs and delegations endorsed by the concerned Local Government Units.

25.13.6.2 An athlete should participate as a member of the official delegation of a province or chartered city. Municipal and barangay-level endorsements of athletes shall NOT be accepted.

25.13.6.3 This competition does not automatically make a gymnast eligible to be a member of the Training Pool. Membership of the training pool and team requires that the gymnast fulfill their requirements as stated in the last item of the competition guidelines.

25.13.6.4 An athlete should be a Filipino citizen by birth or naturalization. A Fil-foreign athlete may participate if he/she represents a particular LGU (birthplace of Filipino parent).

25.13.6.5 BP participation is free (no entry/participation fee to be collected).

25.13.6.6 All athletes in competition for the Gymnastics events should have a valid Gymnastics Association of the Philippines membership identification card and are subject to the following age limits:

25.13.6.6.1 For Men's Artistic Gymnastics (MAG) events, athletes must be born on or before 31 December 2008-2015 (10-17 years old) from HP 2 to FIG Junior.

25.13.6.6.1.1 HP 2 Compulsory- 10-11 years old

25.13.6.6.1.2 HP 3 Optional- 12-13 years old

25.13.6.6.1.3 HP 4 Optional-14-15 years old

25.13.6.6.1.4 FIG Junior- 16-17 years old

25.13.6.6.2 For Women's Artistic Gymnastics (WAG) events, athletes must be born on or before 31 December 2012-2016 (9-15 years old) from HP 2 Compulsory to H4 Optional.

25.13.6.6.2.1 HP2 Compulsory- 9-10 years old

25.13.6.6.2.2 HP3 Compulsory- 11-12 years old

25.13.6.6.2.3 HP4 Optional- 13 years old

25.13.6.6.3 For Rhythmic Gymnastics events, athletes must follow the following age limits:

25.13.6.6.3.1 RGI:

25.13.6.6.3.1.1 Pre-Junior Gymnast: 10-12 y/o (born 2013-2015)

25.13.6.6.3.1.2 Junior: 13-15 y/o (born 2010-2012)

25.13.6.6.3.1.3 Senior: 16-17 y/o (born 2008-2009)

25.13.6.6.3.2 RGG:

25.13.6.6.3.2.1 Pre-Junior Gymnast: 10-12 y/o (born 2013-2015)

25.13.6.6.3.2.2 Junior: 13-15 y/o (born 2010-2012)

25.13.6.6.3.2.3 Senior: 16-17 y/o (born 2008-2009)

IMPORTANT NOTE: NO crossover of RGI gymnasts to RGG & RGG can be composed of 4-5 gymnasts

25.13.6.6.4 For Aerobic Gymnastics (AER) events, athletes must be born on or before 31 December 2014-2016 (9-11 years old) for National Development, 2011-2013 (12-14 years old) for Youth, and for Junior 2010-2008 (15-17 years old).

25.13.6.6.5 For Trampoline (TRA) events, athletes must be born on or before 31 December 2011-2013 (12-14 years old) for Junior Division, and for Senior Division 2010-2008 (15-17 years old).

25.13.7 COMPETITION RULES AND REGULATIONS

25.13.7.1 The Gymnastics competition of the Batang Pinoy 2025 shall be responsible and have full control of the GAP Technical Organization which will be held in accordance with the current Fédération Internationale de Gymnastique (FIG) Code of Points, Rules and Regulations, under the guidance of the existing GAP Technical Rules and Guidelines.

Any unforeseen cases not covered by the GAP Technical Rules and Regulations shall be resolved as follows:

25.13.7.1.1 General Issues: To be resolved in accordance with the BP General Rules

25.13.7.1.2 Technical Issues: to be resolved in accordance with the FIG Rules and Regulations and FIG Norms

25.13.8 COMPETITION FORMAT

The competition will be conducted according to the current FIG COP 2025-2028, FIG Age Group, FIG and GAP Technical Rules and Regulations, and Norms.

25.13.8.1 Artistic Gymnastics

25.13.8.1.1 The Artistic Gymnastics competition will comprise the following events:



- 25.13.8.1.1.1** Qualification and Individual All-Around Final
- 25.13.8.1.1.2** Apparatus Finals (AF)
- 25.13.8.1.1.3** Team

Awards will be given to individuals as well as Teams per level. Winners for Individual All-Around (C-II), Individual Apparatus Finals (CIII), and Team (C-IV) shall be based on the Qualifying Competition (C-1).

Only one (1) vault is required for WAG- HP2 and MAG- HP1 and HP2. Two (2) vaults for WAG HP3 and MAG HP3, HP4, and Juniors which will be averaged whether qualifying for Individual All-Around or not. The average of both vaults will be counted for All-Around Score as well as Qualifying Apparatus Finals. Juniors must do two (2) vaults if qualifying for Individual Apparatus; the score of the first vault will be counted for the Individual All Around score, the average of the two vaults (if the gymnast performed 2 vaults) will be counted for the Apparatus Finals score.

25.13.8.1.2 The sequence of the competition on apparatus will be as follows:

- 25.13.8.1.2.1** Men's Artistic Gymnastics (MAG)
 - 25.13.8.1.2.1.1** Floor Exercise
 - 25.13.8.1.2.1.2** Pommel Horse / Mushroom
 - 25.13.8.1.2.1.3** Still Rings
 - 25.13.8.1.2.1.4** Vault
 - 25.13.8.1.2.1.5** Parallel Bars
 - 25.13.8.1.2.1.6** Horizontal Bar
- 25.13.8.1.2.2** Women's Artistic Gymnastics (WAG)
 - 25.13.8.1.2.2.1** Vault
 - 25.13.8.1.2.2.2** Uneven Bars
 - 25.13.8.1.2.2.3** Balance Beam
 - 25.13.8.1.2.2.4** Floor Exercise

25.13.8.1.3 Qualification and Individual All-Around Finals

For the Individual All-Around Finals, a team shall assign not more than three (3) athletes to compete on each apparatus. The qualification competition is organized by a rotation of groups. A group shall comprise a team of three (3) athletes from the same team, or a mixed group of individual athletes from different teams for the Qualification / Individual All-Around Competition. The competition will also serve as the qualification competition for the Apparatus Finals.

To qualify for the Vault Finals, two (2) vaults are necessary in accordance with FIG Technical Rules and Regulations for Vault.

The qualifying score is based on the average of the two (2) scores. For the All-Around ranking, only the first vault will count in accordance with FIG Technical Rules and Regulations.

Qualified competitors for the Apparatus Finals may be replaced by their team with one (1) of its other athletes at their discretion provided that the said replacement has obtained a superior result to that of the first reserve gymnast. The replacement gymnast will fill the position in the draw of the replaced gymnast (FIG Technical Regulations).

For the Individual All-Around Champion, the total scores of individual gymnasts in all six (6) apparatus. The gymnast that has the highest total score will be declared the individual all-around champion, the second highest will be the Second Place, and the next will be the Third Place.

25.13.8.1.4 Apparatus Final

The best eight (8) athletes (with a maximum of two (2) male and two (2) female athletes per delegation) qualified from each of the apparatus for Men and Women respectively will compete in the Apparatus Finals.

The starting order will be decided by the drawing of lots. Qualified athletes for Apparatus Finals may be replaced by their NOC with one (1) of its other competing athletes at their discretion provided that the said replacement has obtained a superior result to that of the first reserve competing athlete. The replacement athlete will fill the position in the draw of the replaced athlete (FIG Technical Regulations).

Three (3) reserve athletes will be designated taking into account the list of results in the qualification. If called upon, the reserve athlete works in accordance with the order the athlete replaced.

A general warm-up will be allowed before the start of the competition. Apparatus touch warm-up will be according to the start list. Judge D1 has the prerogative to break gymnasts into groups.

25.13.8.1.5 Qualifying and Individual All-Around Finals

The All-Around Finals comprises an exercise on each of the six (6) prescribed apparatus for MAG, and four (4) prescribed apparatus for WAG.

The classification is made by adding the six (6) scores for MAG obtained from the six (6) apparatuses, and the four (4) scores from the four (4) prescribed apparatus for WAG. The winning competitor is one who has obtained the highest total number of points from all their apparatus.

The results of the qualifying competition will determine the All-Around champion.

For the Individual Apparatus Final, the gymnast with the highest obtained score in the respective apparatus will be awarded the winner in the said particular apparatus.

25.13.8.1.6 Team Champion

25.13.8.1.6.1 Men's Artistic Gymnastics

25.13.8.1.6.1.1 HP2 Compulsory (10 – 11 years old)

25.13.8.1.6.1.1.1 Events

25.13.8.1.6.1.1.1.1 Apparatus Event Final

25.13.8.1.6.1.1.1.2 IAA (6 apparatus count)

25.13.8.1.6.1.1.1.3 Team Championship- Four (4) gymnasts can play but three to count.

25.13.8.1.6.1.2 HP3 Optional (12 – 13 years old)



25.13.8.1.6.1.2.1	Events
25.13.8.1.6.1.2.1.1	Apparatus Event Final
25.13.8.1.6.1.2.1.2	IAA (6 apparatus count)
25.13.8.1.6.1.2.1.3	Team Championship- Four (4) gymnasts can play but three to count.

Three (3) gymnasts will compose a team, scores of three (3) gymnasts will be counted for team scores. They shall be allowed to bring one (1) coach and one (1) assistant coach.

25.13.8.1.6.1.3	HP4 Optional (14 – 15 years old)
25.13.8.1.6.1.3.1	Events
25.13.8.1.6.1.3.1.1	Apparatus Event Final
25.13.8.1.6.1.3.1.2	IAA (6 apparatus count)
25.13.8.1.6.1.3.1.3	Team Championship- a team of four (4) gymnasts, three (3) to compete per apparatus, six (6) scores to count (Floor, Mushroom, Vault, and horizontal bar, parallel bars, and still rings). They shall be allowed to bring one (1) coach and one (1) assistant coach.
25.13.8.1.6.1.4	FIG Junior (16 – 17 years old)
25.13.8.1.6.1.4.1	Events
25.13.8.1.6.1.4.1.1	Apparatus Event Final
25.13.8.1.6.1.4.1.2	IAA (6 apparatus count)
25.13.8.1.6.1.4.1.3	Team Championship- a team of four (4) gymnasts, three (3) to compete per apparatus, six (6) scores to count (Floor, Mushroom, Vault, and horizontal bar, parallel bars, and still rings). They shall be allowed to bring one (1) coach and one (1) assistant coach.
25.13.8.1.6.1.5	Routines for HP 3-4 will be based on the FIG Age Group Development Program Edition 1- 2021: https://www.gymnastics.sport/site/pages/education/agegroup-mag-manual-e.pdf
25.13.8.1.6.2	Women's Artistic Gymnastics

To qualify for Team competition, an LGU may register a team of five (5) gymnasts, four (4) to compete per apparatus, and three (3) scores to count. They shall be allowed to bring two (2) coaches. An LGU may register as many gymnasts as possible per level at any/all level but must indicate which ones are competing for the Team Competition.

25.13.8.1.6.2.1	Routines for HP 2-4 will be based on the FIG Age Group Development Program Edition 1- 2021: https://www.gymnastics.sport/site/pages/education/agegroup-wag-manual-e.pdf
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Junior Level will be based on Cycle 2025-2028 (Cycle XVI) Code of Points Junior Level.

25.13.8.2 Rhythmic Gymnastics

25.13.8.2.1 The Rhythmic Gymnastics competition will comprise the following events:

25.13.8.2.1.1	Individual All Around (IAA),
25.13.8.2.1.2	Apparatus Finals (AF); and

25.13.8.2.1.3 Team Championship

25.13.8.2.2 Qualifying

The competition program comprises exercises using the five (5) apparatus and freehand prescribed in the program for the years 2025- 2028.

The (number of athletes to be determined later) best athletes from the Qualification.

25.13.8.2.3 Apparatus Final (AF)

The best eight (8) athletes (with a maximum of two (2) competing athletes per team) on each of the five (5) apparatuses and freehand in the Qualification Competition will qualify to participate in the Apparatus Finals.

INDIVIDUAL EVENT (RGI)	
LEVEL	REQUIREMENTS
PRE-JUNIOR	HOOP, BALL, & CLUBS ROUTINE Music length: 1'15'' – 1'30'' DB - Min 3; Max 6 <ul style="list-style-type: none">• Jumps and Leaps – Min 1• Balance – Min 1• Rotation – Min 1 DA - Max 10 in performance order R – Max. 3 in performance order
JUNIOR	FIG CODE OF POINTS 2025-2028 (HOOP, BALL, CLUBS, RIBBON) Music length: 1'15'' – 1'30'' DB - HIGHEST 6 COUNTED <ul style="list-style-type: none">• Jumps and Leaps – Min 1• Balance – Min 1• Rotation – Min 1 DA - Max 12 in performance order



	R – Max. 3 in performance order
SENIOR	<p>FIG CODE OF POINTS 2025-2028 (HOOP, BALL, CLUBS, RIBBON)</p> <p>Music length: 1'15" – 1'30"</p> <p>DB - HIGHEST 9 COUNTED</p> <ul style="list-style-type: none"> • Jumps and Leaps – Min 1 • Balance – Min 1 • Rotation – Min 1 • CBD – Not required; Max 3 <p>DA - Max 15 in performance order</p> <p>R – Max. 4 in performance order</p>

GROUP EVENT (RGG)	
LEVEL	REQUIREMENTS
PRE-JUNIOR	<p>FREEHAND</p> <p>Music length: 2'00" – 2'30"</p> <p>DB - Min 3; Max 6</p> <ul style="list-style-type: none"> • Jumps and Leaps – Min 1 • Balance – Min 1 • Rotation – Min 1 <p>DC - Min 6; Max 8 (min 3 CC, min 3 CR)</p> <p>R - Min 1; Max 3 Pre-Acrobatic series</p> <p>(min.2 - max 3 PAE per series) in chronological order</p> <p>5 BALLS</p> <p>Music length: 2'00" – 2'30"</p> <p>DB – Max 6 DB/DE in chronological order</p>

	<p>(3 DB / 3 DE)</p> <ul style="list-style-type: none"> • Jump/Leaps - Min 1 • Balances - Min 1 • Rotations – Min 1 <p>DC - Min 6; Max 10 in chronological order (min 2 CC, min 2 CR, min 2 multiple Throw/Catch)</p> <p>R - Max 1</p>
JUNIOR	<p>FIG CODE OF POINTS 2025-2028 (5 HOOPS, 5 PAIRS OF CLUBS)</p> <p>Music length: 2'15" – 2'30"</p> <p>DB – Max 6 DB/DE</p> <p>in chronological order (3 DB / 3 DE)</p> <ul style="list-style-type: none"> • Jump/Leaps - Min 1 • Balances - Min 1 • Rotations – Min 1 <p>DC - Min 6; Max 10 in chronological order (min 2 CC, min 2 CR, min 2 multiple Throw/Catch)</p> <p>R - Max</p>
SENIOR	<p>FIG CODE OF POINTS 2025-2028 (5 RIBBONS, 3 BALLS + 2 HOOPS)</p> <p>Music length: 2'15" – 2'30"</p> <p>DB – Max 9 DB/DE (1 by choice)</p> <p>in chronological order (min 4-max 5 DB / min 4-max 5 DE)</p> <ul style="list-style-type: none"> • Jump/Leaps - Min 1 • Balances - Min 1 • Rotations – Min 1 <p>DC - Min 9; Max 14 in chronological order</p>



	(min 3 CC, min 3 CR, min 3 multiple Throw/Catch)
	R – Max 1

25.13.8.3 Aerobic Gymnastics

Maximum participation in the qualifying competition is two (2) units per category per delegation.

The team may cancel the competition in the respective category if, at the time of the Definitive Entry, there are less than four (4) units registered in that category.

25.13.8.3.1 Events and Categories

The National Development (9-11 years old), Youth (12-14 years old), and Junior (15-17 years old) in the year of competition will be carried out in accordance with the FIG Technical Regulations and AER FIG Code of Points (2025-2028, Cycle XVI) in the year of competition will be carried out in accordance with the FIG Technical Regulations and AER FIG Code of Points (2025-2028, Cycle XVI).

25.13.8.3.1.1 Categories

- 25.13.8.3.1.1.1 Individual Men/Women (IM/IW) – One (1) female and one (1) male gymnast
- 25.13.8.3.1.1.2 Mixed Pair (MP) - One (1) male and one (1) female gymnasts
- 25.13.8.3.1.1.3 Trio (TR) – Three (3) gymnasts (Optional gender)
- 25.13.8.3.1.1.4 Group (Gr) - Five (5) gymnasts (Optional gender)
- 25.13.8.3.1.1.5 Aerobic Dance (AD) (Optional gender)

See appendices for the Competition Structure.

25.13.8.4 Trampoline

- 25.13.8.4.1 Individual TRA Event – maximum six (6) entries per LGU in each division or group for M/W
- 25.13.8.4.2 Double Mini Event – Maximum six (6) entries per LGU in each division or group for M/W
- 25.13.8.4.3 Tumbling Event – Maximum six (6) entries per LGU in each division or group for M/W

Based on FIG Age Group Development and Competition Program for Trampoline Gymnastics 1st Ed. (2021).

25.13.8.5 Judging

25.13.8.5.1 Artistic Gymnastics

- 25.13.8.5.1.1 The Artistic Gymnastics competition will have a panel of six (6) judges officiating for the Qualification competition; and a panel of seven (7) judges for the apparatus finals. If there are not enough judges, then the D1 may also serve as supervisor.

25.13.8.5.1.2 The Difficulty (D) panel will comprise two (2) judges to determine the D-score, which is the score an athlete receives based on the content of the routine.

25.13.8.5.1.3 The Execution (E) panel will comprise four (4) judges in the qualification competition and five (5) judges in the apparatus finals who determine the deductions from the maximum possible score (10.00) based on the execution of the routine.

25.13.8.5.1.4 The competitions will be officiated by WAG Brevet judges and GAP WAG National Coaches:

25.13.8.5.1.4.1 HP3 – 2 Brevet judges and 1 National Judge

25.13.8.5.1.4.2 Junior and Senior Level – 4 Brevet and 2 National judges

25.13.8.5.2 Rhythmic Gymnastics

25.13.8.5.2.1 The Rhythmic Gymnastics competition will have a panel of twelve(12) judges to determine the Final Score (FS).

25.13.8.5.2.2 The Difficulty Judges' Panel (D) for the Individual and Group events will be as follows:

25.13.8.5.2.2.1 The first (D) sub-group – two (2) judges (DB1 and DB2);

25.13.8.5.2.3 The Panel of Execution Judges (E) for Individual and Group events will be as follows:

25.13.8.5.2.3.1 Four (4) judges (EA1 to EA4): Evaluation of Artistry faults

25.13.8.5.2.3.2 Four (4) judges (ET1 to ET4): Evaluation of Execution Faults

25.13.8.5.3 Aerobic Gymnastics

25.13.8.5.3.1 The number of Juries (Judges' Panel) may be decided by NOC depending on the number of competitors and judges participating.

25.13.8.5.3.2 The juries are set up by a draw – directed by the AER Technical Director from the judges present at the event. Priority will be given to the Judges of the highest category.

25.13.8.5.3.3 A jury must consist of:

Chair of Judges Panel (CJP)	1
Difficulty Judges	2
Execution Judges	6
Artistic Judges	6
Time Judge	2
Line Judges	2
Reference Judges	6
TOTAL	25



25.13.8.5.3.4 A delegation may not have a judge on both the execution and artistic panels. The Chair of Judges' Panel and the Difficulty Judges should also be from different delegations. Only in exceptional situations can the Technical Director make the decision to deviate from this.

25.13.8.5.3.5 The CJP must be of Cat. 1 or 2. The Difficulty Judges must be Cat. 1, 2 or 3. The Execution and Artistic judges must be Cat. 1, 2, 3 or 4.

25.13.8.5.3.6 If, on the day of the competition, there is no sufficient number of judges in the requested categories, the Technical Director may take whatever action is needed to secure the running of the event.

25.13.8.5.4 Trampoline

The number of Judges' panels may be decided by the GAP-TRA Technical Committee depending on the number of participating competitors and judges.

The Judges' panels will be set up by a draw – directed by the GAP Technical Director – from the judges present at the event.

In trampoline gymnastics, the judges' panels are as follows:

	Individual TRA	Individual TUM
Chair of Judges' Panel	1	1
Judges for Execution	6	6
Judges for Difficulty	2	2
TOTAL	9	9

25.13.8.5.5 Special Modification of FIG Rules

25.13.8.5.5.1 The deduction for a missing element, added element, or different element in the **Compulsory = 0 1.00.5** (rather than 2.01.0).

25.13.8.5.5.2 HD and TOF will not be evaluated.

25.13.8.5.6 General Judging Rules

25.13.8.5.6.1 The PSC General Rules for the 2025 BATANG PINOY supersedes the GAP TRA Rules with the exception of the Technical Requirements for each event.

25.13.8.5.6.2 Those who have entries in other allied sports or Gymnastics Disciplines cannot enter the Trampoline & Tumbling competitions.

25.13.8.5.6.3 Order of performance will be by draw lots during the Team Managers Meeting.

25.13.8.5.6.4 For all competition levels for the Batang Pinoy 2024 Games, there will be two (2) D-Jury and a minimum of three (3) E -Jury tasks for each event.

25.13.8.5.6.5 Unless otherwise stated within this document, execution errors for poor technique, poor body position, and permitted elements, etc. are evaluated according to the Junior Rules of the current FIG Code of Points.

25.13.8.5.6.6 Deductions of a disciplinary nature are taken from the Final Score by the Chair of the Apparatus Jury.

25.13.8.5.6.7 The competition card must be handed in at the time and place specified by the Local Organizing Committee, otherwise the gymnast may not be allowed to start. LOC is responsible for ensuring that they are given to the Difficulty Judges at least two (2) hours before the competition starts.

25.13.8.5.7 Specific Judging Rules for TRA, TU and DMT

25.13.8.5.7.1 For Tumbling, the apparatus may be a tumbling track, an inflatable track or a gymnastics acrobatic track.

25.13.8.5.7.2 Each pass is maximum 10 points for Execution

25.13.8.5.7.3 Small error = 0.1; Medium error = 0.3; Large error = 0.5

25.13.8.5.7.4 Additional skills or skills with higher than permitted values will not be credited.

25.13.8.5.7.5 If an interruption occurs before the last preparatory bounce (TRA), after one (1) skill (TU) or in the middle (DMT), a second attempt is permitted once per competition and the score for the second attempt will count.

25.13.8.5.7.6 For difficulty scoring in all disciplines, adjustments on the FIG Code of Points will apply; the following limitations to the difficulty in a single element will be applied:

CATEGORY		
	Junior (11/12 – 14 years old)	Senior (15 – 17 years old)
Trampoline (TRA)	1.7	2.1
Tumbling (TUM)	2.8	4.3
Double Mini Trampoline (DMT)	4.0	4.6

25.13.8.5.8 Final Score

The final Score for Compulsory and Voluntary Exercises is determined by adding the E- Score of the Compulsory Exercises and the D + E score of the Optional Exercise and this score is then displayed to the public.

25.13.8.6 Tie-break Procedures

25.13.8.6.1 Artistic Gymnastics

25.13.8.6.1.1 Compulsory Routines



- 25.13.8.6.1.1.1** Should there be a tie in the Apparatus Finals, the gymnast with the higher All-Around Score shall prevail. If they are still tied, the gymnast with the total of three (3) highest apparatus scores shall prevail. If they still tie, they shall both be given the award.
- 25.13.8.6.1.1.2** Should there be a tie in the 1st place, there will be no 2nd place; should there be a tie in the 2nd place, there shall be no 3rd place; should there be a tie in the 3rd place, they shall both be awarded.
- 25.13.8.6.1.1.3** Should there be a tie in the Individual All Around, the one with the higher total of 3 highest scores will be awarded. Should there be a tie awarded, Item 2 shall be followed.
- 25.13.8.6.1.1.4** Should there be a tie in the Team Score, the Team with a higher total of the three (3) highest apparatus scores will be awarded.
- 25.13.8.6.1.2** Optional Routines
FIG Technical Regulations 2022 Edition Tie-Breaking Rule
- 25.13.8.6.1.3** See FIG Technical Regulations per discipline
In the case of a tie at any place in qualifications or finals, the tie will be broken based on the following criteria in this order:
- 25.13.8.6.1.3.1** The highest total score in Execution
- 25.13.8.6.1.3.2** The highest total score in Artistic
- 25.13.8.6.1.3.3** The highest total score in Difficulty
- 25.13.8.6.1.3.4** If there is still a tie, the tie will not be broken
- 25.13.8.6.1.4** Ranking by Teams
In the case of a tie in points at any place in the Team Ranking, the ranking will be determined by the following criteria:
- 25.13.8.6.1.4.1** The best-ranked Trio
- 25.13.8.6.1.4.2** The best-ranked counting Aerobic Dance or Aerobic Step

If there is still a tie, the tie will not be broken.

25.13.8.7 Disqualification Rules

- 25.13.8.7.1** There are two (2) types of disqualification:
- 25.13.8.7.1.1** Disqualification as a result of a breach of the FIG Technical Rules and Regulations. (Decisions are made by the Jury of Appeal.)
- 25.13.8.7.1.2** Disqualification as a result of infringing recognized sports ethics and rules (e.g., positive doping control). (Decisions are made under the PSC-BP Rules and/or GAP authorities.) An athlete may be expelled from the competition for such a breach.

25.13.9 NUMBER OF ENTRIES (Per Event)

25.13.9.1 Entry by Number and Names

All requirements and registration must be done through the PSC Batang Pinoy Secretariat at <https://batangpinoy.psc.gov.ph/>.

Provisional Entry Forms by number from each delegation must be completed. They should be received by the Gymnastics Association of the Batang Pinoy Overall Secretariat no later than August 15, 2025.

Nominative Entry Forms by each delegation member must be received no later than September 27, 2025.

The Technical Committee reserves the right to transfer a gymnast to another level if the indicated level in their registration is wrong. They will be properly notified should their level be changed.

25.13.9.2 Late Entries and Changes

The substitution of Gymnasts may be allowed before or on Delegation Registration Committee set by the Batang Pinoy Secretariat.

Late entry forms may be allowed up to October 1, 2025.

Please see the appendices for Nominative and Provisional Entry Forms. Entry forms may be sent by fax or e-mail to the following:

FAX: (02) 521.2640

E-MAIL: admin@philippinegymnastics.com

25.13.9.3 Quotas

For Artistic Gymnastics, each LGU may register a team of five (5) gymnasts per category, and four (4) gymnasts may compete in each category. Only three (3) gymnasts with the highest score to count for Team Championship. Gymnasts who perform on all the apparatus are eligible for the All-Around Final.

For Rhythmic Gymnastics Individual– Only ONE (1) Team per LGU/Delegation per category with a Maximum of three (3) Gymnast

25.13.9.3.1 Best 8 Routines for Team Championships (Pre-Junior)

25.13.9.3.2 Best 10 Routines for Team Championships (Junior)

25.13.9.3.3 Best 10 Routines for Team Championships (Senior)

25.13.9.3.4 Only Gymnasts who competed with 3 Routines are qualified for Individual All-Around Titles (Developmental & Pre-Junior)

25.13.9.3.5 Only Gymnasts who competed with 4 Routines are qualified for Individual All-Around Titles (Junior and Senior)

For Rhythmic Gymnastics Group– Only ONE (1) Team per LGU/Delegation per category with 4-5 Gymnasts. Teams doing two routines may opt to have a sixth member who MUST be an alternate to the other apparatus/routine. This is only applicable to age groups that have TWO routines.

25.13.9.3.6 Best 2 Routines for Team Championships

IMPORTANT NOTE: No Gymnast/s from RGI shall be allowed to cross over to RGG.



For Aerobic Gymnastics, each LGU may enter a maximum of eight (8) gymnasts per category, and each may compete with two (2) units in each category. The unit is an individual, a pair, and a trio.

For Trampoline, each LGU may enter a maximum of six (6) female and six (6) male gymnasts in each category and division.

Junior's Division (12 to 14 years old)	Men	Women	Mixed
Individual Trampoline	2	2	-
Individual Double Mini Trampoline	2	2	-
Individual Tumbling	2	2	-
Synchronized Trampoline Event			

Senior's Division (15 to 17 years old)	Men	Women	Mixed
Individual Trampoline	2	2	-
Individual Double Mini Trampoline	2	2	-
Individual Tumbling	2	2	-
Synchronized Trampoline Event			

25.13.10 TEAM LEADERS' MEETING AND DRAWS

25.13.10.1 Orientation Meeting

The Technical / Orientation Meeting of managers, coaches, judges, and other officials will be held in the competition venue at a date specified by the respective tournament directors per discipline.

All coaches and judges are required to attend the technical meeting. Failure to do so will bar you from rules and regulations inquiry during the competition.

All requirements must be submitted on or before the date specified by the Overall Tournament Director. Any late entries or requirements will be subjected to the conditions specified during the technical meeting.

25.13.10.2 Judges' Meeting

All members of the judging panel are obliged to attend all meetings, briefings, and debriefings as per FIG COP 1.2.b. Briefings will take place before every competition and are compulsory for all appointed judges and reserves.

Judges Briefing will take place on _____ at the _____ from _____.

25.13.10.3 Official Draw

A draw will decide the starting order of the competition. Lots will be drawn in the presence of the Coaches and Technical officials. The drawing of lots will take place during the coaches' and technical meetings. The lots shall be drawn by a "neutral" person or by computer.

All draws will be conducted in accordance with the FIG Rules and Regulations.

25.13.11 PROTESTS AND APPEALS

25.13.11.1 Any written protest must first be made and submitted by the Head of Delegation or Team Manager to the Overall Tournament Director within four (4) minutes after the end of the event, in which the protest is generated with the payment of a Protest Fee of P10,000 per protest payable to GAP.

25.13.11.2 If conditions causing a potential protest are noted prior to the start of the event, a written protest must be lodged before the signal to start the event is given.

25.13.11.3 All protests must be considered by the Overall Tournament Director concerned who must make a decision as soon as possible. He/She must state the reason(s) for his/her upholding/rejecting the protest.

25.13.11.4 Any Head of Delegation or Team Manager dissatisfied with the decision of the Overall Tournament Director may appeal to the Jury of Appeal by submitting the written appeal to the OTD within sixty (60) minutes of receipt of the OTD's written decision. The appeal must be heard and decided by the Jury of Appeal for the sport within two (2) hours after receipt of the written protest.

25.13.11.5 Any team dissatisfied with any decision by the Jury of Appeal may make any appeal in accordance with the Batang Pinoy General Rules in appeals.

25.13.11.6 The protest fee shall be refunded if the protest is upheld; it will be forfeited if the protest is rejected.

25.13.11.7 **Inquiries**

25.13.11.7.1 The FIG policy regarding these inquiries, as outlined in the Technical Regulations, will be applied.



- 25.13.11.7.2** Inquiries on the Difficulty score is permitted, provided that they are made verbally immediately after the publication of the score or at the very latest before the score of the following gymnast is shown. For the last gymnast of a rotation, this limit is one minute after the score is shown on the scoreboard. The person designated to receive the verbal inquiry has to note the time of receiving it and this starts the procedure.
- 25.13.11.7.3** Only the accredited coaches in the competition area are entitled to submit an inquiry. An area close to the podium where the coach of the competing athlete can observe the exercise must be designated.
- 25.13.11.7.4** Late verbal inquiries will be rejected. A participating team is not permitted to complain against a competing athlete from another team.
- 25.13.11.7.5** Inquiries for all other scores (Execution, Artistic, Time of Flight, and Synchro) are not permitted.
- 25.13.11.7.6** The inquiry must be confirmed as soon as possible in writing, but within 4 minutes at the latest after the verbal inquiry, and requires an agreement of payment of Php 1,000.00, for the first complaint, P1,500.00, for the second complaint and Php 2,000.00 for the third complaint. Should the inquiry not be confirmed in writing within 4 minutes, the procedure becomes obsolete.
- 25.13.11.7.7** Should the inquiry prove correct and be accepted, this sum will be reimbursed. Otherwise, the sum will be transferred to the GAP funds.
- 25.13.11.7.8** Every inquiry must be examined by the Overall Tournament Director, Tournament Director, and Technical Director of the discipline and a final decision (which may not be appealed) must be taken at the very latest:
- 25.13.11.7.8.1** at the end of the rotation for the qualifying competitions, the all-around competition (final)
 - 25.13.11.7.8.2** before the score of the following gymnast or group is shown for the finals (apparatus finals for ART and RG).

25.13.11.8 Withdrawal

Any competing athlete who withdraws from the competition without the prior approval of GAP may be subjected to an annulment of all results he/she has obtained.

25.13.11.9 Delays, Postponements or Cancellations

The Tournament Director must consult the BP Secretariat if there is any delay, postponement, or cancellation of any competition that affects the scheduled times for “live broadcast” or victory ceremonies

25.13.12 EQUIPMENT AND CLOTHING/UNIFORM

25.13.12.1 Sports Equipment

All sports equipment used by athletes in competition must comply with the international standard approved by FIG.

25.13.12.2 Competition Attire

- 25.13.12.2.1** All attire worn by athletes in competition must comply with the FIG Rules and Regulations, including all FIG uniform standards.

- 25.13.12.2.2** For MAG and WAG only, they must wear the bib number supplied by the GAP Overall Secretariat.
- 25.13.12.2.3** They must wear an LGU emblem on their singlet in accordance with the most recent FIG Publicity Rules and the BP General Games.
- 25.13.12.2.4** They must wear only those logos, advertising, and sponsorship identifiers that are permitted under the FIG / GAP Charter and Rules.

25.13.12.3 Music

The music must be emailed or sent in the official Google Drive link provided by the NOC. Gymnasts may bring their own copy of their music in USB or Bluetooth format as a backup and must submit their USB with their name and level to the music custodian.

25.13.12.3.1 Format

25.13.12.3.1.1 Name

25.13.12.3.1.2 LGU

25.13.12.3.1.3 Category

25.13.12.3.1.4 Apparatus

25.13.12.3.2 The Head of Delegation or the Coach must sign two forms on behalf of the competitor(s):

25.13.12.3.2.1 The approval of the technical criteria for playing CDs, USB sticks, Bluetooth, or collected through google drive by NOC.

25.13.12.3.2.2 The confirmation that the music used does not violate any copyrights and that it can be broadcasted within sports.

25.13.13 APPENDICES

25.13.13.1 Appendix 1

25.13.13.1.1 Competition Structure

AGE GROUP	NATIONAL DEVELOPMENT	YOUTH	JUNIOR
AGE	9-11 in the year of the competition	12-14 in the year of the competition	15-17 in the year of the competition
CATEGORIES	IM, IW, MP, TR, GR	IM, IW, MP, TR, GR	IM, IW, MP, TR, GR
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)	1 minute 15 seconds (+/- 5sec)	1 minute 25 seconds (+/- 5sec)



DIFFICULTY ELEMENTS	Maximum 7 elements. IM: Family 4 / IW: Family 7 are NOT compulsory. All male gymnasts: same rule as Senior	Maximum 7 elements. Minimum 4 families. IM: Family 4 / IW Family 7 are NOT compulsory. All male gymnasts: same rule as Senior	Maximum 7 elements. Minimum 4 families. (IM/IW; same rule as Senior)
ACROBATIC ELEMENTS	2 Elements from A1 to A2 (optional and NO repetition)	2 Elements from A1 to A4 (optional and NO repetition)	Maximum 2 Acrobatic elements A-1 to A-5 (without twist)
TOTAL COMBINATION SET	1 set of combinations with a maximum of 2 elements are allowed. (D+D or D+A or A+D or A+A) Compulsory elements cannot be combined	1 set of combinations with a maximum of 2 elements are allowed. (D+D or D+A or A+D or A+A)	
DIFFICULTY DIVISOR	Total Difficulty score of all categories: Divided by 2		
COMPETITION SPACE	10m x 10m IM, IW, MP, TR, GR		
COMPULSORY ELEMENTS	F -1: Push-Up (A101) F-2: Straddle Support (A212) F-6: 1/1 Air Turn (B403) F-7: 1/1 Turn (C702)		
ELEMENTS ALLOWED VALUE	0.1 – 0.4	0.2 – 0.6	0.2 – 0.7
FLOOR LANDING ELEMENTS (GROUP B)	Maximum of 1 element landing to PU and/or to split position in Group B / Acrobatic elements (except for Male gymnasts of all categories; No Split landing).	Maximum of 2 elements landing to PU and/or to split position in Group B / Acrobatic elements (except for Male gymnasts of all categories; No Split landing).	Maximum of 3 elements landing to PU and/or to split position in Group B (except for Male gymnasts of all categories; No Split landing).
COLLABORATIONS	Minimum of 2 collaborations (Missing collaboration=Deduction in Artistry) Acro elements not allowed may be included in the Collaboration if ONLY with partner(s) support / help when landing. If landing is NOT supported / helped, it will be a deduction from CJP		Minimum of 3 collaborations Acro elements not allowed may be included in the Collaboration if ONLY with partner(s) support / help when landing. If landing is NOT supported / helped, it will be a deduction from CJP

ATTIRE	FIG Code of Points (No make-up) Optional tights, form fitting body shorts allowed (boys and girls)	FIG Code of Points (LIGHT make-up for female)	FIG Code of Points
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 1-2 D-Jury, 2 L-Jury, 1 T-Jury, 1 CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics Code of Points	4-6 A-Jury, 4-6 E-Jury, 2 D-Jury, 2 L-Jury, 1 T-Jury, 1 CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics Code of Points.	

25.13.13.2 Appendix 2

25.13.13.2.1 INDIVIDUAL TRAMPOLINE EVENT (TRA) - Men/Women Jr. and Sr. Division

25.13.13.2.1.1 Entries: Two entries per LGU per event per division (Maximum of 2 Juniors / 2 Seniors each for Men and Women)

Each entry will perform two rounds of routines with each routine having 10 recognized TRA elements, no more, no less. The first routine using GAP TRA Compulsory routines. (Please see below). The second routine for the Seniors Division, having a DD limit of 4.2. Anything more than 4.2 DD will still be recognized as 4.2 DD.

Each gymnast will be given a one touch warm-up of 30 secs each.

Once the gymnast has fallen off the trampoline or mat edges before the 10 elements are done, they **cannot restart or continue the routine**. The routine will be judged as is, until the last considered element is counted.

A gymnast can do as many bounces as possible before he/she starts the routine (recommended 6-8) before he/she starts the routine. **Once the gymnast puts both hands/arms down at the sides, the routine is considered to have started.**

If the gymnast starts the skill without putting his/her arms/hands down, it will not be considered a start and will not be scored. Hence, it will have a final score of 0.0.

During an exercise, no element may be repeated, otherwise the difficulty of the repeated element will not be counted. When an element is performed in different body positions, two (2) factors are considered when deciding if an element is a repetition - quantity and phase of twist & quantity of somersault.



Interruptions of an exercise, as stated in the FIG Trampoline Code of Points 2025-2028 (see §15), will be followed. No credit will be given for the element in which the interruption occurs. A gymnast will be judged only on the number of elements completed on the trampoline bed.

The exercise must end in an upright position for at least three (3) seconds, on the trampoline bed. Landing on both feet means the sole of the feet. If a gymnast fails to execute an upright and stable landing, landing deductions will be applied.

The sum of the total score of each gymnast after two rounds will determine the final rankings. In the event of a tie, the gymnast with the highest raw score in the first round wins the tie-break. If there is still a tie after this rule is affected, the tie will not be broken.

Bare feet are only allowed during the tumbling event. All participants in the IND/DMT competition must wear gymnastics and/or trampoline slippers or athletic socks.

25.13.13.2.1.2 GAP TRA Compulsory Routines

Junior Division (TRA)	Ages 12 - 14	Senior Division (TRA)	Ages 15 -17
Class P3	COMPULSORY Routine	Class P4	COMPULSORY Routine
1.	Back tuck	1.	½ twist to front drop...
2.	½ twist to seat	2.	... to feet
3.	½ twist to feet	3.	Straddle
4.	Straddle	4.	Back tuck
5.	Back drop	5.	½ twist to seat
6.	½ twist to feet	6.	½ twist to seat
7.	Tuck jump	7.	½ twist to feet
8.	½ twist	8.	Tuck Jump
9.	Pike Jump	9.	Back pike
10.	Barani tuck or Front salto	10.	Barani tuck or Front salto
Class P3	VOLUNTARY Routine	Class P4	VOLUNTARY Routine

	May repeat COMPULSORY Routine		4.2 max, DD Optional routine
			0.7 max DD per skill

25.13.13.2.2 INDIVIDUAL DOUBLE MINI TRA EVENT (DMT) – Men and Women

Division

25.13.13.2.2.1 Entries: Two (2) entries per LGU per event per division (Maximum 2 Juniors/ 2 Seniors each for Men and Women)

Each entry will perform two (2) rounds of two voluntary exercises with no repetition of elements allowed in either exercise.

A maximum of three (3) contacts with the bed are allowed with no intermediate bounce between the two elements. The gymnast must mount on the 1st trampoline bed (mounting zone), and dismount using the 2nd trampoline bed (spotter/dismount zone) onto the landing mat. No more, no less. The 1st mount can be an element value or a spotter skill from the list. The dismount of the 2nd trampoline bed must have an element value and not just a straight jump. In case of a tie, the highest average (not total) score of the 2 passes done shall determine the final ranking. If there is still a tie, the tie will not be broken.

Each gymnast will be given two touch warm-ups before the start of the competition. There will be only one (1) DMT available for this purpose.

Once the gymnast has fallen off the trampoline or mat edges or the sides before the 1st or 2nd element of the DMT run, **they cannot restart or continue** the routine and will be scored a 0.0.

A gymnast who balks (runs then stops, before hitting the 1st trampoline bed), can restart with no penalty. If a gymnast balks again, this shall be considered as one official DMT run regardless of whether he/she has finished the run.

If the gymnast **does not hit both 1st and 2nd** trampoline in the same order, it will be scored as 0.0.

If the gymnast does a straight jump dismount off the 2nd trampoline bed, it will not be considered a complete DMT run and will not be scored regardless of if the gymnast does a skill from the 1st to the 2nd trampoline bed. Hence, it will have a final score of 0.0

If a gymnast lands on the trampoline bed or edges, on one foot during the actual run (on any part of the 1st or 2nd trampoline bed), the routine ends right away with a score of 0.0.

During an exercise, no element may be repeated, otherwise the difficulty of the repeated element will not be counted. When an element is performed in



different body positions, two (2) factors are considered when deciding if an element is a repetition - quantity and phase of twist & quantity of somersault.

Interruptions of an exercise, as stated in the FIG Trampoline Code of Points 2025-2028 (see DMT §14), will be followed. No credit will be given for the element in which the interruption occurs. A gymnast will be judged only on the number of elements completed on the trampoline bed.

The exercise must end in an upright position for at least three (3) seconds, on the landing mat. Landing on both feet means the sole of the feet. If a gymnast fails to execute an upright and stable landing, landing deductions will be applied.

Bare feet are only allowed during the tumbling event. All participants in the DMT competition must wear gymnastics and/or trampoline slippers or athletic socks.

Junior Division DMT (Ages 12 – 14)	Class P2	COMPULSORY	VOLUNTARY
	Mount	-	4 1 o (Barani tuck)
	Spotter	Straddle jump	Tuck or Pike jump
	Dismount	4 - < (Front pike)	4 –o or 4 --< (front tuck or pike) or 4 1 o of 4 1 < (Barani tuck or pike)
Senior Division (Ages 15 – 17)	Class P3	COMPULSORY	VOLUNTARY
	Mount	---	4 1 o or 4 1 < (Barani tuck or pike)
	Spotter	Straddle jump	4 –o or 4 -- < (back tuck or pike)
	Dismount	4 1 < (Barani spike)	4 – o or 4 -- < (front tuck or pike) or 4 1 o or 4 1 < (Barani tuck or pike)

Note:

- Tuck, straddle or pike jump = value 0.1
- In the Optional (Voluntary) routine, gymnasts need to choose one Mount or Spotter skill from the list, plus a Dismount skill in order to have the DD for each pass.

25.13.13.2.3 INDIVIDUAL TUMBLING EVENT (TUM) – Men and Women Division

25.13.13.2.3.1 Entries: Two entries per LGU per event per division (Maximum 2 Juniors/ 2 Seniors each for Men and Women for Senior Division)

The competition will consist of **two (2) tumbling rounds**. Each gymnast will perform a tumbling pass each round with **eight (8) elements**. The first and second exercises must be performed without repetition of an element in either exercise with the exception of cartwheels, round-offs, flic-flacs, front handsprings, and whipbacks. In the Junior Division, the 1st tumbling pass is a compulsory pass for all Junior and Senior competitors.

The Junior gymnast **may repeat this 1st tumbling pass** as their second tumbling pass with no penalty.

The gymnast **cannot perform 2 tumbling skills of the same kind and position more than two (2) times** in a row. There must be an intermediate skill in between before the gymnast can opt to continue the same skill again.

Triple saltos and 2 ½ twists and or a combination thereof is **not allowed** at this competition. There is no maximum element degree of difficulty. However, we strongly urge caution not to attempt or compete with the passes the gymnast is not capable of doing, without spotting assistance.

For multiple saltos and twists, a spotter shall only be allowed to make sure the last skill (dismount) is done safely. The designated spotter will be allowed to stand on **the last element of the tumbling pass** where the landing mat is but should not have his/her back or sides face the judges. He/she should not touch any part of the gymnast's body in any form or way as to assist in the execution of the landing of the skill. If the spotter touches the performing gymnast and aids in the completion of the skill, the gymnast will garner a maximum **deduction of 5.0 points from each judge**. If the spot was done to save the gymnast from injury, the head judge will decide on its merit whether or not it be allowed. If allowed, a corresponding point deduction per judge will be given.

In case of a tie, the highest **average** (not total) score of the **2 passes** done shall determine the final ranking. If there is still a tie, the tie will not be broken.

Each gymnast will be given a two-touch warm-up before the start of the competition. There will be only one (1) tumbling floor strip available for this purpose.

Once the gymnast has fallen off the edges of the tumbling strip, before, during or after the tumbling pass, they cannot restart or continue the pass.

If a gymnast balks (runs then stops before hitting the 1st skill of the tumbling pass, he/she can only restart with no penalty on his/ her first balk. If a gymnast balks again, this shall be considered as one official tumbling run regardless of whether he/she has finished the run.

Interruptions of an exercise, as stated in the FIG Trampoline Code of Points 2025-2028 (see TUM §14), will be followed. No credit will be given for the element in which the interruption occurs. A gymnast will be judged only on the number of elements completed on the trampoline bed.



The exercise must end in an upright position for at least three (3) seconds, on the landing mat. Landing on both feet means the sole of the feet. If a gymnast fails to execute an upright and stable landing, landing deductions will be applied.

Junior Division Class P3	Compulsory	Front handspring step-out, Cartwheel side, Cartwheel side, Round-off, Back walk, Back handspring step-out, Back handspring, Jump full turn
	Voluntary	Two passes: 5 skills and 8 skills 1. The required elements below can be in 1st or 2nd pass 2. Back salto max 1/1 twist 3. Maximum total value is 3.0 per pass 4. Maximum value per skill is 1.3 (ex. Back double full)
Senior Division Class P4	Compulsory	1st Pass: Run hurdle to Round-off, Back Handspring, Back tuck, Back handspring, Whip back, Back pike 2 nd Pass: Front handspring step out, Round off, Back handspring, Whip back, Back handspring, Whip back, Layout
	Voluntary	Two passes: 5 skills and 8 skills 1. The required elements below can be in 1st or 2nd pass 2. Link tempo-tempo 3. Back salto with or without twist 4. Maximum total value is 4.0 per pass 5. Maximum value per skill is 2.2 (ex. Double back)

Sample 7 element Tumbling Pass for Senior Division and Junior Division 2nd pass.

ALLOWED	Running roundoff, back handspring, back handspring, back handspring step-out, back salto tuck, back handspring, back salto tuck, pike or layout.
DISALLOWED	Running roundoff, 3 back handsprings, back salto tuck, back handspring, back salto

*Future Events after 2024 to be introduced – Synchro Double Mini (M/W).

25.13.13.2.3.2 Important Notes

25.13.13.2.3.2.1 All routines must be done with the presence of two spotters and one safety coach.

25.13.13.2.3.2.2 Any discrepancies or clarifications to the routines should be coursed to the GAP TRA Technical Director.

25.13.13.2.3.2.3 Total Score of one round of competition of all event performances of each LGU for Junior/Senior/will be added to determine final placing. In the event of a tie, the team with the highest scoring individual score of any event performed by a team member in the team competition will serve as a tiebreaker. If there is still a tie, both medals will be awarded.

- 25.13.13.2.3.2.4** Trampolinists must be in competition leotard (female sleeveless allowed). Male full or ¾ pants mandatory.
- 25.13.13.2.3.2.5** Approved Trampoline shoes or socks must be worn.

Based on FIG Age Group Development and Competition Program for Trampoline Gymnastics 1st Ed. (2021) and Trampoline Gymnastics FIG Code of Points 2025-2028.

