

INTERNATIONAL SHOW COMPETITION (ISC) – RULES

19.11.2018

1. GENERALITIES

TUL's (The Finnish Workers' Sport Federation) 100th Anniversary Competition is an open showy competition for various gymnastics and dance forms.

These rules define the International Show Competition (ISC) competitions of the TUL 100th Anniversary Competition. ISC is a new kind of event where competitions for different sport types alternate and where different sport types of the same age series compete with each other. Entrants from 12 years of age and older from different countries can participate in competitions.

The ISC Working Committee can, if necessary, make further adjustments to these rules.

1.1. International Show Competition, organizer of ISC competitions

The competitions will be organized by the Finnish Workers' Sports Federation, TUL's gymnastics and dance department in cooperation with TUL's member clubs.

1.2. Competition invitation and registration

The Finnish Workers' Sports Federation TUL publishes a competition invitation on the TUL's 100th anniversary page and in the competition calendar, on TUL's Facebook page and as an attachment to club membership letters. The invitation includes all technical information related to the competitions. All competitors/groups sign up for an electronic online form, which is specifically mentioned in the invitation.

In case of delay on registration, the registration fee will be increased by 50%.

1.3. Cancellation of registration

If the participation is canceled before the end of the registration period, the full participation fee will be refunded. At the end of the registration period, the participation fee will not be refunded.

1.4. Sport types

International Show Competition sports types:

- acrobat gymnastics (groups)
- aesthetic group gymnastics (groups)
- aerobic gymnastics (individuals and groups)
- rhythmic gymnastics (individuals and groups)
- dance (groups)

All types of competition are included elements characteristic of each species.

Acrobatic gymnastics is a competition where the programs consist of pair and group elements.

Aesthetic group gymnastics is an artistic and athletic competition program for five (5) or more gymnasts.

Aerobic gymnastics is a type of sports which incorporates different demanding movement sequences, which demonstrate continuous movement, flexibility and strength.

Rhythmic gymnastics programs are performed with ball, rope, hoop, clubs or ribbon. It is also possible to participate with a free program.

Dance is a composition of dance move arrangements for a group, which do not have to be based on any particular dance technique.

1.5. Competition series

- **12-14 years old** (during the competition year 12-14 years old) 1/3 of the group may be two years younger or older than the given min and max ages
- **14-16 years old** (during the competition year 14-16 years old) 1/3 of the group may be two years younger or older than given min and max ages
- **over 16- years old** (during the competition year 16 years old) 1/3 of the group may be two years younger than given min
- **over 25 years old** (during the competition year 25 years old) 1/3 of the group may be two years younger than given min
- **over 50 years old** (during the competition year 50 years old) 1/3 of the group may be two years younger that given min

1.6. Participation

The TUL's 100th Anniversary Competition is open to all the athletic competition of various gymnasts.

The competition is open to all enthusiasts of this type of competition. Participants must have valid insurance.

1.7. Competition team

The minimum size of the group is three (3) participants, except in aesthetic group gymnastics and rhythmic gymnastics, where the group minimum is five (5) gymnasts. In aerobics and rhythmic gymnastics an individual contest is also organized.

1.8. Confirmation of Participation

Participation must be confirmed at least one hour (1 hour) before the start of the competition. Participation requires the participation fee to be paid.

1.9. Competition program

1.9.1. Program

You can participate the competition with a freely chosen program. All the series can be performed by girls, boys, women and men. The group may consist of both girls, boys, men and / or women.

Each group has one competitive performance. Rhythmic gymnastics individual participant can participate in more than one apparatus program.

1.9.2. Program length

The length of the competition program in all series is 1.00-3.00 min. The time is calculated from the first movement of one competitor to the end of the last movement.

Time is taken with two (2) clocks. Possible deductions will be made by the secretariat on the average of the total.

The duration can be exceeded or lowered by five seconds (5 sec.). Overdrive or overtaking reduces the points by 5 points penalty for each additional or missing full five (5) seconds.

Dance groups attention: Props suitable for a dance performance can be used, but it's bringing and removing props should be included in the entrance and must not be longer than 30 seconds. 10 points will be deducted from the time overrun by secretariat. The use of a suitable props must be reported on the registration form.

1.9.3. Music

The choice of music is free and age-appropriate. Music cannot hurt/insult any religion, nationality or express a political attitude/opinion.

The organizer is responsible for sound technology. The music must be delivered to the organizer in the format indicated in the competition notice, according to the instructions provided by the organizer. The recording must be clearly marked with the club/group name, country, sport type, competition series, age range, group name, music composer or arranger and in dance groups the name of the performance.

The music collection must be of high quality.

Lighting is the same for everyone.

1.10. Competition dress

The competition dress should be aesthetic and may not prevent seeing the movements clearly or disturb the evaluation of the execution. In dance, the dress must live up to the idea.

1.11. Competition area

Size of competition area/carpet is 13x13 m.

2. THE STRUCTURE OF THE PROGRAM

2.1. Idea (story)

The elements of species should be placed versatilely and naturally in the structure of the program. The style and expression should be appropriate to the team (skill level, age group, expressive skills).

2.2. Choreography (aesthetics, expressionism, indulgence)

Versatile, featuring species elements including a potential story and highlights. Ideally and expressively, there must be an aesthetic entity that is visible in the movement language and in the natural expression of the performers through the program. Composition should strive for expressiveness utilizing dynamics and power within movements and movement series.

The expression must be natural and be created by movements and movement series.

2.3. Use of area (transitions, logic)

Movements must be performed in different levels and directions, with varying of strength and timing, in place or in movement. The area should be utilized versatilely, smoothly, variedly and logically, and the formations should be variable in size and position.

2.4 Body movements (originality, versatility)

The original composition is characterized by the idea which should appear in the body movement, in dress, in music and in use of area. The idea develops during the presentation and it is expressed as a unified whole performance and a passion and it will carry it to the end of the program.

Characteristic is, elegant moves, individual movements, and species elements that are distinct from the composition as generally memorable, uplifting, surprising or particularly impressive.

2.5. Music (structure, age appropriate, quality)

Music is optional, ideal for the idea and expression, and suitable for the spirit and the lyrics of the age group. The structure of music and the movement of music into music has been successful and music does not impress the background music.

3. EXECUTION

The performance must show good performance and must be accurate and smooth.

The performance should show the good co-ordination ability, fitness, safety, rhythm and posture of the gymnasts.

The performance should strive for expression and aesthetics.

The performance should show good body management.

The performance must show that the program is designed for the skill level of an individual or group

The performance of the groups must be done simultaneously or clearly in canons.
The health aspects must be taken into account in the exercise.

4. JUDGING

4.1 Generalities

All judges evaluate all types of competition, regardless of the type of judge you are. Evaluation is done by age group, not by sport type.

4.2. Judges

Evaluation panel consists of max five (5) judges, so that each species has one (1) judge.
If there are not enough judges for some of the competition types, the responsible judges together with the director of the competition name the missing judges.

The judge should be on the highest judge's level of his own sport type and country.

A coach or a choreographer shall not act as a judge in the series in which his competitor / group or program competes.

4.3. Competition Jury

The organizing committee of the competition appoints a competition jury, consisting of experts from different sport types. The amount of Jury members will be decided by the organizing committee of the competition.

The jury will solve any problems that may arise during the competitions. The jury will decide on the honorary / special prizes of the whole competition.

4.4. Calculation of the scores

The judges will make the evaluation independently on the same evaluation form regardless of the sport type. The evaluation form used in the competitions is attached to these rules as one (1).
Each of the areas to be evaluated gets 0-3 points. The exactness of the point is 0.5.

The result in all categories is the average of all points given by judges. The maximum points are 65.0. If more teams have the same score, the rank points of all judges will determine the final placement.

4.5. Bonus

Bonus points can be awarded of successful, original and impressive composition. Each judge can independently issue a bonus point. The bonus is five (5p) points.

5. REWARDING

In each age category, three (3) most points received individuals and groups are awarded regardless of the sport type.

In addition, in each age category will be rewarded the best of the different sports types in individuals and groups.

On each sport type can also be given special prizes and diplomas.

6. RESULTS AND REPORTS

The organizer takes care of the results and records for the TUL gymnastics and dance department. The results will also be published on the pages of TUL and the gymnastics and dance department and on Facebook.