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These rules define the TUL International Show Competition (ISC) . ISC is the competition for three

(3) species, where different sport types alternate. Entrants from 10 years of age and older enthusiasts from Finland and abroad can participate in the competition. TUL ISC competition is an open showy competition for all kind of gymnastics.

These rules define the TUL's international Show Competition (ISC) competitions. The rules are based on the rules of TUL's 1998 aesthetic group gymnastics championships. TUL's ISC is a show-like competition of gymnastic and dance sports, and it's open to everyone. Any enthusiast from 10 years of age from Finland or abroad can participate in the competition.

The Organizing Committee of ISC shall have the opportunity to specify these rules if necessary.

## 1.1 International Show Competition, ISC, arrangements

The Finnish Workers' Sports Federation, TUL's Gymnastics and Dance Department, in cooperation with TUL's member clubs are organizing open TUL ISC competition.

## 1.2 Invitation and registration

The Finnish Workers' Sport Federation TUL ry publishes a competition invitation on TUL's pages. All technical details related to the competitions are mentioned in the invitation.

## 1.3 Sport types

International Show Competition species:

- Aesthetic group gymnastics (AGG)
- Rhythmic gymnastics
- Dance
- \* Show Mix -program

New Show Mix -program is a free versatile, show-like and sporty composition. It doesn't need to be based on any particular sport's technique. Every two years TUL ry's Voimistelu- ja tanssijaosto chooses a new theme for the program, which is always published at the previous year's competition. Characteristics of Show Mix -program are creativity, inventiveness, idea, story, frisk, theme-appropriate costumes, and possible props, which serve as part of the show and not merely for decor. The program must have a name.

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

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

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

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

#### 1.4. Competition series

<b>Aesthetic group gymnastics</b>	<b>Dance</b>	<b>Rhythmic gymnastics</b>
10-12yr	10-12yr	10-12yr
12-14yr	12-14yr	13-15yr
14-16yr	14-16yr	16yr -
over 16yr	over 16yr	
over 25yr	over 18yr	
over 35yr	over 30yr	
over 45yr	over 50yr	
	over 60yr	

#### **Show-Mix program**

10-16v (children)

Yli 16v (adults)

1/3 of the group may be two (2) years younger or older than given min or max ages.

Depending on the amount of competitors the organizer has the right to combine the series to the nearest age category .

#### 1.5 Participation right

The competition is open to all enthusiasts of this type of competition. The organizer has not convinced competitors. Participants must have valid insurance.

## 1.6 Competition team

The minimum size of the group is five (5) participants in aesthetic group gymnastics and rhythmic gymnastics and the minimum four (4) in dance. In rhythmic gymnastics and in dance an individual, duos and trios are also organized.

## 1.7 Competition program

### 1.7.1 Program

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

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

### 1.7.2 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 from the total points of judges.

The duration can be exceeded or lowered by ten (10) seconds. Penalty is -0,2 for each additional or missing full 10 seconds. The penalty will be deducted by secretariat from the total points of judges.

Dance groups: Props suitable for a dance performance can be used but its bringing and removing should be included in the entrance and must not be longer than 30 seconds without separate choreography. Ten (10) points will be deducted from the time overrun by secretariat from the total point of judges. The use of suitable props must be reported on the registration form.

### 1.7.3 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

5(6)

instructions provided by the organizer. All must have a backup music.

Music is freely chosen and must be supportive of the idea. It's spirit and also lyrics must be suited for the age group. The lyrics of the chosen music cannot be in contradiction with the idea and theme of the program. Music cannot be politically or religiously loaded nor insulting. The composition of the music and movement work together successfully and the music doesn't feel like background music. The music collection must be of high quality.

The organizer is responsible for the audio technology.

Lighting is the same for everyone.

#### **1.7.4 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.

#### **1.7.5 Competition area**

Size of the area/carpet is minimum 10x10 meters.

### 2.1 Aesthetic group gymnastic, rhythmic gymnastics, dance, Show Mix

#### 2.1.1 Idea (story)

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

#### 2.1.2 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 should be natural and should come from movement and movement series and possible show elements.

### 2.2. Show Mix- program

#### 2.2.1 Idea and show elements

Show Mix -program is a free versatile, show-like and sporty composition. It doesn't need to be based on any particular sport's technique. Every two years TUL ry's Voimistelu- ja tanssijaosto chooses a new theme for the program, which is always published at the previous year's competition. Characteristics of Show Mix -program are creativity, inventiveness, idea, story, frisk, theme-appropriate costumes, and possible props, which serve as part of the show and not merely for decor. The program must have a name.

### 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, show elements)

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. <sup>7(6)</sup>

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

### **3 EVALUATION OF PROGRAM PERFORMANCE**

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**

Every species have their own panels which includes four (4) judges. If there are not enough judges in some panel the responsible judges together with the director of the competition will nominate the missing judges.

All judges evaluate all types of competition with the same evaluation form. The judges shall be confirmed by TUL's Gymnastics and Dance Department.

Coaches or choreographers are not allowed to judge in the series where their competitor or groups competes.

#### **4.2 Competition Jury**

The Organizing Committee nominates the Jury composed of experts from different species

The number of jury members will be decided by the Organizing Committee.  
The Jury will resolve any issues that may arise during the competition. The Jury will decide on the honor / special prizes for the entire competition.

### **4.3 Calculation of points**

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,

#### **4.4. 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 and series, three (3) most points received individuals, duos trios and groups are awarded. On series 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 be published on TUL's ISC-pages and Facebook.