



# **World Gymnastics Association**

Official Virtual Competition  
Rule Book  
2023 Edition

Men's Artistic  
Gymnastics

## **Purpose**

Certain competitions are held virtually due to their convenience and worldwide accessibility.

## **General Overview**

In non-supervised virtual competitions gymnasts may (and are encouraged to) retry their routine as many times as necessary to produce the best result. These routines will be judged later on at a predetermined date so all scores are released at the same time.

## **Routine Recording and Submission Process**

- Start off by checking what the competition code is. This can be found on the Competition Information page (next to where you register for the competition). This code is used to ensure that the gymnast performed this routine for the purpose of this competition.
- Once the code is known, print or write this code in addition to the athlete's first and last name on a piece of paper.
- Set up a camera beside the event (in the place a judge would normally sit) The gymnast must remain in frame for the entirety of the routine (except Vault where the run may be out of frame). The camera is allowed to pan side-to-side, or up and down if necessary as long as the footage is clear. Ideally the footage is a combination between an angle that allows for easy judging, and an angle that is appealing to watch (for broadcast purposes).
- Ensure that you are recording in landscape mode (16:9 aspect ratio) and try to avoid copyrighted background music.
- Next, start recording. Then bring the piece of paper with code and athlete's full name in front of the camera for around 2 seconds. From here the routine proceeds as normal. The athlete will present and bow to the camera as if it were a judge.
- Once you have the routines that you wish to submit, go to our website and navigate to the "Competitions" page. From here, find the competition you wish to enter, then click on the register page. Once here, you will upload your routines, submit a fee if required, agree to our Competition Contract by clicking the check box, and lastly give us details about the PayPal account that you wish the prize money goes to if you win (this will not be shared publicly). Once you submit your routines you will not be able to change or delete these videos. Understand that if you are submitting a routine on multiple events it must be done all at once.

## Equipment Standards

It is understood that when competing in a gym not all equipment may meet in-person competition standards. However, it is still expected that you compete on equipment as close to WGA standards as possible. For example, if you only have a High Bar over a foam pit, ensure that you use multiple mats on both sides to make it as realistic as possible to a High Bar on a hard landing. Avoid landings that are too soft or too low.

## Virtual Competition Specific Deductions

Low Landing	In virtual competitions, the landings for each event are expected to be at the same height as international FIG competitions. Deviation from this will cause deduction or disqualification.  - Landing is >15 - 30cm lower than competition standards = 0.1 - Landing is >30cm lower than competition standards = 0.3
Soft Landing	In virtual competitions, the landings for each event are expected to have a similar level of firmness to landings in international FIG competitions. Deviation from this will cause deduction or disqualification.  - Upon landing, the gymnast sinks down >15 - 30cm lower than competition standards = 0.1 - Upon landing, the gymnast sinks down >30cm lower than competition standards = 0.3

## Some Reasons you May be Disqualified from a Virtual Competition

- The footage is suspected to be edited
- Footage is too low quality to accurately judge
- Gymnast is out of frame in such a significant way the routine cannot be accurately judged
- Competition code and/or gymnasts name was not physically displayed at the start of the routine
- The equipment used differs significantly from WGA equipment standards

## Prize Money

If you win prize money from a WGA competition, assuming all steps are followed correctly, you will be sent the money via PayPal within 24 hours after live judging has been finished. If you are a minor this account is required to be owned by your parent or legal guardian. Also know that depending on your location PayPal will take a small percentage of the prize money. Additionally, depending on how new your PayPal account is, the money may be held by PayPal for a certain amount of time before it is transferred into your account.