



Welcome Message

It's a great pleasure to serve you with the Technical Handbook of the 26th SEA Games, Palembang-Jakarta, Indonesia 2011.

It was 14 years ago (1997) when Jakarta, Indonesia hosted the 19 th SEA Games and shared joy with fellow participating countries and now Indonesia will be hosting the 26th SEA Games in Palembang and Jakarta, from November 11 to 22, 2011. As we are looking forward to welcoming all participating countries, we have been working hand in hand with the SEA Games Federation as well as International Sports Federation preparing the technical handbook for each sports agreed during the SEA Games Federation Executive Committee and Council held in Nusa Dua, Bali, last February 2011.

We trully hope to deliver each sport at te highest level possible for participating countries best athletes to display their talents. We also would like to provide the best service possible to ASEAN and International Federations (Afs/Ifs) to assist their officials in carrying out their functions, supporting the athletes, and managing the sports competitions and to also implement the rules and regulations of the AF's and IF's. Lastly, we will deliver our very best to fulfill all our obligations to the SEA Games Federation.

With just over months remaining to complete our preparations for hosting the 26th SEA Games, we are pleased to present you with this Handbook and look forward to welcoming you all in Palembang-Jakarta in November 2011.

RITA SUBOWO

President Indonesia SEA Games Organizing Committee



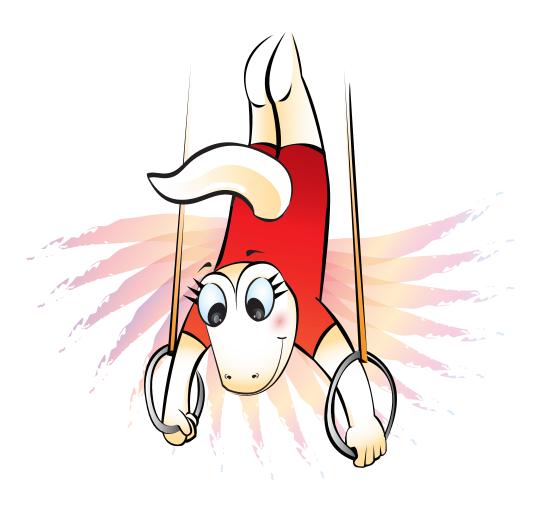


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I. GENERAL INFORMATION

1. General Competition Schedule

| | November 2011 | | М | Τ | W | Th | F | S | S | М | Т | W | Th | F | S | S | М | Τ | Gold |
|----|-------------------------------|----|----|----|----|----|----|----|----|----|----|---|----|----|----|----|----|----|--------|
| NO | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 15 | | 17 | 18 | 19 | 20 | 21 | | Medals |
| | Competition Day | -5 | -4 | -3 | -2 | -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| | | | | | | | | | | | | | | | | | | | |
| 1 | Aquatics - Diving | | | | | | | | | | | | | | | | | | 8 |
| 2 | Aquatics - Open Water Swiming | | | | | | | | | | | | | | | | | | 4 |
| 3 | Aquatics - Swiming | | | | | | | 6 | 6 | | | 6 | 6 | | | | | | 38 |
| 4 | Aquatics - Syncrhonize | | | | | | | | | | | | | | | | | | 5 |
| 5 | Aquatics - Water Polo | | | | | | | | | | | | | | | | | | 2 |
| 6 | Archery | | | | | | | | | | | | | | | | | | 10 |
| 7 | Athletics | | | | | | | 11 | 12 | 10 | | | | | | | | | 46 |
| 8 | Badminton | | | | | | | | | | | | | | | | | | 7 |
| 9 | Baseball | | | | | | | | | | | | | | | 1 | | | 1 |
| 10 | Basketball | | | | | | | | | | | | | | | | | | 2 |
| 11 | Billiard Sports | | | | | | | | 2 | | 3 | | 2 | | 3 | | | | 10 |
| 12 | Bowling | | | | | | | | | | | | | | | 2 | | | 10 |
| 13 | Boxing | | | | | | | | | | | | | | 6 | | 8 | | 14 |
| 14 | Bridge | | | | | | | | | | | | | | | | | | 9 |
| 15 | Canoeing | | | | | | 5 | 3 | | | | | | | | | | | 15 |
| 16 | Chess | | | | | | | | | | | 3 | | | | 2 | 4 | | 9 |
| 17 | Cycling - Track | | | | | | | | | | | | | | | | | | 7 |
| | Cycling - Road Race | | | | | | | | | | 2 | 1 | 1 | | | | | | 6 |
| | Cycling - MTB | | | | | | | | | | | | | | | | | | 3 |
| | Cycling - BMX | | | | | | | | | | | | | | 2 | | | | 2 |
| 18 | Equestrian | | | | | | | | | | 1 | 2 | 1 | | | | | | 6 |
| 19 | Fencing | | | | | | | | | | | | | | | | | | 12 |
| 20 | Fin Swimming | | | | | | | | | | | | | | | 6 | | | 16 |
| 21 | Football | | | | | | | | | | | | | | | SF | | 1 | 1 |
| 22 | Futsal | | | | | | | | | | | | | | | | | | 2 |
| 23 | Golf | | | | | | | | | | | | | | | | 2 | | 4 |
| 24 | Gymnastic - Artistic | | | | | | | 1 | 1 | | | | | | | | | | 14 |
| 25 | Gymnastic - Rythmic | | | | | | | | | | | | | | 1 | | | | 1 |

| | November 2011 | | Τ | W | Th | F | S | S | М | Τ | W | Th | F | S | S | М | Τ | Gold |
|----|-----------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--------|
| NO | | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | Medals |
| | Competition Day | -4 | -3 | -2 | -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| | | | | | | | | | | | | | | | | | | |
| 26 | Gymnastic - Aerobic | | | | | | | | | | | | | | | | | 2 |
| 27 | Judo | | | | | | | | | | | | | | | | | 16 |
| 28 | Karatedo | | | | | | | | | | | | | | | | | 17 |
| 29 | Paradigling | | | | | | | | | | | | | | | | 12 | 12 |
| 30 | Pencak Silat | | | | | | | 6 | | | | 12 | | | | | | 18 |
| 31 | Petanque | | | | | | | | | | | | | | | | | 6 |
| 32 | Roller Sports | | | | | | | | | | | | | | | | | 12 |
| 33 | Rowing | | | | | | | | | | | 6 | | | | | | 11 |
| 34 | Sailing | | | | | | | | | | | | | | | | | 9 |
| 35 | Sepak Takraw | | | | | | | | | | | | | | | | 2 | 6 |
| 36 | Shorinji Kempo | | | | | | | | | | | | | | | | | 16 |
| 37 | Shooting | | | | | | | | | | | | | | | | | 14 |
| 38 | Softball | | | | | | | | | | | | | | | | | 2 |
| 39 | Table Tennis | | | | | | | | | | | | | | | | | 5 |
| 40 | Taekwondo | | | | | | | | 6 | | | | | | | | | 21 |
| 41 | Tennis | | | | | | | | | | | | | | | | | 7 |
| 42 | Soft Tennis | | | | | | | | | | | | | | | | | 7 |
| 43 | Traditional Boat Race | | | | | | | | | | | | | | | | | 10 |
| 44 | Volleyball (beach) | | | | | | | | | | | | | | | | | 2 |
| 45 | Volleyball (Indoor) | | | | | | | | | | | | | | | | | 2 |
| 46 | Vovinam | | | | | | | | | | | | | | | | | 14 |
| 47 | Sport Climbing | | | | | | | | | | | | | | | | | 10 |
| 48 | Water Ski | | | | | | | | | | | | | 6 | | | | 11 |
| 49 | Weighlifting | | | | | | | | | | | | | | 3 | 3 | | 12 |
| 50 | Wrestling | | | | | | | | 5 | 4 | 4 | | | | | | | 17 |
| 51 | Wushu | | | | | | | | | | | | 2 | 4 | 4 | 10 | | 20 |
| | Closhing | | | | | | | | | | | | | | | | | |
| | Total | | | | | 5 | 43 | 63 | 54 | 64 | 46 | 57 | 32 | 68 | 54 | 42 | 17 | 545 |



2. Organizing Bodies Indonesia SEA Games **Organizing Committee (INASOC)**

2The SEAGF has tasked the Indonesia National Olympic Committee (INOC) to set up an organizing committee that is responsible for the overall planning, organizing and executing of all elements necessary to produce the 26th SEA Games in 2011. This organization is called the Indonesia SEA Games organizing committee (INASOC).

INASOC's mission is to produce a truly memorable event by exercising all delegated powers and authorities conferred by the SEAGF, specified in the Host city Contract. Through the SEA Games, Indonesia aims to showcase its unique talents and culture, and the capacity of its people to be united in delivering the 'Games of Your Life', in a spirit of friendship and sportsmanship, while also serving to promote united and rising in the region.

INASOC Board of Directors

· Rita Subowo President Vice President · Frick Tohir

Secretary General : Timbul Thomas Lubis

Advisor : Rosihan Arsvad

> Indra Kartasasmita Harris Thaveb Oong Wiradinata Prof. Amran Razak Tunas Dwidharto Sakhyan Asmara Martina Wijaya Mulyana

INASOC Executive Office

Director General : Rachmat Gobel Vice Director General : Sudradiat Rasvid Vice Director General : Diati Waluyo Vice Director General : Andika Perkasa Vice Director General (JKT): Ratiyono

Vice Director General (SS): Muddai Madang

INASOC Directorates

Deputy I (Sport & Venues) : Djoko Pramono Vice Deputy I : Lidya Ivana Lee

> : Marhot Harahap : Kusnan Ismukanto : Musni Wijaya

Deputy II (IT, Marketing, Media & Broadcasting)

: Djasri Marin

: Faisal Abdullah Vice Deputy II

: Heyzer : Ade Lukman : Cucu Kurnia : Anhar Zulkifli

Deputy III (Support) : Yudi Susharyanto Vice Deputy III : Condro Kirono

> : Junusul Hairy : Ahmed Solihin : Sudjarno

: Torkis Panggabean

: Sumaryoto

Deputy IV (Ceremony &

Cultural Event) Vice Deputy IV

: Indra Yudhistira Ramadhan

: Adhiati Nurdin : M. Fakhrudin : Frimansyah : Yusri Effendy

Contact Information

Indonesia SEA Games Organising Committee (INASOC)

Head Office: DKI Jakarta Office:

Gedung Gelora Bung Karno DISORDA DKI Jakarta Jl. Pintu I Senayan, Jakarta PO.Box 10270

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Tel: +62 215737494, Ext 50 Tel: +62 2185911167

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Fax: +62 215743951 Fax: +62 2185911167

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3.Accommodation

The accommodation will accommodate all the athletes and team officials of the Sea Games for a period of 12 Days, from 11to 22 November 2011. An additional preopening period of 7 days has been scheduled from 4 until 7 November 2011 to enable the Chefs De Mission of the NOC's to complete the administrative matters prior to the arrival of their teams.

The accommodation for all the athletes and team officials will be classified as in South Sumatera will be accommodated in the Athletes Village while in Jakarta will be in hotels

4.Accreditation

4.1.Process

The organization of a great sporting event, such as the SEA Games, necessitates strict access control to all official INASOC venues, zones, and areas. This will be achieved through ticket allocation to spectators and by accreditation to athletes and those with official job function.

Every approved responsible organization will complete the accreditation application process on behalf of its delegation, including the receipt and distribution of the appropriate accreditation cards to each participant before travelling to Palembang, South Sumatera and Jakarta. Upon arrival in Palembang, South Sumatera and Jakarta, participants must validate their cards (see Validation).

All participants must be accurately registered and duly accredited through the IN-ASOC accreditation process in order to take part in the SEA Games.

4.2. Validation

Participants must present their accreditation cards, accompanied by either a valid passport, National Identity Card (Indonesian nationals), or other approved means of identity to the validation desk at the Palembang, South Sumatera and Jakarta International Airport or at an INASOC primary accreditation centre as specified in the Accreditation Manual.

Validation involves:

-electronic activation in the accreditation system; changing the card status to 'live' -physical activation; changing the card appearance to distinguish it from non-valid cards.

4.3.Lost, Damaged, or Stolen Cards

Lost accreditation cards must be reported immediately to the approved authority of the responsible organization. The approved authority concerned must then apply to INASOC for a replacement card, stating the circumstances of the loss. A replacement card will only be issued with the approval of INASOC.

Lost damaged or stolen cards will be cancelled immediately and will not be reactivated: even if recovered.

5. Transportation

A comprehensive transport system for athletes, team officials and technical officials will be available exclusively for the SEA Games. This will include:

- -arrival service from Palembang, South Sumatera and Jakarta International Airport to the accommodation
- -regularly scheduled shuttle service from accommodation to official competition and training venues
- -dedicated service to opening and closing ceremonies
- -dedicated service to all official functions and/ or meetings
- -departure service from the accommodation to Palembang, South Sumatera and Jakarta International Airport

Buses will provide the following services.

Transportation services for the sports delegation upon arrival and departure Providing shuttle bus for delegates to and from matches / training of hotel Special vehicles for NOCs

Provision of Transport for the Opening Ceremony and Closing Ceremony.

Transport Provision for Special Events

Provision of Transport for NOCs in attending a Special Event

Transport Provision for Official activities

Transport Provision for Technical Officials, VIPs and media.

Provision of Transport for INASOC.



6.Uniforms

INASOC will provide all technical officials, staff members and volunteers with appropriate attire and uniforms.

A sizing form will be sent in advance to all parties concerned. Forms must be returned and received by INASOC before the given deadline to ensure availability.

The uniforms will be distributed at the main uniform and accreditation centre after collecting the accreditation.

7. Medical Services

A first aid and emergency first response medical service will be provided during the South East Asia Games to any person requiring medical assistance. This service will operate in official SEA Games competition and training venues during official operating hours. This service will comprise a dedicated medical team supported by an ambulance service.

8.Sports Information Centre

One main sports information centre will be located inside the Accommodations and a sports information desk will be located in each of the competition venues.

9. General Weather Conditions

As a tropical countries, Indonesia only has two (2) seasons which are rainy and dry season. During the month of October until December will be rainy season. The average daytime temperature is between 29 – 32 degrees celcius. In general, the weather is perfect for achieving the best competition results.

10.Facts and Figures

Geography

Location : The territory of the Republic of Indonesia stretches from 6°08′ N

latitude to 11°15′S latitude, and from 94°45′E to 141°05′E longitude.

Area : Total Area of Indonesia is 1,919,440 sq km

(Land Area: 1,826,440 sq km; Water Area: 93,000 sq km)

Physical Features: Highest Point: Puncak Jaya (4,884 M)

Lowest Point: Indian Ocean (0 M)

Main Cities : DKI Jakarta

National Flag : The national flag is red and white. Red color means bravery, while

white color means purity

Climate : Tropic

Tourist Information

Weekend : Saturday and Sunday

Working Hours : Govt. Offices: 08.00. – 16.00

Banks: 08.00 - 15.00

Private/Business: 08.00 - 16.00 Malls stay open until 22.00

Local Time : Greenwich Mean Time + 7 hours

Electrical Current: 220 – 240V; frequency 440 Hz

Tipping : Local custom does not require that you leave a tip through it is

appreciated if you do



II. SPORT FEDERATIONS

Federation Internationale de Gymnastique (FIG)

President · Mr. Bruno Grandi · Mr. Andre Gueisbuhier Secretary

Address : Rue des Oeuches 10 Case Postale 359 2740 Moutier 1, Switzerland

Telephone : 41.32.496410 Fax · 41 32 496419

: tig.gymnastics@worldsport.org F-mail

Website : http://www.gymnastics.worldsport.com

Asian Gymnastics Union (AGU)

President : Mr. A-Rahman Alshatri · Mr. Mohd Ali-Naimi Secretary

Address : P.O. Box 22955 Doha, Qatar

Telephone : 974.4655667 Fax . 974 4655668

F-mail : info@agu-gymnastics.com

: http://www.agu-gymnastics.com Website

South East Asia Gymnastics Confederation (SEAGCON)

President : Mr.Sawat Sopa

Secretary : Mr. N.Shanmugarajah, AMIN, ASA, PJK

Address : Gimnasium Gimnastik Maktab Perguruan Teknik

Jalan Tenteram, Bander Tun Razak 56000 Kuala Lumpur, Malaysia.

Telephone 6.03 9323029 .603 9323029 Fax F-mail

: shanmu@tm.net.my

Website : http://www.gymnastics.worldsport.com

The Gymnastics Association of Indonesia

President : Ir. Suardi MT Secretary : Asep Sulaeman

Address : Gd. Latihan Senam Gelora Bung Karno

Jl. Pintu I Stadion Tenis Senayan Jakarta 10270

Telp & Fax. . 5735375

: persani@cbn.net.id Fmail

Gymnastics SEAG 26th Organizing Committee

Chairman : Wartati Furgon Vice Chairman : Asep Sulaeman

III. COMPETITION INFORMATION

1. Date

The 26th SEA Games Gymnastics Competition will be held from November 11 - 22, 2011.

2. Venue

a. Competition Site

The competition will be held at competition Hall Jakabaring Sports Centre, Palembang South Sumatera Province Indonesia (it is about 40 minute flight from Jakarta).

b. Training Site

Training venues will be provided at competition Hall Jakabaring Sports Centre, Palembang South Sumatera Province, Indonesia.

The training schedule for each team will be given upon the arrival.

3. Event

The competition will be carried out in accordance with the Technical Regulations of the Federation International Gymnastics (FIG) and will consist of the following discipline:

3.1 Artistic Gymnastics

Competition I : Qualification for Individual and Team finals Competition.

Competition II : Individual All-Around Competition

Competition III : Individual Apparatus Finals

Competition on the men's artistic gymnastics competition will consist of the following



competitions:

- a. Floor Exercises
- b. Pommel Horse
- c. Rings
- d. Vault
- e. Parallel Bars
- f. Horizontal Bar

Competition on the women's artistic gymnastics competition will consist of the following competitions:

- a. Vault
- b. Uneven Bars
- c. Balance Beam
- d. Floor Exercises
 - **3.2** Rhythmic Gymnastics Individual Competition

Competition : Individual All-Around Competition

3.3 Aerobic Gymnastics

The Finals Competition: will consist of two (2) categories:

- a. Individual Men
- b. Trios

IV. COMPETITION SCHEDULE

The general layout of the programme is elaborated and decided by the SEAGCON Secretary General in close cooperation with the Organizing Committee and the Technical Committee. The responsibility for the detailed competition and training schedule is with the Local Technical Director.

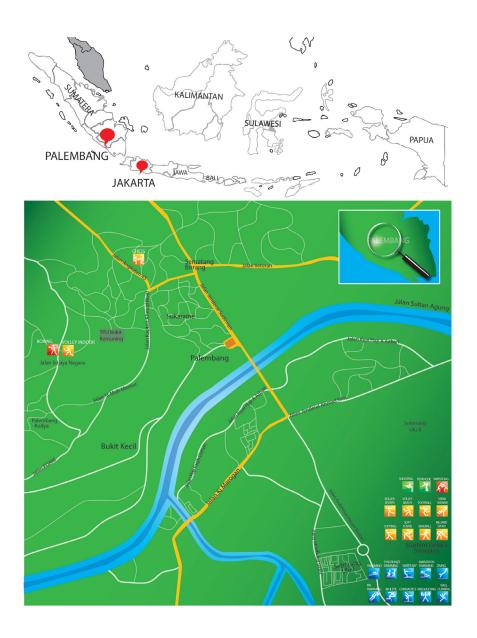
The tables below indicated the manner in which the programme may be arranged but they are subject to variation having regard to the number of entries and other circumstances.

| Date | Time | Event | Category |
|-------------------|---------------|---|-----------|
| Nov 10 | | Arrival of SEA Games Delegation Collection of Work Plan | |
| Nov 11 | 09.00 – 20.00 | Training & Podium Training | MAG & WAG |
| | 10.00 – 12.00 | Technical meeting for Team managers | |
| | 14.00 – 17.00 | Judges Meeting | |
| Nov 12 | 12.00 – 21.00 | Men's Ind. Qualification Competition (Com. I) | MAG |
| (Day 1) | | Team Finals Competition (Com. IV) | |
| Nov 13 (Day 2) | 12.00 – 21.00 | Women's Ind. Qualification Competition (Com. I) And Team Finals Competition (Com. IV) | WAG |
| Nov 14 | 12.00 - 16.00 | Men's Individual All–Around Finals (Com. II) | MAG |
| (Day 3) | 17.00 - 21.00 | Women's Individual All–Around Finals (Com. II) | WAG |
| Nov 15 | 16.00 – 19.00 | Men's and Women's Apparatus Finals (Com.III) | |
| (Day 4) | | (Floor, Pommel Horse, Uneven Bars, Ring and Vault) | MAG & WAG |
| Nov 16 | 14.00 – 17.00 | Men's and Women's Apparatus Finals (Com.III) | MAG & WAG |
| (Day 5) | | (Vault, Parallel Bars, Floor, Horizontal Bar and | |
| , | | Balance Beam) | |
| Nov 17 | 09.00 – 20.00 | Training & Podium Training | RG |
| (Day 6) | 10.00 – 12.00 | Technical Meeting for Team Manager's | RG |
| | 14.00 – 17.00 | Judges Meeting | RG |
| | 15.00 – | The SEAGCON Congress | SEAGCON |
| Nov 18 | 10.00 20.00 | Women's Individual All Around Finals | RG |
| (Day 7) | | (Rope, Hoop,) | |
| Nov 19 | 10.00 20.00 | Women's Individual All Around Finals | RG |
| (Day 8) | | (Ball and Clubs) | |
| Nov 20 | 09.00 – 20.00 | Training & Podium Training | AER |
| (Day 9) | 10.00 - 12.00 | Technical Meeting For Team Manager's | AER |
| | 14.00 – 17.00 | Judges Meeting | AER |
| Nov 21 | 11.00 – 15.00 | Men's Individual Final | AER |
| (Day 10) | | Trios Final | AER |

The schedule is subject to change upon the number of the participants.



V. VENUE MAP



VI. GENERAL RULES & REGULATIONS

1. Rules

The 26th SEA Games Gymnastics Competition will be conducted in accordance with the 2009 Rules of Federations Internationale de Gymnastique (FIG) code of Points for Men and Women Artistic Gymnastics, Rhythmic Gymnastics, Aerobic Gymnastics and the FIG Technical Regulation 2010. In case of disagreement in the interpretation of Rules from versions in diffrent languages, the English text shall prevail. Any unforeseen incident not covered by the FIG rules shall be dealt with accordingly in the following manner:

- **a.** Technical questions shall be resolved in accordance with the FIG and SEAGCON Rules.
- **b**. Case of general nature shall be resolved in accordance with the SEA Games Federation Statutes and rules. Particularly, the following rules shall have precedence:

2. Participants

- **2.1** The 26th SEA Games Gymnastics Competition is reserved for teams representing the National Olympic Committee affiliated to the SEA Games Federation . and South East Asian Gymnastics Confederation (SEAGCON).
- **2.2** Only competitors who comply with the conditions laid down in the SEA Games Federation Statutes and Rules and the FIG Rules are entitled to participate.

2.3 Artistic Gymnastics:

Each nation may enter a complete team of four (4) to six (6) gymnasts for both of men and for women. However, it may enter a maximum of three (3) Individual competitors for men and or women can complete in Qualification Individual competition. (Competition II and III)

2.4 Rhythmic Gymnastics:

Each country may enter maximum of three (3) gymnasts. However of two (2) gymnasts can complete competition.

2.5 Aerobic Gymnastics:

Each country may enter in 1 - 2 categories as follow:

2.5.1 Individual Men

A maximum of two (2) male competitors per NOC.



2.5.2 Trios

Each nation may enter maximum of three (3) competitors (1 trios) in optional sex.

2.6 Right of Participation and Size of Delegations 20th November 2011.

| Status | MAG | WAG | RG | AER | Total |
|--------------------|-----|-----|----|-----|-------|
| Head of Delegation | | 1 | | | |
| Team Manager | | 1 | 1 | 1 | 3 |
| Coach | 2 | 2 | 1 | 2 | 7 |
| Gymnasts | 6 | 6 | 3 | 5 | 20 |
| Doctor or Masseur | | | 1 | | 1 |
| Total | 8 | 9 | 5 | 8 | 32 |

2.7 Age of competitors

Indonesia time (GMT+7).

There are requirements for participants in Artistic Gymnastics, Rhythmic Gymnastics. The age of gymnasts must be at least sixteen (16) years old 3^{1st} December 2011. For Aerobic Gymnastics. The age of competitors must be at least eighteen (18) years old 3^{1st} December 2011.

3. Entries

- **3.1** Entries in each participating country must be submitted in accordancewith the regulation laid down by the 26th SEA Games Organizing Committee (INASOC).
- **3.2** Preliminary Deadline for "Entry by Number"

 Preliminary entry forms by number from each participating country, forwarded through the respective National Olympic Committee (NOC), must be competed and should be received by INASOC not later than June 30, 2011 at 24:00 hours

3.3 Final Deadline for "Entry by Name" The entry forms by name must be received by INASOC not later than September 30, 2011 at 24:00 hours Indonesia time (GMT+7).

3.4 Both entries by number and name may be sent by fax or e-mail, but must subsequently be confirmed with the original documents, by mailing them to the following address:

Sports Technical Committee SEA GAMES 2011

Address : Gedung Gelora Bung Karno 2nd Floor

Jl. Pintu I Senayan, Jakarta 10270, Indonesia

Telephone : +62 21 5737494 ext 50

Fax : +62 21 5743951

E-Mail : nurlaily@seag2011.com Website : www.seag2011.com

4. Technical Meeting

- **4.1** The Technical Meeting for MAG & WAG of manager from each participating country will be held on 11th November 2011
- **4.2** The Technical Meeting for Rhythmic Gymnastics of Managers from each participating country will be held 17th November 2011.
- **4.3** The Technical Meeting for Aerobic Gymnastics of Managers from each participating country will be held 20th November 2011.
- **4.4** The Judges Meeting for MAG and WAG will be held 11th November 2011, Rhythmic Gymnastics on the 17th November 2011, and Aerobic Gymnastics on 20th November 2011.

The time and venues of the meeting will be announced later.



VII. COMPETITION RULES & REGULATIONS

1. Technical Organization

The Indonesian Gymnastics Association (IGA) shall responsible for and have full control of the technical organization of the Gymnastics Competitions with the guidance of the FIG, AGU and SEAGCON, in consultation with the Technical Delegate, when necessary.

2. Artistic Gymnastics

The Artistic Gymnastics Competition will consist qualification individual competition (competition II and III) and Team Finals (competition I) for both men and women. All competition shall be conducted in accordance with the 2009 FIG Code of Points.

2.1 Qualification Competition III and All Around Individual Finals Competition I and II :

All NOC are allowed to compete with the team which consists of 4-6 gymnasts or with a maximum of three (3) individual gymnasts both of men and women gymnasts per NOC. A team shall provide for not more than five (5) to compete on a single item of apparatus and the best of four (4) highest scores will be taken into account for the team total. This competition is final for team competition.

Only one optional routine on each apparatus including one vault (the first vault) for qualification in competition II and finals is permitted.

Gymnasts who wish to qualify for competition III will have to perform two (2) Vaults from different groups as per Code of Points 2009.

In case of a tie at any place, FIG Technical Regulations 2010 will be applied

2.2 All-Around Individual Competition (Competition II)

The first fourteen (14) gymnasts (men and women) who performed to qualify in competition I will take part in this competition. A Maximum of two (2) men and two (2) women gymnasts per NOC will be selected. Only one Vault will be perform

in this competition.

Lots will be drawn to decide the composition of the groups, which will be made up of three groups of four-six (4-6) gymnasts in the men's event and two groups of six-eight (6-8) gymnasts in the women's event.

Having qualified, participation in Competition II is obligatory. If a gymnast who as qualified for Competition II defaults for valid reasons, his/her Federation may replace him/her by one of its other gymnasts, provided that the said replacement has obtained a higher result in Competition I to that of the first named reserve gymnast.

In case of a tie at any place the FIG Regulations 2010 will be applied.

2.3 Apparatus Finals (Competition III)

The finals shall be held for the best eight (8) men gymnasts and eight (8) women gymnasts per apparatus in competition I. Participation in limited to two (2) men and two (2) women gymnasts per NOC. Who have obtained the highest total scores on such apparatus in Competition I, which on Vault apparatus means must perform two Vaults in different Vaults Groups, the total will be average from two Vaults. The starting order at each apparatus shall be decided by a draw.

For each apparatus, the three (3) substitutes for men and three (3) substitutes for women, designated by the director of competition must be ready to compete until the start of the given apparatus, in case of withdrawal or injury of the qualified gymnast.

The results of the finals determine the champion on each apparatus.

In case of a tie at any place, the FIG Regulations 2010 will be applied.

Order of Events

The order in which the competitors will perform on the apparatus in as follows:-

Artistic Gymnastics Men

Floor Exercise

Pommel Horse

Rings

Vault

Parallel Bars

Horizontal Bar



Artistic Gymnastics Women

Vault

Uneven Bars

Balance Beam

Floor exercise

3. Rhythmic Gymnastics

3.1 Individual All Around Competition:

This competition consist of four (4) exercises in the four (4) prescribed apparatus.

The classification is made by adding the four (4) scores obtained with the four (4) apparatus. The winner is a gymnast who has obtained the highest number of print in four (4) apparatus

Order of Event

The order of exercise will be:

- a. Rope
- b. Hoop
- c. Balls
- d. Clubs

4. Aerobic Gymnastics

The Finals Competition consist of 2 categories as follow:

4.1 Individual Men

Each participating country may enter maximum of two (2) male competitors.

4.2 Trios

Each participating country may enter maximum of three (3) competitors of optional sex.

In two categories, each competitor may subject to compliance with the following requirements, performing in the finals competition. The competitor will perform one routine only. The winner of the finals in each category are determine the champion of each category. In case of a tie at any place the FIG Technical Regulation 2010 will be applied.

5. Classification

5.1 Artistic Gymnastics

5.1.1 Qualification Competition and Team Finals Competition (Competition I) The result obtained determine the classification of the team finals competition (competition I) and act as a qualification for individual competition (Competition II and III).

Each participating nation is authorized to enter in the team competition with one men's team and one women's team of 4 to 6 gymnasts. One each apparatus a team will compete not more than five (5) gymnasts.

The scores of four (4) best gymnasts for men and women gymnasts on each apparatus out of six (6) gymnasts on each team except vault, the first vault will count towards in Team Finals Competition and the second Vault will be averaged with the first vault for qualification for Vault Finals.

5.1.2 All-Around Individual Competition (Competition II)

The winner of Competition II shall be determined by adding the number of scores obtained in competition II, six apparatus for men and four apparatus for women. Only me (1) vault in this competition.

The height total score of Team for men and women determine the winner of the SEA Games Gymnastics individual all around Champion

5.1.3 Apparatus Finals (Competition III)

The highest points obtained by the gymnasts in competition III shall determine the winner in the same apparatus (two vaults in this competition) and the gymnast will be declared as the South East Asian Games Apparatus Finals Champion.

5.2 Rhythmic Gymnastics

5.2.1 Individual All-Around Finals Competition

The winner of competition shall be determined by adding the number of points obtained in competition of four(4) exercises with the four(4) prescribed apparatus. The highest total score become the South East Asian Games Individual All-Around Champion.

In case of equality, the FIG Regulations will be applied.



5.3 Aerobic Gymnastics

5.3.1 Finals Competition

5.3.1.1 Individual Men

The highest scores will determine to the Individual Men Category Champion.

5.3.1.2 Trios

The highest scores will determine to the Trios Category Champion.

6. Competition Management

The four (4) FIG or AGU Technical Delegates for Men's & Women's Artistic Gymnastics, Rhythmic Gymnastics and Aerobic Gymnastics will be designated by the FIG or AGU. The FIG or AGU Technical delegate will serve a President of the Superior Jury and Management of the competition together with the four (4) SEAGCON Technical Committee Director of four (4) disciplines. They shall make all the necessary decisions in connection with the competitions.

7. Jury of Appeal

The Jury of appeal will comprise the following:
International Technical Delegate FIG or AGU concerned
President of the Gymnastics Association of Indonesia
President / Secretary General of the SEAGCON
Directors of the SEAGCON Technical Committee
Head / responsible judge of the apparatus concerned
Competition Director (responsible only for technical preparations).

8. Chief Judges, Jury and Judges

Each participating country is requested to send Men Artistic Gymnastics Three (3) male judges and Women Artistic Gymnastics three (3) female judges, two (2) Rhythmic Gymnastics judges and two (2) Aerobic Gymnastics judges. The condition of judges will be following:

- 1. Countries with less than three (3) competitors must send (1) judge.
- 2. Countries with three (3) or more competitors must send two (2) judges. (One judge must hold international FIG judge with valid FIG brevet or category highest).
- 3. Only Men & Women Artistic Gymnastics, if countries with a team four six gymnast (4 6 competitors) must send three (3) male judges and Women Artistic Gymnastics three (3) female Judges.
- 4. Any country failing to fulfill this obligation will pay a fee US\$ 300 per judge to the Organizing Committee.

All judges must be in possession of the valid FIG Brevet on the 12th FIG Cycle 2009 – 2012. The chief judges of control will be nominated from among the members of the Technical Committee and the judges are designated by SEAGCON from the member or the NOC taking part who are holders of the 12th FIG Cycle Brevet 2009 – 2012

The remaining judges will be drawn to fill the Panel of judging positions. In case there is an insufficient number of judges, the drawing of lots continues on the same basis but using the names of the federation second judges below

Chief judges of juries of control and judges right and duties are specified in the FIG Technical Rules (2010) edition and the 12th FIG Code of Points 2009.





All judges have to participate in the judges course and judges meeting, it will held one (1) days before the competition start. The selection of judges for qualify competition (Competition I and II) are made by the drawing of lots from all judges who will attend judges course and judges meeting and there must not be more than 50% of judges from same country is allowed in one panel of judges. For the apparatus finals competition (Competitions III), only one judge from each NOC. Is allowed to judge at the apparatus concerned. Maximum two (2) judges from each NOC for Rhythmic Gymnastics and Aerobic Gymnastics maximum two (2) judges from each NOC. Sporting justice, ethics and honesty are basis of a fair judgment. All juries and judges together pledge to respect the terms of the judges oath, if a judge does not abide by his/her oath, he/she incurs the risk of being sanctioned as per Status Reg. 28 (Reg. 7.12).

Members of judges are required to be acquainted with, and have in their possession, the Code of Points, the Technical Regulations and the directions relating to the particular competition. They are required strictly to observe the instructions concerning dress, seating arrangement, comportment and other disciplinary and organizational matters provided for in the Code of Points.

10. The Routine and New Elements

The new elements and the routine of gymnasts, each gymnast must submit in advance and in writing the sequence of difficulties parts and Element Group Requirements, using the official forms and appropriate symbols in the Team manager Meeting. All original elements must be declared before the official podium training and will be evaluated by the FIG or AGU Technical Delegates and the judges. Otherwise, the gymnast can not participate in the competition.

11. Drawing of Lots

The drawing of lots shall be conducted before competition by The SEAGCON Secretary General or a delegate and The 24th SEA Games Organizing Committee based on the final entries form by name and according to the FIG, SEAGF and SEAGCON Technical Regulations. The results shall be send to all the participating countries

12. Withdrawal

Competitors who withdraw from competition without the approval of organizing Committee doctors will be subject to annulment of all results they have obtained.

13. Equipment

The SEAGCON approved all competition apparatus for artistic Gymnastics, Rhytmic Gymnastics and Aerobic Gymnastics setup with "AAI" brand will be used during the games. All equipment and apparatus must have the official an approval of FIG (FIG Certificate) to ensure conformity with "Apparatus Norms and Code of Points" established in respect of the various items of apparatus.

14. Dress

All the Participants, Coaches and Judges must dress in accordance with FIG Regulations and Code of Points.

15. Musical Equipment

Organizers of the events must provide a quality of sound equipment which is of professional standard and include, apart from the regular equipment, the following essential items: separate loud speakers for the competitors. A regular tape deck as well as a CD player. All composers must be acknowledged to satisfy the laws of Copyright.



VIII. PRIZES AND COMMENDATION

1. Victory Ceremonies

The victory ceremonies shall normally be held immediately after the competition of each event. For the award ceremony, all the participants receiving awards have to wear their official NOC uniforms.

2. Prizes

The prizes for Team and Individual Apparatus Finals Competitions of the Men's and Women's Artistic Gymnastics, the prizes for Individual Apparatus Finals and Rhythmic Gymnastics Competitions and the prizes Individual Men and Women, Trios of Aerobic Gymnastics competitions will be awarded as follows:

Team Competition and Group Competition

First Prize : Gold Medal and Diploma for each member of the wining team.
Second Prize : Silver Medal and Diploma for each member of the team placed

second.

Third Prize : Bronze Medal and Diploma for each member of the team placed

third.

4th – 6th Prize : Diploma for each member of the team placed Fourth, Fifth and

sixth.

Apparatus Finals and Finals competition

First Prize : Gold Medal and Diploma for the gymnast placed first.

Second Prize : Silver Medal and Diploma for the gymnast placed second

Third Prize : Bronze Medal and Diploma for the gymnast placed third

4th – 8th Prize : Diploma for the gymnast placed Fourth, Fifth, Sixth, Seventh and

Eighth.

Remarks: No Qualification competition and prize award medals will be given, if there are less than 4 competitors or Teams or Group per category in Gymnastics discipline only diploma of participation can be handed.





IX. APPROVAL OF TECHNICAL HANDBOOK

This Technical Handbook was approved by The SEAGCON President, Secretary and executive Committee together with the Organizing Committee on April 14, 2010. The Technical Handbook was approved by The Internationale de Gymnastique Federation (FIG)

