



WAG Help Desk

2° Edition 15th cycle – January 2023

This document called **Women's Artistic Gymnastics Help Desk** has the intention to clarify and give examples of the different rules of the FIG WAG Code of Points.

The goal of WTC is to reduce different interpretations of the rules, therefore providing a more objective work by the judges.

Note: In future editions during the cycle, the new information will be highlighted in green boxes.

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Do not forget:

- Read WAG Code of Points and FIG Technical Regulations for complete reference of the rules.
- This Help Desk is not exhaustive and could be adjusted depending on future criterias.





2.1 Rights of the Gymnast

Repeat their entire exercise (without deduction) with the approval of the Superior Jury:

- If the exercise has been interrupted for reasons beyond her control or responsibility



Examples of reasons beyond her control:

- Apparatus failure or collapse
- Lighting failure
- Sound device system failure. If the music stops at any time the gymnast has the right to repeat the exercise. In case she doesn't wish to repeat the exercise then there will be no deductions for Artistry and music for the part of the exercise missing music.
- A gymnast with a significantly torn handguard (grip).

Examples of reasons considered as her responsibility:

- Bandages loosen
- Start exercise without a signal

2.1.2 Warm-up

In Qualifying and Team Final the entire warm-up time belongs to the team **except Vault**. For details on Vault warm up refer to Section 2 COP.

In mixed-groups the warm-up time belongs personally to the gymnast. The order of warm up should be the same as the order of competition.

⇒ UB, BB: Each gymnast may decide to use all her time or less, but she will have only one chance to warm up.

⇒ FX: if less than 3 gymnast in the group they still have the right to 1 min 30 seconds warm up

Example of warm up of mixed group on UB:

OK

Not permitted

In Apparatus finals:

Gymnasts will be divided into 2 groups. In case of uneven number of qualified gymnasts the TR stipulation has to be respected. " In case of an odd number of finalists, the group competing in the first half of the rotation will have a smaller number of gymnasts than in the second half."



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Following the warm-up period or during the "competition pause", the apparatus may be prepared (max. 2 persons on UB), but not used

Otherwise:

After verbal warning gymnast will receive 0.00 as exercise performed on red light.

Competition pause is the time when the judges are calculating the previous gymnast's score.



- Preparation of apparatus before warm-up can start when the gymnasts march to the next apparatus.

2.3.2 Competition attire

- The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades.

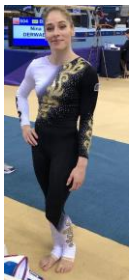
If the neckline is lower than the limit, it must be covered by nude fabric, non-transparent.



Incorrect



Incorrect



Correct



Correct

- They must wear the bib number supplied by the organizing committee

If the gymnast uses a different bib number than the one provided, for example the number written in a blank paper, the proper deduction will be applied (0.30).

- They must wear a national identification (flag or country name in full or FIG abbreviation) on the leotard/unitard in accordance with the most recent FIG advertising Rules.



3.1 Rights of the Coaches

- Request to Superior Jury a review of the Time and Line deductions.

This request must be submitted in writing to the Superior Jury before the end of the rotation.

3.2 Responsibilities of the Coaches

Work Plan. It is a document created by an Organizing Committee along with FIG.

This document includes important information about:

- Organization
- Technical information (program, trainings, warm up and competition schedules, delegations, drawing of lots, forms to be submitted, meetings, ceremonies, scoring, venue information).
For Olympic Games, Youth Olympic Games and World Championships, this Work Plan includes Appendices with the following forms to:
 - Submit new elements or vaults
 - Request to raise bar rails
 - Submit competition order
 - Inquiry D-Score
 - Permission to remove start number, etc.
- Transportation
- Accommodation
- Medical information
- Media

3.3 Penalties for coaches' behavior

- Speaking with active judges in the field of play.
- Warning for inappropriate use of mobile devices in the field of play.
- Warning for taking photos/ videos of athletes not from their federation.



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4.1 The President of the WTC or her representative

- In unusual or special circumstances may nominate a judge to the competition.



Any judge with the appropriate category that is available at competition venue (if there are no more reserve judges and there is no other solution) and with the approval of her/his Federation. This judge may be at the competition venue because she/he was working as a volunteer, watching as a spectator, etc.

Examples of cases:

- When a judge is unwell
- Judge did not arrive at the competition venue

5.1 Responsibilities of Judges

- Be in possession of the International Judge's Brevet valid for the current Cycle

It is important that the organizing Federations of the different events submit to the FIG the list of judges with the positions they had in that competition. The experience of the judges will be recorded electronically.

Registration of judges' activities

ID Event	Discipline	ID Judges	Judge LASTNAME	Judge Firstname	Judge Position
XXXX	x	123	Lastname	firstname	D
XXXX	x	123	Lastname	firstname	A
XXXX	x	456	Lastname 2	firstname 2	ToF
XXXX	x	456	Lastname 2	firstname 2	ER
XXXX	x	789	Lastname 3	firstname 3	S
XXXX	x	789	Lastname 3	firstname 3	CJP
XXXX	x	159	Lastname 4	firstname 4	E
XXXX	x	159	Lastname 4	firstname 4	L
XXXX	x	159	Lastname 4	firstname 4	D
XXXX	x	159	Lastname 4	firstname 4	A

Judges' database with access via their National Federation

Date	Event	Level	Group	Position
21/09/2016	(6405) Games of the XXXI Olympiad RIO DE JANEIRO (BRA)	Olympic Games	1	D AS
01/05/2016	(14366) World Challenge Cup 2016 OSJEK (CRO)	World / Challenge Cup	3	CJP
22/04/2016	(14829) Aquece Rio Final Gymnastics Qualifier (Test Event) RIO DE JANEIRO (BRA)	Test Events Olympic Games	2	SJ



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- **Adhere to any special organizational or judging related instruction given by the governing authorities (i.e. scoring system instructions).**

At FIG competitions each E-Panel judge has a computer score pad entry and a phone. For BB and FX judges must enter deductions of Artistry and Execution separately.

D² judge has a computer score pad entry for D-Score.

D-Panel has a computer to supervise the start order and the correct application of neutral deductions, as well as a phone to communicate with President of Superior Jury.



- **Attend podium training (compulsory for D-judges only).**

Purpose of the podium training is to discuss or clarify criteria between D-Panel judges and Apparatus Supervisor. E-Panel judges will be permitted in the audience seating to view the training. Also, D-judges and the WTC can see new elements or connections submitted and verify the request for raising UB rails.

During the competition judges must

Behave at all times in professional manner and exemplify nonpartisan ethical behavior



Judges' Evaluation will be made at all FIG competitions.

If a judge has "excellent" and "poor" evaluation in different phases of competition, the judge will not receive a reward letter for the excellent evaluation in one phase of competition.

5.5 Functions of the Time, Line Judges and Secretary

Line judge on Vault: During the touch warm up, the line judge is responsible for counting the number of attempts.

Time judge: On Balance Beam there are 2 time judges.

Time #1 controls the time of the routine.

Time #2 controls the time between the green light is on and the start of the exercise and also the fall time.



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6.1 General



- If the vault or exercise is not attempted at all, the gymnast will receive no score and no ranking. "No attempt" means: the gymnast does not present on the podium or presents by touching springboard or apparatus.
- On FX if the gymnast is not starting at all, no score and no ranking.

6.3 Short Exercise

D Panel takes the appropriate penalty for Short Exercise as a neutral deduction.

The calculation of DVs (dance/acro) and number of elements in the exercise should not be confused.

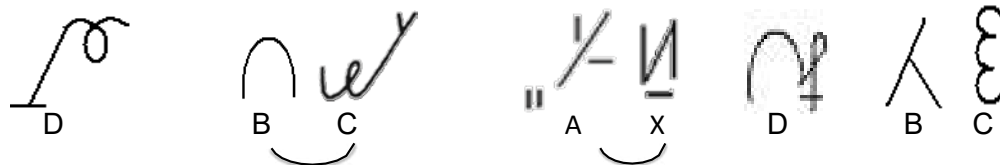
Example: 10 acro (including DMT) + 1 dance = count 6 elements for D score, but no deduction for Short Exercise.

Elements with no DV* should not be counted.

*Elements not from the Table of elements and/or elements repeated.

- On UB, the rule of root skill elements /Tkatchev principle elements is not applied for Short Exercise as long as they are not repeated elements.
- On FX, acro elements performed after the last counting acro line, do not count for DV but count for the total number of elements performed.
- Dance elements with the same number in the Table of Elements count for the total number of elements performed, as they are not repeated elements.
- No attempt to DMT deduction is taken in addition to short exercise.

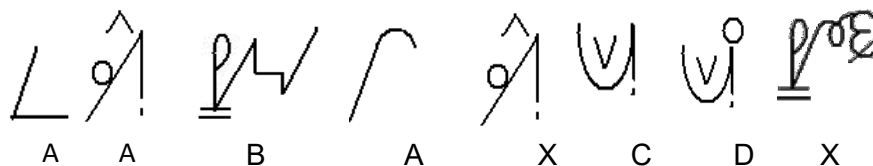
Example



DV: Acro: 2D 2C 1B / Dance: 1A (min. 3 acro, min. 3 dance) – Total 6 elements for DV

Elements to be counted when considering Short Exercise: 7 (count all elements regardless the principle "min. 3 acro, min 3 dance").

Example



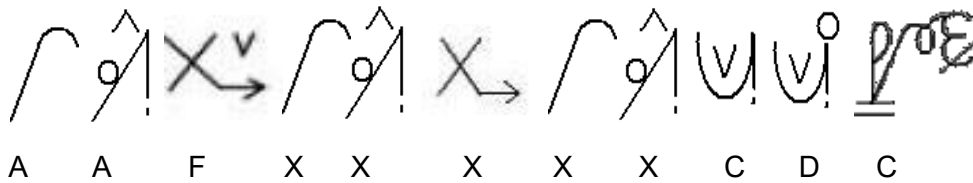
DV: 1D, 1C, 1B, 3A – Total 6 elements for DV

Elements to be counted when considering Short Exercise: 7

Dismount is not considered for DV due to the root skill rule, but can be used for total number of elements.

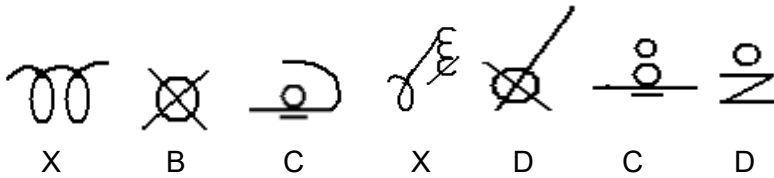


Example



DV: 1F, 1D, 2C, 2A – Total 6 elements for DV
 Elements to be counted when considering Short Exercise: 7
 Stalder Tkatchev is not considered for DV due to the Tkatchev principle, but can be used for total number of elements.

Example



DV: Dance: 2D, 2C, 1B / Acro: no acro – Total 5 elements for DV
 (Note: single acro elements do not count because there are no acro lines)

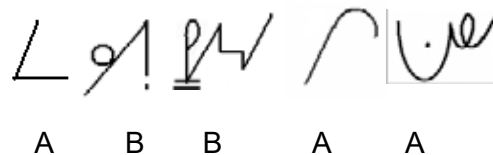
Elements to be counted when considering Short Exercise: 7
 The single acro elements can be counted for Short exercise.

Application of deduction for Short Exercise

D-Score: 0.70
 DV: 0.70
 CR: 0.00
 CV: 0.00

E-Score: 7.90
 (ded. 2.10)

Total: 8.60
Short Ex. ded -4.00
Final Score: 4.60



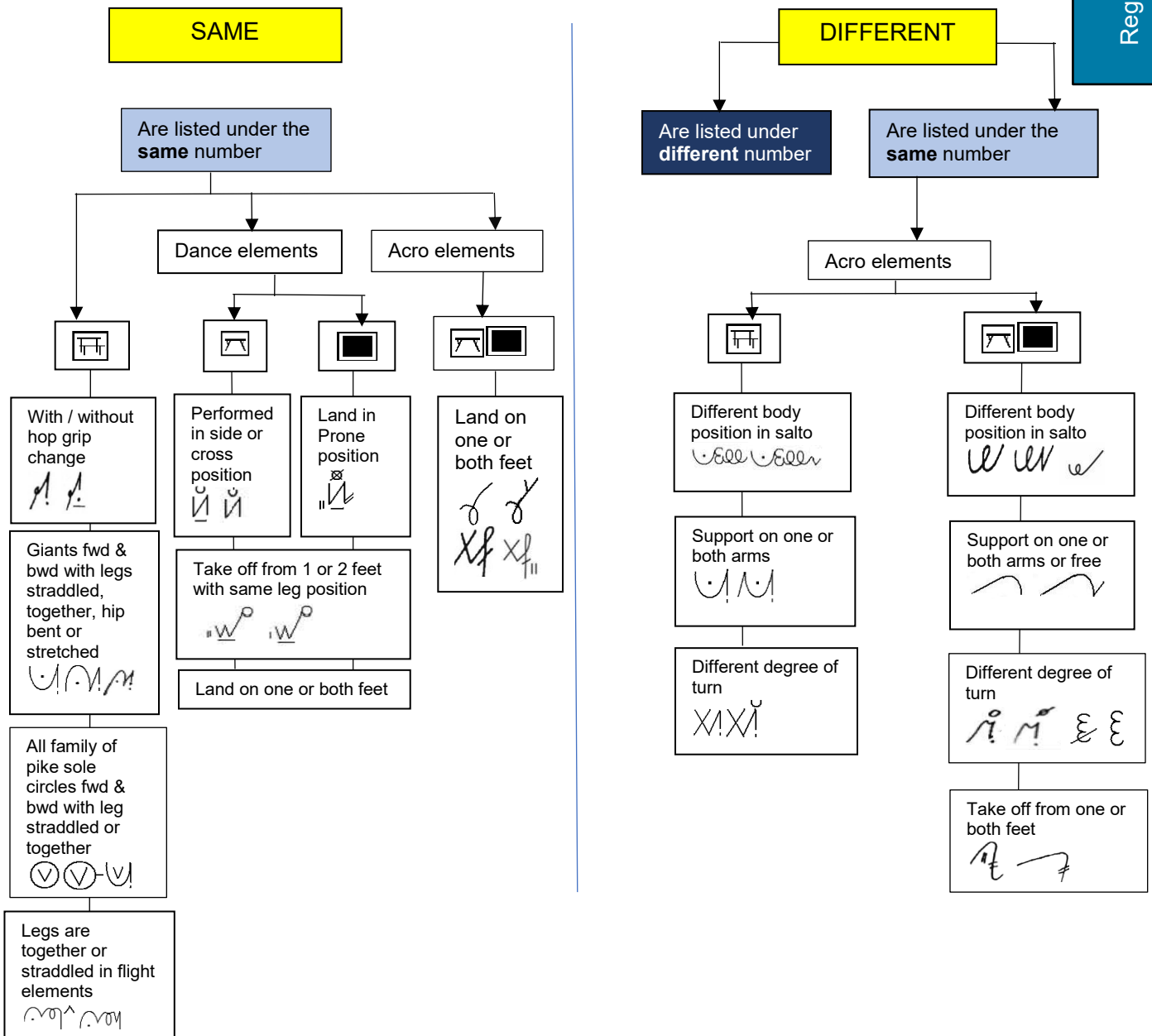


7.2.1 Recognition of DV of elements

Principles

SECTION 7
Regulations Governing the D- Score

Recognition of the Same and Different Difficulties



UB: Deltchev and Gienger are considered different because salto direction is different



7.2.2 Recognition of elements occurs in chronological order

There are 3 principles to follow for recognition of elements:

1. When an element is **recognized as another element from the Table** of elements due to technical failure.




In this case, if the element is performed later in the exercise with correct technique, both elements will receive DV. They will be considered as 2 different elements in the Table.

BB:  A
(do not hold free leg at horizontal from beginning to the end)

 C

FX:  D
(do not complete exactly 3/1 twist)


 E


FX:   or 


(Turn completed but free leg not held in prescribed position from beginning to the end) (In the favour of the gymnast)


2. An element **devalued** due to technical failure (credited one DV lower) that does not exist in the Table of elements, is performed again in the exercise it will then be considered as a repetition and no DV will be awarded.


This is applied to elements on UB and some acro elements on BB.


 B (Do not finish in hstd)


 ~~C~~


 B (Do not reach hstd)*

 ~~A~~

 C (Do not reach hstd)*

 ~~D~~

 D (Do not reach hstd)*


 ~~C~~


**Does not pass through vertical (swing)*


3. When **no DV was credited** due to technical failure.


In this case, if the element is performed later in the exercise with correct technique, it will receive DV.


It is not considered repetition as the first time no DV was given.


UB:  X (without grasp with both hands)


 D


BB:  X (do not land on 1 or 2 feet)

 D

 X (no arch & release of head)

 C

FX:  X (without landing feet first)

 D



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7.3 Composition Requirements (CR) 2.00 P.

- Only elements from the Table of elements may fulfill CR

UB: (do not grasp) No DV, No CR (Flight element on same bar)

BB: No CR of Dance Series (1st element is not in the COP)

- One element may fulfill more than one CR; however, an element may not be repeated to fulfill another CR

UB: Can fulfill CR#3 (one grip) and CR#4 (non flight element with min. 360° turn)

BB: Can fulfill CR#3 (One acro series, min. of 2 flight elements, 1 being salto) and CR#4 (acro element bwd)

But

BB: Elements cannot be repeated to fulfill another CR (flic-flac in this case), then no CR#3.
But 1st flic-flac or salto bwd step out can be used for CR#4

Example

7.4 Connection Value (CV) and Bonus

- Elements used for CV do NOT necessarily have to be among the 8 counting DV. All elements must be from the Table of elements.

Example

Elements in blue count for DV, nevertheless, the last A- dance jump can be used for CV even if it was not among the 8 highest DV (min 3 acro, min 3 dance).

- Devalued Elements may be used for CV.

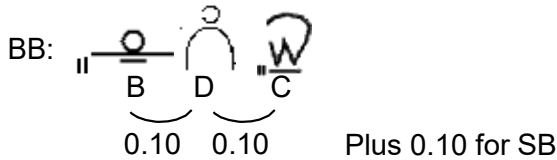
Example



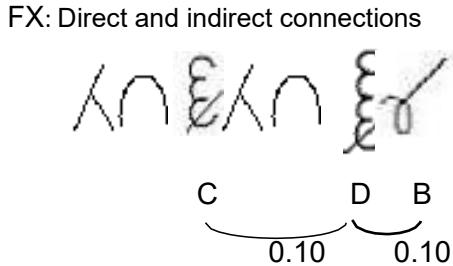
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- With the direct connection of three or more elements, the second element may be used:
 - The first time as the last element of a connection and
 - The second time as the first element to begin a new connection

Example



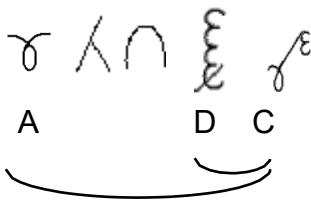
Example




7.4.1 Direct and Indirect Connections

- The recognition of direct connections (BB) 
- The recognition of direct or indirect (FX) connections should be to the benefit of the gymnast.

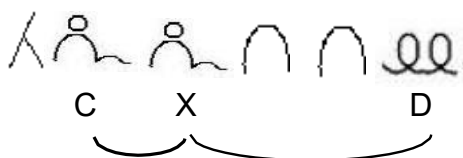
Example




Give indirect $A+D+C=0.10$ **or** direct $D+C=0.20$.

Cannot use  for both principles and we must choose in favour of gymnast

Example



Give indirect $C+D=0.10$ or direct $C+C=0.10$.

Cannot use  for both principles and we must choose in favour of gymnast.



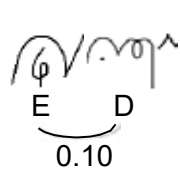
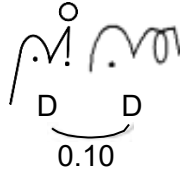
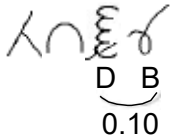
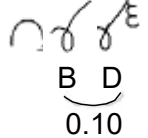
The repeated salto must be directly connected to award all possible CVs

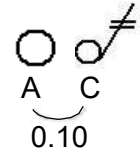
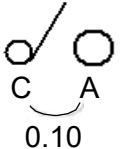
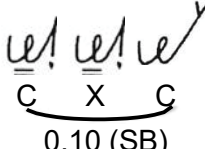
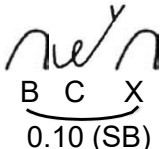
SECTION 7
Regulations Governing the D- Score



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The order of succession of elements within a connection can be freely chosen on BB, FX and UB (unless there is a special requirement for CV recognition).

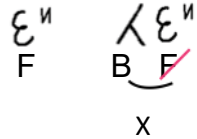
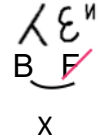
UB:  or  FX:  or 

BB:  or   or 


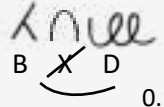

SECTION 7
Regulations Governing the D-Score

7.4.2 Repetition of elements for CV (SB on BB)

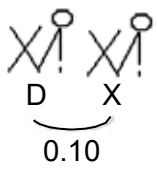
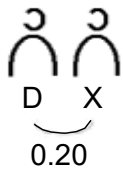
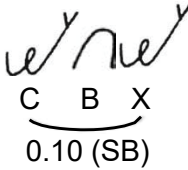

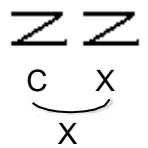
- Elements may not be repeated in another connection for CV.
- Recognition occurs in chronological order

Example  

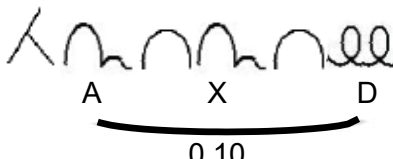
On BB, only the following B- acro elements with hand support and flight can be performed a 2nd time in the exercise and/or dismount to receive CV/SB, but only one time will receive DV

Example   

- Same elements on UB, acrobatic elements on BB and FX may be performed two times within one connection

UB:  BB:  BB:   BB: 

Dance elements cannot be repeated

FX: 

- Reward CV of 0.10 for A+A+D indirect.

Same elements may be performed 2 times within one connection (applies for indirect and direct series on FX)



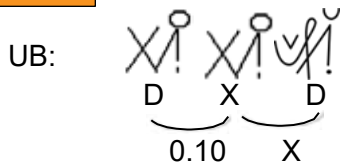
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- With the direct connection of 3 or more elements, the repeated flight element on UB, or salto on BB & FX must be directly connected. CV will be rewarded for all connections.

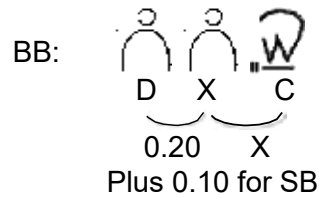


If same elements on UB are **non-flight** or acro elements on BB/FX with flight have **hand support**, the repeated element cannot be used for subsequent CV.

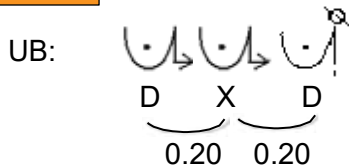
Non flight



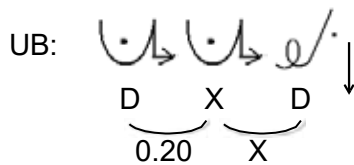
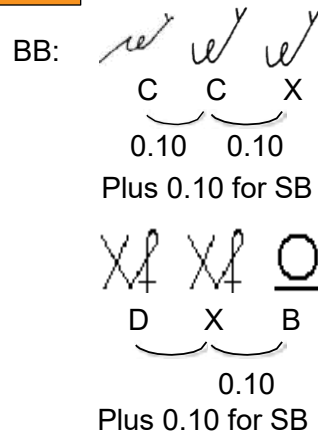
Hand support



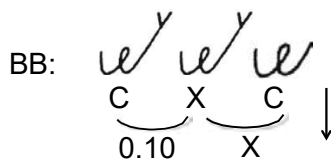
Flight



Saltos



-If gymnast falls from Pak: CV of 0.20 for can be recognized.



-If gymnast falls after : CV of 0.10 for can be recognized, but no 0.10 for Series Bonus.



8.3 Table of General Faults and Penalties

Execution Faults

- **Bent arms or bent knees**

Slightly - 0.10
Angle up to 135° - 0.30
Angle 90° - 0.50

- **Leg or knee separations**



Less than shoulder width - 0.10



Shoulder width or more - 0.30

- **Legs crossed**



Legs crossed during elements with twist - 0.10

- **Insufficient exactness of tuck or pike position in single salto without twist.**

90° hip angle - 0.10
> 90° hip angle - 0.30

- **Insufficient exactness of tuck or pike position in double salto without twist**

> 90° hip angle - 0.10



For saltos with LA turn, no deduction for insufficient exactness of tuck or pike position.

- **Failure to maintain stretched body position (piking too early): 0.10 / 0.30**

Example
-0.30



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- **Attempt without performance of an element (empty run): 0.30**

Example

BB: Run, but stop and NO element performed (acro or dance element).

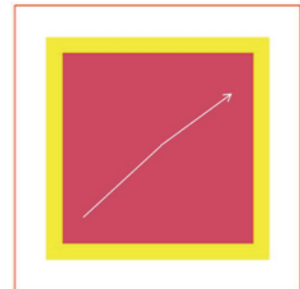
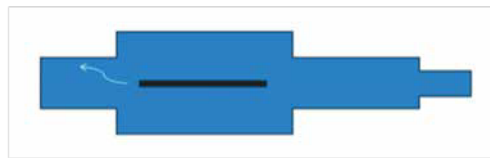
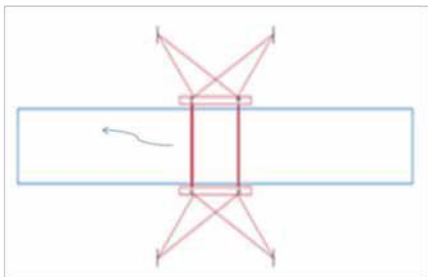


FX: When a gymnast attempts an acro line but performs at least one element do not apply deduction for "Attempt without performance of an element", only landing deductions.

- **Deviation from straight direction (VT, FX, Dismount on UB, BB): 0.10 each**



To apply this deduction consider first contact on landing.



- **Body and/or leg position in elements (non-dance)**

- **Body alignment: 0.10 each**

BB

Non perfect stretch position

-0.10



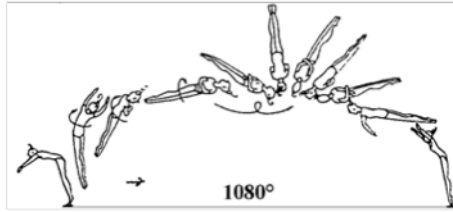
For dance elements, there is no body alignment deduction, if there is deviation from the element's description, apply deduction for failure to fulfill technical requirements (body shape).



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- Precision (VT, UB, BB & FX): 0.10 each

Acro elements



Salto backward stretched with 3/1 twist (1080°)
– Did not complete turn exactly with 2 feet:
Consider 2 ½ twists (D-) and -0.10 for precision



If a dance element is underturned or overturned apply the deduction for **precision**. This error is in addition to body shape deduction.



- Failure to fulfill technical requirements in dance elements (body shape): 0.10 / 0.30 / 0.50 (as per sec.9 for list of errors in dance elements)

Dance elements



One leg in side split and other leg in cross split, apply deduction for failure to fulfill technical requirements.

Dance elements



For unaesthetic or not defined leg position, apply deduction for failure to fulfill technical requirements.





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- **Performance of DMT too close to the apparatus (UB & BB): 0.30**



This deduction is not included into "maximum 0.80" for landing faults since it is not a landing deduction.

Landing Faults (all elements including dismount)

- **Lack of balance: 0.10 / 0.30**

-Slightly: 0.10

-Movement of head up to hip level or multiple slight movements: 0.30



All landings should be totally controlled (stuck). Any step will be deducted, including lunge position (from acro elements only on FX). In dance elements "lack of balance" deduction should be applied for finishing the element uncontrolled (not keeping the vertical axis of the body).

- **Extra steps, slight hop: 0.10**

- **Very large step or jump (guideline - more than shoulder width): 0.30**



The guideline for shoulder width is to consider the space between the heel of the front foot and the toes of the back foot.



Lunge: If gymnast shows "lunge" position on landing from acro elements on FX, the deduction of 0.10 or 0.30 (as for step) should be applied.



There is no deduction for "Lunge" position after dance elements. Instead there may be deductions for "Lack of balance" after turns, jumps/hops/leaps of 0.10 or 0.30.



Landing to Lunge position after salto stretched step out is not considered a step and therefore no deduction.





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- **Fall on mat to knees or hips / Fall on or against apparatus: 1.00**

Vault

Example

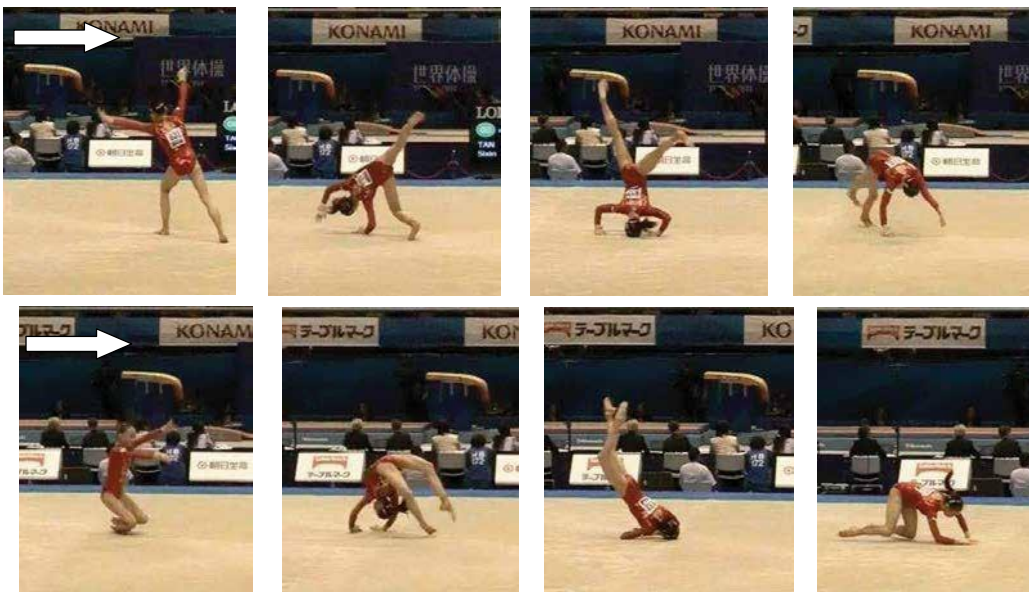
If a gymnast lands from salto and then immediately rebounds into front salto to stand: This will be considered a fall (1.00)
• No additional deductions for the salto after landing will be applied.



Floor Exercise

Example

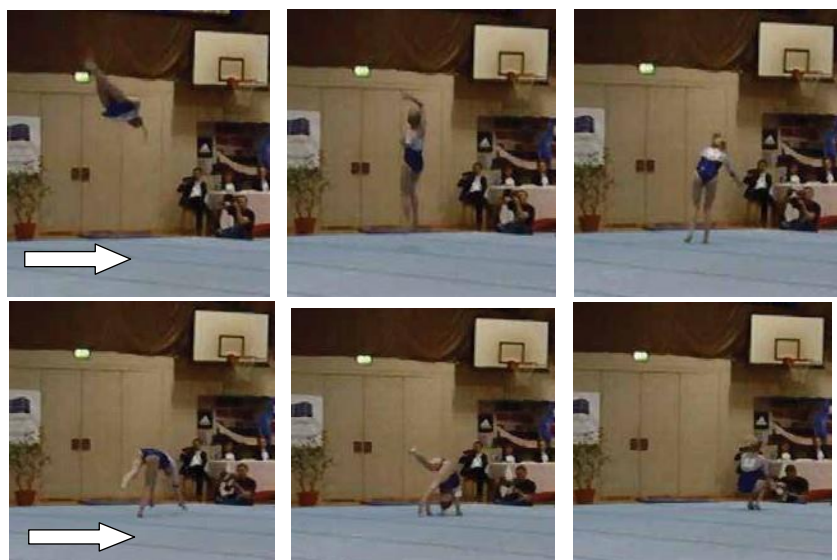
If the gymnast falls but cannot stop and another fall occurs without another element in the middle, deduct only for one fall 1.00.



Example

Execution of roll forward or backward after landing will be considered a fall (1.00 P)

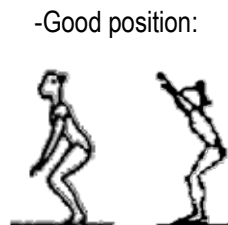
•No additional deductions for the roll after landing will be applied





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• Body posture fault: 0.10 / 0.30



-Head at hip level: -0.10



-Head at knee level: -0.30



-Hips slightly above knee level or at knee level: -0.10



-Hips below knee level, but not deep squat position: -0.30



SECTION 8

Regulations Governing the E-Score



REMEMBER: Brushing, touching the apparatus or mat with hand/s is included in the maximum 0.80 landing deduction

EXECUTION PRINCIPLES

When a skill is clearly **not awarded** as in the following:

- UB: Swing that clearly does not reach within 10° of vertical before handstand (example: giant, clear hip circle or stalder that does not reach 10° degree and then falls).
- Release element that does not grasp the bar (example: Tkachev not touching bar at all).
- Failure to land with feet first or failure to land on beam with one or both feet.
- When a poorly executed element is not recognizable as an element in the COP (example: flic flac with support of head).

In all these cases only deduct for a fall.

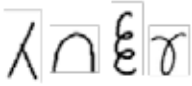


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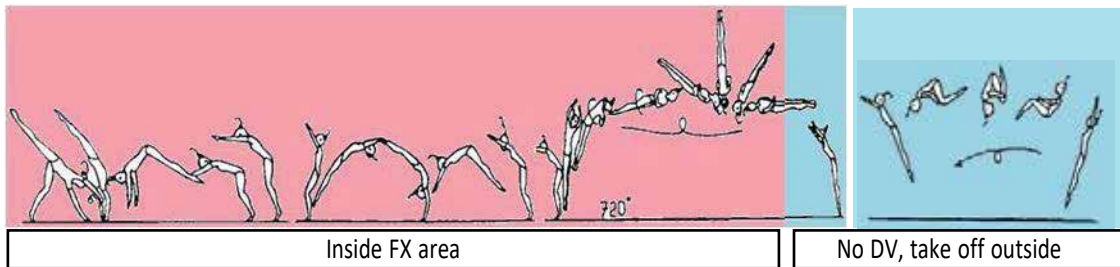
Deductions by D- Panel Judges (D¹ & D²)

- Take off outside the border markings (entirely outside) on FX: No DV, No CV, No CR

Example



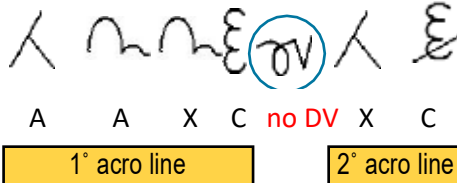
Salto backward with 2/1 twists, land outside border marking and follow with front tuck. Front tuck will not receive DV (take off outside) and this element cannot be considered for CR#4 (salto forward). Also 0.30 deduction for landing outside border marking from salto with 2/1 twists (Line judge).



- Take off with one foot inside and other outside border: reward DV (0.10 - Line deduction)
- Take off with both feet partly outside border: reward DV (0.30 - Line deduction)



When gymnast performs a front salto from outside the floor area the skill has no value but any subsequent skill receives DV. The front salto will break the connection and 2 Acro Lines will be considered.



- Spotting assistance (help)

On UB:



- There is no deduction for coach brushing gymnast during UB exercise. If the gymnast when performing dismount or element on UB is assisted by the coach to execute the element then evaluate:



- No DV, No CV, No CR and no DMT Bonus (D- Panel)
- 1.00 for coach assistance (D-Panel neutral deduction)
- No deduction for fall (E-Panel)



If coach helps gymnast after element completed then evaluate:



- 1.00 for spotting assistance (D- Panel neutral deduction)
- Award DV & CR (D- Panel)
- No CV & no DMT Bonus (D- Panel)
- Apply execution deduction (E-Panel)



On VT: 0.00 Vault (invalid), but no deduction for non-permitted presence of spotter on the podium because score is already 0.00.



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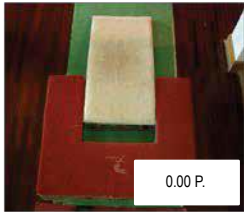
Spotting assistance on BB or FX:

If the gymnast when performing dismount or element on BB or FX is assisted by the coach to execute the element, then evaluate:

- No DV, No CV/SB, No CR and No DMT Bonus.
- 1.00 for coach assistance (D Panel neutral deduction)
- 0.50 for non-permitted presence of spotter on the podium (D Panel neutral deduction)
- No deduction for fall (E Panel)

Deductions by D- Panel Judges (D¹ & D²) with notification to Superior Jury, or by the SJ

- **Failure to properly use safety collar mat for round-off entry vaults: Invalid VT "0.00"**



There is no deduction if the safety collar mat is used for forward entry vaults (Group 1, 2 and 3).

- **Placement of springboard on an unpermitted surface: -0.50 from Final Score**

For example: An extra board, on a harder surface, on 2nd 10 cm mat, etc.



- **Moving the supplementary mat: -0.50 from Final Score**

Deduction is applied when moving the supplementary mat after exercise begins.

Example



- When a gymnast mounts from the dismount end of the beam, she must place the springboard on top of the supplementary mat and the coach or other gymnast should remove it immediately.



- If a gymnast moves the supplementary mat to mount at the "landing end", and the coach removes the springboard and replaces the supplementary mat = -0.50 (D Panel)

- Gymnast may place the supplementary mat on the side of the Beam for landing.

Example: *NOE!*



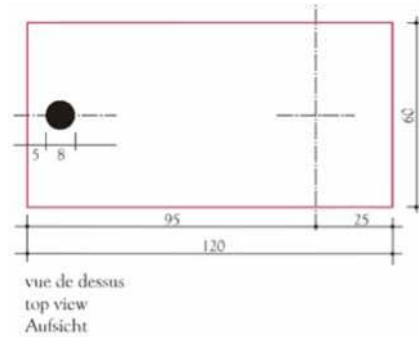
- The deduction will be applied if the supplementary mat is placed on the MT side.



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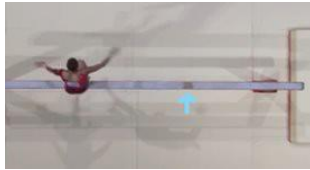
- **Addition, re-arrangement or removal of springs from springboard: -0.50 from Final Score (by Superior Jury)**

- Adjustable springboards are not valid.
- At competitions on VT, hard and soft springboards must be available.
- Hard springboard is identified by a dot on the surface.
- On UB and BB only the soft board is allowed.



- **Incorrect use of magnesia and/or damage to the apparatus: -0.50 from Final Score (by Superior Jury)**

Example



-Clean the bar with



Deductions by Chair of the Superior Jury from the Final Score (Notification from D-Panel to the Superior Jury)

- **Incorrect attire – leotard, jewelry, bandage color**
“Bandages must be beige or skin colored”



Bandage or wrist band under handgrips on UB and strap/velcro of UB handgrips can be of different color.



Colored wrist supports are not allowed.



Except for wrist bands on UB, any other body bandage must be beige or skin colored.



Compression socks



Compression socks or sleeves are **not permitted** in competition. They are related to lymph by squeezing the leg tissues and walls of veins.

It is possible to use them only in training and touch warm up.

Elastic bandages



Elastic bandages (ankle, elbow, knee) **are permitted** because only support joints.

• Competing in the incorrect order

- 1.00 deduction from Team Total on the apparatus concerned. May be applied on more than one apparatus.
- This deduction is only for teams in the Qualification and Team Finals.



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Written Notification by TIME JUDGE to D-Panel

Clarification: Timing related to all exercises (including start of exercise, exercise duration, etc.) will be done in 1 second increments.

Example for overtiming: Deduction starts with the beginning of the second 91. Between 90 and 91 is still part of the second 90.

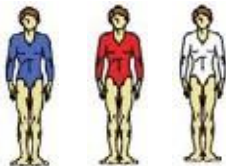
• **Flagrant exceeding of touch warm-up time (after warning)**

- Teams: -0.30 from Team Total on the apparatus where the warm up time was exceeded.
- Individuals: -0.30 from Final Score on the apparatus where the warm up time was exceeded.

Warm up on all apparatus: Qualification, All Around, Team Finals & Apparatus Finals.

The maximum warm up time is 30 sec. per gymnast on BB and FX (50 sec. on UB), multiplied by the number of gymnasts in the group = Total "touch warm up" time.

Example



Teams. 3 gymnasts in a Team: 3 x 30 sec = **1 min 30 sec warm up time**

A 0.30 deduction will be applied to the Team's result on the apparatus concerned if warm up time is exceeded (before competition begins).

Individuals: 3 gymnasts in a group: 3 x 30 sec = **1 min 30 sec warm up time**

A 0.30 deduction will be applied to individuals who flagrantly exceed the warm up time.



There is no limit to the number of warm up attempts within the warm up time of the same team (except on VT). In mixed groups the warm up time belongs personally to the gymnast.



FX: If there are three or less gymnasts in the group, the judge may call first gymnast after 1 min 30 seconds of warm up. Gymnast must begin her competition at the same time as the gymnasts on the other apparatus.

Clarification of case 1: While judges are calculating a score, if the next gymnast mounts the apparatus (example: jumps from springboard to the beam) - after a warning, the gymnast receives 0.00 as exercise performed on the red light.

Clarification of case 2: While judges are calculating a score, if the next gymnast warms up on the podium - after a warning there should be 0.30 deduction for exceeding of touch warm up time (team or gymnast).



DEFINITION OF BODY POSITION (the mechanical understandings) in saltos.

Salto backward tucked

- The push off with the legs exerts a vertical force and a torque to begin to rotate the body.
- The take-off should be with a straight body for the torque to be most effective - far from the axis of rotation (the transverse axis).
- In the air the gymnast tucks to reduce the Moment of Inertia and increase the Angular Velocity.
- In preparation for landing she extends her body to increase Moment of Inertia and reduce Angular Velocity.
- During the landing forces are applied that reduce the Angular and Linear Momentum to zero.

Salto backward piked

- The push off with the legs exerts a vertical force and a torque to begin to rotate the body.
- The take-off should be with a straight body for the torque to be most effective - far from the axis of rotation (the transverse axis).
- In the air the gymnast pikes to reduce the Moment of Inertia and increase the Angular Velocity.
- In preparation for landing she extends her body to increase Moment of Inertia and reduce Angular Velocity.
- During the landing forces are applied that reduce the Angular and Linear Momentum to zero.

Salto backward stretched

- The push off with the legs exerts a vertical force and a torque to begin to rotate the body.
- The take-off should be with a stretched body for the torque to be most effective - far from the axis of rotation (the transverse axis).
- In the air the gymnast brings her arms to the side to reduce the Moment of Inertia and increase the Angular Velocity.
- During the landing forces are applied that reduce the Angular and Linear Momentum to zero.

Tempo salto backward (whip-salto)

- The feet are placed directly under or slightly ahead of the hips (Centre of Mass) to be in opposition to provide more linear force (more horizontal than vertical) and torque for rotation.
- The very dynamic extension of the legs, a hyper extension of the back and flexion of the arms at the shoulder increase reaction forces for maximum torque.
- After take-off, the arms extended at the shoulder to reduce the Momentum of Inertia and increase Angular Velocity in the air.



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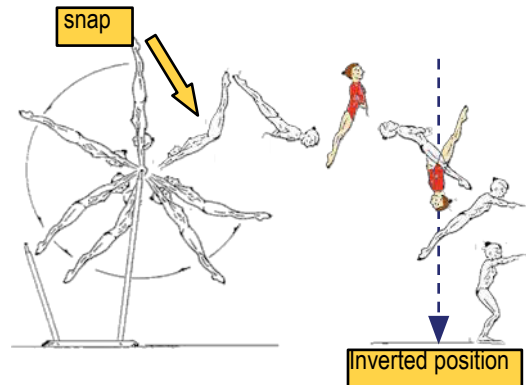
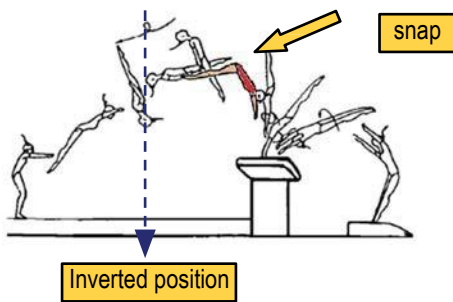


Requirements stated in Section 9 are guidelines for ideal performance of the element.

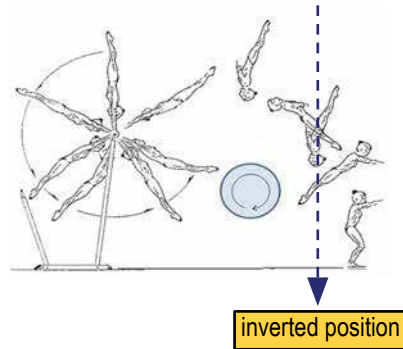
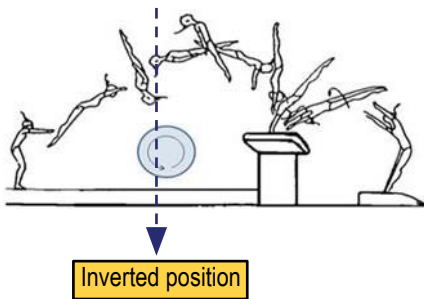
STRETCHED POSITION (VT, UB-DMT)

Stretched position must be maintained in the majority of the rotation. After a snap, rotation in stretched position must be observed. The stretched position must be maintained till the vertical line before the landing. This stipulation only refers to saltos without LA turn.

Note: inverted position is when head is down (inverted in relation from normal human standing position).

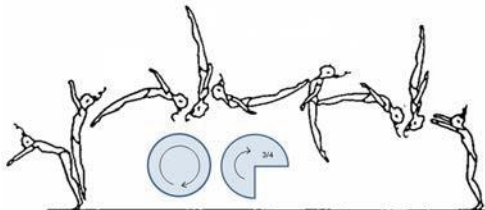


If there is no "snap", stretch position must be maintained from the moment of hand release (UB) or repulsion from Vaulting Table till the inverted position.



STRETCHED POSITION (FX)

In double saltos the majority of the rotation must be maintained in the stretched position.



If gymnast grabs the thighs to assist with the performance of the second salto then it will be considered double salto backward piked



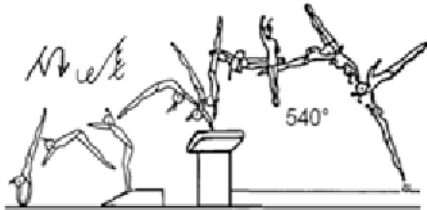


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9.1.2 Landings from saltos with twists

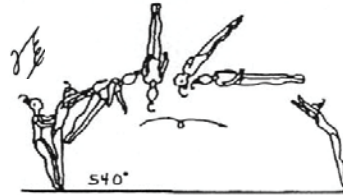
Elements with twists must be completed exactly or **another** element will be recognized. Placement of front foot is decisive when awarding DV.

Example



- If landing = Nue
- If landing = Nue -0.10 for precision
- If landing = Nue -0.10 for precision

Example



- If landing = Je
- If landing = Je -0.10 for precision
- If landing = Je -0.10 for precision



Always credit DV in double saltos with twist (no devaluation). If twist is not completed exactly apply 0.10 for lack of precision.

Direct connections of saltos

FX: When there is a salto with twist directly connected to another salto and in the first salto the turn is not completed exactly (but the gymnast is able to continue into the next element), the first element will NOT be devaluated.

$\text{Nue} \rightarrow \text{Je}$ Not devaluated, if next salto begins rotation. If DV does not land on feet first, give DV to Je even if twist was not completed

$\text{Nue} \rightarrow \text{Je}$ Must be completed exactly if last salto.

$\text{Nue} \rightarrow \text{E}$ Must be completed exactly because it is not connected directly to another salto.

Clarification of case:



The triple twist is not completed, landing outside of the Floor and rebounding into a salto forward back to the floor.



Evaluation: Credit E- to the triple twist, even if the salto forward does not land on feet first, but the BA rotation was initiated.

No DV, no CR to the salto forward and no CV to the connection.



9.2 BALANCE BEAM AND FLOOR EXERCISE

9.2.1 Turn recognition in dance elements

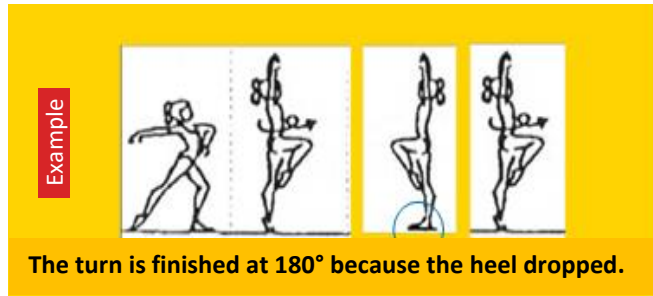
Turn must be completed exactly. Position of shoulders and hips are decisive, otherwise another element will be credited

9.2.1 BB & FX: Turns on one leg

Degree of rotation is determined once the heel of the support leg drops.



- If the turn is finished, credit the DV even if the free leg is placed backwards or sideways.
- BB: if turn completed (finished), but gymnast falls without placing the free leg on the beam, award DV.



- The support leg whether stretched or bent (choreography) does not change the value of the difficulty.
- When demi plié is shown it is considered "choreography", when the support leg is relaxed, it is considered as execution error.



Dropping the heel is not critical to the technical execution of the skill. The completion of turn is determined by shoulders, hip positions and completion of the turn with free leg. Before placing the free leg the turn must be completed (hips & shoulders).

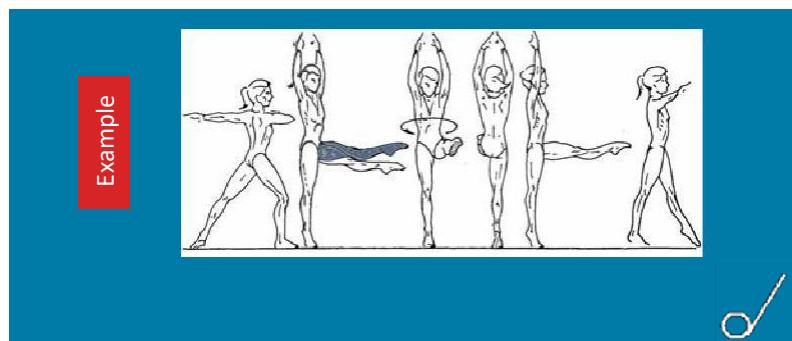
FX:



If gymnast places hand on floor, the turn will be considered finished.

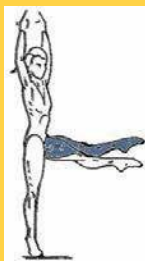
BB: Turn on one foot with free leg in specific position

For turns on 1 leg requiring the free leg to be at specific position, the position must be maintained throughout the turn.





If free leg is not in prescribed position – credit another element from the COP

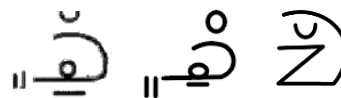


1/1 turn in this position is considered as an A- element (free leg below horizontal), since the free leg is not in the prescribed position (horizontal).

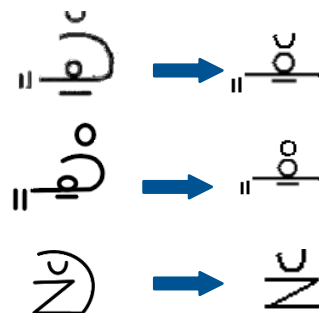
9.2.2

Various techniques of jumps, leaps and hops with turns are permitted (Unless there is a special requirement for the element).

- For these elements, the turn should be performed after ring position is shown.



- If not, the element will be considered as an element performed without ring position. Therefore:



- Tour jeté to ring with additional 1/2 turn.





The ring position is shown after the tour jeté.

- Front leg may be diagonal or parallel to floor.
- If below 45° apply body shape deduction.



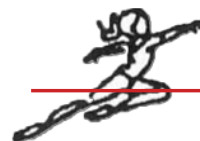
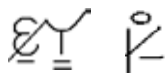
9.2.3 Split Requirement

All leaps and jumps with leg separation should have 180° split.

Therefore, split is also required for  



Split is not required in hops:



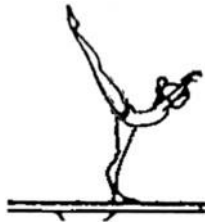
180° at vertex form by both legs



9.3 Requirements for selected dance elements



Award A– DV



No DV

Scales require 180° split, if less No DV and no deduction for insufficient split position

If not held 2 sec : No DV



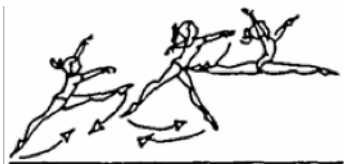
Body shape

- Maximum cumulative deductions for deviations from the ideal execution based on the requirements of the elements.
- The deduction can be 0.10, 0.30 or 0.50 for small, medium or large deviation from the ideal execution (as per section 8.3).
- Body shape deduction considers the errors for:
 - Insufficient split
 - Bent legs
 - Leg separation
 - Toes not pointed
 - Specific element body shape deduction (listed in 9.3)
 - Unaesthetic body position or technical deviation from perfect execution of elements.



Deductions for precision, landing and height are in addition to Body Shape deductions.

Split leap with leg change



Requirement:
Free leg swing min. 45°, 180° split of legs, swing leg must be straight.



Note: The 45° is in relation of vertical axis, not in relation of the other leg.



If the free leg swings less than 45° or is bent, consider the error into body shape deduction.



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"Johnson" leap

Legs **above** horizontal, but not parallel to the floor is part of **body shape** deduction






Legs **at** horizontal or **below** and not even are 2 mistakes to consider for **body shape** deduction.



Split leap to Ring /Split leap with leg change to Ring/ Split Jump to Ring (with/without turn)




The ideal performance is when the gymnast shows ring position while front leg **is** at horizontal, otherwise deduct for **Body Shape**.

	Error	Deduction for Body Shape
	- Front leg below horizontal	-0.10
	- Front leg below horizontal - Insufficient arch	Other element -0.30
	- Front leg below horizontal and close to 45° - Insufficient arch - Rear foot below shoulder height. - Insufficient split	Other element -0.50




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Sheep Jump

	Error	Deduction for Body Shape
	- Legs separated	-0.10
	- Legs separated - Feet below head height	No DV -0.30
	- Insufficient arch - Legs separated - Feet below head height - Feet not pointed - Insufficient hip extension	No DV -0.50

Ring Jump

- Ring jump lands on one foot.

	Error	Deduction for Body Shape
	- Insufficient arch - Insufficient split - Rear foot at head height	Consider "1/2" because no arch & release of head -0.30 for body shape






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If hip angle more than 135° in pike/tuck dance elements – No or other DV will be credited.

Tuck Jump with/without turn





	Error	Deduction for Body Shape
	- Knees at horizontal	-0.10
	- Knees below horizontal	-0.30
	- > 135° hips angle - Knees below horizontal	-0.30 No DV or other element from the Code

Pike Jump with/without turn


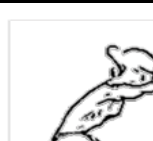

	Error	Deduction for Body Shape
	- <90° Hip angle	No deduction
	- 90° Hip angle	-0.10
	- >90° Hip angle	-0.30



Wolf Jump with/without turn

	Error	Deduction for Body Shape
	- Extended leg at horizontal	-0.10
	- Extended leg at horizontal - Knees separated	-0.30
	- Extended leg below horizontal - Knees separated	-0.50
	- > 135° hips angle - Extended leg below horizontal	-0.30 No DV or other element from the Code

Straddle Pike Jump with/without turn

	Error	Deduction for Body Shape
	- One or both legs at horizontal	-0.10
	- One or both legs below horizontal	-0.30
	- > 135° hips angle - Legs below horizontal	-0.30 No DV or other element from the Code



Cat Leap with/without turn

	Error	Deduction for Body Shape
	- One or both legs at horizontal	-0.10
	- One or both legs below horizontal	-0.30
	- > 135° hips angle - Legs below horizontal	-0.30 No DV or other element from the Code
	- Lack of alternation (no leg change)	Recognize as tuck position and body shape deductions related to tuck position



The technical requirements for will be the same as for





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Principle: Due to technical failure some elements may be considered as a different element or do not receive any DV from the Table of Elements.

In these cases E- Panel must apply proper execution deductions considering intention of the gymnast when trying to perform the element.

Example

Attempted element	Technical failure	Considered element	Execution deductions
	With <135° split		<ul style="list-style-type: none"> • Body shape • Height • Precision • Landing
	With >135° hip angle		
	-If free leg never at horizontal but 1/1 completed -If performed with bent knee <u>*no deductions if the bent leg is in a clear and well defined position</u>		
	With <135° split		
	Swing leg is bent		
	Missing degrees of turn		
	No arch and release of head		
	No arch and release of head or rear foot below crown of head		
	No arch and release of head or rear foot below crown of head		
	Front leg below 45°		
	No arch and release of head Landing on 2 feet		
	Swing leg is bent		
	Swing leg is bent More than 30° of turn is missing		
	with < 135° split		
	No arch and release of head or rear foot below crown of head		
	No ring shape No arch and release of head		



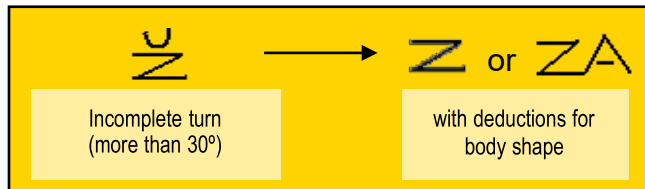
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Principle: Some elements require to swing a straight free leg at minimum 45° before change of leg. If leg swings less than 45° or leg is bent, apply deductions for "body shape".



If a gymnast does not complete 1/2 turn:

- Consider switch leap.
- Consider Johnson if a clear straddle position is shown



Principle:

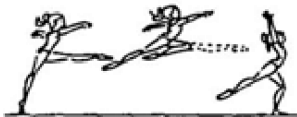
- Switch leap with 1/2 or 1/1 turn must show a cross split position.



When one leg is in cross split and the other in side split, recognize as switch leap (with or without turn).

Principle:

- Performing dance leap with developpé technique does not make an element different,
- Developpé technique may be used also for ring leaps.



Principle: Elements with side split position and straddle pike position are considered the same elements but with different technique and deductions.

- It is important to differentiate these two techniques to apply correct deductions on dance elements: Insufficient split (deduction for cross/side split positions) vs position of legs (deduction for straddle pike position)

Side split






Straddle pike





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Tour jete technique:

- Diagonal or horizontal leg position in elements $\frac{y}{-}$ and $\frac{y}{-}^{\text{II}}$ is acceptable. Therefore, no deduction for incorrect leg position will be applied.
-  Element 1.409 must follow the requirements of ring leaps (Section 9).
- If turn is not completed on , consider element 1.202 , it may be performed with diagonal or parallel leg position



For application of body shape deductions, evaluate the intended element.

Examples





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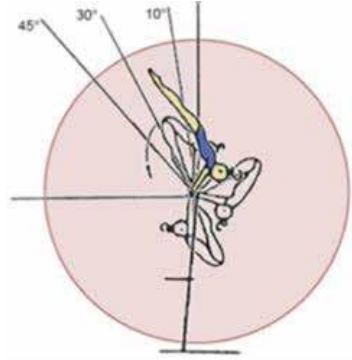
9.4.1 UB - Cast to Handstand

	D- Panel Credit DV	E- Panel No deduction		D- Panel No DV	E- Panel -0.10 deduction
	D- Panel No DV	E- Panel No deduction		D- Panel No DV	E- Panel -0.30 deduction

SECTION 9
Technical Directives

9.4.2 Circle elements to handstand without turn

This principle can be applied to any close bar element that does not finish within 10° from vertical, but pass the vertical axis (complete circle around the bar).



	D- Panel	E- Panel
Example	C to B	Deviation from handstand: 11°-30° deduct 0.10 31°-45° deduct 0.30 Below 45° deduct 0.50
	C to B	
	D to C	
	C to B	

Angle of element completed when body is completely extended




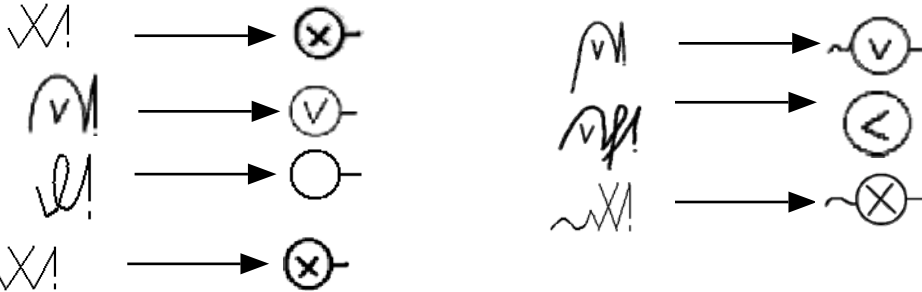
- The principle of devaluation does not apply to
- If do not reach 10° before the vertical (not passing above the bar) and are followed by an element, consider them as "empty swings". If these elements do not reach 10° before the vertical (not passing above the bar) and gymnast falls, no DV will be credited (cannot be considered as swing elements since no turn is performed).



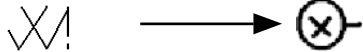



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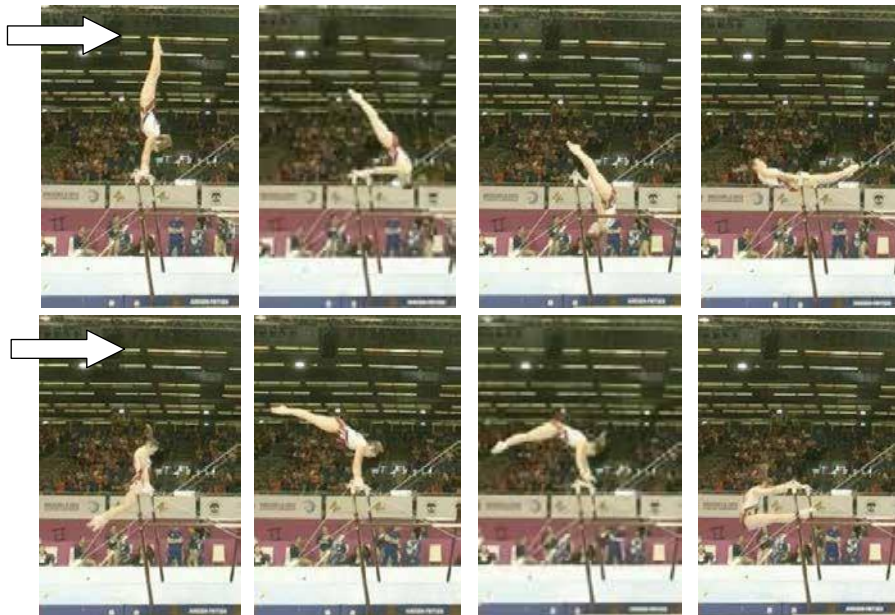
- If the following elements () do not pass through the vertical axis (above the bar), but show support (**shoulders of at least 45° from vertical**), consider DV A- (element from COP), with no deduction for angle of completion of element. The A- element can fulfill the CR #3 - Different grips.



Example



Should  complete in support position (>10° deviation and not passing vertical), no "D" value will be credited. This element will be considered as hip circle forward A-



If shoulders are approximately at 45° prior to vertical at the end of the circle, this element will be considered as hip circle forward A-



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9.4.2 Flight elements from HB to handstand on LB

This principle applies to flight elements from HB to handstand on LB that does not finish within 10° from vertical.

D- Panel

E- Panel

Example

☞

Deviation from handstand, passing vertical:

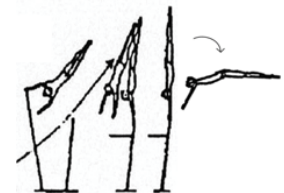
11°-30°	deduct 0.10
31°-45°	deduct 0.30
Below 45°	deduct 0.50

SECTION 9
Technical Directives

- If element is not finished within 10° before vertical (inside the bars), credit 1 DV lower only when gymnast is able to perform half turn and continue to the next element/glide kip.
- If element is NOT finished within 10° before vertical (inside the bars) and after support on the LB gymnast falls, NO DV will be credited.
- If element is finished within 10° before vertical (inside the bars) and after support on the LB gymnast falls, DV will be credited.



*If gymnast grabs the LB and falls after passing the vertical line, DV will be credited even though the gymnast was not able to continue to the next element/glide kip. Follow principle 9.4.2 of the Code.

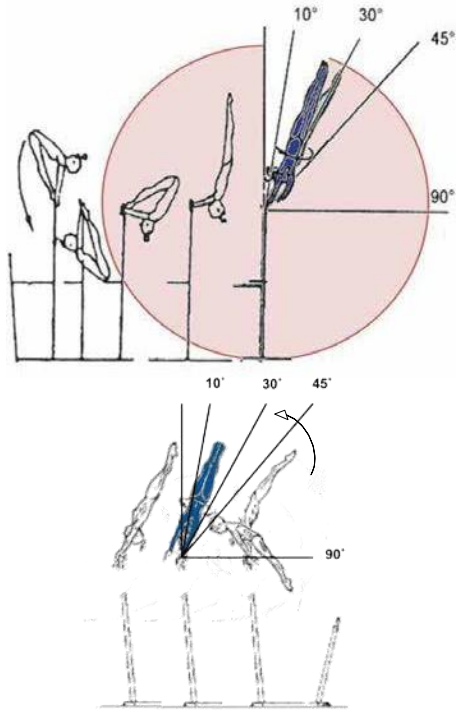


9.4.3 Swings

- Elements with turns that
- do not reach handstand
 - do not pass through vertical and
 - continue movement after turn in opposite direction

Swing principles can be applied to **any** element with turn required to reach handstand but failed more than 10° before handstand.

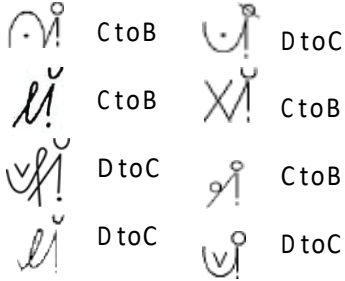
For swing elements with 1/2 turn all body parts must reach at least horizontal to receive DV, otherwise No DV will be credited and will be considered as "Empty swing".



D- Panel

E- Panel

Example



If turn finishes:
 11°-30° deduct 0.10
 31°-45° deduct 0.30
 Below 45° deduct 0.50

SECTION 9
Technical Directives



For evaluation of **Angle of completion** of circle and swing elements, the turn is considered finished when the gymnast grabs the bar with the second hand.



- If element is not completed within 10° before handstand and falls, the element is considered a swing and value will be awarded accordingly as long as the gymnast grasps the bar with both hands prior to the fall. This element will fulfill CR #4.
- If gymnast completes at least 180° turn, grabs the bar with both hands and then falls, consider as a swing.

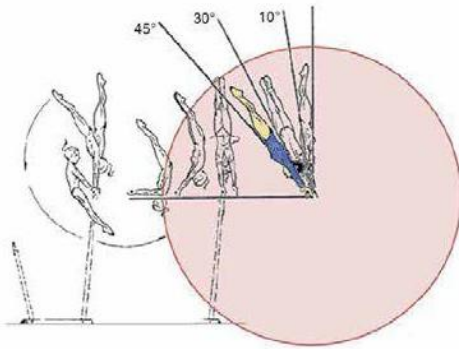




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9.4.4 Circle elements with turns completed to Handstand and Casts with turns to Handstand

This principle applies to circle elements and casts with turns completed within 10° from vertical (either side)



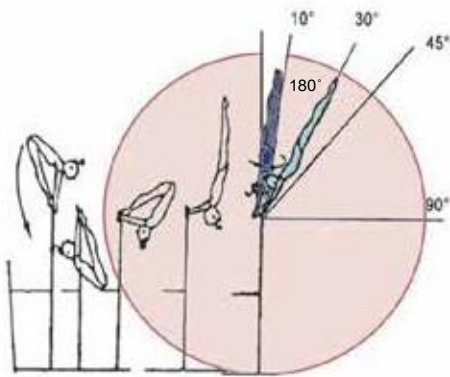
D- Panel

E- Panel

Example

- D
- C
- E
- C
- C

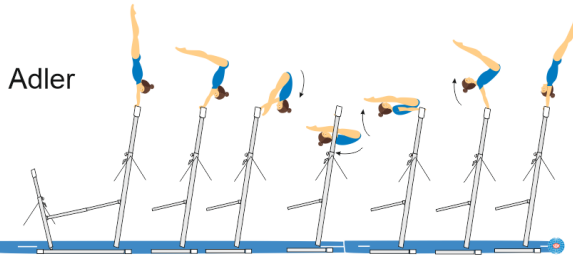
If turn completed at:
 11°-30° deduct 0.10
 31°-45° deduct 0.30
 Below 45° deduct 0.50



- The body reaches 10°, therefore the element is considered as a circle (picture in navy blue).

- Turn is completed at 40° after reaching 10° before handstand, Therefore apply 0.30 deduction for angle of completion of element.

9.4.5 Adler (5.501)



Note: Consider angle of element completion when body is completely extended.





10.1 General

- The maximum run distance is 25 meters. However, the run distance may be individually set up to the maximum.



The run distance is measured from the front edge of the table to the inner side of the block attached at the end of the vault run up mat.



- A hand placement mat may be used for Yurchenko vaults only (from groups 1, 4 and 5).



Is not allowed for vaults without round-off entry into springboard, otherwise **0.50 deduction** for extra mat will be applied.



- Vault Warm Up

- Qualification, All Around, Team Finals, Apparatus Final - two vault attempts permitted
- Qualification for Individual Apparatus Finals – maximum 3 attempts

Note: Line judge will count number of attempts of warm up.

- Qualification for Apparatus Final & Apparatus Final

→ deduction 0.3 (exceeding of touch warm up time) will be taken from the first vault



Run approaches in warm up

Consider run approach during warm up when:

- **Example 1** – Run Up Handspring, then immediately stand on table and salto:
Considered- 2 attempts
- **Example 2** – Run Up step/jump onto table then salto
Considered 1 attempt
- **Example 3** – **Any run up on run way is considered an attempt** (except run up on run way in the opposite direction to the VT table, before the official first attempt of warm up). It is important that gymnasts do not disturb each other's warm up.

10.2 Run approaches



Consider "Empty run" when:

- There is an increase in speed; not when only one or two steps.



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When 2 vaults are required

Example 1

- 1st approach (empty run)
- 2nd approach (vault) → -1.00 from Final Score
- 3rd approach (empty run) → **No Score** for second vault (4th run approach is not allowed)

Example 2

- 1st approach (empty run)
- 2nd approach (empty run) → **No Score** for first vault
- 3rd approach (vault) → Gymnast is not allowed to perform second vault

If the gymnast touches the hand placement mat or the landing mats without performing a vault, this is considered as an empty run.

10.4 Requirements - Apparatus Finals

The gymnast must perform 2 vaults, which will be averaged for the Final Score.

- The two vaults must be from different Vault Groups
- Must show a different 2nd flight phase

Example 1

Different group
Different 2nd flight phase

Example 2

Same group
Different 2nd flight phase

-2.00 from second vault

10.4.1 Corridor Markings

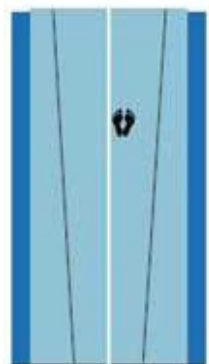
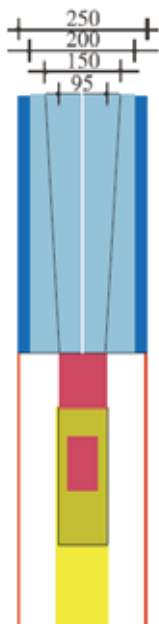
- Lines are part of the corridor area.
- Deduction will be applied when gymnast **step outside** the lines (first contact on landing is not decisive)

*Note: In addition, deduction for **deviation from straight direction** during the vault may be applied by E- Panel (Section 8). Marked lines will be used as orientation for deviation from straight direction and first contact is decisive.*

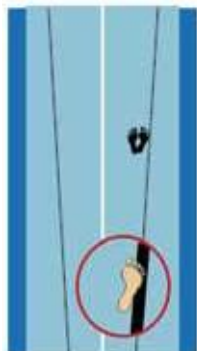


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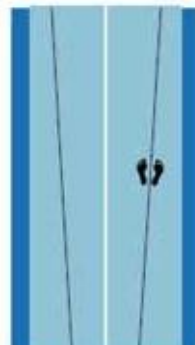
SECTION 10
Vault



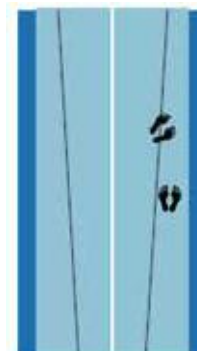
Close to center line & no step outside: No deductions



-0.10 for deviation from straight direction (sec. 8).
No line deduction



-0.10 for land or step outside the Corridor with one foot/hand.
-0.10 for deviation from straight direction (sec. 8)



-0.30 for land or step outside the Corridor with 2 feet/hands (or 1 foot & 1 hand)
-0.10 for deviation from straight direction (sec. 8)

Line deduction:



- If a gymnast steps outside of border line with one foot, then returns inside of corridor and then steps outside again with the same or other foot - deduction 2 x 0.10
- If a gymnast touches outside of border line with her knee – deduction 0.30



For step/s or landing outside the boundary, the VT Line judge should acknowledge the fault(0.10/0.30) by raising the flag.



10.4.2 Specific Apparatus Deductions (D Panel)

In the **Qualification** for **Apparatus Final** (provided gymnast registered two vaults) and in the **Apparatus Final**:

- When one of two vaults receives "0" points:
Score of the vault performed divided by 2
- When only one vault is performed:
DNF (Did not finish) and no ranking for the Qualification for Apparatus Final or Apparatus Final

Example

1st vault



13.400

2nd vault

DNS (Did not start)
- Touch the springboard without execution of vault

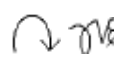
Final = DNF (Did not finish)

1st vault

Invalid: "0"
- Vault without a support phase

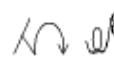
Final 13.200/2 = 6.600

2nd vault



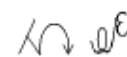
13.200

1st vault



13.000

2nd vault



"0"
Repetition of 1st vault

Final 13.000/2 = 6.500



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- When the two vaults are not from different Vault Groups or do not show a different 2nd flight phase:

$$[(\text{Final Score of VT1}) + (\text{Final Score of VT2} - \underline{2.00})] / 2$$

Example

1st vault	2nd vault	1st vault	2nd vault
13.400	11.700 (13.700-2.00) Same 2nd flight phase	12.800	11.500 (13.500-2.00) Same Group
Final $13.400 + 11.700/2 = 12.550$		Final $12.800 + 11.500/2 = 12.150$	



All neutral deductions should be subtracted from the Vault performed.

SECTION 10
Vault

10.4.3 Performance of Invalid Vaults (0.00 points)

- Failure to land on feet first.



When there is no clear contact of the feet prior to any other body parts.

10.5 Method of Scoring

If gymnast performs a different vault from the flashed number, D- Panel enters the value of the vault performed and shows on the board to the E- judges the symbol of the vault recognized.



If there is doubt about whether the vault was invalid or not ("0"), judges shall evaluate the vault and wait for confirmation from D1.

10.6 Specific Apparatus Deductions (E- Panel)

General: Deduction for feet not pointed must be applied (from Section 8), but only once for overall vault.

Specific: Deduction for bent legs and legs apart should be applied in each phase of vault (1st & 2nd).

First Flight Phase

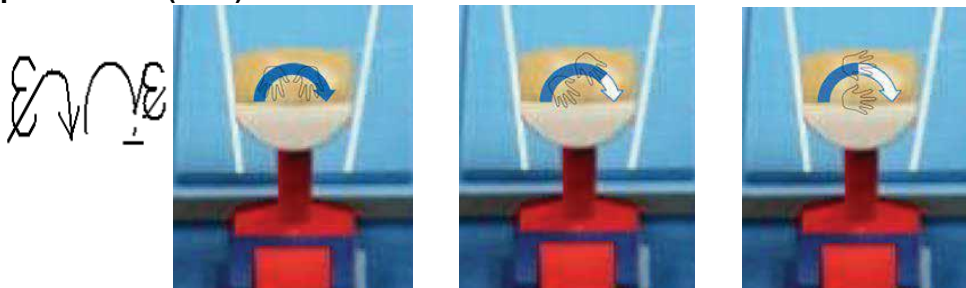
- For missing degree of the LA turn



Feet placement on springboard also should be taken into consideration for completion of turn.

Group 1 with 1/2 (180°) turns

Example



OK - No deduction

.0.10 ($\leq 45^\circ$)

-0.30 ($\leq 90^\circ$)



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First Flight Phase
- For missing degree of the LA turn
Group 3 with 1/4 (90°) to 1/2 (180°) turn

Example



OK - No deduction



OK - No deduction



- 0.30 ($\leq 45^\circ$)

➤ Reference are **shoulders**

If shoulders are missing turn $\leq 45^\circ$ deduct - 0.30 for missing degrees of LA turn

Group 4 with 3/4 (270°) turns

Example



OK - No deduction



-0.10 ($\leq 45^\circ$)

Group 1 and 2 with 1/1 (360°) turns.

Example



OK - No deduction



-0.10 ($\leq 45^\circ$)



-0.30 ($\leq 90^\circ$)



-0.50 ($> 90^\circ$)



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SECTION 10
Vault

Repulsion Phase

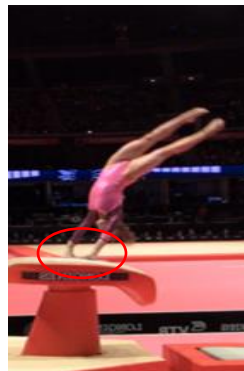
- Failure to pass through vertical: 0.10



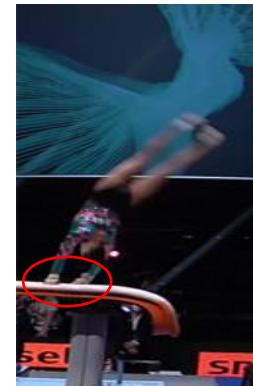
Vertical from front view of the Table.



- Prescribed LA turn begun too early (on the table): 0.10 / 0.30



0.10 deduction



0.30 deduction

Second Flight Phase

- Excessive snap: 0.10 / 0.30

(Excessive flexion of hip joint to initiate salto stretched, backward or forward)



On stretched saltos, a snap (hip flexion) immediately following the repulsion is acceptable.



-0.10 snap

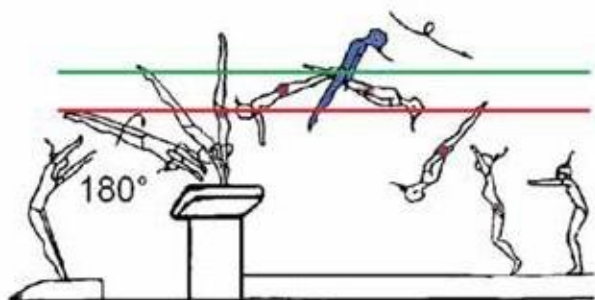


-0.30 snap

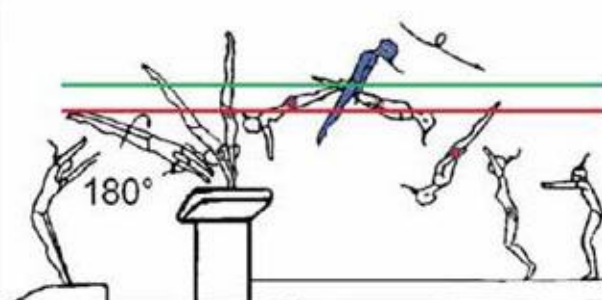


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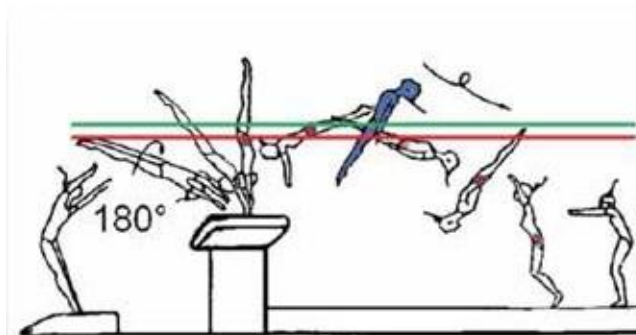
- Height: 0.10 / 0.30 / 0.50



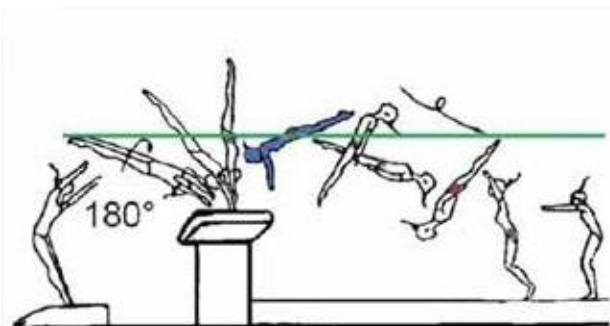
No deduction



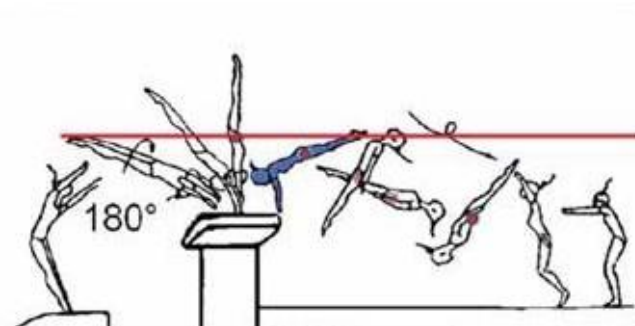
- 0.10



- 0.30



- 0.50

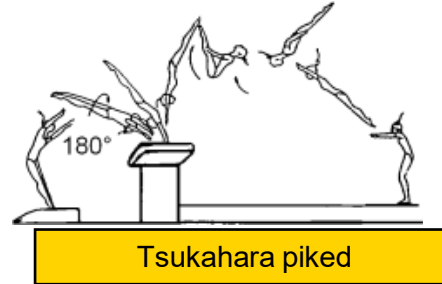
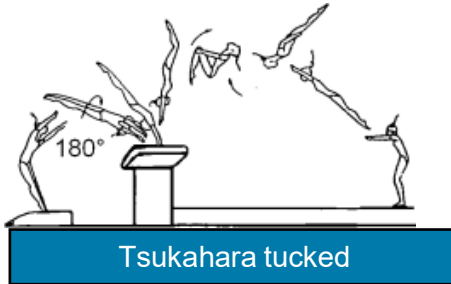


- 0.50



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- Body position in backward saltos

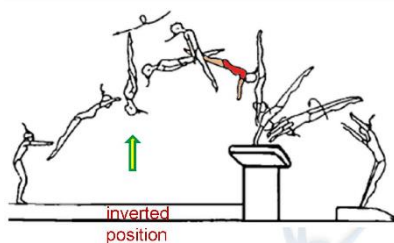


- If more than 135° knee angle - Tsukahara tucked becomes Tsukahara piked with deduction for slightly bent legs (-0.30 when knee angle is close to 135° or -0.10 when legs are almost straight).
- If no hip angle, but bent knees - Tsukahara tucked becomes Tsukahara stretched with bent knees (0.10 or 0.30 or 0.50).
- If 90° hip angle and 90° knee angle deduct max. 0.10 for insufficient tuck position (no more than 0.10 deduction for both mistakes).
- If more than 90° hip angle and more than 90° knee angle deduct max. 0.30 for insufficient tuck position (no more than 0.30 deduction for both mistakes).

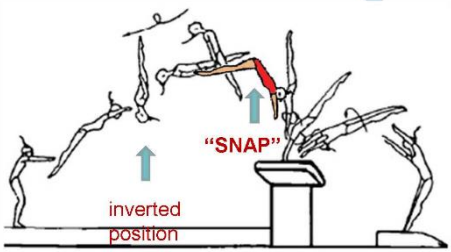
Guideline for recognition of:



- Salto stretched backward without LA turn



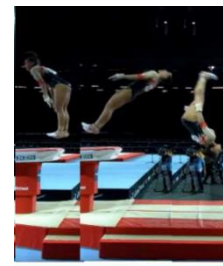
- **Stretched position** must be maintained from the repulsion from vaulting Table until the inverted (*head down*) position before the landing.



- After a snap rotation in stretched position must be observed



- **A slight bend** in the hips (**approximately up to 30°**) is allowed on vaults without twists.



- Vaults with the technique "**snap-open-pike**" not showing stretched position in rotation will be recognized as **Piked**.

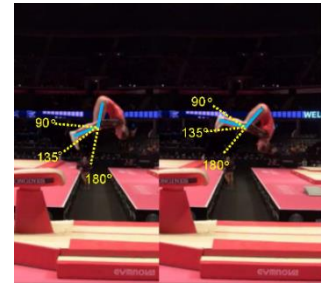


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Recognition of piked saltos FWD:



If gymnast in inverted position shows a knee angle 135° and more consider **Piked** salto



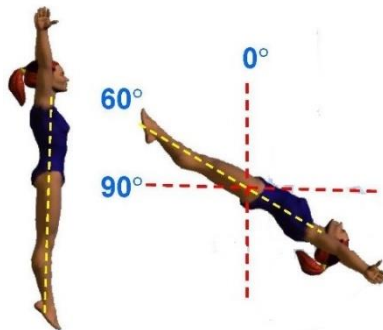
If gymnast in inverted position shows a knee angle less than 135° consider **Tucked** salto



Guideline for recognition of:

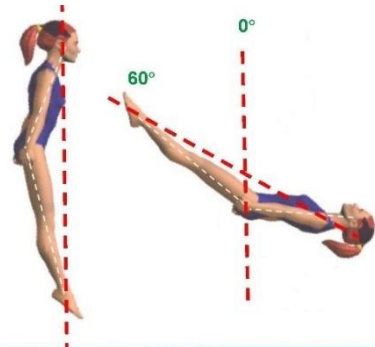
- ❖ Salto forward **stretched** with 180° LA turn

Consider



- After the repulsion, **stretched position** must be achieved in the stand-up position and maintained until **60° inverted** to be considered as a **stretched salto FWD** with 1/2 LA turn.

Consider



- If there is **flexion** of the hip in stand-up position **and / or at 60° inverted position**, consider **salto piked FWD** with 1/2 LA turn.



Guideline for recognition of:

- ❖ Salto forward **stretched** with 360° LA turn



- To recognize **Stretched Salto 360°**, rotation in **stretched body position (up to 135° tolerance)** must be maintained following the repulsion/leg snap, until the inverted position.



Apply deduction for body alignment

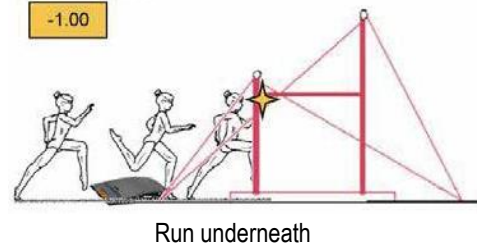
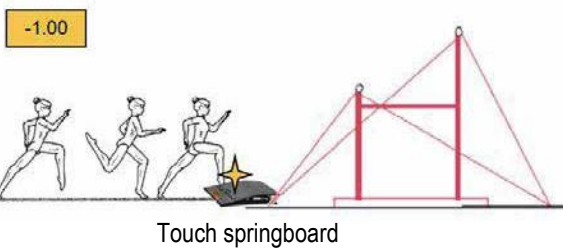




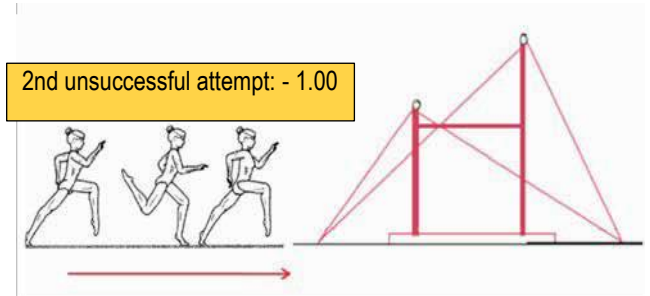
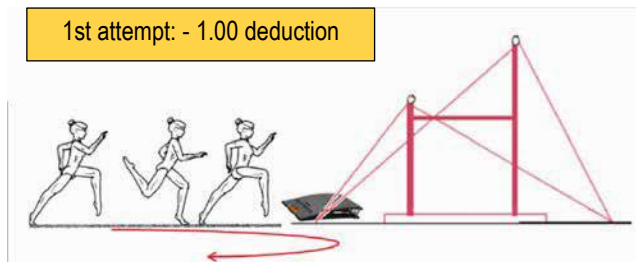
11.1 General

Mounts

- A second run approach for the mount is **NOT** permitted if the gymnast on her first attempt has touched the springboard, the apparatus, or run underneath the apparatus.
- Run approach with touch of springboard or UB without mounting: - 1.00 (E-panel) and gymnast must begin the exercise. First element will not be considered as a mount.



- A second run approach for the mount is permitted (with deduction of 1.00 D-panel) if the gymnast on her first attempt has **NOT** touched the springboard, the apparatus or run underneath the apparatus.



2.4 Regulations for Gymnasts - Penalties

- After presenting to D-panel the gymnast may walk under low bar without deduction.
Gymnast may **NOT** run/ walk under the LB to perform mount (-0.30 deduction from final score).

Examples





11.2 Content and Construction of the Exercise

- Only 3 elements in chronological order from the same root skill will be counted for DV, CR and CV.



Root skill is determined by entry into the skill and the direction of the rotation (bwd or fwd), as well as by the grip (regular, reverse or L-grip)

Examples

Different root skill	
Different direction	Different grips

Same root skill

Same entry, same direction and same grip

- Repeated elements (No DV) will be counted for the number of root elements.

1° 2° 3° 4°
B D X X

- There will be No CV rewarded if 4th element with the same root was performed in connection.

1° 2° 3° 4°
B C D X

- Elements with No DV, due to technical failure, will not be counted in the root skill number.

No grasp (No DV)

1° 2° 3°
D X C E



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Only one 'Tkatchev' type element without turn from each line in the Table of element will be recognised

Example

½ turn OK

F D D F D D

Tkatchev type element & Root skill rule

Example

D E A A X D X

1 2 3

2 times flight from same row
no DV
no CR
no CV

11.3 Composition Requirement (CR) - D-Panel 2.00

- **CR 2 - Flight element on the same bar** (Group 1-mounts cannot be used as flight)



- Element 1.103 cannot be used for CR of flight on the same bar. Has counter flight but not over the bar.
- Element 2.202, if no release both arms together, devaluation to A and no CR # 2 flight on the same bar.



- **CR 3 - Different grips (no cast, MT or DMT)**

Example

Yes

No

(2nd element is DMT)



This type of elements may fulfill different grip requirement.



According to the execution of element #3.307 it may fulfill CR #3.

- YES:** If performed with reverse grip
- NO:** If performed with regular grip

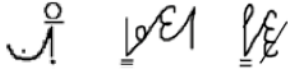




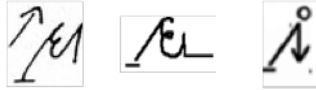
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- CR 4- Non flight element with min. 360° turn (no MT)

Example



Yes



No

Rationale: The initiation of these elements are from the springboard /floor

SECTION 11
Uneven Bars

11.4 Connection Value (CV) - D-Panel

CV	Formulas	Stipulations	Examples
0.10	D+D (or more)	D elements must have flight or min. 1/2 turn (180°)	
			<p>No CV Because ~X! / V! have no turn or flight</p>
0.20	D (flight - same bar or LB to HB) + C or more (on HB)	Must be performed in this order C/D elements must have flight or min. 1/2 turn (180°)	
			<p>No CV Because e! has no turn or flight</p>



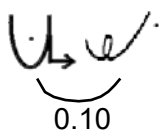
CV	Formulas	Stipulations	Examples
0.20	E+E	one must be flight	
			<p>Only 0.10 Because no flight</p>
0.20	D+F	Both must be flights	
			<p>Only 0.10 Because one of the elements has no flight</p>

Clarification on awarding CV

Sec. 7.4: e) In order to credit CV & Bonus, the elements must be performed without a fall.

A fall after a flight element from HB to LB will be considered part of the element regardless of whether the fall occurs before or after passing the LB.

Example



Fall / hit the mat **before** vertical line = fall on and **no CV**

Fall / hit the mat **after** vertical line = fall on and **no CV**




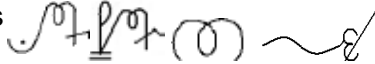
- To credit a Connection Value the elements must be performed **without a fall** or **without hitting the mat with feet** (UB).



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- **Empty and intermediate swings: 0.50**

Empty swing = swing forward/backward without the execution of an element in the Table, before the swing reverses to the opposite direction.

Except for Shaposhnikova type elements with/without 1/1 turn that are not followed by kip  and the following elements 

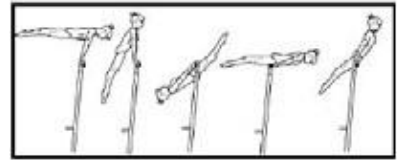
Example



3/4 Giant circle fwd or bwd



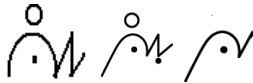
Swing 1/2 turn below horizontal



After back hip circle

- If an **empty swing** or **intermediate swing** is performed between 2 elements, or after the second element / last element, CV can **NOT** be awarded.

Example 1



Note:

Example 1- L- grip giant does not reach hstd (within 10°), therefore, it is considered an empty swing (0.50). No CV awarded for (E+E).




Example 2



Example 2 – Swing after Shaposhnikova followed by kip is considered an empty swing



• Shaposhnikova type elements with 1/2 turn (180°) does not fulfill the exception rule for the allowance of an empty swing without deduction into another element. The exception is only for “Shaposhnikova” type elements with/without 1/1 turn (360°).

• If the swing backward after    and Shaposhnikova type elements does not reach horizontal, apply 0.10 deduction.





- Intermediate swing = pump swing from a front support or long swing which is not needed in order to perform the next element (breakdown of routine).



- Deduction for intermediate swing/empty swing in the same place is taken only once.
- If a fall occurs all the swings necessary to start the exercise are not penalized, only -1.00 for the fall.
- No additional execution deductions will be taken in intermediate swings (bent legs, or arms, or swings fwd or bwd under horizontal and etc).
- If there is a significant break in the performance, consider a fall on the apparatus instead of intermediate swing.
- When there is no a clear intention to perform the LA turn in element (*DV rewarded or not*), then only apply the deduction for intermediate swing or fall. Do not deduct for the bent legs, legs apart or late turn.

11.5 Composition deduction (E-Panel)

Jump from LB to HB: 0.50



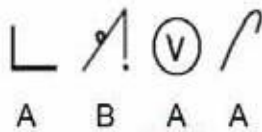
When an element is repeated, credit No DV, but NO deduction for bar change without performing element

Example 1



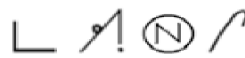
Deduct only for execution errors

Example 2



-0.50

Example 3



-0.50



If performed with bent legs, credit DV and apply deduction for bent legs.



11.6 Specific Apparatus Deduction (E-Panel)

- Brush on mat: 0.30 (Soft touching)



- Hit on mat with feet (fall): 1.00

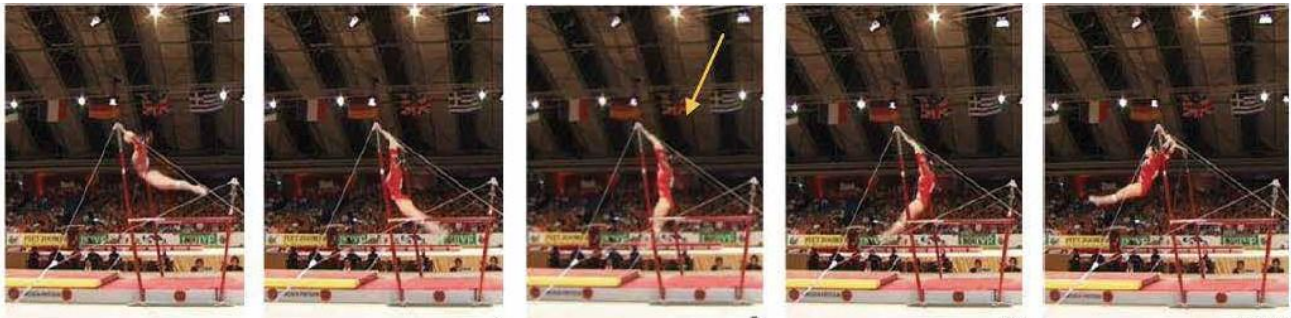
When hit the mat (consider as fall) - do not award CV
- do not deduct for leg faults.



- Poor rhythm in elements: 0.10



(Mount or in the exercise). Both kip techniques are acceptable (swing or hang). If the gymnast loses rhythm in hang before kip on HB - deduct 0.10



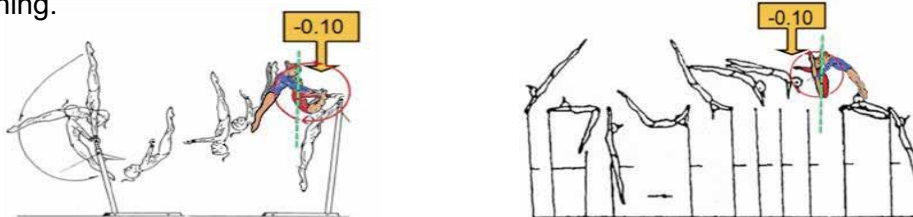
- Under rotation of flight elements: 0.10

Guideline for the application of deduction for under rotation in all flight elements: No deduction if, just before grasping the bar, the legs pass the line of the shoulders.

This deduction does not apply to dismounts.



BA rotation should be completed to ensure next element can be performed with ideal swing at the beginning.





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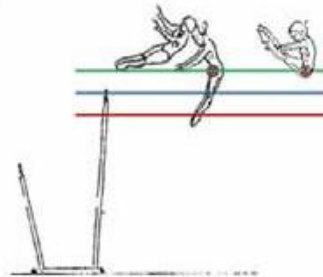
- Insufficient height of flight elements and dismounts: 0.10 / 0.30

SECTION 11
Uneven Bars

Hip position prior to grasp the bar

- Above HB 0.00
- At HB 0.10
- Below HB 0.30

U
U
U
A

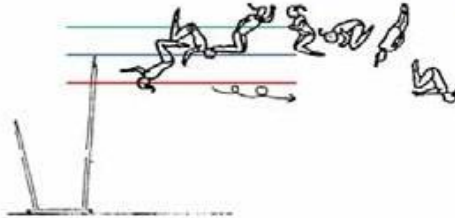


No deduction
-0.10
-0.30

Highest hip position after release the bar

- Above HB 0.00
- At HB 0.10
- Below HB 0.30

U
U
U
U

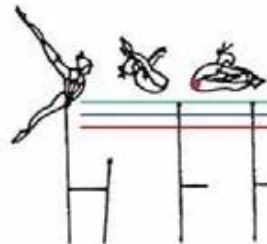


No deduction
-0.10
-0.30

Hip position prior to grasp the bar

- At HB 0.00
- Slightly below HB 0.10
- Well below HB 0.30

U

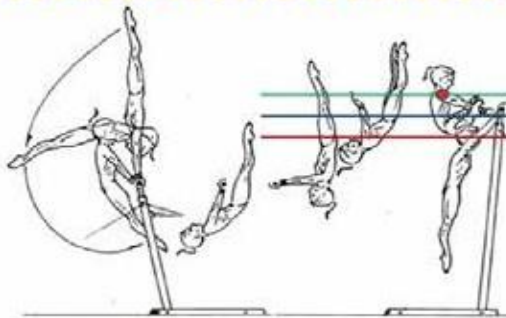


No deduction
-0.10
-0.30

Shoulders position prior to grasp the bar

- Above HB 0.00
- At HB level 0.10
- Below HB level 0.30

U
U
X

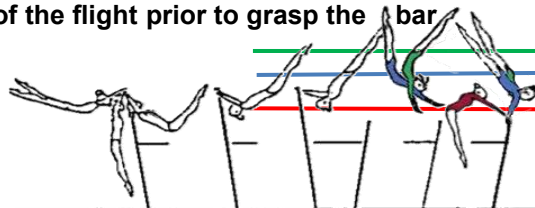


No deduction
-0.10
-0.30

Peak point (highest point/center of gravity) of the flight prior to grasp the bar

- Above HB 0.00
- At HB 0.10
- Below HB 0.30

U



No deduction
0.10
0.30



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SECTION 11
Uneven Bars

- Amplitude of casts: 0.10 / 0.30

If in the attempt to cast to handstand, the gymnast splits the legs so that one leg hangs down, the lower leg determines the angle of the cast.



- Body alignment : 0.10 / 0.30



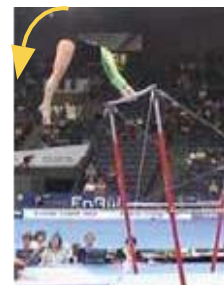
Specific for UB: 0.10 / 0.30



-0.10

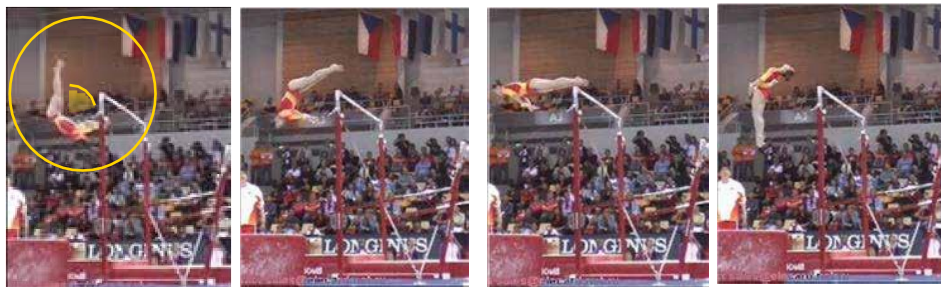


-0.30



Swing downward from handstand has no deduction for body alignment.

-Excessive flexion of hip joint in the leg tap (DMT): 0.10 / 0.30



-Uncharacteristic element (elements with take-off from two feet or thighs): 0.50

Example





EXECUTION PRINCIPLES



If there is **no fall** the maximum execution deduction for an element, may not exceed **0.80**

Includes:


- Table of Fault deductions (Section 8) &
- Specific Apparatus deductions that occur in the performance of the element.

Does NOT include:

- Specific Apparatus deductions that occur after the performance of the element
 - Brush on mat
 - Hit on apparatus with feet
 - Hit on mat with feet
 - Intermediate swing
 - Empty swing

- When an element is clearly **NOT** awarded a value, deduct only intermediate swing or fall.

Example

- When  not reaching 10° and is followed by an intermediate swing (0.50) - do not deduct for execution faults.
- When hit the bar followed by intermediate swing - deduct only for intermediate swing (0.50).
- When intermediate swing and fall occur - deduct only for the fall = 1.00
- When hit the bar and a fall occur - deduct only for the fall = 1.00

- When an element is clearly awarded a value, deduct for all execution errors including the fall.

Example



- When empty swing - deduct for execution errors + 0.50 for empty swing.
- When hit the bar during the element followed by intermediate swing - deduct for execution errors + 0.50 hit + 0.50 intermediate swing.
- When intermediate swing and fall occurs - deduct for execution errors + deduct only for the fall 1.00.
- When hit the bar during the element and a fall occurs - deduct for execution errors + 1.00 for the fall but not for hitting the bar.



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- After a fall, judging resumes as soon as the gymnast performs the first element. No deductions are taken for cast-squat on after a fall (this is not an element).



Example

Fall A X A A B
 -0.30 -0.50

Fall X A B
 No deduction

11.7 Notes

- **With grasp of both hands (momentary hang or support) on the bar, the DV is awarded.**

If a gymnast performs a flight element and grasps the bar with one hand (but does not fall), then she grasps the bar with the second hand and continues the routine: Reward DV for the flight element



- **Elements performed as mounts can be performed in the exercise (or vice versa) but receive DV only once.**

Example

C B A A D D - - D A

These elements are under Group 1 (Mounts) on the Table of Elements. Nevertheless they can receive DV as they are performed in the exercise and have not been used as Mounts.

Example

D A A A - D D - -

Is possible to count this element as a Mount even though is not listed under Group 1 (Mounts), but if performed a second time (in the exercise) it will not receive DV.



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GUIDELINE FOR ELEMENTS RECOGNITION

SECTION 11
Uneven Bars

Flight elements from LB to HB.

Consideration: The maximum DV for Flight Elements from LB to HB may not be more than E-



Non-flight elements with turns in handstand.

Consideration: The maximum DV for non-flight elements with turns in handstand may not be more than E-



Awarding DV

Example 1



- DV for Gienger (D-) is awarded, but no CV is credited since there is a fall on the apparatus.
- No deduction is applied for coach touching the gymnast after the fall.
- Deduct: -Height of flight element 0.10
-Under rotation 0.10
-Bent arms 0.30

Example 2



- No DV for Jaeger pike because the landing on the bar with the legs first

Specific elements

- Not in the COP, if performed recognize it as , or as if the gymnast only moves the hand without turning the body.
- Is considered same element as



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SECTION 11
Uneven Bars

- If does not reach handstand (within 10°):
 - No DV will be credited (D- Panel)
 - Apply deductions for amplitude of casts (E- Panel)

- If does not reach handstand (within 10°):
 - 1 DV lower (swings principle) (D- Panel)
 - Deductions for angle of completion of swing elements (E- Panel)

- - Gymnast may place the feet outside the hands and is considered same element as pike.

- After the elements gymnast can perform directly a glide kip
Without deduction for amplitude of cast before the kip

- If performed after an uprise is not considered as (McNamara MT)

- If the turn initiates after handstand
 - Consider same element as (D- #3.410).
 - Gymnast may perform again in the same exercise with correct technique and to receive DV (E-)

- If the turn initiates after handstand.
 - Consider same element as (C- #3.306)
 - Gymnast may perform again in the same exercise and receive E

- If the turn initiates before or after handstand.
 - E- Value will be credited



Guideline to recognize stretched position in flight elements

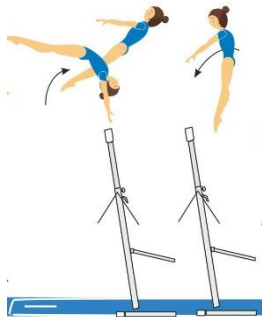
Element #3.608



- Entire body must rotate in stretched (hollow) position (all body parts in rotation) – feet are pointing to the bar (hips higher than feet). Before grasping the bar the gymnast may close the hip angle.
- **Recognized as Jager piked (insufficient pike position – 0.10).**



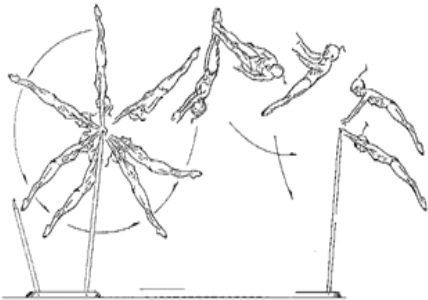
Element #5.610



- Maintain the stretched (hollow) position passing over the bar, with the feet moving under the hips.
- The center of gravity has to raise.
- **Recognized as Tkatchev piked (insufficient pike position -0.10).**



Element #3.505



- Stretched (hollow) position must be maintained until approximately the head up position.
- Before grasping the bar a hip angle is permitted.



After the release of the bar, a complete open hip angle must be shown in the inverted position.





Element 2.404 (Weiler-kip)



- If at the end of element straddled cast to HSTD is performed, with/without 1/2 turn (180°): **credit 1 DV lower.**



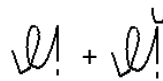
Connection of forward elements



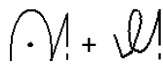
If the gymnast performs a forward element completed above 45° before vertical, but she passes over the vertical axis (over the bar) continuing into another forward element, intended DV will be awarded with deduction for precision.



Example 1

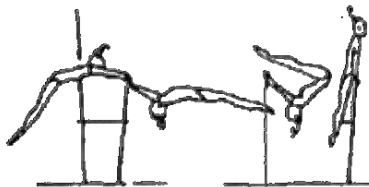




Example 2



Element 1.101

Glide kip  or glide 1/2 turn glide kip  are **different** elements



Glide 1/2 turn, glide kip (1.101 ) is different from **jump with 1/2 turn + glide kip** 

(1.102) Gymnast can therefore perform: Mount (1.102), glide kip (1.101) and glide 1/2 turn glide kip (1.101) and be awarded 3 elements.



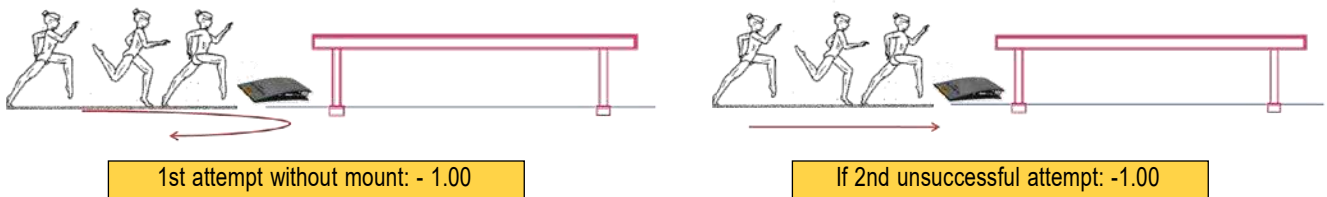
12.1 General

Mounts

- If the gymnast on her first attempt touched the springboard or the apparatus without mounting: -1.00 (E-panel)



- A gymnast is permitted a 2nd attempt to mount (with a penalty by D-panel) if she has not touched the springboard or the apparatus.



Gymnast must begin the exercise and the first element will not be considered as a mount but as an element within the exercise, therefore deduction of 0.10 also will apply for mount not from the table of elements.



- Whether the gymnast perform 1 or 2 run approaches, time of the routine begins when gymnast take off from mat/springboard to mount. Nevertheless, she must pay attention to the 30 sec time to start the exercise after the green light is on.
- If gymnast touches the springboard on her 1st attempt and does not mount, she has 10 seconds to mount the beam. This is considered as a fall.
- Mount with failure to land on beam with one or both feet then there is no mount and a fall because the gymnast has touched the board. Mount cannot be repeated. Following this, the gymnast has 10 secs to remount the beam and begin the exercise.



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12.2 Content of the Exercise

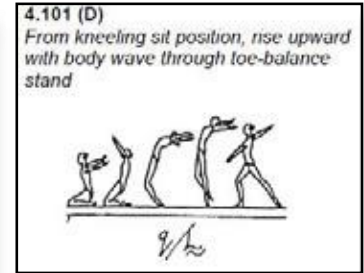
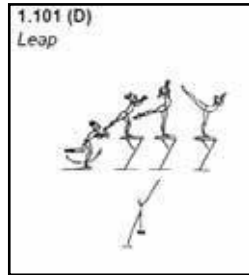
The maximum 8 highest difficulties including the dismount are counted for DV

- **Minimum 3 Acro**
- **Minimum 3 Dance**
- **2 optional**

It is possible to count up to 5 Dance elements or up to 5 Acro. The dismount is always an acro element.



Dance elements are elements from Group 2, Group 3 and some elements from Group 1 and 4 which are marked with a (D).



- No attempt to dismount: -0.50 (D- Panel)

If salto for the dismount has not begun and a fall occurs, or no attempt to dismount at all, deduct 0.50 for "No attempt to dismount".



Note: Since no DV was awarded for the dismount, the gymnast may attempt her dismount again and receive DV if performed successfully. In this case, no deduction for "No attempt to dismount".



- If the gymnast attempts to dismount (lands on the mat), but does not perform the element, deduct 0.50 for "No attempt to dismount"+1.00 for the fall.
- If the gymnast attempts to dismount (remains on the beam), does not perform the element, goes back, attempt again and does not perform the dismount, deduct 0.50 for "No attempt to dismount" + deduct 0.30 for "**Attempt without performing an element**" (E-panel) +1.00 for the fall.

12.3 Composition Requirements (CR) - D- Panel 2.00



Can fulfill CR of Acro Series because:
-In Acro Series elements may be the same
Second is within the same connection.



CR of Acro Series may be fulfilled by rebounding or non-rebounding connections.

Example



These non-rebounding series have no CV but can be used for CR.

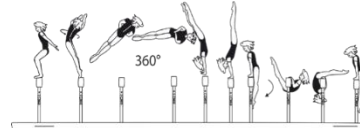
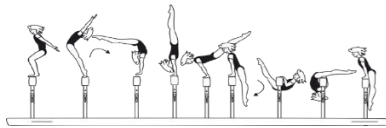


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CR 2. Turns (Gr.3) or Rolls / Flairs



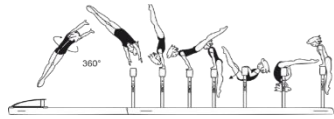
Rolls can be used only to fulfill CR #2



Also CR#4 (BWD)



Also CR#4 (BWD)



Element #5.405, #5.505, # 1.304 and #1.514 can be used to fulfill CR #2, only if performed with circle around the beam

SECTION 12
Balance Beam

12.4 Connection Value (CV) & Series Bonus (SB) - D- Panel



No CV and / or SB will be awarded when grasp the Beam.

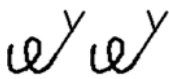
2 acro flight elements, including mount and excluding DMT



For CV only flight acro elements may be used.

C + C : 0.10
Rebounding only

Example



B + D: 0.10
Rebounding only & both elements **backward**
(this order only)

Example



B + E : 0.10
Rebounding only

Example

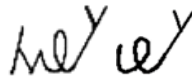


C/D + D (or more): 0.20
Rebounding only

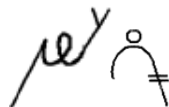
Example



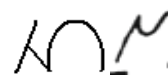
Mount



Mount



On the Beam



Mount



On the Beam



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B + D: 0.20

Rebounding only and both elements **forward**

Example

B + F: 0.20

Rebounding only

Example

On the beam On the beam



No CV for + because not travelling in one direction (fwd/bwd)

Mixed (acro - flight elements only), excluding dismount

D + B: 0.10

Example

0.10 0.10 0.10

Connection of dance element + gainer salto

To receive CV there should not be a free leg swing backward (the rear leg must swing forwards immediately into the salto or step forward into take off for a salto).



Connection Acro/dance elements into pirouette

- Demi plie on one or both feet is not permitted.

Series Bonus: Connection of minimum 3 dance and/or acro elements (0.10)



- Starting from B+B+C (any order)
- Rebounding or not rebounding connections.
- Mount, on the beam or dismount connections. Dismount minimum C-
- Non-flight acro elements minimum B may be used (except holds)
- The same (flight or non-flight) acro element may be repeated within connection



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- Combination of CV and SB



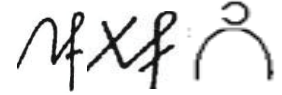
CV: D+C=0.20
CV: C+C=0.10
SB: 0.10



CV: B+E=0.10
SB: 0.10



CV: D+C=0.20
CV: C+D=0.20
SB: 0.10



CV: D+D=0.00
CV: D+D=0.20
SB: 0.10

12.5 Artistry & Composition Deductions (E- Panel)

Composition:



- Mount without DV – 0.10

- All mounts without DV will be commonly recognised as “A”

Except: lifting one leg over to sit, squat on, simple jump to sit or kneel, or to land on one or two feet.

- Insufficient use of entire apparatus

❖ Lack of movements sideways (no DV) – 0.10



- There must be body movements displayed in side position.
- Moving with transition from A through B to C (one step and close is not enough).
- The travelling should include minimum arms movement with choreography value during the transition (pose after the travelling passage is not enough).
- During or at the end of the transition additional body movement should be included (upper body, head, arms, legs involvement).



❖ Missing combination of movements/elements close to the beam - 0.10

With a part of the torso including thigh, knee, or head touching the beam



- 2 elements touching the beam
- 1 element + 1 choreography movement touching with two different body parts
- 2 choreography movements touching with two different body parts
- **A POSE** is not enough!
- Straddle cross sit is OK if shown with choreography movements
- Simple arm circle with one or both arms together is not enough





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- One sided use of elements:
More than one 1/2 turn on 2 feet with straight legs throughout exercise:
- 0.10 for the entire exercise



Slightly bent legs or squat position are not deductible.



OK

OK

12.6 Specific Apparatus Deductions (E- Panel)

- Adjustment (steps without choreography & unnecessary movements): -0.10 each
- Pause (apply at 2 sec.): -0.10 each
- Additional movements to maintain balance : -0.10/ -0.30/- 0.50
 - Slight lack of balance: 0.10
 - Head at hip level or multiple slight movements: 0.30
 - Large body/leg movements: 0.50



Maximum deductions for multiple errors within the same element:

Lack of balance + brush (with hand) or grasp

- | | |
|--|----------|
| - Balance 0.10 + brush 0.30 | = 0.40 P |
| - Balance 0.30 + brush 0.30 | = 0.60 P |
| - Balance 0.50 + brush 0.30 | = 0.80 P |
| | |
| - Balance 0.10 + grasp 0.50 | = 0.60 P |
| - Balance 0.30 + grasp 0.50 | = 0.80 P |
| - Balance 0.50 + grasp 0.50 | = 0.80 P |
| | |
| - Deep squat 0.50 + balance 0.10 | = 0.60 P |
| - Deep squat 0.50 + balance 0.50 | = 0.80 P |
| - Deep squat 0.50 + steps (0.30 +0.10) | = 0.80 P |



- If the gymnast loses her balance after turn in squat position – apply deduction 0.10/0.30/ 0.50 (lack of balance).





12.7 NOTES

Mounts

Some elements listed as mounts (rolls, handstands and holds) can be performed in the exercise (or vice versa) but receive DV only once.



Only the following elements from Group 1 can be used in the exercise:

#1.207 (1st element starts on the mat/springboard, therefore it cannot be performed in the middle of the exercise).

#1.208, #1.308

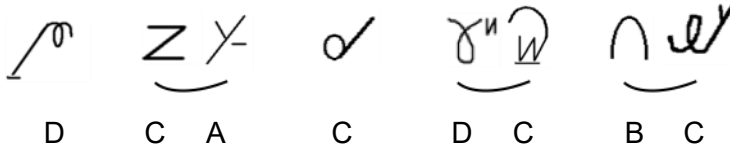
#1.210, #1.310

#1.311 (from handstand), #1.411

#1.312, #1.412

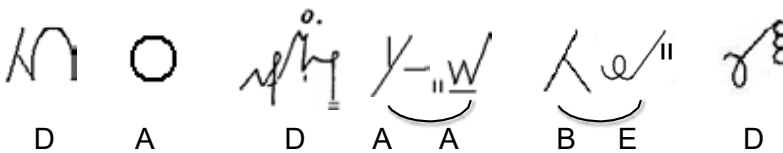
#1.213, #1.313, #1.413

Example



Both elements can receive DV as they are under different numbers in the Table of elements, and are therefore considered different elements.

Example



This element is under Group 1 (Mounts) on the Table of Elements. Nevertheless can receive DV as is performed in the exercise and has not been used as a Mount.

Element # 1.314



Requirement: Must finish on Beam in front support



If not finish in front support No DV

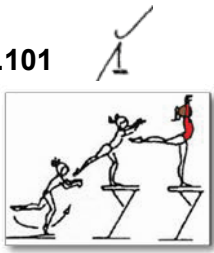
During the execution of this mount, if the hips drop below the level of the Beam, recognize as **"A" mount**. Execution deductions still applicable.





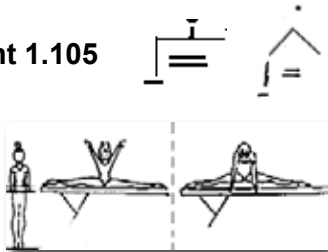
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Element 1.101



Requirements: (#1.101) must show arabesque with free leg on or after landing.
If the arabesque is not shown, award A- and deduct 0.10 for precision.

Element 1.105

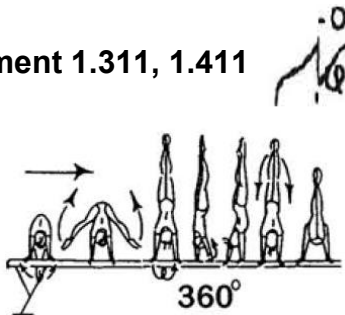


Requirements :(#1.105)

- When final position is side split - show split without hands touching the beam
- When final position is straddle - the trunk must touch the beam without hands touching the beam

If the final position is not shown as required, award A- and deduct 0.10 for precision.

Element 1.311, 1.411



If gymnast brushes the beam on the way down to clear pike position, award DV and no deduction for brush. However there may be deduction for bent legs



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Holds

Principle: Acro flight elements that are required to be held in handstand for 2 seconds will be devaluated 1 DV if the handstand is not maintained for 2 seconds.

If all body parts are not in alignment in the handstand - reward no DV.



C will be considered as B



Note: If performed a second time successfully during the exercise, DV will be credited only once and in chronological order.



C will be considered as B



D will be considered as C



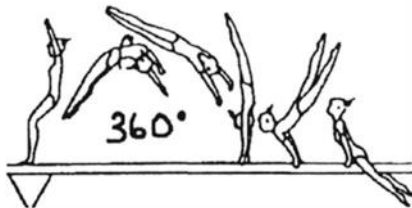
Does not require to be held in handstand for 2 seconds, but if it does not arrive in handstand, no DV will be credited.

Specific element on BB



(Flic-flac with 1/1 twist- swing down to cross sit)

In this element the hands must land in cross position.



Correct hand placement



-0.10 precision



-0.10 precision

Example



DV- D &
-0.10 for
precision

Example



Correct hand
placement



GUIDELINE FOR ELEMENTS RECOGNITION

Principle: Additional 1/4 turn on dance leaps /hops /jumps does not make a different element.

1/4 turn = No turn	1/4 turn = No turn	3/4 turn = 1/2 turn

Principle: Jumps performed in the side position will be awarded 1 DV higher than in the cross position, but the DV will be awarded only once and in chronological order despite the fact that is performed in side or cross position.



In jumps, leaps and hops with 1/2 turn (180°) the prescribed position must be reached **at the beginning OR at the end of the turn.**



D- in cross position	E- in side position	B- in cross position	C- in side position





- Elements will be considered in cross position if they start from cross position and finish in side position or vice versa. No higher DV will be awarded.
- Jumps performed in the side position with incomplete turn, will be recognized as jump in cross position.

Element 2.108 (Sissone) " ^{1/2}








- Split must be oblique (legs not parallel to floor/beam), land only on 1 foot and traveling forward.
- If landing on 1 foot and the front leg is at horizontal still recognize the sissone and apply body shape deductions.
- If land on two feet it will be considered as split jump




	Error	Deduction for Body Shape
	Incorrect leg position (front leg too high)	Credit sissone (landing on one foot) and -0.10 for body shape
		Credit split jump (landing on two feet) and deductions related to split jump

SECTION 12
Balance Beam


Element 2.208  vs **2.408** 

- If the landing is on 1 foot, always recognize as Ring Jump 
- If the landing is on 2 feet and the front leg is up to 45°, recognize as Ring Jump 
- If the landing is on 2 feet and the front leg is above 45°, recognize Split Jump to Ring  and apply deductions for body shape.


Element 4.108 (3rd element) tic-toc 

- It is considered as a forward element.

Element 4.305  **Requirements for value recognition**

- Arrival in handstand with legs together.
- Within 10° of vertical credit C, if > 10° recognize A  (CR #2 fulfilled if hand support on the top of the beam and landing on one or both feet).



Element 4.310 (2nd element) Garrison 

- Must show clear support with body lifting horizontal. If below horizontal NO DV.
- It fulfils CR Acro element BWD.

Element 5.201 

- In the rebounding connection, the handspring will always be considered as a “B-element”, because it is necessary to gain speed to perform the salto. The Acro series will be recognized.
- If there is no rebounding connection after the handspring, the flight must be visible.



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Element 5.408

- Landing on 1 foot or both feet are the same element.

Element 5.408

- Gainer Aerial Cartwheel (5.408) and Aerial Cartwheel are the same elements.

Element 5.409

- Gainer Aerial Walkover (5.409) and Aerial Walkover are the same elements.

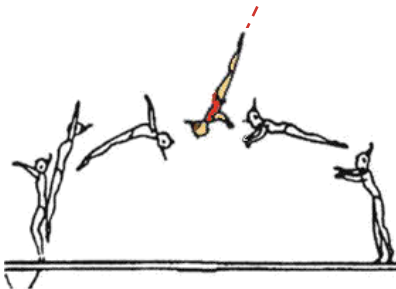
Element 5.411

- When one leg is straight still recognize as side salto with deduction for insufficient tuck position (0.30)
- When both legs are straight -consider

- If foot placement is in line with the beam and body is in clear cross position – recognize as side aerial



Guideline to recognize stretched position in

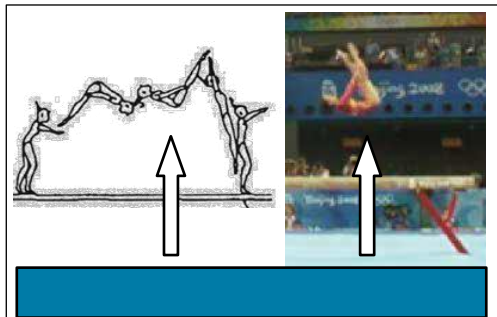


To receive E- there should be a stretched position shown throughout the salto. The position should be maintained until approximately 30° after the vertical in preparation for the landing (shoulder must show rotation after vertical)
If there is a piking before, consider piked salto (C-).

Apply the proper deductions for salto piked (insufficient piked position - 0.10) or for salto stretched (failure to maintain stretched body position - 0.10).



Guideline to recognize an ideal piked position in



- The take-off should be upward/backward.
- There should be visible elevation of the center of gravity.
- Gymnast must reach pike position somewhere at the highest point of the salto.

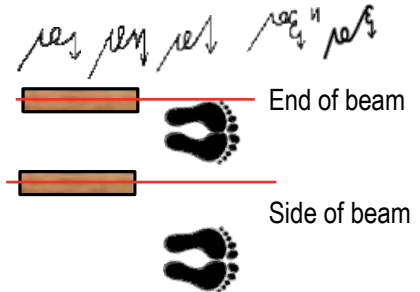




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Gainer dismount at the end of beam with / without twist (#6.207, #6.307, #6.407, #6.507)

Gainer dismount with / without twist must pass over the end of the beam and land with part of the foot in line with the beam, otherwise is considered as side dismount



All gainer dismounts with twist will be considered as gainer stretched; execution deductions for "failure to maintain stretched body posture" (0.10/0.30) may be applied.



13.1 General

Music Requirements.

The human voice may be used as musical instrument without word/s.

- If the voice is an imitation of the music or follows the melody, then the music may be used for FX. When the voice is used in FX music, Federations in doubt may submit the music for WTC approval.

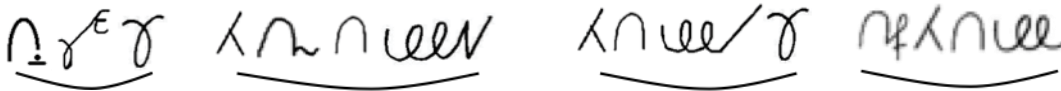
Border Markings.

- If a gymnast steps outside of border line with one foot, then returns inside of carpet and then steps outside again with the same or other foot - deduction 2 X 0.10.
- If a gymnast touches outside of border line with her knee – deduction 0.30.

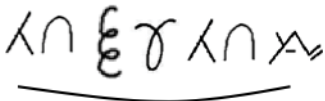
13.2 Content of the Exercise

Acro line: An acro line consists of a minimum of 2 directly connected flight elements, one of which must be a salto.

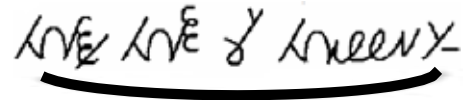
- A direct or indirect connection of saltos (at least one with take off from 2 feet)



- Acro and mixed connection (one acro line)



- Acro connection using 2 diagonals (one acro line)



Examples

Do not constitute an Acro Line:

- ✗ Single salto or double salto
- ✗ Acro elements not directly connected or both elements are not acro- flight elements
- ✗ Using aerials or saltos with take off one foot
- ✗ Connection of elements without salto





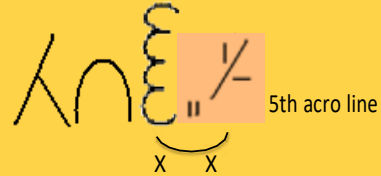
The maximum number of acro lines is 4.

Any difficulty in additional acro lines will not be counted for DV.

After the last counting acro line, acro elements can not receive DV.

But,

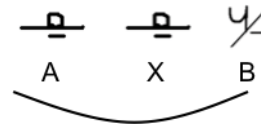
If gymnast performs dance elements in 5th acro line the element will not receive neither DV nor CV.



13.3 Composition Requirements (CR) - D- Panel 2.00

1- Dance Passage

An indirect dance passage can be used to fulfill CR #1. Example:



2- Salto with LA turn (min. 360°)

3- Salto with double BA

4- Salto forward and backward



To meet CR #2, 3 and 4 the saltos must be within a counting acro line.



One single element can fulfill more than one CR.

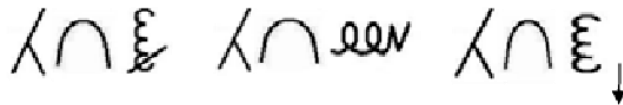
Examples

Eee

- Salto bwd
- Salto with double BA turn
- Salto with LA turn

Dismount

- With repetition of the same element:
 - Count only 7 elements
 - No deduction for no attempt to dismount
- Failure to land feet first on last acro line:
 - Count only 7 elements
 - No deduction for no attempt to dismount
- If a gymnast misses the last acro line and just runs backward, but has at least 2 acro lines:
 - Credit dismount of last acro line performed





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SECTION 13
Floor Exercise

The dismount is the last counting acro line - credit salto with the highest DV performed in the last acro line.



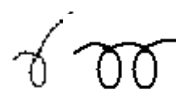


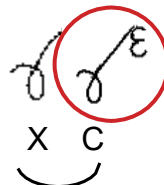

Dismount D-









Dismount D-




Dismount D-





Dismount C-

Dismount C-
 No DV for , but count the acro line
 can fulfill CR #2-salto with LA




Dismount B-

Dismount B-
 No DV for , but count the acro line

X (not landing on feet first)


13.4 Connection Value

In some Direct Acro and Mixed connections absorption will be permitted.




CV & DMT Bonus

Example 1

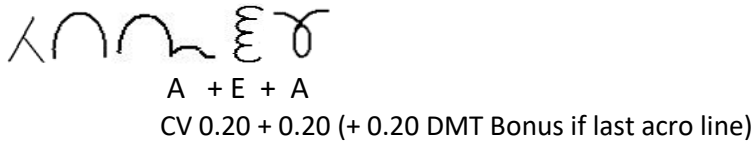

 Not landing feet first
 E + X NO DMT Bonus

❖ A bonus of 0.20 will be awarded for DMT with D value and higher.
 ❖ **In order to credit the Bonus, the last Acro Line must be performed without a fall.**

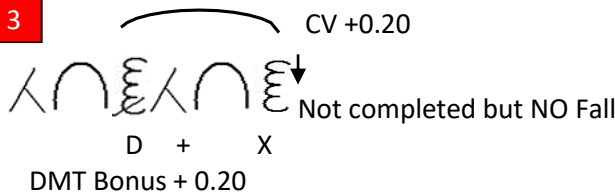
 If not completed; credit E-value because take off to another salto.



Example 2



Example 3



13.5 Artistry and Composition Deductions (E- Panel)



When the music stops but the gymnast continues to perform the entire routine then judges do not apply deductions related to the music.

Missing movement touching floor (including minimum trunk, or thigh, or knee or head).

- Element not necessary.



13.6 Specific Apparatus Deductions (E- Panel)



Excessive preparation.

- Excessive arm swing before dance elements.



If shoulder moves in same direction of the turn, then moves into the opposite direction of the turn then apply 0.10 deduction.

- **Adjustment (unnecessary steps): -0.10 each**

Consider adjustment if:

- There are simple step/s, or runs without stylized body and arm movement in relation to the music.
- Step/s backward or forward which are not needed in preparation for acro or dance elements.



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- Pause: -0.10 each

Consider **Pause** when gymnast is in the **Stationary position for 2 seconds**, without arm work or when the arm work does not demonstrate an expressive movement in connection with the style of the music.

Stationary position means when the gymnast stays on one or two feet (in relevé, or not).

Distribution of elements

Exercise starts immediately with an acro line/acro element: -0.10

Note: To avoid deduction, gymnast must move in the space (transverse movement). During weight shifting both feet should leave carpet (at the same time or alternatively), otherwise an introduction deduction will incur.



Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed): -0.10

Note: To continue choreography in the same direction of the first Acro Line would not be considered enough to avoid deduction.

Gymnast must show clear choreography (at least for short time) in opposite direction to the first acro line or sideways.



Choreography between two acro lines may include an element. But a single element is not defined as choreography, the element must be included in the choreography. There may be enough choreography between acro lines, but if the gymnast continues moving in the same direction, as acro line, there still will be a deduction for subsequent acro line.

Examples

- **Deduct 0.10:**

- 0.10 for subsequent acro lines (not enough choreography in between, only a pose).

- **Deduct total 0.20:**

- 0.10 for subsequent acro lines (not enough choreography in between).

- 0.10 for adjustment (simple steps in the corner to begin her second acro line).

- **Deduct total 0.30:**

- 0.10 for subsequent acro lines (not enough choreography in between).

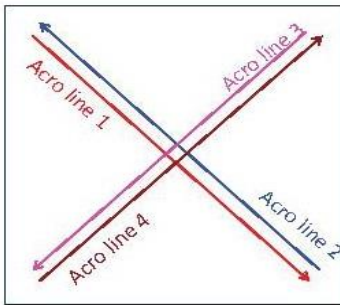
- 0.10 for adjustment (simple steps in the corner to begin her second acro line).

- 0.10 for lack of variety in choreography in the corners (same position as in the previous line).



-Distribution of elements

More than 1 Subsequent acro line: -0.10



Acro line 1 immediately followed by **Acro line 2**:

- 0.10 for “subsequent acro line” if not enough choreography

Acro line 3 immediately followed by **Acro line 4**:

- 0.10 for “more than 1 subsequent acro line” even if enough choreography

- If there is a fall on an Acro Line, and gymnast after the fall performs subsequent acro line: No deductions should be applied for: subsequent acro line, adjustment in the corner or pause
- If after the fall the gymnast moves to another corner and starts tumbling, all above mentioned deductions may be applied except for the subsequent acro line.

SECTION 13
Floor Exercise

Exercise ends with acro element (no choreography after last acro): -0.10

There must be a change of level or transition.



8.3 Table of General Faults and Penalties

Lack of balance

If the gymnast loses her balance after turn in squat position and continues to sitting or lying down positions – apply deduction 0.10/0.30 (lack of balance).



13.5 Composition Deduction E-panel

• **Poor choreography in the corner/ lack of variety: -0.10**

- The choreography in the corner must include amplitude, elongation of the movements combined with the music. The final position is at the moment when the gymnast finishes the choreography.
- In each corner a different leg/s final position is required.
- Only 1 time two feet (6th position).

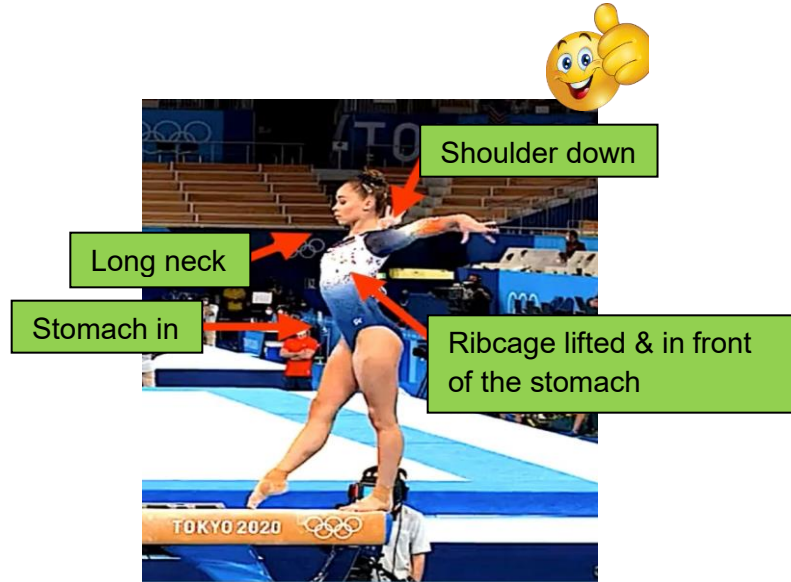




12.5 & 13.5 Specific Apparatus Deductions (E-Panel) - BB & FX

Artistry of Performance

- **Body Posture**



- Poor body posture (head, shoulder, trunk) - 0.10

- **Amplitude (maximum elongation of the movements).**



Insufficient amplitude -0.10



Elongation amplitude


- **Poor expressive engagement according to the style of the music: -0.10/ -0.30**
 - Gymnast should perform the exercise expressing personal characteristic & interpreting choreography according to music style, enriching the performance by her emotions.





Use the following link to have direct access to the presentation regarding “**Artistry explanation**”. <https://web-sts.com/Womens/JudgeInstructions/2022/FX/A/index.html>



GUIDELINE FOR ELEMENTS RECOGNITION

Element 1.101 

 ψ  Split leap and jeté en tournant (1/2 turn with take off from one leg into split leap):
Are the same element (#1.101)

Element 1.203 

Requirement: during the butterfly, the trunk must be parallel to the floor.





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