



WAG Help Desk

7^o Edition - January 2019

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, only the new information will be highlighted in green boxes.

Content:

Section 2-6	1
Section 7	8
Section 8	14
Section 9	26
Section 10	46
Section 11	55
Section 12	66
Section 13	74
Appendices	81

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

**"d) 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 before the first acro line the gymnast can restart the exercise, but if she has already performed the first acro line the gymnast must continue the exercise. 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 10.

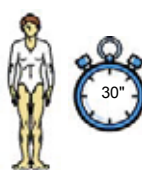
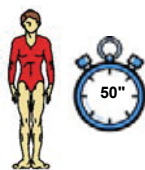
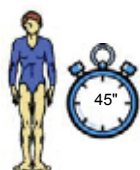
In mixed-groups the warm-up time belongs personally to the gymnast. The order of warm up should be the same as the order of competition."



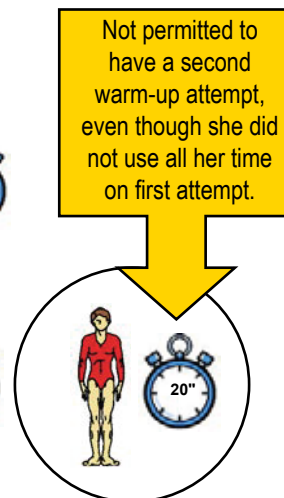
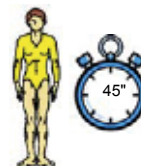
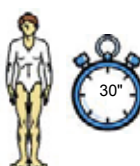
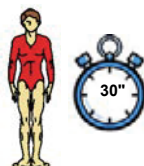
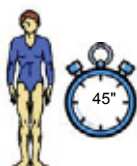
UB, BB: Each gymnast may decide to use all her time or less, but she will have only one chance to warm up.

Example of warm up of mixed group on UB:

OK



Not permitted





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

"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

"b) 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, there must be covered by nude fabric, non transparent.



Incorrect



Incorrect

"e) 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).

"f) They must wear a national identification or emblem on the leotard/unitard in accordance with the most recent FIG Publicity Rules."

Recommendation: to avoid any confusion, or application of deduction during competitions the WTC recommend that the gymnasts of Federations wear the national emblem even if it is embedded in the fabric.



3.1 Rights of the Coaches

“j) 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 contents 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 following forms to:
 - Submit new elements or vaults (see Appendix 5)
 - Request to raise bar rails (see Appendix 6)
 - Submit competition order (see Appendix 7)
 - Inquiry D-Score (see Appendix 11)
 - Permission to remove start number
 - Review of Time/Line deductions, etc.
- Transportation
- Accommodation
- Medical information
- Media



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

4.1 The President of the WTC or her representative

"k) 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

"b) 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

1	Correct					
2	ID Event	Discipline	ID Judges	Judge LASTNAME	Judge Firstname	Judge Position
3	XXXX	x	123	Lastname	firstname	D
4	XXXX	x	123	Lastname	firstname	A
5	XXXX	x	456	Lastname 2	firstname 2	ToF
6	XXXX	x	456	Lastname 2	firstname 2	ER
7	XXXX	x	789	Lastname 3	firstname 3	S
8	XXXX	x	789	Lastname 3	firstname 3	CJP
9	XXXX	x	159	Lastname 4	firstname 4	E
10	XXXX	x	159	Lastname 4	firstname 4	L
11	XXXX	x	159	Lastname 4	firstname 4	D
12	XXXX	x	159	Lastname 4	firstname 4	A

Judges' database

14th cycle (01/01/2017 - 31/12/2020)

WAG - Women's Artistic Gymnastics

Category	1	Valid Until	31/12/2020
----------	---	-------------	------------

13th cycle (01/01/2013 - 31/12/2016)

WAG - Women's Artistic Gymnastics

Category	1	Valid Until	31/12/2016
----------	---	-------------	------------

Date	Event	Level	Group	Position
21/08/2016	(6405) Games of the XXXI Olympiad RIO DE JANEIRO (BRA)	Olympic Games	1	D AS
01/05/2016	(14366) World Challenge Cup 2016 OSIEK (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



“f) Adhere to any special organizational or judging related instruction given by the governing authorities (i.e. Scoring system instructions)”

At FIG competitions each E/R-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.



“g) Attend podium training (compulsory for all judges)”

Purpose of podium training is to discuss or clarify criteria between D-Panel judges and Apparatus Supervisor. E/R-Panel judges must also attend.

Also, judges and the WTC can see new elements or connections submitted and verify the request for raising UB rails.

During the competition judges must

“a) Behave at all times in a professional manner and exemplify non partisan ethical behavior.”

NOTE: Refer to “FIG Judges’ Rules” (current Edition)”



Judges' Evaluation will be made at all 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 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.



6.3 Short Exercise

D Panel take 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.

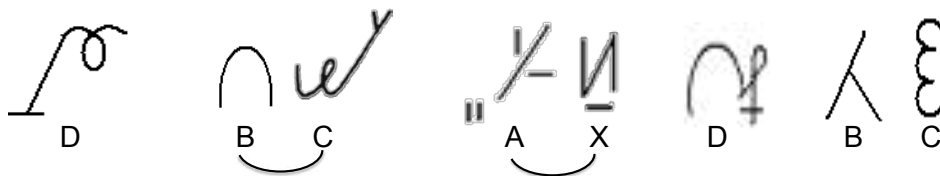
Example: 10 acro (including DMT) + 1 dance = count 6 elements for D score, but no deduction for Short Exercise.

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 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.

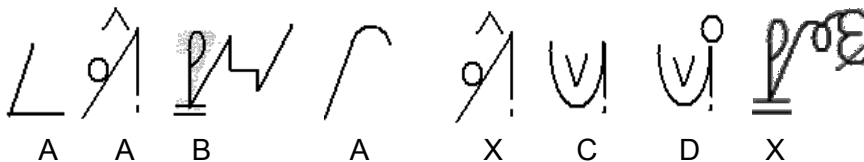
Example



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

Elements to consider for 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 consider for 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: 2D, 2C, 1B – Total 5 elements for DV

Elements to consider for Short Exercise: 7

The acro elements can count for Short Exercise

Application of deduction for Short Exercise

D-Score: **0.70**

DV: 0.70

CR: 0.00

CV: 0.00

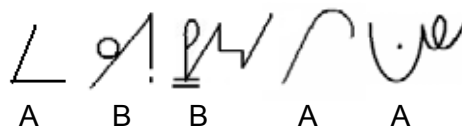
E-Score: **7.90**

(ded. 2.10)

Total: **8.60**

Short Ex. ded **-4.00**

Final Score: **4.60**



If the vault or exercise is not attempted at all the gymnast will receive no score or ranking.

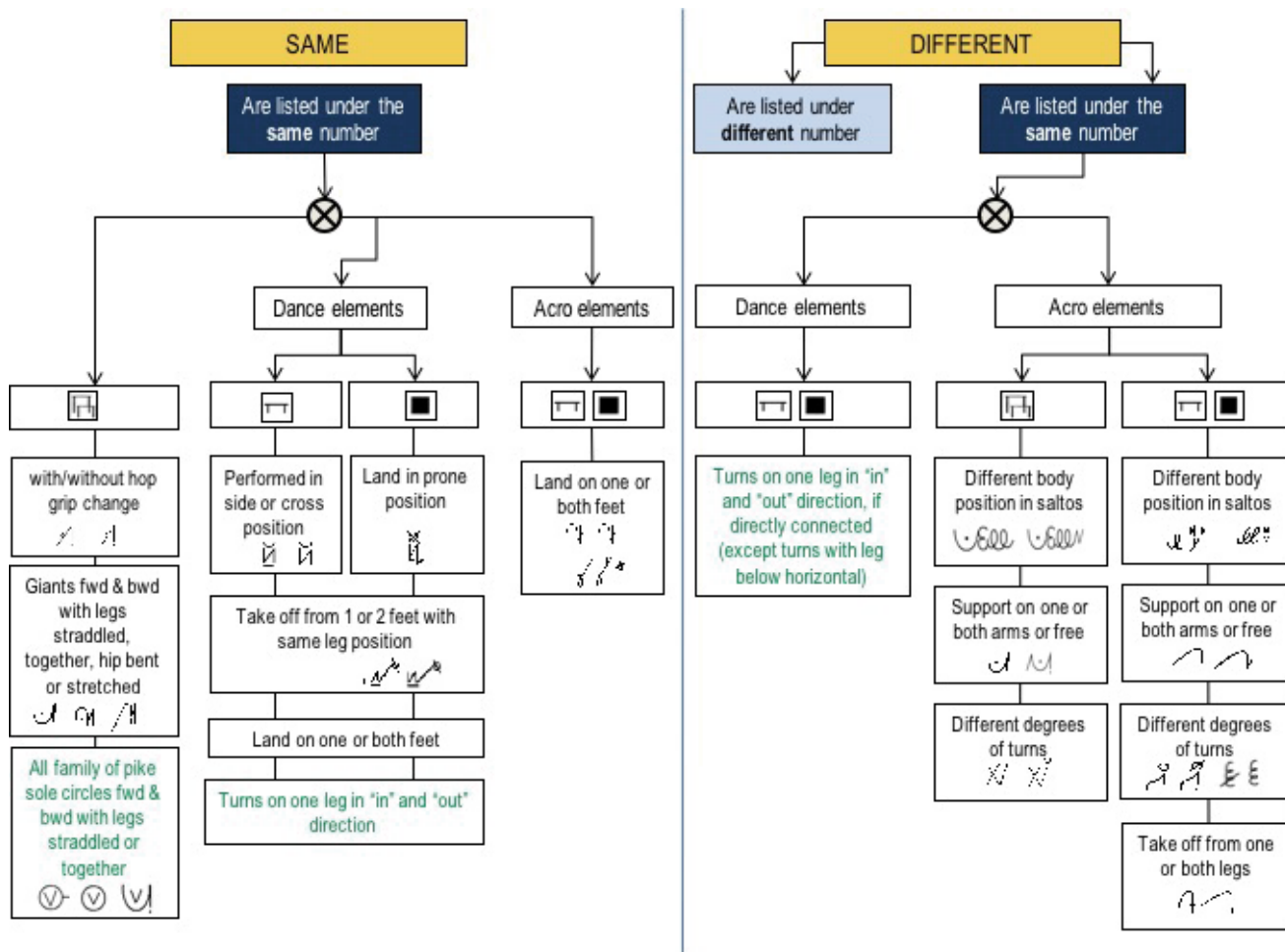
- No attempt means: the gymnast does not present on the podium or presents touching springboard or apparatus



7.2.1 Recognition of DV of elements

Principles

Recognition of the Same and Different Difficulties





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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 turns)

E

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 hdst)

C
(Do not finish in hdst)

D

C
(Do not reach hdst)*

C
(Do not reach hdst)*

D

C
(Do not reach hdst)*

***Do 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)

E

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



7.3 Composition Requirements (CR) 2.00 P.

"a) 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)

"b) 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 elements1 being salto) and CR#4 (acro element bwd)

But
BB: Elements can not 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

7.4 Connection Value (CV)

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

A C C C A A D B D D E A
0.10 0.10

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).

"d) Devalued Elements may be used for CV."

Example

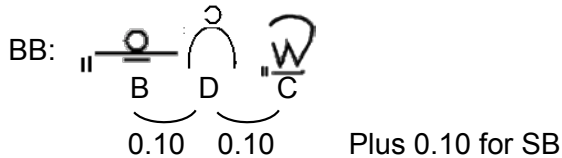
D D
0.10



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

- "f) With the direct connection of two 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



7.4.1 Direct and Indirect Connections

Direct Connections are those where elements are performed without:

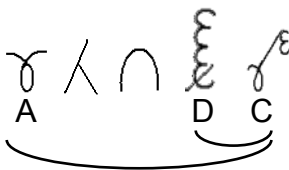
"a) stop between elements"

"e) obvious leg/hip extension on 1st element before takeoff for 2nd element"



"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 favor of gymnast.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

"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

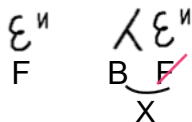
BB: or

or

7.4.2 Repetition of elements for CV

"a) 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



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

UB: 0.10

BB: 0.20

BB: 0.10 (SB)

BB: 0.10

Dance elements can not be repeated, except turns in "in" and "out" direction, according to Art. 7.2.1, g) of the CoP

FX: 0.10

• 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)



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

"c) 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."

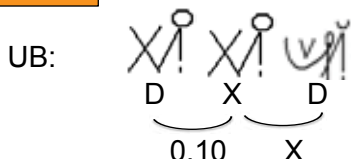


If same elements on UB are **non flight** or acro elements on BB/FX with flight have **hand support**, the repeated element cannot be used for subsequent CV.

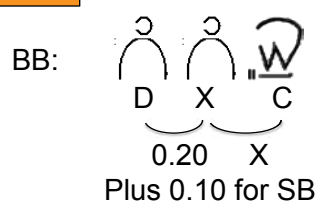
SECTION 7

Regulations Governing the D- Score

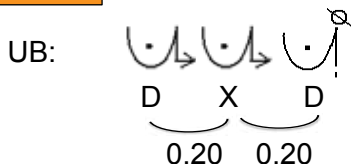
Non flight



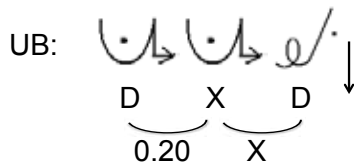
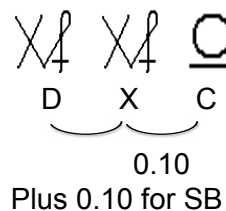
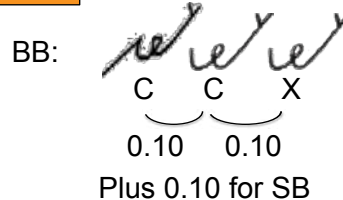
Hand support



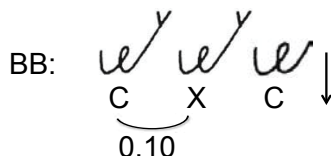
Flight



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

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



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

• Failure to maintain stretched body posture: 0.10 / 0.30



Example
-0.30





• **Attempt without performance of an element: 0.30**

Example

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

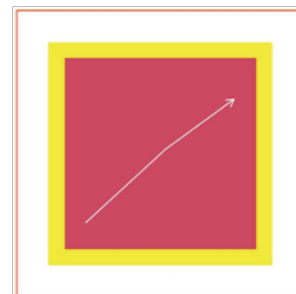
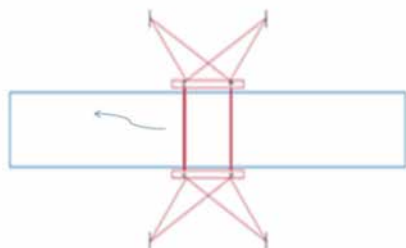


FX: When a gymnast attempts an acro line but performs at least one element do not apply deduction for "Attempt without performance of an element", only landing deductions.

• **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**



Non perfect stretch position in saltos
– 0.10



For dance elements, if there is deviation from element's description, apply deduction for failure to fulfill technical requirements (body shape).



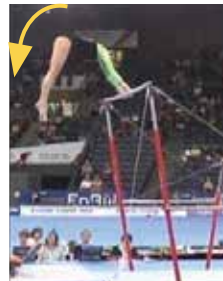
Specific for UB: 0.10 / 0.30



- 0.10



- 0.30



Swing downward from handstand has no deduction for body alignment.

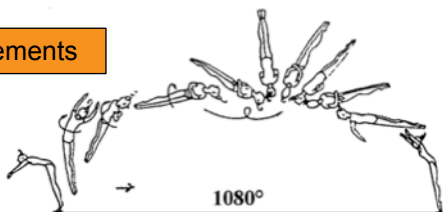


SECTION 8

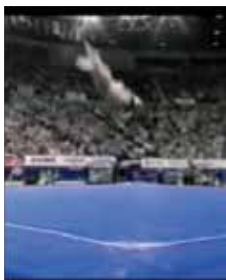
Regulations Governing the E-Score

- 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



- Failure to fulfill technical requirements in dance elements (body shape): 0.10 / 0.30 / 0.50

Dance elements



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



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Dance elements



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



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

• 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

• Lack of balance: 0.10 / 0.30

- Slightly: 0.10
- Head at hip level or multiple slight movements: 0.30



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



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

- Extra steps, slight hop: 0.10
- Very large step or jump (more than 1 meter): 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 of 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.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

Vault

Example

If a gymnast lands salto and then immediately rebounds into front salto to stand: This will be considered a fall (1.00)

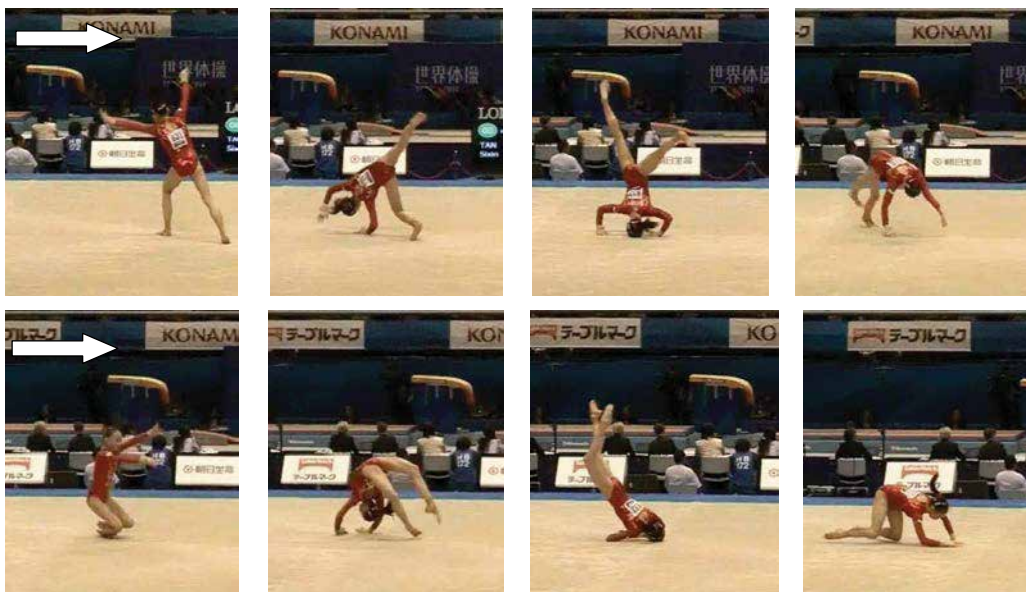
- No additional deductions for the salto after landing will be applied.



Floor Exercise

Example

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



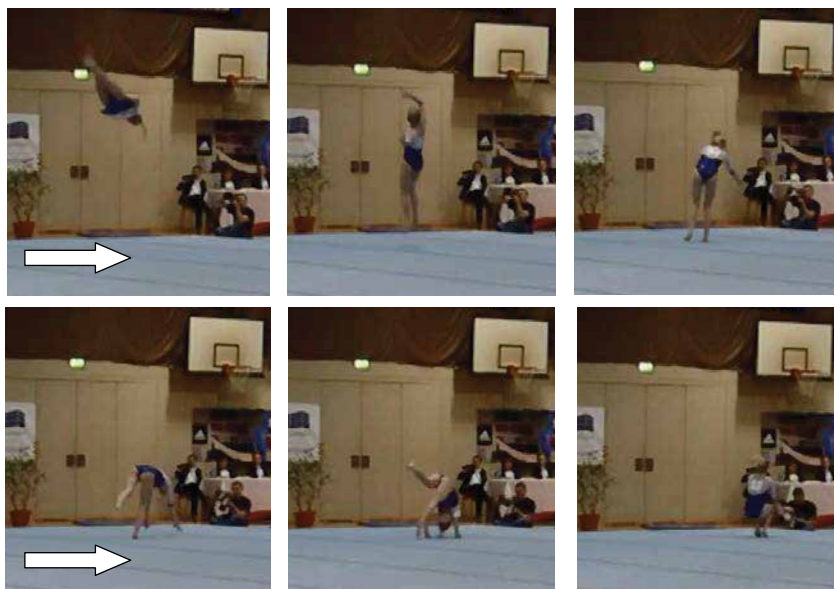
SECTION 8

Regulations Governing the E-Score

Example

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

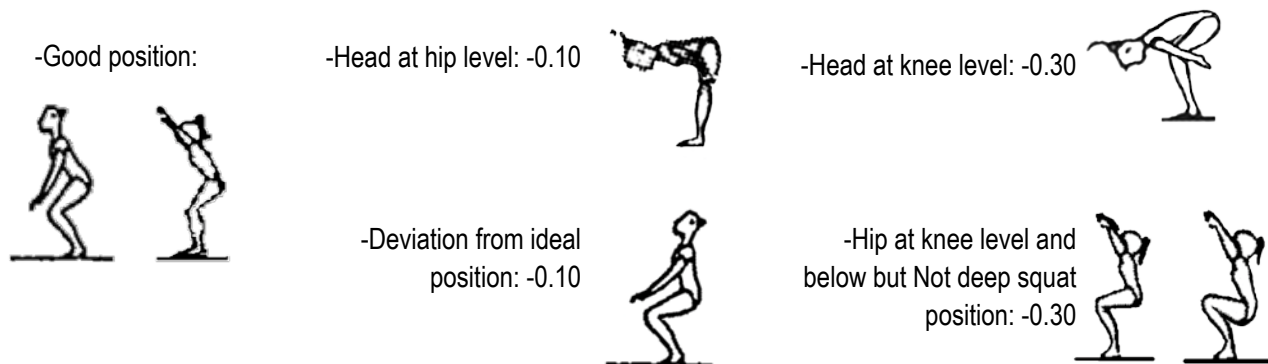
- No additional deductions for the roll after landing will be applied.





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

• Body posture fault: 0.10 / 0.30



SECTION 8

Regulations Governing the E-Score



Note that the deduction for "*Brushing/touching apparatus/mat, but not falling against*" does not exist anymore

Examples:

- VT** – Gymnast lands in deep squat and touches mat with leotard (not support): 0.50 for deep squat + steps (maximum 0.80 for landing deductions) + other deductions (distance, etc.).
- UB** – Gymnast lands, steps uncontrolled toward UB apparatus and brush an upright of the base or brush mat with hand (not support): landing deductions and maybe deduction for dismount too close to the apparatus.
- BB** – Gymnast lands from front tuck salto on the beam but touch/brush the beam in front with hand (no support on beam or grasp beam): landing deductions (position on landing, step, etc.).
- FX** – Gymnast lands low from double pike salto backward and brush floor with hand (not support): landing deductions (body posture on landing, step, etc.).



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 head touching floor).

In all these cases only deduct for a fall.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

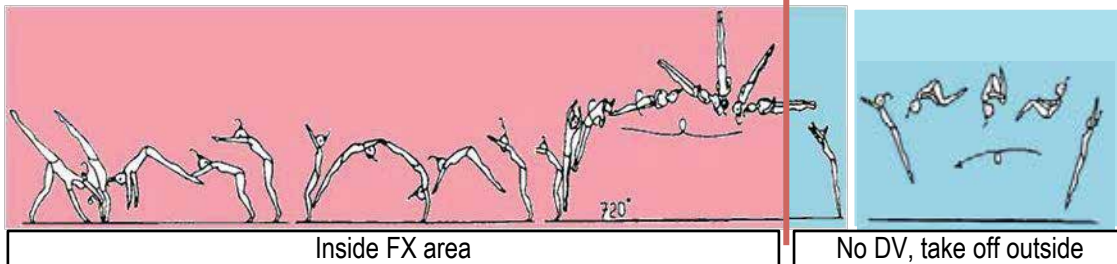
Deductions by D– Panel Judges (D¹ & D²)

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

Example

Λ η ε τ

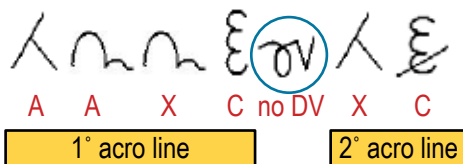
Salto backward with 2/1 twists, land outside border marking and follow with front tuck. Front tuck will not receive DV (take off outside) and this element can not be considered for CR#2 (salto forward). Also 0.30 deduction for landing outside border marking from salto with 2/1 twists (Line judge).



- 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 receive 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 (D Panel)
- 1.00 for coach assistance (D Panel neutral deduction)
- No deduction for fall (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.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

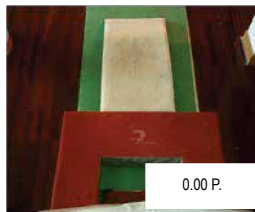
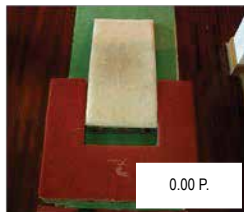
Spotting assistance on BB or FX:

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 (D Panel)
- 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). May be also used on UB & BB.

- 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 (mounts without run only), 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.

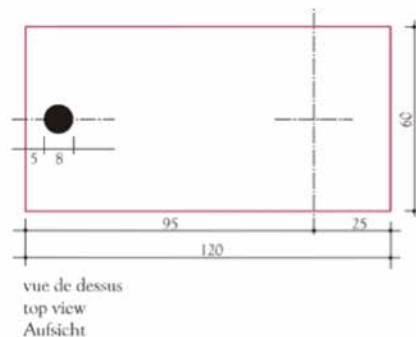
Example: *POE*



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

- **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.



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 & Juniors Individual Event 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 less than three 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 straight

- 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 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.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

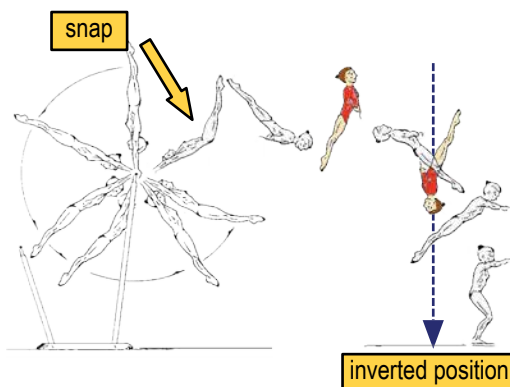
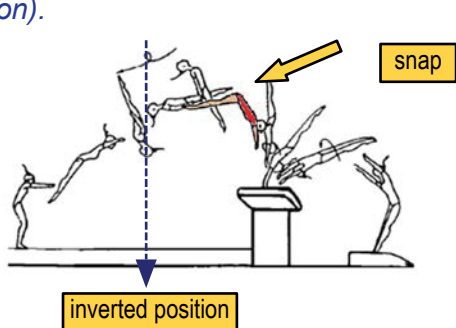


Requirements stated in Section 9 are guidelines for ideal performance of the element.

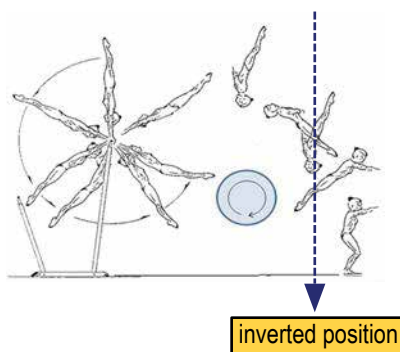
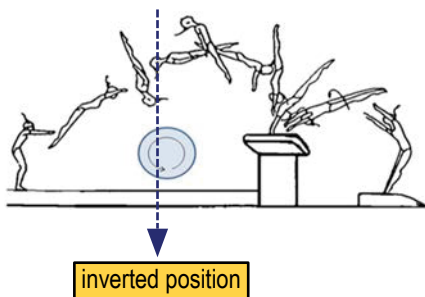
STRETCHED POSITION (VT, UB)

Stretch 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.



UB flight elements in stretched position

Element #3.608

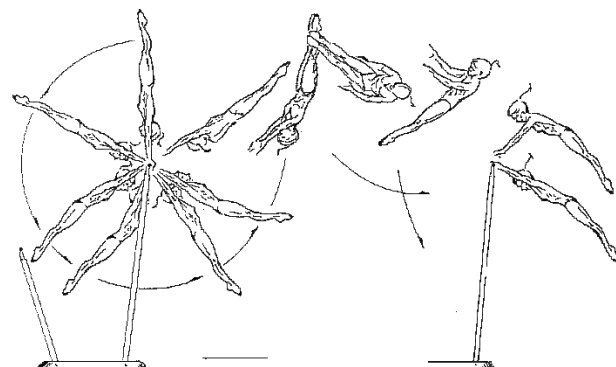


Entire body must rotate in stretched position (all body parts in rotation) – feet are pointing to the bar (hips higher than feet). Before grasping the bar the gymnast may close the hip angle.





Element #3.505

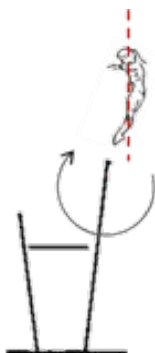


- Stretched (hollow) position must be maintained until approximately the head up position.
- Before grasping the bar a hip angle is permitted.



After release the bar, must show a complete open hip angle in the inverted position.

Element #5.710

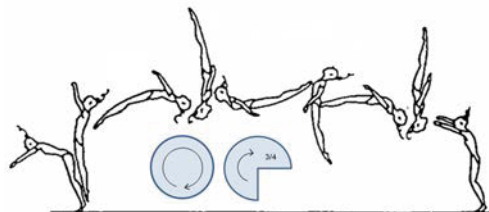


- Maintain the stretched position passing the bar, feet moving under the hips.
- The centre of gravity has to raise.



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.



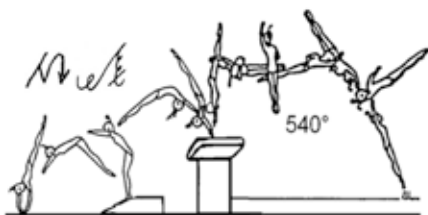





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

9.1.2 Landings from saltos with twists

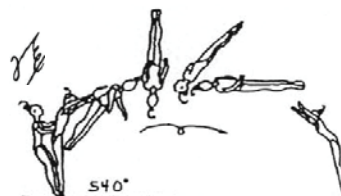
Elements with twists must be completed exactly or **another** element will be recognized. Placement of front foot is decisive when awarding DV.




Example



- If landing  = *Nwe*
- If landing  = *Nwe* -0.10 for precision
- If landing  = *Nwe* -0.10 for precision

Example



- If landing  = *ye*
- If landing  = *ye* -0.10 for precision
- If landing  = *ye* -0.10 for precision



Always credit DV in double saltos with twist (no devaluation). If twist is not completed exactly apply 0.1 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.

- Nwe* → *ye* Not devaluated, if next salto begins rotation. If *Nwe* does not land on feet first, give DV to *ye* even if twist was not completed.
- Nwe* → *ye* Must be completed exactly if last salto.
- Nwe* → *ye* Must be completed exactly because 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.



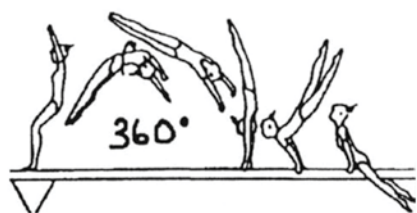
Evaluation: Credit E- to the triple twist, even if the salto forward does not land on feet first, but the BA rotation was initiated.
No DV, no CR to the salto forward and no CV to the connection.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

12.7 Specific element on BB (back handspring 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

9.2 Turn recognition in dance elements

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

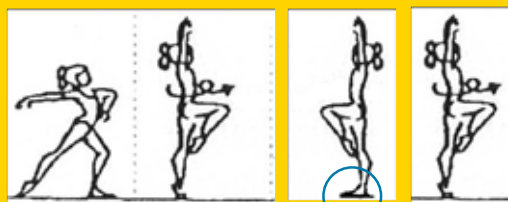
9.2 b) BB & FX: Turns on one leg

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.

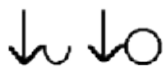
Example



The turn is finished at 180° because the heel dropped.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020



Dropping 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.



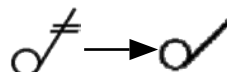
If gymnast places hand on floor, the turn will be considered finished.

BB: Turn on one foot with free leg held bwd with both hands. (#3.403)



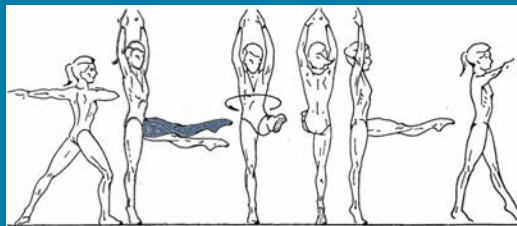
If free leg drops before completing the turn, but is maintained above horizontal, recognize as #3.302 element (DV C-).

Same principle applies for turns with free leg held upward in split position.



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

Example



Free leg is not maintained in the specific position throughout the turn, therefore can not be considered

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).



"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.



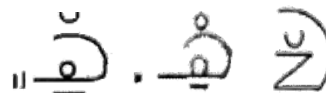


THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

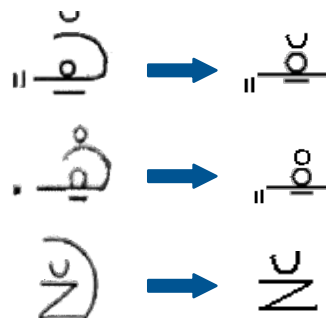
9.2.2

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

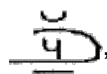
- For these elements, the turn should be performed after ring position is shown.



- If not, the element will be considered as with no ring position. Therefore:



- Only split leap with 1/1 turn with "tour jeté" technique can show the ring position after 1/2 turn.



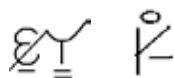
9.2.3 Split Requirement

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": 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.
- Body shape deduction considers the errors for
 - Lack of split
 - Bent legs
 - Toes not pointed
 - Specific Element requirement

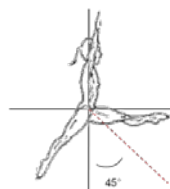


Deductions for precision, landing and height are in addition to Body Shape deductions.

Split leap with leg change



Requirement:
free leg swing min. 45°, 180° split of legs, swing leg must be stretched.



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.

"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.








Additional Execution faults (Sec. 8) may be applied in addition to **Body Shape** deductions of each element.

Ring Leap/Change leg Ring Leap (with/without turn)




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

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





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Sheep Jump

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

Ring Jump

- Ring jump lands on one foot.

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



All ring leaps/jumps can be performed with back leg bent or straight.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020



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

Tuck Jump with/without turn

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

Wolf Jump with/without turn

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



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Straddle Pike Jump with/without turn

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

Cat Leap with/without turn

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



When cat leap with 1/1 turn



has more than 135° hip angle, consider



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Principle: Due to technical failure some elements may be considered a different element or do not receive any DV at all 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		
	With <135° split		
	Swing leg is bent		
	No ring shape No arch and release of head		
	No arch and release of head		
	No arch and release of head		
	No arch and release 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		

SECTION 9 Technical Directives



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

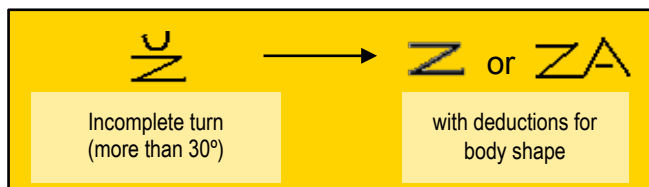
Examples





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

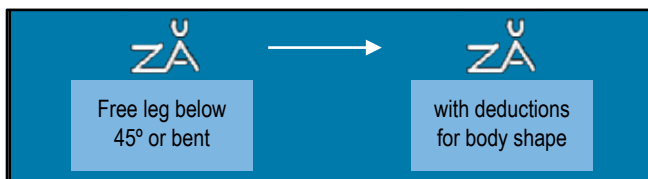
Principle: Some elements require to swing a straight free leg at minimum 45° before change of leg. If leg swings less than 45° or leg is bent, apply deductions for "body shape".



If a gymnast does not complete ½ turn - consider switch leap or Johnson if **shows clear straddle position** (BB: 2.305 or 2.306 / FX: 1.205 or 1.204) and apply deductions for "body shape".



If a gymnast completes a ½ turn, but her free leg swing is less than 45° or is bent – credit the DV and apply deductions for "body shape".



Principle: For recognition of different dance elements it is important to differentiate between cross split and side split positions.

- Elements with cross split and side split are considered different, but will receive DV only one time if they are under the same number.



Cross split



Side split



Principle:

- Performing dance leap with developpé technique does not make an element different, except on BB for elements 2.101 () and 2.201 ().
- Developpé technique may be used also for ring leaps.



Same element on FX
Different element on BB





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

- 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



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

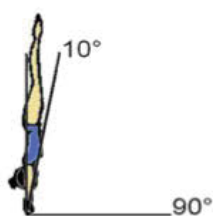
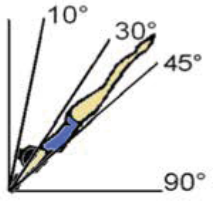
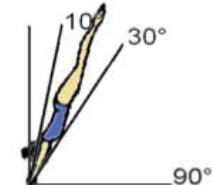
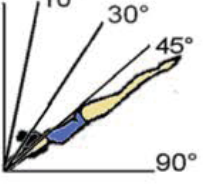
When one leg is in cross split and the other in side split, recognize as switch leap (with or without turn).

- and are different elements.
- FX: and are same elements.
- FX: and are same elements.
- and are same elements. Straddle and side split is considered the same leg position.
- Diagonal or horizontal leg position on elements and is acceptable. Therefore, no deduction for incorrect leg position will be applied.
- Depending on the technique used for split leap with 1/1 turn , for missing degrees of turn element can be considered as Tour Jeté , landing on 2 feet.
- If free leg is never at horizontal, but the 1/1 turn is completed, consider element 1.210 .
- Element 1.409 must follow the requirements of ring leaps (Section 9). If turn is completed but back foot is at shoulder height and/or front leg is below horizontal recognize as 1.409 and apply deductions for "body shape".
- If turn is not completed on , consider element 1.209 .



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

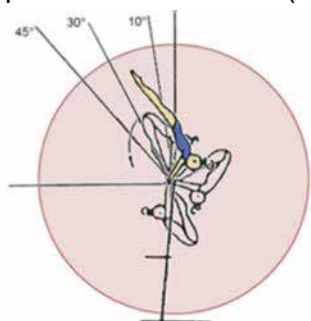


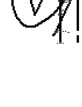
9.4.1 UB - Cast to Handstand

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



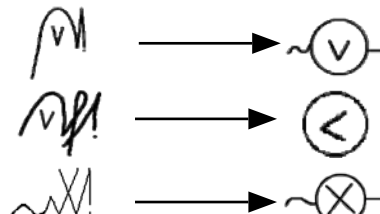
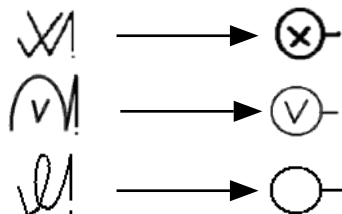
- The principle of devaluation does not apply to 
- If  do not reach 10° before the vertical (not passing above the bar) and are followed by an element, consider them as "empty swings".
If these elements do not reach 10° before the vertical (not passing above the bar) and gymnast falls, no DV will be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



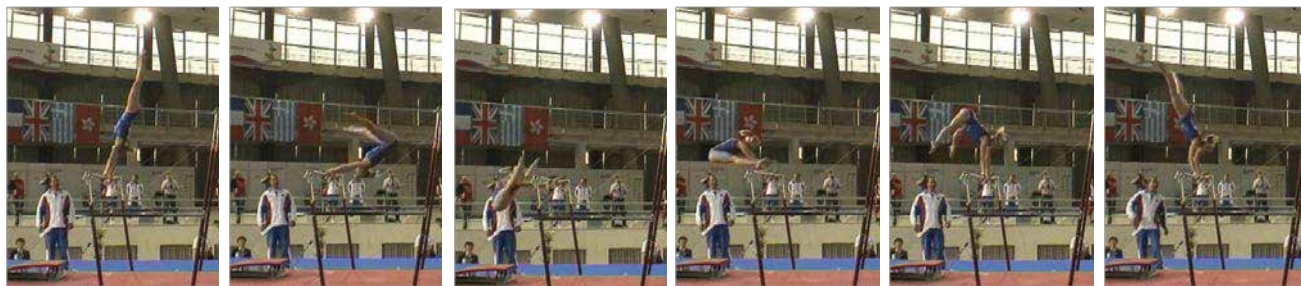
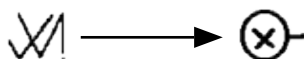


THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

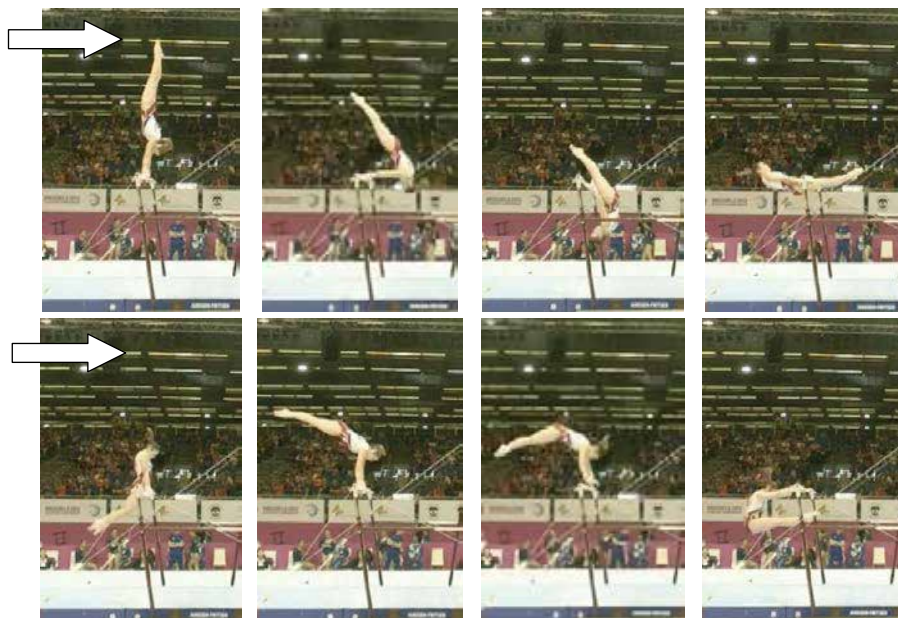
- If the following elements () do not pass through the vertical axis (above the bar), but show support (**shoulders of at least 45° from vertical**), consider DV A- (element from COP), with no deduction for angle of completion of element. The A- element can fulfill the CR #3 - Different grips.



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-

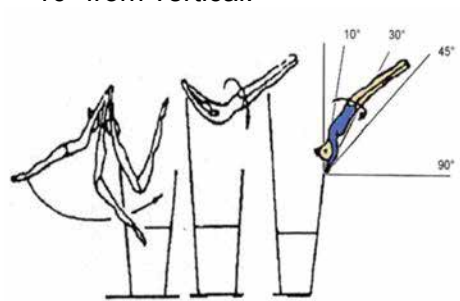




THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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.



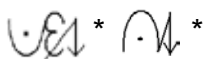
D- Panel

D to C
D to C
C to B

E- Panel

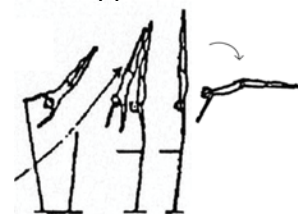
Deviation from handstand,
passing vertical:

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



- 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 but falls after passing the LB (outside the bars), DV still 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: Circle elements without turn and Flight elements from HB to Handstand on LB.*




9.4.3 Swings

Elements with turns that

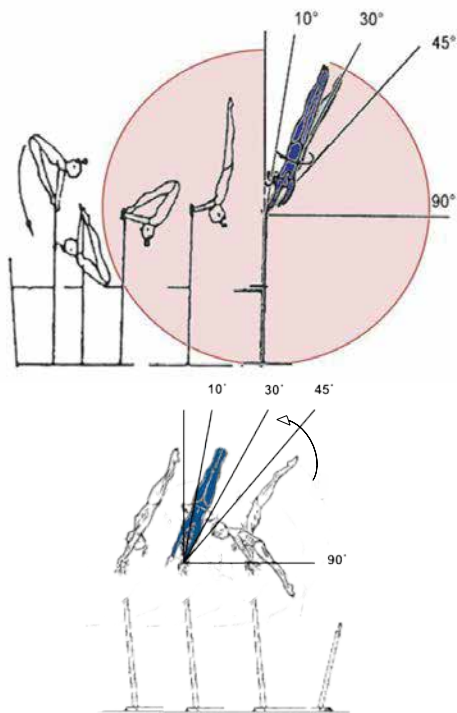
- do not reach handstand
- do not pass through vertical and
- continue movement after turn in opposite direction

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".



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020



D- Panel	
C to B	D to C
C to B	C to B
D to C	C to B
D to C	D to C

E- Panel	
----------	--

If turn finishes:

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

Example



For evaluation of **Angle of completion** of circle and swing elements, the turn is considered finished when the gymnast grab 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.

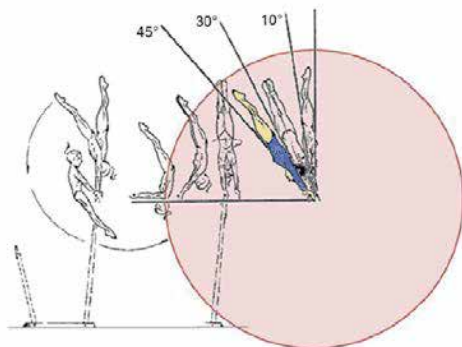




THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

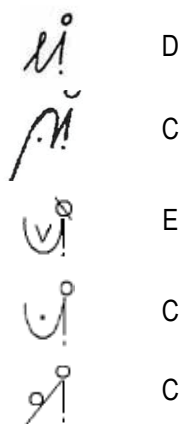
This principle applies to circle elements and casts with turns completed within 10° from vertical (either side)



D- Panel

E- Panel

Example

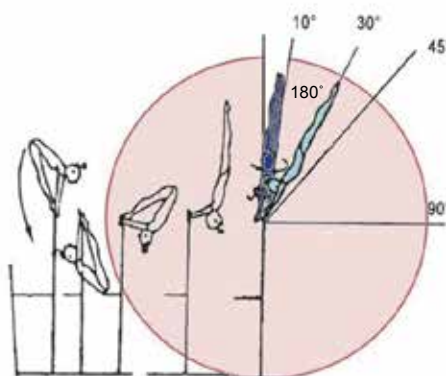


If turn completed at:

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



SECTION 9
Technical Directives



- 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 - two vault attempts permitted
- Qualification for Individual Event Finals – maximum 3 attempts
- Individual Event Finals for Juniors - maximum 3 attempts

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



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.






THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020




When 2 vaults are required

SECTION 10 Vault

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

10.4 Requirements - Apparatus finals

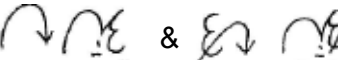
- The gymnast must perform 2 vaults, which will be averaged for the Final Score.
- The two vaults must be from different Vault Groups
- Must show a different 2nd flight phase

Example 1

Different group
Different 2nd flight phase

Example 2



Same group
Different 2nd flight phase

-2.00 from second vault

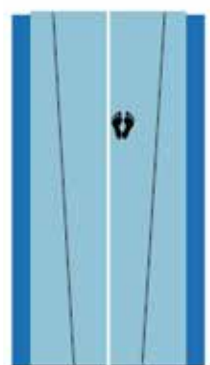
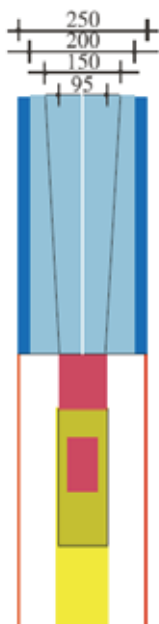
10.4.1 Corridor Markings

- 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.*

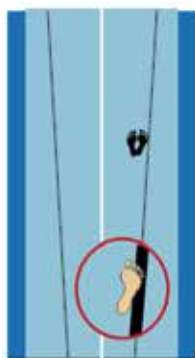


THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

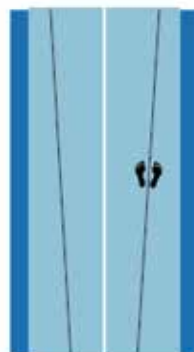
SECTION 10 Vault



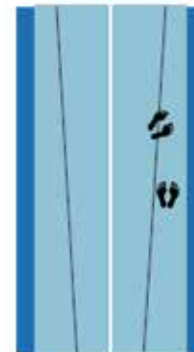
Close to center line & no step outside: No deductions



-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.



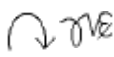
10.4.2 Specific Apparatus Deductions (D Panel)

In the **Qualification for Individual Event Finals** (provided gymnast registered for two vaults) and in the **Individual Event Finals**:

- 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 Individual Event Finals or Individual Event Finals

Example

1st vault



13.400

2nd vault

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

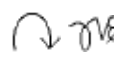
Final = DNF (Did not finish)

1st vault

Invalid: "0"
- Vault without a support phase

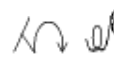
Final 13.200/2 = 6.600

2nd vault



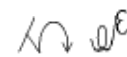
13.200

1st vault



13.000

2nd vault



"0"
Repetition of 1st vault

Final 13.000/2 = 6.500



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

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

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 not clear contact of 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 degrees of LA turn

Group 3. 1/4 (90°) to 1/2 (180°) turn in First Flight Phase is permitted.

- If the gymnast does not repulse sideways (the reference are the shoulders), then consider another vault.



No deduction



Consider forward entry if shoulders are forward



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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 1



OK - No deduction



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



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

Group 4 with 3/4 (270°) turns

Example 2



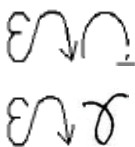
OK - No deduction



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

Group 1 and 2 with 1/1 (360°) turns.

Example 1



OK - No deduction



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



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



-0.50 ($> 90^\circ$)



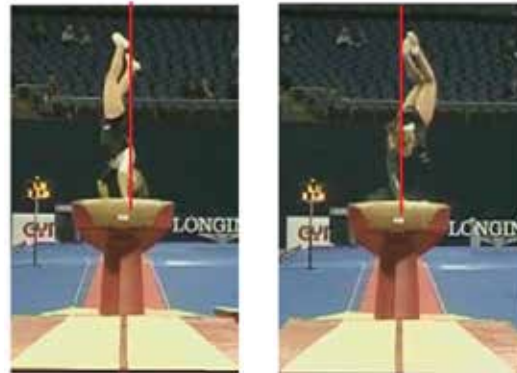
THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Repulsion Phase

- Failure to pass through vertical: 0.10

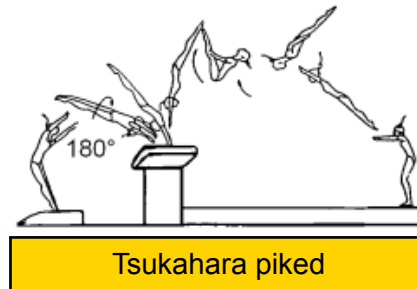
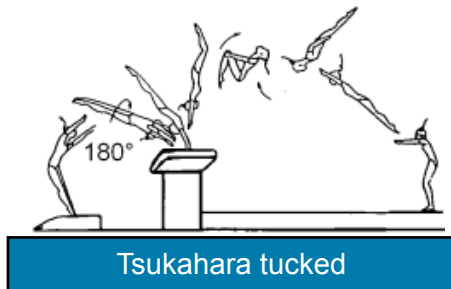


Vertical from front view of the Table.



Second Flight Phase

- Body position in backward saltos

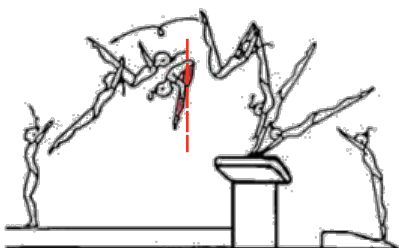


- If more than 135° knee angle - Tsukahara tucked becomes Tsukahara piked with deduction for slightly bent legs (-0.30 when knee angle is close to 135° or -0.10 when legs are almost straight).
- If No Hip angle, but bent knees - Tsukahara Tucked becomes Tsukahara stretched with bent legs (0.10 or 0.30 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).



Recognition of piked saltos:

If gymnast in inverted position shows bent legs 135° and less - consider salto tucked.



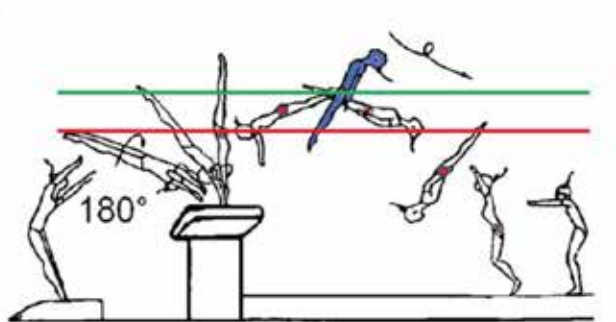
Tuck



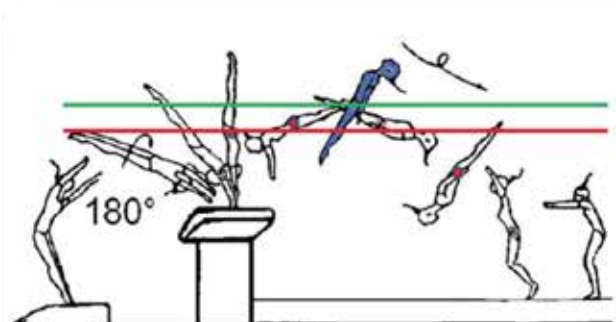


THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

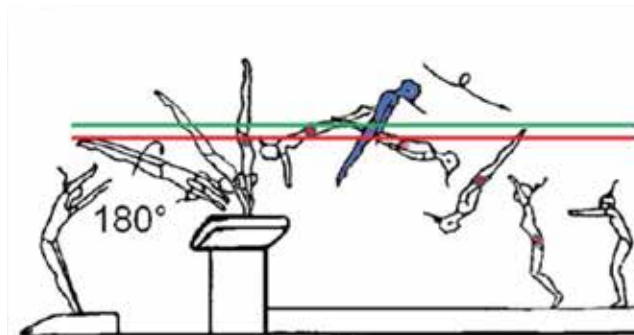
- Height: 0.10 / 0.30 / 0.50



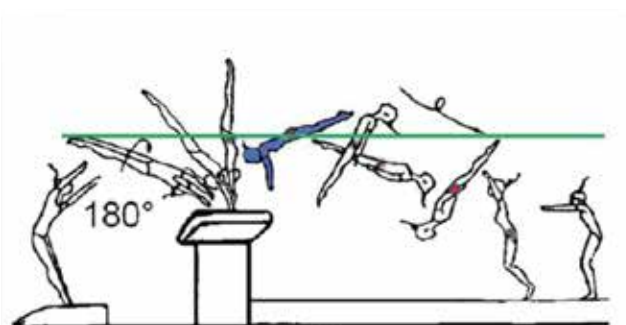
No deduction



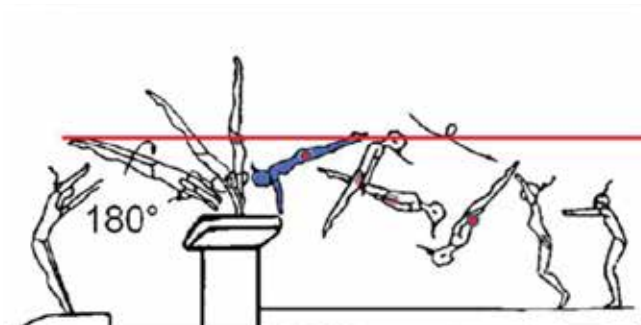
- 0.10



- 0.30



- 0.50



- 0.50



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

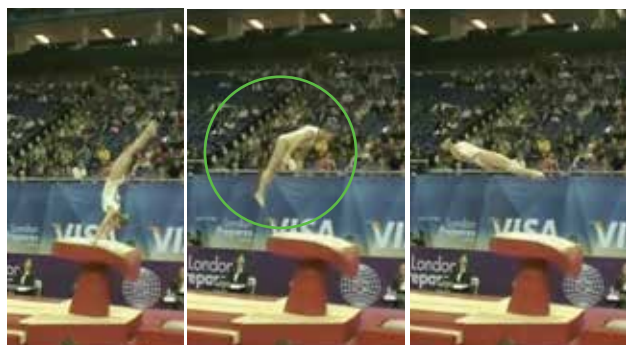
Second Flight Phase

- 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

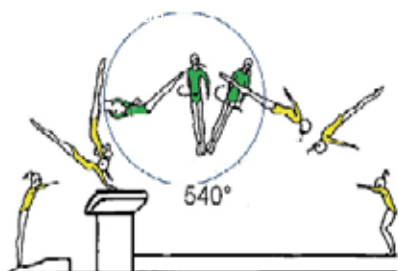
SECTION 10
Vault



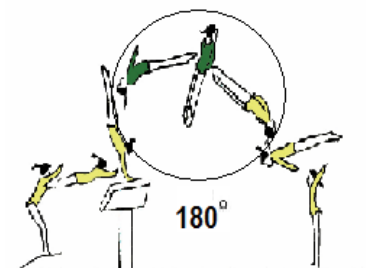
Guideline for recognition of:

- Salto forward stretched with LA turn (see picture #1 and #2)

A "snap" (hollow or slightly piked body position) immediately following the repulsion is biomechanically acceptable.



#1

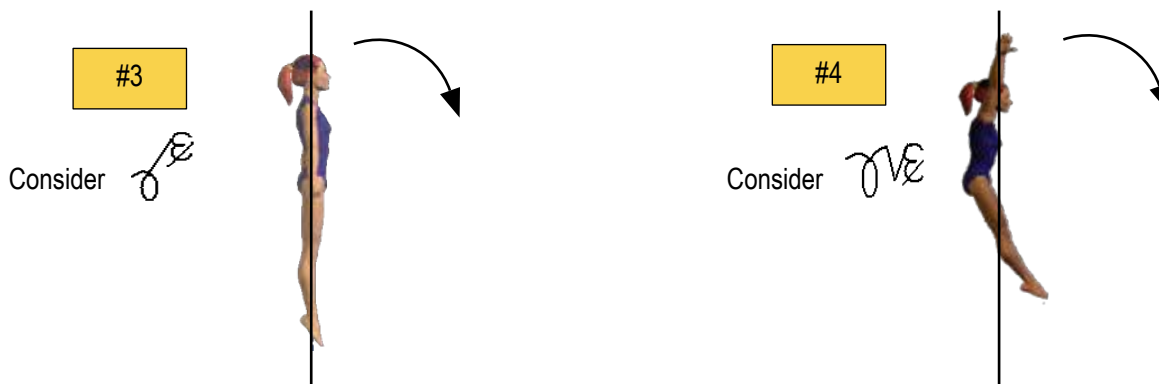


#2



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

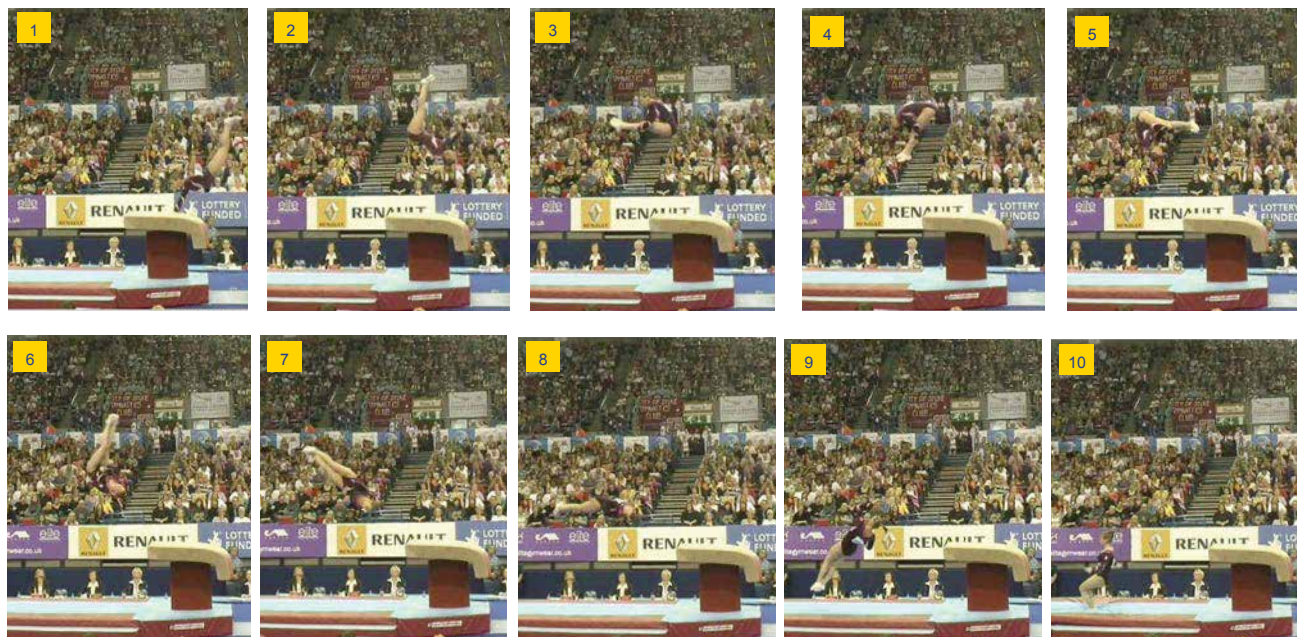
- After the repulsion, if the stretched position is maintained by the vertical, consider salto forward stretched with **1/2 LA turn**. See picture #3
- If there is flexion of the hip joint by the vertical, consider salto piked with **1/2 LA turn**. See picture



SECTION 10 Vault



Guideline for the recognition of forward salto piked vaults with 1/1 or more LA turn:
2nd flight phase - If the execution of the LA turn begins near the end of the execution of the pike salto, recognize piked salto forward vault.

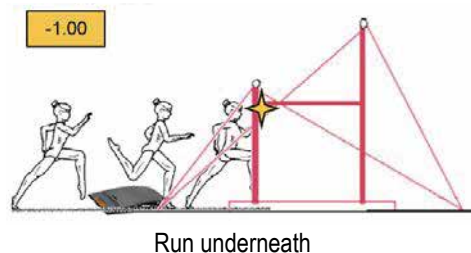
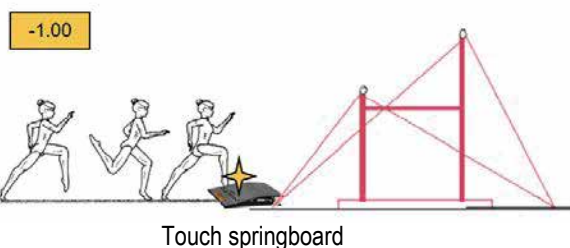




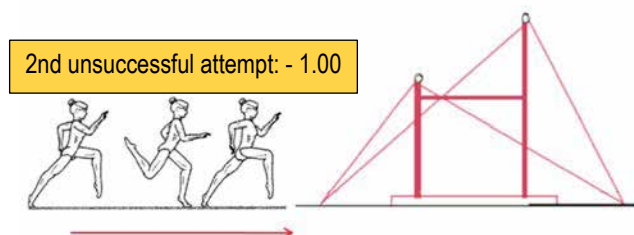
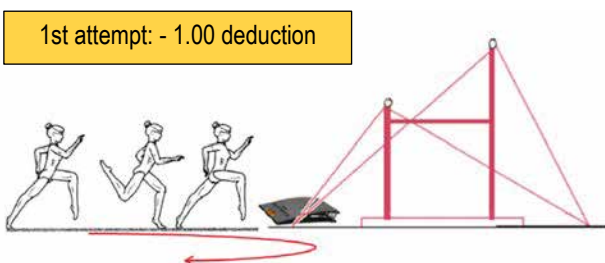
11.1 General

a) Mounts

- A second run approach for the mount is NOT permitted (deduction of 1.00) if the gymnast on her first attempt has touched the springboard, the apparatus, or run underneath the apparatus (balk).
- Run approach with touch of springboard or UB without mounting: - 1.00 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) if the gymnast on her first attempt has not touched the springboard, the apparatus or run underneath the apparatus (balk).



Gymnast must begin the exercise and first element will not be considered as a mount but as an element within the exercise.

2.4 Regulations for Gymnasts, Penalties

"Gymnast runs under the LB to perform mount after acknowledging the D-Panel: -0.30"

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

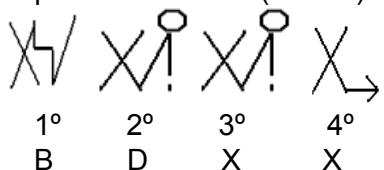
Different root skill		
Different direction	Different grips	
 and 	 and 	 and 
 and 	 and 	 and 
Same root skill		

Same root skill

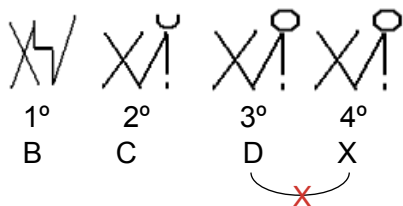
Same entry, same direction and same grip



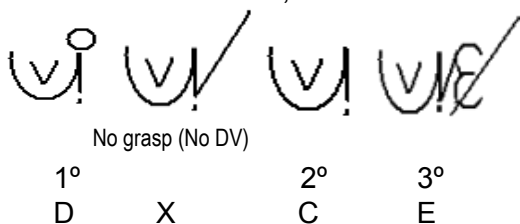
► Repeated elements (No DV) will be counted for the number of root elements.



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



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



No grasp (No DV)

1° D 2° X 3° C 4° E



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

11.3 Composition Requirement (CR) - D-Panel 2.00

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



Element 1.103 can not be used for CR of flight on the same bar. Has counter flight but not over the bar.

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

Example

Handwritten examples of different grips: $\text{J} \& \text{W}$, $\text{X} \& \text{M}$, $\text{J} \& \text{M}$, $\text{M} \& \text{M}$

Yes

Handwritten example: $\text{X} \& \text{M}$

No (2nd element is DMT)



This type of elements may fulfill different grip requirement.



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

YES: If performed with reverse grip

NO: If performed with regular grip



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

Example

Handwritten examples of non-flight elements with min. 360° turn: J , W , M

Yes



Handwritten examples of non-flight elements with min. 360° turn: W , M , J

No

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



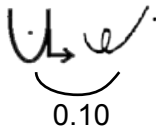
THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Clarification on awarding CV

Sec. 7.4: e) In order to be credited, the connection 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 vertical line of LB.

Example



Fall **before** vertical line =
fall on and **no** CV

Fall **after** vertical line =
fall on and **no** CV

11.6 Specific Apparatus Deductions (E-Panel)

- Hit on mat with feet (fall): 1.00



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

- 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





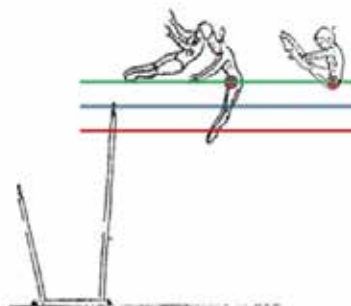
THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

Hip position prior to grasp the bar

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

U
U
U
A

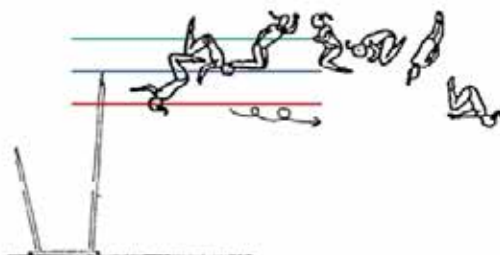


No deduction
-0.10
-0.30

Highest hip position after release the bar

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

U
U
U
U

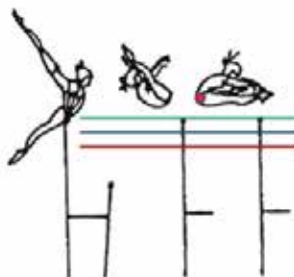


No deduction
-0.10
-0.30

Hip position prior to grasp the bar

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

U

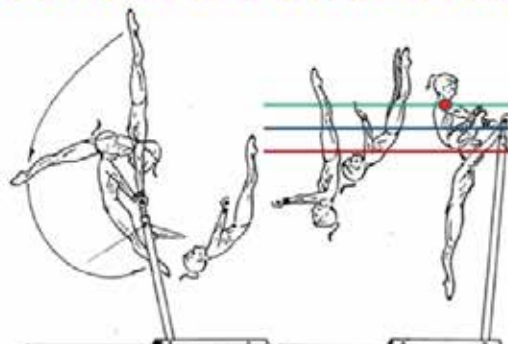


No deduction
-0.10
-0.30

Shoulders position prior to grasp the bar

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

U
U
X



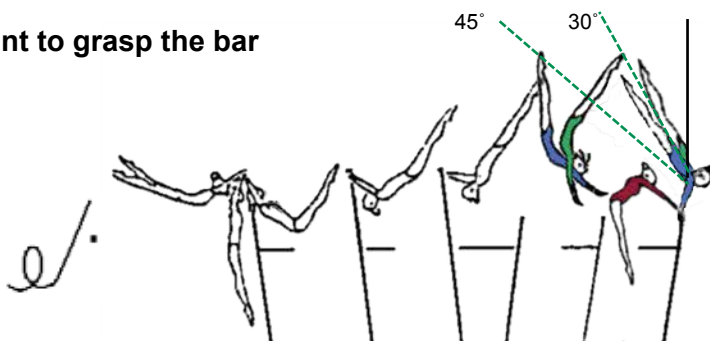
No deduction
-0.10
-0.30



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Body position (lowest part) at the moment to grasp the bar

- >10° to 30° No deduction
- >30° to 45° 0.10
- >45° 0.30



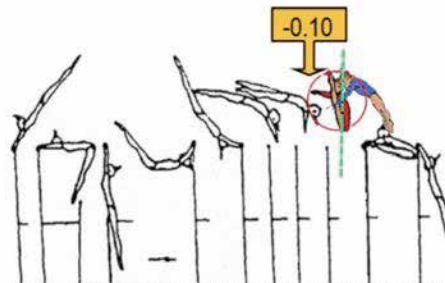
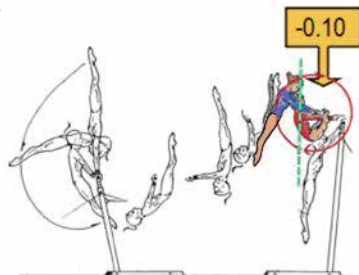
- Under rotation of flight elements: 0.10

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.



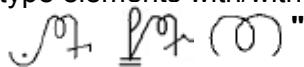
BA rotation should be completed to ensure next element can be performed with ideal swing at the beginning.



- 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.

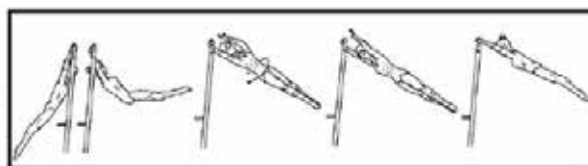
Except for Shaposhnikova type elements with/without 1/1 turn that are not followed by kip and the following elements



Example



3/4 Giant circle fwd or bwd



Swing 1/2 turn below horizontal

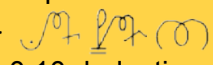


After back hip circle



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020



- 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.



Apply execution deductions on empty swings, including adjustment of the grips.

- **"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 (ei. 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.



- **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.



EXECUTION PRINCIPLES

When a skill 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



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

Example



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

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



A

-0.50



A



B



Fall



X



A



B

No deduction

- Hit on mat with feet (fall): 1.00

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





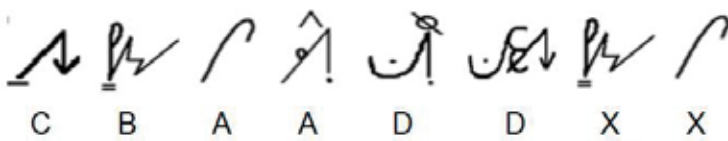
THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

-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



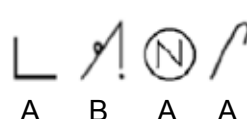
Deduct only for execution errors

Example 2



-0.50

Example 3



-0.50



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

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

Example



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





11.7 Notes

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

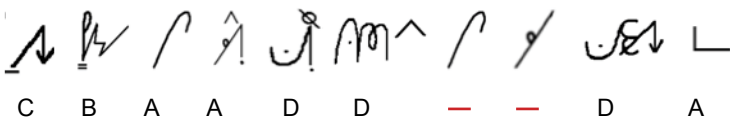
If a gymnast performs a flight element and grasps the bar with one hand (but does not fall), then she grasps the bar with the second hand and continues the routine: Reward DV for the flight element.



11.7 Mounts

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

Example



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



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.



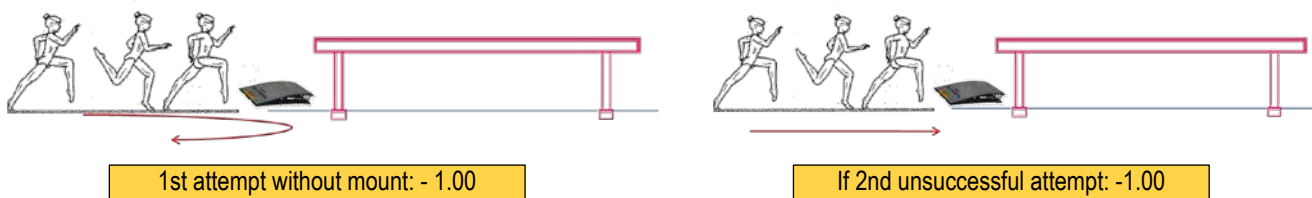
12.1 General

a) Mounts

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



- "A gymnast is permitted a 2nd attempt to mount (with a penalty) 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 can not be repeated. Following this, the gymnast has 10 secs to remount the beam and begin the exercise.



12.2 Content of the Exercise

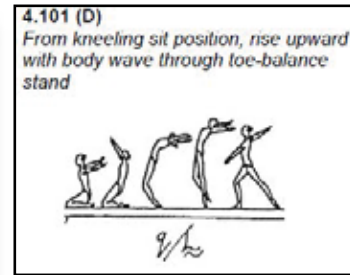
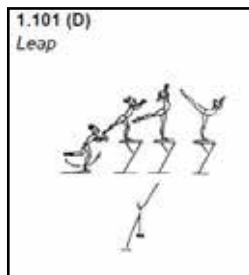
"The maximum 8 highest difficulties including the dismount are counted for DV

- 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 but does not perform the element, deduct only 0.50 for "No attempt to dismount".
- If the gymnast attempts to dismount but does not perform the element, goes back, attempt again and does not perform the dismount, deduct 0.30 for **"Attempt without performing an element"** (Sec. 8.3) + 0.50 for "No attempt to dismount".

12.3 Composition Requirements (CR) - D- Panel 2.00



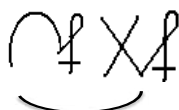
Can fulfill CR of Acro Series because:

-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.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

- 2 acro flight elements, including mount and minimum F dismount

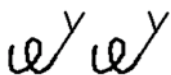


For CV only flight acro elements may be used.

C + C : 0.10

Rebounding only

Example



B + E : 0.10

Rebounding only

Example



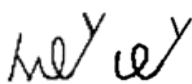
C/D + D (or more): 0.20

Rebounding only

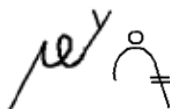
Example



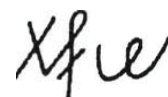
Mount



Mount



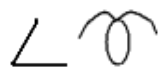
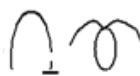
Mount



B + D: 0.20

Rebounding only and both elements **forward**

Example



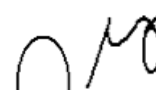
B + F: 0.20

Rebounding only

Example



On the beam



On the beam



Dismount

- **Series Bonus: Connection of minimum 3 dance and/or acro elements**



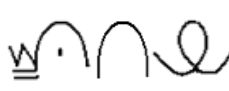
- Starting from B+B+C (any order)
- Rebounding or not rebounding connections.
- Mount, on the beam or dismount connections. Dismount minimum C-
- Non-flight acro elements minimum B may be used (except holds)
- The same (flight or non-flight) acro element may be repeated within connection



Mount



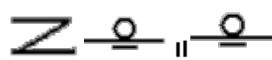
Mount



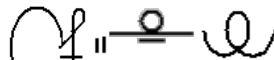
On the beam



Dismount (min. C.)



Dance



Mixed



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

- 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

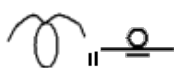


CV: D+D=0.00
CV: D+D=0.20
SB: 0.10

- Dance and Mixed (acro - flight elements only), excluding dismount

D + B: 0.10

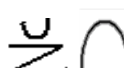
Example



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).



D + A: 0.10 (Salto to 1 foot scale)



No CV if grasping under the beam with hand.



12.5 Artistry & Choreography Deductions (E- Panel)

- Lack of side movements (no DV)

- There must be body movements displayed in side position.
- All body parts should be involved in the movements (at least a combination of leg & arm movements).
- As part of the combination of movements, there should be at least one **transitional** movement (eg. one in the same place with a movement of the arms and the other a moving transition in a space, or both moving transition in a space).
- All movements must be performed one after the other and not in different parts of the routine.





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

- Missing combination of movements/elements close to the beam with a part of the torso



- As part of combination of movements close to the beam, the gymnast may include a movement on the knee/s in addition to head/trunk/thigh.
- Transitional positions will not fulfill the requirement.
- It is possible to fulfil the requirement only with elements.
- All movements/elements must be performed one after the other and not in different parts of the routine.

- "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
deductable.



OK



OK

12.6 Specific Apparatus Deductions (E- Panel)

- "Adjustment (unnecessary steps & movements)": -0.10 each

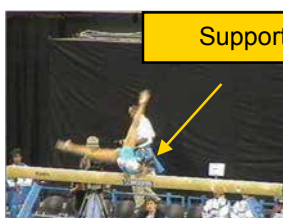


- "Pause (apply at 2 sec.)": -0.10 each



- "Failure to meet technical requirement of the element through use of additional support: -0.30"

Example



Support of forearm



- "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



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020



Maximum deductions for multiple errors within the same element:

- Balance 0.10 P + grasp on beam 0.50 P = 0.50 P
- Balance 0.30 P + grasp on beam 0.50 P = 0.50 P
- Balance 0.50 P + grasp on beam 0.50 P = 0.50 P
- Deep squat 0.50 P + balance 0.10 P = 0.60 P
- Deep squat 0.50 P + balance 0.50 P = 0.80 P
- Deep squat 0.50 P + steps (0.30+0.10) = 0.80 P
- Body posture on landing 0.30 P + balance 0.50 P = 0.80 P



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



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



3/4 turn = 1/2 turn



1 1/4 turn = 1/1 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.

Example



D- in cross position



E- in side position



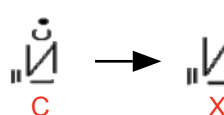
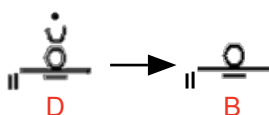
C- in cross position



D- 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 a turn that is incomplete will be recognized as jump in cross position.



This principle does not apply for turns on one leg.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Principle: Acro flight elements that are required to be held in handstand for 2 seconds will be devalued 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-



C- will be considered as B-



D- will be considered as C-

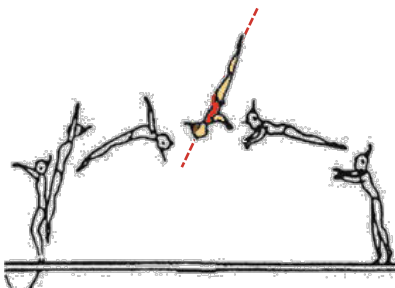


Note: If performed a second time successfully during the exercise, DV will be credited only once and in chronological order.



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

BB: Guideline to recognize stretch position in



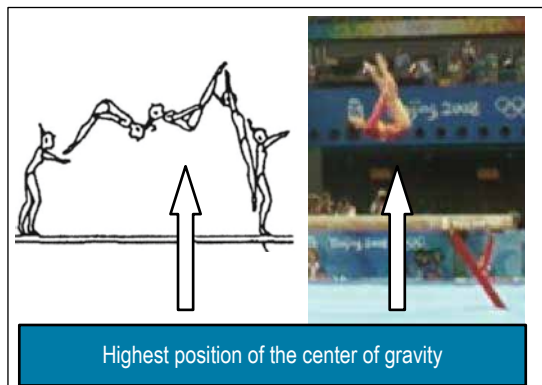
To receive E- there should be stretched position shown throughout the salto. The position should be maintained until approximately 45° after the vertical in preparation for the landing.

If there is a piking before, consider piked salto (C-).

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



Guideline to recognize an ideal pike 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.





12.7 Mounts

“ b) 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 can not be performed in the middle of the exercise*).

#1.108, #1.208, #1.308

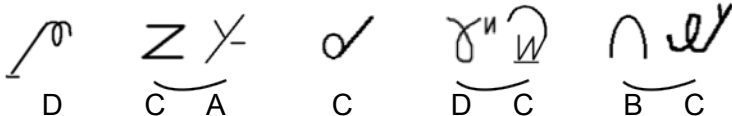
#1.210, #1.310

#1.311 (from handstand), #1.411

#1.312, #1.412

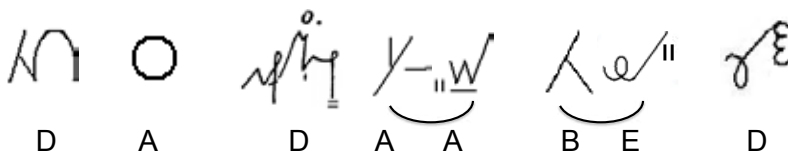
#1.213, #1.313, #1.413

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.



13.1 General

Music.

"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

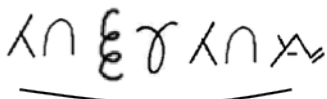
13.2 Content of the Exercise

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

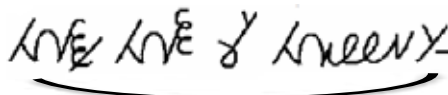
- A direct or indirect connection of saltos (at least one with take off from 2 feet)



- Acro and mixed connection (one acro line)



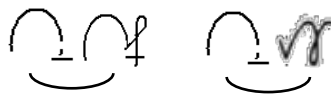
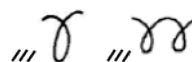
- Acro connection using 2 diagonals (one acro line)



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,

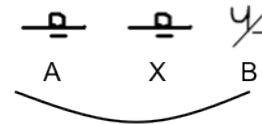
If gymnast performs dance elements in 5th acro line the element will not receive neither DV nor CV.



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 different aspects of one or more CRs.

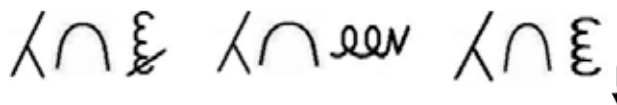
Examples



- 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



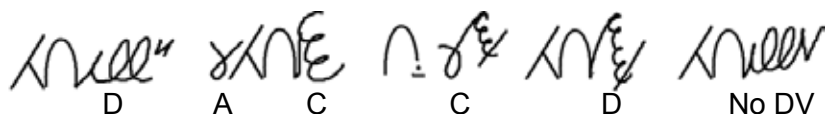
- If a gymnast misses the last acro line and just runs backward, but has at least 2 acro lines:
 - Credit dismount of last acro line performed



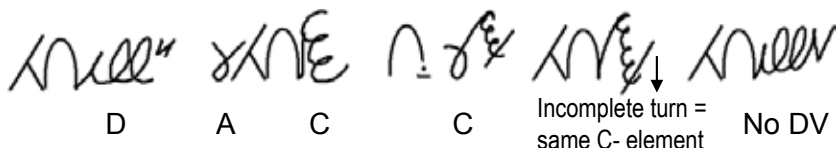


THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

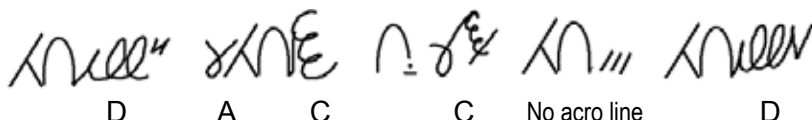
When 5 acro lines are performed:



DMT OK



DMT with no DV



DMT OK

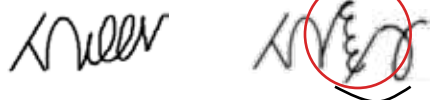
The dismount is the last counting acro line - credit salto with the highest DV performed in the last acro line.



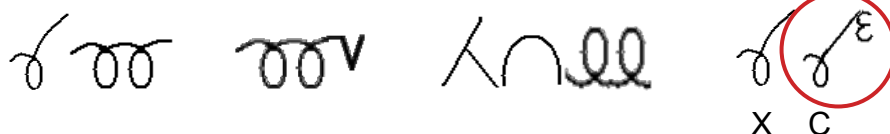
Dismount D-





Dismount D-




Dismount D-



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



X (not landing on feet first)

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



13.4 Connection Value

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



13.5 Artistry and Choreography 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 trunk, thigh and/or head)"
Element not necessary.



13.6 Specific Apparatus Deductions (E- Panel)

-Excessive preparation



Pause

Consider **Pause** when gymnast is in the **Stationary position** without arm work or when the arm work does not demonstrate an expressive movement in connection with the style of the music for more than one second.

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

Adjustment (unnecessary steps): -0.10 ea

Consider adjustment if:

- There are simple step/s, or run with arm movements, but without significant body movement.
- Step/s backward or forward which are not needed in preparation for acro or dance elements.

There must be stylized body and arm movement in relation to the music.

Example

- There may be adjustment in the "corner" (*simple steps without arms work*) + same starting position for tumbling as in the previous acro line + foot adjustment before start tumbling.

In this case the deduction for adjustment should be applied just once 0.10 for adjustment (in that "corner") + 0.10 for same position (at the end of the routine).

There should not be two times deduction for "adjustment" within one corner.



-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.

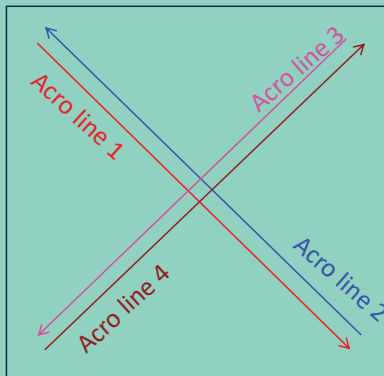
Examples

- **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**:

- 0.1 for "subsequent acro line" if not enough choreography

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

- 0.1 for "more than 1 subsequent acro line" 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:



- adjustment in the corner
- subsequent acro line
- pause
- same position

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.

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

There must be a change of level or transition.



Lack of variety in choreography into corners: -0.10

Note: Final position is considered at the moment of when the gymnast finishes the choreography.



8.3 Table of General Faults and Penalties



Lack of balance

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





THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

12.6 & 13.6 Specific Apparatus Deductions (E-Panel) - BB & FX



Clarification on Posture deductions

The deductions for "**Poor Body posture/ Amplitude throughout**" will be applied only one time for the entire exercise and in addition to the "Artistry deductions".

Poor Body posture/ Amplitude throughout

- Head, trunk, shoulder and arm positions: -0.10
- Feet not pointed/relaxed/ turned in/flat: -0.10

- When artistry is being considered, you also need to think about body posture.
- The shapes or positions, that a gymnast makes should be pleasing to the eye. The transitions between elements should flow easily and smoothly. The choreography must not only express the music, but enhance the performance.
- In the same way as a gymnast learns to perform an element with good technique, they must also spend training time on body posture to improve the ease and fluency of movement throughout the choreography. Movement paths will then become automatic and the toes will be pointed, back straight, shoulders down, etc., and look very natural.

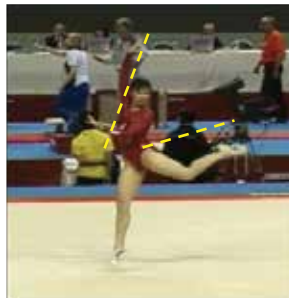
Note: Deductions for body and/or leg position in elements and vaults should not be mixed up with deductions for body posture **throughout** the entire exercise.

- **Insufficient amplitude of leg swings/kicks: -0.10**

We should observe amplitude of movement in the range of motion of hips, knees, etc.



Good amplitude



Insufficient amplitude



Appendix

Clarification of elements and
specific cases



UNEVEN BARS

PRINCIPLE FOR RECOGNITION OF DV

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





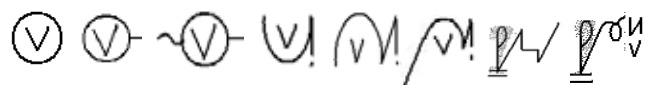











- No DV for Jaeger pike because the landing was with the legs first

Specific elements

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



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

-  If does not reach handstand (within 10°):
-No DV will be credited (D- Panel)
-Apply deductions for amplitude of casts (E- Panel)
-Apply deductions for body alignment if necessary (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 of amplitude of cast before the kip
-  If the turn initiates after handstand, consider same element as  (D- #3.410) and 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 value.
-  If the turn initiates before or after handstand, E- value will be credited.
-  If the turn is not completed exactly, credit D- value and deduct 0.10 for precision.

Element 2.404 (Weiler-kip)



If at the end of element straddled cast to HSTD is performed, with/without ½ turn (180°): **credit 1 DV lower.**



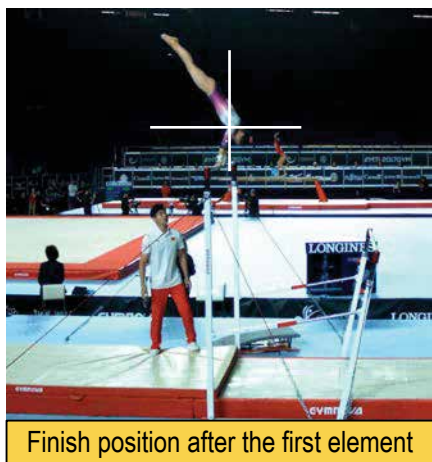


THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

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

ve! + ve!



Example 2

⌒! + ve!

Element 1.101

Glide kip or glide-½ turn glide kip are **different** elements



Glide-½ turn glide kip (1.101) is different from **jump with ½ turn + glide kip (1.102)**

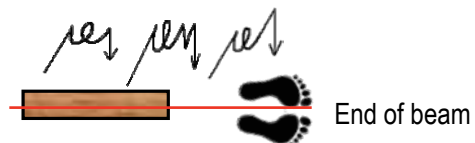
Gymnast can therefore perform: Mount (1.102), glide kip (1.101) and glide ½ turn glide kip (1.101) and be awarded 3 elements.



Balance Beam

Gainer dismount at the end of beam (#6.207, #6.307)

Gainer dismount without twist must land in line with beam, otherwise is considered as side dismount (#6.106)



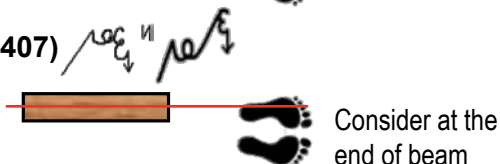
End of beam



Side of beam

Gainer with twist dismount at the end of beam (#6.307, #6.407)

Gainer dismount with twist must land at least with one foot in line with beam, otherwise is considered as side dismount.



Consider at the end of beam

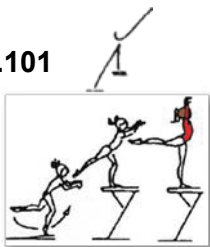


Consider at the side of beam



All pike gainer dismounts with 1/1 will be considered as gainer stretch 1/1 (execution deductions for "failure to maintain stretched body posture" (0.10/0.30) may be applied).

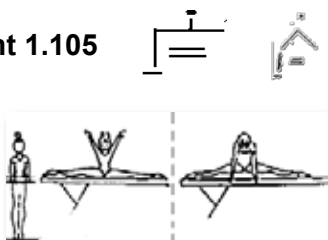
Element 1.101



Requirements for recognition of an A element (#1.101) is to 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 for recognition of an A element (#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
- If the final position is not shown as required, award A- and deduct 0.10 for precision.




THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020


Element 1.311 (5th picture) 

If landing on one foot, consider C-




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 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.


Element 2.108 (Sissone) 





- 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.

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

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.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Element 5.201




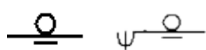
- If the handspring is the first element of a rebounding connection, recognized always as Handspring flight element.
- If there is no rebounding after the handspring, the flight must be visible.



THE WOMEN'S ARTISTIC GYMNASTICS HELP DESK 2017-2020

Floor Exercise

Element 1.101 



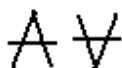
Split leap and jeté en tournant (1/2 turn with take off from one leg into split leap):
-are the same element (#1.101)

Acrobatic Series Double Layout Salto + Layout Salto Step Out

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



Element 1.203



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





Follow us on YOUTUBE :
FIG Technical - Women's Artistic Gymnastics



This document has been developed by FIG WTC

Donatella Sacchi - President
Kym Dowdell - Vice president
Qiurui Zhou - Vice president
Liubov Andrianova - Member
Elena Davydova - Member
Johanna Gratt - Member
Tatiana Perskaia - Member
Oksana Chusovitina - Athletes' Representative
Naomi Valenzo - Advisor