



# **Women's Artistic Coaching Awards**

**Level 2 Home Study Pack**

**Cycle 13 Judging**

Produced by the WTC

# Introduction

This guide is a very simplified version of the FIG Code of Points. This is all that is needed for a Level 2 coach. Anyone wishing to know more should attend a Club Judge Course or refer to the FIG Code of Points.

## Syllabus

Candidates need:

- A simple understanding of the FIG Code of Points (International Gymnastics Federation rulebook governing all Women's Gymnastic Competitions)
- To be familiar with common A & B elements as determined by FIG

Within this pack are:

- Simplified explanations of FIG structured competitions
- Rules regarding behaviour of coaches and gymnasts
- Simplified rules regarding Vault
- Simplified rules regarding Bars
- Simplified rules regarding Beam
- Simplified rules regarding Floor

# 1 FIG Structured Competitions

There are 4 levels of competition within FIG - Competition I, II, III, & IV.

Most National competitions in GB (other than Age Group Levels) are run according to FIG Competition I rules

## Evaluation of Exercises

All skills within Artistic Gymnastics are given a DIFFICULTY VALUE (DV) from A value for the easiest elements to I value for the most difficult elements

- A elements are valued 0.10                      e.g. Tucked back salto on Floor
- B elements are valued 0.20                      e.g. 1/1 twisting back salto on Floor
- C elements are valued 0.30                      e.g. 2/1 twisting back salto on Floor

**Note:** The value of elements stays the same even when they are connected together i.e. a handspring and a front somersault on floor are both A elements. When linked they still are counted as two A elements. With more advanced skills connection value (bonuses) can be given for linking difficult elements together.

## Each exercise is evaluated by 2 Panels of Judges:

- **D Panel (Difficulty) consists of 2 judges** - D1 and D2 who are responsible for evaluating the D score which includes:
  - i. Counting the 8 most difficult elements including the dismount  
     Beam and Floor      5 Acrobatic Elements (max)      3 Dance Elements (min)
  - ii. Deciding whether or not the gymnast has the necessary Compositional Requirements for that apparatus. This will add marks to the gymnast's D score.
  - iii. Deciding if any connection values are to be awarded.
- **E Panel (Execution and Artistry) consists of 4 or 6 judges** who are responsible for evaluating the performance of an exercise by deducting in tenths of points (0.10) from 10.00 for:
  - i. Execution faults                                  Technical performance of the exercise
  - ii. Artistry faults                                      Presentation of the exercise (Beam and Floor only)

Faults are categorised according to their seriousness:

- Small                      0.10                      e.g. slight bend of arms
- Medium                      0.30                      e.g. leg separation of more than shoulder width apart
- Large                      0.50                      e.g. deep squat on landing
- Very large                      More than 0.50                      e.g. fall (1.00)

In a local competition there may be only 2 judges in total in which case they will come to an agreement on the D score and then make their E score evaluation.

In all gymnastic competitions, discipline and good organisation is very important. Gymnasts and coaches are expected to behave in a certain fashion. Gymnasts normally march on and off the competition area as well as marching from one piece of apparatus to the next. The expectation of standard of dress with gymnasts and coaches is high. Gymnasts must always be well turned out in their leotard with hair firmly tied back. Coaches are expected to wear tracksuits or similar and be smart in their appearance. Failure to behave in a disciplined fashion may result in a penalty as shown below.

# 2 Rules Regarding Behaviour of Gymnasts and Coaches

## Behaviour of the Gymnast - (penalties for infringements are shown)

### Attire

She must wear a leotard or unitard with proper neckline and leg cut of leotard not extending beyond hipbone. It may be with or without sleeves. Strap width must be minimum of 2 cm	0.30
Members of the same team must wear identical leotards/unitards	0.30
She must not wear any jewellery except for small stud earrings for pierced ears (in GBR – gymnasts are not allowed ANY jewellery)	0.30
Hip or other padding is not allowed	0.30
Bandages must be beige or skin coloured, securely fastened and in good repair	0.30
She must wear (or show) her start number	0.30

### Apparatus

She must not use excessive chalk at Bars or spread chalk on the Floor area	0.50
The 10cm supplementary mat provided must be used for dismounts on Vault, Bars and Beam and must not be moved	0.50
Additional supplementary mats may not be used	0.50
The springboard may not be placed on an un-permitted surface	0.50
Springs may not be added, rearranged or removed from the springboard	0.50

### During Competition

She must present to the judges before and after her exercise	0.30
She has 30 seconds to start her exercise after the judges' signal	0.30
Starting the exercise without judges' signal	0.00
After a fall from bars she has 30 seconds to remount from when she is on her feet. On beam she has 10 seconds to remount once she is on her feet. If this time is exceeded, then her exercise is finished	
She may have one coach by apparatus throughout her bar exercise	
She must leave the apparatus immediately after her exercise has finished	0.30
If she leaves the competition area and does not return to complete the competition	Expelled
She must participate in the award ceremony	Disqualified (score/rank cancelled)
She may not talk to active judges during the competition	0.30
She must always show sportsmanlike conduct	0.30

### Behaviour of the Coach

A coach may remove the springboard at Bars and Beam. One coach may stay on the podium during the Bar exercise but may not stay for Beam	0.50
A coach may not add, re-arrange or remove springs from the springboard	0.50
The coach may not communicate with the gymnast during her exercise or speak to active judges during the competition (Judges are usually willing to discuss evaluation of exercises either during warm-up or after the competition) 1st time - Yellow Card + 0.50 penalty, 2nd time - Red Card + 1.00 penalty and removal from competition	
The coach must not obstruct the view of the judges (although there is no penalty)	
Coaches must apply in writing, prior to the competition, to have the bars raised or to have a new element or vault evaluated	
If a coach raises the bars without permission	0.50

## 3 Vault

Gymnasts may only perform vaults that are listed in the FIG Code of Points. Check the local rules as vaults not listed within the Code of Points may be allowable at lower levels. If a vault is not listed and not submitted, it will receive a zero score.

### Vault run

A gymnast is allowed one extra run providing she does not touch the vaulting table, spring board or safety collar on her first run with a penalty of 1.00.

### Vault Identification

The gymnast is responsible for flashing the intended vault number, either manually or electronically, although it is usually the coach that will advise on the intended vault. However, if the gymnast does not perform the vault as indicated, she will not receive a penalty. The judges will judge what they see and give the difficulty value of the vault performed and not the intended vault.

### Invalid vaults

- Gymnasts hands do not touch the vaulting table
- Gymnast touches the vaulting table or springboard but does not perform a vault
- Coach spots (touches) the gymnast
- Gymnast does not use safety collar when performing a round-off entry vault
- Gymnast does not land on her feet first
- The vault is so poorly executed that it cannot be recognised
- Gymnast performs a prohibited vault (straddled legs, prohibited pre-element before vaulting table, intentionally lands in side position)

**Any of these will result in a zero score.**

### Judging Vault

The judges will watch the vault and then make execution deductions.

They arrive at the score by deducting their execution faults from 10 and adding this score to the value of the vault.

### Example:

Execution faults	1.20 - this is subtracted from 10 giving an execution score of	<b>8.80</b>
Handspring Vault value		<b><u>2.40</u></b>
	therefore the final score is:	<b>11.20</b>

## 4 Bars

- Exercise begins as the gymnast takes off from the floor or springboard. Additional supports under the board are not permitted
- A 2nd run approach is permitted as long as she has not touched the apparatus, spring board or run under the bar on her 1st approach. The gymnast will receive a 1.00 penalty
- If the gymnast falls from the apparatus, she is allowed 30 seconds, from when she is on her feet, to re-chalk and adjust her hand guards before remounting to continue her exercise. After 30 seconds, her exercise is considered as ended.
- The gymnast is allowed 50 seconds warm up on bars just prior to competing
- There is no time limit for a bar exercise. The time is determined by the number of elements that the gymnast performs. At a low level, the number of elements will be small. This will be penalised at a high level competition but at a local level there may be some modified rules which allow for short exercises.
- A bar exercise should contain a variety of elements from the following groups of movement:
  - i. Circle and Swing elements
  - ii. Flight elements
- **The gymnast is required to link skills directly with one another with no extra swings or stops. Amplitude or size of swings and casts must be to their maximum i.e. when casting from the bar, the gymnast should aim for handstand using a correct technique**
- At a low level, gymnasts must not expect to receive a high **D score**. However, it is up to coaches to make sure that the level of execution is high to maximise the **E score**
- At a more advanced stage, gymnasts will have to fulfil certain requirements for Bars called **Composition Requirements (CR)** which are worth **0.50 each**:
  1. Flight elements from High Bar to Low Bar
  2. Flight element on the same bar
  3. Different grips (not regular mixed grip and no casts / mount / dismount)
  4. Non flight element with 360° turn performed on the bar (not mount)
  5. Dismount:
    - i. No dismount/A/B dismount **award 0.00**
    - ii. C dismount **award 0.30**
    - iii. D or higher dismount **award 0.50**

## Common A & B Bar Elements

Number	A Elements	Number	B Elements
<b>Group 1 MOUNTS</b>			
1.101	Float upstart on LB		
1.102	Jump with ½ turn upstart on LB	1.202	Jump with 1/1 turn upstart on LB
1.104	Jump to HB and upstart, also in reverse grip		
1.106	Straddle over LB with hand repulsion to catch HB	1.206	Hecht jump legs together with hand repulsion to catch HB
<b>Group 2 CASTS &amp; CLEAR HIP CIRCLES</b>			
2.101	Cast to handstand with legs straddled (hips bent)	2.201	Cast to handstand legs together, also with hop change to reverse or L grip, also with ½ turn with legs together or straddled
2.105	Backward hip circle		
<b>Group 3 GIANT CIRCLES</b>			
		3.201	From handstand on HB - giant circle backward to handstand in regular grip
		3.206	Handstand on HB - giant circle swing forward in reverse grip to handstand, also with legs straddled or hips bent in upswing phase, also with ½ turn in handstand phase
<b>Group 4 STALDER CIRCLES</b>			
4.101	Clear straddle circle forwards to clear support		
4.104	Clear straddle circle backwards to clear support		
<b>Group 5 PIKE CIRCLES</b>			
5.105	Sole circle forward with straight legs (piked or straddled)		
5.108	Sole circle backward with straight legs (tucked, piked or straddled)		
<b>Group 6 DISMOUNTS</b>			
6.101	Front support on HB - underswing with ½ or 1/1 turn to stand	6.201	Front support on HB - underswing with salto forward tucked or piked
6.104	Swing down between bars - swing forward to salto backward tucked, piked or stretched	6.204	Swing down between bars - swing forward to salto backward tucked or stretched with ½ or 1/1 twist
		6.205	From handstand on HB - swing down between bars - swing forward to double salto backward tucked
6.108	Swing down forward in reverse grip between bars - salto forward tucked, piked or stretched	6.208	From handstand on HB - swing down forward in reverse grip between bars - salto forward tucked or stretched with ½ or 1/1 twist

## 5 Beam

- Exercise begins with take off from the mat or springboard. Additional supports under the board are not permitted (0.50 penalty).
- A 2nd run approach is permitted as long as she has not touched the apparatus or springboard on her 1st approach. The gymnast will receive a 1.00 penalty.
- If the gymnast falls from the apparatus, she is allowed 10 seconds, after she is on her feet, before remounting to continue her exercise. After 10 seconds, her exercise is considered as ended.
- Length of a Beam exercise may not exceed 1:30 minutes (90 seconds). The timing is started when the gymnast leaves the floor or spring board, not when she touches the beam. The watch is stopped when she lands from her dismount. Timing for falls is not included in the beam exercise time. If it is overtime, a deduction of 0.10 will be taken.
- A Beam exercise should contain a variety of elements from the following groups of movement:
- Acrobatic elements with or without:
  - i. hand support
  - ii. flight phase
- Dance Elements:
  - i. turns
  - ii. body waves
  - iii. holds (in stand, sit and lying positions)

As well as having elements of difficulty, the gymnast must also fulfil certain requirements. These are called **Composition Requirements (CR)** and are worth **0.50 each**:

1. One connection of at least two different dance elements – one being a leap/jump/hop with 180° split (cross or side) or a straddle position
2. Turn (from Group 3 – Turns)
3. Once acrobatic series minimum of two flight elements with one being a salto
4. Acrobatic elements in different directions (forward/sideways and backward)
5. Dismount:
  - i. No dismount/A/B dismount **award 0.00**
  - ii. C dismount **award 0.30**
  - iii. D or higher dismount **award 0.50**

CRs 1 - 4 must be performed **on** the beam

Rolls, handstands and holds **may not be used** to fulfil CR

### Common A & B Bar Elements

Number	A Elements	Number	B Elements
<b>Group 1 MOUNTS</b>			
1.101	Free leap	1.201	Free jump with ½ turn - 2 footed take off
1.106	From side stand - squat or stoop through to rear support	1.206	From side stand - squat or stoop through to clear pike support (2 sec hold)
1.107	Jump to roll forward at end or middle of beam: also from clear straddle support		
<b>Group 2 GYMNASTIC LEAPS, JUMPS &amp; HOPS</b>			
Leap	One foot to one foot		
Jump	Two feet to two feet or one foot landing		
Hop	Jump from one foot to same foot		
NB	Split leaps and jumps require 180° leg separation		
2.101	Split leap forward	2.201	Split leap with ¼ turn to land on one or both feet
2.102	Split jump in cross or side position	2.202	Split jump with ½ turn from cross or side position
2.103	Straddle pike jump in cross or side position	2.203	Straddle pike jump with ½ turn from cross or side position
2.107	Pike jump in side or cross position	2.207	Pike jump with ½ turn from cross or side position
2.108	Sissone (take off from both legs and land on one leg)	2.208	Ring or stag-ring jump (rear foot at head height, body arched and head dropped backward)
		2.209	Stretched jump with 1/1 turn from cross position
2.110	Cat leap with ½ turn	2.210	Cat leap with 1/1 turn
2.111	Tuck jump or hop with ½ turn from cross or side position	2.211	Tuck jump or hop with 1/1 turn from cross position
2.112	Wolf hop or jump from cross or side position	2.212	Wolf jump or hop from cross or side position with ½ turn
<b>Group 3 GYMNASTIC TURNS</b>			
3.101	1/1 turn on one leg - free leg optional below horizontal	3.201	1½ turn on one leg - free leg optional below horizontal
		3.205	Illusion turn with ½ turn
<b>Group 4 HOLDS &amp; NON-FLIGHT ACROBATICS</b>			
4.102	Scale or Needle scale (180° split) - 2 second hold		
4.104	Kick to cross or side handstand - 2 second hold	4.204	Kick to handstand - forward roll
4.105	Roll forward without hand support		
		4.206	Backward roll to handstand

4.108	Cartwheel also with support on one arm or with flight phase		
4.109	Forward walkover with/without alternate hand support Tic-toc		
4.110	Backward walkover with/without alternate hand support		
		4.211	Walkover backward from sit (Valdez)
<b>Group 5 ACROBATIC FLIGHT</b>			
		5.201	Handspring to land on one or two feet, also with support on one arm
		5.202	Round off
		5.203	Flic-flac to land on two feet
		5.205	Flic-flac with step out, also with support on one arm
		5.207	Gainer flic-flac, also with support on one arm
		5.208	Flic-flac or gainer flic-flac with high flight phase and swing down to cross straddle sit
<b>Group 6 DISMOUNTS</b>			
6.101	Free walkover forward with ½ twist	6.201	Free walkover forward with 1/1 twist
6.102	Salto forward tucked or piked, also with ½ twist	6.202	Salto forward stretched, also with ½ twist Salto forward tucked with 1/1 twist
6.104	Salto backward tucked, pike or stretched, also with ½ twist	6.204	Salto backward tucked or stretched with 1/1 twist
6.106	Gainer salto tucked, piked or stretched to side of beam, also with ½ twist	6.206	Gainer salto tucked or stretched with 1/1 twist to side of beam
		6.207	Gainer salto tucked at end of beam

# 6 Floor

- Exercise is timed with the first movement of the gymnast not when the music starts
- Length of a Floor exercise may not exceed 1:30 minutes (90 seconds)
- If it is overtime, a deduction of 0.10 will be taken
- A floor exercise should contain a variety of elements from the following groups of movement:
- Acrobatic elements
  - rolls
  - handstands
  - hand support elements with/without flight phase
  - saltos
- Dance elements
  - leaps, jumps and hops
  - turns

If there is no musical accompaniment or music with words, (the human voice may be used as a musical instrument without words) – The gymnast receives a **1.00 penalty**.

There are also **Composition Requirements (CR)** for floor each worth **0.50**:

1. A dance passage of at least two different elements from the code – one of them with 180° cross/side split or straddle position. Leaps and hops must land on one leg if performed as the first element in the dance passage
2. Salto forward/sideward & backward
3. Salto with LA (360° minimum) turn
4. Salto with double BA turn
5. Dismount:
  - No dismount/A/B dismount **award 0.00**
  - C dismount **award 0.30**
  - D or higher dismount **award 0.50**

**A dance passage** consists of two or more different leaps or hops (from code) connected directly or indirectly (with running steps, small leaps, hops or chasses etc). The object is to create a large flowing and travelling movement pattern. No jumps (two feet to one or two feet) or turns (spins) are permitted because they are stationary.

**An Acro line** consists of a minimum of one flight element without hand support and take off from two feet.

## Border Markings

Going out of the 12m x 12m floor area with any part of the body will be penalised

- One step or land outside floor area with a foot or hand **0.10**
- Step(s) outside with both feet, both hands or a body part or landing with both feet outside **0.30**

## Common A & B Bar Elements

Number	A Elements	Number	B Elements
<b>Group 1 GYMNASTIC LEAPS, JUMPS &amp; HOPS</b>			
Leap	one foot to one foot		
Jump	two feet to two feet or one foot landing		
Hop	jump from one foot to same foot		
NB	split leaps and jumps require 180° leg separation		
1.101	Split leap forward, also with ¼ turn to straddle pike position	1.201	Split leap with ½ turn, also fouette hop with leg change to cross split (tour jete)
1.102	Split jump or stag jump	1.202	Split jump with ½ turn
		1.204	Split leap forward with leg change
		1.205	Leap forward with leg change and ¼ turn to side split or straddle pike
1.107	Straddle pike jump	1.207	Straddle pike jump with ½ turn
1.108	Straddle jump to front lying support: also with ½ turn (Schuschonova)	1.208	Straddle jump to front lying support with 1/1 turn
1.109	Sissone, also ring and stag ring jump (rear foot at head height, arched body and head dropped back)	1.209	Tour jete to ring leap (rear foot at head height, arched body and head dropped back) Also jump with upper back arch and head release with feet to head height / closed ring (sheep jump)
1.110	Stretched hop or jump with 1/1 turn	1.20	Stretched jump with 2/1 turn
1.111	Cat leap with 1/1		
1.113	Tuck jump or hop with 1/1 turn		
1.114	Wolf hop or jump also leap forward with leg change to wolf position	1.214	Wolf hop or jump with 1/1 or turn
<b>Group 2 TURNS</b>			
2.101	1/1 turn on one leg - leg below horizontal	2.201	2/1 turn on one leg - leg below horizontal
		2.202	1/1 turn with free leg at horizontal
		2.203	1/1 turn with free leg held upward in 180° split position throughout turn
		2.206	1/1 illusion turn through standing split without touching floor with hand
<b>Group 3 HAND SUPPORT ELEMENTS</b>			
3.101	Handstand also with ½ - 2/1 turn		
3.102	Hecht roll		
3.103	Backward roll to handstand with ½, 1/1 or 1½ turns in handstand	3.203	Backward roll to handstand with 2/1 turn in handstand
3.105	Handsprings or flysprings to one or both feet		
3.106	Round off		
3.107	All flic-flac variations, also with one arm	3.207	Flic-flac with 1/1 twist before hand support

<b>Group 4 SALTOS FORWARD &amp; SIDEWARD</b>			
4.101	Salto forward tucked or piked	4.201	Salto forward tucked with ½ or 1/1 twist or piked with ½ twist
		4.202	Salto forward stretched also with ½ twist
4.103	Free walkover		
4.104	Free cartwheel/free round off		
4.105	Side salto tucked, piked or stretched	4.205	Arabian salto tucked, piked or stretched
<b>Group 5 SALTOS BACKWARD</b>			
5.101	Salto backward tucked, piked or stretched	5.201	Salto backward tucked or stretched with ½ and 1/1 twist
5.104	Whip salto backward	5.204	Whip salto backward with ½ and 1/1 twist