



**2021**  
**Women's Artistic**  
**Disability Gymnastics Championships**

# WOMEN'S ARTISTIC DISABILITY GYMNASTICS CHAMPIONSHIPS RULES 2021

## **Philosophy**

Women's artistic gymnastics at whatever level and ability of the competitor is about the pursuit of technical excellence in the elements performed and the composition and connection value of the cycle 14 Code of points. The Women's Artistic programme adapts these basic principles to be able to accommodate the various different aspects of the Women's programme.

The Women's Artistic Disability Competition is about inclusion, a level playing field, fair play philosophies, and is pro-choice. This category must not be deemed to be "lesser" or of a "lower class", and coaches, judges, gymnasts and parents are discouraged from framing it that way.

The overriding aim is to allow Gymnasts with a disability a meaningful competition structure that is ACHIEVABLE. The new structure will allow gymnasts to fulfil the rules within their ability level and promotes self-value, self-worth and pride in their achievement.

Gymnasts will be able to compete at the Disability Championships providing the necessary classification forms have been completed and submitted. Gymnasts with classification are also eligible to compete in the mainstream Classic Challenge Championships. The Disability Championship Rules are largely based on the Classic Challenge rules at zinc, copper & bronze level.

## **Introduction**

These new Women's Artistic Disability Rules have been adapted from the Classic Challenge Championship Rules which are largely based on FIG rules and directives, yet they provide much more choice and increased variety for a more personal and suitable choice of a lower number of counting elements and compositional requirements, thereby reducing potential stress and injury. Considering the impacts of Covid-19, every effort has to be made to keep gymnasts in the sport, and so save the clubs. Our hope is that this revised code contributes to those efforts.

## **Framework**

These new rules fall under the new "**Classic Challenge**" heading. An annual review with the WTC will occur to make any necessary changes.

So as to not require a whole new set of judging awards, the judging system is based on current FIG D and E evaluations with the addition of uncoded elements being recognised and counted towards the start value of the exercise. Gymnasts have a choice of Compositional Requirements (CR) which have also been modified to reflect the difficulty level. It is hoped that by allowing a choice of CR's the gymnasts will be better able to work within their ability. Execution will remain as FIG (unless otherwise stated), encouraging clean, aesthetic work.

## **Competition Structure**

The different levels are called Competition B, Competition A & Open Competition.

Competition B (8+ years) is largely based on Zinc rules, Competition A (9+ years) on Copper rules & Open Competition (10+ years) on Bronze & silver rules. It is hoped that these new levels will enable & encourage regions to include disability performance gymnasts within their existing competition structure and allow these gymnasts additional competition opportunities.

The evaluation of exercises is broken down into two main areas:-

D Score & E Score

The D score is the:

Difficulty value of the elements (2 acro (including the dismount), 2 dance & 1 or 2 optional elements - depending on competition level)

Composition Requirements (CR's)

Bonus (including any FIG CV)

The E score is the:

Execution score this is the total deductions taken for how the elements and connections are performed.

It is important to understand that it is not compulsory to fulfil all the composition requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

# WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2021

BG WTC  
Updated 27/03/2021

## COMPETITION B – 8 Years+

|   |   |   |  |   |
|---|---|---|--|---|
| <p>Uncoded = 0.10<br/>A = 0.10<br/>B = 0.20<br/>Moves of higher value are not permitted</p> | <p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 14 Code of Points [2017]<br/>Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.<br/>BARS – 4 highest elements to count      BEAM/FLOOR – 5 highest elements including dismount<br/>BEAM/FLOOR – 2 acrobatic + 2 dance + 1 optional      FLOOR No acro lines required<br/>Elements higher than a B are not allowed and no Difficulty Value, CR or bonus will be given if they are performed.<br/>Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise<br/>Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value<br/>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p> |   |  |   |
| <p><b>Short Exercises</b></p>   | <p>On Beam &amp; Floor, an exercise with less than 5 elements will be deducted 1.00 for each missing element.<br/>On Bars, there is no penalty for an exercise with less than 4 elements.</p>   |   |  |   |
|   | <p><b>Vault</b></p>   | <p><b>Bars</b></p>  | <p><b>Beam</b></p>   | <p><b>Floor</b></p>   |
| <p><b>Apparatus</b></p>   | <p>Piled mats to height of 60cm, 90cm or 120cm<br/>1 x springboard</p>  | <p>FIG Bars Regulations with:<br/>A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>  | <p>A FIG Beam Regulations with:<br/>Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>   | <p>FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions.</p>  |
| <p><b>Requirements</b></p>  | <p><b>DV 2.50</b><br/><br/>Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast.<br/><br/><b>DV 0.40.</b><br/>Straight jump on &amp; off 60cm block<br/><br/><b>2.00 penalty for coach support.</b><br/><b>Applies to each vault.</b></p>   | <p>A Gymnast should fulfil 3 of the 4 CR's (Maximum awarded 1.5):</p> <ul style="list-style-type: none"> <li>A Float element on LB (uncoded OK)</li> <li>Close bar circle element [non flight] allowed</li> <li>Cast to minimum horizontal</li> <li>A dismount coded or listed uncoded</li> </ul> <p><b>A/ B elements only allowed</b><br/><b>C/D or move – no DV</b></p> <p><b>Maximum D Score 2.60</b></p>  | <p>A Gymnast should fulfill 4 of the 6 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> <li>½ spin on one foot</li> <li>Connection 2 Dance elements (can be same or different)</li> <li>Leap or jump with 160° split (cross or side) or straddle</li> <li>Acro element backwards</li> <li>Acro element forwards / sideways</li> <li>A dismount coded or listed uncoded</li> </ul> <p><b>A/ B elements only allowed</b><br/><b>C/D or move – no DV</b></p> <p><b>Maximum D Score 3.00</b></p>  | <p>A Gymnast should fulfill 4 of the 6 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> <li>Acro line with min 2 elements (non-flighted allowed)</li> <li>Mixed series minimum 2 directly connected elements</li> <li>A dance passage of 2 different leaps / hops – No split required</li> <li>360° spin</li> <li>Acro elements forwards / sideways &amp; backwards (non-flighted allowed)</li> <li>Flighted Acro element</li> </ul> <p><b>A/ B elements only allowed</b><br/><b>C/D or move – no DV</b><br/><b>Maximum D Score 3.00</b></p> |
| <p><b>Uncoded Permitted Elements</b><br/>(receive 0.1 DV)</p>                               |   | <p>Jump to FS on LB (from block)<br/>Float swing (from board, back to board)<br/>Chin up circle over mount<br/>Cast<br/>Squat onto low bar (There will be no penalty for performing a jump from LB to HB)<br/>¾ Giant from LB to HB (No penalty for empty swing at the end of this element)<br/>Counterswing (HB)<br/>Straddle / pike undershoot dismount LB or HB<br/>Squat on LB jump forwards to land as dismount<br/>Cast circle forwards LB release to stand<br/>Cast push off LB to stand</p> | <p>Any mount      Forward roll<br/>Tuck jump      Backward roll<br/>Stretched or arched      Cartwheel rebounding<br/>jump      straight jump dismount<br/>Stretched jump ½      Roundoff Dismount<br/>Change ment      Handspring dismount<br/>Stag leap &amp; Stag jump      Cartwheel to<br/>Double stag leap &amp;      handstand drop down<br/>Double stag jump      dismount (side of<br/>½ spin on one foot      beam)<br/>Handstand (not held)      Run rebound 2 feet<br/>Arabesque (2 sec)      straight jump dismount<br/>Releve ½ turn</p> | <p>Cat leap ½      Backward walkover<br/>Scissor kick      Forward walkover<br/>Star jump      Tic-toc<br/>Tuck jump      Forward roll<br/>Tuck jump ½      Handstand forward roll<br/>Straight jump ½      Backward roll with<br/>W Jump or hop with ½      optional exit<br/>Change ment      Backward roll to front<br/>Stag leap &amp; Stag jump      support and / or<br/>Double stag leap &amp;      handstand<br/>Double stag jump      Cartwheel<br/>Teddy bear roll</p>  |
| <p><b>Notes</b></p>   | <p>No other vaults are permitted at this level.</p>   | <p>If using both bars, coach must be present for transition from LB to HB</p>   | <p>Coaches are encouraged to be present for dismounts</p>  | <p>No Acro line required</p>  |
| <p><b>GBR Bonus</b><br/>(in addition to FIG)</p>  |   | <p><b>See Bonus sheet</b></p>   | <p><b>See Bonus sheet</b></p>  | <p><b>See Bonus sheet</b></p>   |

## **Additional Clarifications for Competition B**

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

### **Vault:**

- Only the specified vaults may be performed. If performing 2 vaults, the same vault / vault height should be performed for both.
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 vaults must be performed and the score will be averaged.
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- There is no penalty for performing less than 4 elements
- There is no penalty for using only the low bar and no requirement to use both bars.
- Gymnasts using only the low bar, may start their exercise between the bars and dismount away from the bars.
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- Cast immediate cast will NOT attract the 0.5 empty swing penalty.
- $\frac{3}{4}$  giant will NOT attract the 0.5 empty swing penalty.
- FIG penalties will NOT apply for the empty swing after performing backward hip circles.
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- A coach must be present for transition from LB to HB

|                   |  |
|-------------------|--|
| 0°                |  |
| No cast deduction | Handstand (0°) to 90°<br>No cast deduction<br>With value (D panel) |
| 90°               |  |
| 0.10<br>No value  | Below 90°<br>0.10 deduction<br>No value (D panel)                  |

### **Beam:**

- 5 elements only are required – 2 acro, 2 dance & 1 optional.
- A backward roll on one shoulder will class as a backwards element at this level. A forward roll will count as a forwards element for CR.
- A fall from, or on the apparatus will only incur a 0.50 deduction instead of the FIG 1.00.
- Additional 20cm safety mat under the entire length of the beam and / or a jersey style mat (depth 10cm) is allowed for dismounts (optional).
- Any mount can be used.

### **Floor:**

- 5 elements only are required – 2 acro, 2 dance & 1 optional.
- Backward and forward rolls can be performed with optional exit.

# WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2021

## COMPETITION A – 9 Years+

|   |  |  |  |  |
|---|--|--|--|--|
| <p>Uncoded = 0.10<br/>A = 0.10<br/>B = 0.20<br/>C = 0.30</p> <p>Moves of higher value are not permitted</p> | <p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 14 Code of Points [2017]<br/>Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.<br/>BARS/BEAM/FLOOR – 5 highest elements including dismount<br/>BEAM/FLOOR – 2 acrobatic + 2 dance + 1 optional FLOOR - 1 acro line only required<br/>BARS/BEAM/FLOOR The dismount must be included in the counting elements<br/>Elements higher than a C are not allowed and no Difficulty Value, CR or bonus will be given if they are performed.<br/>Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise<br/>Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value<br/><b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p> |  |  |  |
| <p><b>Short Exercises</b></p>   | <p>On Beam &amp; Floor, an exercise with less than 5 elements will be deducted 1.00 for each missing element.<br/>On Bars, there is no penalty for an exercise with less than 5 elements.</p>  |  |  |  |
|   | <b>Vault</b>   | <b>Bars</b>  | <b>Beam</b>  | <b>Floor</b>   |
| <p><b>Apparatus</b></p>   | <p>FIG Vault table with:<br/>A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>  | <p>FIG Bars Regulations with:<br/>A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.<br/><b>1.00 penalty for not using both bars.</b></p>  | <p>A FIG Beam Regulations with:<br/>Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>   | <p>FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required. A routine with only 1 acro line will not incur dismount deductions.</p>   |
| <p><b>Requirements</b></p>  | <p><b>Height of vault 105, 110, 115, 120 or 125cm</b><br/>1 x springboard</p> <p><b>Any vault without a salto from the new vault table</b></p> <p><b>Execution deductions of 0.1, 0.2, 0.3, 0.4 &amp; 0.5 for height will apply</b></p> <p><b>Or</b></p> <p><b>DV 0.70.</b><br/>Handspring Flat Back from Table onto Pile of Safety Mattresses</p> <p><b>Or</b></p> <p><b>DV 0.40.</b><br/>Vault table - Squat through / Straddle over</p>   | <p>A Gymnast should fulfil 4 of the 6 CR's (Maximum awarded 2.0):</p> <ul style="list-style-type: none"> <li>FIG coded mount on LB</li> <li>Close bar circle element (back hip circle allowed)</li> <li>Any bar change LB to HB</li> <li>Cast to within 45° handstand</li> <li>An additional different close bar element</li> <li>An element on HB (not dismount)</li> </ul> <p><b>A/B/C elements only allowed</b><br/><b>D or move – no DV</b></p> <p><b>Maximum D Score 4.00</b></p> | <p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> <li>½ spin ½ turn or 1/1 spin</li> <li>Connection 2 different dance elements (no split required)</li> <li>Leap or jump with 180° split (cross or side) or straddle</li> <li>1 x acrobatic element -Non flighted OK</li> <li>Mixed Series (Minimum 2 element – no flight required on acro element)</li> <li>'A' valued salto dismount</li> </ul> <p><b>A/B/C elements only allowed</b><br/><b>D or move – no DV</b></p> <p><b>Maximum D Score 4.00</b></p> | <p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> <li>Acro line with a backward salto</li> <li>Forward salto (in or out of an acro line)</li> <li>A dance passage of 2 different leaps / hops – No split required</li> <li>Additional leap, hop or jump</li> <li>360° spin</li> <li>Mixed series minimum 2 directly connected elements</li> </ul> <p><b>A/B/C elements only allowed</b><br/><b>D or move – no DV</b></p> <p><b>Maximum D Score 4.00</b></p> |
| <p><b>Uncoded (U) Permitted Elements</b><br/>(receive 0.1 DV)</p>   |  | <p>Float swing (from board, back to board)<br/>Chin up circle over mount<br/>Cast to within 45° handstand<br/>Squat onto low bar (There will be no penalty for performing a jump from LB to HB)<br/>¾ Giant from LB to HB (No penalty for empty swing at the end of this element)<br/>Straddle or pike on undershoot dismount</p>  | <p>Tuck jump<br/>Stretched or arched jump &amp; Stretched jump ½<br/>Changement<br/>Stag leap &amp; Stag jump<br/>Double stag leap &amp; Double stag jump<br/>Forward roll<br/>Backward roll<br/>½ spin on one foot<br/>Cartwheel rebounding straight jump dismount<br/>Round off dismount</p>   | <p>Tuck jump<br/>Tuck jump ½<br/>Straight jump ½<br/>W Jump or hop with ½<br/>Changement<br/>Stag leap<br/>Stag jump<br/>Double stag leap &amp;<br/>Double stag jump</p> <p>Backward walkover<br/>Forward walkover<br/>Tic-toc<br/>Handstand forward roll<br/>Backward roll to front support and / or handstand<br/>Scissor kick<br/>Cartwheel</p>   |
| <p><b>Notes</b></p>   | <p>2.00 penalty for coach support. Applies to each vault.</p>  | <p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>  | <p>Any mount may be used<br/>Coaches are encouraged to be present for dismounts</p>  |  |
| <p><b>GBR Bonus</b><br/>(in addition to FIG)</p>  |  | <p><b>See Bonus sheet</b></p>  | <p><b>See Bonus sheet</b></p>  | <p><b>See Bonus sheet</b></p>  |

## **Additional Clarifications for Competition A**

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

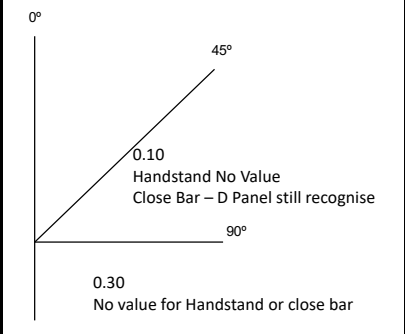
Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

### **Vault:**

- 2 different vaults may be performed
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 vaults must be performed and the score will be averaged.
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- 5 elements only are required
- The coach may stand between the bars and be present for the transition between the bars without deduction.
- An additional 20cm mat can be placed underneath through-out the bars without deduction.
- Cast immediate cast will attract the 0.5 empty swing penalty.
- There is no penalty for performing a back hip circle
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

|  |                                      |  |
|--|--------------------------------------|--|
|  | Handstand / Close Bar<br>(0°) to 45° | No deduction   |
|  | >45° to 90°                          | 0.10 deduction                                       |
|  | Handstand                            | No value (D panel)                                   |
|  | Close Bar                            | D Panel still give value                             |
| Below 90°  |                                      | 0.30 deduction<br>No value (D panel) for either move |

### **Beam:**

- 5 elements only are required
- Forward and backward rolls can be used as DV, CR & bonus unless the backward roll goes over one shoulder and therefore will not class as a backwards element at this level and not receive no value, CR or bonus.
- A fall from, or on the apparatus will only incur a 0.50 deduction instead of the FIG 1.00.
- Additional 20cm safety mat under the entire length of the beam and / or a jersey style mat (depth 10cm) is allowed for dismounts (optional).

### **Floor:**

- A routine with only 1 acro line will not incur dismount deductions.
- A routine with no acro lines will incur a 1.00 penalty.



# WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2021

BG WTC  
Updated 27/03/2021

## OPEN COMPETITION – 10 years+

|   |   |  |   |   |
|---|---|--|---|---|
| <p>Uncoded = 0.10<br/>A = 0.10<br/>B = 0.20<br/>C = 0.30<br/>D = 0.40<br/>E = 0.50<br/>F, G, H = 0.50</p> | <p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 14 Code of Points [2017]<br/>Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.<br/>BARS/BEAM/FLOOR – 6 highest elements including dismount<br/>BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional<br/>BARS/BEAM/FLOOR The dismount must be included in the counting elements<br/>Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise<br/>Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value<br/><b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p> |  |   |   |
| <p><b>Short Exercises</b></p>   | <p>On Beam &amp; Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element.<br/>On Bars, there is no penalty for an exercise with less than 5 elements.</p>   |  |   |   |
|   | <b>Vault</b>  | <b>Bars</b>  | <b>Beam</b>   | <b>Floor</b>  |
| <p><b>Apparatus</b></p>   | <p>FIG Vault table with:<br/>A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>   | <p>FIG Bars Regulations with:<br/>A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.</p>   | <p>A FIG Beam Regulations with:<br/>A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>  | <p>FIG Floor Regulations with:<br/>for D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, &amp; can be moved). The mat(s) must be removed once no longer needed.</p>  |
| <p><b>Requirements</b></p>  | <p><b>Any vault from the new vault table</b></p> <p><b>Height of vault 110, 115, 120 or 125cm</b><br/>1 x springboard</p> <p><b>Execution deductions of 0.1, 0.2, 0.3, 0.4 &amp; 0.5 for height will apply</b></p>  | <p><i>A Gymnast should fulfil 5 of the 6 CR's (Maximum awarded 2.5):</i></p> <ul style="list-style-type: none"> <li>FIG Coded mount</li> <li>Close bar circle element min B</li> <li>2 different close bar elements</li> <li>An element LB to HB (uncoded OK)</li> <li>A giant circle in any direction</li> <li>An element with min 180° turn (including mount &amp; dismount)</li> </ul> <p><b>Dismount must be included in counting elements</b><br/><b>Maximum D Score 4.00</b></p> | <p><i>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</i></p> <ul style="list-style-type: none"> <li>Spin on one foot (minimum 1/1 spin)</li> <li>Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle</li> <li>1 x acrobatic series with 2 elements [minimum] Non flighted OK</li> <li>Acro elements in different directions [fwd/swd &amp; bwd]</li> <li>Mixed Series (Minimum 2 element – no flight required on acro element) may include mount</li> <li>Dismount min B or an A salto directly connected to an acro skill</li> </ul> <p><b>Maximum D Score 4.00</b></p> | <p><i>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</i></p> <ul style="list-style-type: none"> <li>Acro line with min 2 saltos</li> <li>A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle</li> <li>Mixed series minimum 3 directly connected elements (any order)</li> <li>Spin on one foot (minimum 360°)</li> <li>Saltos in different directions (no aerials). Acro line not necessary, no stationary skills.</li> <li>Salto with LA Turn (min 180) (must be in acro line)</li> </ul> <p><b>Maximum D Score 4.00</b></p> |
| <p><b>Uncoded (U) Permitted Elements</b><br/>(receive 0.1 DV)</p>   |   | <p>Squat onto low bar (<i>There will be no penalty for performing a jump from LB to HB</i>)</p> <p>¾ Giant from LB to HB (No penalty for empty swing at the end of this element)</p> <p>Straddle or pike on undershoot dismount</p>  | <p>Tuck jump<br/>Stretched or arched jump<br/>Stretched jump ½<br/>Changement<br/>Stag leap<br/>Stag jump<br/>Double stag leap<br/>Double stag jump</p>   | <p>Tuck jump ½<br/>W Jump or hop with ½<br/>Changement<br/>Stag leap<br/>Stag jump<br/>Double stag leap<br/>Double stag jump</p>  |
| <p><b>Notes</b></p>   | <p><b>All Around Score:</b> First vault score from Any FIG Coded Vault</p> <p><b>Apparatus Ranking:</b> Average of 2 different FIG coded vaults.</p>  | <p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)<br/>Upstart (kip) after "Shaposhnikova" type elements – no penalty<br/>Stopping to adjust handguards on the bar – penalty 0.50 (intermediate swing)</p>  | <p>A fall from, or on the apparatus will only incur a 0.50 deduction instead of the FIG 1.00.</p>   | <p>Minimum 2 acro lines must be performed. Penalty 1.00 if less than 2 acro lines are performed.<br/>Any travelling isolated salto may be performed at any point in the routine and be credited.</p>  |
| <p><b>GBR Bonus</b><br/>(in addition to FIG)</p>  |   | <p><b>See Bonus sheet</b></p>  | <p><b>See Bonus sheet</b></p>   | <p><b>See Bonus sheet</b></p>   |

## **Clarifications for Open Competition**

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

### **Vault:**

- Additional modified 4 & 5 coil springboards will be available
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 different vaults must be performed. These can be from the same or different group but must have different numbers.

### **Bars:**

- 5 elements only are required
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- A sole circle can count as CR3

### **Beam:**

- 6 elements only are required – 2 dance, 2 acro and 2 optional
- A fall from, or on the apparatus will only incur a 0.50 deduction instead of the FIG 1.00.
- CR 1, 2, 3, 4 must be performed on the beam, CR 5 can include mount and / or on the beam
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

### **Floor:**

- 6 elements only are required – 2 dance, 2 acro and 2 optional
- Minimum 2 acro lines to be performed (penalty 1.00)
- For D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.



# WAG DISABILITY GYMNASTICS BONUS SHEET 2021

## COMPETITION B

| Maximum possible bonus on each apparatus = 1.00. This includes any FIG bonus<br><i>Bonus can only be awarded if performed without a fall</i> |             |                |             |   |              |  |
|--|-------------|----------------|-------------|---|--------------|--|
| <i>Bonus' in addition to FIG</i>   | <i>Bars</i> |                | <i>Beam</i> |   | <i>Floor</i> |  |
| Bonus awarded each time  | 0.30        | Upstart        | 0.20        | 1 leap, jump or hop with 180° split (cross or side) or straddle | 0.20         | A dance passage of 2 different leaps / hops, 1 with 180° split (cross or side) or straddle |
| Bonus awarded once only  | 0.30        | Cast above 45° |             |   | 0.20         | Acro line minimum 2 connected flighted elements  |
| Dismount Bonus (award once only)   | 0.10        | Stuck Dismount |             |   |              |  |

## COMPETITION A

| Maximum possible bonus on each apparatus = 1.00. This includes any FIG bonus<br><i>Bonus can only be awarded if performed without a fall</i> |             |                                       |             |   |              |  |
|--|-------------|---------------------------------------|-------------|---|--------------|--|
| <i>Bonus' in addition to FIG</i>   | <i>Bars</i> |                                       | <i>Beam</i> |   | <i>Floor</i> |  |
| <b>Bonus awarded each time</b>   | 0.30        | Close Bar (not back / fwd hip circle) | 0.20        | 1 x acrobatic series with 2 elements [minimum]<br>Non flighted OK           | 0.20         | A dance passage of 2 different leaps / hops, 1 with 180° split (cross or side) or straddle |
| <b>Bonus awarded once only</b>   | 0.30        | 2 x Upstarts in routine               | 0.20        | Acro elements in different directions [fwd/swd & bwd] (not including mount) | 0.20         | A routine with 2 FIG Acro lines  |
| <b>Dismount Bonus (award once only)</b>  | 0.10        | Stuck Dismount                        | 0.20        | Dismount A salto directly connected to an acro skill                        |              |  |

## OPEN COMPETITION

| Maximum possible bonus on each apparatus = 1.00. This includes any FIG bonus<br><i>Bonus can only be awarded if performed without a fall</i> |             |  |             |   |              |   |
|--|-------------|--|-------------|---|--------------|---|
| <i>Bonus' in addition to FIG</i>   | <i>Bars</i> |  | <i>Beam</i> |   | <i>Floor</i> |   |
| Bonus awarded each time  | 0.20        | Any additional close bar to a minimum 45° from handstand | 0.10        | Dance series B+B or more (elements must be different)             | 0.10         | 2 directly connected saltos                           |
|  | 0.30        | Flighted element LB to HB                                | 0.10        | Mixed series B+A or more  | 0.10         | Double spin (any position)                            |
|  |             |  | 0.10        | Spin B Value or more  | 0.20         | 1/1 twist or more (LA) salto, acro line not necessary |
| Bonus awarded once only  | 0.10        | A Close bar to minimum 45° from handstand                | 0.10        | Mixed series 3 or more elements (each element must be different)  | 0.20         | Minimum 3 dance elements B or more throughout routine |
|  | 0.20        | Any cast to handstand                                    | 0.20        | 1 x acrobatic series with 2 min elements at least one with flight |              |   |
|  | 0.20        | Long Upstart   | 0.20        | 2 different flighted acro elements on the beam                    |              |   |
| Dismount Bonus (award once only)   | 0.10        | Dismount minimum value B                                 | 0.10        | Dismount A from Acro flight                                       | 0.10         | Dismount (last acro line) B or more                   |
|  | 0.10        | Back away (any shape)                                    | 0.20        | Dismount B value or more from Acro flight                         |              |   |

## Classic Challenge & Disability Championships Vault Tariff

### GROUP I HANDSPRING / YAMASHITA with or without LA turn (no salto in second flight)

|                                     | D Score |
|-------------------------------------|---------|
| 1.101 Handspring                    | 1.00    |
| 1.102 Handspring with ½             | 1.50    |
| 1.103 Yamashita                     | 1.00    |
| 1.104 Yamashita with ½              | 1.50    |
| 1.105 ¼ - ½ turn on & repulsion off | 1.20    |
| 1.106 ½ on ½ off or ¼ on ¼ off      | 1.30    |
| 1.107 ½ on 1/1 or ¼ on 1¼ off       | 1.50    |
| 1.108 ½ on 1½ or ¼ on 1¾ off        | 2.00    |
| 1.109 ½ on 2/1 off or ¼ on 2¼ off   | 4.00    |
| 1.201 Handspring with 1/1 turn      | 2.00    |
| 1.202 Handspring with 1½ turns      | 2.50    |
| 1.203 Yamashita with 1/1 turn       | 2.00    |
| 1.204 Yamashita with 1½ turns       | 2.50    |
| 1.205 Handspring with 2/1           | 4.20    |
| 1.206 Handspring with 2½            | 4.50    |
| 1.207 Yamashita with 2/1            | 4.80    |
| 1.208 Yamashita with 2½             | 5.00    |
| 1.301 H/Y 1/1 on H/Y off            | 3.00    |
| 1.302 H/Y 1/1 on H/Y ½ off          | 3.50    |
| 1.303 H/Y 1/1 on H/Y 1/1 off        | 4.00    |
| 1.304 H/Y 1/1 on 1½ off             | 4.50    |

### GROUP IV YURCHENKO: R/O Flic on with/without SALTO BWD with/without LA turn or R/O Flic on LA turn & SALTO FWD with or without LA turn

|                                   | D Score |
|-----------------------------------|---------|
| 4.101 RO, Flic with Repulsion     | 2.50    |
| 4.102 RO, Flic with Repulsion ½   | 2.70    |
| 4.103 RO, Flic with Repulsion 1/1 | 3.00    |
| 4.104 RO, Flic with Repulsion 1½  | 3.20    |
| 4.201 RO, Flic Salto Tuck         | 3.50    |
| 4.202 RO, Flic Salto Tuck ½       | 3.70    |
| 4.203 RO, Flic Salto Tuck 1/1     | 4.00    |
| 4.205 RO, Flic Salto Pike         | 3.50    |
| 4.301 RO, Flic Salto Straight     | 4.00    |
| 4.302 RO, Flic Straight ½         | 4.50    |
| 4.303 RO, Flic Straight 1/1       | 5.00    |

### GROUP II HANDSPRING with or without LA turn and SALTO FORWARD/BACKWARD

|   | D Score |
|---|---------|
| 2.301 Handspring FWD Salto Tuck                 | 3.70    |
| 2.302 Handspring FWD Salto Tuck ½               | 4.00    |
| 2.303 Handspring ½ BWD Salto Tuck (Cuervo Tuck) | 4.00    |
| 2.304 Handspring FWD Salto Pike                 | 4.00    |
| 2.305 Handspring FWD Salto Pike ½               | 5.00    |
| 2.306 Handspring ½ BWD Salto Pike (Cuervo Pike) | 5.00    |

All FIG deductions apply  
but for Height take 0.10, 0.20, 0.30, 0.40 or 0.50  
to create a greater spread between the majority of vaults performed

### GROUP V R/O Flic with ½ turn on, Handspring off with/without SALTO FWD with/without LA turn

|   | D Score |
|---|---------|
| 5.101 RO, Flic w ½ turn, Handspring off   | 2.50    |
| 5.102 RO, Flic w ½ turn, Handspring ½ off | 2.70    |
| 5.103 RO, Flic w ½ turn, Handspring 1/1   | 3.00    |
| 5.104 RO, Flic w ½ turn, Handspring 1½    | 3.40    |
| 5.201 RO, Flic w ½ turn, Salto Tuck       | 4.00    |
| 5.202 RO, Flic w ½ turn, Salto Tuck ½     | 4.30    |
| 5.203 RO, Flic w ½ turn, Salto Pike       | 4.50    |
| 5.203 RO, Flic w ½ turn, Salto Pike ½     | 5.00    |

### GROUP III TSUKAHARA or KASAMATSU SALTO with or without turn *All Group 3 Vaults - allow a 90° to 180° LA turn in first flight*

|   | D Score |
|---|---------|
| 3.101 Tsukahara Tuck                          | 3.50    |
| 3.102 Tsukahara Pike                          | 3.50    |
| 3.103 Tsukahara Tuck ½                        | 3.70    |
| 3.104 Tsukahara Tuck 1/1 (Kasamatsu Tucked)   | 4.00    |
| 3.201 Tsukahara Straight                      | 4.00    |
| 3.202 Tsukahara Straight ½                    | 4.50    |
| 3.203 Tsukahara Straight with 1/1 (Kasamatsu) | 5.00    |

### GROUP VI R/O Flic with 1/1 turn on with/without SALTO BWD *Vaults performed with 1/1 on allow for tolerance of ¼ (270°) to 1/1 (360°)*

|   | D Score |
|---|---------|
| 5.301 RO, Flic w ¾ + with Repulsion     | 2.50    |
| 5.302 RO, Flic w ¾ + with Repulsion ½   | 2.70    |
| 5.303 RO, Flic w ¾ + with Repulsion 1/1 | 3.00    |
| 5.401 RO, Flic w ¾ + Salto Tuck         | 4.50    |
| 5.402 RO, Flic w ¾ + Salto Pike         | 4.60    |
| 5.403 RO, Flic w ¾ + Salto Straight     | 5.00    |