

## WAG Disability Gymnastics Rules 2020

**British**  
**Gymnastics**  
More than a sport

# WOMEN'S ARTISTIC DISABILITY GYMNASTICS RULES 2020

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 programme adapts these basic principles to be able to accommodate the various different aspects of the Women's programme.

The FIG COP is designed to encompass the whole spectrum of ability from the basic A valued Difficulty elements to the most difficult I valued elements. The domestic programme has further extended this to allow gymnastic elements that are not in the COP, (U or uncoded elements – these have a value of 0.10 unless otherwise stated). Irrespective of their value, the highest 8 elements (unless stated otherwise) are counted and this allows for differentiation between the gymnasts.

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 (3 acro (including the dismount), 3 dance & 2 optional elements) (unless stated otherwise)

Composition of the exercise

Connection value

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 GYMNASTIC CHAMPIONSHIPS 2020

BG WTC  
Updated 20/01/2020

## OPEN LEVEL COMPETITION

<p><b>A = 0.10</b> <b>B = 0.20</b> <b>C = 0.30</b> <b>D = 0.40</b> 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] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min]</b> Barred elements are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised as an A and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. <b>BG BONUS will be awarded ONCE only providing the Element / Series is performed without a fall.</b></p>			
<b>Short Exercises</b>	<p><b>FIG Rules apply for Beam &amp; Floor</b> On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element. Bars should be set to full distance <b>for Over 12 years.</b> <b>Penalty of 3.00 for altering bars without prior written permission with competition organiser.</b></p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Vault table at 120cm –11 years & under Vault table at 125cm – 12 years & over One springboard only allowed FIG landing mats soft side uppermost	FIG Bars Regulations with landing mats soft side uppermost. <b>1.00 deduction for coach assistance on bar transition (No DV/CR can be awarded)</b>	FIG Beam Regulations with landing mats soft side uppermost.	FIG Floor Regulations
<b>Requirements</b>	<p><b>All Around Score:</b>  First vault score from Any FIG Coded Vault</p> <p><b>Apparatus Ranking:</b></p> <ul style="list-style-type: none"> <li>▪ Average of 2 different FIG coded vaults</li> </ul>	<p><i>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus:</i></p> <ul style="list-style-type: none"> <li>▪ FIG coded mount</li> <li>▪ Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] not allowed</li> <li>▪ 1 bar change LB to HB (can be coded or uncoded)</li> </ul> <p><b>Dismount must be included in counting elements A or B only allowed C/D or move – no DV</b></p> <p><b>Unpermitted dismount 0.30 deduction</b></p>	<ul style="list-style-type: none"> <li>• Connection of minimum 2 different dance elements: <i>To include 1x leap/jump with 180° split (cross or side) or straddle position</i></li> <li>• <b>Turn from group 3</b></li> <li>• 1 x acrobatic series with 2 elements [minimum] Non flighted OK <i>not connected into dismount</i></li> <li>• Acro elements in different directions [fwd/swd &amp; bwd]</li> </ul> <p><b>Dismount must be included in counting elements A or B only allowed C/D or move – no DV</b> <b>Unpermitted dismount 0.30 deduction</b></p>	<ul style="list-style-type: none"> <li>• Dance passage to include minimum 2 x different leaps or hops: <i>To include 1 x leap or hop with 180° split (cross or side) or straddle position</i></li> <li>• Any coded 1/1 spin on one foot</li> <li>• Acro line with rebounding backward salto</li> <li>• 2 x saltos in different directions [fwd/swd &amp; bwd] in same or different acro line</li> </ul> <p><b>Dismount must be included in counting elements A or B only allowed C/D or move – no DV</b> <b>Unpermitted dismount 0.30 deduction</b></p>
<b>Uncoded Permitted Elements</b> <i>(receive 0.1 DV)</i>		Squat, stoop, straddle onto LB JUMP to catch HB (no penalty for performing jump to HB) ¾ Giant from LB to HB ¾ giant HB Counterswing (HB)	Forward roll (will not fulfil CR) ½ spin (will not fulfil CR) Straight Jump <b>Tuck Jump</b>	Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand
<b>Barred Elements</b> <i>(prohibited/receive no DV)</i>	Any vault with DV higher than 4.40 or salto's with a twist		Hops / leaps/ jumps to front support	
<b>Notes</b>	<b>Age in year of competition</b>	The sole circle (5.108) may be performed with bent legs without incurring execution penalty) <i>No penalty for performing jump from LB to HB</i>	<b>Coaches are encouraged to be present for dismounts</b>	Max 4 Acro lines
<b>GBR Bonus</b> <i>(in addition to FIG)</i>		<p><b>0.5</b> - Backward giant without fall [given once only] <b>0.5</b> – Cast to Handstand <b>0.5</b> – Long Upstart <b>0.5</b> – Coded LB to HB (e.g. Mo shoot)</p>	<p><b>0.5</b> – A routine with no falls providing all CR's are fulfilled <b>0.3</b> – Acro connection with 1 flighted element <b>0.2 – Dance / Acro (mixed only)</b> <b>0.2 / 0.4</b> - Series bonus of 3 elements (Dance or Acro or Mixed) <b>BAA 0.20</b>, min <b>BBA 0.40</b> <b>0.3 / 0.5</b> Dismount directly connected to an acro element <b>0.30 – From a flighted Acro 0.50</b></p>	<p><b>0.3</b> – ½ twist fwd / bwd in an acro line <b>0.5</b> – Full twist fwd / bwd in an acro line <b>0.3</b> – Acro line with 2 different saltos or 2 saltos directly connected can be the same or different</p>

## **Clarifications for Competition Open**

### **Vault:**

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

### **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 attract the 0.5 empty swing penalty.
- $\frac{3}{4}$  giant will attract the 0.5 empty swing penalty.
- FIG penalties will apply for the empty swing after performing backward and forward hip circles.

### **Beam:**

- The maximum bonus that can be awarded for a series of 3 elements, is 0.40 (connections with more than 3 elements will still only earn 0.40)
- A gymnast may perform as many different bonus connections of 3 consecutive elements within the maximum time limit.
- The series can be performed in any order to receive the bonus but must have a minimum BAA for 0.2 or BBA for 0.4
- The mixed series bonus can be used for dance / acro in either order
- The mixed series bonus (0.20) can only be awarded if not used in conjunction with any other **series** bonus
- A backward roll on one shoulder is not in the FIG CoP and therefore has no DV and will not class as a backwards element at this level

### **Floor:**

- Handstand forward roll has been deleted from uncoded elements as the handstand exists in the CoP.
- Bonus' can only be awarded if performed within an acro line and without a fall

# WAG DISABILITY GYMNASTIC CHAMPIONSHIPS 2020

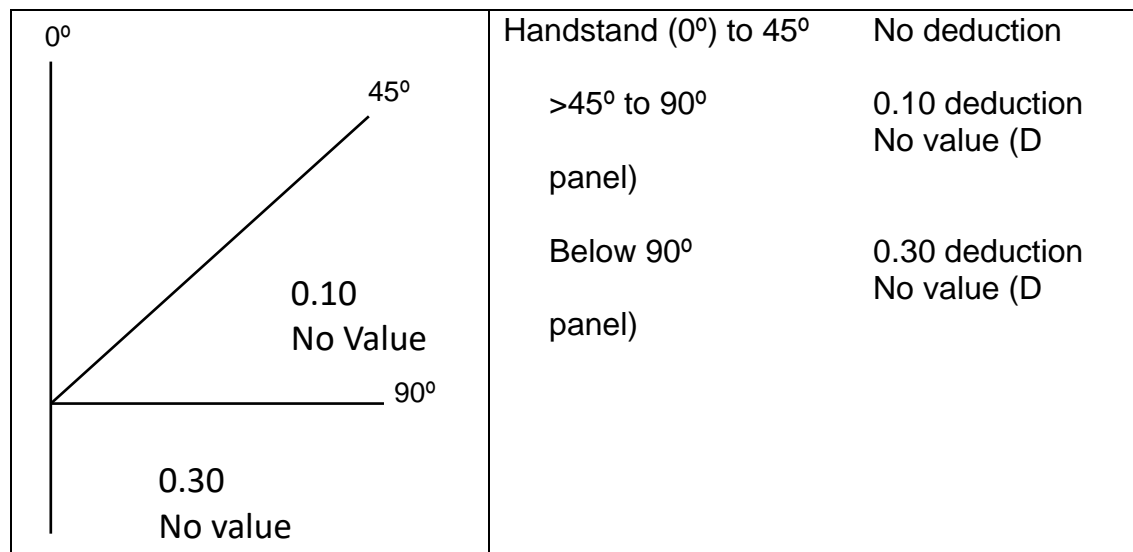
BG WTC  
Updated 20/01/2020

## COMPETITION A

<p><b>U = 0.10</b> <b>A = 0.10</b> <b>B = 0.20</b> Any element C or above will only be credited 0.20</p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] – No minimum number acro lines</b> Barred elements are not allowed and no Difficulty Value, CR or Bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each Same element can only count once EXCEPT on Bars where an FIG Coded A/B element may be repeated for Difficulty Value <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. <b>BG BONUS</b> will be awarded <b>ONCE</b> only providing the Element / Series is performed without a fall.</p>			
<b>Short Exercises</b>	<p><b>FIG Rules apply for Beam &amp; Floor</b> <b>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</b></p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Height of vault and or mats 110cm 1 x springboard	FIG Bars Regulations with landing mats soft side uppermost. Distance to suit gymnast <b>1.00 deduction for coach assistance on bar transition (DV/CR can still be awarded)</b>	Height as per FIG with landing mats soft side uppermost. Additional safety mattresses of uniform thickness (20cm) under the complete length of the beam may be used without penalty.	FIG Floor Regulations <b>except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required.</b> A routine with only 1 acro line will not incur dismount deductions.
<b>Requirements</b>	<p style="text-align: center;"><b>DV 2.40.</b> Handspring Flat Back from Table onto Pile of Safety Mattresses <b>½ on to front lie from table onto pile of safety mattresses</b></p> <p style="text-align: center;"><b>DV 1.40.</b> Handspring Flat Back onto Pile of Safety Mattresses <b>½ on to front lie onto pile of safety mattresses</b></p>	<p><i>If a gymnast performs all 3 CRs she will be awarded a 0.50 bonus:</i></p> <ul style="list-style-type: none"> <li>▪ 1 bar change LB to HB (can be coded or uncoded)</li> <li>▪ A clear or close bar circle element</li> <li>▪ A coded / uncoded element on the HB (must start and finish on the HB)</li> </ul> <p><b>Dismount must be included in counting elements A or B only allowed</b> <b>C/D or move – no DV</b> <b>Unpermitted dismount 0.30 deduction</b></p>	<ul style="list-style-type: none"> <li>• Connection of minimum 2 different dance elements</li> <li>• 1 x leap/jump with 150° split (cross or side) or straddle position</li> <li>• Turn from group 3 (can be 180°)</li> <li>• 1 x acrobatic element <i>can be non-flighted (not connected into dismount)</i></li> </ul> <p><b>Dismount must be included in counting elements A only allowed</b> <b>B or move – no DV</b> <b>Unpermitted dismount 0.30 deduction</b></p>	<ul style="list-style-type: none"> <li>• Dance passage to include minimum 2 x different leaps or hops: <i>To include 1 x leap or hop with 150° split (cross or side) or straddle position</i></li> <li>• Any coded 1/1 spin on one foot</li> <li>• Acro in different directions [fwd/swd &amp; bwd]</li> <li>• Salto forward or backward</li> </ul> <p><b>Dismount must be included in counting elements A only allowed</b> <b>B or move – no DV</b> <b>Unpermitted dismount 0.30 deduction</b></p>
<b>Uncoded (U) Permitted Elements</b> <i>(receive 0.1 DV)</i>	<p style="text-align: center;"><b>DV 0.40.</b> Vault table - Squat through / Straddle over</p>	<p>Float swing from board back to board or floor Chin up circle over LB Cast above 45° (See diagram for penalties) ¾ Giant from LB to HB &amp;/or on HB (No penalty for empty swing at the end of this element) Squat onto low bar <i>(There will be no penalty for performing a jump from LB to HB)</i> Counterswing HB Straddle or pike on undershoot dismount</p>	<p>Forward roll Backward roll <b>(this cannot be on one shoulder)</b> Straight jump ½ spin on 1 foot Tuck jump Cartwheel rebounding straight jump dismount Round-off dismount</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Tick-tock Backward roll to handstand Scissor kick</p>
<b>Barred Elements</b> <i>(prohibited/receive no DV)</i>	Any vault other than those listed		Any salto [other than dismount] Hops/jumps/leaps to front support Any acrobatic connection	Hops, jumps leaps to front support Hops, jumps, leaps LA turn (except straight jump 1/1 and cat leap 1/1)
<b>Notes</b>	Best score of 2 performed vaults. Same vault tariff must be performed twice. (No deduction if only 1 vault performed)	The sole circle (5.108) may be performed with bent legs without incurring execution penalty)	Any mount may be used <b>Coaches are encouraged to be present for dismounts</b>	<b>Gymnasts last acro element must be an acro line</b>
<b>GBR Bonus</b> <i>(in addition to FIG)</i>		<p><b>0.5</b> – short upstart <b>0.5</b> – Long upstart <b>0.5</b> – Close bar element (not bwd/fwd hip circle)</p>	<p><b>0.5</b> – A routine with no falls <i>(must have all CR's)</i> <b>0.3</b> – Acro fwd &amp; bwd on beam <i>(not mount)</i> <b>0.3</b> – Full spin <b>0.3</b> – <b>FIG Connected dance series (inc uncoded)</b></p>	<b>0.5</b> – Additional different salto fwds or bwds in an acro line.

## Diagram for WAG Disability – Competition A Bars

Un-coded element (value - 0.10) – Cast above 45°



### Clarifications for Competition A

#### **Vault:**

- 2 different vaults may be performed but they must be from the same tariff to ensure warm-up and competition happens on the same apparatus set-up.
- 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.
- For all gymnasts in the U12 competition, 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.

#### **Beam:**

- 6 elements only are required
- A backward roll on one shoulder will not class as a backwards element at this level and will therefore not receive CR or bonus
- Bonus for dance connection with 180 split does not state no tolerance so can be awarded if with FIG tolerance and E deductions applied.

#### **Floor:**

- CR for salto forwards or backwards does not have to be in an acro line is performing a forward salto.
- The bonus for an additional salto forwards or backwards must be in an acro line
- Gymnasts last acro element must be an acro line.
- Handstand & handstand forward roll have been deleted from uncoded elements as the handstand exists in the CoP.

# WAG DISABILITY GYMNASTIC CHAMPIONSHIPS 2020

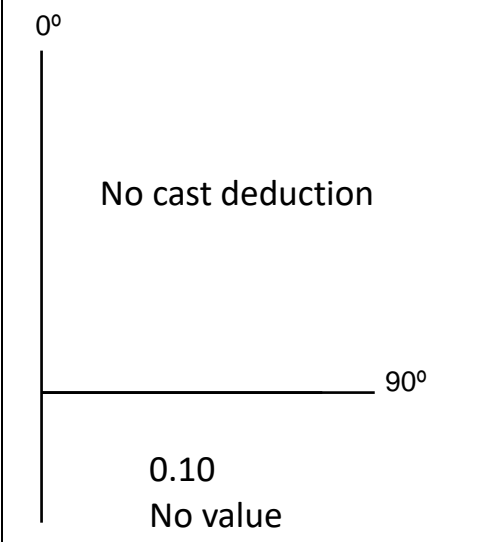
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## COMPETITION B

<p><b>U = 0.00 or 0.10</b> <b>A = 0.10</b> <b>The only additional higher value move permitted is a Split jump on beam</b></p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> <b>BEAM/FLOOR – 2 acrobatic [min] + 2 dance [min] FLOOR No acro lines required</b> Barred elements are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
<b>Short Exercises</b>	<p>On Beam &amp; Floor an exercise with less than 6 elements will be deducted 1.00 for each missing element On Bars, an exercise with less than 4 elements will be deducted 1.00 for each missing element</p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Height mats 110cm or 60cm 1 x springboard	FIG Bars Regulations with landing mats soft side uppermost. Distance to suit gymnast Additional safety mattresses of uniform thickness (20cm) under the complete length of the bars on top of standard matting for U12.	FIG Beam Regulations with landing mats soft side uppermost. Additional safety mattresses of uniform thickness (20cm or 30cm) under the complete length of the beam may be used without penalty	FIG Floor Regulations except acro lines where at this level an acro line is not required and will not incur dismount deductions.
<b>Requirements</b>	<p style="text-align: center;"><b>DV 2.40.</b> Handspring Flat Back onto Pile of Safety Mattresses at 110cm</p> <p style="text-align: center;"><b>DV 1.40.</b> Handspring Flat Back onto Pile of Safety Mattresses at 60cm</p> <p style="text-align: center;"><b>DV 0.40.</b> Straight jump on &amp; off 60cm block</p>	<ul style="list-style-type: none"> <li>▪ A Float element on LB (uncoded OK)</li> <li>▪ Cast on LB (with value)</li> <li>▪ Close bar circle element [non flight] back hip Circle [2.105] and forward hip circle [2.104] are allowed</li> <li>▪ A high bar element – on the HB</li> </ul> <p><b>Dismount must be included in counting elements A only allowed</b> <b>B or move – no DV</b> <i>Unpermitted dismount 0.30 deduction</i></p>	<ul style="list-style-type: none"> <li>• Connection of minimum 2 different dance elements</li> <li>• 1 x FIG coded leap/jump/hop</li> <li>• Turn from group 3 (can be 180°)</li> <li>• 1 x acrobatic element <i>not connected into dismount</i></li> </ul> <p><b>Dismount must be included in counting elements A only allowed</b> <b>B or move – no DV</b> <b>Unpermitted dismount 0.30 deduction</b></p>	<ul style="list-style-type: none"> <li>• Dance passage to include minimum 2 x different leaps or hops:</li> <li>• Any coded 1/1 spin on one foot</li> <li>• A flighted acro element</li> <li>• Acro in different directions [fwd/swd &amp; bwd]</li> </ul> <p><b>Dismount must be included in counting elements A only allowed</b> <b>B or move – no DV</b> <b>Unpermitted dismount 0.30 deduction</b></p>
<b>Uncoded (U) Permitted Elements (receive 0.1 DV)</b>	2.00 penalty for coach support. Applies to each vault.  No other vaults are permitted at this level.	Float swing from board back to board or floor Chin up circle over LB Cast above horizontal (See diagram) ¼ Giant from LB to HB &/or on HB (No penalty for empty swing at the end of this element) Squat onto low bar ( <i>There will be no penalty for performing a jump from LB to HB</i> ) Counterswing HB Straddle or pike on undershoot dismount	<b>Any mount</b> Forward roll – optional exit Backward roll / <b>shoulder roll backwards</b> Straight jump ½ spin on one foot Handstand (not held) Arabesque (2 sec) Tuck jump Roundoff dismount Cartwheel rebounding straight jump dismount	Cartwheel & or Dive Cartwheel Backward walkover Forward walkover Valdez Tick-tock Backward roll to handstand & or to front support Headspring Tuck jump Scissor kick Straight jump ½
<b>Uncoded (U) Permitted elements with no value</b>		Jump to FS on LB Cast below horizontal Leg lift feet to bar Climb on LB jump to HB Chin up on HB Circle forward LB release to stand Cast push off LB to stand Underswing HB to stand	Releve half turn Half handstand Chasse steps Run rebound 2 feet straight jump dismount	Teddy bear roll Star jump Forward roll Backward roll
<b>Notes</b>	Best score of 2 performed vaults. Same vault tariff must be performed twice. (No deduction if only 1 vault performed)	The sole circle (5.108) may be performed with bent legs without incurring execution penalty)	Any mount may be used <b>Coaches are encouraged to be present for dismounts</b>	No acro lines are required
<b>GBR Bonus (in addition to FIG)</b>		<b>0.3 – Squat on LB jump to catch HB without coach support</b>		

## Diagram for WAG Disability Competition B Bars

### Un-coded element (value - 0.10) – Cast to horizontal

	Handstand (0° to 90°	No cast deduction With value(D panel)
	Below 90°	0.10 deduction No value (D panel)

### Clarifications for Competition B

#### **Vault:**

- Additional modified 4 & 5 coil springboards will be available

#### **Bars:**

- 4 elements only are required
- There is no deduction for use of LB only
- Is using both bars, the coach must stand between the bars and be present for the transition between the bars without deduction.
- For all gymnasts in the U12 competition, an additional 20cm mat can be placed underneath through-out the bars without deduction.
- Moves with no value have been included to ensure that gymnasts have the best opportunity to compete without a short exercise.
- Cast immediate cast will attract the 0.5 empty swing penalty.

#### **Beam:**

- 6 elements only are required
- A backward roll on one shoulder will class as a backwards element
- Moves with no value have been included to ensure that gymnasts have the best opportunity to compete without a short exercise.

#### **Floor:**

- 6 elements only are required
- Backward and forward rolls can have optional exit.
- Handstand & handstand forward roll have been deleted from uncoded elements as the handstand exists in the CoP.
- Moves with no value have been included to ensure that gymnasts have the best opportunity to compete without a short exercise



