

2018 WAG Disability – Open Level Competition - Rules & Requirements

<p>Difficulty Value A=0.10 B=0.20 C=0.30 D=0.40 Moves of higher value are not permitted</p>	<p>Elements will be given Difficulty Value according to Rules & 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. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] 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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. BG BONUS will be awarded ONCE only providing the Element / Series is performed without a fall.</p>			
SHORT EXERCISES	<p>FIG Rules apply for Beam & Floor 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. Penalty of 3.00 for altering bars without prior written permission with competition organiser.</p>			
VAULT		BARS	BEAM	FLOOR
Any vault with DV higher than 4.40 or salto's with a twist	BARRED ELEMENTS/SPECIAL INSTRUCTIONS	FIG Bar regulations 1.00 deduction for coach assistance on bar transition (DV/CR can still be awarded)	Hops/jumps/leaps to front support	A routine with only one acro line will NOT incur dismount deductions
3.00 PENALTY IF COACH SUPPORT GIVEN. 1 x springboard	UNCODED ELEMENTS 0.1 EACH	<ul style="list-style-type: none"> • Chin up circle over LB (will not fulfil CR) • Squat onto LB JUMP to catch HB • ¾ Giant from LB to HB • ¾ giant HB • Counterswing (HB) • Swing with ½ turn (feet above height of LB) <p style="text-align: center; color: red;"><i>Dismounts</i> Straddle on undershoot & pike 3/4 sole circle</p>	<ul style="list-style-type: none"> • Forward roll (will not fulfil CR) • ½ spin (will not fulfil CR) • Straight jump 	<ul style="list-style-type: none"> • Cartwheel • Backward walkover • Forward walkover • Valdez • Backward roll to handstand • Handstand fwd roll (straight arms)
Height 11years & under - 120cm 12+years-125cm (1.00 penalty for each 5cm lower)	<p style="text-align: center;">REQUIREMENTS CR 0.50</p> X Award 0.5 ✓ Must be performed for 0.5	<ul style="list-style-type: none"> ✓ FIG Coded Mount ✓ 1 bar change LB-HB (can be coded or uncoded) X Flight on same bar ✓ Clear or close circle element (back hip circle not allowed) <p style="text-align: center;">Dismount must be included in counting elements A or B only allowed C/D or more – No DV</p> <p style="text-align: center; color: red;">Unpermitted dismount 0.30 deduction</p>	<ul style="list-style-type: none"> ✓ Connection of minimum 2 different dance elements: To include 1x leap/jump with 180° split (cross or side) or straddle position ✓ Any coded 1/1 spin on 1 foot in forwards direction ✓ 1 x acrobatic series with 2 elements [min] (non flight OK) not connected into dismount ✓ Acro fwd/side & Bwd (non-flight OK) Forward roll (will not fulfil CR) <p style="text-align: center;">Dismount must be included in counting elements A or B salto only allowed or No DV Unpermitted dismount 0.30 deduction</p>	<ul style="list-style-type: none"> ✓ Dance passage of 2 diff leaps / hops, each with 1 foot take-off (1 x 180° split cross, side or straddle) ✓ Any coded spin on one foot in forward direction (minimum 1/1) ✓ Acro line with rebounding Backward salto ✓ 2 x saltos in different directions [fwd & bwd] not necessarily in the same acro line <p style="text-align: center;">Dismount must be included in counting elements A or B salto only allowed or No DV Unpermitted dismount 0.30 deduction</p>
Average score of 2 performed vaults (No deduction if only 1 vault performed)	<p style="text-align: center;">BG BONUS 0.5 each (except where stated) Only given if no fall</p>	<ul style="list-style-type: none"> • Cast to handstand without a fall • Back Giant without a fall • Long upstart without a fall • Coded LB to HB (e.g. Mo shoot) 	<ul style="list-style-type: none"> • A routine with no falls (providing all CR's are fulfilled) • Acro connection with min one flighted element 0.4, flighted acro element on the beam 0.2 • Series bonus of 3 elements (Dance, Acro or mixed) BAA 0.2, BBA 0.4 (minimum) • Dismount directly connected from an acro element 	<ul style="list-style-type: none"> • Full twist fwd or bwd in an acro line 0.3
	Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Cycle 14 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION		
		Bar change without performing an element / uncharacteristic element X * No deduction to be applied for bent legs in a sole circle	Mount not from table of elements X	
		Use Current FIG cycle 14 - 12.5 ARTISTRY & COMPOSITION DEDUCTIONS 12.6 Specific Apparatus deductions		Use Current FIG cycle 14 - 13.5 ARTISTRY & COMPOSITION DEDUCTIONS 13.6 Specific Apparatus deductions

2018 WAG Disability – Competition A - Rules & Requirements

Difficulty Value A=0.10 B=0.20 Any element C or above will only be credited 0.20	Elements will be given Difficulty Value according to Rules & 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. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] – No minimum number acro lines 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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. BG BONUS will be awarded ONCE only providing the Element / Series is performed without a fall.				
SHORT EXERCISES	FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element				
VAULT		BARS	BEAM	FLOOR	
DV 2.40. Handspring Flat Back from Table onto Pile of Safety Mattresses DV 1.40. Handspring Flat Back onto Pile of Safety Mattresses DV 0.40. Vault table - Squat through / Straddle over 2.00 PENALTY IF COACH SUPPORT GIVEN.	BARRED ELEMENTS	Flight on the same bar (release)	Any salto [other than dismount] Hops/jumps/leaps to front support Any acrobatic connection	Double Salto Hops, jumps leaps to front support Hops, jumps, leaps LA turn (except straight jump 1/1 and cat leap 1/1)	
		FIG Bar regulations. No deduction for coach assistance on bar transition	Height as per FIG An additional 20cm safety mat is permitted under the beam without penalty.	A routine with only one acro line will NOT incur dismount deductions	
	UNCODED ELEMENTS 0.1 EACH	<ul style="list-style-type: none"> * Float swing from board back to board * Chin up circle over LB * Cast above 45° * Squat on LB jump to catch HB * ¾ Giant from LB to HB * ¾ giant HB * Counterswing (HB) <p style="text-align: center;">Dismounts</p> Straddle or pike on undershoot	<ul style="list-style-type: none"> * Forward roll * Backward roll * ¼ spin * Straight jump * Tuck Jump <p style="text-align: center;">Any mount may be used</p> <ul style="list-style-type: none"> * Cartwheel rebounding straight jump Dismount (1 element) * Round-off dismount 	<ul style="list-style-type: none"> * Cartwheel * Backward walkover * Forward walkover * Valdez * Tick-tock * Tuck jump * Backward roll to h/d * Headspring * Handstand fwd roll * Scissor Kick 	
Height 110cm 1 x springboard	CR 0.50 X Award 0.5 ✓ Must be performed for 0.5	<ul style="list-style-type: none"> X FIG coded Mount ✓ 1 bar change LB-HB (can be coded or uncoded) ✓ A clear or close circle element ✓ A coded/uncoded element on the high bar (must start and finish on the HB) <p style="text-align: center;">Dismount must be included in counting elements</p> <p style="text-align: center;">Dismount higher than an A no DV</p> <p style="text-align: center;">Unpermitted dismount 0.30 deduction</p>	<ul style="list-style-type: none"> ✓ Connection 2 different dance elements ✓ 1x leap/jump with 150° cross/side split or straddle] ✓ Turn [Group 3] (can be 180°) ✓ 1 x acrobatic element (non-flight OK) <p style="text-align: center;">Dismount must be included in counting elements</p> <p style="text-align: center;">Dismount higher than an A no DV</p> <p style="text-align: center;">Unpermitted dismount 0.30 deduction</p>	<ul style="list-style-type: none"> ✓ Dance passage of 2 diff leaps / hops, each with 1 foot take-off (1 x 150° split cross, side or straddle) ✓ Acro fwd /Swd & Bwd ✓ Salto fwds or bwds ✓ Any coded spin on one foot in forward direction (minimum 1/1) <p style="text-align: center;">Dismount must be included in counting elements</p> <p style="text-align: center;">Dismount higher than an A no DV</p> <p style="text-align: center;">Unpermitted dismount 0.30 deduction</p>	
	BG BONUS 0.5 Each (Except where stated)	<ul style="list-style-type: none"> • Short Upstart (LB) • Long Upstart (HB) • Close bar element (not bwd / fwd hip circle) 	<ul style="list-style-type: none"> • A routine with no falls (providing all CR's are fulfilled) • Acro Fwd & Bwd on the beam (not mount) 0.3 • Full spin 0.3 • Connected dance elements that includes a 180° split 0.3 	<ul style="list-style-type: none"> • Tuck front salto • An additional different salto fwds or bwds 	
Best score of 2 performed vaults. Same vault must be performed twice. (No deduction if only 1 vault performed)		Use deductions for Bars/Beam/Floor as in Cycle 14 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION			
	Specific Apparatus Deductions	Bar change without performing an element / uncharacteristic element X * No composition deduction for empty swing after Back hip circle however intermediate swing penalties can be applied * No deduction to be applied for bent legs in a sole circle	More than 1 x 180° turn on 2 feet with straight legs [throughout exercise] X		
			Use Current FIG cycle 14 - 12.5 ARTISTRY & COMPOSITION DEDUCTIONS 12.6 Specific Apparatus deductions	Use Current FIG cycle 14 - 13.5 ARTISTRY & COMPOSITION DEDUCTIONS 13.6 Specific Apparatus deductions	

2018 WAG Disability – Competition B - Rules & Requirements

Difficulty Value A=0.10 Any element B or above will only be credited 0.10	Elements will be given Difficulty Value according to Rules & 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. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 2 x Acro lines [max] 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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. Moves with no value can count towards the number of elements but will not receive a DV or count towards CR's (to prevent short exercise penalty)											
SHORT EXERCISES	On Beam & Floor an exercise with less than 6 elements will be deducted 1.00 for each missing element On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element											
VAULT	VAULT	VAULT		BARS		BEAM		FLOOR				
Handspring Flat Back onto Pile of Safety Mattresses (110cm)	Handspring Flat Back onto Safety Mattresses (60cm)	Straight jump on / off (60cm)	BARRED ELEMENTS	Flight on the same bar (release)		Any salto [other than dismount] Hops/jumps/leaps to front support Any acrobatic connection Any turning jumps		Double Salto Hops, jumps leaps to front support Hops, jumps, leaps LA turn (except straight jump ½)				
				Height as per FIG – Distance to suit gymnast. No deduction for coach assistance between bars		Height as per FIG An additional 20cm safety mat is permitted		A routine without an acro line will NOT incur dismount deductions				
DV 2.40. 2.00 PENALTY IF COACH SUPPORT GIVEN.	DV 1.40. 2.00 PENALTY IF COACH SUPPORT GIVEN.	DV 0.40. 2.00 PENALTY IF COACH SUPPORT GIVEN.	UNCODED ELEMENTS 0.1 EACH	* Float swing from board back to board * Chin up circle over LB * Cast above Horizontal * Squat onto LB jump to catch HB * ¾ Giant from LB to HB * ¾ giant HB * Counterswing (HB) * Straddle or pike undershoot dismount	MOVES NO VALUE	* 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 * Underswing HB to stand	Forward roll Backward roll ½ spin Handstand (not held) Arabesque (2 sec) Cartwheel rebounding straight jump Dismount (1 element) Round-off Dismount	Straight jump Tuck Jump Any Mount may be used	MOVES NO VALUE	Relevé half turn Half handstand Chasse steps Forward roll to straddle sit Run rebound 2 feet Straight jump dismount	Cartwheel Dive Cartwheel Backward walkover Forward walkover Valdez Tick-tock Tuck jump 150 split leap Backward roll to h/d Backward roll to FS	Headspring Handstand fwd roll Scissor Kick Straight jump ½ MOVES NO VALUE Teddy bear roll Star jump Forward roll Backward roll Handstand
Height 110cm 1 or 2-x springboard	Height 60cm 1 x springboard		CR 0.50	X FIG coded Mount ✓ 1 bar change LB-HB (can be coded or uncoded) ✓ A clear or close circle element ✓ A high bar element –on the HB Dismount must be included in counting elements Dismount higher than an A no DV	✓ Connection 2 different dance elements ✓ 1 x FIG Coded Leap/ Jump / Hop ✓ Turn [Group 3] (can be 180°) ✓ 1 x acrobatic element (non-flight OK) Dismount must be included in counting elements Dismount higher than an A no DV	✓ Dance passage of 2 x different Leaps or hops, each with 1 foot take-off ✓ Any coded spin on one foot in forward direction (minimum 1/1) ✓ 1 flighted acro element ✓ Acro fwd /Swd & Bwd (non-flight OK) Dismount must be included in counting elements Dismount higher than an A no DV	X Award 0.5 ✓ Must be performed for 0.5					
Best score of 2 performed vaults Same vault must be performed twice. (No deduction if only 1 vault performed)			Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Cycle 14 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION								
				Bar change without performing an element / uncharacteristic element X No composition deduction for empty swing after Backhip circle - however intermediate swing penalties can be applied No deduction to be applied for bent legs in a sole circle	More than 1 x 180° turn on 2 feet with straight legs [throughout exercise] X	Excessive preparation: Pause apply at 2 sec. X						
				Use Current FIG cycle 14 - 12.5 ARTISTRY & COMPOSITION DEDUCTIONS 12.6 Specific Apparatus deductions			Use Current FIG cycle 14 - 13.5 ARTISTRY & COMPOSITION DEDUCTIONS 13.6 Specific Apparatus deductions					