

# 2019 WAG Disability – Open Level Competition - Rules & Requirements

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

# 2019 WAG Disability – Competition A - Rules & Requirements

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|---|---|--|--|---|--|
| <b>Difficulty Value</b><br><b>A=0.10 B=0.20</b><br>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]<br>Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.<br><b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b><br><b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] – No minimum number acro lines</b><br>Barred elements 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<br>Same element can only count once EXCEPT on Bars where an FIG Coded A/B element may be repeated for Difficulty Value<br><b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.<br><b>BG BONUS will be awarded ONCE only providing the Element / Series is performed without a fall.</b> |  |  |   |  |
| <b>SHORT EXERCISES</b>  | <b>FIG Rules apply for Beam &amp; Floor</b><br><b>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</b>   |  |  |   |  |
| <b>VAULT</b>  |   | <b>BARS</b>  | <b>BEAM</b>  | <b>FLOOR</b>  |  |
| <b>DV 2.40.</b><br>Handspring Flat Back from Table onto Pile of Safety Mattresses<br><br><b>DV 1.40.</b><br>Handspring Flat Back onto Pile of Safety Mattresses<br><br><b>DV 0.40.</b><br>Vault table - Squat through / Straddle over<br><br>2.00 PENALTY IF COACH SUPPORT GIVEN. | <b>BARRED ELEMENTS</b>  | Flight on the same bar (release)<br><br>FIG Bar regulations. No deduction for coach assistance on bar transition   | Any salto [other than dismount]<br>Hops/jumps/leaps to front support<br>Any acrobatic connection<br><br>Height as per FIG An additional 20cm safety mat is permitted under the beam without penalty.   | Double Salto Hops, jumps leaps to front support Hops, jumps, leaps LA turn (except straight jump 1/1 and cat leap 1/1)<br><br><b>A routine with only one acro line will NOT incur dismount deductions</b>   |  |
|   | <b>UNCODED ELEMENTS 0.1 EACH</b>  | * Float swing from board back to board<br>* Chin up circle over LB<br>* Cast above 45°<br>* Squat on LB jump to catch HB<br>* ½ Giant from LB to HB<br>* ¼ giant HB<br>* Counterswing (HB)<br><br><i>Dismounts</i><br>Straddle or pike on undershoot   | * Forward roll<br>* Backward roll<br>* ½ spin<br>* Straight jump<br>* Tuck Jump<br><br>Any mount may be used<br>* Cartwheel rebounding straight jump Dismount (1 element)<br>* Round-off dismount  | * Cartwheel<br>* Backward walkover<br>* Forward walkover<br>* Valdez<br>* Tick-tock<br>* Tuck jump<br>* Backward roll to h/d<br>* Handstand fwd roll<br>* Scissor Kick  |  |
| Height 110cm<br>1 x springboard   | <b>CR 0.50</b><br><br>X Award 0.5<br><br>✓ Must be performed for 0.5  | X FIG coded Mount<br>✓ 1 bar change LB-HB (can be coded or uncoded)<br>✓ A clear or close circle element<br>✓ A coded/uncoded element on the high bar (must start and finish on the HB)<br><br><b>Dismount must be included in counting elements</b><br><b>Dismount higher than an A no DV</b><br><b>Unpermitted dismount 0.30 deduction</b> | ✓ Connection 2 different dance elements<br>✓ 1x leap/jump with 150° cross/side split or straddle<br>✓ Turn [Group 3] (can be 180°)<br>✓ 1 x acrobatic element (non-flight OK)<br><br><b>Dismount must be included in counting elements</b><br><b>Dismount higher than an A no DV</b><br><b>Unpermitted dismount 0.30 deduction</b> | ✓ Dance passage of 2 diff leaps / hops, each with 1 foot take-off (1 x 150° split cross, side or straddle)<br>✓ Acro fwd /Swd & Bwd<br>✓ Salto fwds or bwds<br>✓ Any coded spin on one foot in forward direction (minimum 1/1)<br><br><b>Dismount must be included in counting elements</b><br><b>Dismount higher than an A no DV</b><br><b>Unpermitted dismount 0.30 deduction</b> |  |
|   | <b>BG BONUS 0.5 Each (Except where stated)</b>  | <ul style="list-style-type: none"> <li>• Short Upstart (LB)</li> <li>• Long Upstart (HB)</li> <li>• Close bar element (not bwd / fwd hip circle)</li> </ul>  | <ul style="list-style-type: none"> <li>• A routine with no falls (providing all CR's are fulfilled)</li> <li>• Acro Fwd &amp; Bwd on the beam (not mount) 0.3</li> <li>• Full spin 0.3</li> <li>• Connected dance elements that includes a 180° split 0.3</li> </ul>   | <ul style="list-style-type: none"> <li>• An additional different salto fwds or bwds in an acro line.</li> </ul>   |  |
| Best score of 2 performed vaults.<br>Same vault must be performed twice.<br>(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   |  |   |  |
|   | <b>Specific Apparatus Deductions</b>  | Bar change without performing an element / uncharacteristic element X<br>* No composition deduction for empty swing after Back hip circle however intermediate swing penalties can be applied<br>* 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<br><br><b>Use Current FIG cycle 14 - 12.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b><br><b>12.6 Specific Apparatus deductions</b>  | <b>Use Current FIG cycle 14 - 13.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b><br><b>13.6 Specific Apparatus deductions</b>   |  |

# 2019 WAG Disability – Competition B - Rules & Requirements

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|---|--|---|--|---|-----------------------|---|---|---|---|--|--|
| <b>Difficulty Value</b><br><b>A=0.10</b><br>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]<br>Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.<br><b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b><br><b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 2 x Acro lines [max]</b><br>Barred elements 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.<br>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) |   |  |   |                       |   |   |   |   |  |  |
| <b>SHORT EXERCISES</b>  | On Beam & Floor an exercise with less than 6 elements will be deducted 1.00 for each missing element<br>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element  |   |  |   |                       |   |   |   |   |  |  |
| <b>VAULT</b>  | <b>VAULT</b>   | <b>VAULT</b>  |  | <b>BARS</b>   |                       | <b>BEAM</b>   |   | <b>FLOOR</b>  |   |  |  |
| Handspring Flat Back onto Pile of Safety Mattresses (110cm)   | Handspring Flat Back onto Safety Mattresses (60cm)   | Straight jump on / off (60cm)                           | <b>BARRED ELEMENTS</b>   | Flight on the same bar (release)  |                       | Any salto [other than dismount]<br>Hops/jumps/leaps to front support<br>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   |   |  |  |
| <b>DV 2.40.</b><br><br>2.00 PENALTY IF COACH SUPPORT GIVEN.   | <b>DV 1.40.</b><br>2.00 PENALTY IF COACH SUPPORT GIVEN.  | <b>DV 0.40.</b><br>2.00 PENALTY IF COACH SUPPORT GIVEN. | <b>UNCODED ELEMENTS 0.1 EACH</b>                                 | * Float swing from board back to board<br>* Chin up circle over LB<br>* Cast above Horizontal<br>* Squat onto LB jump to catch HB<br>* ¼ Giant from LB to HB<br>* ¼ giant HB<br>* Counterswing (HB)<br>* Straddle or pike undershoot dismount             | <b>MOVES NO VALUE</b> | * Jump to FS on LB<br>* Cast below horizontal<br>* Leg lift feet to bar (Climb on LB jump to HB<br>* Chin up on HB<br>* Circle forward LB release to stand<br>* Underswing HB to stand  | Forward roll<br>Backward roll<br>½ spin Handstand (not held)<br>Arabesque (2 sec)<br>Cartwheel rebounding straight jump<br>Dismount (1 element)<br>Round-off Dismount | Straight jump<br>Tuck Jump<br>Any Mount may be used<br><br><b>MOVES NO VALUE</b><br>Relevé half turn Half handstand Chasse steps Forward roll to straddle sit Run rebound 2 feet<br>Straight jump dismount  | Cartwheel Dive<br>Cartwheel<br>Backward walkover<br>Forward walkover<br>Valdez<br>Tick-tock<br>Tuck jump<br>150 split leap<br>Backward roll to h/d<br>Backward roll to FS | Headspring<br>Handstand fwd roll<br>Scissor Kick<br>Straight jump ½<br><br><b>MOVES NO VALUE</b><br>Teddy bear roll<br>Star jump<br>Forward roll<br>Backward roll<br>Handstand |  |
| Height 110cm<br>1 x springboard   | Height 60cm<br>1 x springboard   |   | <b>CR 0.50</b><br><br>X Award 0.5<br>✓ Must be performed for 0.5 | X FIG coded Mount<br>✓ 1 bar change LB-HB (can be coded or uncoded)<br>✓ A clear or close circle element<br>✓ A high bar element –on the HB<br><br><b>Dismount must be included in counting elements</b><br><b>Dismount higher than an A no DV</b>        |                       | ✓ Connection 2 different dance elements<br>✓ 1 x FIG Coded Leap/ Jump / Hop<br>✓ Turn [Group 3] (can be 180°)<br>✓ 1 x acrobatic element (non-flight OK)<br><br><b>Dismount must be included in counting elements</b><br><b>Dismount higher than an A no DV</b> |   | ✓ Dance passage of 2 x different Leaps or hops, each with 1 foot take-off<br>✓ Any coded spin on one foot in forward direction (minimum 1/1)<br>✓ 1 flighted acro element<br>✓ Acro fwd /Swd & Bwd (non-flight OK)<br><br><b>Dismount must be included in counting elements</b><br><b>Dismount higher than an A no DV</b> |   |  |  |
| Best score of 2 performed vaults<br>Same vault must be performed twice.<br>(No deduction if only 1 vault performed) |  |   | <b>Specific Apparatus Deductions</b>                             | 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<br>No composition deduction for empty swing after Backhip circle - however intermediate swing penalties can be applied<br>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  |   |  |  |
|   |  |   |  | <b>Use Current FIG cycle 14 - 12.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b><br><b>12.6 Specific Apparatus deductions</b>   |                       | <b>Use Current FIG cycle 14 - 13.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b><br><b>13.6 Specific Apparatus deductions</b>   |   |   |   |  |  |