

FIG WTC COP 2013 – 2016 FLOOR (SECTION 13) WTC March 2015 (read with NL 34, 35 & 36)

CONTENT OF THE EXERCISE Maximum 8 highest difficulties including dismount are counted for DV
 This consists of - Maximum 5 Acro Minimum 3 Dance Maximum number of acro lines is 4
 If no dismount count only 7 elements for DV and no CR

Short exercise - 7 els or more - 0.00 / 5-6 els - 4.00 / 3-4 els - 6.00 / 1 to 2 els - 8.00 / No els - 10.00 (D Panel)

Duration of exercise may not exceed 90 seconds. Overtime deduction 0.10

13.3 COMPOSITION REQUIREMENTS (CR) - D PANEL			
1. Dance passage 2 different leaps / hops (from Code), connected directly or indirectly, 1 with 180° split (cross, side or straddle)	award	0.50	
2. Salto fwd/swd & bwd	award	0.50	
3. Salto with LA turn (min 360°)	award	0.50	
4. Salto with double BA	award	0.50	
5. Dismount (last counting acro line, credit highest DV)	award	0.00	
	• No dismount, A or B dismount	award	0.30
	• C dismount	award	0.30
	• D or higher	award	0.50

13.4 CONNECTION VALUE (CV) - D PANEL Formulas for indirect and direct connections	
INDIRECT ACRO	
0.10	0.20
B/C + D A + A + D	C + E / D + D A + A + E
DIRECT ACRO	
A + D C + C	A + E C + D
MIXED	
D salto + B (dance) E salto + A (dance)	Both must be performed in this order
CONNECTION of TURNS on ONE LEG	
D + B B + B (no step)	Note: Turns can be performed on same support leg, or with step into turn on opposite leg (brief demi-plié on one or both feet is permitted)

13.5 ARTISTRY AND CHOREOGRAPHY DEDUCTIONS - E PANEL	0.10	0.30	0.50
Artistry of Performance			
- Insufficient artistry of performance throughout the entire exercise	X		
• Expressiveness	X		
• Confidence	X		
• Personal Style	X		
- Inability to play a role or character throughout the performance	X		
- Performance of the exercise as a series of disconnected elements & movements	X		
Composition / Choreography & Music			
- Editing of music (eg. no opening, ending or accents)	X		
• No structure to the music	X	X	
- Incorrect selection of movements for the particular music, eg. 'Tango' music but 'Polka' movements	X		
- Lack of <u>variety and/or</u> creativity of movements and transitions	X		
- Insufficient use of the entire floor area including:			
• Use of straight lines, curves and changes of direction	X		
• Missing movement touching the floor (including trunk/thigh or head)	X		
- Missing minimum of 360° turn on one foot		X	
- More than one leap/jump/hop element into prone position	X ea		
Musicality			
• Inability to follow musical beats, rhythm and tempo	X	X	
• Background music (<i>the exercise is connected to the music only at the beginning and end</i>)			X
- Lack of synchronisation between movement and musical beat at the end of the exercise	X		
13.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL (see NL 35 for detailed clarifications)			
- Preparation for tumbling			
• More than one stand on two feet (ballet 6 th position) before acro	X ea		
• Adjustment into the corner using simple step/s, run without arm work, or large body movements (p71 HD 4) (adjustment deduction applies once in a corner, but can be applied in more than 1 corner, consider simple steps without significant body movement or steps just to get back into the corner)	X ea		
- Pause (more than 1 sec) before elements (stationary position when arm work does not demonstrate expressive movement in connection with the style of the music. Stationary position means when gymnast stays on 1 or 2 feet in Releve, or not)	X ea		
- Excessive arm swing before dance elements	X ea		
- Poor body posture throughout			
• Body posture, head position	X		
• Feet not pointed/relaxed turned in	X		
- Amplitude (maximum elongation of the body movements)	X		
- Distribution of elements			
• Exercise starts immediately with a tumbling pass (must move in the space, transverse movement, from or to corner)	X		
• Subsequent acro line performed after previous line along the same diagonal (long acro line allowed) (clarification: gymnast must move away from the diagonal even for a short time, may include element included in choreo)	X ea		
- No attempt to dismount			X

NL 36. 9.2 Underturning also applies to dance elements. When a jump/hop, or leap with turn directly connected to another element from the COP and in the first element the turn is not completed exactly (but the gymnast is able to continue into the next element) the first element will NOT be devalued or recognised as another DV from the COP