



WTC WAG NDP Grades Help Desk – March 2016

This document supersedes all previous NDP helpdesks / clarifications

General

Q. When do we void a move and can it be repeated for value?

A. When the skill being performed is not recognised by the judges as being 'completed' it can be repeated in order to gain the value of the element. If the skill is recognised as 'completed' the value of the move will have been credited so there is no benefit in attempting it. The only exception is where it actually states in the text that the gymnast can repeat the element in order to complete the series.

INCOMPLETE / FAILED ATTEMPT of an element (as FIG CoP) Example of this principle

1. Back walkover on beam the gymnast falls without the feet touching the beam – no element recognised so another attempt can be performed, if successful the move is credited
2. The landing foot from the back walkover touches the beam before a fall the move is given credit and the fall is deducted 1.00 and no repetition is allowed.

Q. Should there be a rhythm / tempo penalty for transitions between the value parts?

A. No – apply COP general table of faults / specific apparatus penalties

Q. Should the pass mark for club and regional grades be increased?

A. No

Q. Who takes 0.50 for series break on beam and floor?

A. Series breaks are taken by the D panel as neutral deductions from the final score. (See table "Who takes What from Where" - Compulsory levels booklet)

Vault

Q. What is the deduction for walking on the hands in the support phase of a vault?

A. 0.10 for each step plus any other second flight penalties which may be incurred

Q. What is the penalty if a gymnast does a double bounce on the table in a handspring vault?

A. 1.00 plus any other execution penalties which may be incurred. It is not a void vault

Q. Where there is a choice of vault can the gymnast perform 2 different vaults?

A. Yes

Q. Should there be additional penalties for height?

A. No

Q. Should there be additional penalties for length?

A. No

Q. Should there be additional penalties for dynamics?

A. Yes - add dynamics penalties of 0.10 / 0.30 / 0.50

Bars

Minimum and maximum width are as per FIG regulations which can be found on the FIG website under Rules and then App Norms

Q. Can you step into a sole circle?

A. Yes – the book states that you can squat/stoop or step on

Q. Can you straddle cast?

A. Yes - with FIG deductions except where it states that the cast must be with legs together

Floor

Landing clarification for acro lines

You are NOT allowed to connect extra jumps or leaps after a tumbling pass on floor in any of these new grades. You have to land still from all acro lines that finish with a salto. FIG landing penalties will apply.

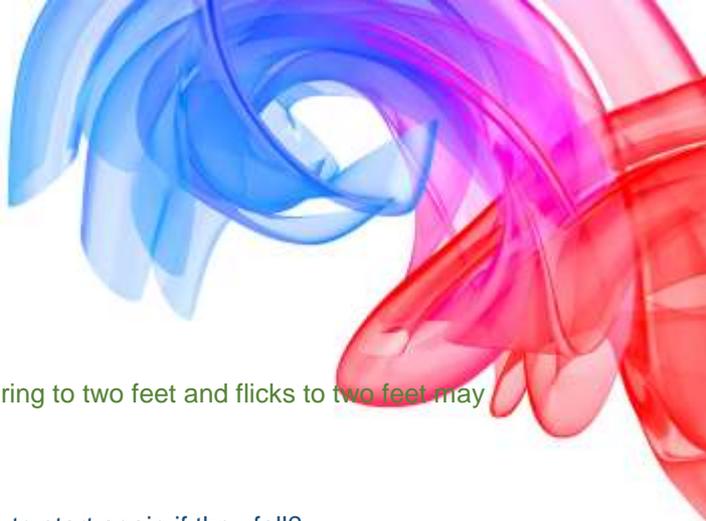
Registered Office:

Ford Hall, Lilleshall National Sports Centre,
Newport, Shropshire TF10 9NB

T: 0845 1297129 F: 0845 1249089

E: information@british-gymnastics.org

W: british-gymnastics.org



For acro lines without salto there are exceptions - handspring to two feet and flicks to two feet may go into a controlled rebound or dance.

R&C

Q. Would you expect the judges to tell the gymnast where to start again if they fall?

A. The D panel can instruct the gymnast where to recommence the exercise as in the compulsory levels

Q. What is the deduction for non-attempt of an element?

A. Same rules apply as with the other apparatus. Non attempt is VM + 2.00



CLUB GRADES

Vault

Grade 6

After landing on the block from the jump you may walk into position or you may start where you landed with no deduction

Bars

Grade 5

Q. If a gymnast swings more than the stated "swing forward and backward x 2" should there be a VM + deduction for intermediate swing?

A. The deduction for an extra swing is 0.50 (maximum deduction for up to 3 extra swings is 1.00). If the element is completed following up to 3 extra swings it will be credited. However, if there are more than 3 extra swings the value of the circle over will not be credited and the gymnast should get onto the bar and complete the dismount, **LOOK AT THIS**

Beam

Grade 6

Caterpillar, when walking feet back into pike stand it is irrelevant where the hands are as long as you show a pike fold

Q. The mount is in three value parts, can we add choreography between the value parts to fulfil our artistry down on the beam?

A. After consideration it was decided to allow artistry between the three value parts to fulfil the artistry requirement.

Grade 5

The kick towards handstand - if you show support on two hands with split legs this is adequate. You do not need to go to handstand

Q. Does the handstand have to be shown/held?

A. No - just support on the hands (split position shown) is required

Q. Are the split penalties as CoP when element is only kick 'towards' handstand?

A. Yes - deductions are 0.10 / 0.30 as FIG CoP

Floor

Grade 6

Q. Should there be a 0.50 series break penalty added for the cartwheel / cartwheel / backward roll

A. Yes for a definite stop, however, remember that there is also a rhythm penalty that could also be applied

Grade 5

Q. Should there be a 0.50 series break in the dance series

A. no - there is already a rebounding penalty for the series not being connected

R&C

It states to place hands on the floor to transition from one split to another. If you do NOT place hands on the floor there is NO deduction

Q. Can the gymnast adjust the paraletts between the perch and the straddle ½ lever?

A. Yes – no penalty to be applied

Q. Can the gymnast start from crouch position or pike position before the straddle ½ lever without penalty?

A. Yes



REGIONAL GRADES

Bars

Grade 4

You stay on the bar for two float swings and then dismount. There is no stop, it is two continuous swings. If you do come off this would be classed as a fall.

Q. What is the deduction if gymnast hits/brushes board/block/floor?

A. FIG CoP penalties

Q. Does the Yurchenko mat have to remain around the springboard?

A. Yes

Floor

Grades 4-1

Q. Should there be a 0.50 series break in the dance series?

A. Yes

Grade 4

Q. Please clarify the split leap into split leap dance passage?

A. The word 'into' to be deleted. The dance passage is 2 split leaps

Grade 3

Q. Can the run in between the 2 handsprings be clarified?

A. There must be a run (NOT a chasse or a step) of 2 steps or more. The gymnast may/may not hurdle step before the handspring to 2

R&C

Q. What is the deduction if the gymnast performs the straddle press to handstand holds for 2 seconds but fails to pike down?

A. VM (0.50) is taken from the D score (by the D panel). Other execution penalties may apply (including a fall if applicable)



NATIONAL GRADES

Vault

Q. Should there only be 1 vault for National grades

A. No – 2 vaults for all grades with best to count

Grade 3

Q. Should there be a specific arm position on landing and in fall back?

A. No - the arm position is optional

Grade 2

Q. Should there be an additional deduction for significant pike?

A. No - there is already a penalty for failure to maintain straight body so additional penalties not required

Q. Should there be a deduction for landing on the back in pike position?

Yes - add a penalty of 0.10 / 0.30 for not landing in the straight position

Q. Should there be a 0.50 deduction for 'brushing the mat'?

A. Yes - as per COP

Bars

Grade 4

Q. Strap bar - upstart handstand, cast to 45, 3 giants - If they swing before making the giant what is the deduction?

A. The deduction for an extra swing is 0.50 (maximum deduction for up to 3 extra swings is 1.00). If the element is completed following up to 3 extra swings it will be credited. However, if there are more than 3 swings the gymnast is stopped, the value of that giant is deducted and the coach can then lift her to front support so she can cast and attempt the next giant. This can be repeated for all subsequent giants.

Grade 2

Q. It states close bar element to 45 or above – Is the gymnast deducted if they go to handstand?

A. There is no deduction for going to handstand but normal FIG penalties will be applied for the execution of the element

Grade 1

Close bar element to handstand diagram on National 1 page (P31) is incorrect diagram. The correct diagram is on page 21

Beam

Grade 4

Beam – Dismount front salto - may be from standing or steps but must be from two feet. If not you will lose the VM.

Grade 3

Russian lever mount – you must lift to Russian lever with straight legs. Lifting with bent legs will incur FIG bent leg penalties.

Grade 1

'B' Mount - We can confirm that it is still ok to have a squat through to immediate Russian lever as a B mount, even though the move has moved from the mounts section into the holds section in the code

Q. B jump – can this also be a C?

A. Yes - wording should be minimum B

Floor

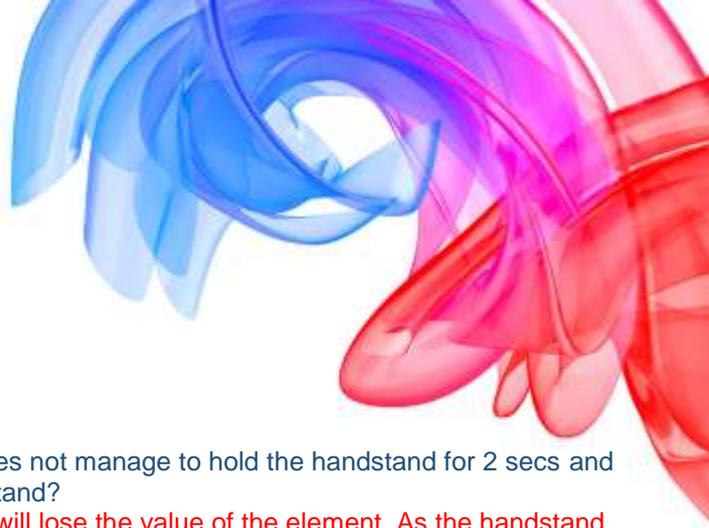
Grades 4-1

Q. Should there be a 0.50 series break in the dance series?

A. Yes

Registered Office
Ford Hall, Lilleshall National Sports Centre,
Newport, Shropshire TF10 9NB

T: 0845 1297129 F: 0845 1249089
E: information@british-gymnastics.org
W: british-gymnastics.org



R&C

Q. If gymnast pikes up to handstand at beginning and does not manage to hold the handstand for 2 secs and then falls out, should she attempt the 1/2 turn split handstand?

A. If the gymnast falls before completing the hold they will lose the value of the element. As the handstand hold into the half turn is valued as one element there would be no advantage gained from doing the half turn by itself and the gymnast would still incur relevant execution penalties.

Q. What is the deduction if the gymnast performs the pike press to handstand doesn't hold for 2 seconds but falls out of handstand. Should the gymnast kick to handstand to complete the 1/2 turn?

A. The gymnast will lose the VM (0.50) for not holding the handstand and also 1.00 if she falls. The handstand half turn is counted as one element so no need to go back to handstand to complete the 1/2 turn

Q. Should there be a penalty for the straddle 1/2 lever performed with one hand on top of each other

A. Yes - apply a 0.30 penalty for not meeting the technical requirement of the element