

Voluntary Levels Combined 2017 – 2018 Q&A

All Levels

Q: How soft are 'soft dismount mats'? (question applies to all levels)

A: Gymnova landing mats turned to the soft side.

Q: Are we counting the uncoded permitted elements as 'A's' to be used in the dance acro bonus? And also for the dismount on bars for level 4 on Bars as it says in BOLD all dismounts must be A's, therefore an undershoot (uncoded permitted element) would need to be counted as an A to avoid the 0.30 penalty?

A: The uncoded elements are those that are listed in the tables as having value at the level stated. They have a value of 0.10 and will fulfil the same criteria as the A value elements. The only uncoded elements are in Level 4 Bars, Beam & Floor and Level 2 Bars.

Q: If the gymnast performs an unpermitted dismount does the dismount still have a value for DV? If not then does the 0.50 for no dismount apply as well and only 7 elements count for DV or is it just a 0.30 neutral penalty deduction?

A: An unpermitted dismount means the gymnast has performed a dismount but not at the right level, eg. the gymnast attempts 6.101 undershoot ½ turn dismount on bars but does not complete the turn, so dismount of no value. Deduct - 0.30 for unpermitted dismount taken as a neutral deduction. 0.50 is taken if the gymnast does not perform a dismount at all, eg. falls at the end and does not get back on to do the dismount.

Q: If the dismount on floor is unpermitted does the gymnast also not get an acro line if it has no value for DV.

A: Correct, no acro line

Q: Can all bonus on beam only be awarded if the routine doesn't go overtime or is it only the bonus' completed after the 1.30 that will not be awarded?

A: We don't want 5 min beam routines just to get bonus so 1m 30sec is reasonable. Bonus awarded inside this time will be counted and outside will not.

Q: Is there a need to leave in the barred section for Shushunova type elements in Levels 4-2 especially given that the deduction has been removed from Code of Points related to this?

A: National Coaches wish to leave hops, jumps & leaps to front support as barred for injury prevention

Level 4 & 3 Beam:

For any series, Tic-Toc is considered a backward element. If performed as a single element, it will be considered a forward one as per F.I.G. It can only be performed once for value.

Q: Do the elements listed in the bonus section for series bonus must be exactly as written? – meaning BBA, BAB, ABB or can they be of higher value?

A: They can be performed as listed as a minimum, or of higher FIG value, provided they are not barred or restricted.

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LEVEL 4

Vault:

Q: To confirm height of vault. Is it 105cm and 5cm roll mat on top - so 110cm and the mats from the ground are 130cm - so 20cm higher than the vault at the back and if a gymnast wanted to achieve bonus then 20cm on top of the 130cm so total height behind the vault is 150cm matting?

A: Yes, correct.

Q: Judging guidelines from 11.9.13 will need to be updated to match the new vaults.

A: This is in hand and why it has not been removed. National coaches will amend diagrams. The landing position for the Tsukahara and Yurchenko to knees should finish with an open hip angle.

Landing with bent hips will receive a 0.50, 0.30, 0.10 deduction,

ie. almost sitting on the lower leg 0.50, medium bend 0.30, small bend 0.10.

If there is any fall there will be a deduction of 1.00 plus 0.30 if there is under rotation.

Q: Will there be additional deductions written to take into account the new landing position? ie. gymnast lands on feet and then drops to knees, feet touching landing mat before knees etc.

A: The National Coaches can visualize gymnasts landing on their feet, brushing their feet, seat, back and shoulders. They recognise that the 'brush' penalty has gone from the COP but in this instance, the deductions should be as follows:

Weight on feet 1.00

Brush feet 0.10 / 0.30 / 0.50

Land on seat 0.50

Brush seat 0.10 / 0.30

Land on back 0.10 / 0.30

Tsuk & Yur in dish position? **YES**

Beam:

Q: Can the tic-toc be used to meet the acrobatic series requirement? E.g. tic-toc immediately connected to flic.

A: Yes

Q: Can the tic-toc be used in a backward acro series and still meet the forward/side element requirement?

A: No, the tic-toc can be used as a single element to fulfil the requirement of a forward element, OR It can be connected to a flic to meet an acro series requirement but would be treated only as a backward element. It can be used either on its own as a forwards element OR in a series as a backwards element, not both.

Q: If the tic-toc is used as part of an acrobatic series – e.g. tic-toc connected to flic, can it also be used a second time as a forward element.

A: No. The gymnast would have to perform a cartwheel or forward walkover (for example) to meet the requirement. A tic-toc can only be performed once to get a value and/or meet a requirement.

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Level 4 Beam Continued:

- Q: Series bonus of 3 elements –Is the 0.40 a stand-alone bonus, or is it just because it is a cumulative thing as shown in the example?
- A: 0.40 is the maximum that can be awarded for any series of 3 elements.
Connections of more than 3 elements will only earn the possible maximum 0.40 bonus.
The 0.20 mixed series bonus can only be given if not used in conjunction with any other bonus.
The gymnast may perform as many different bonus series of 2 mixed elements or 3 consecutive elements within the maximum exercise time limit of 1m 30 seconds.
- Q: Does the 0.20 bonus apply to just a mixed series?
- A: Yes and the 0.20 mixed series bonus can only be given if not used in conjunction with any other bonus.
- Q: Can the acro series of 3 be the same flics e.g. flic to one, flic to one, flic to one?
- A: No – FIG principle. A maximum of 2 flics can be the same but the 3rd must be different in the first bonus connection only and cannot be repeated for bonus in any further connection.
- Q: Can Backward walkover, flic to one, flic to 2, tuck back dismount meet CR3 and give a SB connection?
- A: It cannot meet CR3 because the FIG principle for 2 acrobatic elements on the beam is that the second element has a finish to it and therefore cannot be rebounding into the dismount. The gymnast can get a SB of 0.40 for ABB which can either be on the beam or included in the dismount.
- Q: Bonus: Sissone Gainer flic W jump (0.20 SB)
- A: Sissone Gainer flic W jump = 0.20 mixed SB only

Clarification:

0.40 Series bonus and 0.20 Mixed bonus – please note that only one of these bonuses can be given in any one series, ie. backward walkover, flic, split jump = 0.40 for SB only, you CANNOT also get 0.20 for Mixed bonus.

0.20 bonus Dance/Acro min A+B (mixed only) - this bonus can only be given once in any connection, ie. flic, sissone or sissone, flic = 0.20. Another element cannot be added to the end to make 0.40 bonus, ie. W jump, flic, sissone A+B+A using the middle element as the second element for a first connection bonus and then as the first element as a second bonus connection.

It is permitted to do a second connection of 2 different mixed elements in another part of the exercise to gain 0.20 as long as it is performed within the time limit.

Level 4 Floor:

- Q: CR2 – assume this is contained in acro line, not any single somersault?
- A: Contained in an acro line

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LEVEL 3

Vault:

- Q: As above, judging guidelines will need to be updated for the Tsukahara and Yurchenko, eg. what happens if your feet touch the mat, if you don't reach shoulder stand etc.
- A: The National Coaches can visualize gymnasts landing on their feet, brushing their feet, seat, back and shoulders. They recognise that the 'brush' penalty has gone from the COP but in this competition the deductions will be as follows:
Brush feet 0.10 / 0.30 / 0.50
Land on seat 0.50
Brush seat 0.10 / 0.30
Land on back 0.10 / 0.30
- Tsuk & Yurchenko in dish position? **YES**
- Q: Is the handspring to finish in standing position, or to fall forwards as previously?
- A: To fall forward as previously
- Q: What is the penalty for not performing two different vaults?
- A: One vault only averaged with a 0.00 for second vault
- Q: What is the intended second flight shape for the Yurchenko/Tsukahara prep vault?
- A: The body stays straight / slight dish from the table until the gymnast lands on her shoulders on the landing mat

Level 3 Bars:

- Q: Bonus for 'free stoop' – should it be written as it is in the COP, ie. clear pike circle? Not everyone calls it a free stoop. Also, where does it have to finish to be counted?
- A: Skills to be named as COP to help with clarity so yes clear pike circle would be better. To be counted minimum 45°. **This is for all levels 4,3,2 and Espoir**
- Q: If the gymnast doesn't use the LB what is the penalty?
- A: No skill performed on LB deduct 0.50
- Q: Does a sole circle count as a close bar element?
- A: Sole circle bwd 5.108 and fwd 5.105 & 5.106 are close bar skills so permitted
- Q: Can a squat on count at level 3 as it does for level 2?
- A: Yes – Not given a value but no deduction for empty swing
- Q: Clarify what is a free stoop
- A: A free stoop is COP 4.407 Clear pike circle bwd to hstd
- Q: The free stoop. I imagine this is to develop inside Stalder but would it also be fulfilled by someone mounting, eg. with float stop two feet through and reverse upstart (like Rhian Pugh used to do on high bar) then continue into back seat circle. They could straddle cut out and

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Level 3 Bars continued:

continue. I highly doubt anyone would do it, it is just a thought (any seat circle could potentially fulfil it).

A: The seat circle developing into a reverse upstart and Schlerden etc. is very specific and does not need to be encouraged here

Q: If gymnast bends legs in sole circle will she still get the skill but take bent leg deductions or not get the skill counted?

A: If gymnast performs a sole circle with bent legs they will incur FIG deductions.

Q: If gymnast performs forward sole circle jump to catch HB, will this fulfil the 2nd close bar element in CR1 and contribute to the different grip 0.5 bonus?

A: Yes this will fulfil both.

Q: If the gymnast chooses to do the same close bar element for CR1 will they receive the CR value but only get the difficulty value of the move once?

A: Yes, as per the legend it states that only backward giants can receive DV twice.

Q: Can a gymnast repeat the sole circle to receive CR1 as rules state close bar elements can be the same or different?

A: After consideration, no, the sole circle (5.108) can only be used once as a close bar element.

Level 3 Beam:

Q: Bonus for each A+B+B series – is that minimum ABB? Is it for acro/dance/mixed?

A: Minimum A+B+B series in any order and any acro/dance/mixed

Q: Can the tic-toc be used in a mixed series of three elements and still meet the forward/side element requirement?

A: No, the tic-toc can be used as a single element to fulfil the requirement of a forward element, OR It can be connected to a flic to meet an acro series requirement but would be treated only as a backward element. It can be used either on its own as a forwards element OR in a series as a backwards element, not both.

Q: Bonus for jump in side position – awarded every time you do one i.e. split jump, straddle jump, tuck jump ½ all done in side position = 0.60 bonus?

A: Yes 0.20 bonus for jump in side position minimum B. This refers to the value of the jump when performed in side position, providing the technical requirement of the element has been met.

Example 1: W jump performed in cross = A value
W jump performed in side = B value and 0.20 bonus

Example 2: Tuck jump ½ performed in cross = B value
Tuck jump ½ performed in side = C value and 0.20 bonus
Tuck jump ½ performed in side, turn not completed = no value + no bonus as tuck jump not in CoP.

OR

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The bonus of 0.2 given to sideways jumps will apply to all jumps that receive a value of B or above when they are performed sideways.

Level 3 Beam continued:

Q: Does the dismount have to be a B for the 0.20 bonus for ABB or would flic to one flic to two tuck back salto get the 0.20 bonus and the acro series CR?

A: Dismount value can be either A or B. However, it cannot meet CR3 because the FIG principle for 2 acrobatic elements on the beam is that the second element has a finish to it and therefore cannot be rebounding into the dismount. The gymnast can get SB of 0.40 for ABB which can be either on the beam or included in the dismount.

Q: Does the acro in ABB series have to have flight?

A: No

Q: Can CR3 be connected into the dismount eg flic to one flic to 2 tuck back dismount because technically the flic to 2 is still on the beam?

A: No, it cannot meet CR3 because the FIG principle for 2 acrobatic elements on the beam is that the second element has a finish to it and therefore cannot be rebounding into the dismount. You can get SB of 0.20 for ABB which can be either on the beam or include your dismount.

Level 3 Floor:

Q: If a gymnast performs 5 acro elements and 3 dance elements will all the elements still receive DV but she just gets a 0.20 deduction?

A: Floor states max 4 x Acro elements so 5th acro element will not be recognised and receive a 0.20 deduction for the missing dance element

Q: Is the last acro line the only place that the gymnast can have a B salto or can they also have B saltos elsewhere in the routine?

A: They can have B's elsewhere but must have a B salto in the last acro line

Q: Does the 360° salto have to be in an acro line?

A: Yes

Q: Would a forward salto walkout connected to a front handspring walkout meet the criteria of a forward acro line (minimum 2 elements)?

A: Yes

Q: In the forward acro line do both elements have to be forward or will a round-off Arabian be acceptable?

A: No, as the round-off for this level is NOT considered a forward element.

Clarification:

CR 2 Forward acro line (min 2 elements).

The aim of this CR was to develop forward acrobatic elements as a development to high level forward tumbling which could lead to FIG connection value.

The intention was to use a forward hand placement acrobatic skill into a forward salto, or to link two forward saltos together.

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LEVEL 2

Vault:

- Q: Can the vaults be the same as at level 3 it says that the entry has to be different but doesn't say anything at level 2?
- A: It says "The average score from any 2 vaults". Under Bonus it says 0.50 for any 2 different salto vaults – so yes the vaults can be the same.
- Q: Can the gymnast receive two lots of 0.50 for showing two vaults with straight shape in inverted position. Assuming this applies to twisting Yurchenko and twisting Tsuk?
- A: The bonus states "0.50 for performing any salto vault that shows an inverted stretched shape in the second flight" so therefore yes awarded twice.
- Q: Will open tuck and normal tuck be considered two different vaults for the bonus?
- A: Yes because they have different vault numbers and values.

Level 2 Bars:

- Q: Bonus - What is meant by 'in bar root skills'?
- A: In bar root skill is a skill close to the bar, eg. clear, Stalder, toe on/off, endo, clear pike circle, Weiller, forward toe on/off.
- Q: Bonus for 'invert and invert ½' – assuming meaning 'L' grip elements, is this for 'L' grip giants only or all skills in that grip?
- A: All skills in 'L' grip
- Q: Does the full turn not within 30° get a 0.50 deduction? Neutral penalty I assume. Would it have been better to give bonus for completing a 360° turn within 30° as the Junior and Senior British get 0.10 bonus for completing within 10°?
- A: Yes, a 0.50 penalty for the **fall** inside 30°. If outside 30° then full 1.00 deduction for the fall.
- Q: What's an in bar root skill - is this just a normal root skill group? Are the three different root skills from the same root group or from three different root groups?
- A: Yes, with the following clarification:
In bar root skill is a skill close to the bar, eg. clear, Stalder, toe on/off, endo, clear pike circle, Weiller, forward toe on/off. These skills plus ½ turn all considered different (GB ruling).
- Q: Assume inverts are L grip?
- A: Yes
- Q: Does the gymnast have to perform both an invert and an invert ½ to get bonus or do they get 0.50 for both?
- A: 0.50 for each

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Level 2 Bars continued:

- Q: Will the squat on LB jump to catch HB as an uncoded element fulfil the 0.50 LB to HB element bonus?
- A: No because the squat on is the uncoded element and this happens on the LB the jump to catch the HB is not the uncoded element.
- Q: In the barred elements section, the flight element on the same bar has been removed. Does that mean a release and re-catch to same bar is now allowed?
- A: Yes

Level 2 Beam:

- Q: Bonus for *Any series A+B+C – no max* – what does the ‘no maximum’ refer to?
- A: No maximum to how many times the gymnast receives it
- Q: ABC bonus – Does acro have to have flight?
- A: Acro does not have to have flight

Level 2 Floor:

- Q: Same question regarding B or C salto in last acro line as per Level 3
- A: They can have Bs/Cs elsewhere but must have a B/C salto in the last acro line