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Précisions techniques, modifications et instructions

Ces directives techniques sont présentées pour améliorer la cohérence et la compréhension du processus de notation. Il existe un certain nombre de petites modifications pour le Code de pointage ainsi que certaines clarifications et améliorations du langage.

Code de pointage GAF 2009

ART.1.

1.1 Droits de la gymnaste

Le temps d'échauffement au saut a posé des problèmes lors d'un certain nombre de compétitions et afin de s'assurer que le saut ne retardera pas la durée de la rotation, une demande pour un 3^{ème} essai n'est pas autorisée.

Supprimer : ... Max. 4 min.30 sec..... C - IV – Max.2 min. 30 sec.

Lire maintenant : Saut C-I, C-II & C-IV – Le temps maximum d'échauffement est de 50 sec. pour chaque gymnaste multiplié par le nombre de gymnaste dans le groupe.

Supprimer (la demande peut être faite pour un 3^{ème} essai pour la gymnaste qui essaie de se qualifier pour le C-III)

Précisions :

Lors des qualifications (C-I) et la finale par équipe (C-IV), le temps total d'échauffement appartient à l'équipe.

ST: Il n'y a aucune limite pour le nombre d'essais d'échauffement au sein du temps d'échauffement (équipes ou gymnastes individuelles).

SO: s'il n'y a seulement qu'une gymnaste dans le groupe – le temps d'échauffement reste de 3 minutes.

Ceci est également valable pour les compétitions Junior.

Art.4

4.3.3 Fonctions des assistants

Précision : les juges de ligne doivent s'assurer des temps d'échauffement.

Art.6

Fautes d'exécution

Précision: supprimer la déduction de « précision dans la position tendue »
La déduction est déjà couverte par la déduction de la position du corps et une double déduction ne doit pas se produire.

Fautes de réception

Précision : frôler/toucher l'agrès/tapis, mais pas tomber contre l'engin



Art.7

7.1 Exigences pour les positions du corps

Précision (135°) ne devrait pas être inclu dans le texte.

7.3 Exigences spécifiques pour éléments particuliers

Précision lire maintenant : Saut grand jeté changement de jambes avec tour

Précision lire maintenant : Grand jeté pied-tête / Saut changement de jambe pied-tête (avec/sans tour)

Art.8

8.3.1 Lignes (Couloirs)

Clarification lire maintenant : à titre d'aide pour les déductions liées à la direction, un couloir sera tracé et une ligne centrale (5 cm) placée sur le tapis de réception (...)
Réception dans le couloir, mais non au centre du couloir - 0.10 P

Art.9

9.1 Généralités

Précision: Supprimer : Il n'y a pas de pénalisation si elle n'a pas touché le tremplin, l'agrès, ou n'est pas passée sous l'agrès.
Après une deuxième tentative sans succès, elle doit commencer son exercice.
Une 3^{ème} tentative n'est pas autorisée.

9.5 Déductions spécifiques à l'agrès

Course d'élan

Précision: Course d'élan avec touche du tremplin ou des BA sans exécuter de saut – 1.00P
2^{ème} tentative infructueuse d'exécution du saut – 1.00P

Art.10

10.1 Généralités

Précision : Supprimer : ... mais il n'y a pas de pénalisation supplémentaire si elle n'a pas touché le tremplin ou l'agrès.

Après une 2^{ème} tentative sans succès elle doit commencer son exercice.

La déduction pour « Entrée ne figurant pas dans la tableau des éléments » sera appliquée
Une 3^{ème} tentative n'est pas permise

10.6 Déductions spécifiques à l'agrès

Course d'élan

Précision: Course d'élan avec touche du tremplin ou de la PO sans exécuter de saut – 1.00P
2^{ème} tentative infructueuse d'exécution de saut – 1.00P

Tableau des éléments:

Formulation # 1.311

Saut corps tendu à la planche fac. Min. 45° (2 sec), aussi saut, élévation ou élan en arr. à l'atr. transv. ou lat. - s'abaisser à la planche fac. min. à 45° (2 sec), ou à l'atr. (2 sec) ou lâcher une main et s'abaisser à l'appui dorsal (tous les appuis tendus renversés doivent être également exécutés avec ½ tour (1800) à l'atr.

Changer (augmenter) la valeur de la Difficulté de B à C : Déplacer de 1.212 à 1.312



Reformulation du texte (la même chose que pour SO) et correction de l'image # 2.208:

Saut cambré (jambe ar. à la hauteur de la tête, corps cambré et tête en extension ar.), écart de jambes 180°) ou saut cambré les deux jambes fléchies

Table des symboles: corrections de symbole # 1.215

Changer  avec  = Changer " avec 

Art.11

11.1 Généralités

Précision: Ajouter: (...) Les informations suivantes doivent être écrites sur le CD :
Le nom de la gymnaste et les 3 lettres en majuscules utilisées par la FIG pour le code du pays
Le nom du compositeur et le titre de la musique (recommandé)

L'accompagnement musical avec orchestration, piano ou autres instruments (la voix peut être utilisée comme un instrument sans mot) doit être un enregistrement. La musique doit avoir les caractéristiques d'un exercice de sol : clair et une structure bien définie. Au début de la musique, un signal sonore est possible, mais le nom de la gymnaste ne peut pas être prononcé.

11.2 Contenu et construction de l'exercice

Volonté de revenir au texte original comme dans la version publiée du CdP'09 :

Le nombre maximum de lignes acrobatiques avec salto est de quatre (4). Aucune difficulté dans les lignes acro suivantes ne sera prise en compte pour la VD.

Précision: 2. (...) une liaison directe ou indirecte de saltos (*au minimum un avec impulsion des deux pieds*)

Précision: 3. Liaisons mixtes (sauts – jumps ou leaps) avec salto (*avec impulsion des deux pieds*)

Retour au texte original comme dans la version publiée du CdP'09:

Précision: Supprimer: Une "longue liaison acro" est constituée de plus d'une ligne acro, exécutée dans la même ou différente direction

11.3

Précision Lire maintenant: Exemple # 1 Seulement une ligne acrobatique...

Supprimer: EC (sortie) +0.50 (*Jury D*)

Précision: Jugement:
Pas d'EC (sortie) (*Jury D*)
Pas de VD – 7 éléments maximum sont comptés (*Jury D*)
0.50 pas de tentative de sortie (*jury E*)
Déductions pour fautes de réception (*jury E*)



Tableau des éléments et des symboles:

Précision Reformulation du texte # 1.109
Lire maintenant : Saut cambré (*pied ar. à hauteur de la tête, corps cambré et tête en extension ar., écart de jambes 180°*)

Nouvel élément: double tour en position groupé avec position de la jambe libre (2.207)



Guide pour la reconnaissance des éléments # 2.407: s'il est exécuté avec un poussé du sol au début du tour, il faut le reconnaître comme * 2.107.

Questions et réponses :

Q: Quand appliquez-vous la déduction pour l'alignement du corps pour l'exercice entier (0.10/0.30) ?

R : Appliquer une seule fois et à la fin de l'exercice (surtout pour les mouvements sans VD sur BA et SO).

Q : SA : Quand est-ce que la déduction de 0.10 pour l'écart par rapport à la direction est appliqué ?

R : Lorsque les deux pieds atterrissent entre la ligne centrale et de la ligne du couloir. Si une gymnaste atterrie avec un pied sur la ligne centrale, il n'y a aucune déduction pour la direction.

Q : BA. Est-ce que les bonus VC seront crédités si un gymnaste effectue un élément de vol et empoigne la barre avec une main, (elle ne tombe pas), puis empoigne la barre avec la seconde main et poursuit son exercice ?

R : VD, EC & VC doivent être crédités.

Au nom du CTF,

Nellie KIM
Présidente du CTF

ARTICLE 1 — Regulations for Gymnasts

1.1 Rights of the Gymnast

- Each gymnast must be informed about the CODE OF POINTS and act according to the rules as specified below.

The gymnast is guaranteed the right to:

- have her performance judged correctly, fairly and in accordance with the stipulations of the CODE of POINTS.
- be provided with identical apparatus and mats in the training halls, warm-up hall and on the competition podium, that conforms to the specifications and norms for FIG official competitions.
- receive in writing the evaluation of the difficulty rating for a submitted new vault or element within a reasonable time prior to the start of the competition.
- have her score displayed to the public immediately following her performance per the electronic or manual installations accepted by FIG.
- receive through her delegation leader the correct result output, showing all her scores received in the competition.

Apparatus

She must use an additional 10 cm soft mat on top of the existing basic landing mats (20 cm) for dismounts on Vault, Bars and Beam.

- The supplementary mat can not be moved during the exercise.
- She is permitted to place the take-off board on the supplementary 10 cm landing mat (UB, BB).
- Upon written approval from the President of the Superior Jury, she is permitted to raise both bar rails (each 5 cm), if her feet or hips touch the mat.
 - At least 24 hours prior to podium training, she or her coach may submit in writing to the Chair of the Superior Jury a request to raise the rails at the uneven bars, or to submit such requests in accordance with the FIG TR that governs that competition.
- With permission of the Superior Jury, she may repeat her entire exercise, if the exercise has been interrupted for reasons beyond her control or responsibility.

Warm-up

- **In Qualifying (C-I), All Around Final (C-II) and Team Final (C-IV)** each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus:

- Vault
 - C-I, C-II & C-IV – The maximum warm up time is 50 sec. each, X the number of the gymnasts in the group.
- Uneven bars – 50 sec. each, including the preparation of the bars
- Balance beam – 30 sec. each
- Floor – C-I, C-II, C-IV – 3 min.

NOTE:

- *In Qualifying (C-I) and Team Final (C-IV) the entire warm-up time belongs to the team. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.*
 - *In mixed-groups the warm-up time belongs personally to the gymnast. The order of warm up should be the same as the order of competition.*
- The end of the warm-up period is signaled by a gong. If at this time, a gymnast is mentally and physically prepared to vault or is still on the apparatus, she may complete the element or sequence started. Following the warm-up period or during the “competition pause”, the apparatus may be prepared, but not used.

1.2 Responsibilities of the Gymnasts

Competition Attire

- She must wear a correct sportive non transparent leotard or unitard (*one piece leotard with full length legs-hip to ankle*), which must be of elegant design.
 - She may wear complete leg coverings of the same color as that of the leotard; under or on top of the leotard.
 - The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades.
 - Leotards/unitard may be with or without sleeves; shoulder strap width must be minimum 2 cm.
 - The leg cut of the leotard may not extend beyond the hip bone (*maximum*).
 - The leotard leg length can not exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks.
- A national identification or emblem must be placed on leotard or unitard as per the most recent FIG publicity rules.
- The gymnast must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG publicity rules.

- = line judge on Vault to ensure adherence to the warm-up time.
- time judges to:
 - time the duration of the exercise (**2 judges** on beam and one on floor)
 - time the duration of the fall period (at balance beam)
 - time the duration of the fall period (at uneven bars).
 - control the start of the exercise after the green light is lit
 - ensure adherence to the warm-up time. (For non adherence, written information to the D- panel). Upon request of D¹ – give additional warm up time for substitute gymnast.

4.3.4 Functions of the Secretaries

The Secretaries, with FIG Brevet, are usually appointed by the Organizing Committee. Under the supervision of the D¹ Judge they are responsible for correctness of all entries (*proceedings*) into the computers:

- adherence to the correct order of the teams and gymnasts,
- operating the green and red lights,
- correct flashing of the Final Score.

4.4 Seating Arrangement for the Apparatus Jury (Judges' Panels)

The judges must be placed as far away as possible from the apparatus, on elevated podiums (minimum at hip height with podium on UB, BB & FX), in order to afford an undisturbed view of the exercise.

- D- Panel Judges must be in line with the center of the apparatus.
- The timer(s) sit by the Apparatus Jury (either side), indicated by ASST in the seating diagram.
- The line judges at FX must sit at opposite corners and observe the 2 lines closest to them.
- The placement of the E- jury will be clockwise around the apparatus beginning from the left of the D- Panel.

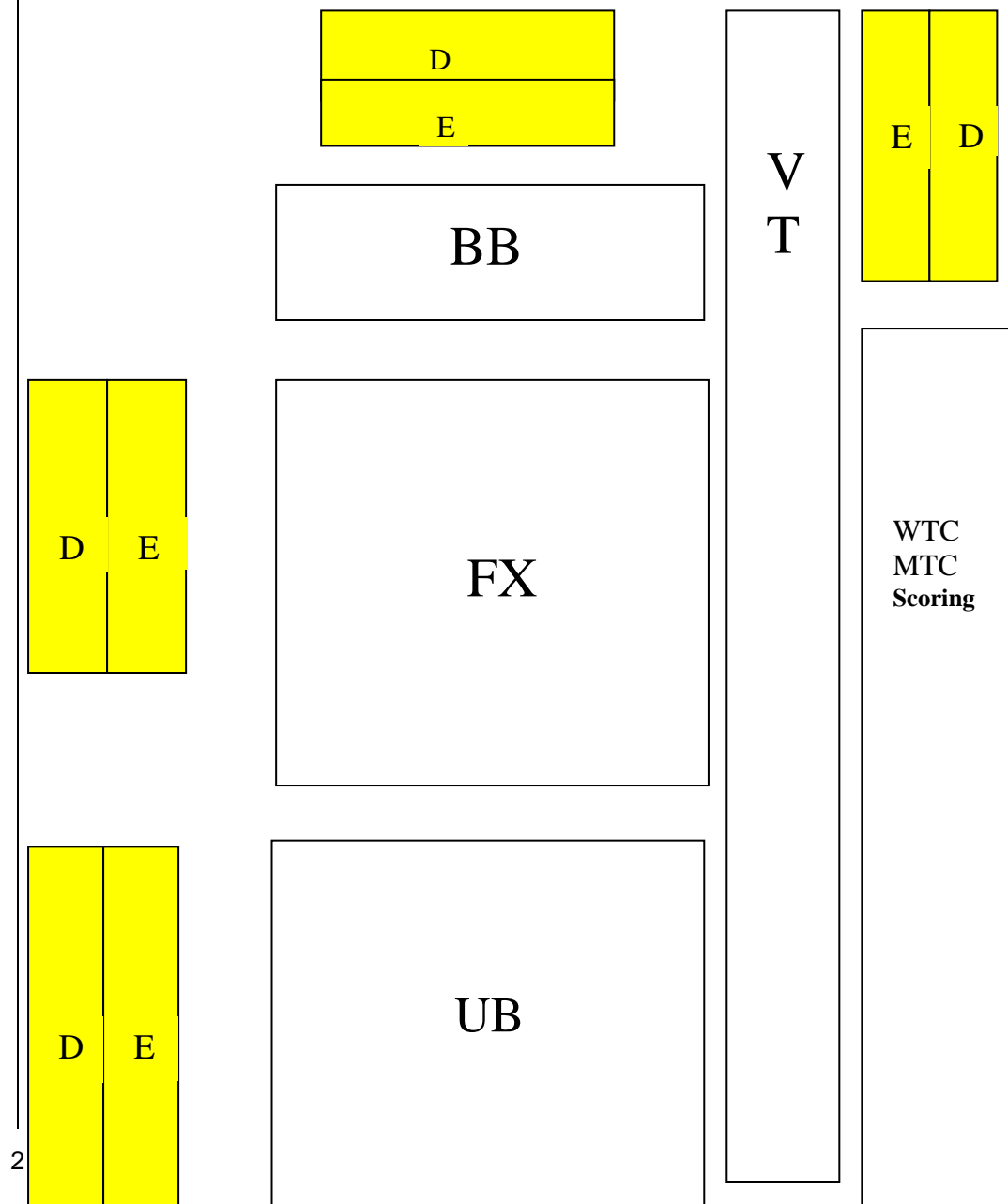
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
1	ASST	D ²	D ¹
	SEC		6

Seating of the Apparatus Jury at the vault should be at least a 2 meter distance from the vaulting table, placed from the apparatus center toward the landing side.

- The judges on Vault must be placed at “eye level” with the vaulting table so that both flight phases are visible to all judges.
- The line judge at Vault must sit at the far corner of the landing side.

Recommendation for Seating of the Apparatus Jury when a podium is available.

Examples for seating order:



ARTICLE 6 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By E- Panel Judges (E¹ – E⁶)					
Execution Faults					
– Bent arms or bent knees	each time	X	X	X	
– Leg or knee separations	each time	X	X shoulder width or more		
– Legs crossed during elements with twist	each time	X			
– Insufficient height of elements (external amplitude)	each time	X	X		
Insufficient – exactness of tuck or pike position	each time	X 90° hip angle	X >90° hip angle		
– Failure to maintain stretched body posture (UB, BB, FX) – piking too early	each time	X	X		
– Hesitation during jumps, press or swing to handstand	each time	X			
– Deviation from straight direction (UB, BB & FX)	each time	X			
Body posture & leg position in elements					
– Body alignment	each time	X			
– Feet not pointed/relaxed	each time	X			
– Insufficient split in dance/acro elements (non flight)	each time	X	X		
– Legs in Split are not parallel to BB/FX (dance)	each time	X			
– Precision (Each movement has a clear start and finish position. Movement has to demonstrate perfect control)	each time	X			
Throughout the entire exercise:					
– Insufficient dynamics		X	X		
▪ Energy maintained throughout the exercise creating an impression of ease of execution.					
▪ To make the “very difficult” look effortless					
▪ Lightness via strong extension, speed and quickness of achieving ultimate positions					
– Body posture		X	X		
▪ Body alignment					
▪ Feet not pointed/relaxed					
▪ Feet turned in					
– Insufficient amplitude		X	X		
Landing Faults <i>(all elements including dismounts)</i>		If there is no fall the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– Too close to the apparatus (UB & BB)		X	X		
Movements to maintain balance:					
– extra arm swings		X			
– additional trunk movements to maintain balance	each time	X	X		
– extra steps, slight hop	each time	X			
– very large step or jump (guideline – more than shoulder width)	each time		X		
– body posture fault	each time	X	X		
– deep squat	each time			X	
– brushing/touching apparatus/mats, but not falling against the apparatus	each time		X		
– support on mat/apparatus with 1 or 2 hands	each time				1.00
– fall on mat to knees or hips	each time				1.00
– fall on or against apparatus	each time				1.00

ARTICLE 7 — Technical Element Recognition

In order to recognize DV specific technical expectations are required.

All directives for angles of completion of elements are approximate and meant to serve as a guideline.

7.1 ALL APPARATUS

Body Position Requirements

Tucked

< (less than) 90° hip and knee angle in salto & dance elements

Piked

< 90° hip angle in salto & dance elements

Stretched

Stretched position must be maintained a min. 3/4 of the salto

In double saltos (FX): a stretched body position must be maintained in the 1st salto and min. ¾ of the 2nd salto

In double saltos on UB (DMT) and Vaults stretched body position must be maintained for a minimum of 360° BA rotation

7.1.1 Landings from Single Saltos with Twists

Elements with twists must be completed exactly or the Lower DV will be recognized.*

- as dismounts from **UB** and **BB**
- during the exercise on **BB** and **FX**
- all landings on **VT**

Note: The placement of the front hand (on back handspring with 1/1 twist (360°) – swing down to cross straddle sit), or foot is decisive when awarding the difficulty value

***FX:** When there is a salto with twist directly connected to another salto and in the first salto the turn is not completed exactly (but the gymnast is able to continue into the next element), the first element will NOT be devalued.

– For under turning:

- 3/1 twist becomes 2½ twist
- 2½ twist becomes 2/1 twist
- 2/1 twist becomes 1½ twist
- 1½ twist becomes 1/1 twist

– Falls on Landing

with landing feet first – the DV is awarded

without landing feet first – **No** DV is awarded

7.2 BALANCE BEAM AND FLOOR EXERCISE

7.2.1 Turns on One Leg are in increments of:

180° for BB

360° for FX

– Turn recognition in dance elements

The turn must be completed exactly or the Lower DV will be recognized.

In addition to the foot placement the position of the hip and shoulders should be taken into consideration.

– For under turning on Support leg:

Example:

3/1 turn becomes 2/1 turn (FX)

2/1 turn becomes 1½ turn (BB)

– Turn Considerations:

Must be performed on the toes.

Have a fixed and well defined shape throughout the turn.

The support leg whether stretched or bent does not change the value of the difficulty.

Degree of rotation is determined once the heel of support leg drops (turn is considered finished)

For turns on 1 leg requiring the free leg to be at a specific position, the position must be maintained throughout the turn.

If free leg is not in prescribed position - credit another element from the COP

7.2.2 Jumps, leaps, hops with turns are in increments of:

180° for BB/FX

If landing on 2 feet - the placement of the front foot is decisive when awarding the difficulty value.

If landing on 1 foot - the position of the hip and shoulders are decisive.

Various techniques of jump turns are permitted including piking, tucking or straddling the legs in the beginning, middle or end of the turn.

Definition:

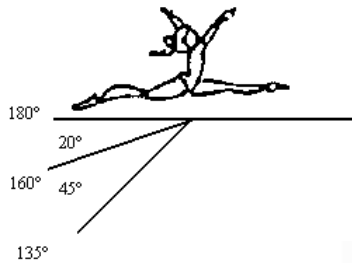
Leaps – take off from 1 foot to land on other or 2 feet

Hops – take off from 1 foot and land on the same foot or 2 feet

Jumps – take off from 2 feet and land on 1 or 2 feet

7.2.3 SPLIT REQUIREMENT

For missing degrees of leg separation (insufficient split) in Leaps, Jumps, Hops, Turns and Acro non flight elements:



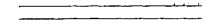
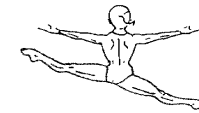
Turns



Acro

- > 0° - 20° deduct 0.10
- > 20° - 45° deduct 0.30
- > 45° (dance) credit another element from the COP or no DV

For incorrect Leg Position



Legs not parallel to floor - deduct 0.10

7.3 REQUIREMENTS FOR SELECTED DANCE ELEMENTS

Scales (4.102) require 180° split, if less - No DV.

Split Leap with Leg Change

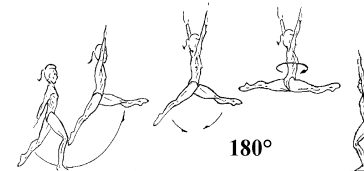


Requirement: free leg swing min. 45°, 180° split of legs

D- Panel

- If free leg swings less than 45° or is bent – credit Split Leap.

Split Leap with Leg Change with turn



Requirement: Must show cross split position

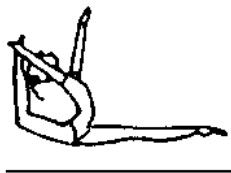
D- Panel

- If free leg swings less than 45° or is bent then credit – split leap with ½ turn (180°)
- If Side Split is shown – credit side leap with leg change (Johnson)

Ring Leap/Change Leg Ring Leap (with/without turn)

Requirement:

- Upper back arch and head release with foot to head height.
- 180° split of legs
- Front leg at horizontal



D - Panel

- Back foot below shoulder height and/or front leg below horizontal (> 10°) – credit one DV lower
- No arch and release of head – credit split leap or split leap with leg change

E - Panel

- Insufficient arch position – 0.10
- Foot of back leg to shoulder height – 0.10
- Front leg is below horizontal (incorrect leg position) – 0.10

Note: Back Leg Bent or Straight is the same element

Sheep/Ring Jump



Reward DV No DV

Requirement: Upper back arch and head release with feet almost touching head (Ring shape)

D - Panel

- No ring shape – No DV
- No upper back arch and release of head – No DV

E - Panel

- Insufficient arch position (chest and/or hip) – 0.10
- Insufficient closure of feet to head – 0.10
- Legs apart – 0.10/0.30

Yang Bo



Requirement: Over split with front leg at least at Horizontal

D - Panel

- No over split but both legs at horizontal – credit 1 DV lower
- Over split but front leg below horizontal (> 10°) = Ring Jump
- No arch and release of head = Split Jump or Sissone (if front leg below horizontal)
- No arch and release of head & no split (missing more than 45°) – No DV

E - Panel

- Insufficient arch position – 0.10
- Over split, but front leg below horizontal (incorrect leg position) – 0.10

Tuck Jump with/without turn



Requirement: hip & knee angle at 45°

D - Panel

- > 135° hip angle – No DV

E - Panel

- Knees at horizontal – 0.10
- Knees below horizontal – 0.30

Wolf Jump with/without turn



Requirement: hip angle at 45°, knees together

D - Panel

- > 135° hip angle – No DV

E - Panel

- Extended leg at horizontal – 0.10
- Extended leg below horizontal – 0.30

Cat Leap with/without turn



Requirement: Evaluate the lowest knee position

D - Panel

- > 135° hip angle – No DV
- Lack of alternation – credit Tuck jump

E - Panel

- One or both legs at horizontal – 0.10
- One or both legs below horizontal – 0.30

Straddle Pike Jump with/without turn



Requirement: Both legs above horizontal

D - Panel

- > 135° hip angle – No DV

E - Panel

- Legs at horizontal – 0.10
- Legs below horizontal – 0.30

Execution Deductions for body posture faults must be taken in addition to penalties assessed for amplitude.

8.3.1 Corridor Markings

As an orientation for directional deductions, there will be a marked corridor and a Center Line (5 cm) placed on the landing mat. The gymnast must land and finish to a stable stand in this zone.

The D¹ Judge (with written notification from the Line Judge) will deduct from Final Score for deviation from straight direction as follows:

- Land in the Corridor, but not in the center of corridor – 0.10 P
- Land outside the Corridor line with one foot – 0.30 P
- Land outside the Corridor with both feet – 0.50 P

Note: The initial contact is decisive

8.4 Specific Apparatus Deductions (D- Panel)

All vaults are illustrated with a number.

The gymnast is responsible for flashing the **intended** vault number. There is no penalty, if a different vault than the flashed vault is performed.

- Failure to flash the intended vault number* (no vault number flashed) 0.30 P.
* taken from the Final Score of the vault performed
- Touch with one hand (taken from Final Score) 2.00 P.

- In the **Qualification** for the **Apparatus Finals & Apparatus Finals**

- when only one vault or the same vault is performed

Evaluation: Score of the 1st performed vault divided by 2 = Final Score

- When the two vaults do not show a different Repulsion Phase

Evaluation: Final average of both vaults minus 2.00 P. = Final Score

Performance of Invalid Vaults*

- Run approach with touch on the springboard or vaulting table, without execution of vault Invalid -0 Score
- No touch on vault table Invalid -0 Score
- During the vault
 - Any spotting assistance Invalid -0 Score
- Failure to use the safety collar for round-off entry vaults Invalid -0 Score
- Failure to land on feet first Invalid -0 Score

***Note:** "0" score recorded by D- Panel

A video review by the D- Panel and Apparatus Supervisor will automatically occur for every vault that receives an Invalid - 0 Score or receives a 2.00 P. deduction for "touch with one hand".

8.5 Method of Scoring

D-Panel: enters the Value of the performed vault and shows on the board to the E-judges the symbol of the vault recognized (if different from flashed number).

The score of the first vault must be flashed before the gymnast executes the second vault.

8.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50	1.00
First Flight Phase				
- For missing degree of the LA turn:				
Gr.3 with ¼ (90°)	45°			
Gr.1 & 5 with ½ (180°) turns	45°	90°		
Gr.1, 2 & 4 with 1/1 (360°) turns	45°	90°	>90°	
- Poor technique				
hip angle	X	X		
arch	X	X		
bent knees	X	X	X	
leg or knee separations	X	X		
Repulsion Phase				
- Poor technique				
staggered/alternate hand placement on forward entry vaults	X	X		
bent arms	X	X	X	
shoulder angle	X	X		
failure to pass through vertical	X	X		
- Prescribed LA turn begun too early	X	X		
Second Flight Phase				
- Height	X	X	X	0.80
- Exactness of (LA) turn	X			
- Body position				
failure to maintain stretched body (<i>pike down of stretched vaults</i>)	X	X		
insufficient and/or late extension (<i>tuck and pike vaults</i>)	X	X		
Bent knees	X	X	X	
Leg or knee separations	X	X		
Distance				
- Insufficient length	X	X	X	
General				
- Under-rotation of salto				
no fall	X			
with fall		X		
- Insufficient Dynamic	X	X	X	

Falls

Second Flight

With landing feet first, the vault is awarded

Without landing feet first, vault is 0.00 P

ARTICLE 9 — Uneven Bars

9.1 General

The evaluation of the exercise begins with the take off from the board or the mat. Additional supports under the board (e.g. an extra board) are **not** permitted.

A **second** run approach for the mount is permitted, if the gymnast on her **first** attempt (balk) has **not** touched the springboard, the apparatus, or run underneath the apparatus.

- After a 2nd unsuccessful attempt to mount she should begin the exercise.
- A 3rd attempt is not permitted.

During a **fall** from the apparatus, an interruption of 30 seconds is allowed (the timing starts when the gymnast is on her feet after the fall) before the gymnast must remount the uneven bars to continue the exercise.

- The elapsed time during the fall will be displayed in seconds on the scoreboard.
- A warning signal (gong) will be communicated at 10 seconds, 20 seconds and again at the 30 second time limit.
- If the gymnast does not remount the uneven bars by the 30 second time limit, the exercise is considered terminated.

9.2 Content and Construction of the Exercise

The maximum 8 highest difficulties including the dismount are counted for DV.

The value parts should represent a variety of the following categories of movement:

- Circle and Swings
 - Giant Circles backward
 - Giant Circles forward
 - Swings & Clear Hip Circles
 - Stalders Forward/Backward
 - Pike Circles Forward/Backward
- Flights
 - flight from HB to grasp on LB (or reversed)
 - counter flight (over the bar)
 - vaults
 - hechts
 - saltos

9.3 Composition Requirements (CR) – D- Panel 2.50 P.

- | | |
|---|------------|
| 1 – Flight element from HB to LB & from LB to HB | award 0.50 |
| 2 – Flight element on the same bar | award 0.50 |
| 3 – Min. two different grips (no cast, MT or DMT) and a Close bar Circle element (non flight) | award 0.50 |
| 4 – Non flight element with min. 360° turn, performed on the bar (no MT) | award 0.50 |
| 5 – Dismount | |
| No dismount, A- or B- dismount | award 0.00 |
| C- dismount | award 0.30 |
| D- or higher dismount | award 0.50 |

9.4 Connection Value (CV) – D - Panel

Connection Value can be awarded for direct connections. The CV will be added into the D-Score.

Formulas for direct connections follow:

0.10	0.20
D (flight HB to LB) + C (must be performed in this order)	D (flight - same bar or LB to HB) + C or more (on HB) (must be performed in this order)
D + D or more	D + E (one element with flight) E + E


Note: C/D element must have flight or min. ½ turn (180°)

- An element can be performed two (2) times within the same direct connection for CV, but may not receive difficulty value (DV) a 2nd time.
- Flight elements include elements with visible flight
 - From HB to grasp on LB (or reversed)
 - With counter flight (over the bar), vault, hecht or salto followed by regrip on same bar or other bar
 - Performed as dismounts

*Note: Hop-grip changes with/without 180°-360° turns do **NOT** constitute flight.*

These direct connections can be performed as a:

mount connection (gr.1 elements are not considered flight element)

eg:  D+D = 0.10
connection within the exercise
dismount connection.

- If an **empty swing** or **intermediate swing** is performed between two (2) elements, CV can NOT be awarded.

Empty swing = swing forward/backward without the execution of an element in the Table, before the swing reverses to the opposite direction.

Except "Shaposhnikova" type elements. *EN*


Intermediate swing = pump swing from a front support and/or a long swing not needed in order to perform the next element.

9.5 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50 or more
- Run approaches			
- Run approach with touch on springboard or UB without mounting			1.00
- 2 nd unsuccessful attempt to mount			1.00
- Adjusted grip position	X		
- Brush on apparatus with feet		X	
- Brush on mat			0.50
- Hit on apparatus with feet			0.50
- Hit on mat with feet			1.00
- Uncharacteristic Movement (e.g. Legs split before arrival in Handstand)		X	
- Poor rhythm in elements	X		
- Insufficient height of flight elements	X	X	
- Under rotation of flight elements	X		
- Insufficient extension in kips	X		
- Empty swing		X	
- Intermediate swing			0.50
- Angle of Completion of Elements	X	X	X
Amplitude of:			
- Swings fwd or bwd under horizontal	X		
- Casts	X	X	
- Bar change without performing an element		X	
- Overuse (more than 3) of Giants elements (forward) with 1/1 turn or more	X		
- More than 2 of the same elements directly connected to the dismount	X		
- No attempt to dismount*			0.50

*Dismount with fall:


- If the salto for the dismount has **not** begun (no initiation of rotation) and a fall occurs, or
- No attempt for DMT at all (landing on feet or falling after landing on feet)

Example 1:  with no initiation of salto

Evaluation:

- No CR (*D- panel*)
- No DV - count 7 elements only (*D- panel*)
- 0.50 No attempt to dismount – (*E- panel*)
- Fall - 1.00 or apply landing deductions, if no fall (*E- panel*)

- If the salto for the dismount has begun and then a fall occurs:

Example 2:  with failure to land feet first

Evaluation:

- No CR (*D- panel*)
- No DV - count 7 elements only (*D- panel*)
- Fall – 1.00 (*E- panel*)

9.6 Notes

Falls – Flight Elements

with grasp of both hands (momentary hang or support) on the bar, the DV is awarded

without grasp of both hands on the bar – **No** DV is awarded

Mounts

Can fulfill CR 1 for flight from LB to HB or HB to LB

Elements performed as mounts can be performed in the exercise (or vice versa) but receive DV only once.

ARTICLE 10 — Balance Beam

10.1 General

The evaluation of the exercise begins with the take-off from the board or the mat. Additional supports under the board (e.g. an extra board) are **not** permitted.

A **second** run approach for the mount is permitted, if the gymnast on her **first** attempt (balk) has **not** touched the springboard, or the apparatus.

- After a 2nd unsuccessful attempt to mount she should begin the exercise.
- Deduction for “Mount not from the Table of elements” will be applied
- A 3rd attempt is not permitted.

The duration of the exercise on the balance beam may not exceed 1:30 minutes (90 seconds).

Timing:

- The Time Judge 1 (Assistant) begins timing when the gymnast takes-off from the springboard or mat. She stops the clock, when the gymnast touches the mat upon completion of her beam exercise.
- A signal (gong) will be communicated **ten** (10) seconds prior to the maximum time limit and again at the maximum time limit (1:30) to indicate that the exercise is to be finished.
- If the dismount lands **at** the sound of the second signal, there is no deduction.
- If the dismount lands **after** the sound of the second signal, there is a deduction for exceeding the time limit. The judges evaluate the entire exercise including the dismount.
- The deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 sec.).
0.10 P.
- Elements performed after the 90 second time limit will be recognized by the D- Panel and evaluated by the E- Panel.
- Time violations are reported in writing by the respective Time Judge to the D- Panel judges, who then takes the deduction from the Final Score.

Intermediate (Fall) Time:

- For interruption of the exercise due to a fall from the apparatus, an intermediate time period of ten (10) seconds is allowed (Time Judge 2 begins timing when the gymnast is on her feet after the fall). The duration of the fall is timed separately; it will **not** be calculated in the total time of the exercise.
- The fall period ends when the gymnast takes-off from the mat to remount

the beam.

- After remounting the beam the resumption of timing by Time Judge 1 begins with the first movement to continue the exercise.
- The elapsed time during the fall will be displayed in seconds on the scoreboard. A signal (gong) will be communicated at the 10 second limit. If the gymnast does not remount the beam by the 10 second time limit, the exercise is considered terminated.

10.2 Content and Construction of the Exercise

- The maximum 8 highest difficulties including the dismount are counted for DV
Maximum 5 Acro
Minimum 3 Dance

The **difficulty** value should represent a variety of the categories of movement:

- Acrobatic elements with or without
hand support
flight phase
- Dance
leaps, jumps and hops
turns
body waves
holds (in stand, sit and lying position)

10.3 Composition Requirements (CR) – D- Panel 2.50 P.

- 1 – One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split (cross position only) – award 0.50
- 2 – Turn (gr.3) – award 0.50
- 3 – One acro series, min. of 2 flight* elements 1 being a salto (elements may be the same) – award 0.50
- 4 – Acro elements in different directions (fwd/swd and bwd) – award 0.50
- 5 – Dismount
No dismount, A- or B- dismount – award 0.00
C- dismount – award 0.30
D- or higher dismount – award 0.50

* Flight elements with or without hand support.

Note:

- CR 1 - 4 must be performed on the Beam.
- Rolls, handstands and holds may not be used to fulfil CR.

10.6 Specific Apparatus Deductions (E - Panel)

Faults	0.10	0.30	0.50 or more
- Run approaches			
- Run approach with touch on springboard or BB without mounting			1.00
- 2 nd unsuccessful attempt to mount			1.00
- Additional support of leg against the side-surface of the beam		X	
- Failure to meet the technical requirement of the element through use of additional support		X	
- Grasp on beam in order to avoid a fall			0.50
- Additional movements to maintain balance	X	X	0.50
- Concentration pause (<i>longer than 2 seconds</i>)	X		
- Excessive preparation into dance elements	X		
- One sided use of elements: More than one ½ turn on 2 feet with straight legs throughout exercise	X		
- Insufficient use of entire beam apparatus: missing one movement close to the beam with a part of the torso (including thigh), and/or head touching the beam (element not necessary)	X		
- Poor rhythm in connections	X		
- Mount not from the table of elements	X		
- No attempt to dismount			0.50

10.7 NOTES:



Falls – Acro and Dance Elements - *must return to beam with foot or torso to be awarded difficulty*

- with a landing of one or two feet or in prescribed position on the beam – the DV is awarded
- without a landing of one or two feet or in prescribed position on the beam – No DV is awarded



Mounts

- Only a Round-off may precede the mount
- Mount elements (rolls, handstands and holds) may be performed within the routine but receive DV only once for the same element.


Holds

- Handstands (without turns) & Holds must be held for 2 sec., when prescribed in the table of elements in order to receive DV. If the element is not held for 2 sec. and does not appear as another element in Code award 1 DV lower (HSTD or hold position should be completed).
- For CV “Hold” acro elements (with flight) may be used as the second element in an Acro series.
-  and  will be credited 1 DV lower if the handstand is not held for 2sec
If gymnast performs the same element again in the exercise and holds the HSTD position for 2 sec. – No DV awarded

Onodi Elements

-  can be used as 1st or 2nd element in an acro series.
- Tic Toc  can only be used as the last element in a series and will be considered the same element as Onodi

Specific Elements

-  hands must land in cross position. If hands land in side position then the element is awarded 1 DV lower
If gymnast performs the same element again in the exercise and completes 1/1 twist – No DV awarded



Hands placed together in Cross position – Correct



Hands one in front of the other in Cross position – Correct



If front hand completed turn – DV awarded (apply deduction for precision)



Hands in Side Position – award C- DV (apply deductions for precision)

ARTICLE 11 — Floor Exercise

11.1 General

The evaluation of the exercise begins with the first movement of the gymnast. The duration of the floor exercise may not exceed 1:30 minutes (90 seconds).

The floor exercise music CD will be given to the competition administration. Each CD will be timed with the time approved by the administration and the delegation head coach.

The following must be written on the CD:

The name of the gymnast and the 3 letters in capital used by FIG for the country code

The name of the composer and of the title of the music (recommended)

The musical accompaniment with orchestration, piano or other instruments (the voice maybe used as an instrument without word/s) occurs through a recording.

The music has to have the characteristics of a FX exercise: clear and with a well defined structure.

At the beginning of the music, while a signal is possible, the name of the gymnast cannot be pronounced.

- Absence of music or music with words **1.00 P.**
Note: Taken by the D- Panel from the Final Score.

Timing:

- The assistant begins timing, when the gymnast begins with the first movement of her floor exercise.
- The assistant stops timing, when the gymnast ends her floor exercise with the last position. The exercise is to be ended with the music.
- The deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 sec.).
0.10 P.
- Elements performed after the 90 second time limit will be recognized by the D- Panel and evaluated by the E- Panel.

Border Markings: Exceeding the prescribed floor area (12 X 12 m), that is touching on the floor with any part of the body outside of the border marking, will result in a deduction.

- One step or land outside boundary with foot/hand - 0.10 P.
- Step outside with both feet/hands or body part or landing with both feet on the line slightly outside (1st feet contact) - 0.30 P.
- Land completely outside of the border markings - 0.50 P.

Both time and line violations are reported in writing by the respective Time and Line Judge to the D- Panel, who then takes the deduction from the Final Score.

11.2 Content and Construction of the Exercise

- The maximum 8 highest difficulties including the dismount are counted for DV
Maximum 5 Acro
Minimum 3 Dance
- The maximum number of acro Lines with salto is four (4); any difficulty in subsequent acro Lines will not be counted for DV.

An acro Line may consist of a min. of one flight element without hand support and take off 2 feet (rebound)

- o including mixed connections
- o Failure to land on feet first from salto will still be considered an acro Line

Examples:

1. a single or double salto (*with take off from 2 feet*)
2. a direct or indirect connection of saltos (*at least one with take off from two feet*)
3. mixed connections (jumps or leaps) with salto (*with take off from two feet*)

The following do NOT constitute an acro line:

- o Salto with take off from one foot (maybe used to fulfill CR & CV)
- o Acro or mixed connection of flight elements with hand support

The **difficulty** value should represent a variety of the categories of movement:

Acrobatic Elements

- rolls
- handstands
- hand support elements with or without flight phase and saltos

- Dance
 - leaps, jumps and hops
 - turns

11.3 Composition Requirements (CR) – D- Panel 2.50 P.

- 1 – A dance passage of at least **two** different leaps or hops (from the Code) connected directly or indirectly (with running steps, small leaps, hops chasse, chainé turns), one of them with 180°cross split position – award 0.50

The object is to create a flowing large traveling movement pattern.

No jumps or turns are permitted because they are stationary.

Chainé turns ½ turns on two feet are allowed because they are traveling steps.

Leaps and hops must land on one leg if performed as the 1st element in the dance passage.

- 2 – One acro Line with 2 different saltos – award 0.50
- 3 – Salto fwd/swd & bwd – award 0.50
- 4 – Salto with double BA and salto with LA (min. 360°) turn – award 0.50
- 5 – Dismount
 - No dismount, A- or B- dismount – award 0.00
 - C- dismount – award 0.30
 - D- or higher dismount – award 0.50

- The dismount is the last counting acro Line (credit highest DV)
- No DMT will be credited if only one acro Line is performed

Example #1:

Only one acro Line

Handwritten: $\overbrace{KNE \ KNE \ \& \ KNEENX}$

Evaluation:

- No CR (DMT) (D- Panel)

- NO DV – count max. 7 elements (D- Panel)
- 0.50 No attempt to dismount (E- Panel)
- Apply landing deductions (E- Panel)

Example #2

Handwritten: a) KNE or b) $KNEEN$

Only one acro Line

Evaluation:

- No CR (DMT) (D- Panel)
- NO DV – count max.7 elements (D- Panel)
- 0.50 No attempt to dismount (E- Panel)
- Apply landing deductions (E- Panel)

Example #3

Handwritten: $KNE \ KNEEN$

Two acro Lines

Evaluation:

- CR (DMT) +0.50 (D- Panel)

Example #4

Handwritten: $KNE \ KNEEN \ Fall \ K$

The gymnast fails to land feet first in the 2nd acro Line:

Evaluation:

- No CR (DMT) (D- panel)
- No DV – count max. 7 elements only (D- panel)
- Fall - 1.00 (E-Panel)

Example #5

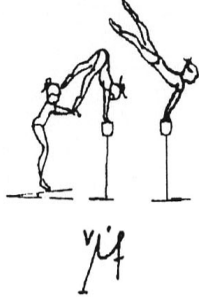
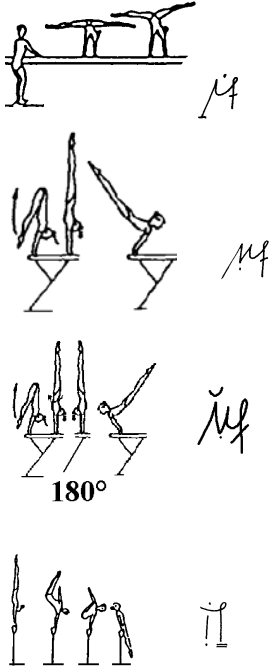
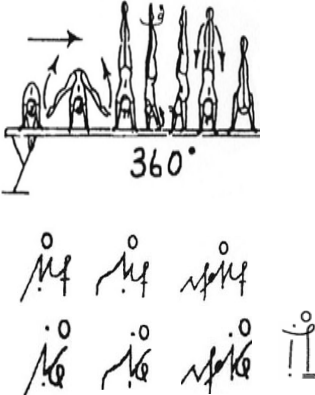
Handwritten: $KNE \ KNEEN \ KNE \downarrow$

With repetition of the same element

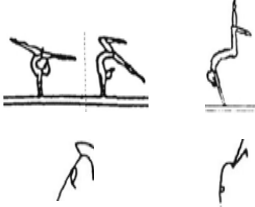
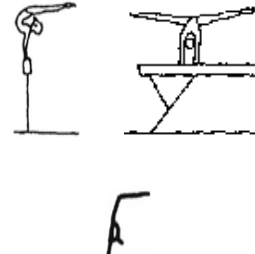
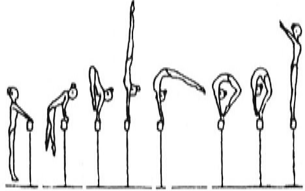


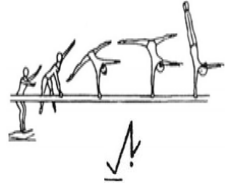


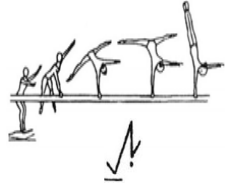



Evaluation:

- No CR (DMT) (D- panel)
- No DV – count max. 7 elements only (D- panel)
- Apply landing deductions if necessary (E-panel)

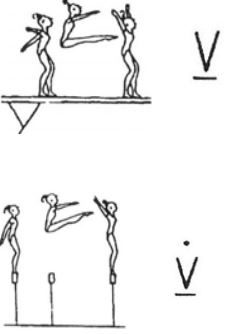
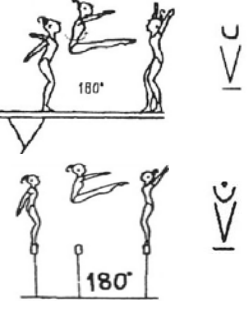
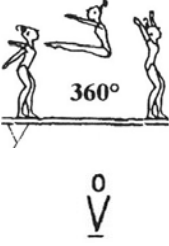
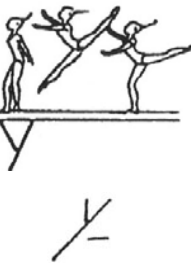
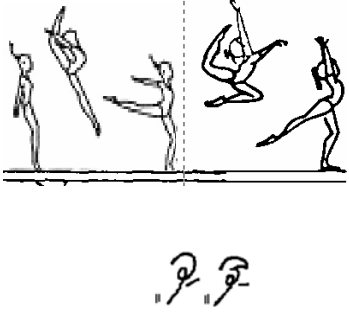

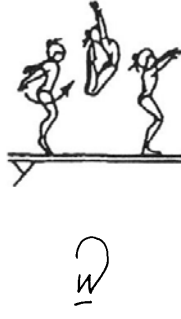

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.111</p>	<p>1.211</p> <p>Jump with bent hips to side planche min at 45° (clear front support above horizontal) (2 sec.) - lower to optional end position</p> 	<p>1.311</p> <p>Jump with stretched hips to planche min at 45°(2 sec), also jump, press, or swing to cross or side hstd- lower to planche min at 45°(2 sec), or hstd (2 sec) release one hand with swing down swd (all handstands may be performed also with ½ turn (180°) in hstd)</p> 	<p>1.411</p> <p>Jump, press or swing to cross or side hstd- 1/1 turn (360°) in hstd - lower to planche min at 45°, or clear pike support (2 sec.), or release one hand with swing down swd</p> 	<p>1.511</p>	<p>1.611</p>








1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.112</p>	<p>1.212</p>	<p>1.312</p> <p>Hstd in cross position with large arch span, also piked with one leg vertical, other leg bent (2 sec.) - lower to optional end position</p>  <p>Cross or side Hstd with horizontal leg hold – reverse planche in different variations (2 sec.) - lower to optional end position</p> 	<p>1.412</p> <p>Jump or press to side Hstd – walkover fwd to side stand on both legs</p>  	<p>1.512</p>	<p>1.612</p>
<p>1.113</p>	<p>1.213</p> <p>Press to side hstd, with bending - stretching of legs – hop with ¼ turn (90°) to cross hstd - lower to optional end position</p>  	<p>1.313</p> <p>Jump press or swing to hstd shift weight to one arm hstd (2 sec.) – lower to optional end position</p>  	<p>1.413</p> <p>Jump or press on one arm to hstd lower to optional end position (Rankin), also jump, press or swing to cross or side hstd – shift weight (Rankin) to side hstd on one arm (2 sec.), lowering to clear straddle support on one arm</p>  	<p>1.613</p>  	

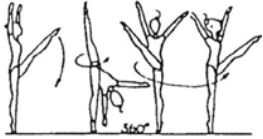
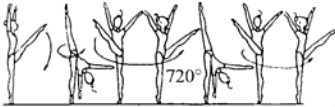
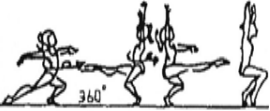



2.000 — GYMNASTIC LEAPS, JUMPS AND HOPS

A	B	C	D	E	F/G
<p>2.107 Pike jump from side or cross position (hip $\leq 90^\circ$)</p> 	<p>2.207 Pike jump from side or cross position with $\frac{1}{2}$ turn (180°)</p> 	<p>2.307 Pike jump from cross position with $\frac{1}{1}$ turn (360°)</p> 	<p>2.407</p>	<p>2.507</p>	<p>2.607</p>
<p>2.108 Sissone, (leg separation 180°) take off from both legs</p> 	<p>2.208 Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs), or stag-ring jump</p> 	<p>2.308 Split ring leap (180° separation of legs)</p> 	<p>2.408 Jump with upper back arch and head release with feet almost touching head (Sheep jump)</p> 	<p>2.508 Switch leap to ring position</p> 	<p>2.608</p>

1.000 – GYMNASTIC LEAPS, JUMPS AND HOPS

<p>1.109 Sissone (180° separation of legs)</p>  <p>Y-</p> <p>Ring jump (rear foot at head height, body arched and head dropped bwd, 180° separation of legs)</p>  <p>7-</p> <p>Stag ring jump (rear foot at head height and head dropped bwd)</p>  <p>7-</p>	<p>1.209 Tour jeté to ring (rear foot at head height, body arched and head dropped bwd)</p>  <p>7-</p> <p>Jump with upper back arch and head release with feet almost touching head (Sheep jump)</p>  <p>7-</p> <p>Split ring leap (180° separation of legs, front leg parallel to floor)</p>  <p>7-</p>	<p>1.309 Switch leap to ring position</p>  <p>2-</p>	<p>1.409</p>	<p>1.509</p>	<p>1.609</p>
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2.000 – GYMNASTIC TURNS

<p>2.106</p>	<p>2.206 1/1 illusion turn (360°) through standing split without touching floor with hand</p>  <p align="center">↓</p>	<p>2.306 2/1 Illusion turn (720°) through standing split without touching floor with hand</p>  <p align="center">↓</p>	<p>2.406</p>	<p>2.506</p>	<p>2.606</p>
<p>2.107 1/1 turn (360°) in tuck stand on one leg - free leg optional</p>  <p align="center">↓</p>	<p>2.207 2/1 turn (720°) on one leg in squat position - free leg optional</p>  <p align="center">↓</p>	<p>2.307</p>	<p>2.407 2/1 turn (720°) in tuck stand on one leg - free leg at horizontal throughout turn (no turn initiation with a push with hands on floor).</p>  <p align="center">↓</p>	<p>2.507</p>	<p>2.607</p>
<p>2.108</p>	<p>2.208 2/1 spin (720°) or more on back in kip position (hip-leg < □ closed)</p>  <p align="center">↓</p>	<p>2.308</p>	<p>2.408</p>	<p>2.508</p>	<p>2.608</p>

7\	A-100	B-200	C-300	D-400	E-500	F.600	G.700
1.01	X	Y	Z				
02	X						
03	X		X				
04		X	X				
05	X		X				
06	X	X					
07	X						
08	X	X	X				
09		X	X	X			
10		X	X	X			
11		X	X	X	X		
12			X	X			
13		X	X	X	X		
14	X	X	X	X	X		
15		X	X	X			
16			X	X	X		
17			X	X	X		
18				X	X	X	
19					X	X	

7\	A-100	B-200	C-300	D-400	E-500	F.600	G.700
2.01	X	X	X	X	X		
02	X	X	X	X	X		
03	X	X	X	X	X		
04		X	X	X	X		
05			X	X	X		
06			X	X	X		
07	X	X	X	X	X		
08	X	X	X	X	X		
09		X	X	X	X		
10	X	X	X	X	X		
11	X	X	X	X	X		
12	X	X	X	X	X		
3.01	X	X	X	X	X		
02			X	X	X		
03			X	X	X		
04			X	X	X		
05		X	X	X	X		
06	X	X	X	X	X		
07	X	X	X	X	X		
08	X	X	X	X	X		
4.01	X	X	X	X	X		
02	X	X	X	X	X		
03	X	X	X	X	X		
04	X	X	X	X	X		
05	X	X	X	X	X		
06		X	X	X	X		
07		X	X	X	X		
08		X	X	X	X		
09	X	X	X	X	X		
10	X	X	X	X	X		
11	X	X	X	X	X		

7\	A-100	B-200	C-300	D-400	E-500	F.600	G.700
5.01		X	X	X			
02	X	X	X	X			
03		X	X	X			
04		X	X	X			
05		X	X	X			
06		X	X	X	X		
07		X	X	X	X		
08		X	X	X	X		
09			X	X	X		
10			X	X	X		
11			X	X	X	X	
12			X	X	X	X	
13			X	X	X	X	X
14			X	X	X	X	X
6.01	X	X	X	X			
02	X	X	X	X	X		
03	X	X	X	X	X		X
04	X	X	X	X	X		X
05			X	X	X	X	X
06	X	X	X	X	X	X	X
07	X	X	X	X	X	X	X

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600
1.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						
	09						
	10						
	11						
	12						
	13						
	14						
2.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
3.	01							
	02							
	03							
	04							
	05							
	06							
	07							
4.	01							
	02							
	03							
	04							
	05							
5.	01							
	02							
	03							
	04							
	05							
	06							