

## Women's Artistic Gymnastics - Adult Rules

We would like to share some of the principles behind the WAG programme before dealing with the individual points raised.

Women's Artistic gymnastics at whatever level and whatever the age of the competitor is about the pursuit of technical excellence in the elements performed and the composition and connection value of the cycle 14 Code of Points. The Women's programme adapts these basic principles to be able to accommodate the various different aspects of the Women's programme.

The FIG COP is designed to encompass the whole spectrum of ability from the basic A valued Difficulty elements to the most difficult I valued elements. The domestic programme has further extended this to allow gymnastic elements that are not in the COP, (J or uncoded elements – these have a value of 0.10 unless otherwise stated). Irrespective of their value, the highest 8 elements (unless stated otherwise) are counted and this allows for differentiation between the gymnasts.

The Evaluation of exercises is broken down into two main areas:-

D Score  
E Score

The D score is the:

Difficulty value of the elements (3 acro (including the dismount), 3 dance & 2 optional elements)  
Composition of the exercise  
Connection value

The E score is the:

Execution score this is the total deductions taken for how the elements and connections are performed

It is important to understand that it is not compulsory to fulfil all the composition requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

We hope that these principles will answer many of the questions.

## Feedback and questions on the WAG code

Generally it seems the code seems to be pushing intermediate gymnasts back down to novice – for example one of our winners of intermediate last year, will have to move back down to novice this year as they are actually unable to meet the CR's on 3 different apparatus. This becomes more noticeable in the older age categories especially, where very few people have multiple acrobatic moves on beam (let alone anything coded!) and very few moves on bars. **It is not necessary to fulfil all the requirements the gymnast should work with technical excellence at their own level. See principles above.**

The code also encourages older gymnasts to attempt harder/riskier moves (somersault both forwards and backwards on floor), but limits their use of safer dance moves (full turning W jump). As their bodies get older – it becomes harder and more risky to teach new skills, but usually the dance and spin elements are more achievable safely. **See statement above. Also see modification to rules.**

- 1) Beam - In intermediate there is a requirement for 2 linked acro moves on beam. Is it possible to include the mount?  
(forward roll mount straight into free roll for example? Or planche mount to backward roll?)  
(COP says that CR must be performed on the beam which would indicate no) **no FIG principles apply, Cr's must be performed on the beam**
- 2) Beam – similarly – can the linked acro moves include dismount (e.g. cartwheel - tuck back off)? **no FIG principles apply, Cr's must be performed on the beam**
- 3) Beam - To get the 2 linked acro moves on beam – can you link needle scale to a move  
(COP says that rolls, handstands and holds may not be used to fulfil CR?)**No**

- 4) Beam - Can you repeat the same acro move twice to get the CR but not the DV? (e.g. 2 forward rolls?) (COP indicates yes) **Yes**
- 5) Beam - Construction requirement on beam is min 3 dance, 3 acrobatic moves and 2 optional elements (in novice - adults CR states only 1 acro requirement), what is the deduction for not doing 3 acrobatic moves? (COP says that rolls, handstands and holds may not be used to fulfil CR) **You can use rolls & handstand to count towards your number of acro moves even if they don't fulfil a CR . Unless the rules state otherwise additional uncoded moves can be used to fulfil CR.**
- 6) Beam – If COP says that rolls, handstands and holds may not be used to fulfil CR – what can beginners do to fulfil Acro CR? **See above – these rules have modifications from full FIG to allow participants to use additional moves.**
- 7) Beam - Planche is not in the code as an acrobatic element now, will it be counted as uncoded acrobatic for beginners? **You can still planche as a mount and this would count towards the number of acro skills**
- 8) Beam – In intermediate beam – can one acro series fulfil both CR? (1 acro series with 2 elements, acro elements in diff directions (fwd/swd & bwd)) **Yes**
- 9) Beam – is it possible to have some examples of non coded acrobatic series on beam (it is rare for an intermediate gymnasts to attempt a flic or somersault on beam) **Cartwheel cartwheel, forward roll cartwheel, cartwheel 1 armed cartwheel, forward roll forward roll, forward roll into handstand (not held)**
- 10) Floor - No full twisting straight jump or full (or half) turning cat leap in beginner on floor? **Leaps, jumps and hops with up to a 1/1 turn and with an FIG value of no more than a B have been allowed.**
- 11) Floor - does a round off count as a flighted acro element? If not – what else does at beginner level? (dive cartwheel and what else?) **Yes a roundoff is a flighted acro element**
- 12) Floor -LA turns on floor are not permitted in beginner (excluding half turn straight jump). Is it right you could triple spin and be within code rules? **You could double spin but remember only moves up to a value of B are allowed. This is to concentrate on technical excellence.**
- 13) Bars – Is squat on catch bar one move? (not two) **Yes the squat on is a move the jump is not**
- 14) Bars – There is a CR for a non flight element with LA 180 turn (can be mount or dismount) – if it is dismount – surely this has flight? **No read the clarification for a flight element in the COP**
- 15) Bars – a cast should be 45 degrees above 90 – anything below that is no value. How does that work if you cast for a back hip circle or before squat on – do you lose value of move? Or get heavily deducted for a non valid cast? **Please see the diagram attached with the rules specifically for bar casts.**
- 16) Bars – can you climb on to bar and catch as an un coded move? Or will this not be counted? (affects short routine deduction for novice) **Counted with a deduction but remember bars only needs 5 moves.**
- 17) Bars – circle up on LB – can you kick over, or do you need to do from two feet to be counted? Will kick over be deducted more on E score? **Counted with a deduction**
- 18) Vault – is it right that an intermediate straddle over only gets 1.0 DV (same as squat on), whereas a novice straddle gets 1.5DV? **Please see the rules - Intermediate can squat through or straddle over but not squat on**
- 19) Can competitors perform other uncoded moves – or just the ones in the box? (Intermediate has less counting uncoded moves than novice) Used to be “if it looks like gymnastics it counts” which is very in keeping with the GFA ethos! **Not WAG ethos. It is purposeful that there are more uncoded moves available at the lower levels gradually**

reducing through the levels. It should also be noted that some moves that used to be uncoded are now in the FIG CoP (examples include tuck jump and cat leap)

20) MAG intermediate can twist on floor and WAG intermediate can not? WAG cannot do twisting saltos on floor. This is to allow concentration on the technical execution.

Pro over 18 - I have found the document so it's only Beam that no somersault elements are allowed is this correct? No, they are allowed to salto on beam, but they don't need to do an acro series with a salto to meet the CR.

On the floor they cannot perform a jump full turn (a coded skill that was previously one of the only achievable coded skills for many gymnasts) but they are **required** to perform a jump/leap that hits 180 splits - this is not a realistic achievement for most of the women who I coach that are new to the sport (as novices are supposed to be). 1/1 turn jumps upto a value of a B have been allowed. As per FIG rules, a split of less than 180 but more than 135 will still be credited.

Previously on the bars novice competitors were not allowed to perform any coded skill (with the exception of straddle undershoot 1/2 dismount). This (rightly so in my opinion) moved all those who could upstart on the bar into intermediate. Now the restrictions only prevent release moves and giants - meaning that those who can upstart and sole circle will be back in novice! I have not yet encountered an adult woman who is truly new to our sport that can upstart on the bars. As per the Adult rules that are laid out by BG, those that were previously gymnasts that had competed to a certain level at any age would not be eligible for entry into novice.

If you wish to increase the standard of novice to the above, I believe a category below novice is required.

The women's code is also laid out very complicatedly and it is hard to establish exactly how the start value is calculated (the format for the men's is totally different and much easier to read). Use of phrases such as "LA turn" to mean twisting also do not help with the general accessibility of the document. The document has been worded as per all of the WAG rules for all variations of the discipline and at all levels.