

2018 WAG Disability – Competition B - Rules & Requirements

Difficulty Value A=0.10 Any element B or above will only be credited 0.10	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 14 Code of Points [2017] Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 2 x Acro lines [max] Barred elements are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. Moves with no value can count towards the number of elements but will not receive a DV or count towards CR's (to prevent short exercise penalty)										
SHORT EXERCISES	On Beam & Floor an exercise with less than 6 elements will be deducted 1.00 for each missing element On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element										
VAULT	VAULT	VAULT		BARS	BEAM		FLOOR				
Handspring Flat Back onto Pile of Safety Mattresses (110cm)	Handspring Flat Back onto Safety Mattresses (60cm)	Straight jump on / off (60cm)	BARRED ELEMENTS	Flight on the same bar (release)	Any salto [other than dismount] Hops/jumps/leaps to front support Any acrobatic connection Any turning jumps		Double Salto Hops, jumps leaps to front support Hops, jumps, leaps LA turn (except straight jump ½)				
				Height as per FIG – Distance to suit gymnast. No deduction for coach assistance between bars	Height as per FIG An additional 20cm safety mat is permitted		A routine without an acro line will NOT incur dismount deductions				
DV 2.40. 2.00 PENALTY IF COACH SUPPORT GIVEN.	DV 1.40. 2.00 PENALTY IF COACH SUPPORT GIVEN.	DV 0.40. 2.00 PENALTY IF COACH SUPPORT GIVEN.	UNCODED ELEMENTS 0.1 EACH	* Float swing from board back to board * Chin up circle over LB * Cast above Horizontal * Squat onto LB jump to catch HB * ¾ Giant from LB to HB * ¾ giant HB * Counterswing (HB) * Straddle or pike undershoot dismount	MOVES NO VALUE * Jump to FS on LB * Cast below horizontal * Leg lift feet to bar (Climb on LB jump to HB) * Chin up on HB * Circle forward LB release to stand * Underswing HB to stand	Forward roll Backward roll ½ spin Handstand (not held) Arabesque (2 sec) Cartwheel rebounding straight jump Dismount (1 element) Round-off Dismount	Straight jump Tuck Jump Any Mount may be used MOVES NO VALUE Relevé half turn Half handstand Chasse steps Forward roll to straddle sit Run rebound 2 feet Straight jump dismount	Cartwheel Dive Cartwheel Backward walkover Forward walkover Valdez Tick-tock Tuck jump 150 split leap Backward roll to h/d Backward roll to FS	Headspring Handstand fwd roll Scissor Kick Straight jump ½ MOVES NO VALUE Teddy bear roll Star jump Forward roll Backward roll Handstand		
Height 110cm 1 or 2 -x springboard	Height 60cm 1 x springboard		CR 0.50 X Award 0.5 ✓ Must be performed for 0.5	X FIG coded Mount ✓ 1 bar change LB-HB (can be coded or uncoded) ✓ A clear or close circle element ✓ A high bar element –on the HB Dismount must be included in counting elements Dismount higher than an A no DV	✓ Connection 2 different dance elements ✓ 1 x FIG Coded Leap/ Jump / Hop ✓ Turn [Group 3] (can be 180°) ✓ 1 x acrobatic element (non-flight OK) Dismount must be included in counting elements Dismount higher than an A no DV	✓ Dance passage of 2 x different Leaps or hops, each with 1 foot take-off ✓ Any coded spin on one foot in forward direction (minimum 1/1) ✓ 1 flighted acro element ✓ Acro fwd /Swd & Bwd (non-flight OK) Dismount must be included in counting elements Dismount higher than an A no DV					
Best score of 2 performed vaults Same vault must be performed twice. (No deduction if only 1 vault performed)			Specific Apparatus Deductions	Use deductions for Bars/Beam/Floor as in Cycle 14 Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION							
				Bar change without performing an element / uncharacteristic element X No composition deduction for empty swing after Backhip circle - however intermediate swing penalties can be applied No deduction to be applied for bent legs in a sole circle	More than 1 x 180° turn on 2 feet with straight legs [throughout exercise] X	Excessive preparation: Pause apply at 2 sec. X					
				Use Current FIG cycle 14 - 12.5 ARTISTRY & COMPOSITION DEDUCTIONS 12.6 Specific Apparatus deductions	Use Current FIG cycle 14 - 13.5 ARTISTRY & COMPOSITION DEDUCTIONS 13.6 Specific Apparatus deductions						