

**MEMORANDUM**

<b>DATE:</b>	May 2016	<b>STATUS</b>	High
<b>TO:</b>	All members	<b>FROM</b>	Women's Artistic Gymnastics Sport Development Committee
<b>RE:</b>	WAG Technical Bulletin #1	<b>NOTE:</b>	

**National Championships 2016**

The scores to qualify for Nationals will remain the same for 2016.

**STEPS Programme Clarifications**

There are no changes to the STEPs programme for 2016

All gymnasts must start in the STEPs programme in STEP 1 or 2. If they wish to start in a higher STEP then they must apply for dispensation and provide evidence that they can perform at that level.

**Routines and Judging Rules Clarifications**

In general - if a rule is not in the WAG STEPs manual or the FIG Code of Points then it doesn't exist.

**Awarding Difficulty Value (DV)**

When considering whether to award, or not to award, the DV the judge must assess whether the gymnast has completed the element successfully, regardless of technique, unless specific criteria are required (eg. angle of cast, degree of turn, degree of split), or stated in the Manual (eg. Hold for 2 seconds, arms held at side in STEP 2 jump-jump). If the gymnast completes the skill but finishes in the wrong position then award the skill but deduct for body position (eg. If the skill is cartwheel finishing with feet together and the gymnast finishes with feet apart, credit the DV and deduct for feet apart).

**Uneven Bars**

Underswing dismounts

The DV is awarded if an underswing action is clearly demonstrated. There is no requirement for the hips to raise above the bar for the DV to be credited.

E panel deductions that may apply are:

- Insufficient height of elements (0.1/0.3) if the hips do not raise above the bar
- Incorrect body position – pike or arch (0.1/0.3)
- Performance of dismount too close to the apparatus 0.1/0.3

*STEP 1*

DV#3 – jump to front support - DV#4 – cast with hips leaving the bar

While a bar routine should be a series of connected elements, in this case, there is no requirement for these skills to be immediately connected. It is important that the gymnast develop the correct shapes - the gymnast **must** show a dished front support position before initiating the cast

There should not be a deduction of 0.5 (extra swing) for small movements of the feet prior to the cast. What is important is tight bodies and straight arms.

## Beam

### *General*

Straddle holds – the expectation is that the gymnast’s legs will be above horizontal otherwise the following deductions will apply:

- Legs at/below horizontal 0.1/0.3

After the mount, when the gymnast exits from the sitting position they should show a swing of the legs backwards/upwards (cast action) to lift the hips before placing their feet on the beam. While this is not a DV skill the gymnast is expected to show amplitude in all movements. The cast should show sufficient amplitude for the gymnast to have their knees together when arriving in tuck stand – that is they should not have their knees apart in order to put their feet on the beam. There is no requirement to cast to a piked position on the beam.

### *Leaps/hops/jumps and connections*

Arm movements enhance the height and aesthetics of jumps and leaps and help to stabilise landings. Unless specified (STEP 2), arm positions in jumps and leaps are optional.

There is **no** set/specified arm action in between the skills of a dance series. The only requirement for a dance connection to be awarded is that there must be **NO** additional arm, feet, or other movements in between the skills.

### *STEP 1*

DV #2 tuck sit. DV will be awarded if the feet are OR are not touching the beam. There is **NO** requirement for the gymnast to have her feet off the beam.

### *STEP 2*

DV#2 V sit. The requirement is for the arms to be straight.

If the arms are bent deduct 0.1/0.3

DV #6 Two straight jumps **directly connected**, with hips open throughout, torso vertical and arms held down by hips

- The requirement for this DV is open hips, height of jumps and connection
- There is **NO** requirement for the gymnast to keep their heels off the beam between the 2 jumps for the DV to be awarded. Lowering the heels ensures a more stable landing and enables a push through the whole foot which leads to a more powerful jump
- As long as there is continuity of movement between the 2 jumps then the connection is awarded. If the connection is very slow but there is continuous movement then a tempo deduction of 0.1 can be taken

DV#8 Two or three running steps, followed by a dynamic take off from two feet (punch jump) - straight jump dismount

- The requirement is 2-3 running steps, take off from 1 foot to land with 2 feet together at the end of the beam (same as the hurdle step onto the vault beatboard) immediate dynamic take off from 2 feet to execute a straight/stretched jump dismount. The purpose of the jump is to develop the dynamic 2 foot take off from the apparatus
- The ‘punch’ refers to the punch jump off 2 feet not an arm action or position

The DV is NOT awarded if the gymnast takes off from one foot

### STEP 3

DV#3 Roll backwards to shoulder stand with extended body, exit can be 1 or both feet

- There is no requirement for the gymnast to stand after the straddle hold prior to the rollback to shoulder stand
- As long as there is continuity of movement in the roll to shoulder stand the DV will be awarded
- The gymnast will be awarded the DV if their shoulder/upper back and hips are momentarily on the beam at the same time (back is flat) as long as they are moving
- A gymnast who lies on the beam and pulls up to shoulder stand will **NOT** be awarded the DV
- In the exit phase, the gymnast must get one foot onto the beam to be awarded the DV

### Floor

#### Splits

- There is no requirement for the gymnast to have their hands off the floor as they lower to splits or while in splits.
- If the gymnast lifts her hands off the floor and then touches one or both hands down briefly to regain balance, this can be taken as either as
  - brushing apparatus with hands or arms but not falling against the apparatus -0.3
  - a grasp of the apparatus to avoid a fall -0.5.
- If she shows a clear support of her hands on the floor to avoid falling over then the deduction is 1.0
- Her hands should be pointing forwards if they are on the ground so as to pattern the correct hand position for landings

#### STEP 2 DV#2, STEP 3 DV#2, STEP 4 DV#2

Backward roll with straight arms to straddle stand, or to pike stand, or finishing with body extended to front support

- The DV will be awarded if the gymnast shows an extension towards handstand before arriving in the final position. This is not an incorrect element, it is showing extension and amplitude towards what is ultimately required – a backward roll to handstand. Deductions may be taken for poor body position such as arched body during the extension

### International Levels (“IL”) programme

#### Age groups

- Sub Junior is **FIG Junior Rules**, but for gymnasts turning 13 or younger in the year of competition. Born in 2003 or later
- Junior is **FIG Junior Rules** for gymnasts turning 14 or 15 – Born in 2001 or 2002
- Senior is gymnast turning 16 – Born in 2000 or earlier

#### Rules

- FIG Junior rules are the same requirements as FIG Senior, but with a C not D dismount and all elements rated higher than E value are worth 0.5.
- In NZ, for **Sub Junior** we award a C value to the UB dismount - double backward salto tucked.
- One vault is required for vault finals.
- All apparatus specifications are FIG for all age groups.

Gymnasts in the IL system who wish to transfer to the STEPs programme will transfer to the STEPs level of the same number as their IL level but may apply to the SDC for dispensation to move up or down a STEPs level.

### **Competitions**

There should be a briefing of all judges by the Head Judge of each apparatus prior to each session.

The judges should be in their place on panels at least 10 minutes prior to the competition starting.

The Head Judge should go over the routine and what is expected with the panel judges prior to the competition commencing.

If the scores of the judges differ significantly then the Head Judge should explain how he/she arrived at his/her score, what deductions he/she took etc. This is particularly important for the training of newer judges. The other judges may choose to adjust their score if they accept that they have missed some errors, but there is no obligation for them to do so.