

Women's Artistic Gymnastics 2017 STEPS 1 – 6 PROGRAMME (V9)

VAULT

- Gymnasts are entitled to 2 or 3 warm up vaults.
- Gymnasts will perform 1 competition vault. If the gymnast performs a No Vault she may have a second attempt with a deduction of 1.0 from her final score.
- All vaults are to show underarm action in the first flight phase.

STEP 1	<p>From a maximum of 10m; run, hurdle, two foot take off from the springboard, straight jump to land on 30cm high firm surface or firm mats. Step and with underarm action swing to straight body handstand, fall to flat back on 30cm soft mats. Repulsion not required.</p> <p>Run up will be judged. Landing from jump will be judged.</p> <p>Tall gymnasts may take a step backwards before the swing to handstand.</p> <p>A second mat may be placed at the end of the first landing mat so that tall gymnasts do not fall/slide off the end</p>
STEP 2	<p>From a maximum of 10m; run, hurdle, two foot take off from the springboard, straight jump to land on 60cm high firm surface (spotter's box) or firm mats. Step and with underarm action swing to straight body handstand, fall to flat back on 60cm soft mats. Repulsion not required.</p> <p>Run up will be judged. Landing from jump will be judged.</p> <p>Tall gymnasts may take a step backwards before the swing to handstand.</p> <p>A second mat may be placed at the end of the first landing mat so that tall gymnasts do not fall/slide off the end</p>
STEP 3	<p>From a run; two foot take off from the springboard, handspring with repulsion on 90cm mats with firm upper surface to land on flat back</p>
STEP 4	<p>From a run; two foot take off from the springboard, handspring with repulsion over 100 – 110cm mats turned sideways to land on feet on 20cm landing mat with a 10cm supplementary mat.</p> <p>The equipment setup will consist of 90cm of soft mats (1.5 - 1.8m wide) with 1 or 2, 10cm firmer mats on top to give a firm 'prop' surface and allow the setup to be adjusted to the height of the gymnast.</p> <p>If, in the second flight phase the gymnast shows no repulsion and her back slides down the mats, the performance will be considered a No Vault and she may have another attempt for a deduction of 1.0 from her final score</p>
STEP 5	<p>Vault table 105cm, 115 or 125cm</p> <p>From a run; two foot take off from the springboard, handspring with repulsion over the vaulting table to land on feet</p>
STEP 6	<p>Vault table 115cm or 125cm</p> <p>From a run; two foot take off from the springboard, handspring with repulsion over the vaulting table</p>

BARS

- For all STEPs coaches are permitted to remain close to the bars to ensure the safety of the gymnast but they must not restrict the judges' view.
- For STEPs 1, 2 and 3 an additional 30cm mat may be used beneath the bar for safety.
- For STEPs 1 and 2 the gymnast may stand on a springboard, or firm surface not exceeding 60cm to execute the glide swing.
- In STEPs 4, 5 and 6, two width settings will be permitted. (175cm and 180cm) measured diagonally from the top of the HB to the top of the LB.

STEPS 2, 3 and 4

- Casts must be performed to the minimum degree stated to be awarded DV.

STEP 5 and 6

- Casts will be awarded if above horizontal but amplitude deductions will apply as per FIG
 - 0 – 30° from vertical no deduction
 - 31 – 45° from vertical -0.1
 - >46 – 90° from vertical -0.3

STEP 6 close bar circle skill will be awarded if skill meets technical requirements but amplitude deductions taken

- 0 – 10° from vertical no deduction
- 11 – 30° from vertical -0.1
- 31 – 45 from vertical -0.3
- >45° from vertical -0.5

Swings

- If the gymnast attempts a swing but does not achieve the minimum height/angle required she will be credited with the DV and deducted for insufficient height 0.1/03
- If the gymnast performs fewer than the required number of swings she will be deducted for missing the DV, but omission will not be taken
- If she performs more than the required number of swings the execution of all swings will be judged

In bar routines elements are always connected unless otherwise stated.

BARS

The boxes above the description are for the skill symbols

STEP 1									
	LOW BAR Starting with hands on the bar, glide swing forward, release on back swing to stand.	Chin up pullover	Cast connected to	Back hip circle	Forward circle/roll with straight arms to L Hang (mark position)		HIGH BAR Coach lifts gymnast to HB. Hanging dish (mark shape);	arch dish, (mark shape);	Hanging dish (mark shape). Judging finishes after dish shape. No landing required.
STEP 2									
	Starting with hands on the bar, glide swing forward, release on back swing to stand	Chin up pullover to front support	Cast above 45° below horizontal connected to	Backward hip circle connected to	Straight body Underswing forward, to land on 2 feet		HIGH BAR Coach lifts gymnast to HB. Initiate to Tap Swing forward, counter swing backwards (Shape important NOT height) Swing initiation is NOT coach assisted Initiation technique is optional. Body position faults (eg. bent legs) will be taken	2 nd Tap Swing forward, counter swing backwards (Shape important NOT height)	3 rd Tap Swing forward, counter swing backwards. Routine finishes after 3 rd swing (Shape important NOT height) No landing required

BARS

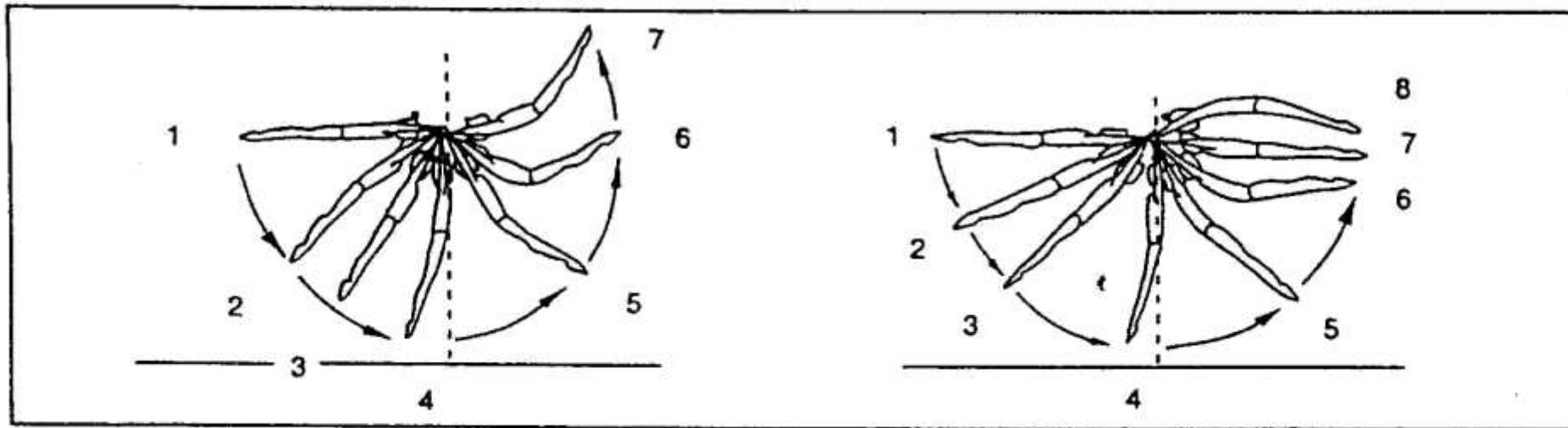
STEP 3									
	Jump to Glide swing forward, release on back swing to stand	HIGH BAR Chin up pullover	Cast to horizontal connected to	Backward hip circle continue into	Underswing forward, counter swing backwards (initiation) (no height requirement)		Tap Swing forward, minimum 45° below horizontal, counter swing backwards*	Tap Swing forward, minimum 45° below horizontal, counter swing backwards*	Tap Swing forward, minimum 45° below horizontal, counter swing backwards* Release on back swing of 3rd swing to stand
STEP 4									
	Glide kip	Cast above horizontal (90°) Cast connection to glide kip not required	Cast to squat or stoop on LB	Jump to catch HB Tap Swing forward minimum horizontal, counter swing backward	Tap Swing forward minimum horizontal, to swing over on HB with straight arms	Cast above horizontal (90°) Backward hip circle continue into	Underswing forward, counter swing backward (initiation) (no height requirement)	Tap Swing forward, minimum horizontal**, counter swing backwards*	Tap Swing forward minimum horizontal**, counter swing backward* Release on back swing to stand

*There is no height requirement for the back swing. The gymnast must show body position with hips open.

** In the forward swing the requirement is for the gymnast to show dished position with hips open and feet above horizontal with shoulders open and forward of the bar (see diagram)

Forward swing

Backward swing



Hollow body Head normal
 Push body to Hang Late heel drive
 full extension

Fall with extended body Push down against the bar
 Hang Late heel drive Rounded back

STEP 5									
	Glide kip	Cast towards handstand (minimum above horizontal to credit DV)	Backward hip circle	Cast to squat or stoop on LB	Jump to catch HB - Long kip OR Tap Swing forward minimum horizontal, immediate swing over on HB with straight arms 2018 the requirement will be a long kip	Cast towards handstand (minimum above horizontal to credit DV)	$\frac{3}{4}$ giant swing, (body must be straight until min horizontal) continue into underswing	Tap Swing forward minimum horizontal, counter swing backward	Tap Swing forward (minimum 45° below horizontal) with half turn executed at peak of swing Release to stand.
STEP 6									
	Glide kip	Cast to handstand (minimum above horizontal to credit DV) connected to	Clear hip circle OR Toe on toe off circle OR Stalder circle Circle skills will be awarded if attempted but amplitude deductions will be taken as per FIG	Glide kip - Cast to squat or stoop on LB	Jump to catch HB - Long kip	Cast to handstand (minimum above horizontal to credit DV)	$\frac{3}{4}$ giant swing, (body must be straight until min horizontal) continue into	EITHER Underswing forward, counter swing backward, 1 or 2 tap swings forwards – counter swing backward Swing forward to flyway dismount (tucked or straight)	OR Cast - Swing forward to flyway dismount (tucked or straight) OR From clear support after $\frac{3}{4}$ giant swing forward to flyway dismount (tucked or straight)

BEAM

Beam height measured from the floor

STEP 1 and 2 – 105cm

STEP 3 and 4 – 115cm

STEP 5 and 6 – 125cm

Matting - 20cm mats with additional 10cm supplementary landing mat

General

- In a series or sequence the underlined skills are the DV skills
- If the gymnast breaks the connection between 2 jumps, the DV for each jump will be awarded but a 0.3 CV deduction will be taken from the D score for lack of connection
- Where it states 'mark position' gymnasts must demonstrate control in the support position but are not required to hold the position for 2 seconds.
- Where jumps are required to be connected a small bend of the knees is permitted between the jumps
- For straddle and 'L' level hold positions, the legs must show a support position with legs **above** horizontal, at horizontal -0.1, below horizontal -0.3
- All leaps/jumps with split will be judged as per FIG with deductions of 0.1/0.3 for split <180°

STEP 1 105cm									
	<p>Jump to front support – mark position Lift one leg over beam, bring legs together to arrive in Tuck sit – mark position</p>	<p>Swing legs backward to place both knees on beam. Show dish, then arched, then dish back position. Point foot behind on beam then show knee scale with rear leg minimum horizontal (mark position)</p> <p>Front support, bring legs into squat, rise to stands</p>	<p>Step onto 1 foot, bring free leg to forward passé position – (toe to knee), step forward on other leg bring free leg to forward passé position – (toe to knee)</p>	<p>Arabesque 45° (mark position)</p>	<p>2 forward kicks 45°</p>	<p>Standing with one foot in front of the other, rise on 2 feet to relevé position, half pivot on toes, finish in relevé</p>	<p>3-4 Walks on toes</p>	<p>Stretched jump arms swing from beside hips forwards and upwards to vertical, hips open throughout</p>	<p>Stretched jump off side to land on 2 feet</p>
STEP 2 105cm									
	<p>Jump to squat one foot on the beam</p> <p>Free straddle hold (mark position)</p> <p>V sit hold</p> <p>Swing legs backward (Cast) to front support then squat both feet on the beam</p>	<p>Bunny hop to a tucked handstand position to show momentary hold with hips over hands Return to beam in tucked shape</p>	<p>2x forward kicks 90°</p>	<p>2x backward kicks 45°</p>	<p>Rise on 2 feet to relevé position feet together, half pivot on toes, step forward half pivot on 2 feet – relevé position throughout</p>	<p>Arabesque 45° (2 sec), As leg lowers to beam chest ‘snaps up’ to return body to vertical position in relevé.</p>	<p>Step hop with free leg in forward passé position - toe to knee, repeat on other leg</p>	<p>2 connected stretched jumps, arms swing from beside hips forwards and upwards to vertical, hips open throughout</p>	<p>Two or three running steps, 2 foot rebound take off (hurdle) to stretched jump dismount from end of beam</p>

STEP 3 115cm									
	Jump to squat 2 feet onto the beam	Clear 'L' sit lever in side position (mark position). swing legs backwards (Cast) to join feet together before squat both feet on the beam	Step forward, hop with free leg at 45° to land on both at the same time (assemble) and execute <u>2 connected straight jumps</u> showing height and extension throughout feet and hips	Arabesque 90° (2 sec)	Passé turn – place toe to side of knee, mark position, half pivot on one foot – place free foot on beam, half pivot on 2 feet in relevé Gymnast in relevé position throughout	$\frac{3}{4}$ handstand (one leg must achieve vertical position, the other leg minimum horizontal) OR handstand	Roll backward to shoulder stand (mark support position)	Split jump	2 – 3 steps - Roundoff with repulsion from hands to land on 2 feet
STEP 4 115cm									
	Facing along the beam jump to clear straddle hold (mark position) swing legs backwards (Cast) to join feet together before squat both feet on the beam	Cartwheel	Scale balance to 180° (2 sec) DV awarded at 135°	Split leap	Starting in lunge, half pivot on one foot in high relevé – immediately place free foot on beam half pivot on 2 feet ending in relevé	Handstand with legs together (mark support position – hold not required) step down to lunge (split in handstand not required)	Stretched jump connected to split jump (in this order) 2 DVs		2 – 3 steps - Roundoff with repulsion from hands to land on 2 feet

STEP 5 125cm									
	Facing the beam, jump to <u>Clear straddle hold in cross position</u> (mark position) ¼ turn to sit on beam swing legs backwards (Cast) to squat/pike both feet on the beam	Acrobatic element (not cartwheel, roll or handstand)	Handstand with legs together (2 sec). Step down with ‘snap up’ of upper body with hips open to relevé position connected to 2-3 steps backward (Connection preparation)	Split leap	Split jump connected to stretched jump (in this order)	Full turn on 1 foot	Scale balance to 180° (2 sec) DV awarded at 135°		Cartwheel on beam showing snap up action connected to stretched jump dismount to land* 2 DVs
STEP 6 125cm									
	Jump to squat 1 foot on, free leg extended sideward, ½ turn in wolf position bring free leg into crouch position	2 different acrobatic skills, finishing on the beam, 1 of which may be connected to the dismount** (not rolls, holds or handstand)		Split leap	Split jump-connected to sissone (in this order) 2 DVs	Full turn on 1 foot (leg position optional)	Scale balance to 180° (2 sec) DV awarded at 135°		EITHER * Cartwheel OR roundoff OR flic flac connected to salto backwards (tucked or straight) OR Front salto dismount*

Notes: *STEPS 5 and 6 Deductions for dismount landing too close to the apparatus will apply

** In STEPS 7 – 10 the gymnast is required to have acrobatic elements in both backwards and forwards/sideways directions so it is desirable for them to be working this in STEP 6 but they may choose for both element to be in the same direction. (A tic toc is considered a forward acrobatic element)

FLOOR

Music

STEP 1 <https://graddmd.com/track/889405/tendu-1-polka-from-faust>

<https://www.youtube.com/watch?v=a2AKEFoEEpY&feature=youtu.be>

STEP 2 and 3 to be cut at 1.23

<https://graddmd.com/track/889429/centre-tendu-polka?autostart=true>

STEP 4 to be cut at 1.29m

<https://open.spotify.com/track/0BmJAcdvZLZrPtntoTzg5p>

GENERAL

- In STEPs 3, 4 and 5 – the 2 foot take off into the hurdle step in acro lines is part of the DV – if the gymnast performs running steps instead of 2 foot take off no DV will be awarded.
- All leaps/jumps with split will be judged as per FIG with deductions of 0.1/0.3 for split <180°
- In STEP 3 and 4 if the gymnast drops the leg to touch the floor in between the 2 fouette turns or hops a 0.3 CV deduction will be taken from the D score

FLOOR

STEP 1									
	Forward roll	Cartwheel – starting and finishing in sideways position	Step hop with free leg forward in passé – toe to knee, repeat on the other leg (Skipping with amplitude)	Spring points x4 – Stretched jump Spring points are a spring off one foot showing extension off the base foot and pointing free leg in front	Rise on 2 feet to relevé position, feet together, half turn on toes, step forward on one foot, half turn on toes to finish in relevé, Note: Relevé throughout the turn	Handstand	Backward roll tucked (arms bent or straight) continue into immediate backward roll to candle stand	Bridge	Splits on one leg
STEP 2									
	Chassé hop with free leg forward horizontal - leap preparation onto second leg to land in arabesque position with free leg in arabesque position, hop on supporting leg	Handstand forward roll	From a small lunge pull up on one foot with free leg forward in passé – toe to knee, half pivot, step forward in relevé, half pivot on toes, finish in relevé,	Spring points x4 – 2 x Stretched jump – stretched jump with ½ turn	Cartwheel starting in forward position and ending sideways - Cartwheel starting sideways and ending with ¼ turn in	Backward roll to pike Arms straight	Split jump	Handstand – limber to Bridge - push through shoulders to stand up	Splits on both legs

FLOOR

STEP 3									
	From 2 foot takeoff, hurdle*, <u>Roundoff</u> rebound	Chasse - split leap immediate step hop with front leg forward minimum horizontal	Handstand prop – forward roll	Full turn on 1 foot	Step on 1 foot swing free leg forward and execute a ½ turn finishing with free leg in arabesque (fouetté turn) step forward repeat on other leg Leg below 45° (0.1/0.3)	Cartwheel starting in forward position and ending sideways - Cartwheel starting sideways and ending with ¼ turn in	Backward roll to front support with arms straight (passing through handstand is acceptable)	Stretched jump – split jump	Backward walkover showing split in handstand phase
STEP 4									
	From 2 foot takeoff, hurdle*, <u>Roundoff flic flac</u> rebound	Backward roll to handstand	Chassé -Split leap – split leap	Full turn on 1 foot	Forward walkover	Backward walkover	Step on 1 foot kick free leg forward and execute a hop with ½ turn finishing with free leg in arabesque (fouetté hop) step forward repeat on other leg Leg below 45° (0.1/0.3)	Jump with full turn	Dive roll

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FLOOR

STEP 5									
	From 2 foot takeoff, hurdle*, Roundoff <u>flic flac</u> , <u>flic flac</u> rebound	From 2 foot takeoff, hurdle, <u>handspring to 2 feet</u> rebound, immediate 2-3 steps into <u>Punch front salto to 2 feet</u> rebound (2 DVs)		Backward roll to handstand	Tic toc – flic flac	Split leap – split leap	Step on 1 foot kick free leg forward and execute a hop with ½ turn finishing with free leg in arabesque (fouette hop) – connected to 1 sissone	Jump with full turn	Full turn on 1 foot – leg position optional
STEP 6									
	Roundoff, <u>flic flac</u> , <u>salto backwards</u> (tucked or straight)	Handspring connected to – Flyspring OR front salto (tucked or straight)	Aerial cartwheel OR aerial walkover (entry optional)	Backward roll to handstand blind change ½ turn	Flic flac – connected to straddle jump	Split leap + side split leap	Split change leap OR tour jete		Full turn (or more) on 1 foot – leg position optional

STEP 6 – The last acro line must include a salto