

QUESTIONS AND ANSWERS RELATING TO THE [2017 WAG STEPS PROGRAMME](#)

GENERAL

- STEPs 1 to 6 have to qualify twice to move up a STEP although if they achieve distinction 56.0+ they may move up one STEP without qualifying twice. Gymnasts are no longer permitted to skip a STEP because the progressions we now have mean that each STEP has important progressions the gymnast should learn/master.
- To qualify for the National Championships STEP 5 -10 gymnasts have to achieve the qualifying score twice – one of these scores has to be obtained from a competition outside of their own province but it does not have to be a Provincial competition.
- As the routines are different to previous years, gymnasts cannot use a score from previous years to count towards qualifying to move up a STEP.

VAULT

STEP 1

STEP 1 can smaller gymnasts stand on the beatboard to do the jump?	No. The requirement is to RUN and jump on the beatboard to the raised surface. The takeoff must be from the floor in front of the beatboard
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STEP 1 and 2

Is a set up using panels mats acceptable	The requirement for the landing is a firm surface so any set up that achieves this, including panel mats, are acceptable
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STEP 2 and 3

Step 2 and 3 vault landing (flat back) - Can the athlete land with arms off or on the mat?	If the gymnast lands in a slightly dished position with her arms slightly raised off the landing mat there will be no deduction. She is not to lift into an exaggerated dish shape
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STEP 3

STEP 3 is the run judged?	No. Gymnasts need to have a good run up for handspring vaults. A run up that doesn't accelerate will result in other problems such as lack of height and dynamic deductions for which we have heavier deductions than FIG It is important in STEPs 1 and 2 that the gymnasts learnt to run properly and accelerate towards the springboard therefore the run up is judged.
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STEP 4

What setup is permitted for the vault?	Mat width is 1.2 – 1.5m wide Clubs can use any suitable set up with mats, spotters boxes etc. to make up the 100 - 110cm height as long as it is safe and there is a firm surface for the gymnasts to prop off – see picture on GNZ website The set up used for competitions should be advised prior to the competition
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BARS

General

May gymnasts straddle their legs in the glide swing in STEPs 1 - 6	Yes she may straddle her legs on the forward swing. It is preferable that she glides with legs together for core
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	development but there is no deduction if they straddle on the forward swing. There is a deduction of -0.3 for straddling legs on the backward swing
If the gymnast does not achieve the required height in her forward swing will she lose the DV	No. She will be awarded the DV and lose for lack of height Within 10° of required height -0.1 Missing >10° of required height -0.3

STEP 1 and 2

What height box may the gymnast use for the glide swing	The gymnast may use a firm surface up to 60cm height as long as it is placed far enough back so that the gymnast starts in an extended dish shape. If the box is placed too close the gymnast will just drop into the glide
Does the gymnast have to return to the springboard or raised surface on the glide swing	No, she is to land on the mat
Can the gymnast stand on a raised box to execute the chinup pullover	The gymnast may have a block - maximum height 30cm to stand on to commence the chin up If the gymnast stands on a block such that she is already at the chinup position at the commencement of the mount she will not be awarded the DV.
Is it permitted for the gymnast to jump to the chinup position STEP 2 - What is the deduction if they jump into the chin up circle up? Do they lose the DV?	STEP 1 – Yes STEP 2 – No. She must commence the chinup from a straight arm position and must show a chinup action/movement to be awarded the DV. She will lose 0.3 for incorrect technique as she is making the skill easier
How must the gymnast get onto the HB	Coach may lift gymnast to HB OR Gymnast may get herself to the HB from elevated surface/spotters box

STEP 4

As the cast is not required to be connected to the glide kip, is the gymnast permitted a pump swing to initiate the cast with penalty	If the gymnast kips and stops she is permitted a pump swing to initiate the cast with no deduction If the gymnast connects the kip to a cast that does not achieve 90° she may then execute a pump swing and a second cast in order to achieve the DV without deduction for an extra swing
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STEP 5

Does the hand have to touch the bar after the turn to mixed grip before landing?	The technical requirement for the skill is <i>half turn executed at peak of swing to regrasp bar with both hands (mixed grip)</i> If she does not regrasp she will lose the DV
What is the required amplitude of the swing before the half turn to regrasp	The requirement for the swing is 135° (45° below horizontal). If the swing is below 135° she will be awarded the DV and lose for lack of height Within 10° of required height -0.1 Missing >10° of required height -0.3

STEPS 5 and 6

Is the gymnast permitted to straddle cast	No. The requirement is straight body cast
Can the gymnast execute a giant swing instead of a ¾ giant.	No. This is only permitted in STEP 6.

STEP 6 flyaway dismount

<p>Dismount</p>	<p>There are now 3 options to go from the $\frac{3}{4}$ giant into the flyaway EITHER Underswing forward, counter swing backward, 1 or 2 tap swings forwards –counter swing backward Swing forward to flyway dismount (tucked or straight) OR Back hip circle - Cast - Swing forward to flyway dismount (tucked or stretched) OR From clear support after $\frac{3}{4}$ giant swing or giant swing directly connected to flyway dismount (tucked or stretched)</p>
<p>What happens if a gymnast attempts a layout flyaway but then shows a pike position</p>	<p>D Panel - Award the DV E Panel – deduct 0.1/0.3 depending on the amount of pike</p>

BEAM AND FLOOR

General

Is there a deduction if the gymnast performs the DVs in a routine in the wrong order	If the gymnast performs the DVs in a different order to that written in the choreography there is no deduction If the gymnast performs the skills in a DV that consists of 2 skills in a different order eg, dance series on beam – then she will not be awarded the DV
Leaps/jumps with 180° split	All leaps/jumps with 180° split will be judged as per FIG with deductions of deductions of 0.1/0.3/0.5 for overall execution including lack of split
Split leaps	Split leaps should be executed with a straight front leg. If the gymnast uses a stag/developé action with the front leg she will be awarded the DV and there is no deduction

Connection Value 10.2.8

Where does Connection Value apply?	CVs only apply where CV is written in bold in the manual - they are for connections of 2 dance elements in STEPs 2 to 6. In these cases the DV is made up of 2 skills with a CV for the connection.
If the DV is made up of 2 skills that are to be connected and have a CV does the gymnast lose both the DV and the CV if she breaks the connection through a wobble, step or fall)	The DV belongs to the skills, the CV belongs to the connection. If the gymnast performs both of the skills but breaks the connection then she is awarded the DV but deducted 0.3 from the D score for the lack of connection
How do we judge combinations where the wording states – ‘connected to’ but there is no associated CV – eg. <ul style="list-style-type: none"> • ½ turn – ½ turn • cartwheel – stretched jump or backward salto dismount • tic toc – flic flac • flic flac – straddle jump 	If the gymnast has a hesitation, slight imbalance then award the DV and deduct for tempo/rhythm break -0.1/-0.3. If they have a large wobble or fall in between the 2 skills then no DV

BEAM

General

If a gymnast falls, what does she need to have achieved to have the skill awarded?	Acro and dance elements must land on the beam with one or two feet or torso – there should be a feeling of support
Does a gymnast have to use a specific arm action in the dance connection for the CV to be awarded –is the backward circling action required	No specific arm action is required in order for the DV to be awarded. The technique used is a coach/gymnast choice. The only requirement for the CV to be awarded is for there to be no additional arm, leg, foot, hips movements in between each skill

STEP 1

Step 1 beam - #18 how many sideways steps can be taken – the video shows 2?	The requirement is 2 steps but she won't be deducted if there are more than 2 - they are STEP 1!
Can the sideways steps be performed in either direction	Yes

STEP 2

Does the gymnast have to have their arms straight in the V sit – it is difficult to do the leg changes with straight arms	The gymnast may have their arms straight or slightly bent without penalty
What angle does the bunny hop to handstand need to achieve to be credited with DV	The bunny hop to handstand needs to have the hips within 10° of vertical to be awarded DV – as per handstand rules
Dismount- arm position. Is it a punch jump- with arms already up when the gymnast leaves the beam?	There is no set requirement for the arm position when the gymnast leaves the beam. The emphasis needs to be on a strong jump off the beam and the height of the jump not the arm position on takeoff.
What will happen if the gymnast in the dismount does the following. a. walks into the dismount b. Stops after steps then executes a stretch jump c. Jumps off one foot	 a. emphasis is on the strong dynamic jump – if they can do it from walking steps then deduct -0.1 for slow rhythm b. No DV but no deduction for no Dismount c. No DV, but no deduction for no Dismount

STEP 3 and 4

What is expected with swing the legs backwards (cast) to join feet together before squat both feet on beam.	STEPS 3 and 4 need to show the cast position not just swing their hips and legs upwards and join their feet before squatting onto the beam. If they do not show the cast shape with feet together prior to squatting on beam -0.1/-0.3 for lack of amplitude Note STEP 2 is required to swing to front support and this is a development of that
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STEP 3

Moving to clear 'L sit' lever, can the gymnast sit on the beam.	Yes – momentarily
If the gymnast doesn't roll into the candlestick what deduction will they receive? Will it be DV or will there be an E Score deduction?	There will be an E score deduction of 0.3 for incorrect skill – essentially making the skill easier
Candle stand – is the exit onto one or two feet?	Either is acceptable
Is the handstand to be held	The handstand needs to show support in the vertical position with feet, hip, shoulders over the hands but does not need to be held for 2 seconds
Arm position in jump-jump connection	The choreography notes state Arms swing from beside hips forwards and upwards to vertical, returning to beside hips after each jump. Slightly different arm positions will be acceptable. The emphasis is to be on the height and body position on the jump and the connection not the arm position

STEP 4

Scale balance	The requirement is a scale balance with DV awarded if the gymnast achieves 135°.
In the past there has been a deduction for doing a lunge out of handstand. This is now in the routine, Will the lunge deduction be removed?	This is a new programme. – A lunge is the required finish position. It is about developing a solid/stable landing from an acro skill.

	At STEP 5 the 'snap up' and steps back is to pattern an acro connection. It is important that gymnasts work both the snap up and the lunge finishing positions
Is there a lunge after the cartwheel on beam?	The landing position is optional.
Choreography- # 13 wording is unclear	Has been rewritten to state place free leg with knee bent and toes tucked under on beam,

STEP 5 and 6 dismount

What is the penalty if the element on the beam and dismount jump/salto are not connected	If both elements are performed but there is a break in the series the gymnast will be awarded the DV and a deduction will be taken: -0.1 for rhythm/tempo break -0.3 for stop/wobble
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STEP 6

Mount: is the straight leg extended to touch beam or free of beam?	The gymnast must mount to place one foot on the beam with the other leg extended sideways more or less simultaneously. If she mounts as for STEP 2 and then raises her leg to the extended sideways position she will not be awarded the DV It is expected that most gymnasts will have their foot touching the beam. There will be no penalty if they hold it free of the beam The gymnast must keep her free leg extended at the end of the ½ turn
Is there a deduction if a gymnast performs more than the 2 required acrobatic elements – either individually or in a connection	No

FLOOR

General

- This is a compulsory programme. While differences in execution technique are permitted the dance and choreography of the routines are expected to be performed as prescribed as there are progressions from one STEP to the next.
- Small differences in arm positions and performing skills on a different leg are permitted and will not be deducted.
- Some leeway will be permitted in the interpretations of the dance/choreography but omission of passages of dance/choreography will be deducted.
- The STEP 4 floor must be performed to the floor pattern provided. The pattern is designed so that the judges get a clear view to evaluate the skills and gymnasts are expected to follow it. A deduction of -0.3 for not following the floor pattern will apply from 2018.

General

<p>Do the gymnasts have to perform the DVs as specified.</p> <p>Are STEP 5 and 6 gymnasts permitted to include additional elements in their routines?</p>	<p>For STEPs 1 to 6, the specifically listed DVs must be performed as described for each STEP.</p> <p>For STEPs 5 and 6 gymnasts may add individual elements from the FIG Code of Points Table of Elements into their routines but elements intentionally added to the set DVs, example adding a round off before the flic flac – straddle jump in STEP 6 will incur a Neutral deduction of 0.5 for failing to meet the technical requirement of the exercise.</p> <p>The gymnast may combine DVs- example</p> <ul style="list-style-type: none"> • STEP 6 she may add the split change leap or tour jete to the beginning or each of the passage of dance • STEP 6 she may add the aerial cartwheel or walkover to the flic flac – straddle jump
<p>Will there be a deduction if a gymnast omits a dance/choreography section that has no DV</p> <p>What is the deduction for missing out parts of the floor choreography?</p>	<p>-0.1/-0.3 for "variance from text" depending on how much is omitted</p> <p>It is not in the 'spirit' of the programme or the gymnast's long term development to leave out sections to avoid deductions because the gymnast can't do it well. The dance sequences have a purpose and form progressions to the next STEP or model good choreography.</p> <p>The SDC are aware that STEP 2 – 4 gymnasts will have missed out on some of the prior development so the coaches should build it into their programmes so they don't miss out.</p>
<p>If the gymnast does not rebound out of the acro skill does she lose the DV</p>	<p>No. The rebound is not part of the DV but she will lose 0.1/0.3 for insufficient height of rebound plus any other body form faults from the exit or landing of the acro skill</p>

STEP 1

<p>Backward roll - do they have to start in a tuck or can they sit with straight legs?</p>	<p>They may use either as long as they pass through the tuck shape</p>
<p>Skips, does the toe have to be pointed to or on the knee?</p>	<p>It should be on the knee Close to, but not ON the knee is acceptable but it shouldn't be an open position.</p>

	Coaches and judges should be focusing on the height of the hop and overall body position not the exact placement of the toe on the knee
Forward Roll. Please clarify exact requirement for forward roll.	The requirement is from a small jump execute a forward rolling passing through position with legs extended (not slow – preparation for a dive roll) finish standing with arms above head by ears.
The voice in the video asks the gymnast to hold the split – is it a hold?	It is a marked position not a 2 second hold – the gymnast needs to show control in the support position
Are the bridges and splits to be held	The gymnast needs to show control in the support position but a 2 second hold is not required

STEP 2

Are the stretched jumps - stretched jump ½ turn rebounding or more like the STEP 2 beam with slower connection	They should be performed with good rhythm but a slower connection is acceptable. The ½ turn is quite technical at this age and it's better to get it right
What is the ruling for the change between the 2 split positions – can 1 hand (or 2) be placed on the floor? If so can this be written in the wording	The gymnast may use one or 2 hands when they are changing through the split position - it is the degree or quality of the split skill that is important not how they get into the position.
Arms in jump /jump/ jump half turn STEP 2?	Is being amended

STEP 2 and 3

What if the gymnast shows flat feet in the cartwheel /cartwheel connections?	The connection should come through a flat foot position on the leading foot then a push off the toes as it transitions through to the next cartwheel. There is no deduction if they perform it on their toes.
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STEP 4

What is the requirement for the dive roll	The requirement is to show flight/height. It is a preparation for the punch front salto. A hecht action is not required
Does the gymnast have to follow the set floor pattern	Yes. The pattern is designed so that the judges get a clear view to evaluate the skills. A deduction of -0.3 for not following the floor pattern will apply from 2018.

STEP 4, 5 and 6 -

Backward roll to handstand	May be performed from 1 step or feet together backward roll but not more than 1 step
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STEP 5

Handspring – front salto sequence reworded	From <u>2 foot takeoff, hurdle, handspring to 2 feet rebound, immediate (minimal) running steps continuing in same direction into <u>Punch front salto to 2 feet rebound.</u> (2 DVs) The gymnast should have minimal running steps after the handspring into the front salto. The number of steps is naturally limited as otherwise they will go out of bounds Rebound from handspring may land on 1 foot in preparation for running steps A handspring – directly connected to a front salto is not permitted</u>
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STEP 6

<p>With the new easier D panel rules– will we be strict on the blind change as to the degrees of turn or is it the same - >10 degrees no DV</p>	<p>There are no easier D panel rules for handstands and turns - Handstands must achieve within 10° of vertical to be awarded DV The DV requires a ½ turn so if the turn is <180° then no DV</p>
<p>Is the gymnast permitted to include more skills that the listed DVs</p>	<p>STEPS 5 and 6 gymnasts may add individual elements (not acro lines) into their routines. Elements not listed as a set DV, intentionally added to the set DVs, will incur a Neutral deduction of 0.5 for failing to meet the technical requirement of the DV/exercise.</p>
<p>Can the gymnast add a roundoff or tucked jump to the fic flac – straddle jump</p> <p>Can the gymnast add and aerial cartwheel to the fic flac – straddle jump</p>	<p>No – as they are not listed DVs</p> <p>Yes, because the aerial cartwheel is a listed DV</p>
<p>The script states full turn (or more) on 1 foot - leg position optional. What is intended by 'more' can they perform 1½ turns as preparation for beam skill</p>	<p>On floor turns are in increments of 360° so the turn is either a 360° or 720°.</p> <p>There are deductions for precision and body alignment so there is no advantage in attempting a more difficult turn and incurring deductions.</p> <p>If the gymnast attempts a double turn (720°) but does not complete the turn she will be awarded the DV and deducted for precision.</p>
<p>Acro lines What is the deduction if the gymnast performs:</p> <ul style="list-style-type: none"> • A running front salto • A roundoff – back salto 	<p>The gymnast will lose -0.5 for the DV and -1.0 for omission as all skills in the acro line are now underlined and not just the saltos</p>

STEP 7 – 10

GENERAL

Short Exercise

In STEPs 7 and 8 the penalty for short exercise apply only to Beam and Floor, not Bars. For short exercise all elements performed, including repeated elements will count towards the number of elements in the routine

Awarding Bonus

Page 14 – **ONE** element can only be awarded **ONE** bonus

Example – a toe on toe off with 360° turn can only be awarded one bonus. It cannot be awarded bonus for a D value element and a 360° element

A CONNECTION may be awarded **more than one bonus**

Examples :

- STEP 7 beam – backward walkover – flic flac – salto dismount receives
 - 0.3 bonus for acro series with a flight element and
 - 0.3 for connected dismount with flight element on beam
- STEP 7 Floor – front layout salto – front salto tucked receives
 - 0.3 for the B value salto and
 - 0.3 for the A+B connection

VAULT

STEP 7	A deduction of -0.8 has been added to the dynamics deduction
STEP 8	The following vaults have been added to the list of permitted vaults 1.20 Tsukahara. Value 2.0 1.40 Yurchenko. Value 2.4 This is to enable those gymnasts who attempt either a tsukahara or yurchenko vault but fail to execute the salto to have a score
STEP 8, 9 and 10 When does the double deduction for fall with under rotation of a salto vault apply? Does the deduction apply if a gymnast steps sideways, loses her balance and touches the ground with one hand	The deduction applies when a gymnast falls forward and weight bears on one or both hands or knees. The gymnast will only be deducted for a fall.

BARS

Does a hiccup satisfy the CR requirement for a close bar skill	Yes – the CR states, may include flight elements
What are the requirements for the sole circles to be awarded DV and CR	The FIG Help Desk states that for forward or backward sole circles, award DV and deduct for bent legs. The deduction for bent legs is 0.1/0.3/0.5

STEP 7 and 8 Bonus for layout flyaway	The cast or circling skills prior to the layout flyway must be a minimum of above horizontal for the bonus to be awarded
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BEAM

Tic toc - is this a forward element? What about in a series	A tic toc is a forward element as per the Code. If it is connected to a backward element then the connection is travelling in the same direction as the exit from the tic toc is backwards. Therefore tic toc – flic flac can be awarded bonus for an acro series with a flight element
What is meant by a Combination of movements or elements close to the beam	This requires there to be a series of movement with a part of the torso, thigh or head touching the beam
What is meant by Lack of side movement	This requires there to be a series of movements/steps in the sideways position. A sideways acrobatic element eg. cartwheel, does not satisfy the requirement