

# 2017 WAG Disability – Open Level Competition - Rules & Requirements

<p><b>Difficulty Value</b>  <b>A=0.10 B=0.20</b>  <b>C=0.30 D=0.40</b>  <b>Moves of higher value are not permitted</b></p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle <b>14</b> Code of Points <b>[2017]</b>                  Rules and Regulations are as FIG Cycle <b>14</b> Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.  <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b>  <b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max]</b>                  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                  Same element can only count once EXCEPT on Bars where a FIG Coded element may be repeated once for Difficulty Value  <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.  <b>BG BONUS</b> will be awarded <b>ONCE</b> only providing the Element / Series is performed without a fall.</p>						
<p><b>SHORT EXERCISES</b></p>	<p>FIG Rules apply for Beam &amp; Floor                  On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element. Bars should be set to full distance.  <b>Penalty of 3.00 for altering bars without prior written permission with competition organiser.</b></p>						
<p><b>VAULT</b></p>	<p><b>BARRED ELEMENTS/SPECIAL INSTRUCTIONS</b></p>	<p><b>BARS</b></p>		<p><b>BEAM</b></p>		<p><b>FLOOR</b></p>	
<p>Any vault with DV higher than 4.40 or salto's with a twist</p>	<p><b>BARRED ELEMENTS/SPECIAL INSTRUCTIONS</b></p>	<p>FIG Bar regulations  <b>1.00 deduction for coach assistance on bar transition (DV/CR can still be awarded)</b></p>		<p>Hops/jumps/leaps to front support</p>		<p>A routine with only one acro line will NOT incur dismount deductions</p>	
<p>3.00 PENALTY IF COACH SUPPORT GIVEN.  1 x springboard</p>	<p><b>UNCODED ELEMENTS 0.1 EACH</b></p>	<p>Chin up circle over LB (will not fulfil CR)  <i>Cast above 45°</i>                  Squat onto LB JUMP to catch HB                  ¾ Giant from LB to HB                  ¾ giant HB                  Counterswing (HB)                  Swing with ½ turn (feet above height of LB)</p>	<p><b>Dismounts</b>                  Straddle on undershoot &amp; pike ¾ sole circle will fulfil dismount <b>CR</b></p>	<p><b>Backward roll</b>                  Forward roll (will not fulfil CR)</p>	<p>½ spin (will not fulfil CR)                  Cartwheel rebounding straight jump Dismount (1 element)</p>	<p>Cartwheel                  Backward walkover                  Forward walkover                  Valdez</p>	<p>Backward roll to handstand                  Handstand fwd roll (straight arms)</p>
<p>Height  11years &amp; under - 120cm 12+years-125cm (1.00 penalty for each 5cm lower)</p>	<p><b>REQUIREMENTS CR 0.50</b>  X Award 0.5  ✓ Must be performed for 0.5</p>	<p>✓ FIG Coded Mount                  ✓ 1 bar change LB-HB (can be coded or uncoded)                  X Flight on same bar                  ✓ Clear or close circle element (back hip circle not allowed)   <b>Dismount must be included in counting elements</b>                  A or B only allowed <b>C/D or more – No DV or CR</b></p>		<p>✓ Connection of minimum 2 different dance elements:  <i>To include 1x leap/jump with 180° split (cross or side) or straddle position</i>                  ✓ Any coded 1/1 spin on 1 foot in forwards direction                  ✓ Acro element (non-flight OK)                  ✓ Acro fwd/side &amp; Bwd (non-flight OK)                  Forward roll (will not fulfil CR)   <b>Dismount must be included in counting elements</b>                  A or B only allowed <b>C/D or more – No DV or CR</b></p>		<p>✓ Dance passage of 2 diff leaps / hops, each with 1 foot take-off (1 x 180° split cross, side or straddle)                  ✓ Any coded spin on one foot in forward direction (minimum 1/1)                  ✓ Acro line with rebounding Backward salto                  ✓ <b>2 x saltos in different directions [fwd &amp; bwd] not necessarily in the same acro line</b>   <b>Dismount must be included in counting elements</b>                  A or B salto only allowed or <b>No DV or CR</b></p>	
<p>Best score of 2 performed vaults (No deduction if only 1 vault performed)</p>	<p><b>BG BONUS 0.5 each (except where stated)</b></p>	<ul style="list-style-type: none"> <li>Cast to handstand without a fall</li> <li>Back Giant without a fall</li> <li>Long upstart without a fall</li> </ul>		<ul style="list-style-type: none"> <li>A routine with no falls (providing all CR's are fulfilled)                  Connection of 1/1 spin &amp; Leap/jump with 180° split (no tolerance) – can be performed in any order  <b>0.3</b></li> </ul>		<ul style="list-style-type: none"> <li>NO BONUS</li> </ul>	
<p><b>Specific Apparatus Deductions</b></p>		<p>Use deductions for Bars/Beam/Floor as in Cycle <b>14</b> Code of Points EXCEPT AS STATED BELOW [X] where there will be NO DEDUCTION</p>					
<p>Bar change without performing an element / uncharacteristic element <b>X</b>  <i>No composition deduction for empty swing after Backhip circle however intermediate swing penalties can be applied</i>                  No deduction to be applied for bent legs in a sole circle</p>		<p>Mount not from table of elements <b>X</b></p>		<p><b>Use Current FIG cycle 14 - 12.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b>  <b>12.6 Specific Apparatus deductions</b></p>		<p><b>Use Current FIG cycle 14 - 13.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b>  <b>13.6 Specific Apparatus deductions</b></p>	

# 2017 WAG Disability – Competition A - Rules & Requirements

<b>Difficulty Value</b> <b>A=0.10 B=0.20</b> Any element C or above will only be credited 0.20	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle <b>14</b> Code of Points <b>[2017]</b> Rules and Regulations are as FIG Cycle <b>14</b> Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 4 x Acro lines [max] – No minimum number acro lines</b> 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 Same element can only count once EXCEPT on Bars where an FIG Coded <b>A/B</b> element may be repeated for Difficulty Value <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. <b>BG BONUS will be awarded ONCE only providing the Element / Series is performed without a fall.</b>						
<b>SHORT EXERCISES</b>	<b>FIG Rules apply for Beam &amp; Floor</b> <b>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</b>						
<b>VAULT</b>		<b>BARS</b>		<b>BEAM</b>		<b>FLOOR</b>	
<b>DV 2.40.</b> Handspring Flat Back from Table onto Pile of Safety Mattresses  <b>DV 1.40.</b> Handspring Flat Back onto Pile of Safety Mattresses  <b>DV 0.40.</b> Vault table - Squat through / Straddle over  2.00 PENALTY IF COACH SUPPORT GIVEN.	<b>BARRED ELEMENTS</b>	Flight on the same bar (release)  FIG Bar regulations No deduction for coach assistance on bar transition		Any salto [other than dismount] Hops/jumps/leaps to front support Any acrobatic connection  Height as per FIG An additional 20cm safety mat is permitted under beam.		Double Salto Hops, jumps, leaps to front support Hops, jumps, leaps LA turn (except straight jump 1/1 and cat leap 1/1)  A routine with only one acro line will NOT incur dismount deductions	
	<b>UNCODED ELEMENTS 0.1 EACH</b>	Float swing from board back to board Chin up circle over LB Cast above 45° Squat on LB jump to catch HB ¾ Giant from LB to HB ¾ giant HB Counterswing (HB)	Swing with ¼ turn (feet can be below height of LB)  <b>Dismounts</b> Straddle or pike on undershoot	Forward roll Backward roll ½ spin Any mount may be used	Cartwheel rebounding straight jump Dismount (1 element) Round-off Dismount	Cartwheel Backward walkover Forward walkover Valdez Tick-tock Tuck jump	W-hop Backward roll to h/d Headspring Handstand fwd roll Scissor Kick
Height 110cm 1 x springboard	<b>CR 0.50</b>  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 coded/uncoded element on the high bar  <b>Dismount must be included in counting elements</b> <b>Dismount higher than an A no DV</b>		✓ Connection 2 different dance elements ✓ 1x leap/jump with 150° cross/side split or straddle] ✓ Turn [Group 3] (can be 180°) ✓ 1 x acrobatic element (non-flight OK)  <b>Dismount must be included in counting elements</b> <b>Dismount higher than an A no DV</b>		✓ Dance passage of 2 diff leaps / hops, each with 1 foot take-off (1 x 150° split cross, side or straddle) ✓ Acro fwd /Swd & Bwd ✓ Salto fwds or bwds ✓ Any coded spin on one foot in forward direction (minimum 1/1)  <b>Dismount must be included in counting elements</b> <b>Dismount higher than an A no DV</b>	
	<b>BG BONUS 0.5 Each</b>	<ul style="list-style-type: none"> <li>• Short Upstart (LB)</li> <li>• Long Upstart (HB)</li> </ul>		<ul style="list-style-type: none"> <li>• A routine with no falls (providing all CR's are fulfilled)</li> </ul>		<ul style="list-style-type: none"> <li>• Tuck front salto</li> </ul>	
Best score of 2 performed vaults. Same vault must be performed twice. (No deduction if only 1 vault performed)	<b>Specific Apparatus Deductions</b>	Use deductions for Bars/Beam/Floor as in Cycle <b>14</b> 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 a stop and swing will incur a 0.5 deduction 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  <b>Use Current FIG cycle 14 - 12.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b> <b>12.6 Specific Apparatus deductions</b>		<b>Use Current FIG cycle 14 - 13.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b> <b>13.6 Specific Apparatus deductions</b>	

# 2017 WAG Disability – Competition B - Rules & Requirements

<b>Difficulty Value</b> <b>A=0.10</b> Any element B or above will only be credited 0.10	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle <b>14</b> Code of Points [2017] Rules and Regulations are as FIG Cycle <b>14</b> Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] FLOOR 2 x Acro lines [max]</b> 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 <b>A</b> element may be repeated once for Difficulty Value <b>IMPORTANT</b> 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)										
<b>SHORT EXERCISES</b>	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										
<b>VAULT</b>	<b>VAULT</b>	<b>VAULT</b>		<b>BARS</b>	<b>BEAM</b>		<b>FLOOR</b>				
Handspring Flat Back onto Pile of Safety Mattresses (110cm)	Handspring Flat Back onto Safety Mattresses (60cm)	Straight jump on / off (60cm)	<b>BARRED ELEMENTS</b>	Flight on the same bar (release)  Height as per FIG – Distance to suit gymnast. No deduction for coach assistance between bars	Any salto [other than dismount] Hops/jumps/leaps to front support Any acrobatic connection Any turning jumps  Height as per FIG An additional 20cm safety mat is permitted		Double Salto Hops, jumps leaps to front support Hops, jumps, leaps LA turn (except straight jump ½)  <b>A routine without an acro line will NOT incur dismount deductions</b>				
<b>DV 2.40.</b>  2.00 PENALTY IF COACH SUPPORT GIVEN.	<b>DV 1.40.</b> 2.00 PENALTY IF COACH SUPPORT GIVEN.	<b>DV 0.40.</b> 2.00 PENALTY IF COACH SUPPORT GIVEN.	<b>UNCODED ELEMENTS 0.1 EACH</b>	Float swing from board back to board Chin up circle over LB Cast above Horizontal Squat onto LB <b>jump to catch HB</b> ¾ Giant from LB to HB ¼ giant HB Counterswing (HB) Straddle or pike undershoot dismount	<b>MOVES NO VALUE</b> 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	Any Mount may be used <b>MOVES NO VALUE</b> Relevé half turn <b>Jump to FS mount</b> Straight jump 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 W-hop 150 split leap Backward roll to h/d Backward roll to FS	Headspring Handstand fwd roll Scissor Kick Straight jump ½  <b>MOVES NO VALUE</b> Teddy bear roll Star jump Forward roll Backward roll Handstand		
Height 110cm 1 or 2 x springboard	Height 60cm 1 x springboard		<b>CR 0.50</b>  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 coded/uncoded element on the high bar  <b>Dismount must be included in counting elements</b> <b>Dismount higher than an A no DV</b>	✓ Connection 2 different dance elements ✓ 1 x FIG Coded Leap/ Jump / Hop (excluding cat leap) ✓ Turn [Group 3] (can be 180°) ✓ 1 x acrobatic element (non-flight OK)  <b>Dismount must be included in counting elements</b> <b>Dismount higher than an A no DV</b>		✓ 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)  <b>Dismount must be included in counting elements</b> <b>Dismount higher than an A no DV</b>				
Best score of 2 performed vaults Same vault must be performed twice. (No deduction if only 1 vault performed)			<b>Specific Apparatus Deductions</b>	Use deductions for Bars/Beam/Floor as in Cycle <b>14</b> 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 a stop and swing will incur a 0.5 deduction 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  <b>Use Current FIG cycle 14 - 12.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b> <b>12.6 Specific Apparatus deductions</b>		Excessive preparation: Pause apply at 2 sec. X  <b>Use Current FIG cycle 14 - 13.5 ARTISTRY &amp; COMPOSITION DEDUCTIONS</b> <b>13.6 Specific Apparatus deductions</b>					