

GymSports New Zealand **WAG** Programme

**Frequently
Asked
Questions**



Women's Artistic Gymnastics Competition Programme

All clarifications to the rules will be published in this companion to the programme manual. Questions about the elements, requirements or judging should be directed to the SDC for consideration. This document will be the one source of information for answering questions from the gymnastics community.

Amendments to this document will be highlighted, dated and made available on the GymSports NZ Website.

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The WAG SDC welcomes your ideas and comments for future editions of this Programme.

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General

Subject	Question	Clarification	Date
Connection Value	How many times can an element be used for CV?	<p>An element can be used twice within the same connection, but the second time it is used it is a dead element. Therefore it cannot be used in another connection, <u>with the exception of five specific elements on Balance Beam</u>, see Article 10</p> <p>Example #1: A STEP 8 gymnast performs giant swing, giant swing, tucked double flyaway B+[B]+B. The second giant swing is a dead element, therefore cannot be used in connection with the tucked double flyaway so the gymnast receives CV +0.3 for giant swing + giant swing and nothing for the giant swing + tucked double flyaway.</p> <p>Example #2: A STEP 9 gymnast performs split change, flic flac to 1 foot C+B for CV +0.3; then later in the exercise she performs flic flac to 1 foot, flic flac to 2 feet B+B for CV +0.3 The flic flac to 1 foot is one of the five elements on Balance beam which may be repeated <u>for CV only</u>.</p>	<p><i>Clarified:</i> 1 Feb 2011</p> <p><i>Effective:</i> 1 Feb 2011</p>
Connection Value	Can one element be used in more than one CV?	<p>Yes. The middle element of three can be used as the second element of the first connection and the first element of the second connection, providing <u>all three elements are different</u>. There is no limit to the number of different elements a gymnast can perform in sequence to be awarded CV.</p> <p>Example: A STEP 9 gymnast performs cast to handstand legs together, clear circle to handstand, giant swing B+C+B for CV B+C +0.3 <u>and</u> C+B +0.3 total +0.6</p>	<p><i>Clarified:</i> 1 Feb 2011</p> <p><i>Effective:</i> 1 Feb 2011</p>
Omission	When is -1.0 deducted for omission of DV in Compulsories?	<p>Omission is defined as omitting or substituting all, or a component, of a DV.</p> <p>When the DV is one element.</p> <p>Example #1: A STEP 6 gymnast omits backward walkover on beam, DV#3. ✓ deduct -1.0 for omission of DV ✓ deduct -0.5 for failure to meet technical requirement of DV</p> <p>Example #2: A STEP 6 gymnast performs a backward walkover on beam, however she does not place either foot on the beam, and falls. * do NOT deduct -1.0 for omission ✓ deduct -0.5 for failure to meet technical requirement of DV ✓ deduct for all execution errors, including the fall</p> <p>Note: the gymnast may repeat the element, and if successful, would NO LONGER be subject to the -0.5 failure to meet technical requirement deduction above, but <u>both attempts</u> would be subject to full execution error deductions.</p> <p>Where the DV requires more than one element, all elements must be performed correctly to meet the technical requirement.</p> <p>Example #1: A STEP 4 gymnast performs only round off rebound (instead of round off flic flac rebound) on floor, DV#1. ✓ deduct -1.0 for complete omission of component of DV ✓ deduct -0.5 for failure to meet technical requirement of DV ✓ deduct -0.3 for failure to connect the three components of DV ✓ deduct for all execution errors on the round off rebound</p> <p>Example #2: A STEP 4 gymnast stops between the round off and the flic flac or the flic flac and the rebound. * do NOT deduct -1.0 for omission of DV ✓ deduct -0.5 for failure to meet technical requirement of DV ✓ deduct -0.3 for failure to connect the three components of DV ✓ deduct for all execution errors</p>	<p><i>Clarified:</i> 1 Feb 2011</p> <p><i>Effective:</i> 1 Feb 2011</p>

General

Subject	Question	Clarification	Date
Omission	When is -1.0 deducted for omission of CR in Optionals?	<p>Omission is defined as omitting or substituting all or a component of a CR.</p> <p>When the CR is one element.</p> <p>Example #1: A STEP 7 gymnast fails to include any backward acro element on beam, CR#4. <ul style="list-style-type: none"> ✓ deduct -1.0 for complete omission of CR * do not award 0.5 for CR </p> <p>Example #2: A STEP 7 gymnast performs a backward walkover on beam, however she does not place either foot on the beam, and falls. This is her only backwards acro element on the beam. <ul style="list-style-type: none"> * do NOT deduct -1.0 for omission ✓ do not award 0.5 for CR (backward walkover has no value) ✓ deduct for all execution errors, including the fall. </p> <p>Note: the gymnast may repeat the element because it had no value, and if successful, would be awarded +0.5 for CR#4, but <u>both attempts</u> would be subject to full execution error deductions.</p> <p>Where the DV requires more than one element, all elements must be performed correctly to meet the technical requirement.</p> <p>Example #1: A STEP 7 gymnast does not perform any forward salto on floor, CR#3. <ul style="list-style-type: none"> ✓ deduct -1.0 for complete omission of CR ✓ do not award 0.5 for CR </p> <p>Example #2: A STEP 7 gymnast performs handspring forward salto, but errs and lands the salto on her back or bottom (not feet first), as the only forward salto in her exercise. <ul style="list-style-type: none"> * do NOT deduct -1.0 for omission ✓ do not award 0.5 for CR (forward salto has no value) ✓ deduct for all execution errors, including the fall. </p> <p>Example #3: A STEP 9 gymnast does not perform a connected acro series with one flight element, CR#3; eg she performs tic-toc STOP flic flac <ul style="list-style-type: none"> ✓ deduct -1.0 for omission of CR ✓ do not award 0.5 for CR to D score ✓ deduct for all execution errors </p> <p>Example #4: A STEP 9 gymnast performs tic-toc flic flac connected, but fails to get either foot on the beam in her flic flac. <ul style="list-style-type: none"> * do NOT deduct -1.0 for omission ✓ do not award 0.5 for CR (flic flac has no value) ✓ deduct for all execution errors, including the fall. </p> <p>Example #5: A STEP 9 gymnast performs tic-toc flic flac connected, and lands the flic flac on the beam, but then falls. <ul style="list-style-type: none"> * do NOT deduct -1.0 for omission ✓ award +0.5 for fulfilling CR ✓ deduct for all execution errors, including the fall. </p>	<p>Clarified: 1 Feb 2011</p> <p>Effective: 1 Feb 2011</p>
Difficulty Bonus	Can STEP 7 gymnasts perform more than two difficulty bonus elements?	<p>A STEP 7 gymnast may perform more than two Difficulty Bonus elements. However, the gymnast will receive credit only for a maximum of two of the five Difficulty Bonus elements listed, no matter how many she performs.</p>	<p>Clarified: 1 Nov 2010</p> <p>Effective: 1 Feb 2011</p>

General

Subject	Question	Clarification	Date
Element use	In STEPs 7-8, can one element fulfil the Compositional Requirement, the Difficulty Bonus, and the Technical Bonus?	Yes. For example, in a STEP 7 uneven bars routine, a cast to handstand with feet together on the low bar would fulfil: ✓ CR #1 (cast on LB above 45°), <u>and</u> ✓ DB #1 (cast above 30° with legs together on LB), <u>and</u> ✓ TB #1 (any one cast to handstand)	<i>Clarified:</i> 1 Nov 2010 <i>Effective:</i> 1 Feb 2011

Vault

Subject	Question	Clarification	Date
Apparatus	What are the spring board requirements?	<p>All equipment, including springboards, must use manufacturer-certified settings.</p> <p>Note #1: Springs may not be removed or added to springboards during a competition. However, clubs are free to bring a springboard to a competition, so long as its springs are set in a manufacturer-certified setting, and it is available to all the competitors for that competition.</p> <p>Note #2: Please refer to manufacturer specifications for certified spring settings for the gymnast's weight and ability. For STEPs 1 to 8, spring settings do not have to conform to FIG settings, as long as they are manufacturer-certified and appropriate for the gymnast's weight and ability.</p>	<p><i>Clarified:</i> 1 Nov 2011</p> <p><i>Effective:</i> 1 Feb 2011</p>

Uneven Bars

Subject	Question	Clarification	Date
STEP 1 DV#4	Jump to front support	A gymnast may use any safe springboard, box or boxes to mount the bar in STEP 1. eg, a gymnast may do her swings off a small box, then step onto a larger box next to it to jump to front support.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEP 3 DV#5 & #6	Cast to 90° Cast to 90° Are the casts connected?	Yes, all elements on uneven bars should be connected with continuous movement, unless there is a Hold Value or the gymnast is in transition from the bar to, or from, the floor.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEP 4 DV#6	Cast to 90° stoop on jump to stand How is a fall distinguished from a jump to stand?	If the gymnast has repulsion from the bar with her feet and her centre of gravity rises, then she has met the technical requirement. If there is no repulsion and her centre of gravity does not rise, then a fall is deducted from the E Score and DV is not awarded.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEP 4 DV#5 & #6	Cast to 90° Cast to 90° stoop on Are there two casts?	DV#5 is a separate element of a cast to 90° from DV#6 which is a cast to 90° stoop on.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEPS 4-6	Cast to 90° stoop on How high should the cast be?	All casts to stoop on must pass through a 90° cast position. Deductions will be taken, as applicable.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEPS 5 & 6 DV#3	Jump to high bar When is DV not awarded?	If the gymnast does not grasp the bar in a momentary hang before she falls, DV is not awarded.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEP 6 DV#7	¾ giant swing Does the ¾ giant swing stop in front support?	No, it should not stop in front support, it should continue directly into the underswing with thighs close to, or touching, the bar.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEP 7 CR#3	Can a pike sole circle jump to the high bar fulfil the CR?	Yes, providing the technical requirement of the element is met, ie straight legs until the repulsion to the high bar. If the pike circle is not completed sufficiently that the gymnast is able to jump upwards then the technical requirement is not met and the element has no DV and therefore cannot fulfil CR.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011

Balance Beam

Subject	Question	Clarification	Date
Tic-Toc 4.109	Is a tic-toc a forward or backward element?	It's forwards. It is in the same box as forward walkover in the Table of Elements. However, it may be combined with a backward element for CV as the direction of movement of the connection itself is continuous, eg tic-toc backward walkover at STEP 8 is A+A for CV +0.1	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEP 3 DV#6	¾ handstand What if the gymnast does not get her lead leg above her head?	The requirement is hips above head. If the hips are above her head, even if her leg is not, then DV is awarded, but body posture faults may be deducted from the E Score.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEP 3 DV#7	Straight jump - straight jump What if the gymnast does the first jump then stops and then does the second jump?	DV is not awarded because the technical requirement is two straight jumps which are connected, CV is not awarded because the connection was not there.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEP 3 DV#7	Straight jump - straight jump Do the arms have to stay up between the jumps?	The arms may swing between jumps as long as they meet the technical requirements for a connection.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEP 3 DV#2	Forward roll to straddle sit What if the gymnast grabs the beam with her hands at the end of the roll?	If the gymnast grasps the beam to avoid a fall, then the deduction is -0.5, if she just touches the beam the deduction is -0.3 from the E Score - see Article 11 Specific Apparatus Deductions. Provided that the gymnast finishes the roll with one leg each side of the beam, she will be awarded DV, even if she falls. If both her legs go to the same side of the beam, DV will not be awarded. Note: it is permissible for the gymnast to hold the underside of the beam during the roll.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEP 5 DV#8	Cartwheel; straight jump dismount What if the gymnast does connect the two parts, even with a movement of her foot?	The two parts of the DV are not required to be connected, but there is no deduction if they are connected and DV will be awarded.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEPS 5 & 6 DV#8	Cartwheel straight jump dismount If a gymnast does not dismount onto the landing mat behind the beam (eg - jumps sideways), can she repeat the dismount for DV credit?	A STEP 5 or STEP 6 dismount that jumps sideways, or otherwise fails to land on the supplementary dismount mat, will be considered a fall, and a failure to meet the technical requirement of the element. In this case, the gymnast may perform the element again to be awarded DV, but execution deductions will apply to both performances.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEP 7	What is the evaluation for a round off rebound dismount?	D Panel - ✓ award CR#3 forward acro +0.5, ✓ award DB#3 forward acro with flight +0.5, ✗ do NOT award CR#5 dismount E Panel - ✓ deduct for no attempt to dismount -0.5 ✓ deduct for fall -1.0	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEP 7	Does a forward salto dismount fulfil the forward acro with flight DB?	No, with the exception of DB#5, the connected series dismount, all DB must be performed on the beam.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011

Floor Exercise

Subject	Question	Clarification	Date
STEP 5 DV#5	Handspring to two feet immediate rebound. What if the gymnast jumps rather than rebounding?	The gymnast must show a rebound, ie tight body and little flexing of the knees to be awarded DV. If there is any delay between landing and taking off from the jump, DV is not awarded as the technical requirement has not been met.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEP 1 DV#5	Backward roll Is there a deduction for performing it with straight arms?	No, the gymnast may perform the element with bent or straight arms.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEPS 9 & 10	Is there a gymnastic turn requirement?	As with FIG, there is no turn Composition Requirement in STEP 9 or STEP 10. However, there is a Specific Apparatus Deduction of -0.3 for missing a minimum 360° turn on one foot. Refer to Article 11.	<i>Clarified:</i> 1 Nov 2011 <i>Effective:</i> 1 Feb 2011
STEPS 7-10	Is a forward aerial or side aerial a salto on Floor?	Yes, for the purposes of CR#3 both forward aerial and side aerial will fulfil the requirements for a forward salto.	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011
STEPS 7 & 8 CR#4	Backward salto in stretched position What happens if the gymnast doesn't show the stretched position?	Refer to Article 7 - Technique for the Technical Requirement of a stretched position. If the gymnast does not meet the Technical Requirement, and the salto is recognised as a piked salto, then <ul style="list-style-type: none"> × do NOT deduct -1.0 for omission ✓ do not award 0.5 for CR (the salto must be stretched) ✓ deduct for all execution errors. 	<i>Clarified:</i> 1 Feb 2011 <i>Effective:</i> 1 Feb 2011