

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

NEWSLETTER



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N° 25 December 2006

WTC Newsletter by Mrs Nellie KIM, President of the Women's Technical Committee

Minsk (BLR) / Moutier (SUI)









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To: All Member Federations






The technical information from **the WTC Newsletters No 23, No 24, No 25** and the New Elements from the 2006 World Championships in Aarhus will be incorporated into the 2007 Edition of the Code of Points.

New Elements - 2006 World Championships


UB

- # 1.410 Jump to Handstand with 1/1 (360°) - 
- # 2.303 From Handstand on LB, hecht to catch HB - 
- # 4.308 Inside Leg Stalder on LB Hecht to HB - legs together - 
- # 4.409 From Handstand Pike Circle Backwards to Rear Inverted Pike Support - 
- # 5.307 Forward Sole Circle to Handstand in L-grip - 
- # 5.407 Forward Sole Circle to Handstand in L-grip with 1/1 turn - 
- # 6.507 Dismount: swing forwards with 1/2 turn (180°) into double forward salto piked - 
- # 6.310 Giant Circle Backward with 1/2 turn (180°), salto backwards tucked - 

BB

- # 2.509 Split leap FWD with leg change to Yang Bo position -  (symbol for 2007 COP - )
- # 5.417 Aerial Round-off - 
- # 5.417 Aerial Walkover to land on 2 feet -  (will be # 5.418 in 2007 Edition of COP)
- # 5.517 Aerial Round-off from 2 feet in tuck position - 

FX

- # 1.108 Hop with 1/1 turn (360) to straddle and land in prone - 

WAG Code of Points

Following the technical symposium, the feedback regarding the modifications to the COP was very positive. There were suggestions from some federations and the WTC has taken these into consideration and provided solutions.

The compositional deductions will be taken from the Final score by A-panel judges.

The A – score will remain as the pure Content Value of the exercise.

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Below are the more significant changes made after WC'06.

1.2 Responsibilities of the Gymnasts

Delete: (must blend with skin color)

Add: Bandages must **be beige colored**.

4.3 The Apparatus Jury (Judges' Panels)

Delete: composition and artistry

Read: The B- Judging Panel's primary responsibility is to evaluate the execution and artistry faults, occurring during the performance of the exercise

4.3.1 Functions of the A-Panel

Add: A¹ judge serves as the Coordinator of the A- and B- Panels.

Read: A1 Judge sees neutral deductions for time, line, behaviour and **composition** faults which are taken from the Final Score before being flashed.

5.3.2 Recognition of the Same and Different Difficulties

Add: Elements are considered the *same*, if they are listed under the same number

- are performed with or without a hop grip change on UB
- and take off one or two feet with the same leg position (BB & FX) ie: wolf hop (take off one leg) and wolf jump (take off 2 legs)
- dance elements are performed in Side or Cross position (BB)

5.4

Read new text:

Short exercises

For execution and artistry presentation, the gymnast may earn a maximum score of:

- 10.00P. If 7 and more elements are performed
- 6.00P. If 6 elements are performed
- 5.00P. If 5 elements are performed
- 2.00P If 1 to 4 elements are performed
- 0.00P. If no elements are performed

Art.6

Under: "By B-Panel Judges (B¹ – B⁶)"

Text change: "**more than** shoulder width" to "**shoulder width** or more"

Add: Failure to maintain stretched body posture (UB, BB, FX) – 0.10/0.30

Delete: "Body posture in dance elements" deduction of 0.30

Under: Behavior of Coach with no direct impact on the result/performance of the gymnast/team

Text modified.

Art.7

- **Under:** Twist must be completed exactly or the Lower DV will be recognized.

Add Clarification: the front hand or foot placement is decisive when awarded difficulty value

- **Circle elements reached 30°**

Add: from vertical

Read: If below horizontal = A- element (**or no DV**) in Code

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- **Elements with turns to Handstand and Hop-Grip Changes**

Add: Angle of turn completion in an accelerated circling element is to be assessed as per the dynamic and the biomechanical principles of the movement.

Thus, only in a pirouette + flight and a pirouette + dismount direct connection, it is possible for a turn completion angle between 10° - 30° to receive no deduction

0 - 30° - no deduction

>30° - 0.50

Giant circles prior to the flight elements or DMT are permitted not to pass through Handstand - NO deductions will be applied

- **Turn Considerations:**

Read: Degree of rotation is determined once the heel **and/or free** leg drops (turn is considered finished)

For turns on One Leg requiring the free leg to be at **specific position** the position must be maintained throughout the turn. If leg is not in **prescribed position** - credit one DV lower (if there is no element in the Code).

- **All turns in jumps, leaps, hops must be completed exactly.**

Clarification: The front foot placement is decisive when awarding difficulty value

Delete: "Considerations: ..." from all leap and jump examples in Art. 7

- **Ring Leap/Jump/**

Read: Ring Leap/ Change Leg Ring Leap

- **Evaluation**

Add: Insufficient Arch position - 0.10

Add : ***Back Leg Bent or Straight is the Same element***

- **Sheep/Jump**

Read: Sheep/Ring Jump

- **Evaluation:**

Add: Insufficient Arch position - 0.10

Read: Feet/Foot to shoulder height - 0.10

Feet/Foot below shoulder Credit 1 DV lower

- **Yang Bo**

- **Evaluation:**

Add: Insufficient Arch position - 0.10. One or both legs at horizontal – credit Split Ring Jump

If front leg **below** horizontal – credit Ring Jump (back leg to head height) and deduct for insufficient split if necessary

Add: Split Leap with Leg Change ½ (180°)

Evaluation:

– Incomplete turn - credit Split leap with Leg change. Must show cross split position.

- **Tuck Jump**

- **Evaluation:** - Failure to reach horizontal with knees 0.10/0.30. 135° hip angle- credit straight jump

- **Wolf Jump**

- **Evaluation:** - Failure to reach horizontal with extended leg 0.10/0.30. 135° hip angle credit straight jump

- **Cat leap**

- **Evaluation:** Failure to reach horizontal with both legs – 0.10/0.30
Lack of alternation – credit tuck jump

- **Straddle Pike Jump**

- **Evaluation:** - Failure to reach horizontal with both legs 0.10/0.30

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Art.8.1

Delete: ...measuring 50 cm to each side of an extended line from the vaulting table.

8.6 Specific Execution Deductions (B - Panel)

Clarification:

| Faults | 0.10 | 0.30 | 0.50 | 0.80 |
|---------------------------|-----------------|-----------------|-------------|------|
| First Flight Phase | | | | |
| – Incomplete LA turn | $\leq 45^\circ$ | $\leq 90^\circ$ | $>90^\circ$ | |

- **Second Flight Phase**

Delete: Deduction of 0.80 under "Height"

- Precision of (LA) turn

Delete deduction of 0.30

9.1 General

Add: ... (The timing starts when the gymnast is on her feet after the fall)

9.4 Connection Value (CV) (A - Panel)

Add: (over the bar),

9.5

Read: *Specific Composition Deductions (A-panel)*

Read: Any Mixed grip does not fulfill this requirement.

Add: No Mount and no Dismount

Add: Clarification to No attempt to dismount November 06

9.6 Specific Execution Deductions (B- Panel)

Change: Brush on mat – 0.50

Hit on mat with feet – 0.80

Add: Insufficient extension in kips or casts - 0.10

Clarification to Element 5.102

- must be performed with straight legs if the element is performed with bent legs, then the element has no value in the Code and will not fulfill EGR # 4 (Close Bar Element – groups 2,4,5)

10.1 General

Add: ... (The timing starts when the gymnast is on her feet after the fall).

Delete: The Assistant begins timing of the fall period when the gymnast touches the mat.

10.5

Read: *Specific Composition Deductions (A-panel)*

Add: Clarification to No attempt to dismount

10.6

Read: Artistry Deductions (B- Panel)

10.8 Notes:

Add: Falls – Acro and Dance Elements - must return to beam with foot or torso

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• Dance Elements

Delete: "Tuck hops (take off from one foot) and Tuck jumps...Wolf hops the same element."

11.5

Read: Specific Composition Deductions (A-Panel)

Add: No attempt to dismount*

Add: Clarification to No attempt to dismount

Add: Missing turn on one foot – 0.10

11.8

Read: Notes

Delete: "Tuck hops ...Wolf hops ... the same element."

Naming of Elements in the Code of Points

All names will be removed from the Table of elements and will be placed in an appendix to the Code of Points. Names will be integrated in the Code if they are part of the Gymnastics idioms, if they exist as elements named in the Men's Code of Points, or if they are original WAG elements, starting from C-value. No element will be named if there is more than one gymnast performed it for the first time.

Table of elements:

UB

Delete: 2.204, 2.304, 2.404

Delete: 2.302

Delete: in 2.306

Delete: 5.202 = 5.204

Changed symbols # 4.406 to and 4.506 to

Changed symbols # 5.306 to and 5.407 to

Changed symbols and number # 2.302 to # 3.312

New symbols: # 5.307 and # 5.407

FX









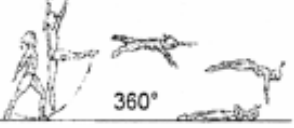
Move 2.301 to 2.401

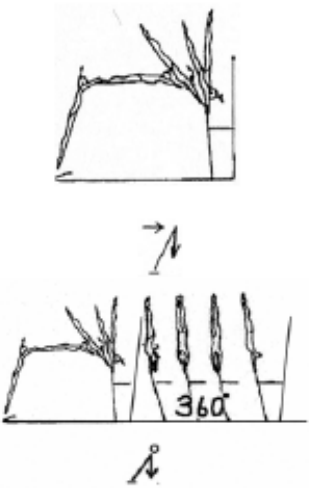
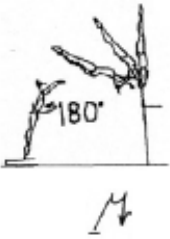


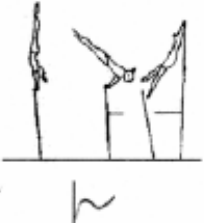


Move 4.301 to 4.201


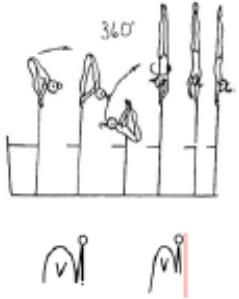

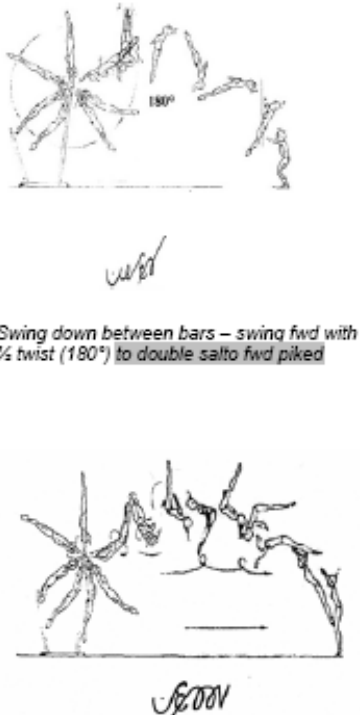
With my best wishes,

Mrs. Nellie Kim, WTC President

WC'06 New elements

| BB - E | BB - D | BB - E | FX - A | |
|---|--|--|--|--|
| <p>2.509 Split leap FWD with leg change to ring leap (180° separation after leg change) front leg parallel to the floor, head dropped BWD</p>  <p>②</p> <p>Split leap FWD with leg change to Yang Bo position (both legs above horizontal with body arched BWD- legs and body parallel to floor (Pang)</p>  <p>②</p> | <p>5.417 Free (aerial) cartwheel – landing in cross or side position</p>  <p>Free (aerial) Round-off</p>  <p>Free (aerial) walkover FWD, landing on one or both feet</p>  | <p>5.517 Free aerial round-off <u>tucked</u> (Bieger) or piked – take off from 2 feet (Mommel)</p>   | <p>1.108 Straddle jump to land in front lying support (Schuschunova); also with 1/2 turn (180°)</p>  <p>180°</p> <p>Hop with 1/1 turn (360°) to straddle and land in prone position</p>  | |

| UB - D | UB - D | UB - C | UB - D | | |
|---|---|--|---|--|--|
| <p>1.410 Jump with extended body to hstd on LB, also with 1/1 turn (360°) in hstd phase (Marranen)</p>  <p>Jump with ½ turn (180°) and extended body to hstd on LB</p>  | <p>2.303 From front support on HB – swing bwd with release and 1/1 turn (360°) to hang on HB</p>  <p>Outer hstd on LB – ½ salto fwd in straddle position to catch HB</p>  <p>From handstand on LB, hecht vault to hang on HB (Delladio)</p>  | <p>4.308 Clear pike circle bwd on LB with release and counter flight fwd to hang on HB or with hecht flight to hang on HB (Zgoba)</p>  | <p>4.409 From hstd clear pike circle bwds to rear inverted pike Support (Krasnianska)</p>  | | |

| UB - C | UB - D | UB - C | UB - E | | |
|---|---|---|---|--|--|
| <p>5.307 Pike sole circle fwd in reverse or <u>L grip</u> to hstd, also with 1/2 turn (180°) in hstd phase</p> <p>Note: New Symbols</p>  | <p>5.407 Pike sole circle fwd in reverse or <u>L grip</u> with 1/1 turn (360°) in hstd phase (Hoefnagel)</p> <p>Note: New Symbols</p>  | <p>6.311 Outer front support on HB – cast to near 45° to salto fwd piked or salto bwd tucked or piked; Also <u>Giant Circle Backward with 1/2 turn (180°), salto backwards tucked (Delladio)</u></p>  | <p>6.507 Swing down between bars – swing fwd to salto bwd stretched with 1/2 twist (180°) – into salto fwd stretched</p>  | | |