

## Sept 2014 - notes from Europeans, CWG, NL 34 & 35

### Vault

The hand placement mat can only be used for round-off entry vaults, if used for another vault this will be a 0.5 penalty

No time limit for the warm-up – run approaches will be counted by the line judge:

*Run, handspring vault, stand back up on the table and salto off = 2 attempts*

*Run, step or jump onto table, salto off = 1 attempt*

*Any run up on the runway is an attempt (except 'running away' from the judges before starting official warm up time)*

*Empty run – when there is an increase in speed*

Feet not pointed should only be taken once per vault

Leg separation penalties can be taken on the 1<sup>st</sup> and 2<sup>nd</sup> phase

Consider the differences in levels of performance of height, body position, under rotation, landing positions and stability

Maximum 0.80 for landings does not include direction deviation and under rotation. (brushing apparatus is included in the 0.80)

### Bars

The supplementary mat can be placed anywhere (may be under the HB), but the gymnast must land on the mat from her dismount

Sole circle element will always be credited (it must reach 45° from vertical) with leg penalties if applicable (0.10, 0.30 or 0.50)

Elements 5.105 and 5.106 reaching 45° from vertical will fulfil CR3 (*fwd sole circle regular/L grip*)

For forward close bar elements (Weiler kip, Endo), if not passing through vertical but reaches 45°, credit A element with no angle of completion penalty

For backward close bar elements with half turn outside of 10° from handstand and falls, if both hands touch the bar, devalue one level

For backward close bar elements with no turn which fall before reaching 10° of handstand, no value will be given (fall 1.00 but no other penalties as it has 'no value')

Empty swing penalty now 0.50 – these will not incur additional execution penalties (as intermediate swing)

No restrictions for penalties for leg faults on a single move

After the gymnast falls, the judging begins when she performs her first coded element

### Beam

Gymnasts can mount and dismount the same end of the beam, but only without a run up. If the gymnast runs on the mat, a 0.50 penalty will be applied

Sideways movements (artistry) – the gymnast must change place on the beam

Low movements (artistry) – it must be a combination of movements (not sitting and 'transition' sitting)

Any ring leaps must have both legs at the required position simultaneously

Straight back salto – D panel looking at the elevation of the hips, body position etc but E panel should consider height and maintaining stretched body position

## Floor

Mixed connection no longer needs rebounding, can be credited if gymnast *absorbs* landing after acro and continues into dance element (not pause or hesitation)

Illusion turn – dropping of the heel not so critical, look at shoulders, hips and free leg for completion of turn

Double salto stretched – grabbing thighs to assist the 2<sup>nd</sup> salto, element will become double pike

Corner penalties:

Stand on 2 feet – this is considered the final position in which the gymnast finishes her choreography prior to the acro line, it may be on flat feet or in relevé

Adjustment – may be taken once per corner. Simple steps, runs but without significant body movement and/or steps which are not needed (just to get to corner or get ready to tumble)

*If the 2<sup>nd</sup> foot finishes close to the 1<sup>st</sup> foot with the ball of the foot on the floor, not now considered adjustment.*

Any ½ turn immediately into the acro line without touching the floor with the 2<sup>nd</sup> foot will not incur the adjustment penalty

Pause – stationary without arm work or with arm work which is not in connection with style of the music (*stationary is when she stays on 1 or 2 feet, relevé or flat*)

Exercise starting immediately with tumbling pass – gymnast must move from or to the corner, both feet should leave the floor (at same time or alternately)

Subsequent acro line – applied each time it occurs. The gymnast must show clear choreography in opposite direction to the 1<sup>st</sup> acro line or sideways. An element may be included in the choreography, but a single element would not be sufficient.

*(tolerance given to gymnast who falls and then performs subsequent acro line – detailed explanation in NL35)*

Artistry – may not be your favourite style but may suit the music, the gymnast and be performed well

## General

D panel decides to award or devalue the elements, E panel must always look at the performance and deduct accordingly e.g. insufficient arch, insufficient tuck position, height of back foot, splits positions etc

Landings – attention to body posture as well as steps and legs apart on landing....maximum 0.80