



The WTC Newsletter

Nr 30

By Mrs Nellie KIM, President of the Technical Committee

Minsk (BLR) Lausanne (SUI), January.2010

TO: All Member Federations

Following the 2009 World Championship in London, the WTC is pleased to present the 2009 WAG CODE of POINTS clarifications:

Art.6

Clarification: **Execution faults**

Deduct 0.30 for *the following*:

BB & FX: Attempt without performance of an element

Example: BB: run, but stop and No Round off for DMT

FX: round off, flic flac and no salto or Dance element

Take into consideration the intended composition of the exercise.

Rationale: The new skills or problems appeared in WC'09 requires application of new deductions.

Clarification: **Landing Faults**

If gymnast shows "Lunge" position on landing of **acro elements** on FX the deduction of 0.10 or 0.30 (as for step) should be applied. There is no deduction for "Lunge" position after dance elements instead there may be deductions for "Lack of balance" after turns, jumps/hops/leaps of 0.10 or 0.30.

Art.7

Clarification:

"Johnson" leap \perp if legs are above horizontal, but are not even deduct for "Incorrect leg position" If legs are at horizontal or below and are not even deduct for leg/s at or below horizontal and for "Incorrect leg position".

Element # 4.301 \sphericalangle gymnast must be within 10° of vertical to receive C- element. If she has not passed over the bar and has not come within 10° of vertical, but does establish support considered as #4.101 \otimes (no deduction for angle of completion of element).

Art.8

Clarification:

In the **Qualification** for the **Apparatus Finals & Apparatus Finals**

If gymnast received "0.00" on her 1st vault; 2nd vault is allowed (provided gymnast registered for two vaults). In the results' calculation count 0.00P in C-I, for qualification to C-II and to C-IV.

8.3.1 Corridor Markings

Clarification:

The guideline for application of directional deduction (NL#29; ...*Land in the Corridor, but not in the center of corridor – 0.10 P*) may be used only if an overhead camera with a screen for review by the Line Judge is available.

If no overhead camera is available, the evaluation will be made by the line judge as published in WAG COP'09:

- Land in the Corridor, but close to the corridor line – 0.10 P
- Land outside the Corridor line with one foot – 0.30 P



– Land outside the Corridor with both feet

– 0.50 P

8.6 Specific Apparatus Deductions

Deduct 0.10/ 0.30 for *the following*:

Excessive flexion of hip joint (snap) to initiate salto stretched (bwd/fwd)

Clarification:

The execution of handspring forward on - piked salto forward off with greater than 180° turn is unrealistic from the standpoint of biomechanics. Therefore it makes sense to consider all vaults with progressive complexity (360°, 540° etc) as stretched salto forward off. The insufficient stretched body position in the second flight phase is considered as an execution fault and the E-panel judges deduct in accordance with the Code of Points.

Guideline for recognition of;

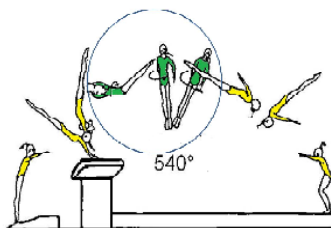
Salto fwd stretched with LA turn (see picture #1 and #2).

Salto fwd pike with LA turn (see picture #3).

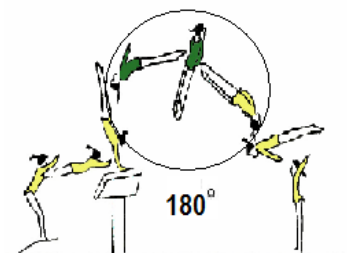
A "snap" (hollow or slightly piked body position) immediately following the repulsion is biomechanically acceptable however, if the pike position is maintained past the vertical line (in the head -up vertical position), the vault will be considered piked.

Salto fwd stretched with LA turn

#1

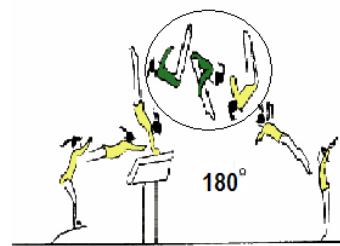


#2



Salto fwd piked with LA turn


#3



Art.9

9.5 Specific Apparatus Deductions

Clarification :

Element #  1.104 (Mt or in the exercise); Both kip techniques are acceptable (swing or hang). If the gymnast loses rhythm in hang before kip on HB - deduct 0.10 for "Poor rhythm" in elements.

Deduct 0.10/ 0.30 for the following:

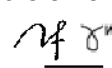
- Failure to extend hips in counter flight elements over high bar
- Excessive flexion of hip joint in the leg tap (DMT)

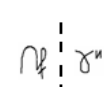
New Element

Element 4.307 is moved to 4.309 as a result of the performance of a new element (4.509) and therefore the creation of a new line in the Table of elements

Art.10

Clarification: Connection of acro elements fwd D + D

Credit 0.20 for Connection  when gymnast is able to land 1st salto (same technique as landing after layout bwd step out) and perform 2nd salto fwd with take off from two feet without pause between both saltos

Credit **NO** CV for Connection  when gymnast performs 2nd salto fwd with take off from two feet, but there is an interruption of the connection in between both elements (art.5; direct connections).




Clarification: Connection of turns C+ A or more


No CV is awarded if gymnast attempts to perform both turns on the same support leg, but places free foot on the beam after the first turn.

Guideline for recognition of salto tempo (whip salto) by D- Jury

Gymnasts mainly perform Salto tempo on FX in order to gain speed. Therefore, on BB for the same purpose, Salto tempo may be performed as 2nd element in connection of min. three elements (including DMT connection). If performed as a single element or last element in connection recognize as piked or stretched salto.

Clarification:

Mount Leap  (#1.101); To receive DV gymnast should show arabesque position on landing (leg at least at horizontal).

In order to recognize new element (4.102)  gymnast should show split position (180°). If there is no split credit no DV and no deduction for insufficient split.



Art.11

Table of elements: Element # 2.407 

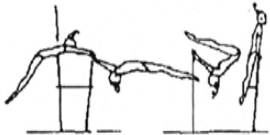

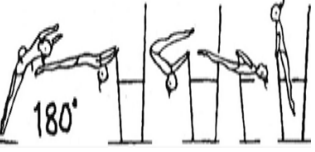

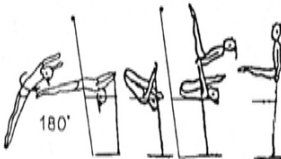

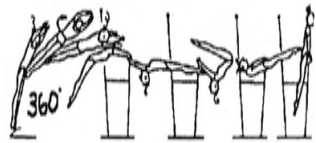
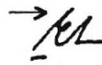
It is required to hold the free leg straight throughout the turn but the horizontal position does not have to be maintained.

Note: The WTC PPT's (WC '09 Judges Briefing in London) will be available on FIG website at the end of February of 2010.

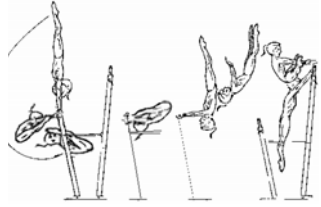



On behalf of WTC,

Nellie KIM
WTC President

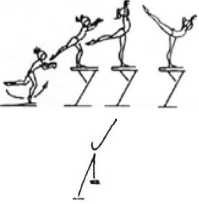

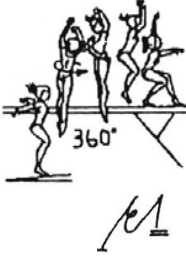
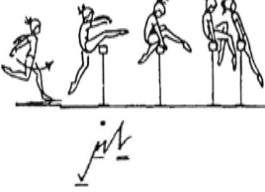
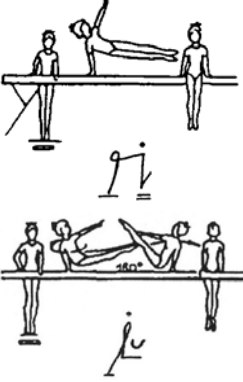
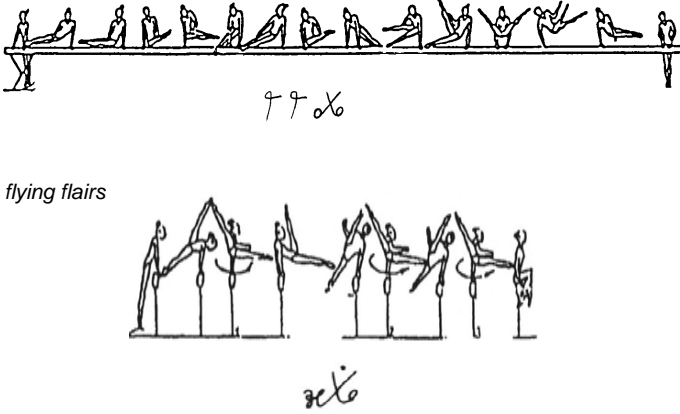
1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 <i>Glide Kip to support on LB, or kip with ½ turn (180°) to support on LB</i></p>  	<p>1.201</p>	<p>1.301</p>	<p>1.401</p>	<p>1.501</p>	<p>1.601</p>
<p>1.102 <i>Jump with ½ turn (180°) kip to support on LB</i></p>   <p><i>Jump with ½ turn (180°) stoop through to rear support on LB</i></p>  	<p>1.202 <i>Jump with 1/1 turn (360°) and kip to support on LB</i></p>  	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>


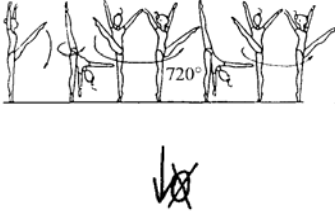
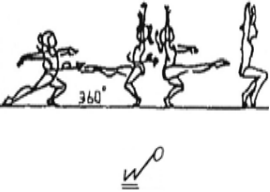
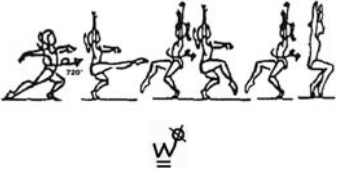
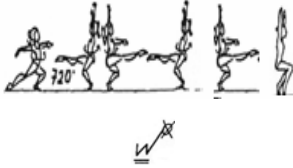

4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.109</p>	<p>4.209</p>	<p>4.309 <i>Clear pike circle bwd on LB with counter flight to hang on HB</i></p>  	<p>4.409</p>	<p>4.509 <i>Clear pike Circle bwd with counter straddle (open hip before flight) – reverse Hecht over HB to hang</i></p>  	<p>4.609</p>

1.000 — MOUNTS

A	B	C	D	E	F/G
<p>1.101 (D) Leap - on landing should show arabesque position (leg min. at horizontal)</p> 	<p>1.201 (D) Straight Jump with ½ turn (180°) in flight phase to stand – take-off from both feet</p> 	<p>1.301 (D) Jump with 1/1 turn (360°) in flight phase to stand, take-off from both legs – approach at end or diagonal to beam</p> 	<p>1.401</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>(D) = To be counted as Dance element</p> </div>	<p>1.501</p>	<p>1.601</p>
<p>1.102 (D) Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam</p> 	<p>1.202</p>	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>	<p>1.602</p>
<p>1.103 Flank to rear support also with ½ turn (180°)</p> 	<p>1.203</p>	<p>1.303 Two flank circles followed by leg "Flair"</p>  <p>3 flying flairs</p>	<p>1.503</p>	<p>1.603</p>	

2.000 – GYMNASTIC TURNS

A	B	C	D	E	F/G
<p>2.106</p>	<p>2.206 1/1 illusion turn (360°) through standing split without touching floor with hand</p> 	<p>2.306 2/1 Illusion turn (720°) through standing split without touching floor with hand</p> 	<p>2.406</p>	<p>2.506</p>	<p>2.606</p>
<p>2.107 1/1 turn (360°) in tuck stand on one leg - free leg optional</p> 	<p>2.207 2/1 turn (720°) in tuck stand on one leg - free leg optional</p> 	<p>2.307</p>	<p>2.407 2/1 turn (720°) in tuck stand on one leg - free leg straight throughout turn (no turn initiation with a push with hands on floor).</p> 	<p>2.507</p>	<p>2.607</p>
<p>2.108</p>	<p>2.208 2/1 spin (720°) or more on back in kip position (hip-leg < □ closed)</p> 	<p>2.308</p>	<p>2.408</p>	<p>2.508</p>	<p>2.608</p>

2010 FIG Vault Table

GROUP I	GROUP II	GROUP III	GROUP IV	GROUP V
1.00 2.40	C-I: One vault must be performed. This vault score counts for Team & AA Total. If the gymnast has been registered in the Start list to qualify for C-III, a 2nd vault must be performed. The 2 vaults are averaged for qualification to C-III C-IV,II: One vault must be performed. C-III: The 2 vaults must show a different Repulsion phase (fwd or bwd salto; or 2nd flight without salto)			
1.01 2.80				
1.02 3.20				
1.03 3.60				
1.04 4.00				
1.05 4.50				
1.10 2.60	2.10 4.40	3.10 4.00	4.10 3.80	5.10 4.60
1.11 3.00	2.11 4.80	3.11 4.30	4.11 4.10	5.11 5.00
1.12 3.40	2.12 4.80	3.12 4.60	4.12 4.40	5.12 5.00
	2.13 5.30	3.13 5.10	4.13 4.90	5.13 5.50
	2.14 5.70	3.14 5.40	4.14 5.20	5.14 5.90
1.20 3.00	2.20 4.60	3.20 4.20	4.20 4.00	5.20 4.80
1.21 3.40	2.21 5.00			5.21 5.20
1.22 3.80	2.22 5.00			5.22 5.20
1.23 4.20	2.23 5.50			5.23 5.70
	2.24 5.90			5.24 6.10
1.30 3.20	2.30 5.00	3.30 4.60	4.30 4.40	5.30 5.20
1.31 4.00	2.31 5.40	3.31 4.90	4.31 4.70	5.31 5.60
	2.32 5.90	3.32 5.20	4.32 5.00	5.32 6.10
	2.33 6.30	3.33 5.50	4.33 5.30	5.33 6.50
		3.34 6.00	4.34 5.80	
		3.35 6.70	4.35 6.50	
1.40 3.40	2.40 5.20		4.40 4.60	
1.41 3.80	2.41 5.40		4.41 4.90	
1.42 4.00			4.42 5.20	
	2.50 7.10		4.50 4.80	
			4.51 5.20	
			4.52 5.50	
			4.53 5.80	

	↓	A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
1. ↑	01	L L						
	02	u u	eu					
	03	le le	le u					
	04	l l	l l	le				
	05	l l						
	06	l l	l l					
	07		le	l l	l			
	08		le	le	l l			
	09				le l	l l		
	10		l l	l l l	l			
	11				le le			
2. ↓	01	l	l l l	l	l			
	02		l l	le				
	03			le	le	le		
	04				l l			
	05	o ~		l l	l	l		
	06			le	le	le le		
	07			~ ~				
3. ↓	01		l l l	l	l l l			
	02				le	le		
	03				le	le	le	
	04			e	le	le	le	
	05				le	le		le
	06		l l l	l		l l		
	07			le	le			
	08			le	le	le		le
	09			le	le			
	10			le	le	le		

	↓	A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
4. X	01	⊗	l	l l	l			
	02	⊗		l l	l	l		
	03				l l l	l	l	
	04	⊗		l l l	l	l		
	05			l	l	l		
	06	⊗			l l	l	l	
	07	⊗			l l	l	l	
	08			l	l			
	09				l		l	
5. ↓	01	⊗		⊗ ⊗ ⊗			l l	
	02		l	le	le le le			
	03			le	le			
	04	l		l	l l			
	05	⊗		l l	l			
	06	⊗		l l	l			
	07		le l	le			le	
	08	⊗		l l l	l	l		
	09				l l	l	l l	l
6. ↓	01	le le	le	le le le	le			
	02	le le		le le le	le le	le		
	03		le	le	le le le			
	04	le	le	le le	le	le		
	05		le	le	le		le	
	06				le	le le le	le	le
	07				le le le	le le le	le le le	le le
	08	le le	le le	le le - E	le le le le	le le le le	le le le le	
	09		le ~	le le	le le	le le le le	le le le le	le le le le
	10		le	le le				

	A-100	B-200	C-300	D-400	E-500	F.600	G.700
1.01	∠	∠	∠				
02	∠						
03	∠		∠				
04		∠	∠				
05	∠		∠				
06	∠	∠					
07	∠						
08	∠	∠	∠				
09		∠	∠	∠			
10		∠	∠				
11	∠	∠	∠	∠			
12			∠	∠			
13		∠	∠	∠			
14	∠	∠	∠		∠		
15		∠		∠			
16			∠	∠		∠	
17			∠	∠			
18				∠	∠	∠	∠
19					∠		

	A-100	B-200	C-300	D-400	E-500	F.600	G.700
2.01	∠	∠	∠	∠			
02	∠	∠	∠	∠	∠	∠	
03	∠	∠	∠				
04		∠		∠			
05			∠	∠			
06			∠	∠			
07	∠	∠	∠				
08	∠	∠	∠	∠	∠		
09		∠	∠				
10	∠	∠					
11	∠	∠	∠				
12	∠	∠	∠	∠			
3.01	∠	∠		∠	∠		
02			∠	∠			
03			∠	∠			
04			∠	∠			
05		∠		∠			
06	∠	∠	∠				
07		∠	∠	∠	∠		
08	∠		∠				
4.01	∠						
02	∠	∠					
03	∠	∠					
04	∠	∠					
05	∠	∠					
06	∠	∠					
07	∠	∠					
08	∠		∠				
09	∠	∠	∠				
10	∠	∠	∠				
11		∠	∠				

	A-100	B-200	C-300	D-400	E-500	F.600	G.700
5.01		∠	∠	∠			
02	∠	∠					
03		∠	∠	∠			
04			∠	∠			
05		∠	∠	∠			
06			∠	∠	∠		
07		∠		∠			
08		∠	∠	∠			
09				∠	∠		
10				∠			
11			∠	∠	∠	∠	
12				∠		∠	
13			∠		∠	∠	∠
14			∠		∠		
6.01	∠	∠	∠				
02	∠	∠	∠	∠		∠	
03		∠	∠				∠
04	∠	∠	∠	∠	∠	∠	
05				∠	∠		∠
06	∠	∠	∠	∠		∠	
07		∠	∠	∠			

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600
1.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						
	09						
	10						
	11						
	12						
	13						
	14						
2.	01						
	02						
	03						
	04						
	05						
	06						
	07						
	08						

		A - .100	B - .200	C - .300	D - .400	E - .500	F - .600	G - .700
3.	01							
	02							
	03							
	04							
	05							
	06							
	07							
4.	01							
	02							
	03							
	04							
	05							
5.	01							
	02							
	03							
	04							
	05							
	06							