

Newsletter Nr. 26
des Technischen Komitees Frauen
Auszug

(Übersetzung ohne Gewähr)

März 2007

2007 Code de Pointage Gerätturnen Frauen

Artikel 5:

Kurze Übung – Beispiel für die Berechnung des Endwertes:

Wenn lediglich 4 A-Elemente in einer Übungen gezeigt werden, dann ist die maximale B-Note 2 Punkte. Für den Fall, dass es Abzüge von 2.4 Punkten gibt, errechnet sich die B-Note wie folgt:

$$\text{A-Note (0,40 P) + B-Note (0,00 P) = 0,40 P}$$

Artikel 7:

Elemente mit Drehungen im Handstand und gesprungenen Griffwechseln (Seite 19)

„Für Drehungen im Handstand bei beschleunigten Umschwungelementen müssen die Bewegungsprinzipien für Dynamik und Biomechanik in Betracht gezogen werden.

Nur bei einer direkten Verbindung von **Handstanddrehung** und einem **Flugelement mind. D** (am selben Holm) und **Handstanddrehung** und einem **Abgang mind. D** ist es möglich bei einem Beendigungswinkel von 10°-30° keinen Abzug zu erhalten.
Wenn der Beendigungswinkel größer als 30° ist: - 0,50 P Abzug

Ringsprung/Durchschlagsprung zum Ring/Schafsprung/Yang Bo
Richtlinien für die Anerkennung dieser Elemente

- Bei fehlendem Rückbeugen des Kopfes/fehlender Rückbeuge – anderes Element laut Code de Pointage oder keine Wertigkeit

Ringsprung (Absprung beidbeinig) – wird zum Sissone
Ringsprung (Absprung einbeinig) – wird zum Spagatsprung
Durchschlagsprung zum Ring – wird zum Durchschlagsprung
Schafsprung – wird zum Strecksprung (keine Wertigkeit)

Barren Elemente

Richtlinie für die Anerkennung von Elementen ohne Drehung

- 4.201 – ist zu verstehen als Stalder vw 30° nach der Vertikalen
- 5.307 – wenn nicht innerhalb von 10° beendet wird es zu 5.102
- 4.403 - wenn nicht innerhalb von 10° beendet wird es zu 4.101
- 4.406 - wenn nicht innerhalb von 10° beendet wird es zu 5.103




Update zu der „Namensliste des C.d.P.“

- 5.410 Van Leeuwen (zweites Element)
- 5.509 Anneke Lucke
- 3.511 Li Ya

Artikel 9: 9.5

Klarstellung zu der Kompositionsanforderung: „Weniger als 2 unterschiedliche Griffe“

An- und Abgänge können nicht zur Erfüllung dieser Anforderung genutzt werden.

- Abgang „1/2 Dr. Kippe in den Ellgriff“  zählt nicht als unterschiedlicher Griff
- Abgang 1.207  zählt nicht als unterschiedlicher Griff
- Abgang: 6.408  zählt nicht als unterschiedlicher Griff

Richtlinie für die Anwendung von Abzügen

- Wenn ein Element auf Grund eines technischen Fehlers abgewertet worden ist (ohne Wertigkeit), dann sind zusätzliche Abzüge vorzunehmen, wenn entsprechende Fehler vorliegen.
Beispiel: (Barren) Abzüge für Sohlwellumschwung (gebeugte Knie während des Elementes) 01/0,3/0,5
- Auf Grund eines technischen Fehlers abgewertete gymnastische Elemente (ohne Wertigkeit) können als schöne choreographische Elemente ohne Abzug angesehen werden, vorausgesetzt die Körperlinie ist schön. Wenn die Körperlinie nicht ordnungsgemäß ist oder andere Ausführungs- oder technische Fehler vorliegen, sind entsprechende Abzüge vorzunehmen.
*Beispiel: Ein Schafsprung wird zu einem Strecksprung mit gebeugten Knien (keine Wertigkeit), wenn der Kopf nicht rückgebeugt wird.
(Boden) Ein Spagatsprung mit 1/1 Drehung mit ungenügendem Spreizwinkel wird zu einem Strecksprung mit 1/1 Drehung (keine Wertigkeit). Dieser Sprung kann ohne Abzüge gezeigt werden, wenn die Höhe und Körperlinie gut sind.*

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

NEWSLETTER



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

N° 26

Minsk (BLR) / Moutier (SUI) nelliev@charter.net

March 2007

To: All Member Federations

The Women's Technical Committee is pleased to present to the FIG affiliated federations a synopsis of recent WAG technical news. The WTC last met in February 2007 in Buenos Aires.

2007 WAG Code of Points

Article 5

Short exercise – Example for the Calculation of the Final score:

If 4 A-elements only are performed in the exercise, then the maximum B-score is of 2.00P. In case a 2.40P deduction is taken, then the calculation of the Final score is as follows:

A score (0.40P) + B score (0.00P) = 0.40P.

Article 7

Elements with turns to Handstand and Hop-Grip Change (p19)

Angle of turn completion in an accelerated circling element (*Giant Backward and Forward Elements only*) is to be assessed as per the dynamic and biomechanical principles of the movement.

Thus, it is possible, only in a pirouette + *minimum "D"* flight (on the same bar) and a pirouette + *minimum "D"* dismount direct connection, for a turn completion angle between 10°- 30° to receive no deduction.

If turn completion angle is >30°: – 0.50 deduction

Ring Leap/Change Leg Ring Leap/Sheep/Ring Jump/Yang Bo

Guideline for recognition of the elements

- If no release of head / arch position – *Credit another element from the COP, or No DV*

Ring Jump – become sissone

Ring Leap – become split leap

Change Leg Ring Leap – become split leap with leg change

Sheep jump – become straight jump and No DV

Uneven Bar Elements

Guideline for the recognition of the elements without turns

4.201 – should read Stalder forward to 30° past the vertical (new picture attached)

5.307 – if failure to reach within 10° handstand then it will become 5.102

4.403 – if failure to reach within 10° handstand then it will become 4.101

4.406 – if failure to reach within 10° handstand then it will become 5.103



NEWSLETTER

Updates in the "Names in the COP"

5.410 Van Leeuwen (2nd element)

5.509 Anneke Lucke

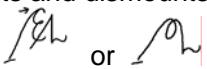
3.511 Li Ya


Article 9

9.5

Clarification to composition requirement: "Less than 2 Different grips"

- Mounts and dismounts may not be used to fulfill this requirement.

Mount  - Does not count as any grip position

Dismount  - Does not count as any grip position

Guideline for the deductions application

- If elements are devalued (no DV) due to a technical failure, then additional deductions (if any) should be applied.
Example: (UB) the deductions for the sole circle (for bent legs during execution of circle) on the low bar (#5.102) may be of: 0.1 / 0.3 / 0.5
- Dance elements devalued (no DV) due to a technical failure may still be considered beautiful choreography without deduction, provided the body line is pleasing. However, if the body line is not good or there are other execution or technical errors, deductions should be applied.
Example: *A sheep jump becomes a straight jump with bent knees (No DV) if the head does not drop bwd*
(FX) A split jump with 1/1 turn with insufficient split becomes a straight jump with 1/1 turn. (No DV) These could be performed without deduction if the height of the jump is good and the body line is pleasing.

Judging matters:

- As a result of the WTC Judging Analysis Xth cycle 2001-2004 the following judges are listed as the "best" for both the A- and B- Panels:

A- Panel:

Naomi Valenzo – MEX
Linda Chencinski – USA
Anne Bigham – AUS
Marjeta Kovac – SLO

B- Panel:

Olga Koroleva – BLR
Yumi Sawasato – BRA
Hana Liskarova – CZE

The Women's Technical Committee would like to recognize these judges for their consistent, objective and professional judging. We commend their intensive, thorough and accurate work



NEWSLETTER

over the Xth Cycle. We extend our sincere congratulations and wish further success in the next Cycles.

- The Technical/Competition Director's position will not be considered as active judging positions for categorization.
- For World Cup series events the members of the Superior Jury (nominated Cat.1 judge/s) should be considered as active judging positions for categorization.
- Clarification: The FIG Honorary Judges Diploma's primary objective is to recognize the exceptional work as well as the overall outstanding qualities of the judge throughout their career and as a result, the FIG Honorary Diploma will only be awarded once the judge is no longer officially active.

With my best wishes,

Mrs. Nellie Kim, WTC President

ARTICLE 7 — Technical Element Recognition

In order to recognize DV specific technical expectations are required.

ALL EVENTS

Landings from Saltos with Twists

- as dismounts from **uneven bars** and **balance beam** and
- during the exercise on **balance beam** and **floor**
- **VT** – all landings

Twist must be completed exactly or the Lower DV will be recognized.

For under turning:

- 3/1 twist becomes 2½ twist
- 2½ twist becomes 2/1 twist
- 2/1 twist becomes 1½ twist
- 1½ twist becomes 1/1 twist

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

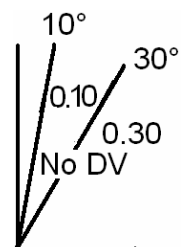
– Falls on Landing –

- with landing feet first – the DV is awarded
- without landing feet first – **No** DV is awarded

UNEVEN BARS

Cast to Handstand

Handstand position is considered reached when all body parts arrive within 10° of vertical



If completed within 10° of vertical – No deduction

- > 10° – 30° – No DV - 0.10 (B- Panel Deductions)
- > 30° – No DV - 0.30 (B- Panel Deductions)

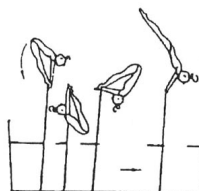
Circle elements reached 30°

> 30° - 0.10/0.30 (B- Panel)

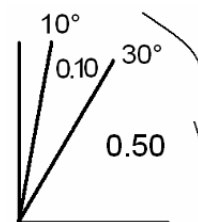
Rational: The requirement for B- circles in Tables is 30° from vertical, therefore no devaluation.

If between 10° and 30° - good execution.

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



Elements with turns to Handstand and Hop-Grip Changes





Principles: For 180°, 360°, 540° turns to handstand

If completed within 10° of vertical – No deduction

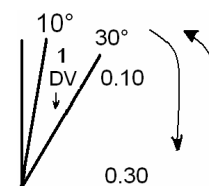
- > 10° - 30° – 0.10 (B- Panel Deductions)
- > 30° – 0.50 (B- Panel Deductions)

- Angle of turn completion in an accelerated circling element (*Giant Backward and Forward Elements only*) is to be assessed as per the dynamic and biomechanical principles of the movement. Thus, it is possible, only in a pirouette + *minimum* “D” flight (on the same bar) and a pirouette + *minimum* “D” dismount direct connection, for a turn completion angle between 10°- 30° to receive no deduction. If turn completion angle is >30° – 0.50 deduction

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

E- elements  and  the turn must be initiated before handstand to receive value. If not initiated before handstand then the element will be recognized as the lower value element in the Code.

*Swings with turns



- >10° - 30° – **1 DV** lower (A - Panel)
- > 30° – 0.10/0.30 (B - Panel)

*Swings are elements which do not reach handstand.

Rational: Elements that are required to reach handstand but do not reach the 10° required and are not in the Code are devalued 1 step and deducted by B- Panel.

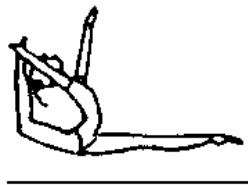
B-Panel: Execution Deductions for body posture faults and insufficient amplitude of elements throughout.

Switch Leap



Evaluation:
 If less than 45° or swing leg bent
 - Credit Split Leap

Ring Leap/Change Leg Ring Leap



Evaluation:
 - Insufficient Arch position - 0.10
 - Foot of back leg to shoulder height - 0.10
 - Foot below shoulder height and / or front leg is below horizontal - credit 1 DV lower
 - If no release of head/ arch position, credit another element in the COP

Back Leg Bent or Straight is the same element

Sheep/Ring Jump



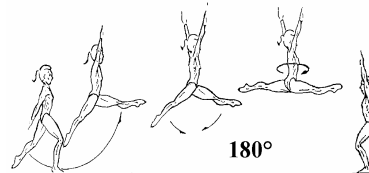
Evaluation:
 - Insufficient Arch position - 0.1
 - Feet/Foot to shoulder height - 0.10
 - Feet/Foot below shoulder Credit 1 DV lower
 - If no release of head/ arch position Credit Straight Jump.

Yang Bo



Evaluation:
 - Insufficient Arch position - 0.10
 - If one or both legs at horizontal – credit Jump to cross split with body arched bwd
 - If front leg **below** horizontal – credit Ring Jump (back leg to head height)
 - No release of head / arch position - credit Split jump

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 with bent leg s

Wolf Jump



Evaluation:
 Failure to reach horizontal with extended 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

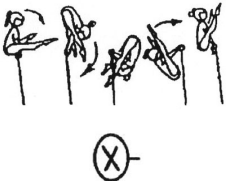
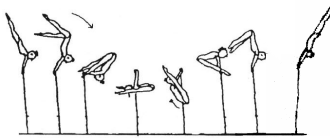
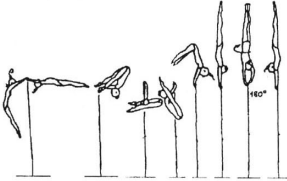
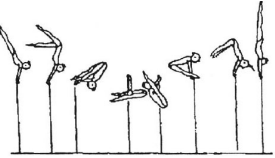
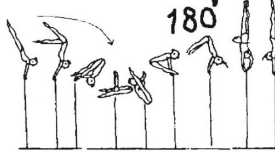
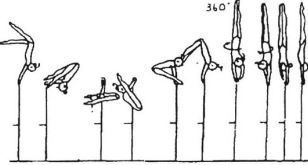
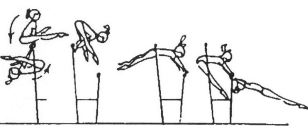
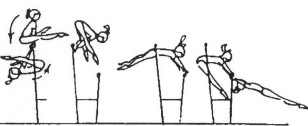
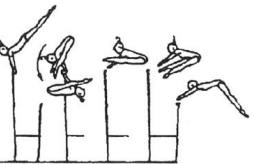

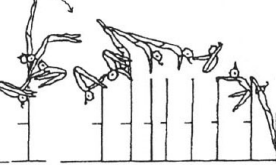
Straddle Pike Jump



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

Body Posture: Deductions for body posture faults (form breaks) in body-torso, arms-elbows, legs-knees must be taken in addition to amplitude faults.

4.000 — STALDER CIRCLES

A	B	C	D	E	F/G
<p>4.101 Clear straddle circle fwd on LB or HB to clear support</p> 	<p>4.201 Stalder fwd to 30°</p>  <p>Kip on HB, passing through clear straddle support – swing/press to hstd and ½ turn (180°) in hstd phase</p> 	<p>4.301 Stalder fwd to hstd, also with ½ turn (180°) in hstd phase</p>  	<p>4.401 Stalder fwd to hstd with 1/1 turn (360°) in hstd phase</p> 	<p>4.501</p>	<p>4.601</p>
<p>4.102</p> 	<p>4.202 Clear straddle circle bwd on HB with grip change to hang on LB</p> 	<p>4.302 Clear straddle circle fwd on HB with flight bwd over LB to hang on LB</p> 	<p>4.402 Clear straddle circle bwd on HB with flight to hstd on LB</p> 	<p>4.502 Stalder bwd on HB with counter straddle -reverse hecht over HB to hang</p> 	<p>4.602</p>

Group 3

Liu	Giant circle bwd to hstd on one arm
Tkachev	Long swing fwd counter straddle-reverse hecht over HB to hang
Tkachev	Long swing fwd counter pike-reverse hecht over HB to hang
Schuschunova	Long swing fwd with ½ turn (180°) furt her ½ turn (180°) to counter straddle in flight ove r HB to hang
Chusovitina	Giant circle bwd to hstd with hop 1/1 turn (360°) in hstd phase
Pak	Hang on HB facing LB – swing fwd salto bwd stretched between bars to clear support on LB
Bhardway	Hang on HB facing LB – swing fwd salto bwd stretched and flight with 1/1 turn (360°) between bars to clear support on LB
Deltchev	Swing down between bars. swing fwd with ½ turn (180°) and salto fwd straddled
Gienger	Swing fwd and salto bwd with ½ turn (180°) piked or stretch.
Nyeste/Liu	Swing fwd and salto bwd with ½ turn (180°) straddle-piked
Hristakieva	Swing down between bars swing fwd and salto bwd stretched with 1½ turn (540°) to hang on HB
Ejova	Swing bwd (back facing LB)_release and ½ turn (180°) in flight between the bar s to catch LB in hang
Jäger	Swing bwd and salto fwd tucked to hang on HB
Jäger	Swing bwd and salto fwd straddled or piked to hang on HB
Cappuccitti	Swing bwd and salto fwd stretched to hang on HB
Li Ya	<i>Swing bwd salto fwd straddled with ½ turn(180°) to hang on HB</i>
Mo	Swing bwd with salto fwd tucked over HB to hang on HB
Wenning/Volpi	swing bwd with free stoop or straddle vault and ½ turn (180°) over HB to hang
Zaytseva	Giant circle fwd in L grip (rearways) to hstd with piked or stretched body (L grip giant) through hstd phase. also with ½ turn (180°) in hst d phase

Group 4

Ricna	Stalder bwd on HB with counter straddle -reverse hecht over HB to hang
White	Stalder fwd in L grip to hstd also with ½ turn (180°) in hstd phase
Frederick	Stalder bwd with 1/1 turn (360°) in hstd phase
Ray	Facing inward – Stalder bwd with release and counter movement fwd in flight to hang on HB
Zgoba	Clear pike circle bwd on LB with release and counter flight fwd to hang on HB or with hecht flight to hang on HB
Krasnianskaia	From hstd clear pike circle bwds to rear inverted pike Support

Group 5

Yarotskaia	Outer front support – clear hip circle bwd on LB with hecht to hang on HB, also with ½ turn (180°) (legs together or straddled)
Li Li	Clear rear pike support (legs together) on HB – full circle swing bwd with stoop out bwd to hang on HB Burda Underswing on HB or LB with 1½ turn (540°) to hang
Li Li	Clear rear pike support (legs together) on HB – full circle swing bwd with counter flight bwd straddled
Hoefnagel	Pike sole circle fwd in reverse or L grip with 1/1 turn (360°) in hstd phase
Mirgorodskaia	Clear rear pike support on HB (legs together) – full circle swing bwd – continuing through clear rear pike support bwd over HB into hang
Teza	circle swing bwd and continue to salto bwd stretched (or piked) between bars to clear support on LB
Kim	Facing outward on HB– underswing with support of feet-counter salto fwd straddled to catch the same bar
Luo	Stoop in to Adler-seat (pike) circle fwd through clear extended support (in L grip) in hstd phase
Maloney	Inner front support on LB – pike sole circle bwd through hstd with flight to hang on HB
Van Leeuwen (2)	<i>Facing outward on LB – pike sole circle bwd through hstd with flight and ½ turn (180°) to hang on HB</i>
Anneke Lucke	<i>Pike sole circle bwd with 1/1 turn (360°) in hstd phase</i>
Ray	Hstd on HB – Pike sole circle bwd counter straddle-reverse hecht over HB to hang
Church	Hstd on HB – Pike sole circle bwd counter pike reverse hecht over HB to hang