



Organized by:
The Gymnastics Association of Hong Kong, China

Subvented by:
Leisure and Cultural Services Department

Hong Kong Artistic Gymnastics Open & Novice Championships 2024-2025

Evaluation of Exercise and Apparatus Requirement

Women's Artistic Gymnastics (WAG)

(1) Apparatus Requirements

- Apparatus will be provided by the organizer. Gymnasts are not allowed to replace or adjust the apparatus without authorization.
- The apparatus requirements for Open, Elementary and Novice are as follows:

	Floor Exercise	Vault	Uneven Bars	Balance Beam
Novice	14m x 1.5m (Performed diagonally on a 12m x 12m floor exercise mat)	U9: 80cm horizontal box U15: 1.0m horizontal box	/	1.0m
Elementary	12m x 12m	1.15m/1.25m vaulting table	HB 2.55m LB 1.75m	1.25 m
Open (junior)	The 2022-2024 FIG Code of Points applies			
Open (senior)	The 2022-2024 FIG Code of Points applies			

(2) Evaluation of the Exercise

Open (Senior) and Open (Junior): the 2022-2024 FIG Code of Points applies.

Elementary and Novice: except as otherwise specified in these Requirements, the 2022-2024 FIG Code of Points applies.

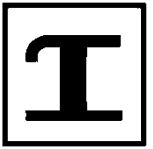
- D-score: Difficulty Value, Composition Requirement and Connection Value (if applicable)
- E-score: execution, missing elements and artistry of presentation (if applicable)
- Neutral deduction: including overtime, line violations, attire-related and behavioral penalties etc. Please refer to Sections 6 and 8 of 2022-2024 FIG WAG Code of Points for details.

Submission of New Element

Gymnasts must submit any new elements in written format and CD/email the clip (mail@gahk.org.hk) (i.e. elements that have not yet been performed and/or do not yet appear in the 2022-2024 FIG Code of Points) to the organizer for evaluation of difficulty before 4 December 2024 (Wednesday). Otherwise the new elements will not be recognized.



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WAG Novice - Vault

Apparatus Requirements : U9 : 80cm horizontal box

U15 : 1.0m horizontal box

Composition Requirement : 1 vault only

	Element	Difficulty Value
1	Front Handspring	5.0

Performance of Invalid Vaults (0.00 P.)

- 1.1 More than two approaches
- 1.2 The athlete touched the springboard or equipment after run-up but did not perform any element
- 1.3 Turn over the box head-over-hand
- 1.4 Falling back to the springboard/runway when doing a handstand
- 1.5 Spotting assistance during the vault.

Please refer to the 2022-2024 FIG WAG Code of Points for details.

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf



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WAG Novice - Balance Beam

Apparatus Requirements: 1m height

Time: Within 60s

Composition: Elements from all 6 groups must be performed (maximum 8 highest DV).
The order of groups 2 to 5 is not fixed.

Score calculation: D score + E score = final score

D score	(Difficulty + Composition Requirement)	Highest	5.6
E score	(execution, missing elements and artistry of presentation)	Highest	10.0
Final score	Highest 15.6		

Group	Difficulty Value		
	0.2	0.4	0.6
1. Mount	- Tuck jump with hands support (from side of beam) - Leap - on landing must show arabesque position (leg min. at horizontal)	/	/
2. Split leaps (Value 0.2)			
3. Straight jump (Value 0.2) connected with an optional jump (order can be reversed)	Straight jump	Any 'A'-value jumps or hops listed in FIG WAG Code of Points	Any 'B'-value jumps or hops listed in FIG WAG Code of Points
4. Turns	Half turn on 1 foot, half turn on 2 feet	Any 'A'-value gymnastic turns listed in FIG WAG Code of Points	Any 'B'-value gymnastic turns listed in FIG WAG Code of Points
5. Two acro elements	Forward roll	Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points	Any 'B'-value Acrobatic Elements listed in FIG WAG Code of Points
6. Dismount	Round-off off beam	- Free (aerial) cartwheel off beam - Cartwheel to immediate straight jump off beam	Any 'A'-value or above dismounts in the FIG WAG Code of Points

#The two acro elements do not have to be connected.

*Half turn on 1 foot followed by half turn on 2 feet does not count as a 360° turn for purpose of composition requirement.

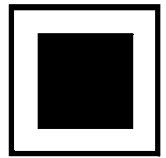
✂ For cartwheel to immediate straight jump off beam dismount, the arms should not be lower than the shoulders during the jump (otherwise it will be treated as an acro element and no dismount).

Rules of scoring :

Items	Scoring
Composition Requirements : 1. One direct connection of 2 dance elements (must be chosen from Table of Elements above) 2. Acro elements in different directions (forward/sideward and backward) 3. 360° Turn 4. Dismount	0.5 will be awarded for completion of each composition requirement
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details
Missing required element	-1.0 <u>&</u> no D-score



Hong Kong Artistic Gymnastics Open & Novice Championships 2024-2025



WAG Novice - Floor Exercise

Apparatus Requirements: 14 m x 1.5 m

Time: Within 60s (without music)

Composition: Elements from all 5 groups must be performed (maximum 8 highest DV).
The order of groups 1 to 5 is not fixed.

Score calculation: D score + E score = final score

D score	(Difficulty + Composition Requirement)	Highest	5.4
E score	(execution, missing elements and artistry of presentation)	Highest	10.0
final score	Highest 15.4		

Group	Difficulty Value		
	0.2	0.4	0.6
1. Round-off (Value 0.4) *Connecting with (*Connection failed -0.3)	Straight jump	/	Back Handspring
2. Two acro elements	Cartwheel Front walk-over Back walk-over	Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points	/
3. Handstand forward roll (Value 0.4)			
4. Turn	1/1 turn (360°) on one leg	/	Any 'B'-value gymnastic turns listed in FIG WAG Code of Points
5. Split leap (Value 0.2) Connecting with *an optional leap or hop (order can be reversed)	Any 'A'-value jumps or hops listed in FIG WAG Code of Points	Any 'B'-value jumps or hops listed in FIG WAG Code of Points	

#The two acro elements from Group 2 are not required to be connected. Acro elements from Groups 1 and 2 cannot be repeated but elements from Group 2 can be connected with those in Group 1.

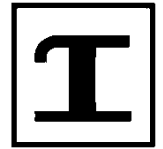
* An optional leap could be a split leap, but with opposite leg

Rules :

Items	Scoring
Composition Requirements : 1. A series of 2 dance elements (must take off from one foot and chosen from the Table of Elements above) directly or indirectly connected (indirectly with running steps, small leaps, hops, chassé, chainé turns) 2. Acro elements in different directions (forward/sideward and backward) 3. One acro series (direct connection of 2 acro elements) 4. One acro series with at least 1 flight element	0.5 will be awarded for completion of each composition requirement
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details
Missing required element	-1.0 & no D-score



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WAG Elementary - Vault

- Apparatus Requirements** : 1.15m or 1.25m vaulting table
Composition Requirement : 1. The 1st vault score counts toward the Team and/or All-Around Total.
2. The gymnast who wishes to qualify for the Apparatus Final must perform 2 vaults as per the rules below, average of two vaults will be the final score

	Element	Difficulty Value
1	Handspring forward	5.0
2	Handspring forward with ½ turn (180°) – repulsion off	5.0
3	Round-off, flic-flac on – repulsion off	6.0

Performance of Invalid Vaults (0.00 P.)

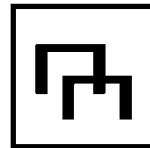
- 1.1 More than two approaches
- 1.2 The athlete touched the springboard or equipment after run-up but did not perform any element
- 1.3 Falling back to the springboard/runway when doing a handstand
- 1.4 Spotting assistance during the vault.

Please refer to the 2022-2024 FIG WAG Code of Points for details.

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf



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WAG Elementary - Uneven Bars

Apparatus Requirements : HB 2.55m, LB 1.75m

Composition : Maximum of 6 elements (including the dismount) with highest DV are counted

Difficult value : Refer to the Table of Elements for Elementary Uneven Bars below

Groups		Difficulty Value			
		0.2	0.4	0.6	0.8
Mount		Pullover (one leg take off)	Chin-up pullover (two legs together)		Any A-value or above mounts listed in FIG WAG Code of Points
Elements completed on the bars	Cast	Cast to squat on	- Cast to above horizontal - #Long hang swing (high bar) x 2 *min. 45° past vertical in each swing		Cast to handstand (between 10° before or after vertical; legs straddled or legs together)
	Circle skills		- Fwd hip circle - Back hip circle - Long hang pullover (high bar)	- Clear hip circle to support - Stalder circle (fwd/bwd) to support - Sole circle piked (fwd/bwd) to support	Any B-value or above circle skills listed in FIG WAG Code of Points
Dismount		- ^Swing fwd (min. 45° past vertical) with 180° turn release - ★ Roll forward to L-hang with bend arms (hold 2 seconds)	- Underswing dismount (support of feet) on low bar (piked or straddle) - Clear underswing dismount on low bar	- Underswing dismount (support of feet) on high bar (piked or straddle) - Clear underswing dismount on high bar	Any A-value or above dismount listed in FIG WAG Code of Points

If a long hang swing does not reach min. 45° before or after vertical, no value will be awarded and a deduction of 0.5 for empty swing will be applied

^ If the forward swing does not reach min. 45° before the release, no value or dismount will be awarded and a deduction of 0.5 from D-score

※ LB kip to support and HB kip to support count as different elements

* LB pullover and HB Long hang pullover count as different elements

★ Roll forward to L-hang with bend arms (hold 2 seconds), chin must be above the bar, **otherwise** no value or dismount will be awarded and a deduction of 0.5 from D-score

Rules of scoring :

Items	Scoring
Composition Requirements : 1. Mount 2. An element completed on HB 3. Close bar circle element 4. Bar change (from LB to HB or from HB to LB)	0.5 will be awarded for completion of each composition requirement
Connecting value : 1. Long hang swing (high bar) x 2 *min. 45o past vertical in each swing with Kip 2. Kip connected with cast to above horizontal	+0.2 +0.2



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WAG Elementary - Balance Beam

- Apparatus Requirements** : 1.25m
- Time** : Within 90s
- Composition** : Maximum of 8 elements (including the dismount) with highest DV are counted. Within the 8 counting elements there must be a minimum of 3 Dance elements and 3 Acro elements.
- Difficult value** : Refer to the 2022-2024 FIG Code of Points
- A = 0.2
 - B = 0.4
 - C = 0.6
 - D = 0.8
 - E or above = 1.0

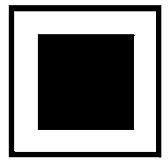
Rules of scoring :

Items	Scoring
Composition Requirements : 1. One direct connection of at least 2 different dance elements, one of them being a leap, jump or hop with 180° split (cross or side), or straddle position 2. Turns, Roll/Flairs (must be chosen from Table of Elements in WAG COP 2022-2024) 3. Direct connection of 2 acro elements* 4. Acro elements in different directions (forward/sideward and backward)	0.5 will be awarded for completion of each composition requirement
Connection Value : 1. Direct connection of 2 dance elements, one with min. B value, another one with min. C value 2. Direct connection of 2 acro elements*, one of which is a flight element 3. Series Bonus will be awarded to 3 connected dance and/or acro elements series (one must be min. B value) (series bonus and CV 1-2 can be awarded in same series)	+ 0.2 + 0.2 + 0.2
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details

*Any acro element can be repeated at most once for the purpose of fulfilling composition requirements and to be awarded connection value, but the difficult value of the repeated element will only count once (credited in accordance with the order of performance).



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WAG Elementary - Floor Exercise

- Apparatus Requirements** : 12m x 12m
- Time** : Within 90s (with music)
- Composition** : Maximum of 8 elements (including the dismount) with highest DV are counted. Within the 8 counting elements there must be a minimum of 3 Dance elements and 3 Acro elements.
- Difficult value** : Refer to the 2022-2024 FIG Code of Points
- A = 0.2
 - B = 0.4
 - C = 0.6
 - D = 0.8
 - E or above = 1.0

Rules of scoring :

Items	Scoring
Composition Requirements : 1. A dance passage composed of two different leaps or hops connected directly or indirectly (with running steps, small leaps, hops, chassé, chainé turns), one of them with 180° split (cross or side) or straddle position 2. An acro line consisting minimum 2 acro elements with flight 3. A salto element (alone or in acro line) must be rebounding and take off from two feet 4. Forward/sideways and backward acro elements in same or different acro lines	0.5 will be awarded for completion of each composition requirement
Connection Value(CV) : 1. A salto element connected with a dance element (in this order) (with rebound) 2. Direct connection of 2 acro flight elements, one of which is a salto *must be rebounding	+0.2 + 0.2
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details

Remarks:

- * Dismount – the element with the highest DV in the last acro line. No dismount will be credited if only one acro line is performed (neutral deduction -0.5)
- # An acro line consists of a minimum of 2 directly connected acro elements

The final resolution of all competition rules, the Chinese version shall prevail.