



Organized by

The Gymnastics Association of Hong Kong, China



Sponsored by

Leisure and Cultural Services Department

All Hong Kong Artistic Gymnastics Competition

Evaluation of Exercise and Apparatus Requirement

Women's Artistic Gymnastics (WAG)

A. Evaluation of the Exercise

(1) Open (Senior), Open (Junior), Intermediate, Novice: except as otherwise specified, the 2017-2020 FIG Code of Points applies.

- D-score: Difficulty Value (DV), Composition Requirement (CR) and Connection Value (CV)
- E-score: execution, composition and combination, and artistry of presentation
- Neutral deduction: including overtime, line violations, attire-related and behavioral penalties etc. Please refer to Sections 8 and 13 of 2017 – 2020 FIG WAG Code of Points for details.

| Difficulty Value | | | | |
|------------------|--|--|--|---|
| Event | Open (Senior) | Open (Junior) | Intermediate | Novice |
| Vault | ➤ The 2017-2020 FIG Code of Points applies | ➤ The 2017-2020 FIG Code of Points applies | ➤ The DV under the 2017-2020 FIG Code of Points + 1.0 | Required skill: Handspring forward (1 vault only) ➤ DV 5.0 |
| Uneven Bars | ➤ The 2017-2020 FIG Code of Points applies | ➤ The maximum 8 highest DV including the dismount are counted ➤ DV: ■ A = 0.1 ■ B = 0.2 ■ C = 0.3 ■ D = 0.4 ■ E = 0.5 ■ F = 0.5 ■ G = 0.5 | ➤ The maximum 6 highest DV including the dismount are counted ➤ DV: refer to the Table of Elements for Intermediate Uneven Bars below | / |
| Balance Beam | ➤ The 2017-2020 FIG Code of Points applies | ➤ The maximum 8 highest DV including the dismount are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: | ➤ The maximum 8 highest DV including the dismount are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: | ➤ The maximum 8 highest DV including the dismount are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: refer to the Table |

| | | | | |
|----------------|--|--|--|--|
| | | <ul style="list-style-type: none"> ■ A = 0.1 ■ B = 0.2 ■ C = 0.3 ■ D = 0.4 ■ E = 0.5 ■ F = 0.5 ■ G = 0.5 | <ul style="list-style-type: none"> ■ A = 0.2 ■ B = 0.4 ■ C = 0.6 ■ D = 0.8 ■ E = 1.0 ■ F = 1.0 ■ G = 1.0 | of Elements for Novice Balance Beam below |
| Floor Exercise | <ul style="list-style-type: none"> ➤ The 2017-2020 FIG Code of Points applies | <ul style="list-style-type: none"> ➤ The maximum 8 highest DV including the dismount* are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: <ul style="list-style-type: none"> ■ A = 0.1 ■ B = 0.2 ■ C = 0.3 ■ D = 0.4 ■ E = 0.5 ■ F = 0.5 ■ G = 0.5 | <ul style="list-style-type: none"> ➤ The maximum 8 highest DV including the dismount* are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: <ul style="list-style-type: none"> ■ A = 0.2 ■ B = 0.4 ■ C = 0.6 ■ D = 0.8 ■ E = 1.0 ■ F = 1.0 ■ G = 1.0 | <ul style="list-style-type: none"> ➤ The maximum 8 highest DV including the dismount* are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ The element must be chosen from the Table of Elements for Novice Floor Exercise below. Acro element with hand support of DV 0.2 or above can be repeated at most once for the purpose of fulfilling composition requirements. However, DV and CV will be counted once only (credited in accordance with the order of performance). |

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

(2) Composition Requirement :

- 0.5 will be awarded for completion of each composition requirement listed below.

| | | |
|---------------|--|---|
| Open (Senior) | Vault Uneven Bars Balance Beam Floor Exercise | The 2017-2020 FIG Code of Points applies. |
| Open (Junior) | Vault | 1. Gymnasts taking part in the all-around final has to perform 1 vault only. 2. Gymnasts who wishes to qualify for the apparatus final must perform 2 different vaults, which will be averaged for the final score. |
| | Uneven Bars Balance Beam Floor Exercise | The 2017-2020 FIG Code of Points applies. |
| Inter-mediate | Vault | 1. Gymnasts taking part in the all-around final has to perform 1 vault only. 2. Gymnasts who wishes to qualify for the apparatus final must perform 2 different vaults, which will be averaged for the final score. |
| | Uneven Bars | 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) |
| | Balance Beam | 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. A turn completed on the balance beam (must be chosen from Table of Elements below) 3. Direct connection of 2 acro elements 4. Acro elements in different directions (forward/sideward and backward) |
| | Floor Exercise | 1. A dance passage composed of 2 different hops or leaps (must be chosen from Table of Elements below) connected directly or indirectly (with running steps, small leaps, hops, chasse, chaine turns), one of them with 180° cross/side split or straddle position 2. An acro line consisting minimum 3 acro elements, one of which is a flight element 3. An acro line consisting minimum 2 acro elements, one of which is a salto element 4. Forward/sideways and backward acro elements in same or different acro lines |
| Novice | Vault | Handspring forward (1 vault only) |
| | Balance Beam | 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. A 360° turn completed on the balance beam 3. Direct connection of an acro element and a dance element 4. Forward/sideways and backward acro elements |
| | Floor Exercise | 1. A dance passage composed of 2 different hops or leaps (must be chosen from Table of Elements below) connected directly or indirectly (with running steps, small leaps, hops, chasse, chaine turns), one of them with 180° cross/side split or straddle position 2. An acro line consisting minimum 3 acro elements 3. An acro line consisting minimum 2 acro elements, one of which is a flight element 4. Forward/sideways and backward acro elements in same or different acro lines * Acro element with hand support of DV 0.2 or above can be repeated maximum one time for the purpose of fulfilling composition requirements. However, DV and CV will be counted once only (credited in accordance with the order of performance). |

(3) Connection Value :

| | | |
|---------------|---|---|
| Open (Senior) | Uneven Bars Balance Beam Floor Exercise | The 2017-2020 FIG Code of Points applies. |
| Open (Junior) | Uneven Bars Balance Beam Floor Exercise | The 2017-2020 FIG Code of Points applies. |
| Inter-mediate | Uneven Bars | 1. Kip connected with cast to above horizontal + 0.3 2. Kip connected with cast to handstand (between 10° before or after vertical) + 0.5 3. Kip connected with cast to above horizontal connected with circle elements with DV 0.6 or above + 0.5 |
| | Balance Beam | 1. Direct connection of 2 different turns + 0.2 *Turns on one leg in different directions but with the same free leg position are considered as the same turn 2. Direct connection of 1 acro element and 1 dance element + 0.2 3. Direct connection of 2 acro elements, one of which is a flight element + 0.3 4. Direct connection of 2 flight elements + 0.5 5. Direct connection of 2 acro elements, one of which is a salto element + 0.5 |
| | Floor Exercise | 1. Direct connection of 2 salto elements (with rebound) + 0.2 2. A salto element connected with a dance element (in this order) (with rebound) + 0.2 3. Direct connection of 2 different turns + 0.2 *Turns on one leg in different directions but with the same free leg position are considered as the same turn |
| Novice | Balance Beam | 1. Direct connection of 2 different turns + 0.2 *Turns on one leg in different directions but with the same free leg position are considered as the same turn 2. Direct connection of 2 acro elements + 0.2 3. Direct connection of 2 acro elements, one of which is a flight element + 0.3 4. Direct connection of 2 flight elements + 0.5 5. Direct connection of 2 acro elements, one of which is a salto element + 0.5 |
| | Floor Exercise | 1. Direct connection of 3 acro elements with hand support, at least one of which is an acro element with DV 0.2 or above + 0.2 2. Connection of an acro element with hand support of DV 0.2 or above and a salto element (with rebound) + 0.2 3. A salto element connected with a dance element (in this order) (with rebound) + 0.2 * Acro element with hand support of DV 0.2 or above can be repeated at most once for the purpose of fulfilling composition requirements, but connection value will not be awarded twice. 4. Direct connection of 2 different turns of 360° or above + 0.2 *Turns on one leg in different directions but with the same free leg position are considered as the same turn |

(4) Table of Elements :

| Intermediate – Uneven Bars – Difficulty Value | | | | |
|---|---|--|---|---|
| Element Groups | 0.2 | 0.4 | 0.6 | 0.8 |
| Mount | Pullover | ※Glide swing, pullover Chin-up pullover | ※Glide swing x 2, chin-up pullover | <u>A-value or above mounts listed in FIG WAG Code of Points</u> , such as: kip, high bar kip etc. |
| Elements completed on the bars | Cast | Cast to horizontal Cast to squat on | Cast to above horizontal Cast to pike on #Long hang swing (high bar) x 2 *min. 45° past vertical in each swing | Cast to handstand (between 10o before or after vertical; legs straddled or legs together) Cast to handstand (between 10o before or after vertical; legs straddled or legs together) |
| | Circle skills | Back hip circle Sole circle (tucked) | Fwd hip circle Clear hip circle to support Stalder circle (fwd/bwd) to support Sole circle piked (fwd/bwd) to support Long hang pullover (high bar) | Clear hip circle to above horizontal (without reaching handstand) Stalder circle (fwd/bwd) to above horizontal (without reaching handstand) Sole circle piked (fwd/bwd) to above horizontal (without reaching handstand) Swing fwd with 180° turn to support on low bar (min. 45° above horizontal) Or <u>B-value or above circle skills listed in FIG WAG Code of Points</u> , such as: fwd giants/bwd giants/underswing on low bar (support of feet) with counter movement fwd in flight to hang on high bar etc. |
| Dismount | ^Swing fwd (min. 45° past vertical) with 180° turn release Roll forward to L-hang (hold 2 seconds) | Underswing dismount (support of feet) on low bar Clear underswing dismount on low bar | Underswing dismount (support of feet) on high bar Clear underswing dismount on high bar | <u>A-value or above dismount listed in FIG WAG Code of Points</u> , such as: Underswing dismount with 180° turn from high bar, swing forward to back tuck salto/back pike salto/back stretch salto etc. |

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

※ If the gymnast pauses for more than 5 seconds between the glide swing and pullover, no mount will be credited

| Novice – Balance Beam – Difficulty Value | | | | | |
|--|---|---|---|--|---|
| Element Groups | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 |
| Mount | Facing and with hands on side of beam, squat on | Scissor leap over beam to cross sit on thigh – diagonal approach to beam | Jump with two feet on Jump to straddle support (hold 2 sec.) – from side stand or cross stand | Leap, on landing show arabesque position (leg min. at horizontal) Jump (with hand support) to side split sit – take-off two feet From side stand – squat or stoop through to rear support | Jump/press to handstand (2-sec. hold not required) From straddle support press to handstand (2 sec.-hold not required) Jump with ½ turn (180°) in flight phase to stand, take-off from both legs |
| Gymnastics leaps, jumps and hops | | Tuck jump Straight jump with ½ turn (180°) | | <u>Any ‘A’-value jumps, leaps or hops listed in FIG WAG Code of Points</u> , such as: - Stag jump - Pike jump | <u>Any ‘B’-value or above jumps, leaps or hops listed in FIG WAG Code of Points</u> , such as: - Tuck jump with ½ turn (180°) - Wolf jump with ½ turn (180°) |
| Gymnastics turns | ½ turn on one leg (180°) | | | <u>Any ‘A’-value gymnastic turns listed in FIG WAG Code of Points</u> , such as: - 1/1 turn on one leg (360°) | <u>Any ‘B’-value or above gymnastic turns listed in FIG WAG Code of Points</u> , such as: - 1 ½ turn on one leg (540°) |
| Balance / Hold | | Scale balance (back leg reaches horizontal to 160°) Side scale (120° or above) | Needle scale (min. leg separation 160°) Handstand (cross split/legs together) (2-sec. hold not required) | Handstand with legs in cross split (hold 2 sec.) Or <u>Any ‘A’-value hold or balance elements listed under Hold and Acro Non-flight elements in FIG WAG Code of Points</u> , such as: - Scale balance (180°) | Handstand with legs together (hold 2 sec.) Or <u>Any ‘B’-value or above hold or balance elements listed under Hold and Acro Non-flight elements in FIG WAG Code of Points</u> , such as: - Clear pike support (hold 2 sec.) |

| | | | | | |
|---------------------------|----------|--------------------|----------------------------------|---|--|
| Acrobatic elements | Fwd roll | | Bwd roll | <u>Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points, such as:</u> - Cartwheel - Walkover fwd - Walkover bwd - *Walkover fwd, bwd (Tic-toc) | <u>Any 'B'-value or above Acrobatic Elements listed in FIG WAG Code of Points, such as:</u> - Handstand to fwd roll - Handspring fwd - Round-off - Back handspring |
| Dismount | | Round-off off beam | Free (aerial) cartwheel off beam | | Round-off to immediate straight jump off beam Back handspring to immediate straight jump off beam Or <u>Any 'A'-value or above dismounts in the FIG WAG Code of Points, such as:</u> - Salto fwd - Salto bwd |

* Tic-toc counts as a forward acrobatic element

| Novice – Floor Exercise – Difficulty Value | | | | | |
|--|-------------------------------|---|--|--|--|
| | Element Groups | 0.1 | 0.2 | 0.3 | 0.4 |
| [Dance elements] Select at least 3 from these groups | Jumps, Leaps, and Hops | Cat leap Wolf jump Straddle jump | Split jump/Stag jump/Sissone jump Straight jump w/ 1/1 turn (360°) Cat leap w/ 1/1 turn (360°) Split leap | Switch leap Ring jump Split leap w/ 1/2 turn (180°) Split jump w/ 1/2 turn (180°) Straddle jump w/ 1/2 turn (180°) Straight jump w/ 2/1 turn (720°) | Switch leap w/ 90°/180° turn Split leap w/ 1/1 turn (360°) Split ring leap Switch leap to ring position Tour jeté to ring Split leap w/ 1/1 turn (360°) Straddle jump w/ 1/1 turn (360°) |
| | Turns | 1/1 turn on one leg (360°) | 1/1 turn in tuck stand on 1 leg (360°) | 2/1 turn on one leg (720°) | 1/1 turn w/ heel of free leg at horizontal throughout (360°) 1/1 turn w/ free leg held upward in 180° split position throughout (360°) 1/1 illusion turn (360°) |
| [Acro elements] Select at least 3 from these groups | Acro w/ Hand Support | Cartwheel/One-arm cartwheel Fwd walkover Bwd walkover Handstand to fwd roll Bwd roll to handstand | Front handspring Back Handspring Round-off | Backward roll to handstand w/ 360° turn in handstand | |
| | Salto | | | Aerial cartwheel or round-off Aerial walkover Whip back salto Salto fwd (tucked/piked) Salto bwd (tucked/piked) | Salto fwd (Stretched) Salto fwd w/ half twist (180°) or full twist (360°) Salto bwd (Stretched) Salto bwd w/ half twist (180°) or full twist (360°) |

B. Apparatus Requirements:

1. Apparatus will be provided by the organizer. Gymnasts are not allowed to replace or adjust the apparatus without authorization.
2. Open (senior) and Open (junior): the 2017-2020 FIG Code of Points applies.
3. The apparatus requirements for Intermediate and Novice are as follows:

Women

| Floor Exercise | Vault | Uneven Bars | Balance Beam |
|---------------------------|---|--------------------|---------------------|
| Intermediate 12m x 12m | Intermediate 1.15m/1.25m vaulting table | HB 2.5m LB 1.7m | 1.25 m |
| Novice 14mx 1.5m | Novice 1.0m horizontal box | / | 1.0m |

C. Submission of New Element

Gymnasts must submit (in written form and a CD) any new elements (i.e. elements that have not yet been performed and/or do not yet appear in the 2017-2020 FIG Code of Points) to the organizer for evaluation of difficulty before 1 December 2017 (Friday). Otherwise the new elements will not be recognized.