

FEB 26

WAG NOVICE—FX VT



<p>VT Regulations</p> <p>Best Vault counts to final score 2 warm ups allowed 2 Vaults allowed</p>	<p>Vault Height: 125cm with pile up landing on same height.</p> <p>Pile up of blocks and mats to land on</p>
<p>Only Vaults listed may be performed No requirement for 2 vaults for medal Can be same vault or different</p>	<p>FIG COP WAG Cycle 16 will be used for Vault deductions Handstand flatback expected a pop off vault, otherwise incur 0.5 height deduction No deduction for staggered hand placement for 1/2 entry 1/2 on entry may 1/4 on turn without penalty. Entry below 1/4 will incur 0.5 penalty for lack of turn</p>

DV:	2.0	3.0	4.0	5.0	5.0
Vaults:	Squat on, Kick to flatback	Straight jump, Kick to flatback	Handstand to Flatback	Handspring on land to feet	1/2 onto vault land to feet



<p>FX REGULATIONS</p> <p>Strip routine 12x2m</p> <p>Final skill must end on Acro</p> <p>Standard FIG regulations apply</p>	<p>Elements will be given DV according to FIG Cycle 16 WAG COP</p> <p>Floor: 3 Acrobatic + 3 Dance + 2 Optional elements including dismount</p> <p>8 Highest counting elements including dismount t be taken</p> <p>Same element can only count once</p> <p>Gymnasts should aim to concentrate their efforts towards the accuracy of technical execution</p>		<p>CR's</p> <p>All CR's worth 0.5</p> <ul style="list-style-type: none"> • Acro series of 2 acro connected • Dance series of 2 different leaps/hops/jumps • 1/1 Spin • Forwards and Backwards acrobatic elements
<p>SHORT EXERCISE</p> <p>8 Skills maximum</p> <p>FIG Penalties apply</p>	<p>BARRED ELEMENTS</p> <p>Only elements listed below may be performed.</p>	<p>Compositional Requirements</p> <p>Gymnasts to fulfil all 4 CR's.</p> <p>One element may fill multiple CR's</p> <p>Repeated elements can fulfil CR's</p>	

Value:	A[0.1]	B[0.2]	C[0.3]	D[0.4]	E[0.5]
Acrobatic	<ul style="list-style-type: none"> • Forward roll into any shape • Shoulder stand • Teddy bear roll • Side roll any shape[egg roll] 	<ul style="list-style-type: none"> • Backward roll to tuck stand • Headstand tucked • Bridge 	<ul style="list-style-type: none"> • Cartwheel • Handstand • Bridge kick over 	<ul style="list-style-type: none"> • Round-off • One arm cartwheel • Handstand forward roll • Dive roll • Forward walkover • Backward walkover • Handstand ½ Pirouette 	<ul style="list-style-type: none"> • Flick • Handspring • Handstand 1/1 Pirouette • Backward roll to handstand
Dance	<ul style="list-style-type: none"> • Stretch Jump • Star Jump • Tweddle Jump/Changement 	<ul style="list-style-type: none"> • Half turn Jump • Half turn spin • Tuck Jump 	<ul style="list-style-type: none"> • Full spin • Full turn jump • Cat leap • Scissor Leap • Arabesque 	<ul style="list-style-type: none"> • Wolf Leap • Wolf Jump • Y Balance • Cat leap 1/1 • Fouette Turn • Tuck 1/1 • Side Leap • Stag Leap 	<ul style="list-style-type: none"> • Double spin • Wolf Turn 1/1 • Horizontal Spin • Split Leap • Split Jump • Straddle Jump • Pike Jump

FEB 26

WAG INTERMEDIATE—FX VT UB BB

FX+VT +[PICK UB BB]



<p>VT Regulations</p> <p>Best Vault counts to final score 2 warm ups allowed 2 Vaults allowed</p>	<p>Vault Height: 125cm with pile up landing on same height.</p> <p>Pile up of blocks and mats to land on</p>
<p>Only Vaults listed may be performed No requirement for 2 vaults for medal Can be same vault or different</p>	<p>FIG COP WAG Cycle 16 will be used for Vault deductions Handstand flatback expected a pop off vault, otherwise incur 0.5 height deduction No deduction for staggered hand placement for 1/2 entry 1/2 on entry may 1/4 on turn without penalty. Entry below 1/4 will incur 0.5 penalty for lack of turn</p>

DV:	2.5	3.0	4.0	4.0	5.0	5.0
Vaults:	Handstand Flatback	Handstand Hop to Flatback	Handspring to stand land on feet	Half on to stand land on feet	Handspring to immediate Dive roll	1/2 onto miss your feet, land in dish

FEB 26

WAG INTERMEDIATE—FX VT UB BB

FX+VT +[PICK UB BB]



<p>UB REGULATIONS LB 175cm HB 225cm Standard FIG regulations apply</p>	<p>Elements will be given DV according to FIG Cycle 16 WAG COP 8 Highest counting elements including dismount t be taken Same element can only count once EXCEPT where FIG Coded element may be repeated once for Difficulty Value Gymnasts should aim to concentrate their efforts towards the accuracy of technical execution</p>		<p>CR's All CR's worth 0.5</p> <ul style="list-style-type: none"> • Close Bar • Upstart • Cast to Horizontal • Any Bar Change
<p>SHORT EXERCISE 6 Skills maximum Less than 5 Elements, 1 mark penalty for each missing</p>	<p>BARRED ELEMENTS Only elements listed below may be performed.</p>	<p>Compositional Requirements Gymnasts to fulfil all 4 CR's. One element may fill multiple CR's Repeated elements can fulfil CR's</p>	

Value:	A[0.1]	B[0.2]	C[0.3]	D[0.4]	E[0.5]
Acrobatic	<ul style="list-style-type: none"> • Front Support MT • Circle Down DMT • Cast • Cast away and land on feet 	<ul style="list-style-type: none"> • Float swing • Circle Up MT • Squat on Jump DMT 	<ul style="list-style-type: none"> • Undershoot • Back Hip Circle • Cast to Horizontal • Baby Giant • Squat on to HB 	<ul style="list-style-type: none"> • Long Upstart on HB • Undershoot 1/2 turn • Forward hip circle • Sole Circle Tucked • Sole Circle Straddled 	<ul style="list-style-type: none"> • Short Upstart on LB • Undershoot 1/1 • Cast to Handstand • Short Clear Hip • Sole circle Piked



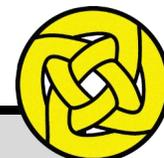
<p>BB REGULATIONS</p> <p>Beam 125cm DMT are Acro Skills Standard FIG regulations apply</p>	<p>Elements will be given DV according to FIG Cycle 16 WAG COP Beam: 3 Acrobatic + 3 Dance + 2 Optional elements including dismount 8 Highest counting elements including dismount t be taken Same element can only count once Dismounts are Acrobatic elements always Gymnasts should aim to concentrate their efforts towards the accuracy of technical execution</p>		<p>CR's</p> <p>All CR's worth 0.5</p> <ul style="list-style-type: none"> • Acro series of 2 acro connected • Dance series of 2 different leaps/hops/jumps • 1/1 Spin • Element with Split or Straddle
<p>SHORT EXERCISE</p> <p>8 Skills maximum FIG Penalties apply</p>	<p>BARRED ELEMENTS</p> <p>Only elements listed below may be performed.</p>	<p>Compositional Requirements</p> <p>Gymnasts to fulfil all 4 CR's. One element may fill multiple CR's Repeated elements can fulfil CR's</p>	

Value:	A[0.1]	B[0.2]	C[0.3]	D[0.4]	E[0.5]
Acrobatic	<ul style="list-style-type: none"> • Straddle Jump DMT • Forward roll tucked 	<ul style="list-style-type: none"> • Round off DMT • Handspring DMT • Backward tucked roll to straddle sit 	<ul style="list-style-type: none"> • Free Cartwheel DMT • Cartwheel • Handstand 	<ul style="list-style-type: none"> • Front Tuck Salto DMT • Free Forward Roll • Tick Tock 	<ul style="list-style-type: none"> • Back Tuck Salto DMT • Backward Walkover • Forward Walkover • Handstand Forward Roll
Dance	<ul style="list-style-type: none"> • Front Support MT • Two foot 1/2 spin • Stretch Jump • Tuck Jump 	<ul style="list-style-type: none"> • Squat Through MNT • Cat Leap • Stretch Jump 1/2 • Any Balance 	<ul style="list-style-type: none"> • Squat through MT • Hop, Leg at Horizontal • Cat Leap • Tuck 1/2 turn jump • Scissor Leap 	<ul style="list-style-type: none"> • Japana MT • Split MT • Split Leap • Split Jump • Wolf Jump • Full Spin 	<ul style="list-style-type: none"> • Flank MT • Thief MT • Scissone Leap • Cat Leap 1/2 • Horizontal spin 1/1 • Straddle Jump



<p>FX REGULATIONS</p> <p>Strip routine 12x2m</p> <p>Final skill must end on Acro</p> <p>Standard FIG regulations apply</p>	<p>Elements will be given DV according to FIG Cycle 16 WAG COP</p> <p>Floor: 3 Acrobatic + 3 Dance + 2 Optional elements including dismount</p> <p>8 Highest counting elements including dismount t be taken</p> <p>Same element can only count once</p> <p>Gymnasts should aim to concentrate their efforts towards the accuracy of technical execution</p>		<p>CR's</p> <p>All CR's worth 0.5</p> <ul style="list-style-type: none"> • Acro series of 2 acro connected • Dance series of 2 different leaps/hops/jumps with split or straddle • 1/1 Spin • Forwards and Backwards acrobatic elements
<p>SHORT EXERCISE</p> <p>8 Skills maximum</p> <p>FIG Penalties apply</p>	<p>BARRED ELEMENTS</p> <p>Only elements listed below may be performed.</p>	<p>Compositional Requirements</p> <p>Gymnasts to fulfil all 4 CR's.</p> <p>One element may fill multiple CR's</p> <p>Repeated elements can fulfil CR's</p>	

Value:	A[0.1]	B[0.2]	C[0.3]	D[0.4]	E[0.5]
Acrobatic	<ul style="list-style-type: none"> • Dive Forward roll • Cartwheel • Handstand • Forward roll • Backward roll 	<ul style="list-style-type: none"> • One arm cartwheel • Forward walkover • Back walkover • Tick Tock • Handstand Forward roll 	<ul style="list-style-type: none"> • Flic • Handspring • Round-off • Back roll to Handstand • Flic to one 	<ul style="list-style-type: none"> • Flic Flic in series • Handspring to one, into Handspring to two • Tuck front salto 	<ul style="list-style-type: none"> • Tuck back salto • Free Cartwheel • Free Walkover
Dance	<ul style="list-style-type: none"> • Cat leap • Scissor Leap • Tuck Jump • Full Turn Jump • Full Turn Spin 	<ul style="list-style-type: none"> • Wolf leap • Cat leap 1/1 • Any Balance • Side Leap • Fouetté-Hop 	<ul style="list-style-type: none"> • Double spin • Wolf Jump • Split leap • Split Jump 	<ul style="list-style-type: none"> • Straddle Jump • Ring leap • Butterfly leap • Wolf spin 1/1 • Horizontal spin 1/1 	<ul style="list-style-type: none"> • Pike Jump • Change-leg leap • Change side leap • Split ring • Tour-jette hop



<p>Uncoded = 0.1 A = 0.1 B = 0.2 C = 0.3 Moves of Higher value are not permitted* (see FX)</p>	<p>Elements will be given Difficulty Value according to Rules and Regulations FIG WAG COP Cycle 16 FIG Execution and Artistry Penalties will be applied unless stated otherwise FX BB UB—8 Highest elements including DMT FX BB : 3 Acro + 3 Dance + 2 Optional — Floor : 2 Acro Lines (2 x directly connected flighted elements, one with salto) Same element can only count once EXCEPT on Bars where an FIG Coded A may be repeated once for DV At All Levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution</p>			
<p>Short Exercise</p>	<p>FIG Regulations Apply. 8 Highest Elements including DMT</p>			
<p>Apparatus</p>	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
	<p>Vault at 125cm to FIG landing 1 x Springboard</p>	<p>FIG Bar Regulations 1 mark Penalty for not using both bars</p>	<p>FIG Beam Regulations A Jersey style mat is allowed for dismounts</p>	<p>FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no Salto required, or a single Forwards Salto</p>
<p>Compositional Requirements</p>	<p>Any Vault without a Salto from the new vault table Height is fixed at 125cm Execution deductions of 0.1, 0.3, 0.5, 0.8 for height will apply</p>	<p>Gymnasts should fulfil 4 CR's</p> <ul style="list-style-type: none"> • Bar change • Close Bar min B • Another Close Bar • Element to within >45* 	<p>Gymnasts should fulfil 4 CR's</p> <ul style="list-style-type: none"> • Spin • Acro series [non flight OK] • Dance series with one element in Split or Straddle • Flighted Acro Element 	<p>Gymnasts should fulfil 4 CR's</p> <ul style="list-style-type: none"> • Acro Line with Salto • B spin minimum • Dance Series with one element in split or straddle • Acro line going Forward and Backward
<p>Uncoded Elements</p>		<p>Squat on Baby Giant Undershoot</p>	<p>Tuck Jump</p>	
<p>Notes</p>	<p>Best score of 2 Vaults performed. No deduction if only 1 vault is performed To qualify for Vault medal, both vaults must be different</p>	<p>FIG Coded A element may be repeated for DV Sole Circle may be performed with bent legs No Double salto DMT allowed (6.205 6.305)</p>	<p>Dismounts of 'C' are not permitted</p>	<p>No twisting elements of 3/2 or above permitted *Group 2 spins value 'D' are permitted but given value 'C'</p>
<p>Bonus</p>		<p>0.3—Close bar to Handstand 0.3—DMT min B</p>	<p>0.3—No tolerance Split 0.3—DMT B</p>	<p>0.3—3+ Acro lines 0.3—DMT min B</p>

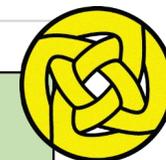


<p>Uncoded = 0.1 A = 0.1 B = 0.2 C = 0.3 D = 0.4 Moves of Higher value are not permitted* *(see FX)</p>	<p>Elements will be given Difficulty Value according to Rules and Regulations FIG WAG COP Cycle 16 FIG Execution and Artistry Penalties will be applied unless stated otherwise FX BB UB—8 Highest elements including DMT FX BB : 3 Acro + 3 Dance + 2 Optional – Floor : 2 Acro Lines (2 x directly connected flighted elements, one with salto) Same element can only count once EXCEPT on Bars where an FIG Coded A may be repeated once for DV At All Levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution</p>			
<p>Short Exercise</p>	<p>FIG Regulations Apply. 8 Highest Elements including DMT</p>			
<p>Apparatus</p>	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
	<p>Vault at 125cm to FIG landing 1 x Springboard</p>	<p>FIG Bar Regulations 1 mark Penalty for not using both bars</p>	<p>FIG Beam Regulations A Jersey style mat is allowed for dismounts</p>	<p>FIG Floor Regulations</p>
<p>Compositional Requirements</p>	<p>Any Vault up to single Salto from the new vault table Height is fixed at 125cm Execution deductions of 0.1, 0.3, 0.5, 0.8 for height will apply</p>	<p>Gymnasts should fulfil 4 CR's</p> <ul style="list-style-type: none"> • Giant any direction • Close bar min C • Flighted Element LB-HB • Cast/Circle element with 180* Turn 	<p>Gymnasts should fulfil 4 CR's</p> <ul style="list-style-type: none"> • Spin • Acro series with one flighted element • Dance series with one element in Split or Straddle • Acro Forwards and Backwards 	<p>Gymnasts should fulfil 4 CR's</p> <ul style="list-style-type: none"> • Acro Line with 1/1 twist • B spin minimum • Dance Series with one element in split or straddle • Acro line going Forward and Backward
<p>Uncoded Elements</p>		<p>Squat on Undershoot</p>		
<p>Notes</p>	<p>Best score of 2 Vaults performed. No deduction if only 1 vault is performed To qualify for Vault medal, both vaults must be different</p>	<p>Release catch type elements are not permitted Flighted HB-LB type elements are not permitted</p>	<p>Double salto type elements are not permitted</p>	<p>*Group 2 spins value 'E' are permitted Double salto type elements are not permitted</p>
<p>Bonus</p>		<p>0.3—Close Bar with turn 0.3—DMT min C</p>	<p>0.3—No tolerance Split 0.3—Acro Series 2 flighted 0.3—DMT min C</p>	<p>0.3—3+ Acro lines 0.3—DMT min B</p>



<p>FIG Values accredited</p>	<p>Elements will be given Difficulty Value according to Rules and Regulations FIG WAG COP Cycle 16 FIG Execution and Artistry Penalties will be applied unless stated otherwise FX BB UB–8 Highest elements including DMT FX BB : 3 Acro + 3 Dance + 2 Optional FIG RULES FIG RULES for repetition of skills and DV CV SB CR At All Levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution</p>			
<p>Short Exercise</p>	<p>FIG Regulations Apply. 8 Highest Elements including DMT</p>			
<p>Apparatus</p>	<p>Vault</p>	<p>Bars</p>	<p>Beam</p>	<p>Floor</p>
	<p>Vault at 125cm to FIG landing 1 x Springboard</p>	<p>FIG Bar Regulations 1 mark Penalty for not using both bars</p>	<p>FIG Beam Regulations A Jersey style mat is allowed for dismounts</p>	<p>FIG Floor Regulations</p>
<p>Compositional Requirements</p>	<p>OPEN VAULT CATEGORY</p>	<p>FIG CR's</p>	<p>FIG CR's</p>	<ul style="list-style-type: none"> FIG CR's
<p>Uncoded Elements</p>				
<p>Notes</p>	<p>Average of 2 Vaults performed. No deduction if only 1 vault is performed To qualify for Vault medal, both vaults must be different</p>			
<p>Bonus</p>				

Classic Challenge Championships



GROUP I
HANDSPRING / YAMASHITA
with or without LA turn
(no salto in second flight)

	D Score
1.00 Handspring	1.60
1.01 Handspring with ½	2.00
1.10 Yamashita	2.00
1.11 Yamashita with ½	2.40
1.20 ¼ - ½ turn on & repulsion off	1.60
1.21 ½ on ½ off or ¼ on ¼ off	2.40
1.22 ½ on 1/1 or ¼ on 1¼ off	2.60
1.23 ½ on 1½ or ¼ on 1¾ off	3.20
1.24 ½ on 2/1 off or ¼ on 2¼ off	3.60
1.02 Handspring with 1/1 turn	2.60
1.03 Handspring with 1½ turns	3.20
1.12 Yamashita with 1/1 turn	2.80
1.04 Handspring with 2/1	3.60
1.05 Handspring with 2½	4.00
1.30 H/Y 1/1 on H/Y off	3.20
1.301 H/Y 1/1 on H/Y ½ off	3.40
1.31 H/Y 1/1 on H/Y 1/1 off	3.60
1.311 H/Y 1/1 on 1½ off	4.00

GROUP II
HANDSPRING
with or without LA turn and
SALTO FORWARD/BACKWARD

	D Score
2.10 Handspring FWD Salto Tuck	3.60
2.11 Handspring FWD Salto Tuck ½	3.80
2.11 Handspring ½ BWD Salto Tuck (Cuervo Tuck)	3.80
2.20 Handspring FWD Salto Pike	3.80
2.21 Handspring FWD Salto Pike ½	4.00
2.21 Handspring ½ BWD Salto Pike (Cuervo Pike)	4.00

GROUP III
TSUKAHARA or KASAMATSU
SALTO with or without turn
All Group 3 Vaults - allow a 90° to 180° LA turn in first flight

	D Score
3.10 Tsukahara Tuck	3.20
3.20 Tsukahara Pike	3.40
3.11 Tsukahara Tuck ½	3.40
3.12 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.30 Tsukahara Straight	3.80
3.31 Tsukahara Straight ½	4.00
3.32 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

All FIG deductions apply
but for Height take 0.10, 0.30, 0.50 or 0.80
to create a greater spread between the majority of vaults performed

GROUP IV
YURCHENKO: R/O Flic on with/without
SALTO BWD with/without LA turn
or R/O Flic on LA turn & SALTO FWD
with or without LA turn

	D Score
1.40 RO, Flic with Repulsion	2.00
1.401 RO, Flic with Repulsion ½	2.20
1.402 RO, Flic with Repulsion 1/1	2.50
1.403 RO, Flic with Repulsion 1½	2.70
4.10 RO, Flic Salto Tuck	3.00
4.11 RO, Flic Salto Tuck ½	3.20
4.12 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.30 RO, Flic Salto Straight	3.60
4.31 RO, Flic Straight ½	3.80
4.32 RO, Flic Straight 1/1	4.20

GROUP V
R/O Flic with ½ turn on, Handspring off
with/without SALTO FWD
with/without LA turn

	D Score
1.50 RO, Flic w ½ turn, Handspring off	2.20
1.51 RO, Flic w ½ turn, Handspring ½ off	2.60
1.52 RO, Flic w ½ turn, Handspring 1/1	3.00
1.53 RO, Flic w ½ turn, Handspring 1½	3.40
5.10 RO, Flic w ½ turn, Salto Tuck	3.80
5.11 RO, Flic w ½ turn, Salto Tuck ½	4.00
5.20 RO, Flic w ½ turn, Salto Pike	4.00
5.21 RO, Flic w ½ turn, Salto Pike ½	4.20

GROUP VI
R/O Flic with 1/1 turn on with/without SALTO BWD
Vaults performed with 1/1 on allow for tolerance of ¾ (270°) to 1/1 (360°)

	D Score
1.60 RO, Flic w ¾ + with Repulsion	2.40
1.61 RO, Flic w ¾ + with Repulsion ½	2.80
1.62 RO, Flic w ¾ + with Repulsion 1/1	3.20
4.40 RO, Flic w ¾ + Salto Tuck	3.60
4.50 RO, Flic w ¾ + Salto Pike	3.80
4.51 RO, Flic w ¾ + Salto Straight	4.20