

FIG FLACK!



THE WOMEN'S ARTISTIC GYMNASTICS NEWSLETTER - N° 46 - December 2021

LAUSANNE (SUI), December 2021

To all Federations

The Women's Technical Committee would like to present

- WAG Code of Points 2022 2024 ERRATA
 - Glossary
 - Code Sections
 - Table of elements
 - Apparatus Recording Sheet
 - Symbol charts
 - List of names
- General information
 - Artistry check list BB & FX
- Kitakyushu (JPN) 2021 World Championships Report

1. Cover & Abbreviations

GLOSSARY

Performance qualities

ADD:

Body position – 'position' to be used when describing the shape of the body during performance in the air Body posture – 'posture' to be used when describing the body when feet are in contact with the floor (i.e. on landing, but also during choreography)

4. SECTION 2 (page 2)

2.2 Responsibilities of the Gymnasts

c) Height increases of 5 cm on UB shall be allowed in competitions for gymnasts who touch the mat with their feet during the exercise. This must be announced to the organisers at the time of the nominative entry prior to the Orientation Meeting or at the latest during Podium Training and verified by the President or a member of the Superior Jury during the training.

CHANGED TO: ... prior to the Orientation Meeting or at the latest during Podium Training...

9. SECTION 6 (page 2)

6.3 Short Exercise

Example: FX

The gymnast falls and injures herself after performing only 3 4 elements.

CHANGED TO: 4

10. SECTION 7 (page 4)

7.4.3 Dismount (DMT) Bonus

ADD: FX: In order to credit the Bonus, the last Acro Line must be performed without a fall.

11. SECTION 8 (page 1)

 Failure to maintain stretched body posture position 	each time	Х	Х
(piking too early)			

CHANGE: "posture" to "position"

12. SECTION 9 (page 2)

9.2.2

In jumps, leaps and hops with $\frac{1}{2}$ turn (180°) the prescribed position must be reached at the beginning OR at the end of the turn.

ADD: of the turn

14. SECTION 10 (page 3)

10.6

Specific Apparatus Deductions – E-Panel Faults

First flight phase

• Gr. 3 with 1/4 (90°) turn

ADD: (90°)

Gr. 1 or 2 with 1/1 (360°) turn (360°)

SWITCH: "turn" and "(360°)"

Second flight phase

- Excessive snap: X X

REPLACE: $\geq 90^{\circ}$ < 90° with **X** X

15. SECTION 11

11.1 General (page 1)

a) Mounts

- If the gymnast on her first attempt touched the springboard, the apparatus, or ran underneath the apparatus:
 - Deduction 1.00 (E-Panel)

ADD: (E-Panel)

11.7 NOTES (page 3)

Dismounts

b) If the dismount has begun

Example:

DELETE: 4 from "Example 1"

16. SECTION 12

12.1 General (page 1)

a) Mounts

- If the gymnast on her first attempt touched the springboard, or the apparatus
 - Deduction 1.00 (E-Panel)

ADD: (E-Panel)

12.5 Artistry & Composition Deductions – E-Panel (page 4)

Artistry of Performance

Lack of Poor work in relevé

CHANGE: "Lack of" to "Poor" ...

Composition

Mount without DV (All mounts without DV will be commonly recognised as "A" except lifting one leg over to sit, squat on, simple jump to sit or kneel or to land on one or two feet)

ADD: one or

- Insufficient use of the entire apparatus
 - Lack of complex movements sideways (NO DV)

DELETE: "complex"

DELETE: (A complex and creative movement is one that requires training time, coordination and previous preparation)

17: SECTION 13 (page 4)

13.6 Specific Apparatus deductions – E-Panel

Distribution of elements

 Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed)

ADD: (long acro line allowed)

TABLE OF ELEMENTS

VAULT

GR 1

Main title on top:

GROUP 1 — HANDSPRING, YAMASHITA, ROUND-OFF WITH OR WITHOUT LA TURN IN 1st AND/OR 2nd FLIGHT PHASE

ADD: "LA"

#1.00 the pictogram of the gymnast has been fixed

1.50 **DELETE**: the letter "p" close to the description

UNEVEN BARS

GR 2

ADD: # 2.606 New element - Clear hip circle on HB with counter straddle over HB with $\frac{1}{2}$ turn (180°) to hang in mixed L-grip (Martins)



GR 5

5.509 - CORRECT the name (Van Leeuwen)

5.610 - first element (Tweddle) move to 5.510

ADD: # 5.710 new element - Pike sole circle bwd with counter stretched reverse hecht in layout position over HB with ½ turn (180°) to hang in mixed L-grip (Derwael)



GR 6

6.401 - (Moors)

BEAM

GR 1

1.105 - second element - Take-off two feet or leap to cross split sit from one foot take-off – diagonal approach to beam (with hand support)

ADD: "Take off two feet or"

1.304 - **DELETE**: (Beukes)

1.105 - **REWORDED**: Jump with hand support to side split sit or straddle position (must show split without hands touching the beam as final position; in straddle position the trunk must touch the beam) take-off two feet

Jump (with hand support)-to side split sit or straddle position (must show split without hands touching the beam as final position;) (in straddle position the trunk must touch the beam) take-off two feet

1.311 - last element ADD: (Li Yifang)

1.411 - DELETE: (Li Yifang)

1.314 - second element: ADD: (Beukes)

ADD: third element new element - From rear stand (back towards beam), flic flac with $\frac{1}{2}$ turn (180°) to candle position, ending in front support (grasping under the beam with both hands) (**Soares**)



GR 4

4.206 - Roll swd, body tucked – or roll swd stretched or straddle piked through neck stand, also with % turn (180°) over shoulder

ADD: "or straddle piked"

4.307 - From cross sit or side split – roll swd stretched, legs separated – end position optional

ADD: "From cross sit"

<u>GR 6</u>

6.201 - **ADD**: new element - Free (aerial) cartwheel with ½ twist (180°)



FLOOR

GR 4

4.605 - ADD: new element - Arabian double salto piked with ½ twist (180°) (Oliveira)



RECORDING SHEET

Beam:

CHANGE: "Lack of" to "Poor work in releve"

DELETE: Lack of complex movements sideways (no DV)

ADD: a box for "DMT" below CV

SYMBOL BROCHURE

CORRECT "2021" to "2022" in Preface

LIST OF NAMES

Uneven Bars

<u>GR 2</u>

CORRECT: Radochla

Beam GR 1

CORRECT: Beukes Ramona - From rear stand (back towards beam), flic flac over beam to candle position, ending in front support

CORRECT: Li Yifang - Jump press or swing to cross or side hstd — 1/1 turn (360°) in hstd release one hand with swing down swd

CORRECT: Phillips Phillips Kristie

GR 3

CORRECT: Mitchell - 3/1 turn (1080°) in tuck stand on one leg - free leg straight throughout turn optional

GENERAL INFORMATION

Donatella Sach

- ➤ From 1st January 2022 both bars (UB) will raise by 5 cm. The new measurements are Low Bar 175 cm & High Bar 255 cm and they will be published in Apparatus Norms. According to the rules set out in the Code of Points 2022 2024, it is still possible to raise both bars by additional 5 cm.
- In order to help judges' consistency in application of the Artistry deductions, WTC is pleased to provide the attached "check list" documents for Beam and Floor.

We kindly request that the above information be distributed to your coaches and FIG Brevet judges.

Donatella SACCHI

President of the Women's Technical Committee