

WAG ALP – JUDGING QUESTIONS & CLARIFICATIONS

16th April 2015

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UNEVEN BARS

Clear hip circle

- For any clear circle that is below 45° from vertical, there will be a 0.5 deduction for angle of completion (and it will obviously be devalued to a B). Deductions for poor body shape of 0.1/0.3 and bent arms would also be applied if required
- There is no requirement for a clear hip circle to reach horizontal in order to be awarded the “devalued B” circle. At the completion of the circle there must be a clear support position shown, however it doesn’t need to be horizontal
- The body must be clear of the bar during the circle. However in the inverted position (ie when the body is upside down under the bar), the bar may be positioned on the top/mid thigh area. Then as they continue to circle around the bar, the body will move clear of the bar

Level 7 and 8 - Bar Change CR - If the gymnast falls and then is lifted by the coach to recommence the routine on the HB does she lose the CR?

- The intent of this CR is to ensure they do their routine on both LB and HB. If they fall on LB doing something like a squat on or fall during the transition skill to HB and then restart the routine on the HB, they will still meet the CR requirement in level 7 & 8

If a back uprise to hstd doesn't reach within 10° of hstd what value is it given?

- The uprise will be devalued one level to a B
- Appropriate deductions for angle of completion (0.1/0.3/0.5) will be applied accordingly

Swing ½ turn dismount – can they turn both hands or must they finish in mixed grip.

- They are NOT permitted to turn both hands. They must finish in mixed grip.
- If they do turn both hands, there will be a 0.3 deduction

Level 6 – swing ½ turn dismount – deductions

In level 6 the following deductions can be applied when relevant:

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- body posture deductions on landing
- fall deductions
- the specific height requirement in level 6 is that the swing ½ turn should reach horizontal. If it doesn't than 0.1 or 0.3 deduction for lack of amplitude applies

Level 5 Bars - Can a sole circle be performed instead of a squat or pike on

- Yes a sole circle can be performed with no deduction

Level 5 & 6 Bars - If a gymnast falls on the squat on and then the coach lifts the gymnast to re commence her routine on the HB, does the gymnast lose the 0.5 from the Start Score?

- There will be no deduction from the Start Score
- Just a fall deduction would apply, along with any execution errors that may have occurred prior to the fall

Bars - the 0.3 deduction for the hands leaving the bar on the swing pullover, why are the gymnasts not allowed to re-grip where their hands leave the bar?

- This deduction is applied when the gymnast fully lets go of the bar (in order to keep their arms straight)
- When regripping the bar to turn the wrists, the hands should not leave the bar. The hands can regrip by rolling around the bar

Level 3-6 Bars - Can the gymnast straddle their legs in the long swings?

- It is preferable that a straddle swing is not performed. However if a gymnast is very tall, then a straddle is permitted on the downward swing only
- If the legs straddle on the backward swing, a 0.3 deduction applies each time

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Level 3 Bars - can the gymnast do a 'kickover' on the LB, or does it have to be a pullover from two feet? Do they have to show the chin up part of the element?

- There is no requirement in the text for a chin up, so therefore a chin up isn't required
- A one leg kick over to commence the pullover to front support is permitted

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Level 3 & 4 glides - Can a box or board be used? If so what size?

- A board or box is permitted

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- The height of the box should be such that in the start position of the gymnast their shoulders are bar height or lower

Level 3 glide – can they commence the glide from a jump?

- No, it must commence from a hold position
- If a jump is performed, there is a 0.3 deduction

Level 3 swings – as they release the bar at the end of the swings, can the coach spot the gymnast as they are landing

- Yes the coach can spot them once they release the bar. The judging finishes when the gymnast releases the bar

Starting positions of turns on beam and floor

- If the gymnast commences a turn on beam or floor in a different position as described, then deduct 0.1 (eg level 6 full turn on floor is listed as starting from 4th lunge, however if they start from standing on back leg with front leg pointed, then this would be a 0.1 deduction)

BALANCE BEAM

Level 7-10 - squat through to rear support mount

- This is an acro element
- In order for this mount to be awarded the A value, the gymnast must go to a rear support position with straight legs

Level 7 – 10 – Pike lever hold

- The pike lever hold can be performed within the routine or as a mount.
- In order to receive the B value, it must be held in a pike position with legs together. Deductions will apply for insufficient pike position, bent arms, insufficient “amplitude” which relates to the “elevation” from the beam
- If a straddle lever hold is performed, no value will be awarded

Press handstand mount

- In Level 7-10, the press hstd mount doesn't require the hstd position to be held for 2 seconds in order to receive the B value (this is listed in the ALP Manual – Section 4.2, page 27)
- Therefore a press to hstd is NOT considered a hold for level 7-10 and therefore it can be used as an additional acro element in all levels

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Repetition of elements to fulfil a CR in Level 7-10

- If a gymnast performs a flic stepout in her acro series on the beam and then in her dismount performs another flic step out into a salto – this flic step out is a repeated flight element. Since this is repeated it may not be used to fulfil a second CR. This would mean that when considering the dismount CR, you have to “ignore” the flic and just consider the salto as the dismount
- The gymnast would still be able to receive bonus in level 9 & 10 though for a dynamic acro connection into the dismount

Handstand hold in an acro series in level 8 - If a gymnast controls the handstand but does not actually stay with both legs within 10° of vertical for the full 2 seconds, do they lose the acro series?

- In order for the handstand to be awarded an A value part (and therefore fulfil the CR of a series) it must be held for 2 seconds in vertical support (within 10°)
- If there isn't a hold for 2 seconds, no value part will be awarded, therefore no acro series

In the Level 6 mount tuck through, does the tuck need to be held for two seconds?

- No there is no requirement for it to be held

Level 6 beam timing

- The time limit for level 6 compulsory will be increased to 1 minute 30 secs

Level 6 Handstand

- There will be a requirement that the hstd in level 6 must be held for 2 seconds
- If it isn't held for 2 secs, a 0.3 deduction will apply

Level 4 – 6 beam connections

If the gymnast falls off in the first element of a series (mixed or gym), can they get up and repeat the first element again, in order to connect the series?

- As they are compulsory routines, they will be permitted to repeat the first skill in order to connect the series. There is no such concept as “repeated elements not being recognised” in level 3-6

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Cartwheel in Level 6 beam – can they do the cartwheel as their acro and then cartwheel straight jump dismount.

- As the level 3-6 routines are compulsory routines, we have no rules in regards to repetition and recognising element. This principle applies to D scores in level 7-10. Therefore, they can do both CW as acro skill and CW as dismount.

Level 3 & 4 Passé half turns into releve hold - If they don't immediately place the free leg into a 2 foot releve hold, but rather step into the 2 foot releve hold, is there a deduction?

- There would be a lack of balance deduction of 0.1/0.3/0.5

Level 3 – 5 beam mount – jump to front support lift leg over to straddle - can they start with 1 hand turned sideways (rather than both hands in a forward/straight position)?

- Yes. The key points in the mount are good posture, straight legs, strong support on beam with straight arms

Level 3-5 beam mount – jump to front support position – if the beam is positioned against the mid thigh during the front support, is there a deduction?

- The key points in the front support are good body position (round chest position, hips open), straight arms, straight legs, strong support on beam.
- If they are in this high support position and the hips are piked, there is a body shape deduction of 0.1/0.3

Level 3 - 5 mount – transition to standing position - can they do the tuck stand as written in the text or must they do it with toes turned under exactly as the DVD?

- Level 3 & 4 mount - as the gymnast finishes the mount and transitions through to a standing position, the written text states “swing legs back to squat, to stand”
- Level 5 text states front support, kneel(tuck) and stand
- However the DVD for all levels, shows the gymnast going to a “tuck/squat” position, where in this position the toes are turned under rather than a tuck/squat
- As the text states squat position, the gymnast is NOT required to have toes turned in this transition phase through a “squat” or “tuck” position

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FLOOR

In Level 7-10 – will the dismount CR be awarded if there is only one acro line?

- No, in order to receive the dismount CR, there must be at least 2 acro lines

- If there is only 1 acro line performed, there is no dismount CR awarded and only 7 elements are counted in level 9 & 10 (6 elements in level 8 and 5 elements in level 7)

Level 6 floor - Can a handspring front layout be performed?

- Yes, this will be added as an skill option in the forward tumbling acro line

Level 4 – 6 Floor patterns

- The floor pattern can be reversed – but it must be totally reversed in its entirety
- Variation in floor patterns – 0.1 for small variation, 0.3 for significant variation
- The gymnast must start exactly as prescribed in relation to judges – if not, a 0.3 deduction applies

Level 4-6 floor – acro line landings – is a lunge permitted?

- A lunge is not permitted. The expectation is that the landings in these levels are stuck. If a lunge is performed, a landing deduction of 0.1/0.3 applies

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