

Women's Artistic Technical Committee

Issue No. 37 - October 2024

Dear All

The WTC would like to thank the whole WAG community, coaches, judges and all those volunteers that have made the competitions possible in the past few weeks. Having been out in the Regions myself and at the Club Team Championships this weekend, and observing the work first hand it is amazing to see the commitment to make sure the gymnasts have a positive experience in the sport we all love.

We are pleased to confirm that a Brevet Judges clinic and a Coaches clinic will take place in Lilleshall on Sunday 12th January 2025, along with an NPRG meeting for WTC Chairs on Saturday 11th January. More details to follow.

However there are a several important points relating to the Cycle 16 Code of Points that we would like to bring to your attention to at this point in time:

1. Vault rules for British Championships

Senior:	Junior & Aspire:
In Qualification to and in Apparatus Final - The gymnast must perform 2 vaults, which will be averaged for the Final Score. - The 2 vaults must be from different Vault Groups. Vault Bonus - A bonus of 0.20 will be awarded for performing 2 vaults with saltos in different directions (bwd/fwd) in the second flight ("Cuervo" type vaults are considered as vaults with salto in fwd direction) - In order to credit the bonus, both vaults must be performed without a fall - The bonus will be added to the Final Score (average of the 2 vaults)	In Qualification to and in Apparatus Final - The gymnast must perform 2 different vaults (may be from the same group, but with different numbers), which will be averaged for the Final Score Vault Bonus - No bonus will be awarded

This Bonus information has been added to the Vault Deductions Chart help sheet.

2. Short exercise deductions in FIG Junior Code:

- 6 or more elements – no deductions
- 5 elements – 4.00 P.
- 3-4 elements – 6.00 P.
- 1-2 elements – 8.00 P.
- No elements – 10.00 P.

This will applied to the Aspire British Championships only – the respective page of 'WAG GBR ASP JNR SNR Rules 2025' has been updated on [Womens Artistic Technical Information \(british-gymnastics.org\)](https://www.british-gymnastics.org).

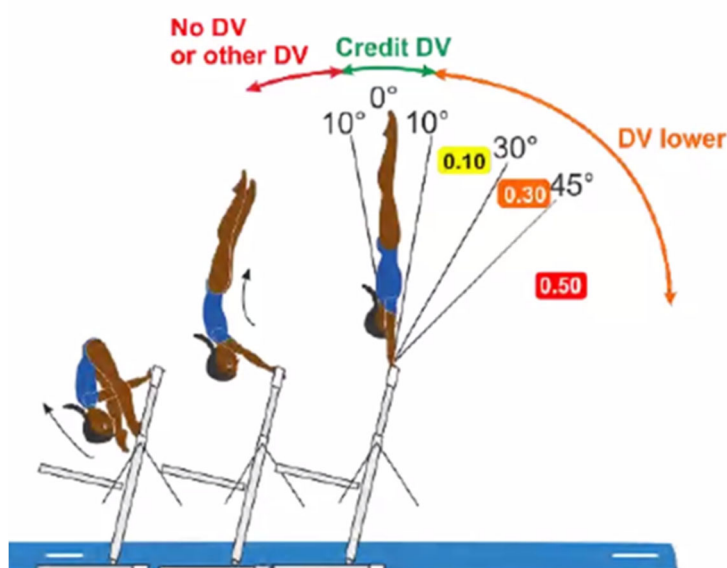
The Junior Championships will continue to be judged on full FIG Code.

Women's Artistic Technical Committee

3. New values Endo elements:



8.4.2 Circle elements to handstand without turn

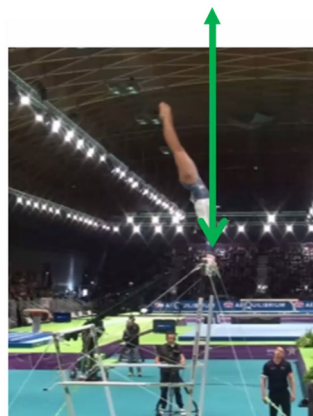


Remember:

The final position is the handstand.

The element is finished when the legs are closed.

If the legs join outside the 10° before or after the handstand, the element will be devalued.



As with every element in the Code of Points, it is all about how the skill is performed. They must fulfil the technical requirements of the elements with as near as possible PERFECT EXECUTION.

In performing the Endo, if the gymnast stops before the element an extra swing penalty Of 0.50 will occur. If the gymnast takes her hands off the bar to change grip a further 1.00 will be deducted.

4. Artistry

There are only small changes to artistry, but they are significant:

On Beam and Floor, Body posture now has 0.1 and 0.2 deductions. As a reminder there are different components to body posture. Firstly, the stomach has to be pulled in so that the rib cage is in front of the stomach. Secondly, the shoulders must be down so that we can see a long neck. The last point is the head should be up with the chin lifted in forward direction. These are important and if missing only one or two then we deduct 0.1, or if more than two components are missing we have to deduct 0.2.

Amplitude - the wording has been changed from elongation to amplitude.

Rhythm and tempo – this is very important on Beam and is now in one box, but with a deduction of 0.1 or 0.2. What does it mean? A good rhythm is shown if there is a variation between slow and fast movements. The tempo is the speed of a routine and this speed overall should be dynamic, fluent, it should not slow down the routine at all. We want to see that she is going forward without stop and go, stop and go.

Women's Artistic Technical Committee

On Floor there are key changes in deductions for Musicality:

Faults	0.10	0.20	0.30
Musicality:			
• Poor expressive engagement according to the style of the music	0.10	0.20	0.30
• Lack of connectivity of the music to the exercise in part or throughout	0.10	0.20	0.30

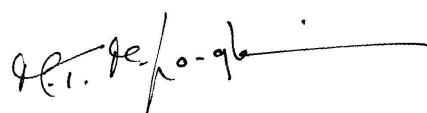
Points to also remember stated in Carol Malone's Floor report from the Club Team Championships 2024. These are not new but are important and were applied at the championships.

Execution of the elements and construction of the exercise are vital components of the Floor exercise. Very high difficulty of the acrobatic elements that have lack of height, a low landing with chest down, legs apart and a large step can take deductions of up to 0.80. Similar deductions can apply to all the dance elements, body posture 0.50 plus lack of height, precision and landing. Other important points are work in corners, standing with two feet together, adjustments, subsequent acro lines. These deductions soon add up.

Donatella has previously stated during a presentations on the Code that where counties are close, the E score is always an important factor.

Reminder: the Cycle 16 help sheets and main element value changes can be found here [Womens Artistic Technical Information \(british-gymnastics.org\)](https://www.british-gymnastics.org/Womens-Artistic-Technical-Information)

If anyone has any questions, please contact the WTC via maria.mcloughlin@british-gymnastics.org.



Maria McLoughlin
WTC Chair