2005 Women's Compulsory Exercises Questions & Answers

General Info for Compulsory Exercises

Q: When is an element considered a "variation" (i.e. change = up to the value of the element) vs. a totally different element (i.e. substitute = double the value of the element.)?

A: Changing is a modification of the same core element. Example: a forward roll instead of a dive forward roll, a dive cartwheel instead of a cartwheel or a front limber instead of a front handspring to two feet. Examples of Substituting: Performing a front limber instead of a handstand forward roll, a cartwheel instead of a round-off, a tuck jump instead of a split jump.

Q: If the gymnasts actually mounts the apparatus and begins her exercise without the signal from the Chief Judge, what is the procedure?

A: The Chief Judge must ask the gymnast to get off the apparatus and repeat the exercise immediately. A 0.50 deduction will be taken from the average by the CJ.

Vault · Level 1-4

Q: Level 2 Vault: Are the gymnasts allowed to step onto the board with the front leg?

A: Yes.

Q: Level 2 Vault: The approach is described as 1-3 steps. Is it acceptable for the gymnast to run 1-3 steps and hurdle?

A: Yes, either approach is acceptable.

Q: Level 4 Vault: Do the hands have to remain touching the mat at the finish of the vault, or can the arms and legs be raised to finish in a hollow position?

A: The gymnast must land in a straight-lying position; NOT a hollow position; however, the hands do not have to remain in contact with the mat.

Q: Level 4 Vault: When considering the 0.50 deduction for failure to place hands within the prescribed landing zone (beyond the tape line), how do you handle the hands being partially over the tape line?

A: Do not deduct 0.5 unless both hands land entirely beyond the tape line.

Vault · Level 5/6

Q: What is the deduction for no arm circle in the hurdle phase?

A: No deduction.

Q: What is the difference between the following deductions: too long in support and angle of repulsion? Isn't this double-deducting?

A: Usually it is necessary to use a combination of both; however, it is possible to have one without the other. For example, the gymnast may come onto the table very high so that by the time the hands contact the table, the legs/body have already passed vertical. The repulsion may happen very quickly, but the angle of repulsion is deficient. Likewise, the gymnast may come onto the table very low, ride the table and leave the table by vertical. In this case, the angle of repulsion is very good, but the gymnast was in support too long.

Bars · Level 2

Q: What deductions would be taken for the following situations resulting in a change in the dismount?

A:
1. Gymnast casts and pushes away to jump to the mat (performs Level 1 dismount) and does not repeat.
   Deduct 1.6 (0.8 x 2) for substitution.
2. Gymnast casts, straddles her legs, but never makes contact with her feet on the bar; but then continues with the underswing to land the dismount.
   Deduct 0.40 (out of the 0.8 value of the element) for incomplete element.
3. Gymnast casts back and jumps to the mat with no attempt to straddle on. The coach then lifts the gymnast to the bar, assisting her in arriving in a straddle stand on the LB. The gymnast then performs the straddle sole circle dismount.
   Deduct 0.5 for the fall plus 0.4 for incomplete element (failed to perform cast straddle on).
   Do not deduct 0.50 for the coach lifting the gymnast to the straddle stand position.

Bars · Level 4

Q: Please clarify the allowable matting under the bars and the mounting surface for the jump to glide.

A: In order to reduce the changing of low bar heights to accommodate different heights of gymnasts, it is permissible to use additional skill cushions on top of one or two competition landing mats under the bar. The mats should be at a height that will allow the gymnast to place her feet on the mat near the LB without having to let go of the bar after the glide swing. In addition to the matting, the gymnast may also use a mounting apparatus to jump into the glide. This may be a board, folded panel mat, or some type of spotting block; a wedge/incline mat is not allowed. If the gymnast jumps from many apparatus other than the level matting under the bar, the mounting apparatus MUST be removed immediately after the jump to glide.

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Q: Mount: On the backward swing of the glide, may the legs straddle?

A: No, if the glide is performed with legs straddled, they must close by the completion of the forward glide swing and remain closed for the rest of the swing.

Q: Mount: What is the deduction if the gymnast does not contact the mat with the feet following the backswing of the glide, prior to the pullover and just swings into the pullover?

A: 0.20

Q: Mount: What is the end position of the glide swing?

A: Level 4 Bars: Page 59, 1A Glide & return. At the completion of the backward swing, the feet may contact the floor to finish in a straight stand or the body can continue to swing forward, placing the feet on the mat closer to the apparatus. The gymnast may come to a momentary stand or use a "punching" action to initiate the pullover.

Q: Front hip circle, small cast: If a gymnast performs a FHC, and stops without performing an immediate cast; then continues by performing a small cast, return to front support, then another cast to the single leg squat through, what are the appropriate deductions?

A: Deduct 0.3 for failure to perform a small cast directly connected to the FHC and then take any appropriate execution deductions on the other casts. Do NOT deduct for rhythm, adding an extra element, or an extra cast/swing. If the gymnast is unable to directly connect the front hip circle to the small cast, the gymnast should be advised to OMIT the small cast since she has already received a 0.30 deduction. She should just proceed with the cast to single leg squat through.

Note: this is different in Level 5, in which the cast following the FHC is a separate major element. If that cast is omitted, it will receive the omission deduction of double the value of the element.

Q: Front Hip Circle (Lev. 4/5): What is the penalty if the gymnast grabs her legs to perform a circle around the bar?

A: Major change in the element = up to the value. Suggest 0.60

Q: Front Hip Circle (Lev. 4/5): When is a deduction taken for bent arms?

A: The arms must be straight at the completion of the circle. If the arms are bent at the end of the circle, apply up to 0.30 for arm bend, just as in any other skill.

Q: What is the deduction if the gymnast does not simultaneously change both hands to another grip when required, for example before the stride circle?

A: 0.20 for alternate hand grasp.

Q: What is the deduction when the gymnast releases the bar and re-grasps instead of shifting the hand grip?

A: 0.30, just the same as with the long hang pullover.

Q: Stride Circle: If a gymnast falls backward during the stride circle, failing to complete the circle, and then hooks her knee and swings back up to a support, what is the deduction?

A: .50 for a fall on the apparatus.
Any time a gymnast falls backward (or forward) from a support position to end in a hang, either from the hands or the hands and knee, it is considered a fall. Do not deduct for any extra pumps swings taken to enable the gymnast to return to a stride support. The coach may, without penalty for a spot, assist the gymnast from this hang position to return to the required support position in order to continue the exercise.

Q: Leg cut backward: What is the deduction if the gymnast places both hands to the inside of the leg and lifts/swings the leg backward over the bar (no cutting action)?

A: This would be considered substitution: value of element (0.4) x 2 = 0.8

BARS · LEVEL 5/6

Q: What is the deduction for performing a sole circle after the squat/pike on in Level 5 or additional sole circle(s) in Level 6?

A: 0.30 for adding an element. See general faults and penalties, page 161.

Q: On glide kips, the hips should be extended in the forward swing, but should the feet rise upward also? Is there a deduction if the feet extend downward, but hips are fully extended?

A: Consider the external amplitude of the element (up to 0.20). Showing a rise of the body/feet will be more "swingful".

Q: What is the deduction if a gymnast performs a straddle on instead of a squat or pike on?

A: 0.20 for leg separation.

Q: In the attempt to perform the Long Hang Kip, the gymnast does not complete the kip and ends in a long hang. Is this considered a fall on the apparatus? What options does the gymnast have at this point?

A: Yes, it is considered a fall on the apparatus, so deduct 0.50. Depending upon whether the gymnast repeats (and is successful in completing) the Long hang kip, or continues from a support on the HB, there may be a deduction of "up to 0.8" for incomplete element plus 0.5 for the fall on the apparatus.
Options:

1. From the hang position, the gymnast may try to repeat the Long Hang Kip.
   - Gymnast takes up to 2 pump swings to continue with the long hang kip successfully. In this case, only 0.50 for the fall is taken.
   - If after taking several pump swings, the gymnast jumps down from the bars, it is still only 0.5 for the fall. She may then start the routine by standing on the LB and jump to HB, repeating the Long hang kip, or the coach may lift her to the HB and give her a swing to try the Long hang kip again. In these cases, the gymnast would then only receive the penalty for the fall.
2. From the hang position, the gymnast does not try to repeat the Long Hang Kip.
   - The gymnast may get to the support position on the HB by performing a pullover without receiving a penalty for adding an extra element. She is just trying to get to a position to resume her exercise
   - The coach may lift the gymnast up to a front support on the HB.
   - In both of these cases, the gymnast receives the "up to 0.8" for incomplete element plus 0.50 for the fall.

BALANCE BEAM

Q: What is the deduction if a Level 6 gymnast performs the Level 5 Beam mount (i.e., no scissor of the legs)

A: 0.20 change of element

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Q: During the stand after the V-sit, what is the deduction for the leg dropping below the level of the beam prior to the tuck stand?

A: A possible rhythm deduction may be applied if the leg drop causes a delay in arriving in the tuck stand.

Q: How is the 0.30 deduction applied for pushing off the beam with the hands to arrive in a tuck stand after the V-sit?

A: This deduction is to be applied only when the gymnast, in the attempt to lean forward to stand up, gets stuck and must push off the beam in order to continue the movement.

Q: Heel-snap turns: What is the deduction if the gymnast uses a weight transfer technique instead of the heel-snap technique?

A: 0.20 for changing the element.
There is a 0.30 deduction for performing a heel-snap technique instead of the weight transfer technique, listed on page 162, #15 under Beam/Floor. The reason the penalty is more severe in this case is that the heel-snap turn is an easier technique. Replacing the heel-snap with the more difficult technique of weight transfer receives a lesser penalty.

Q: 3/4 handstand - Level 4 & Backward roll to 3/4 handstand – Level 6: When the 3/4 handstand is referenced, what is the expected angle?

A: 22.5° from vertical

Q: Are the gymnasts still required to show a toe-heel finish coming out of the inverted acrobatic elements, such as the handstands, back walkover or cartwheel?

A: Yes; however, there should be no pausing or holding the "toe/relevé" position.

Q: Weight transfer turn preparation: When the gymnast is required to kick in relevé, can she drop the heel for the turn preparation?

A: Yes.

BEAM & FLOOR

Q: What is the deduction for lowering the heel prior to stepping forward out of the weight transfer turns?

A: 0.05, same deduction if the gymnast fails to lower the heel at the completion of a heel-snap turn.

Q: When evaluating the connections/non-major elements, what are the guidelines for applying the general deductions for the entire exercise, such as: Text errors, Incorrect foot form, Incorrect body alignment/posture, lack of artistry, failure to perform steps /locks and pivots in high relevé?

A: When judging the elements that are not designated as "major elements" and the connections, usually you will NOT write down a "number" in tenths for the error, but rather a "letter" that designates what type of error it was. "T" for severe text error, "t" for slight text error, "f" for sickled foot or flat-footed, "Q" for quality of movement, "A" for quality of artistic expression, "P" for posture. Then at the end of the exercise, determine if there are many or few of each type of error and deduct accordingly. If, for example, there are only 2 small t's on your paper, it would not be necessary to deduct. There is no magic formula for the application; use your common sense and also consider if the errors are severe or very small.

Always remember that the main emphasis at the compulsory levels is to master the proper technique of the major elements, show good form and amplitude, maintain good posture/body position, and present the exercise with artistry.

Q: What is the deduction for reversing the order of the two elements in any of the directly connected dance series in Beam or Floor? Example: Level 6 Beam has Tuck jump; Split Jump. Gymnast performs Split jump; tuck jump.

A: 0.30 for reversing the elements in a direct connection.

FLOOR EXERCISE

Q: Backward rolls: Is there still a deduction for pushing the buttocks backward into the backward rolls?

A: No, this deduction has been eliminated; however, if the movement looks awkward or results in a bouncing action, a 0.10 rhythm deduction could be considered.

Q: Level 4: Backward roll to push-up position: What is the deduction if the gymnast does a backward roll to handstand?

A: 0.60 (changing the element)

Q: Level 5/6 - 1/2 turn outward prior to backward roll to handstand: What is the deduction if the gymnast performs an inward turn.

A: 0.10 changing a small part

Q: Level 6 Side Leap: Is a straddle pike position acceptable in the side leap?

A: Yes.

Q: Level 5/6 - Swing 1/2 turn prior to Back Walkover: What is the chest position on the arabesque? Straight or drop slightly in order to raise the back leg?

A: A SLIGHT lean is acceptable.

Q: Level 5/6 End pose: Is the torso position optional on the ending pose?

A: No, only the arms and focus.

Announcement for all Women's Judges and Meet Directors

Judges Mileage Reimbursement

Effective January 1, 2006, the rate for mileage reimbursement is $.44/mile to reflect the upcoming change in the IRS standard mileage rate for 2006.