

IRV

GENERAL REGULATIONS

FOR

STRAIGHT-LINE

2020



Foreword

This version of the IRV General Regulations for Straight-Line builds on the German Code of Points 1997 (WB-97) together with the IRV changes from 2011, 2012, 2013, 2014, 2015 and 2016. **It replaces all previous documentation.**

A summary of regulations for judging straight-line routines to music will be published in a separate document.

All descriptions use the technical language of wheel gymnastics (under review at the time of publication). Any necessary explanations are therefore included in the Appendix to this document.

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1 THE JUDGING PANEL

1.1 Organisation

1.1.1 Full judging panel for international championships

All international championships should operate with a full judging panel as follows:

- 1 head judge
- 2 difficulty judges
- 4 execution judges

1.1.2 Reduced judging panel for other competitions

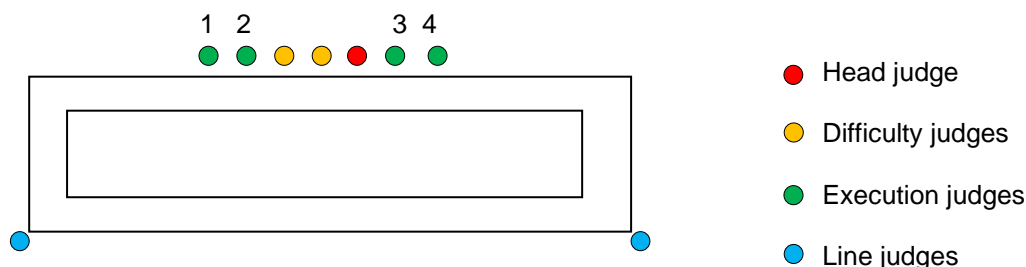
At **other competitions**, it is possible to reduce the number of execution judges to two and/or the number of difficulty judges to one. In this case, one person can carry out the tasks of the head judge and difficulty judge.

1.1.3 Use of helpers

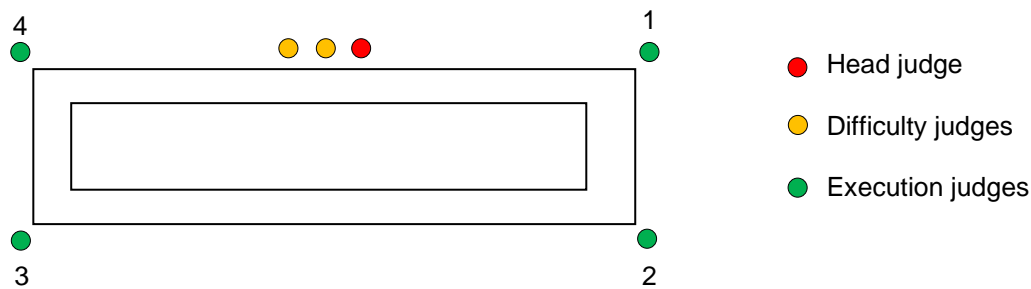
The competition management may allocate one or two trained helpers to assist the head judge in ensuring a quicker and more efficient implementation of the judging process. Judges who are registered to judge at the competition, but are not needed as judges, can be used to help in the organisation of the competition (e.g., as line judges, video camera operators, etc.).

1.1.4 Positioning of the judges

The judging panel as described in 1.1.1 is usually positioned in a row. In this case, two line judges will be used to give a signal if the gymnast rolls out of the competition area or safety zone (by way of a hand signal, flag, or similar).



It is also possible to place the execution judges at the corners of the competition area, outside the safety zone (see below). In this case, no line judges are necessary.



1.2 General rights and obligations

1.2.1 Pre-requisites for judges at international competitions

- must be in possession of a valid national judging licence at the highest level
- must have proof of regular judging experience at national level

1.2.2 Conduct of the judges

All members of the judging panel are obliged to:

- take part in the judging seminar(s) and judges' meetings associated with a competition
- arrive punctually at the judges' meeting
- prepare well for their allocated task(s)
- follow the specified dress code for judges

During the competition, judges must abide by the following:

- must not leave their assigned place
- must not engage in conversation with coaches, gymnasts or other judges
- May only use electronic devices (e.g. smart phones) in offline mode in order to look up details in the Code of Points

In case of violation of these rules, the competition judging officer will issue a warning. In the case of repeated violations of these rules, the competition judging officer has the right to withdraw the judge's licence.

1.3 The rights and obligations of the head judge

1.3.1 General tasks

The head judge is responsible for the correct and fair judging by his/her judging panel. The head judge should therefore judge each routine independently (noting down execution and composition faults) in order to have a clear starting point for discussion in case of a judges' meeting.

1.3.2 Co-operation with the competition management

The head judge is the link between the judges and the competition management and may summon the competition management to solve possible problems and disturbances. The head judge is accountable to the competition management for the work of the judging panel and the handling of any incidents that arise.

1.3.3 Other tasks

The responsibilities of the head judge include:

- providing guidance to the judges regarding specific competition-related questions in order to ensure a correct score
- checking the correctness of the scores submitted by the judges, including the permitted differences between the two middle scores (see 3.4)
- checking and calculating the correct final score
- checking the correct entry of scores into the score sheets, or via electronic transmitting devices
- setting his/her own score for use as a starting point in case of a judges' meeting
- calling the judging panel together for a judges' meeting
- calling the judging panel together for the purpose of changing a score because of too great a difference between the two middle scores, or in order to settle a score between the two middle scores
- giving a hand signal to the gymnast at the beginning and end of the routine
- giving permission to repeat a routine (e.g. in the case of a technical defect, obstacle; or after consulting with the judges and competition management; see 5.2)
- interrupting a routine if the wheel rolls out of the safety zone (see 5.1.1.1)
- checking the time used when applying the 30-second rule (see 5.2.1.2)

- if necessary, postponing the 30-second rule and requesting information from the gymnast or coach (see 5.2.1.2)
- interrupting/stopping a routine (see 5.3)
- displaying/announcing/submitting the final score

1.4 The rights and obligations of the difficulty judges

1.4.1 General tasks

- It is the duty of the difficulty judges to evaluate all routines correctly, efficiently and independently.
- The difficulty judges must follow the instructions of the head judge.
- They must be ready when the head judge signals the beginning of the routine.

1.4.2 Documentation of the routine

- Both difficulty judges are obliged to write down the value of the routine, including structure groups, and to compare their evaluations.
- The difficulty judges compare the resulting difficulty score for the routine with the pocket card submitted by the gymnast. This serves as a point of departure for solving any problematic issues should they occur.
- The difficulty judges determine the difficulty score for a straight-line routine and display/announce the result.

1.4.3 Determining and communicating the recognition or non-recognition of difficulty

- The difficulty judges determine the length of a routine (watching out for repetitions!) and communicate this to the execution judges, making it clear if the routine contained too few or too many moves.
- They also determine whether there was any lack of variation in the routine (e.g. too many elements from the same structure group - see 6.2.3.2) and pass this information on to the execution judges.
- They inform the execution judges in cases where the recognition or non-recognition of difficulty influences the deductions for execution (e.g. non-recognition of a required pike).
- If the two difficulty judges do not agree with one another, Difficulty Judge 1 is responsible for deciding the difficulty value.

- If there is disagreement between the difficulty judges and the execution judges (e.g. in the case of non-recognition of a required pike), the decision regarding recognition or non-recognition is the responsibility of the difficulty judges, or if necessary, Difficulty Judge 1.

1.4.4 Co-operation with the head judge

- The difficulty judges support the head judge in his/her activities and make him/her aware of violations of the regulations (e.g. the interruption of routines as a result of major deductions or the wheel rolling out of the safety zone).
- The difficulty judges have an advisory role in relation to the head judge, but do not make any decisions that are the responsibility of the head judge.
- The difficulty judges do not have the right to initiate a judges' meeting or lead discussions resulting from differences of opinion. However, the head judge may ask the difficulty judges for advice in such a case.
- If there is a disagreement between the head judge and the difficulty judges regarding the recognition/non-recognition of difficulty, the final decision is the responsibility of the difficulty judges, or if necessary, Difficulty Judge 1.

1.5 The rights and obligations of the execution judges

1.5.1 General tasks

- It is the duty of the execution judges to evaluate all routines correctly, efficiently and independently.
- The execution judges must follow the instructions of the head judge and difficulty judges.
- They must be ready when the head judge signals the beginning of the routine.

1.5.2 Identifying and documenting the deductions

- The execution judges document their deductions per judging unit so that they can explain their scoring in case of a subsequent judges' meeting.
- They check whether a routine contains the full composition requirements and make deductions when necessary.
- If the difficulty judges say that there are too many or too few moves in a routine, the execution judges apply the appropriate deductions.
- The execution judges adjust their scores according to the difficulty judges' decisions regarding recognition or non-recognition of moves.

1.6 Judges' meetings

1.6.1 Before the competition

The judging officer responsible for the competition holds a meeting before the start of the competition to check that the planned head judge, difficulty judges and execution judges are present. If necessary, the judging officer appoints replacement judges or makes changes to the judging panels before announcing the various judging panels for the competition. The judging officer may also take the opportunity to go through new rules, draw attention to potential problematic issues or answer questions from the judges

1.6.2 After the competition

The judging officer will hold a meeting for the judges after the competition in order to discuss any problems or questions.

1.6.3 In the case of big differences between the two middle scores

The head judge can call a meeting for the execution judges if the difference between the two middle scores is too big (see 3.4).

1.6.4 On the request of a judge

The head judge must call a meeting if an execution judge or difficulty judge requests a meeting (e.g. by giving a hand signal) because of a specific incident. In this case, the head judge will instruct all the judges to note down their scores before starting a discussion. An example of this type of situation would be if a particular judge's view of the gymnast was blocked by the coach.

1.6.5 On the request of the head judge

The head judge is permitted call a judges' meeting, if he/she thinks it necessary. In this case, he/she will instruct the judges to note down their scores before entering into a discussion. An example of this type of situation would be if there is a need to reprimand a judge or if the highest and/or lowest score is too far away from one of the middle scores. No change of score is required in this case (see 3.4)

1.6.6 In the case of a written protest

On receipt of a written protest a member of the competition management will ask the head judge to call a meeting with the judging panel as soon as possible. The head judge will then inform the judging panel about the protest. After receiving feedback from the head judge, difficulty judges and execution judges, the competition management decides whether to accept or reject the protest.

2 CODE OF CONDUCT FOR GYMNASTS AND COACHES

2.1 Rights and obligations of the gymnasts

2.1.1 Knowledge of the Code of Points

All gymnasts should be well acquainted with the contents of the Code of Points and know and abide by the relevant rules for a competition.

2.1.2 Competition clothing

Participation in competitions is only permitted in competition clothing (see current IRV Competition Rules). It is particularly important that gym shoes are in good condition. See 2.3.2 for how to deal with a breach of the guidelines for competition clothing.

2.1.3 Use of bandages and hand guards

The use of bandages and hand guards is permitted. The gymnast must make sure that these items are in good condition.

2.1.4 Use of magnesium or similar products

Die Verwendung von Magnesia oder ähnlichen Produkten zur Verbesserung des Halts z.B. der Hände ist erlaubt. Sie dürfen jedoch nur außerhalb der Wettkampffläche aufgetragen werden.

The gymnast is permitted to use magnesium or similar products to improve his/her grip on the wheel. However, they can only be applied outside the competition area.

2.1.5 What to do in case of an interruption in a routine

If a routine is interrupted as a result of a fall, direct help from the coach or rolling out of the safety zone (see 5.1.1.1), the gymnast is permitted to get out of the wheel and talk to the coach. If it is necessary to re-position the wheel, the coach is permitted to assist the gymnast in this task. The routine must be continued within 30 seconds. Under certain circumstances, it is possible to delay the 30-second rule. The head judge must inform the gymnast or coach if this is the case. The coach is permitted to help the gymnast resume his/her routine after an interruption. For a precise description of the rules for helping a gymnast after an interruption, see 5.2.

2.2 Rights and obligations of the coaches

2.2.1 Knowledge of the Code of Points

All coaches must know the Code of Points and abide by the rules. Coaches are expected to contribute to ensuring a speedy and disciplined competition.

2.2.2 Spotting a gymnast

In order to avoid accidents, one coach may spot the gymnast. The coach is permitted to enter the competition area for the duration of one move and for the dismount. He/she is permitted to enter the competition area early enough to be able to spot the gymnast from the beginning of the relevant move or dismount. The coach must move quickly and efficiently into position and must exit the competition area in the same manner after the move has been completed. During the rest of the routine, the coach is permitted to be in the safety zone, but not to walk up and down next to the wheel. If the coach wants to move to a different position in the safety zone, he/she must first exit the safety zone and then enter it again in the new position. Only one coach may be in the safety zone at any one time during a routine

If the gymnast performs a dismount from a side position in the wheel, the coach must catch the wheel if it is about to fall. In this case, the coach may touch the wheel as soon as the gymnast is no longer in contact with it.

Comments:

- Safety spotting can be carried out by different coaches (e.g. one for a move during the routine, one for the dismount), but only one coach at a time is permitted inside the competition area or safety zone.
- In the case of limited competition space (e.g. the safety zone ends with the wall of the gym), the competition management can permit an exception to this rule.

2.2.3 The use of mats

The gymnast is permitted to use a mat or crash mat for landing from his/her dismount. The mat must be placed outside the competition area before the gymnast starts his/her routine. It can be inside or outside the safety zone, but should be positioned such that it cannot come into contact with the wheel during the routine (for applicable deductions if the wheel touches the mat during the routine, see 7.8.3). From the second-to-last length of the routine, a maximum of 4 helpers can push the mat into the competition area from the side or from in front of the wheel, so that it is ready for the dismount. The helpers are permitted to stay by the mat in order to make sure it is stable and to make any small adjustments immediately before the dismount. It is strictly forbidden to carry or pull/push the mat behind the rolling wheel or to move it within the safety zone in order to get it to the other end of the competition area. It must be positioned in such a way that it is only possible for the wheel to come into contact with the mat after the gymnast has landed (for applicable deductions, see 7.2.2.3).

2.2.4 Contact with the gymnast

The coach is not permitted to talk to the gymnast during a routine (exceptions: a fall, active help from the coach, an interruption of the routine after rolling out of the safety zone). Furthermore, the coach is not permitted to talk to the judges or technical assistants while a routine is being performed.

2.2.5 Coaches' clothing

As long as a coach is inside the competition sports hall and carrying out coaching duties, he/she must wear suitable clothing (track suit, inside sports shoes) (see current IRV Competition Rules).

2.3 Measures to be implemented if gymnasts, coaches or judges do not fulfil their obligations

2.3.1 Undisciplined behaviour

Coaches and gymnasts who behave in an undisciplined manner or break the rules can receive a warning from the competition management and/or be excluded from the competition.

2.3.2 Breach of clothing rules

If a gymnast, judge or coach appears at a competition in incorrect clothing, the head judge will inform the competition management. The competition management will then set a time limit for the person concerned to change and come back properly dressed for the competition.

- If a gymnast does not act on this, he/she can be excluded from competing by the competition committee.
- If a coach does not act on this, he/she can be asked to leave the immediate vicinity of the competition.
- If a judge does not act on this, the competition management can exclude him/her from the competition and charge his/her country or club a fine equivalent to the cost of paying for a missing judge.

3 SCORING SYSTEM: GENERAL INFORMATION

3.1 Total score

The total score for a voluntary routine is based on an evaluation of the following factors:

- a. Execution
- b. Composition
- c. Difficulty

whereby:

- a. The execution judges evaluate technical performance and body positioning.
- b. The execution judges evaluate the composition of the routine, including the limitations imposed by structure groups.
- c. The difficulty judges evaluate the material worth (difficulty) of the routine.

For the distribution of points contributing to the final score, see Chapter 6)

3.2 Judging methods

3.2.1 Execution judges

Two methods of judging are possible for execution judges at all competitions:

3.2.1.1 Open scoring

On a signal from the head judge, the execution judges display their scores simultaneously using manual scorecards or an electronic scoreboard. When using manual scorecards, the scores should be shown to the head judge first, before making them visible to the spectators.

3.2.1.2 Closed scoring

The judges write down their score on a piece of paper, which is given (or taken by a helper) to the head judge. The number of the judge as well as the number of the gymnast should be written on this paper. It is also possible to transmit the scores electronically to the head judge.

3.2.2 Difficulty judges

The difficulty score is calculated by the difficulty judges first but must be displayed openly immediately afterwards.

3.3 General rules for calculating the final score

The difficulty judges determine their score first and inform the execution judges of any rule violations that are relevant for the execution score. They then display the difficulty score.

The head judge determines the execution score as quickly as possible by writing down the individual scores of the execution judges (or dictating them to a helper). The scores are entered into the competition list or computer system. If there are four execution judges, the execution score is calculated by discarding the highest and lowest scores. The execution score for the routine will be arithmetic mean of the two middle scores. If there are two judges, the execution score for the routine will be the arithmetic mean of the scores given by these two judges.

The head judge calculates the final score for the routine by adding together the difficulty score and the arithmetic mean of the two middle scores for execution.

3.4 Permitted differences between the two middle scores for execution

The point difference between the two middle scores for execution should not be greater than ...

- a) 0.2 if the arithmetic mean is above 5.45
- b) 0.3 if the arithmetic mean is between 4.5 and 5.45
- c) 0.5 if the arithmetic mean is between 3.0 and 4.45
- d) 1.0 if the arithmetic mean is below 3.0

As long as the point difference is within the permitted area of tolerance, the head judge must calculate the execution score using the two middle scores.

If the point difference is greater than described in points a) - d) above, it is the responsibility of the head judge to decide whether to accept and use the arithmetic mean between the two scores or whether to call a judges' meeting. In the case of a judges' meeting, the judges explain their respective scores, or if necessary, re-calculate to give a new score. If the point difference is still too big after the judges' meeting, the head judge will decide on a final score for execution, somewhere between the two middle scores. I.e. the final execution score can be one of the two middle scores or any score between the two middle scores. (NB: In this case, a note must be made in the competition list that the final execution score was decided by the head judge.)

4 DETERMINING THE FINAL SCORE OF A ROUTINE

4.1 Beginning and end of the judging process

4.1.1 Beginning of the judging process

The judging of a straight-line routine begins when the head judge signals the gymnast to start. The movements necessary for the gymnast to get into position in the wheel and tighten the bindings are not evaluated.

However, after the gymnast has entered the wheel, he/she is not permitted to change standing position in order to face in a different direction (even if the gymnast does not touch the floor when changing position). (For the relevant deduction, see 7.2.3)

A change of wheel is not permitted after the head judge has signalled the gymnast to begin. (For the relevant deduction, see 7.2.4)

If the wheel is changed after the routine has been started, the head judge will stop the routine immediately (see 5.3) and ask the gymnast to perform an underswing dismount.

For a detailed description of how to begin a straight-line routine, see Appendix I: A4.1.

4.1.2 End of the judging process

The judging process ends...

- ...with the gymnast in standing position with legs together after landing from the dismount.
- ...if the gymnast does not continue a routine within 30 seconds after an interruption (see 5.2.1.2).
- ... if the head judge stops the routine (see 5.3) and the gymnast has performed a dismount as requested.

4.2 Changing individual and final scores

4.2.1 Changing execution scores

- If a judges' meeting is called because of too big a point difference between the two middle execution scores, the execution judges are allowed to change their scores after the meeting.
- If a judges' meeting is called **before** the execution judges have handed in their scores (see 1.6.4, 1.6.5), the judges can change their scores after the meeting.

- If a judges' meeting is called **after** the execution judges have handed in their scores and without the difference between the two middle scores being too big, the final execution score will not be changed. (Exception: mathematical mistake in the calculation of an execution score, see next paragraph).
- It is not permitted for coaches/gymnasts to challenge the execution score given by the judges.
- If a judge discovers a mistake in his/her calculation of an execution score before the head judge has calculated and passed on the final score, the judge must inform the head judge immediately and submit his/her corrected execution score
- After the head judge has calculated and announced or passed on the final score, no change in the execution score is possible.

4.2.2 Changing the difficulty score

- If the difficulty judges discover a mistake in their calculation of the difficulty score, they can change the score and inform the head judge before the head judge announces or passes on the final score. After the head judge has announced or passed on the final score, no change in the difficulty score is possible.
- Opportunity for the coach to question the difficulty score:
 - It is recommended for the gymnast to submit a detailed list of difficulty and structure groups (pocket card) to the competition management before the start of the competition.
 - After the difficulty score is displayed by the judges, but before the final score is announced, the coach can approach the judges' table and make the following request(s):
 - Ask which difficulty element(s) was(were) not recognised.
 - If all difficulty elements were recognised, the coach is permitted to ask the difficulty judges to check the calculation of difficulty one more time. In this case, the difficulty judges are permitted to make a correction to the difficulty score if necessary.
 - If the question from the coach relates to interpretation (e.g. recognition or non-recognition of a difficulty element with regard to execution), the difficulty judges will reject the inquiry and no further discussion is permitted.
 - If the coach(es) has(have) a major objection to the difficulty score, the only remaining option is to submit an official written protest (see current competition rules for formal procedure). If the protest is successful, the difficulty score will be changed. A written protest can only be submitted if a difficulty list (pocket card) was handed in before the competition.
 - The use of video footage is not permitted.

4.3 Correction of the final score / competition result

4.3.1 Correction of the final score

Correction of a gymnast's final score is necessary, if...

- ...there is an identifiable mistake in the head judge's calculation (e.g. incorrect calculation of the arithmetic mean of the two middle execution scores, incorrect addition of the execution score and difficulty score).
- ...there is an identifiable mistake in the transfer of individual scores or final score in an electronic scoring system.
- ...a written protest against the difficulty score is successful.

4.3.2 Correction of the competition result

A correction of the competition result is necessary, if...

- ...there is an identifiable mistake in the addition of a gymnast's final scores.
- ...there is an identifiable error in an electronic scoring system.

5 INTERRUPTION, CONTINUATION AND TERMINATION OF ROUTINES

5.1 Interruption of a routine

5.1.1 Interruption of a routine as a result of mistakes in execution

This chapter describes mistakes in execution that can lead to an interruption of the routine. Even though these mistakes do not always cause an interruption, they represent major breaches of the regulations and will therefore incur the relevant deductions (see chapter 7)

- Rolling out of the safety zone
- A fall or assistance from the coach

5.1.1.1 Rolling out of (leaving) the safety zone

- Rolling out of the safety zone is when the point of contact of the wheel rim with the floor is outside the safety zone markings. A case of rolling out of the safety zone is also counted if the gymnast ends up outside the safety zone while the wheel is still inside the safety zone (e.g. in a dismount).
- If the wheel rolls out of the safety zone, the head judge will call out to the gymnast in order to interrupt the routine. The judges or line judges give a hand signal to indicate that the wheel or gymnast is outside the safety zone. All the judges stop judging at this point and make a note of their deductions so far.

Special case - dismount: If the gymnast lands outside the safety zone after a dismount, the dismount itself (including its difficulty value) will be recognised, but the execution judges will apply the appropriate deductions for leaving the safety zone (see 7.2.3)

- If a gymnast does not react to the request of the head judge to interrupt the routine, the head judge will repeat the request a second and third time. If the gymnast does not react after the third request, the head judge will terminate the routine and ask the gymnast to perform an underswing dismount.
- After the third occurrence of the wheel rolling out of the safety zone (and/or other major deductions), the head judge will terminate the routine and ask the gymnast to perform an underswing dismount.

5.1.1.2 Fall

- The gymnast ends up on the floor (either between the rims or outside the wheel), whereby this is not a prescribed part of the move being performed. The gymnast's hands or feet might still be in contact with the wheel, but the flow of the routine is

interrupted. The gymnast needs to find a way to resume the routine after this interruption.

- It is also counted as a fall if the gymnast steps on the floor to change standing position after having got into the wheel to start the routine.
- Help from the coach can also be counted as a fall, e.g. if the coach touches the gymnast or the wheel in order to avoid a fall and prevent the gymnast from injuring him/herself. This includes cases where the coach touches the gymnast or wheel and then the gymnast interrupts the routine. In these cases, the help from the coach and the fall belong together and will only incur one major deduction (see 7.8.2).
- A fall in connection with the dismount is counted if the gymnast lands in a sitting position, i.e. feet and backside touch the mat at the same time. A fall is also counted if the gymnast lands on his/her hands and feet/knees at the same time, or in a lying position.

5.1.2 Interruption of a routine because of a technical defect

A technical defect includes e.g. a broken wheel rim or binding (it does not include faults in the gymnast's clothing or shoes). A differentiation can be made between an obvious technical defect (e.g. a binding that breaks during the routine) and a verifiable technical defect (e.g. a broken wheel rim) that might only be discovered by the gymnast after the end of the routine.

5.1.3 Interruption of a routine because of an obstacle

An obstacle is when something happens in the competition area or safety zone (not the fault of the gymnast or coach) that prevents the gymnast from finishing his/her routine in a normal undisturbed manner. The obstacle should be obvious to the judging panel.

5.2 How to resume (continue) a routine after an interruption

5.2.1 General regulations for resuming (continuing) a routine after an interruption

5.2.1.1 Re-positioning of the wheel

In the case of interruptions (see 5.1), the gymnast is permitted to get out of the wheel, re-position it and (if necessary) get back into the bindings. In general, an interrupted routine should be continued from the point where the interruption occurred, and the rolling direction of the wheel should be the same as before the interruption. This is not always possible, and the following therefore applies:

- In the case of centralised moves with and without bindings, the wheel should be re-positioned so that the gymnast can continue the routine from an upright position.

- In the case of decentralised moves, it is permitted to re-position the wheel one rotation back from where the interruption occurred. From this point the gymnast can continue the routine with or without help from the coach.
- If the wheel is re-positioned by the gymnast or coach more than the permitted one rotation back from the point of interruption, e.g. two rotations back to the beginning of the length, the difficulty judges will automatically count a new length.
- The gymnast is permitted to re-apply magnesium and to leave the competition area and safety zone for this purpose.
- The coach is allowed to assist and talk to the gymnast.
- The gymnast has a maximum of 30 seconds to complete the above measures and continue/resume his/her routine (30-second rule).

5.2.1.2 The 30-second rule

- The routine must be continued within 30 seconds of the interruption.
- It is the duty of the head judge to let the gymnast know exactly how much time there is left before the routine has to be continued.
- After 30 seconds, the head judge informs the gymnast and/or coach that the routine must be continued immediately. If there is a delay, the head judge gives a second warning. If there is a further delay, the routine will be terminated by the head judge (see 5.3) and the gymnast will be requested to perform an underswing dismount.
- The 30-second rule does not apply in the case of a technical defect (see 5.1.2) or obstacle (see 5.1.3).
- The 30-second rule can be postponed if the interruption is caused by a fall and injury to the gymnast, where the head judge is not immediately able to evaluate the severity of the injury. The competition management can exclude a participant from the competition (or an individual discipline) for medical/health reasons (see 5.3).

5.2.1.3 Resuming (continuing) a routine (after an interruption)

When resuming (continuing) a straight-line routine after an interruption, it is necessary to differentiate between the following cases:

- Resuming a routine with a move in one or both bindings
- Resuming a routine with a centralised move without bindings
- Resuming a routine with a decentralised move

a) The following points apply when resuming a straight-line routine with a move in one

or both bindings, or with a centralised move without bindings.

- The gymnast or coach can re-position the wheel according to the rules. The gymnast puts one or both feet into the binding(s).
 - The gymnast continues the routine without the help of a coach: The gymnast sets the wheel in motion independently, e.g. by way of a side stride position, single or double standing swing (for the definition of a standing swing, see Appendix I: A4.2.3).
 - The gymnast continues the routine with the help of a coach: The coach can help the gymnast into the desired starting position (e.g. giant bridge). In this case, the coach is allowed to re-grasp the wheel several times or slide his/her hands along the rim of the wheel, before letting go and allowing the gymnast to continue independently.

b) The following applies when resuming a straight-line routine with a decentralised move without bindings:

- Option 1:
Resuming the routine independently: The gymnast can grasp the wheel rims/handles/rungs from a standing position on the floor/rims or rungs/handles. In particularly big wheels the gymnast is permitted to jump into position from where he/she is standing.
 - The gymnast can then continue directly with an upper phase (e.g. roll through the arms backwards, tuck stand on the upper board) followed by a lower phase and then the rest of the routine.

Judges:

The execution and difficulty judges resume judging immediately.

- The gymnast uses a transition of his/her choice (stepped, tucked...) to achieve the desired standing position (e.g. stride stand on the boards). Using a single or double standing swing, the gymnast executes the desired upper phase in order to continue his/her routine.

Judges:

The execution judges do not make minor deductions for the standing swing.

Exception: If the gymnast falls again, there will be a major deduction (see 7.8.1).

If the gymnast uses more than a double standing swing, a half-point deduction will apply (see 7.2.3)

- Option 2:

Resuming the routine with the help of the coach:

- The coach holds the wheel while the gymnast gets into position for an upper phase.
- The coach "pulls" the gymnast into an upper phase, whereby the wheel completes approximately half a rotation and the coach can use his/her feet on one or more rungs to assist the pulling action. The coach can also re-grasp the wheel several times and slide his/her hands along the rims.

Judges:

No deductions are made when the gymnast resumes the routine with the help of a coach.

c) Positioning of the wheel when resuming the routine / change of direction / new length:

The spatial course (rolling direction) of the wheel when resuming a routine after an interruption can take place as follows:

- The gymnast resumes the interrupted routine (if applicable, after having rolled the wheel back one rotation - see "Re-positioning of the wheel" 5.2.1.1) such that he/she continues in the same direction as the wheel was rolling before the interruption. This is also valid if the interruption happened in the upper phase at the end of a length. In this case, the difficulty judges will not count a new length.
- The gymnast resumes the interrupted routine such that he/she continues in the opposite direction to which the wheel was rolling before the interruption. In this case, the difficulty judges will count a new length.

d) Before resuming his/her routine, the gymnast or coach can ask the difficulty judges whether or not the difficulty of the skill performed when the interruption occurred was recognised.

5.2.1.4 Repeating the move that caused the interruption

If the interruption occurred before the move was recognised, the gymnast can repeat the move. If the move was already recognised, it is not necessary to repeat it. The difficulty judges are obliged to give this information to the gymnast or coach if they ask.

5.2.1.5 How the judges evaluate the interruption

- If the move was recognised:
 - The difficulty judges count the difficulty and structure group (where relevant).

- The difficulty judges decide which length the move belongs to, i.e. a length relevant to the permitted number of lengths in a routine (see 6.1.1).
- The execution judges deduct only for the type of interruption that occurred in the unit (half-point or major deduction, see 7.7 und 7.8). Minor deductions or the sum of minor deductions for this unit must be deleted.

Special case: The interruption happens during the transition between two moves. In this case, the interruption and associated deductions (half-point or major deduction) will be counted as part of the subsequent unit. This means that the minor deductions from the previous (recognised) unit will still be counted.

- If applicable, the execution judges count the move towards the composition of the routine.
- If the move was not recognised:
 - The move is not included in the difficulty score or structure groups.
 - If the move is at the beginning of a length, it will not be counted as a new length, i.e. it is not relevant in when calculating the permitted number of lengths in the routine (see 6.1.1). If the move where the interruption occurred was in the middle or at the end of a length, this length will be counted as one of the lengths in the routine.
 - In the unit where the interruption occurs, the execution judges only deduct for the type of interruption (half-point or major deduction, see 7.7 and 7.8). Minor deductions or the sum of minor deductions for this unit must be deleted.
 - The execution judges do not recognise the move in relation to the composition of the routine.
- The execution judges resume their evaluation of the routine as soon as the gymnast is performing independently again (Continuing (resuming) the routine after an interruption, see 5.2.1.3).
- The difficulty judges resume their evaluation of the routine ...

...when the gymnast continues the routine with a centralised move after gathering momentum independently or making use of an independent standing swing (single or double).

... in the upper phase, if this is achieved by the gymnast without the help of a coach.

Comment: Decentralised moves whose difficulty is in the lower phase will only be recognised if the preceding upper phase is achieved by the gymnast without the help of a coach.

- Elements performed with the help of a coach in order to get into position for continuing the routine will not be counted in the difficulty score and no deductions

will be made for execution.

- If the gymnast starts the routine from the beginning or repeats parts of the routine, the following will apply:
The repeated moves will not be counted towards the difficulty score if they have already been recognised by the difficulty judges. However, they will be counted towards the permitted number of lengths and structure groups in the routine. The execution judges will deduct for faults in execution (for Repetition of moves, see 6.4)

5.2.2 Special rules for resuming (continuing) a routine after a technical defect

5.2.2.1 Obvious technical defect during the routine

Die Vorschriften der Wiederaufnahme von Übungsfolgen gelten analog zu oben

In the case of an obvious technical defect (e.g. a binding breaks during the routine), the gymnast interrupts the routine and continues without deductions. The head judge instructs the judges not to make deductions resulting from the technical defect. The difficulty judges make note of the difficulty recognised until the point of the interruption, while the execution judges keep track of the accumulated deductions up to this point. The 30-second rule can be postponed. Judging resumes (if necessary, after a prolonged interruption) when the gymnast moves the wheel independently. The rules for resuming a routine are the same as above (see 5.2.1.3). The judging panel consults with the gymnast in order to decide when to continue the routine.

5.2.2.2 Non-obvious technical defect during the routine

If the gymnast interrupts his/her routine because of a suspected technical defect (e.g. a broken wheel rim), the head judge must be informed immediately (by the gymnast or coach). The head judge then instructs the difficulty and execution judges to make a note of the difficulty achieved and deductions accumulated up to the point of interruption. The 30-second rule is postponed, and the competition can continue with the next competitor. The competition management must then investigate the suspected technical defect. If the technical defect is confirmed, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine.

The gymnast (in agreement with the head judge) then has two options ... either

a.) ...to continue the routine from the point of interruption

or

b.) ... to repeat the entire routine.

In case a.) The difficulty and execution judges continue to judge from the point of interruption. No major deduction will be made for the interruption of the routine.

In case b.) The gymnast decides (in agreement with the head judge) when to repeat the

entire routine. The difficulty and execution scores that had been counted so far are deleted and the final score for the repeated routine is counted as the competition score. If no technical defect can be confirmed, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine. The difficulty and execution judges continue judging from the point of interruption. An additional major deduction (see 7.8) for the independent interruption by the gymnast.

5.2.2.3 Non-obvious technical defect after finishing a routine

If there is the suspicion of an identifiable technical defect (e.g. a broken wheel rim) after the end of the routine, the head judge must be informed immediately (by the gymnast or coach). This must be done before the final score is made public. In this case, the final score for the routine will be calculated but not announced. The competition can continue while the competition management examines the possible technical defect. If a technical defect is identified, the competition management will discuss with the gymnast and head judge to decide whether and when to repeat the entire routine. If the routine is repeated, the already calculated score will be deleted.

If no technical defect can be identified, the already calculated score will be made public.

5.2.3 Special rules for resuming (continuing) a routine after an obstacle

5.2.3.1 Obvious obstacle during the routine

Die Vorschriften der Wiederaufnahme von Übungsfolgen gelten analog zu oben

In the case of an obvious obstacle (e.g. a camera team in the way), the gymnast interrupts the routine and continues without deductions. The head judge instructs the judges not to make deductions resulting from the obstacle. The difficulty judges make note of the difficulty elements recognised until the point of the interruption, while the execution judges keep track of the accumulated deductions up to this point. The 30-second rule can be postponed. Judging continues (if necessary, after a prolonged interruption) when the gymnast moves the wheel independently. The rules for continuing a routine are the same as above (see 5.2.1.3). The judging panel consults with the gymnast in order to decide when to continue the routine.

5.2.3.2 Non-obvious obstacle during the routine

If the gymnast stops his/her routine because of a suspected obstacle (e.g. obstacle in the competition area) the head judge must be informed immediately (by the gymnast or coach). The head judge then instructs the difficulty and execution judges to make a note of the difficulty achieved and deductions accumulated up to the point of interruption. The 30-second rule is postponed, and the competition can continue with the next competitor. The competition management must then investigate the gymnast's claim of an obstacle in the competition area. If the presence of an obstacle is confirmed, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine.

The gymnast (in agreement with the head judge) then has two options ... either

a) ...to continue the routine from the point of interruption,

or

b) ...to repeat the entire routine.

In case a.) The difficulty and execution judges continue to judge from the point of interruption. No major deduction will be made for the interruption of the routine.

In case b.) The gymnast decides (in agreement with the head judge) when to repeat the entire routine. The difficulty and execution scores that had been counted so far are deleted and the final score for the repeated routine is counted as the competition score.

If the presence of an obstacle cannot be confirmed, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine. The difficulty and execution judges continue judging from the point of interruption. An additional major deduction (see 7.8.1) will be made for the gymnast's independent interruption of the routine.

5.2.3.3 Non-obvious obstacle after finishing the routine

If the gymnast complains about a non-obvious obstacle after finishing his/her routine, the head judge must be informed immediately (by the gymnast or coach). This must be done before the final score is made public. In this case, the final score for the routine will be calculated but not announced. The competition can continue while the competition management checks out the obstacle in question. If the presence of an obstacle can be confirmed, the competition management will discuss with the gymnast and head judge to decide whether and when to repeat the entire routine. If the routine is repeated, the already calculated score will be deleted.

If the existence of an obstacle cannot be confirmed, the already calculated score will be made public.

5.3 Terminating a routine

In the following cases, the head judge is obliged to terminate the routine:

- After the third major deduction (see 7.8 for an overview of major deductions) and/or rolling out of (leaving) the safety zone (see 5.1.1.1) during the course of a routine.
- If the wheel rolls out of the safety zone and the gymnast does not respond to three requests from the head judge to interrupt the routine (see 5.1.1.1).
- If the gymnast changes wheel after an interruption in the routine.
- If the gymnast exceeds the 30-second rule (see 5.2.1.2)

- If the gymnast rolls back a third time (see 7.7.1) in a centralised unit
- After a third extra swing

In these cases, the head judge will terminate the routine and ask the gymnast to perform an underswing dismount.

Special case:

- Exclusion of a gymnast by the competition management after an injury

In this case, the gymnast will not be requested to perform a dismount. The execution judges deduct for a missing dismount.

6 THE EVALUATION OF VOLUNTARY ROUTINES

The distribution of points for calculating the final score of a voluntary routine is as follows:

Execution:	5.0
Composition:	1.0
Difficulty:	6.6
<hr/>	
Maximum score:	12.6

6.1 Execution

The maximum score of **5.0 points** for execution can only be achieved if the gymnast performs the required minimum number of moves (for the definition of a move, see Appendix I: A3.1), but does not exceed the maximum number of permitted lengths (for the definition of a length, see Appendix I: A3.3). The difficulty judges inform the execution judges if the gymnast performs too few moves or too many lengths. The execution judges make the necessary deductions from the execution score.

The routines must also be performed within the marked competition area and within the prescribed rolling zones (see Appendix I: A4.4). If this is not the case, there will also be deductions from the execution score.

If the deductions for execution add up to more than 5.0, it is not possible to make further deductions. Any additional deductions will not be taken into consideration.

6.1.1 Length of voluntary straight-line routines

A voluntary routine in straight-line comprises at least 8 moves, maximum 6 lengths and a dismount. The required minimum number of moves must be achieved without repetition (see 6.4).

- If too few moves are performed, the relevant deductions will be made from the execution score (see 6.1).
- If the gymnast repeats moves in order to fulfil the minimum requirement of 8 moves plus dismount, the repeated moves will be counted as missing moves for which the relevant deductions will be made – in addition to the general deductions for execution (see 7.1).
- If the gymnast performs more than 6 lengths, deductions for too many lengths will be made from the execution score (see 7.1).
- The dismount must occur at the latest in the 6th length (without an additional change of direction).

- In all cases, the difficulty judges will inform the execution judges how many missing moves or additional lengths there were in a routine.

6.1.2 Definition of a judging unit

For the purpose of evaluating execution, a routine is divided into so-called judging units.

A judging unit in straight-line consists of a preceding transition together with the subsequent move (see Appendix I: A3.2).

In the case of decentralised elements, not all moves will consist of an upper and lower phase. The following upper phases are thus considered to be units in their own right:

- An upper phase immediately preceding a centralised move, even if the centralised part does not comprise a complete wheel rotation (e.g. Above: free knee swing, bridge forwards)
- An upper phase preceding a centralised change of direction
- An upper phase immediately preceding a dismount

The dismount is a unit in its own right.

6.1.3 General comments regarding the evaluation of execution

6.1.3.1 General principles in the evaluation of moves and units by the execution judges

- The execution judges evaluate all independently performed moves and units according to the prescribed criteria (precise descriptions of the ideal execution of moves or transitions can be found in the Appendix or in the description of difficulty elements in the difficulty catalogue).
- The execution judges also evaluate whether the gymnast has adhered to the rules concerning lengths (see Appendix I: A3.3) (e.g. rolling too far, changes of direction etc.).
- No deductions will be made for moves, elements or phases during which the gymnast is assisted by a coach – in accordance with the rules – to reach a position from which to continue (resume) a routine after an interruption (see 5.2.1.3).
- The execution judges make deductions for deviations from the ideal execution of a move. The deductions relate to one unit at a time and are differentiated as follows...
 - ...small deviations from the ideal execution (minor deductions)
 - ...medium deviations in execution (half-point deductions)

- ...serious deviations in execution (major deductions)

Comment: For an overview of all deductions, see Chapter 7.

In the case of minor deductions or the sum of minor deductions in a judging unit, there is usually no doubt about the recognition of a move by the difficulty judges. In the case of half-point and major deductions, the difficulty judges will decide on the recognition (or non-recognition) of a move.

If a half-point or major deduction occurs **before** more than $\frac{3}{4}$ of a move has been performed, the move will not be recognised (see 6.3.3).

If a half-point or major deduction occurs **after** more than $\frac{3}{4}$ of a move has been completed, the move will be recognised.

In both cases, the minor deductions that have been documented by the execution judges up to that point will be deleted and replaced by a half-point or major deduction.

Special case: The interruption happens during the transition between two moves. In this case, the interruption and associated deductions (half-point or major deduction) will be counted as part of the subsequent unit. This means that the minor deductions from the previous (recognised) unit will still be counted.

If the half-point or major deduction leads to an interruption in the routine, e.g. a fall, the judging will start again when the gymnast continues the routine (see 5.2).

6.2 Composition

The maximum score of **1.0** for composition can only be achieved if the gymnast fulfils all the general and special requirements for composition (see 6.2.2) and performs a routine that shows no lack of variation (see 6.2.3.2).

The execution judges determine whether the general and special composition requirements have been fulfilled and make any necessary deductions.

The difficulty judges identify any lack of variation and inform the execution judges about deduction-relevant errors.

If the deductions for composition amount to more than 1.0 in total, it is not possible to deduct more than 1.0. Any additional composition deductions will not be taken into consideration.

6.2.1 General composition requirements

- All mounts in straight-line (without music) start from a closed standing position (legs together) outside the wheel.
- A dismount involves leaving the apparatus by way of a flight phase into a closed standing position outside the wheel, i.e. the dismount ends in a closed standing position with legs together and arms elevated to the side.

- A routine must be constructed such that there is no repetition of moves (see 6.4).
- Routines must be constructed such that they contain moves from different structure groups. The repeated performance of the same moves or elements from the same structure groups is not desirable (see 6.2.3.1).
- Routines must be constructed such that the gymnast does not “walk” in the wheel for more than half a wheel rotation.

6.2.2 Special composition requirements

The following special composition requirements must be fulfilled:

- 1 move in both bindings
- 1 move in one binding
- 1 complete free-fly with a pike (also as an element combination)
- 2 centralised moves without bindings

Comment: An element combination without bindings that combines a decentralised element with a centralised one (e.g. from free knee swing into bridge forwards) will be counted as a centralised move without bindings.

- 1 bridge without bindings (without a ½ turn in an inverted position)

Comment: Bridges without bindings where the gymnast only shows a stride variation during the wheel rotation are counted as complete bridges (e.g. from a bridge forwards without bindings standing on the back board with one leg in front on a rung or handle, into a bridge forwards with the front leg bent and the free foot pressed to the knee).

- 1 decentralised move where the upper phase is either from the structure group High Rolls or from the structure group Hip Circles (or a combination of the two)

One move can fulfil more than one special composition requirement.

Example:

- Giant bridge forwards without bindings
 - 1 centralised move without bindings
 - 1 bridge without bindings

6.2.3 Special cases when recognising moves

6.2.3.1 Restricted structure groups

Routines should be constructed such that they contain moves from different structure groups.

The repeated performance of moves, elements or transitions from the same structure group is not desirable. As difficulty elements are very concentrated in relation to particular structure groups, restrictions have been introduced for the following groups:

- knee circles (all variations)
- hip circles (all variations)
- high tuck over (all variations)
- downward hip circle with ½ turn
- high rolls (all variations)
- All moves containing a free knee hang/swing. This includes all decentralised moves with a free knee hang/swing (e.g. from free knee swing into high sitting) and all element combinations without bindings with a decentralised knee swing/hang element (e.g. from free knee swing, step into a bridge forwards)
- Giant bridges (all variations)

One move can contain several elements from the same structure group (e.g. double or triple back hip circle) as well as in combination with elements from other structure groups (e.g. high tuck over backwards, double back hip circle). A structure group will only be counted once per move even if it occurs two or three times. If the move comprises several structure groups, each of them will be counted once.

Example:

High tuck over backwards, double back hip circle

- 1 x structure group "high tuck over"
- 1 x structure group "hip circles"

6.2.3.2 Lack of variation

Lack of variation implies the performance of more than three moves (or element combinations) containing an element from the same restricted structure group. No difference is made between an element performed as a move, an element performed as part of an element combination, or an element performed as a stand-alone upper phase.

6.2.3.2.1 Lack of variation judged by the difficulty judges

- The difficulty of an element will no longer be counted after the 3rd occurrence from a restricted structure group.
- The difficulty judges inform the execution judges and head judge that the gymnast has performed one move too many from a restricted structure group.
- If the excess move(s) from a restricted structure group result in the routine becoming too long (i.e. more than 6 lengths), these lengths will be counted as being too many.
- A 4th or more move from a restricted structure group will not be counted towards the minimum number of moves in a routine, i.e. it will be evaluated as a missing move. The difficulty judges will inform the execution judges and head judge about the number of missing moves.

6.2.3.2.2 Lack of variation judged by the execution judges

- The execution judges evaluate the execution of all the moves performed (including the excess moves in relation to restricted structure groups).
- Based on information provided by the difficulty judges...
 - ...they will make deductions for lack of variation in composition from the 4th move from the same structure group (see 8.2).

6.3 Difficulty

6.3.1 Difficulty values in straight-line

Moves and dismounts in straight-line have difficulty values of 0, A, B, C or D. The difficulty values A, B, C and D are important for calculating the final difficulty score, and they range from A (lowest difficulty) to D (highest difficulty). The straight-line difficulty catalogue provides an overview of all difficulty elements in the straight-line discipline.

All elements that are not specifically defined in the straight-line difficulty catalogue as having A, B, C, or D difficulty will be counted as having zero difficulty, i.e. they have no difficulty to contribute to the difficulty score, but they will be counted as moves.

A, B, C, and D **difficulty values**:

- A: 0.2
- B: 0.4
- C: 0.6
- D: 0.8

6.3.2 Calculating the difficulty score

In order to calculate the difficulty score of a routine, the eight highest difficulty elements are counted, regardless of whether they are A, B, C, or D. Additional difficulty will not be counted.

If a gymnast performs a dismount with a difficult value of B, C or D, he/she will receive an additional bonus of 0.2 from the difficulty judges.

Independently of the dismount bonus, the difficulty value for the dismount will be included in the calculation of the final difficulty score.

6.3.2.1 Examples

The **maximum** possible difficulty score for a routine is **6.6**.

Example 1: The maximum difficulty of 6.6 will be achieved in the following case:

A gymnast performs a routine containing the following difficulty skills:

D D D A C D D D B D D A - B (= dismount)

Calculation: 8 x D = 6.4

Bonus for dismount = 0.2

Difficulty score: = 6.6

Example 2: A gymnast performs a routine containing the following difficulty skills:

C C C B C D A B D D B - A (= dismount)

Calculation: 3 x D = 2.4

4 x C = 2.4

1 x B = 0.4

Bonus for dismount = 0.0

Difficulty score: = 5.2

Example 3: A gymnast performs a routine containing the following difficulty skills:

B 0 0 B 0 A B 0 C 0 - B (= dismount)

Calculation: 1 x C = 0.6

4 x B = 1.6

1 x A = 0.2

2 x 0 = 0.0

$$\begin{array}{rcl} \text{Bonus for dismount} & = & 0.2 \\ \hline \text{Difficulty score:} & = & 2.6 \end{array}$$

6.3.3 Counting difficulty

6.3.3.1 General rules

In straight-line, difficulty values are linked to moves, stand-alone upper phases and dismounts. Difficulty judges count in the following manner:

For centralised moves, a difficulty value is linked to one wheel rotation.

In decentralised moves, a difficulty value is linked to an upper phase with subsequent lower phase.

In addition, the following stand-alone upper phases have a difficulty value of their own:

- An upper phase immediately preceding a centralised move
- An upper phase that is linked to a centralised move, even if the centralised move represents only approx. half a wheel rotation and starts in an inverted position
- An upper phase preceding a centralised change of direction
- An upper phase immediately preceding a dismount

The dismount also has its own difficulty value.

6.3.3.2 Counting moves (units of difficulty) in straight-line

The difficulty judges count difficulty in the following manner:

- For centralised moves, a difficulty value is linked to one rotation of the wheel.
- In decentralised moves, a difficulty value is linked to an upper phase with a subsequent lower phase. If the upper phase is performed as a change of direction (i.e. the lower phase takes place in a new rolling direction), the whole move counts as part of the new length. The difficulty value of the decentralised move is the higher of the values for the upper and lower phases.
- If a centralised move is performed directly after an upper phase, the element(s) in the upper phase will have a difficulty value in their own right and the subsequent centralised move will also have its own difficulty value, whereby it is possible that the element(s) in the upper phase can upgrade the difficulty value of the centralised move (see straight-line difficulty catalogue).

- If the gymnast performs a centralised change of direction or walks in the wheel directly after an upper phase, this upper phase will have its own difficulty value.
- If the gymnast performs a dismount directly from an upper phase, the upper phase and dismount will have two separate difficulty values, whereby it is possible that the element in the upper phase can upgrade the value of the dismount (see straight-line difficulty catalogue).

6.3.3.3 Recognition of difficulty in straight-line

In general, the difficulty values of moves, stand-alone upper phases and dismounts are only counted when they are performed without help from a coach.

Recognition of difficulty (not including the dismount):

The difficulty judges will only recognise difficulty if **more than** $\frac{3}{4}$ of a skill has been performed and as long as the core phase of the movement has been completed in a technically correct manner. If the difficulty skill fails (e.g. because of a fall, help from the coach, rolling out of the safety zone) before more than $\frac{3}{4}$ of the move has been completed, or if the technical characteristics of the skill were not significantly recognisable, the difficulty judges will not recognise the difficulty value, or they will give it a lower difficulty that corresponds to with the gymnast's technical execution.

In decentralised moves, difficulty is only recognised if the upper phase has been achieved without help from the coach. It is particularly important to take this into consideration when a gymnast resumes (continues) a routine after an interruption (see 5.2)

Important points relating to the recognition of difficulty for individual skills can be found in the difficulty catalogue (see the column called "Difficulty judge / Recognition").

Recognition of dismounts:

A straight-line dismount must end in a stable standing position with legs together.

- If the gymnast takes 1-2 steps after landing before reaching a stable standing position with legs together, minor deductions will apply (see 7.4.13). In this case, the recognition of the dismount will not be affected. In general, a dismount will be recognised as long as there are only minor deductions to be made.
- If the gymnast does not land in a stable standing position and touches the floor or mat with his/her hands for (light) support, only minor deductions will apply (see 7.5.1).
- If the gymnast lands in a stable standing position, but the hips are below knee level, this will also only result in minor deductions (see 7.5.3).
- If the gymnast lands in a sitting position, i.e. feet and backside touch the mat at almost the same time, this will be counted as a fall. In this case, the execution judges will apply a major deduction and the difficulty value of the dismount will not

be included in the difficulty score. However, there will be no deduction for a missing dismount.

- If the gymnast lands on his/her hands and feet/knees at the same time or in a lying position, this will also be counted as a fall and the same evaluation procedure will apply as for landing in a sitting position (see above).

6.3.4 Challenging a difficulty score

No discussion about the difficulty score is permitted at the judges' desk.

It is recommended that every gymnast submits a detailed list of **difficulty values** and **structure groups** to the head judge before he/she competes. The difficulty judges can compare the list to their own judging notes and can use it in case of a written protest.

A written protest regarding the difficulty score is only permitted if the difficulty list ("pocket card") was submitted in accordance with the competition rules.

Example of a detailed difficulty list:

Name / Nation: Petra Mustermann, Germany	
Discipline: Straight-line	
1. B8	Element combination with pike backwards and pike forwards
2. A12	Element combination with ½ turn
/	
3. A13	Tuck roll (through the arms) backwards
4. B3	Giant bridge backwards
.....	
B dismount Tuck somersault backwards	
Total difficulty	4.8

A standard form for listing difficulty can be downloaded from the IRV website www.rhoenrad.com. For other requirements, see the current IRV Competition Rules.

6.4 Repetition of moves and elements and evaluation by the judges

Routines should be constructed such that no moves or elements are repeated. A move can be counted as a repetition even if there are small differences in execution or body positioning. It is therefore necessary to define exactly what is and what is not counted as repetition.

Repetition occurs if a move or element is performed two or more times in the course of a routine.

In the following cases, **move or element repetition occurs if there is no change in difficulty** between the variations.

6.4.1 Definition of move and element repetition

6.4.1.1 Centralised moves

6.4.1.1.1 Performing the same element combination with different transitions without a change in difficulty [no change in difficulty = repetition]

Examples:

- Element combinations in bindings:
 - *the gymnast performs the same elements, the first time with a change of grip, and the second time by turning under one arm*
- Handstand:
 - *the first time with the legs in a tuck position during the jump, the second time with the legs in a straddle position*
- From a free knee swing forwards into a bridge forwards:
 - *the first time as a stepped variation, the second time with legs together*

6.4.1.1.2 Performing the same move or element combination with different standing or holding zones [no change of difficulty = repetition]

Examples:

- Giant (rim) bridges without bindings:
 - *giant rim bridge backwards, the first time standing on the back board, the second time standing on a rung (or other equivalent standing and holding positions on the wheel)*
- Handstand:
 - *handstand variations with different standing and holding positions on the wheel*

- From hip hang with jump from the floor backwards into high front support backwards:
 - *the first time standing on a rung handle, the second time standing on a stride rung*

6.4.1.1.3 Performing the same move or element combination, once holding a rung, board or rung handle, and once holding the wheel rims [no change of difficulty = repetition]

Example:

- Giant (rim) bridges without bindings:
 - *giant bridge standing on the back board and giant rim bridge standing on the back board (or other standing positions in the wheel, where the only difference is that the gymnast is holding a rung, board or rung handle on the first occasion and the wheel rims on the second occasion.*

6.4.1.1.4 Performing the same move or element combination with different types of grip [no change of difficulty = repetition]

Example:

- Front support forwards:
 - *the first time with overarm grip, the second time with underarm grip*

6.4.1.1.5 Performing the same move, once at the end of a length and once in the middle of a length [no change of difficulty = repetition]

Example:

- From free knee swing forwards into bridge forwards:
 - *the first time as a change of direction, the second time in the middle of a length*

6.4.1.1.6 Performing handstands and bridges without bindings standing on one or two feet [no change of difficulty = repetition]

Examples:

- Handstand:
 - *jumped handstand variations, the first time with a two-footed take-off and landing, the second time with a one-footed take-off and landing*

- Giant bridges without bindings:
 - *giant (rim) bridge backwards standing on two feet and giant (rim) bridge backwards standing on one leg with the other leg bent and the free foot against the opposite knee*

6.4.1.1.7 Performing element combinations without bindings that combine a decentralised element with the same centralised one [no change in difficulty = repetition]

If the decentralised element does not result in a change in difficulty for the centralised part of the element combination, this will be counted as repetition.

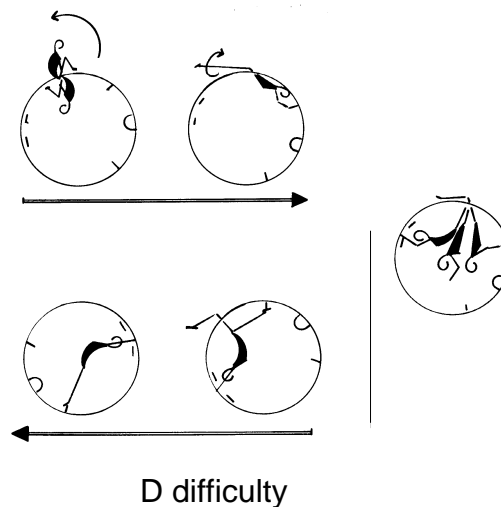
Examples:

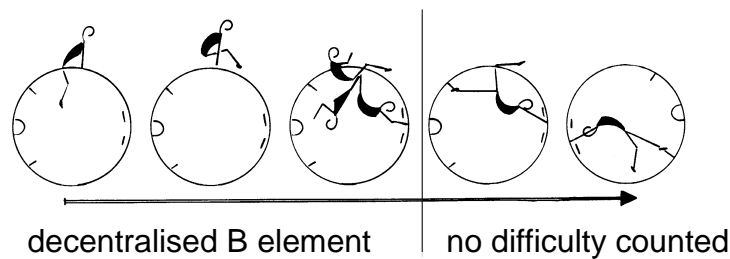
- From hip hang with take-off from the floor backwards into a high front support backwards:
 - *The high front support can only be counted once as a C and once as a D, regardless of the preceding element in the upper phase.*
- From a free knee swing forwards into a bridge forwards:
 - *The bridge can only be counted once as a C and once as a D, regardless of the preceding element in the upper phase.*

Illustration:

- *If two D variations of the same centralised element are performed in a routine, the difficulty will be counted as follows:*

decentralised A element (increases the value of the knee swing into bridge) +





The second knee swing into bridge forwards will no longer be counted, as this is a repetition.

6.4.1.2 Decentralised moves

6.4.1.2.1 Repeating elements in the upper or lower phase [no change of difficulty = repetition]

Given that one phase on its own can be decisive for the difficulty value of a decentralised move, the repetition of an upper or lower phase is counted as element repetition. The deciding factor for identifying repetition is whether the core part of the upper or lower phase is the same. Changing the starting or finishing position of a phase is not sufficient for a new variation. The same applies for leg positioning (tucked, piked, angled) as long as there is no change in difficulty. A free knee swing with both legs and with one leg is also counted as element repetition.

Examples:

- High roll:
 - *high roll forwards – the first time in the middle of the length with sitting as an end position and the second time at the end of a length with a finishing position standing on the boards*
 - *high roll backwards against the rolling direction – the first time into straddle sitting and the second time into an elbow hang*
- Hip circle:
 - *double back hip circle – once in the middle of a length finishing in a hip hang and the second time as a change of direction at the end of a length finishing in a standing position on the boards*
- Knee swing:
 - *free knee swing into high sitting: the first time with a knee swing from one leg and the second time with a knee swing from both legs*

6.4.1.2.2 Repeating decentralised elements once in the rolling direction of the wheel and once against the rolling direction, without any change in difficulty [no change in difficulty = repetition]

Example:

- Hip circle:
 - *hip circle, downward hip circle with ½ turn – once in the rolling direction of the wheel and the second time against the rolling direction*
- Knee circle:
 - *two-legged knee circle – once in the rolling direction of the wheel and the second time against the rolling direction*

6.4.2 NOT counted as move or element repetition

The following cases are **not** counted as repetition.

6.4.2.1 Centralised moves

6.4.2.1.1 Performing the same move forwards and backwards [= no repetition]

Example:

- Front support:
 - *1st move: front support forwards*
 - *2nd move: front support backwards*

6.4.2.1.2 Performing a move with and without bindings [= no repetition]

Example:

- Bridge:
 - *1st move: giant bridge backwards in bindings, standing on the back board and holding the front rung handle*
 - *2nd move: giant bridge backwards without bindings, standing on the back board and holding the front rung handle*

6.4.2.1.3 Performing the same move with different stride positions (front, side, back or cross) [= no repetition]

Example:

- Side rotation:
 - *1st move: side rotation with one leg in a side stride position*
 - *2nd move: side rotation with one leg in crossed side stride position*

6.4.2.1.4 Performing the same move with two arms and one arm [= no repetition]

Example:

- Side rotation holding the front rim handle:
 - *1st move: side rotation holding the front rim handle*
 - *2nd move: one-armed side rotation holding the front rim handle*

6.4.2.1.5 Performing the same move with a different difficulty value [= no repetition]

All variations of moves where the variation results in a change of difficulty. However, each variation can only be recognised once with the different difficulty value.

Example:

- Element combinations:
 - *Element combinations in one binding with a double turn:
The same element combination once with A difficulty and once with B difficulty
(= with one free turn, see straight-line B difficulty catalogue)*
 - *Handstand performed first with a stepped transition, then a second time with a jumped transition*
- Giant bridges without bindings:
 - *giant (rim) bridge forwards (B difficulty) and giant bridge forwards holding the rung handle (C difficulty)*
 - *giant bridge forwards holding the rung handle (C difficulty) and as a D skill with a preceding special transition (see straight-line D difficulty catalogue)*

6.4.2.2 Decentralised moves

6.4.2.2.1 Performing the same element in the upper phase, once in the rolling direction of the wheel and once against the rolling direction, whereby there is a change of difficulty value [= no repetition]

Example:

- High roll:
 - *Above: high roll forwards in the rolling direction*
 - *Above: high roll forwards against the rolling direction*

In this case, it is important to differentiate between elements performed against the rolling direction of the wheel and elements that are performed as a change of direction. Those that are performed as a change of direction will be counted as being in the rolling direction and not against the rolling direction of the wheel.

6.4.2.2.2 Performing the same element as part of different element combinations in the upper phase [= no repetition]

In an upper phase, the same element can be performed two or three times or combined with other different elements. It must be possible to identify the different elements in the combination and link them to the relevant structure groups. Combinations will not be considered different from one another if the only difference is a change in starting or finishing position.

Examples:

- Element combination with free knee swing backwards into high sitting backwards:
 - *Above: high tuck over forwards, free knee swing backwards into high sitting backwards (= D difficulty)*
 - *Above: backward knee circle, free knee swing backwards into high sitting backwards (= D difficulty)*

6.4.2.2.3 Performing a knee circle, once with one leg and once with both legs [= no repetition]

Example:

- Knee circle:
 - *Above: backward knee circle*
 - *Below: backward knee circle with one leg*

6.4.3 Special case: Repeating an element in the upper phase that affects the difficulty value of a subsequent move or dismount

The straight-line difficulty catalogue describes cases where a preceding element can increase the difficulty of a move or dismount and the preceding element has a difficulty value of its own. If this preceding element is repeated, the difficulty of the repetition will not be counted, but it will still increase the value of the relevant move or dismount.

Examples:

- *The gymnast performs a high roll backwards against rolling direction (C difficulty) in his/her routine. The gymnast then repeats the same element in an upper phase at the end of the routine, leading directly into an overswing forwards as dismount. The repeated difficulty (high roll backwards against rolling direction (C difficulty)) will not be counted the second time, but it will still increase the value of the dismount, which in this case will be calculated as a B (see straight-line B difficulty catalogue).*
- *The gymnast performs an angled sitting with push off from the floor and 1/1 turn into an element of his/her choice (C difficulty). The gymnast then repeats the same difficulty skill later in the routine and follows it with a knee swing backwards into high sitting. The repeated difficulty skill (angled sitting with push off from the floor and 1/1 turn (C difficulty)) will not be counted the second time, but it will still upgrade the difficulty of the knee swing backwards into high sitting, which in this case will be counted as D difficulty (see straight-line D difficulty catalogue).*

6.4.4 Evaluation by the judges

There is no specific deduction for move repetition as such, but the consequence of repetition can affect the final difficulty score as well as the overall length of a routine.

6.4.4.1 Evaluation by the difficulty judges

- If the gymnast repeats a move in a voluntary routine, its difficulty will only be recognised once (on the first occurrence) by the difficulty judges.
- If the maximum length of a routine (6 lengths) is exceeded as a result of repetition, the extra lengths will be counted as “too many” (see 7.1). The difficulty judges inform the execution judges and the head judge how many lengths were performed over and above the permitted six.
- Move repetitions do not count towards the minimum number of moves, i.e. they are considered to be “missing moves” (see 7.1). The difficulty judges inform the difficulty judges and head judge about the number of missing moves.

6.4.4.2 Evaluation by the execution judges

- The execution judges evaluate the execution of all moves performed, including moves that are repeated.

Comment: Repeated moves will not be included in the total difficulty score but will be counted in relation to the restricted structure groups. This can lead to further deductions (see 6.2.3.1).

7 CATALOGUE OF EXECUTION DEDUCTIONS

7.1 Fixed deductions for not adhering to the required/permitted length of a routine

If a routine is either too long or too short, the gymnast will not be able to achieve a maximum execution score (see 6.1).

- deduction per length too many **0.2**
- deduction per missing move **0.5**
- deduction for missing dismount **0.5**

7.2 Deductions that are independent of individual units

The deductions in this category are independent of individual units, i.e. they will be deducted from the remaining execution score (after all the minor, half-point and major deductions have been made).

7.2.1 Variable minor deductions: 0.1 – 0.2 (independent of individual units)

- The wheel rolls out of the competition area but stays within the safety zone.
 - On one occasion: **0.1 for the entire routine**
 - More than once: **max. 0.2 for the entire routine**

7.2.2 Fixed minor deductions: 0.2 (independent of individual units)

7.2.2.1 Coach enters the competition area when not permitted

- The coach enters the competition area more than once before the dismount (e.g. to spot an element)
0.2 deduction per occurrence

Comment 1: Walking across the competition area counts as entering it (e.g. changing sides before the dismount).

Comment 2: If the competition area is not marked on the floor of the sports hall, no deductions can be made for the coach entering the competition area.

7.2.2.2 Non-permitted behaviour of a coach/coaches in the safety zone

- More than one coach in the safety zone at the same time (see 2.2.2)
0.2 deduction for the whole routine
- Non-permitted accompaniment of the wheel by the coach inside the safety zone
0.2 fixed deduction per length
- Non-permitted change of standing position of the coach inside the safety zone
0.2 fixed deduction per occurrence

7.2.2.3 Non-permitted behaviour of helpers when moving a landing mat

- More than 4 helpers to push in a landing mat
 - The mat is already inside the competition area
 - The mat is carried or pulled behind the rolling wheel or the mat is moved around inside the safety zone
- 0.2 deduction for each of the above**

7.2.3 Half-point deductions: 0.5 (independent of individual units)

- Change of standing position after entering the wheel (without touching the floor)
- The wheel stops for a noticeable amount of time and/or the gymnast performs a single or multiple extra swing(s) before a centralised move

Examples:

- The wheel stops for more than 5 seconds between two centralised moves. The gymnast uses a standing swing to gather momentum before continuing.
 - The gymnast swings the wheel two or more times to gain momentum in bindings at the beginning of the routine
 - The gymnast uses a single or multiple extra swing(s) between two centralised moves in a length
 - The gymnast uses two or more standing swing(s) to gather momentum when changing direction at the end of a length
- The gymnast bends down to re-secure the bindings (with his/her hands) after the routine has started

Comment: In this case, the gymnast will have to gather new momentum to continue the routine.

- The gymnast uses an extra swing between decentralised moves (= double or multiple swing in (stride) standing position)

Explanation: An extra swing in connection with decentralised moves is characterised by the following: The gymnast slows down the wheel at the end of a lower phase without managing to achieve the next upper phase. He/she uses a double or multiple swing [in (stride) standing on the boards/rungs/rung handle/rim] before continuing the routine in the original or opposite rolling direction.

In the case of decentralised moves, the term "extra swing" is used instead of "rolling back". In all other cases relating to decentralised moves, a new length will be counted

- Extra swing before the dismount

An extra swing before the dismount is characterised by the following: After an upper phase, the gymnast performs a lower phase in (stride) standing in the opposite rolling direction before using a standing swing to change direction again immediately before dismounting from the wheel (see Appendix II: A3.1 Figure 8).

Comment: A double standing swing when changing direction at the end of a length is permitted if it takes place immediately before the dismount. However, this change of direction before the dismount will mark the beginning of a new length (see Appendix II: A2.2 Figures 2 and 3).

7.2.4 Major deductions: 0.8 (independent of individual units)

- The gymnast changes the wheel after the head judge has given the signal to start the routine, but before gathering momentum.

Comment: This case is different from changing the wheel after an interruption in the routine see 5.3)

7.3 Overview of deduction categories relative to individual units

7.3.1 Variable minor deductions: 0.1 – 0.2 (max. per unit)

- Incorrect head positioning
- Incorrect hand positioning
- Incorrect arm positioning
- Incorrect foot positioning
- Incorrect leg positioning
- Incorrect take-off from the floor before placing the feet on the wheel

- Incorrect hip positioning
- Non-adherence to the holding and/or standing zone
- Non-adherence to the rolling zone in transitions
- Rolling too far at the end of a length
- Briefly stationary wheel
- Faults in the discount

7.3.2 Fixed minor deductions per unit: 0.2 (fixed per unit)

- Use of hands on the floor as support after landing from the dismount
- Incorrect foot positioning (wedging one or both feet under a board/rung/handle)
- One-legged take-off from the floor in a lower phase
- Mistakes on landing from the dismount

7.3.3 Sum of minor deductions: 0.5 (max per unit)

7.3.4 Half-point deductions: 0.5 (fixed per unit)

- Rolling back in centralised moves
- Significantly stationary wheel (in contrast to a "briefly stationary wheel" see 7.4.12)
- Rolling out of the safety zone
- Using a hand or foot as a means of support on the floor in order to avoid a fall [in contrast to the minor deduction "Faults when taking off from the floor and placing feet on the wheel" (see 7.4.6) or "Gymnast touches the floor with hands (light support) on landing from the dismount" (see 7.5.1)].

7.3.5 Major deductions: 0.8 (fixed per unit)

- Fall (including dismount)
- Help from the coach
- The wheel touches the mat before the gymnast lands from the dismount

7.4 Examples of variable minor deductions (relative to individual units)

In each of the following fault categories, minor deductions can be made of between **0.1 - max 0.2 per unit**.

In order to decide whether to deduct 0.1 or 0.2, the judge decides on the severity of the fault (i.e. a small deviation in a particular fault category will result in a deduction of 0.1, while a bigger deviation in the same fault category will result in a deduction of 0.2) and/or the frequency of the fault within the unit (i.e. 0.1 deduction for a one-off occurrence, and 0.2 for repeated occurrences within the same unit).

Comment: The maximum deduction for incorrect leg positioning is 0.2 for the entire unit, even if the positioning is seriously incorrect or occurs several times within the same unit.

In the following examples of faults within the individual fault categories, the most common faults have been mentioned. Other (less common) faults can also occur.

7.4.1 Incorrect head positioning

- The position of the gymnast's head does not represent an extension of the backbone (e.g. in bridges, spindle position, knee swing, pike)
- Unnecessary head movements (e.g. head "shaking", where the head moves sideways with the movement of the wheel)

7.4.2 Incorrect hand positioning

- Incorrect hand positioning (e.g. fingers apart, wrist bent, lack of extension, non-permitted sliding of the hands along the wheel rim or reaching too late for the rims or handles)
- The gymnast does not establish a grip on the wheel with both hands at the same time (e.g. after free turns, a standing swing to gain momentum, or a push through)

Comment: In this case, there can be no further minor deductions for corresponding incorrect arm positioning.

- The hands touch the floor (e.g. in a free-fly or free turn)

Comment: This is different from the half-point deduction for an extreme version of the same fault (see 7.7.4).

7.4.3 Incorrect arm positioning

- Arm(s) too high or too low, too far in front or too far behind, lack of extension in one-armed or free elements (including free changes)

- Unnecessary bending of one or both arms (e.g. when turning under an arm in bindings, or other changes of position)
- Lack of arm bend or incorrect arm bend (e.g. in a side or spindle rotation)
- Arms, elbows or shoulders not parallel (e.g. in the case of upward hip circles, downward hip circles or hip circles)
- Arm(s) accidentally touch the wheel (e.g. in a free-fly)

7.4.4 Incorrect foot positioning

- Incorrect foot technique (e.g. performing an element in straight position with feet in a side position, or vice versa)
- A foot is not turned or is turned too late in connection with a change of position (e.g. In $\frac{1}{4}$ and $\frac{1}{2}$ turns, the gymnast turns the body first, then the feet)
- Legs and feet not together when they should be (e.g. the free foot is not next to the foot in the binding; "wobbling", heels apart, "sliding" of one foot when standing with feet together without bindings).

Comment: In this case, there can be no further minor deductions for corresponding incorrect leg positioning.

- Lack of foot extension (e.g. in stride movements, high sitting, hip circles, knee swings, knee circles)
- Foot not at knee level in moves where one leg is bent in front or to the side with foot on knee
- The gymnast turns a foot too late and gets "stuck" when trying to take it out of the bindings
- Foot or feet brush the floor (e.g. when swinging through in tuck support)
- Feet not together and parallel in moves with a roll through the arms (e.g. legs crossed)
- Touching the rungs, rims, boards or handles when rotating the body in a roll through the arms
- Secure a binding using the feet

7.4.5 Incorrect leg positioning

- Unnecessary bending of the knees (e.g. in stride movements, taking a foot out of the bindings, or kicking into high split position)

- Lack of knee bend when required (e.g. in an extended bridge “*Große Brücke*”)
- Lack of length in stride movements (angle of stride less than 45°)
- Legs not (or too late) together/parallel (e.g. in a standing position with feet together on the rims or wheel rungs/boards/rung handles, in rolling movements, in a tuck or pike change of position, in a downward hip circle, in sitting or lying in the lower phase)
- Knees not together in a knee swing

7.4.6 Faults when taking off from the floor and placing feet on the wheel

- Obvious jumping from standing position (e.g. in moves with a roll through the arms)
- Noisy placement of the feet into a new standing position (e.g. after a roll, downward or hip circle)
- Noisy contact with the floor in sitting or lying position (lower phase)
- More than 4 floor contacts with the feet in moves with prescribed floor contact (e.g. tuck support forwards with take-off from the floor)

Comment: Each foot counts as one floor contact, i.e. standing position with legs together counts as two floor contacts.

7.4.7 Incorrect hip positioning

- Unnecessary hip bend or incorrect hip positioning (e.g. "pendulum" movement of the upper body in free-fly moves, hip bend in front support, stride scale, moves with a knee swing)
- Lateral opening of the hips (e.g. in moves in a straight position)
- Inadequate flexion or twisting of the hips (e.g. in a pike or spindle position)

7.4.8 Non-adherence to the holding zone

- The gymnast does not hold the wheel symmetrically or at the same height on both rims (e.g. in a rim bridge)

Comment: In this case, there can be no further minor deductions for corresponding incorrect arm positioning.

- Incorrect holding zone

7.4.9 Non-adherence to the standing zone

- The standing position of the gymnast deviates from the ideal execution (e.g. feet between the boards in a side rotation without bindings, toe not in contact with the stride rung in stride variations, but still inside the 10cm zone)

7.4.10 Non-adherence to the rolling zones in transitions

- Swing to gather momentum (in bindings) at the beginning of a routine: The gymnast is not standing in the correct position on the boards when ready to start the first move.
- Swing to gather momentum without bindings (e.g. after an interruption): The gymnast gets into position for the first move after an interruption outside the permitted rolling zone.
- A change of position in an upright position (in bindings) does not take place within the permitted board rung zone.
- A change of position in an inverted position (in bindings) does not take place between the rung handles (including $\frac{1}{4}$ and $\frac{1}{2}$ turns).
- A change of position in the case of multiple turns (in bindings) does not take place between the stride rungs.
- A change of direction (in bindings) does not take place between the board rung in the original rolling direction and the point on the rim half-way between the board rung and the stride rung in the original rolling direction or the extended zone in the case of stride variations.

7.4.11 Rolling too far at the end of a length

- Rolling beyond the permitted rolling zone at the end of a length (i.e. past the rim handles)

7.4.12 Briefly stationary wheel

- The gymnast does not need to gather new momentum
- The wheel does not roll back significantly; just a short hesitation (e.g. moves with a pike or rolling through the arms)

7.4.13 Variable minor deductions in connection with the dismount

- Lack of height (hips not at shoulder level in an underswing)
- Finishing a twist in a standing position (after a twisting dismount)

- Landing with feet more than hip width apart (no deduction up to hip width apart; after which the gymnast should bring the legs together to finish)
- Steps (after landing)

Comment: One step will result in a deduction of 0.1, while two or more steps will result in a deduction of 0.2.

7.5 Examples of fixed minor deductions (relative to individual units)

In each of the following error groups, there is a fixed minor deduction of **0.2 per unit**.

7.5.1 Gymnast touches the floor with hands (light support) on landing from the dismount

Comment: This is different from the gymnast using his/her hands as support on the floor to avoid a fall (see 7.7.4)

7.5.2 Incorrect foot positioning

- Hooking or “wedging” one or both feet under a rung, board, handle or wheel rim to stabilise the standing position (e.g. when lowering into a standing position after a roll, upward circle, downward circle or hip circle)

7.5.3 One-legged take-off from the floor in the lower phase

- E.g. in tuck support with take-off from the floor

7.5.4 Mistakes on landing from the dismount

- Hips below knee level (landing too low)
- Lack of finishing position with legs together (after landing)

7.6 Sum of minor deductions

If there are multiple execution errors from categories 7.4 und 7.5 in the course of one unit (i.e. the deductions need to be added together), the maximum deduction per judging unit is **0.5**. A unit without a half-point or major deduction can therefore not incur a higher deduction than 0.5.

7.7 Half-point deductions (relative to individual units)

If the gymnast incurs a half-point deduction (**0.5**), no further minor or half-point deductions can be made in this unit. The gymnast can repeat the unit. In this case, it is

counted as a new unit, evaluation by the judges starts again and further deductions can be made.

7.7.1 Rolling back in centralised moves

A "rolling back" in the case of a centralised move is when there is a change of direction before a wheel rotation is finished and the wheel rolls back in the opposite direction. In this case, no new length is counted

7.7.2 Significantly stationary wheel

A significantly stationary wheel

- ... is when the gymnast gets stuck for more than 5 seconds in a centralised move before managing to continue.

Explanation: If the gymnast continues successfully in the desired direction, no further deductions will be made for other execution errors. If the wheel rolls back in the opposite direction, only the half-point deduction for rolling back will apply (see 7.7.1)

- ... is also when the gymnast stops the wheel for more than 5 seconds in the upper phase or has to make major corrections to his/her position in order to complete the move (e.g. major corrections to sitting or standing position). In this case, it is possible that the wheel changes rolling direction several times (but no new length will be counted).
- ... is also counted if the gymnast performs an uncontrolled transition from the upper phase into the next element (e.g. lower phase), "landing" with both feet on a rung, board or wheel rim, but having interrupted the flow of the routine

Comment: This is different from a briefly stationary wheel (see 7.4.12).

7.7.3 Rolling out of the safety zone (see 5.1.1.1)

7.7.4 Using a hand or foot as a means of support on the floor

- In this case, the gymnast uses a hand or foot on the floor as a means of support to avoid a fall (e.g. when missing the wheel on lowering the feet after a downward hip circle forwards). The deciding factor is that the gymnast is able to continue his/her routine without having to gather new momentum. (If not, it would be counted as a fall and incur a major deduction.)

Comment: It is important to differentiate this case from a light touching/brushing of the floor with a hand or foot (see 7.4.2 and 7.4.4) as well as from a move-specific take-off from the floor as part of a prescribed element.

7.8 Major deductions (relative to individual units)

If a major (**0.8**) deduction occurs in a judging unit, no additional minor, half-point or major deductions are permitted in the same unit. The gymnast can repeat the unit if the difficulty was not recognised (see 5.2 for a detailed description of how to resume a routine after an interruption). In this case, a new unit will be started, the judges will resume judging, and further deductions can be made.

7.8.1 Fall (see 5.1.1.2)

7.8.2 Help from the coach

- If the coach touches the gymnast or wheel during the routine, this will count as help.
- Help from the coach also includes giving spoken instructions or gestures and facial expressions that can be clearly interpreted as an intention to help the gymnast.
- During the dismount, help from the coach is counted if the coach touches the gymnast or wheel before the gymnast has landed.

Exception: In the case of an underswing from side standing position, the coach is permitted to catch the wheel as soon as the gymnast has released his/her grip on the wheel. This is in order to avoid the wheel falling onto the floor.

In all cases of help from the coach, the deduction relates to the entire judging unit.

- If the coach touches the gymnast or gymnast more than once during the same judging unit, there will only be one major deduction. This is also the case if the coach touches the wheel briefly, releases it, and then holds it again, provided that all cases take place within the same unit.
- If help from the coach during a particular unit starts with verbal instructions and is then followed up by the coach holding the wheel or gymnast, this will also only count as one major deduction.

Judging starts again at the beginning of the next independently performed unit (see 5.2.1.3).

Comment:

- Help from the coach without interrupting the routine:
 - Help from the coach does not necessarily lead to an interruption in the routine. For example, in the case of centralised moves, the coach might need to push the wheel in order to complete the rotation. In the case of decentralised moves, it is possible that the coach might touch the wheel in the upper phase because of too little momentum, so that the gymnast can complete the move. (For the recognition of difficulty elements where help from the coach is necessary but the routine is not interrupted, see 6.3.3.3)

- Help from the coach with an interruption of the routine:
 - In the case of help from the coach that results in an interruption, the gymnast can resume the routine in accordance with the regulations described in 5.2.1.3. (For the recognition of difficulty elements in such cases, see 6.3.3.3)

7.8.3 The wheel touches the landing mat

- The wheel touches the mat during the routine:
If the wheel touches the mat during the routine, this might not lead to an interruption in the routine, but it will definitely incur a major deduction. (For the recognition of difficulty elements in such a case, see 6.3.3.3).
- The wheel touches the mat before the gymnast lands from his/her dismount:
If the wheel touches the mat before the gymnast has landed in a standing position, a major deduction will apply. The difficulty of the dismount will not be recognised, but there will be no additional deduction for a missing dismount.

8 Composition

8.1 Deductions for special composition requirements

Deductions for special composition requirements will be made from the 1 point available for composition. A deduction of 0.2 will apply for each of the following:

- Missing move in two bindings
- Missing move in one binding
- Missing free move with pike
- Per missing centralised move without bindings
- Missing bridge without bindings
- Missing decentralised move with an upper phase from one of the structure groups high roll or (upward/downward) hip circle (including as part of a combination in the upper phase)

8.2 General composition faults

- Lack of variation (from the 4th occurrence of an element from the same restricted structure group) **0.2 per structure group**
- Transitions in which the gymnast links two moves with more than a $\frac{1}{2}$ wheel rotation of walking in the wheel **0.2 per occurrence**

APPENDIX

I. Excerpt from the draft version of the new Technical Language of Wheel Gymnastics (RTS)

A1. The Disciplines of Wheel Gymnastics – Straight-Line

The wheel is set in motion on both rims. The imaginary lines traced by the rims in contact with the floor are parallel.

The imaginary wheel axis thus moves in a straight line. This translational movement is superimposed by a rotation around the middle axis of the rolling wheel.

The gymnast is either in or on the wheel and uses a transfer of body mass in order to achieve a positive or negative acceleration of the wheel. For this transfer of body mass, the vertical axis (perpendicular to the floor) through the middle of the wheel is important.

If the centre of body mass moves away from this vertical axis, there will be an acceleration that will influence a horizontal movement of the central axis of the wheel in the corresponding direction. The further the centre of body mass moves away from the vertical axis, the faster the acceleration. If the centre of body mass is brought back to the vertical axis, the central axis of the wheel will have a uniform (unaccelerated) movement. If the centre of body mass is moved to the other side of vertical axis, the wheel movement will be slowed down (i.e. negative acceleration). The further away the centre of body mass is moved from the vertical axis, the greater the decelerating effect on the wheel (loss of momentum through friction is not taken into account).

A2. Conceptual Definition and Categorisation of Elements

A2.1. Definition of an element

Elements are the smallest describable units of movements in gym wheel gymnastics, with which gymnastics positions, movements and series of movements can be described and named. For. Example, elements can be individual positions, movements of the arms and legs or of the entire body. The deciding factor is that we are describing gym wheel specific movements.

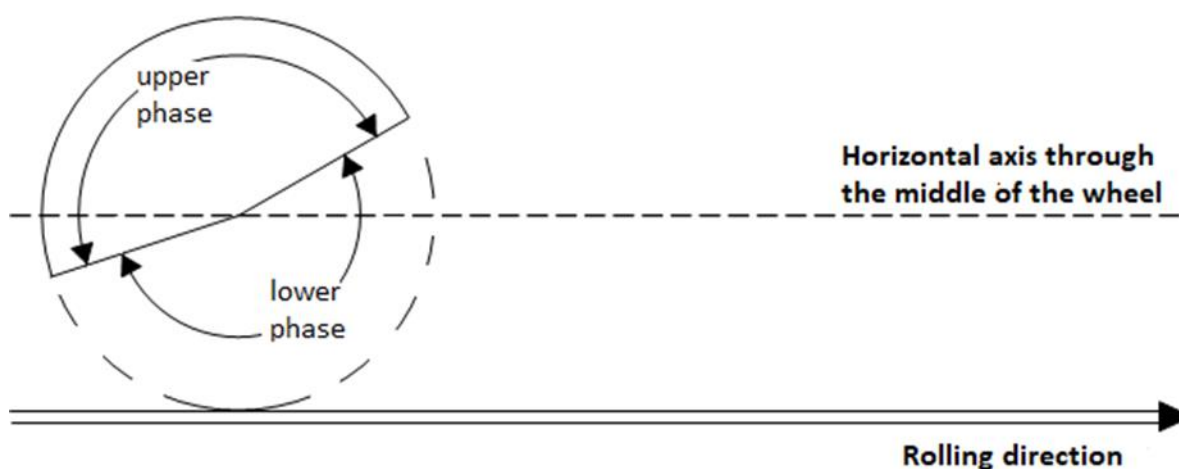
In view of the same or similar body positioning or technical movement of the gymnast, it is appropriate to divide elements into the following categories:

A2.1.1. Centralised elements

The centre of body mass remains mainly in the middle of the wheel throughout the element and/or the points of contact between the gymnast and the wheel are wide apart. Centralised elements can be performed as centralised moves or as transitions, e.g. gathering momentum, or as connections between decentralised elements.

A2.1.2. Decentralised elements

The centre of body mass is mainly at the edge of the wheel throughout the element and/or the points of contact between the gymnast and the wheel are close together. Decentralised elements are performed in an upper or lower phase. In the upper phase the main part of the body mass is above the horizontal axis through the middle of the wheel, while in the lower phase it is below this horizontal axis. The beginning and end of an upper/lower phase depends upon the rolling direction of the wheel. For example, the upper phase in rolling direction can start before the horizontal axis is achieved. The lower phase usually starts significantly before achieving the horizontal axis in the rolling direction. The boundary between the upper and lower phase should be approximately as illustrated in the diagram below:



A3. Conceptual Definition and Categorisation of Moves

A3.1. Definition of a move in straight-line

A move is a countable entity through which a certain spatial and/or temporal sequence (i.e. the beginning and end of a wheel gymnastics movement) is determined, within which one element or more elements are connected. In some cases, the beginning and end of a move is clearly defined by spatial factors, e.g. centralised moves. In other cases, e.g. decentralised moves, the beginning and end of a move is defined according to set criteria (decided by the responsible technical commission). The fixed definition of moves is used primarily in order to be able to provide precise descriptions of compulsory and voluntary routines. Transitions are used to connect moves together.

A3.1.1. Definition of a centralised move in straight-line

A centralised move consists of one or more centralised elements performed within one rotation of the wheel. During a centralised move the gymnast starts in an upright position, passes through an inverted position and ends back in an upright position, all in the same rolling direction. A distinction is made between moves in which one element is performed during the entire wheel rotation and moves containing element combinations in which several elements are performed consecutively with a change of position when the gymnast is upside down.

A3.1.2. Definition of a decentralised move in straight-line

A decentralised move consists of an upper phase leading directly into a lower phase. The upper phase can contain just one decentralised element, or it can consist of several consecutive decentralised elements. The wheel must move at least a $\frac{1}{2}$ wheel rotation (including the lower phase) during a decentralised move.

Reference to the Code of Points: When counting decentralised moves: A decentralised move always begins with the upper phase.

A3.2. Definition of units in straight-line

The unit is relevant for the judging of gym wheel moves and elements. The execution judges make deductions per unit in accordance with the Code of Points.

A3.2.1. Units in straight-line

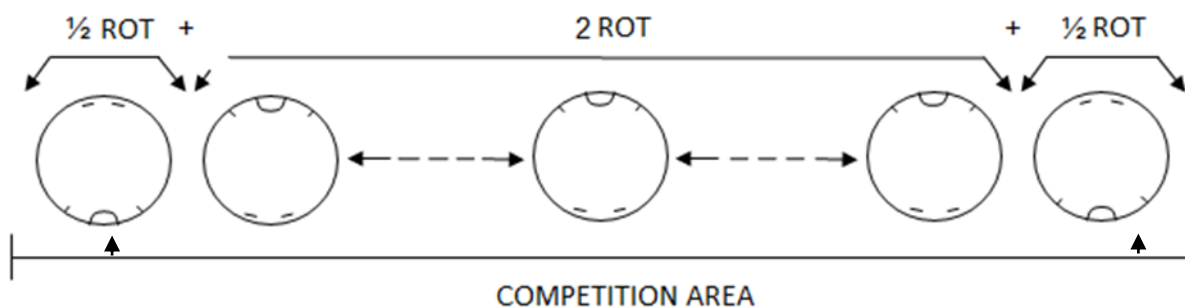
- Centralised moves with preceding transition (this includes preceding transitions that are changes of direction with their own elements)
- Decentralised moves
- Individual upper phases that occur immediately before a centralised element, a centralised change of direction, walking in the wheel, or dismount
- Dismount

A3.2.1.1. Dismount in straight-line

A dismount is defined as leaving the apparatus via a flight phase to land in a standing position with legs together outside the wheel.

A3.3. Definition of a length in straight-line

A new length starts after a change of direction (apart from when initiating momentum at the beginning of routine). A length consists of maximum two rotations in one direction (starting from a wheel position with the boards at the bottom to the same position after two rotations). Both before and after this position, the gymnast is permitted to roll an additional half wheel rotation (until the rim handles are closest to the floor).



It is also possible to have lengths that are less than two rotations of the wheel. In order to differentiate between a "new length" and "rolling back", the following applies:

A3.3.1. New length

- Centralised moves: A new length will be counted if there is at least one rotation of the wheel between two changes of direction. The starting point is the gymnast in an upright position and the ending point is when the gymnast returns to an upright position.
- Decentralised moves: In principle, a new length is counted when a lower phase takes place in a new rolling direction after an upper phase with a change of direction. This is true regardless of the length of the lower phase, i.e. even if the lower phase is only $\frac{1}{2}$ a wheel rotation or less, it will be counted as the beginning of a new length. It is important to differentiate between this case, a briefly stationary wheel (see 7.4.12) and an extra swing (see 7.2.3).
- Special case: If the gymnast performs a standing swing between a change of direction and dismount, the standing swing will be counted as a new length.

A3.3.2. Rolling back

- Centralised moves: A rolling back is counted if there is a change of direction before the wheel rotation is completed in a centralised move and the wheel rolls back in the opposite direction.
- Decentralised moves: There is only one case where a "rolling back" is counted in connection with decentralised moves: This is when the gymnast slows the wheel down after a lower phase without continuing into an upper phase. The gymnast then performs a single or double swing [usually in (stride) standing on the boards or a rung handle/rung and wheel rim].

A3.4. Principles of body positioning

- The head of the gymnast is in line with an extension of the backbone. The gymnast focuses his/her eyes in front, perpendicular to the shoulder axis.
- In a straight position the free arm(s) is (are) straight and elevated to the side in the same plane as the body. The elbows are between shoulder and eye level. The hands are held in line with the arms with fingers together and straight. Thumbs are

held next to fingers. The palms of the hands face the floor when the gymnast is in an upright position.

- In a side position the free arms are bent and supported in front of the body in the hip area. The hands are in a direct extension of the lower arms. The elbows are in the same plane as the front of the body, fingers are together and straight, while the thumb points backwards and away from the fingers to a support position at the front of the hip bone on the same side as the arm.
- In a side position the front of each foot in bindings is turned outwards and stretched over the outer edge of the board so that the binding is tight (foot pressure technique).
- In a straight position the front of each foot in bindings is pointed forwards. The tip of the front foot is stretched over the outer edge of the board, while the tip of the back foot is pressed over the inner edge of the board and against the board (foot pressure technique).
- In addition to the foot pressure technique, there is also a foot hanging technique (also known as trapeze hang). This technique involves lifting the tip of the foot or feet in bindings so that the gymnast “hangs” in the binding. This technique is used for turns in bindings and for moves performed behind in the spiral discipline.
- In the case of elements in one binding performed in a straight position, the free foot is placed next to the foot in bindings (legs together). For elements performed in a side position, the free foot is placed with its inner side next to the heel of the foot in bindings
- If one foot (or both feet) is/are outside the bindings, the following applies: Any part of the foot can count as the standing area (e.g. standing on the ball of the feet, standing on the sole of the feet, standing on the toes ...).
- In general, arms, legs and hips are extended and straight. Deviations from this general rule must be specifically described.

A4. Catalogue of Transitions in Straight-line

A4.1. Start of a routine

A4.1.1. Starting a routine with a centralised move in bindings: Gathering momentum

When gathering momentum at the beginning of a routine, the gymnast starts by transferring his/her centre of mass against the rolling direction. In doing this, only the leg in the (new) rolling direction should be bent, while the other leg remains straight. By straightening the leg (in the new) rolling direction, the wheel is set in motion.

When starting the routine in a straight position the arms must be held elevated to the side when gathering momentum, after which the gymnast can hold the wheel in the relevant position. When starting the routine in a side position, the hand in (the new)

rolling direction holds in the correct grip (according to the subsequent element), while the hand against the rolling direction is free and swings through behind at the same time as the upper body turns approx. $\frac{1}{8}$ - $\frac{1}{4}$.

If after gathering momentum in a side position the gymnast is going to perform a side free-fly or one-armed element holding against rolling direction, the gymnast will gather momentum without holding the wheel. In the case, the hands will be on the hips. For straight-line to music it is also possible to start a routine in bindings without gathering momentum.

A4.1.2. Starting a routine with a centralised move without bindings or a decentralised move

For routines to music the beginning of the routine is not defined. For example, it can start directly with an element in the upper phase. There is no uniform description of the execution, but there are general rules described in the Code of Points (e.g. the gymnast needs to hold the starting position on or in the wheel independently and for a certain length of time).

A4.2. Change of position in upright and inverted position

A4.2.1. Change of arm and hand positioning

- In a side position, without turning the body

Both hands are released at the same time and moved directly to the new holding position. There must be a moment where both hands are completely detached from the wheel and the arms extended if possible. Extension of an arm is not necessary if it is prevented by a wheel rung.

- In a straight position, without turning the body

The arms are released simultaneously from their previous position and briefly pass through a side elevated position. Both hands must establish the new holding position at the same time.

- With a $\frac{1}{4}$ turn

- From side position to straight position

The hands are released simultaneously during the turn and brought by the shortest route possible into a side elevated position. Both hands then establish the new holding position at the same time

- From straight position to side position

The hands are released simultaneously before the turn and elevated to the side. During the turn, both hands are then brought simultaneously and by the shortest route possible into their new position.

- With a ½ turn or 1/1 turn

The arms are released simultaneously from their previous position and elevated to the side. They can be lowered slightly during the turn in order to avoid contact with a wheel handle or rim. Once the new direction of movement has been established, the arms remain for a moment in a side elevated position before taking up a possible new position.

- Change of position with change of grip

At the end of an element the gymnast changes grip directly into the next element, whereby the free arm should be extended but brought into its new holding position by the shortest route possible. The gymnast must have one hand in contact with the wheel throughout the change of position. If more than one type of grip is possible, the specific grip required should be described. In a change of position with a change of grip and a turn, the grip change initiates the transition movement.

- Change of position with a downward turn (turn under one arm)

In a downward turn (turn under one arm), the gymnast starts by establishing the required grip with one hand on the wheel (if it is not already in the correct position from the previous move). The other arm is then released from its position (if applicable) and the now free arm initiates a turn under the holding arm.

- Change of position with an inward or outward turn

An inward or outward turn is always performed while retaining the holding position of both hands. During an inward turn, the arms go from uncrossed to crossed, while in an outward turn they go from crossed to uncrossed. When performing an inward turn from a radial grip, the grip type changes automatically: one hand ends up in an ulna grip with outward rotation. When performing an inward turn from an underarm or overarm grip on a rung (or rung handle), the following applies: underarm grip becomes overarm grip and overarm grip becomes underarm grip. When performing an outward turn, the opposite applies. The different types of grip that occur as a result of inward and outward turns (i.e. without letting go of the wheel) are not described separately.

A4.2.2. Change of log and foot positioning

A4.2.2.1. Turning the feet

- Turning the feet in both bindings

The foot is flexed away from its pointed position against the side of the board, turned, then usually pressed back against the board again. However, it is also possible to keep the feet in a flexed position (trapeze hang technique) after the turn. It does not matter which foot is turned first or whether both feet are turned at the same time. It is important, however, that feet and body turn at the same time. The gymnast should not turn the upper body first and then the feet.

- Turning a foot in one binding when in an inverted position

In this case, it is necessary to differentiate between the trapeze hang technique, where the toes are flexed away from the board before and during the turn (and usually afterwards too), and the foot pressure technique, where the foot is not flexed until immediately before the turn and is then pointed and pressed against the side of the board immediately after the turn. The decisive factor in both cases is that the turning of foot and body should happen simultaneously. i.e. the gymnast should not turn his/her upper body first and the foot afterwards.

- Turning both feet with legs together

Unless otherwise described, the feet remain parallel and next to each other throughout a turn with legs together.

A4.2.2.2. Taking one or both feet out of the bindings

Legs must remain straight when taking feet out of the bindings. The gymnast should avoid getting stuck in a binding.

A4.2.2.3. Stride positions

- When moving into a stride position in front, behind, across or to the side, the stride leg remains straight throughout the movement. Unless otherwise stated, the stride leg should be moved via the shortest possible route. If in doubt, the stride leg is moved directly past the standing leg and into the new position.
- For stride positions in front, behind, across and to the side without placing the foot on the wheel, the stride leg must achieve an angle of at least 45°. It is of course possible to combine stride positions within a move containing an element combination. E.g.: From a side rotation with side stride position on the rung, via a side rotation with a stride position in front, into a side rotation with a cross stride position to the rung against the rolling direction.
- In the case of a stride position with a bent knee in front or to the side, the leg in front or to the side is bent and the foot/toes placed at knee level against the standing leg.
- In addition to these static stride variations, there are also leg movements, such as circular leg movements, alternating stride positions, or cross stride positions that are usually only performed in connection with specific elements or in straight-line routines to music, in which case they are described separately.

A4.2.2.4. Lifting and lowering of legs, take-off

- Stepped change of position

In the case of a transition involving a stepped change of position without bindings, first one foot and then the other is brought into its new position, whereby one foot is always in contact with the wheel and legs are straight. Walking in the wheel is a type of stepped position change: In this case, the gymnast steps from one rung,

board or rung handle to the next until the desired final position is reached. In straight-line, walking in the wheel is usually performed without holding on with the hands.

- Tuck change of position
 - Lifting/lowering the legs in a tuck position:
In this type of transition without bindings, the legs are brought together and lifted directly from the preceding position into the described tuck position with legs together. When lifting into a new position, the gymnast should avoid jumping from his/her standing position. When lowering into a new position, the speed of the wheel must be slowed down so that the placing of the feet takes place softly and without noise. The gymnast's legs/feet should only be opened into a stride or straddle position (if this is prescribed) immediately before the feet are placed on the wheel. The gymnast is permitted to bend his/her arms in this process.
 - Tuck take-off from the floor:
In this case, the tuck change of position is initiated from a strong take-off from the floor. It is a dynamic change of position, where both the take-off and the placement of the feet into a new standing position are clearly audible.
- Angled change of position
 - Lifting/lowering the legs in an angled position:
In this type of transition without bindings, the legs are brought together and straightened directly from the preceding position before being placed into the specified final position. The hip angle varies according to the starting and finishing position. With regard to the lifting and lowering of the gymnast's centre of body mass, the same rules apply as for the tuck change of position.
 - Angled take-off from the floor:
After the take-off from the floor, which is performed with bent knees, the legs are immediately brought together and straightened. As for the tuck variation of this transition, the angled take-off from the floor and placement of the feet into a new standing position are clearly audible.
- Straddle change of position
 - Lifting/lowering the legs in a straddle position:
The legs are simultaneously straddled and straightened directly from one position and into the next. The hip angle varies according to the starting and finishing position. With regard to the lifting and lowering of the gymnast's centre of body mass, the same rules apply as for the tuck change of position.
 - Straddle take-off from the floor:
After take-off from the floor, which is performed with bent knees, the legs are immediately straightened and brought into a straddle position. As for the tuck and angled variations of this transition, the straddle take-off from the floor and placement of the feet into a new standing position are clearly audible.

A4.2.3. Standing swing

In the case of this transition, we are looking at an element whose main purpose is to give the gymnast enough momentum to be able to perform the next element in an upper phase.

The gymnast stands on the wheel rim/rung/board, with hands holding the rims above head level. By lifting the legs (e.g. tucked, angled, stepped...) onto one or two of the rung handles/rungs/boards (usually the boards) in front, the gymnast can transfer momentum to the wheel – as in the lower phase of a decentralised element. After releasing the hands and swinging through, the gymnast can reach behind to hold (usually the rims), or in front above head height. When swinging through, the gymnast can also perform a ½ turn and get into position for a backwards element.

Arm and hand positioning during the swing through: The arms can be bent when holding the wheel but should be straight and elevated to the side during the change of position. The gymnast must release and re-grasp the wheel with both hands at the same time.

The standing swing is usually performed forwards. The backwards variation is often performed in connection with a double standing swing as a change of direction (see below).

The standing swing is a transition element that in terms of biomechanics can be defined as something between the gathering of momentum and a complete decentralised move. In contrast to a complete decentralised move, the centre of body mass only moves slightly away from the middle of the wheel when lifting into a (stride) standing position and remains below or only just above the horizontal middle of the wheel. The impact on momentum is thus relatively limited and is often similar – depending on execution – to a dynamic gathering of momentum in a straight standing position.

A4.3. Change of direction in straight-line

A4.3.1. Centralised change of direction:

This is a change of direction where the gymnast is in a centralised position in the wheel.

- a) In an upright position, the change of direction is usually performed in the same way as gathering momentum at the beginning of a routine. Leg and arm positioning are thus subject to the same principles.

In the case of changes of direction without a change of position, the change of rolling direction is achieved only by a transfer of the gymnast's centre of mass, whereby there should be no bending of the legs or releasing of the hands.

- b) In an inverted position, the change of direction should be initiated without bending the knees (e.g. by way of a pike).
- c) Double standing swing

In the case of this change of direction, the gymnast combines the standing swing described above with a change of direction, i.e. he/she slows down the wheel through a transfer of body mass and use of the arms (the arms are bent and “push” the wheel in the new rolling direction), before leading into a new swing through backwards in the lower phase. The double standing swing can also be performed with a ½ turn and is often used in order to get into an upper phase.

A4.3.2. Change of direction in the upper phase of decentralised elements

A change of direction can also take place in the upper phase of decentralised elements. In such cases, the execution of the upper phase element remains the same, but it will be performed earlier so that the centre of body mass remains in the same half of the wheel, thus enabling a change of rolling direction.

In other cases, the gymnast can achieve a change of direction in the upper phase by transferring his/her centre of body mass in the new rolling direction.

In all cases, it is important to respect the general regulations for body positioning and execution. The gymnast is not permitted to use extra leg movements, bent legs, sliding along the wheel rim in a sitting position, or similar adjustments of body positioning in order to achieve the change of direction.

In decentralised changes of direction in the upper phase it is not always clear exactly when the change of direction takes place or should take place. This is highly dependent on the element being performed and is particularly relevant in the case of element combinations in the upper phase.

If a change of direction takes place during an upper phase, the following is true for all elements performed in this phase (including combinations of elements): They will all be counted as being performed in the rolling direction of the wheel, i.e. they will not be recognised as being performed “against the rolling direction”. This is particularly relevant for elements in which the part that is performed in the upper phase often has to be initiated against the rolling direction, while the centralised part is performed in the opposite direction (e.g. “Moves with free knee swing into bridge”).

A4.4. The spatial limits of transitions

- a) In the case of gathering momentum at the beginning of a routine, all position changes in an upright position (not including decentralised elements) and changes of direction in centralised elements, the transition should take place within as short a rolling distance as possible. This means that the position of the preceding element should be held as long as possible and the position of the next element adopted as early as possible.
 - In changes of position in an upright position (not including decentralised elements) the transition should take place with the rolling zones represented by the distance between the end of one board area to the end of the second board area (in the direction of the stride rung), or the distance between stride rung and handle rung, or between board and stride rung.

- When gathering momentum at the beginning of a routine, as well as changes of direction (not including decentralised elements), the transition should take place with the rolling zone represented by the distance between the middle point between board and stride rung and the middle point between the other board and the other stride rung.
- If the change of direction (or gathering of momentum) takes place in a different stride or straddle position (than on the boards), the standing zone of the gymnast will be considered to be the rolling zone for the transition.

b) Element combinations

If elements are combined in an inverted position, the following rolling zones apply:

- In the case of element combinations without any turning of the feet or body, or combinations that include $\frac{1}{4}$ and $\frac{1}{2}$ turns of the feet and body: The transition must take place between the handle rungs.
- In the case of multiple turns in bindings: The transition must take place between the stride rungs.
- In the case of element combinations with a pike, the pike can be initiated, or must be completed, when the stride rung in the opposite half of the wheel is closest to the floor.
- In the case of element combinations without bindings: The transition begins when the body passes through the horizontal and must be completed when the body is back in the horizontal.

c) Transitions in the upper and lower phase comprise the entire rolling zone necessary to perform the particular decentralised element.

II. Explanation of “Rolling Back” and “Extra Swing” in Straight-line

A1. Rolling back in centralised moves

A1.1. The definition of rolling back in centralised moves

Rolling back in a centralised move occurs if there is a change of direction before the wheel rotation is complete and the wheel rolls back against the original rolling direction.

The term "rolling back" can only be applied to centralised moves.

A1.2. How to judge rolling back in centralised moves

Difficulty judges:

In this case the move will not be counted in the difficulty score, especially if the core phase of the move is missing (e.g. giant bridge forwards).

Rolling back in a centralised move is not counted as a new length.

Execution judges:

Rolling back in a centralised move incurs a fixed deduction of 0.5. All execution deductions incurred in the unit up to the point of rolling back are deleted and replaced by the half-point deduction. The execution judges start judging again at the beginning of the next move.

If the gymnast rolls back again when attempting the next move, another 0.5 deduction will be made. The gymnast may then make a third attempt to perform a move in the correct rolling direction. If he/she rolls back again, the head judge will stop the routine.

A1.3. Special cases

A1.3.1. Major deduction when rolling back

If the rolling back leads to a major deduction (e.g. physical/verbal assistance from the coach, or a fall), there will be a fixed deduction of 0.8. All execution faults or half-point deduction that might have occurred in the unit up to the point of the major deduction are deleted and replaced by the major deduction (0.8).

A1.3.2. Extra swing in bindings

An extra swing in bindings occurs in the following cases:

- The gymnast rocks the wheel backwards and forwards more than once to gather momentum at the beginning of a routine.

- The gymnast takes two or more extra swings to gather momentum after a change of direction at the end of a length.
- The gymnast rocks the wheel one or more extra times after the first centralised move in a length in order to gather momentum before continuing with the next move in bindings.

Comment:

On account of the limited rolling zone in the cases described above, the 0.5 deduction is only applied once, even if the gymnast uses more than one extra swing to gather the necessary momentum to continue.

A2. Counting lengths in the case of decentralised moves

A2.1. General comments

If there is a change of direction in the upper phase whereby a lower phase takes place in the opposite rolling direction, a new length will be counted. This is independent of the type of lower phase performed and means that even if the lower phase contains only half a wheel rotation or less, a new length will be counted, and the difficulty performed will be recognised.

Method of counting:

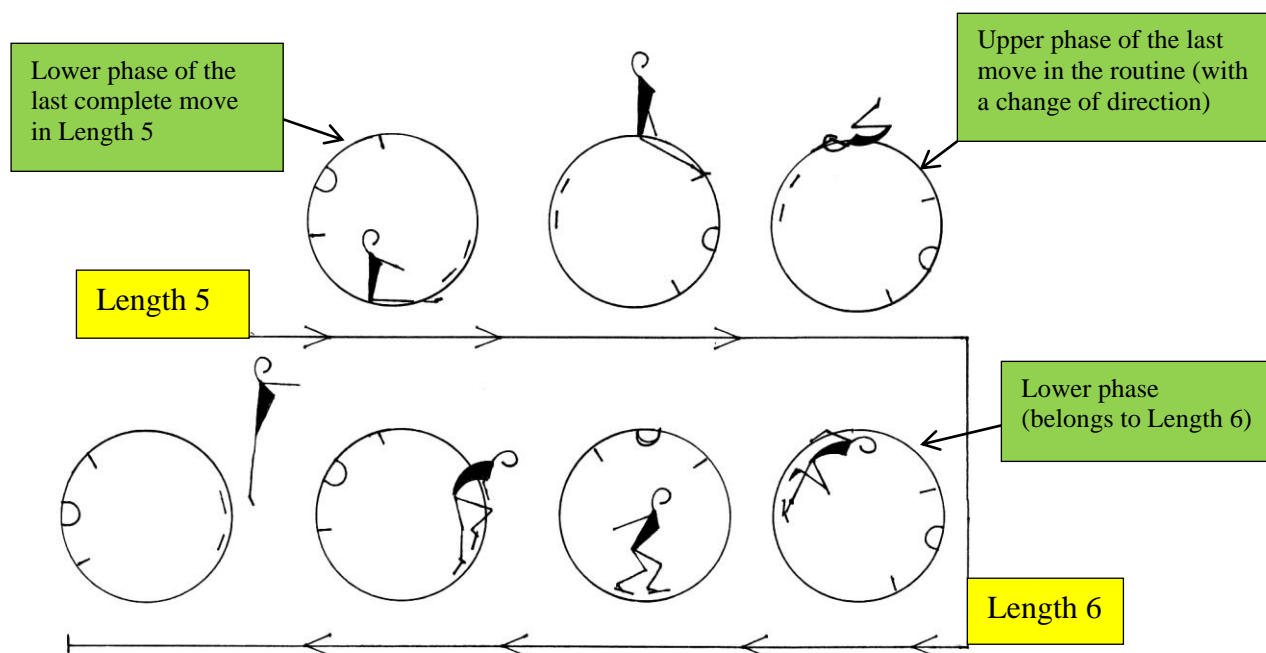
As the lower phase in this case is always performed in a new rolling direction, and it is often unclear exactly when the change of direction in the upper phase takes place, the move as a whole (upper and lower phase) will be counted as part of the new length.

After a change of direction in the upper phase the gymnast usually continues the routine in the new rolling direction, i.e. the gymnast moves on from the lower phase to perform a new upper phase (from which another change of direction may be performed), or he/she continues with a centralised element.

After a change of direction in the upper phase followed by a lower phase in (stride) standing on the boards and/or rungs and/or rims, it is permitted for the gymnast to perform a push through in standing position directly into a dismount (e.g. straight jump), as long as the rolling direction of the lower phase is maintained (see **Figure 1**).

However, it is not permitted to perform a change of direction and standing swing immediately after a lower phase in (stride) standing on the boards and/or rungs and/or rims in order to get into position for a dismount (e.g. straight jump). This will be counted as an extra swing (see **A3.1, Figure 8**).

Figure 1: Dismount from the lower phase after a change of direction in the upper phase



The moves/phases shown in the figure above can be described as follows:

“Change of direction from Length 5 to Length 6”

- Above: high roll backwards / (change of direction)
Below: stride stand on the boards backwards (= **start of Length 6**)
- (push through forwards)
straight jump

A2.2. Special case before a dismount

In order to perform a straight jump dismount after a push through in standing position, the gymnast is permitted, in the case of a decentralised move, to perform a change of direction and standing swing directly after a lower phase in (stride) standing on the boards and/or rungs and/or rims, provided the previous move was completed in the original rolling direction.

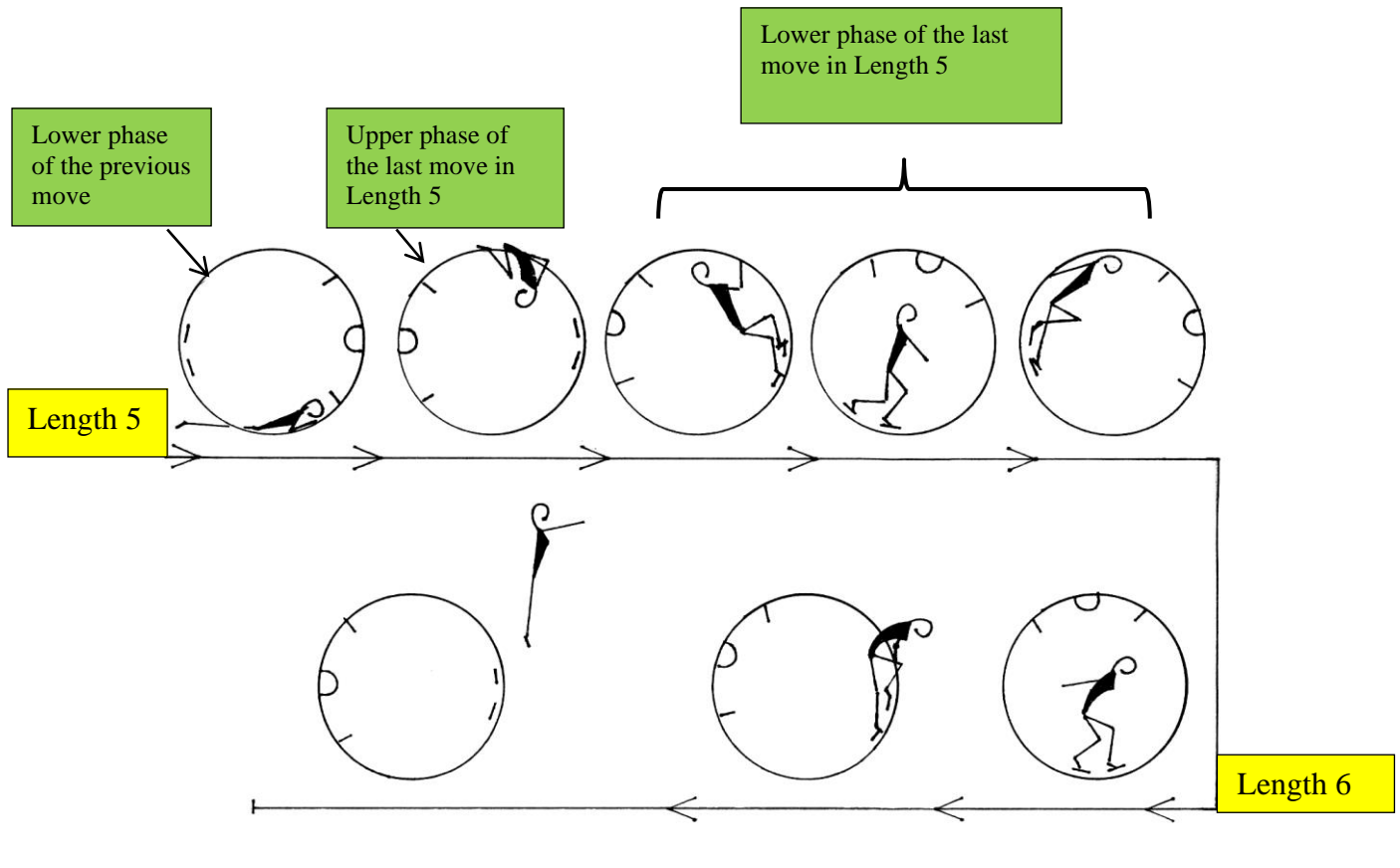
Furthermore, after a centralised move, the gymnast is permitted to perform a double standing swing in order to achieve a straight jump dismount.

Pre-requisites:

- For decentralised moves: The upper phase and subsequent lower phase must be performed in the same rolling direction (see **Figure 2**).

- For centralised moves: A double standing swing in order to achieve the starting position for a push through and straight jump dismount must be initiated in the same direction as the preceding centralised element (see **Figure 3**).

Figure 2: Special case before a dismount: Decentralised moves

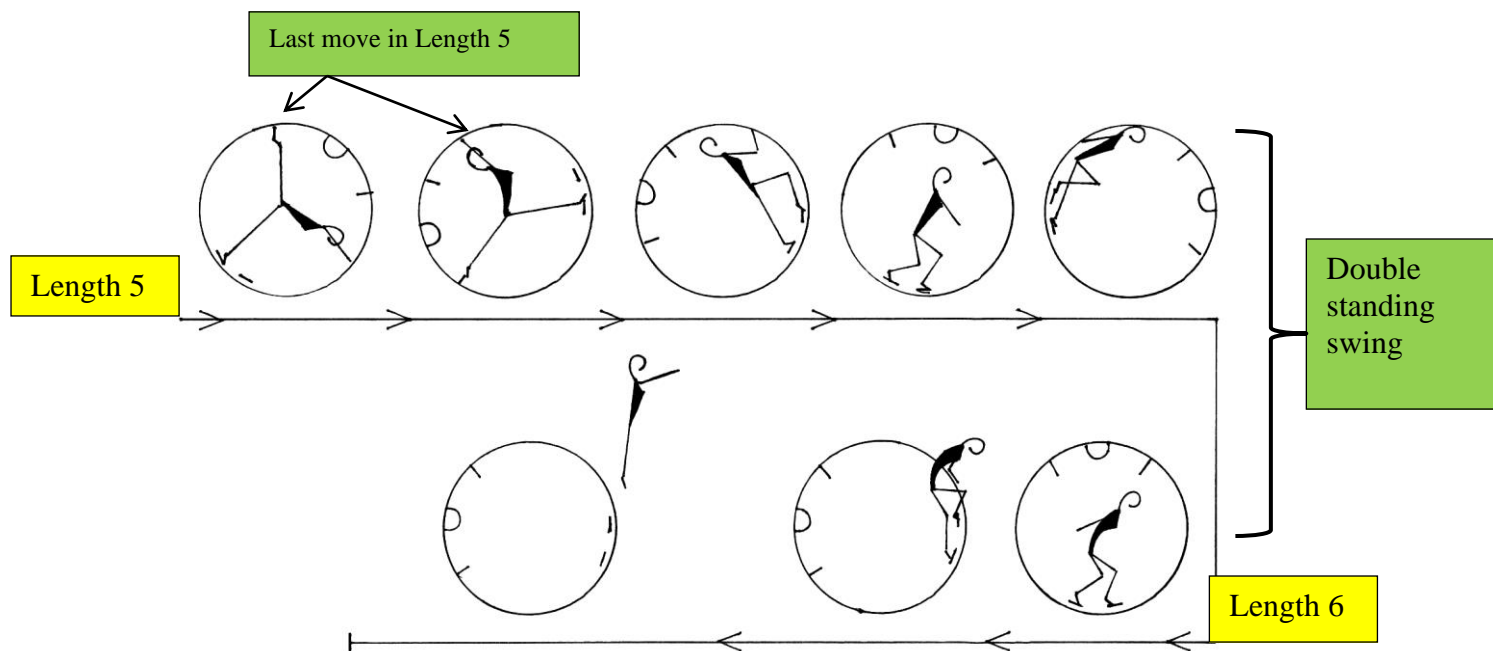


The moves/phases shown in the figure above can be described as follows:

“Length 5, last move”

- Above: downward hip circle
Below: stride stand on the boards /
 - (double standing swing on the boards, push through forwards)
(= **Start of Length 6**)
- straight jump dismount

Figure 3: Special case before a dismount: Centralised moves



The moves/phases shown in the figure above can be described as follows:

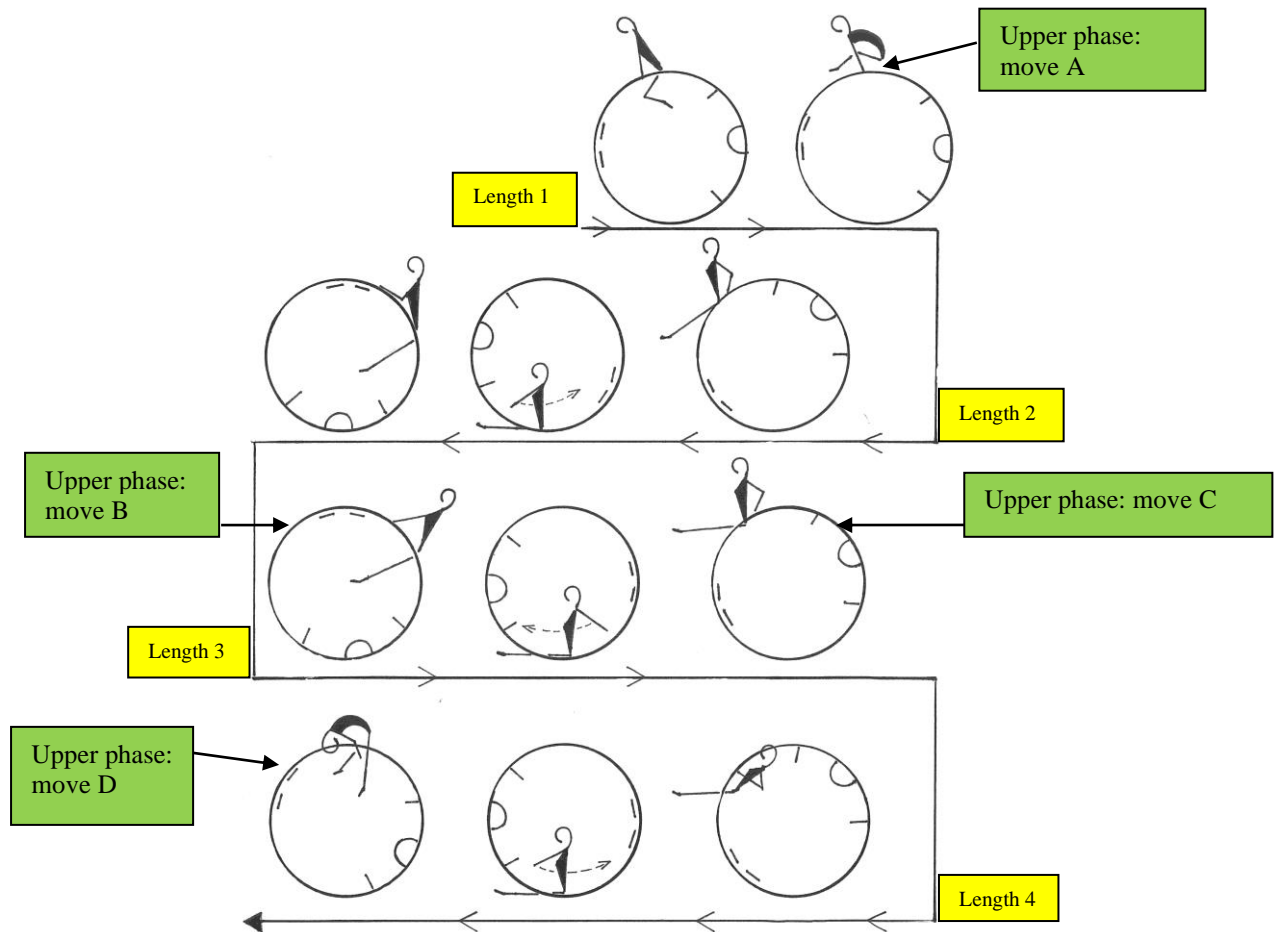
“Length 5, last move”

- bridge forwards on the lower rung handle and lower board with grip on the rims between the upper rung handle and upper stride rung
- (stride stand on the boards, standing swing forwards on the boards) / (standing swing backwards on the boards, push through forwards) (**= start of Length 6**)

straight jump dismount

A2.3. More examples of counting lengths in the case of decentralised moves

A2.3.1. Figure 4: Example 1

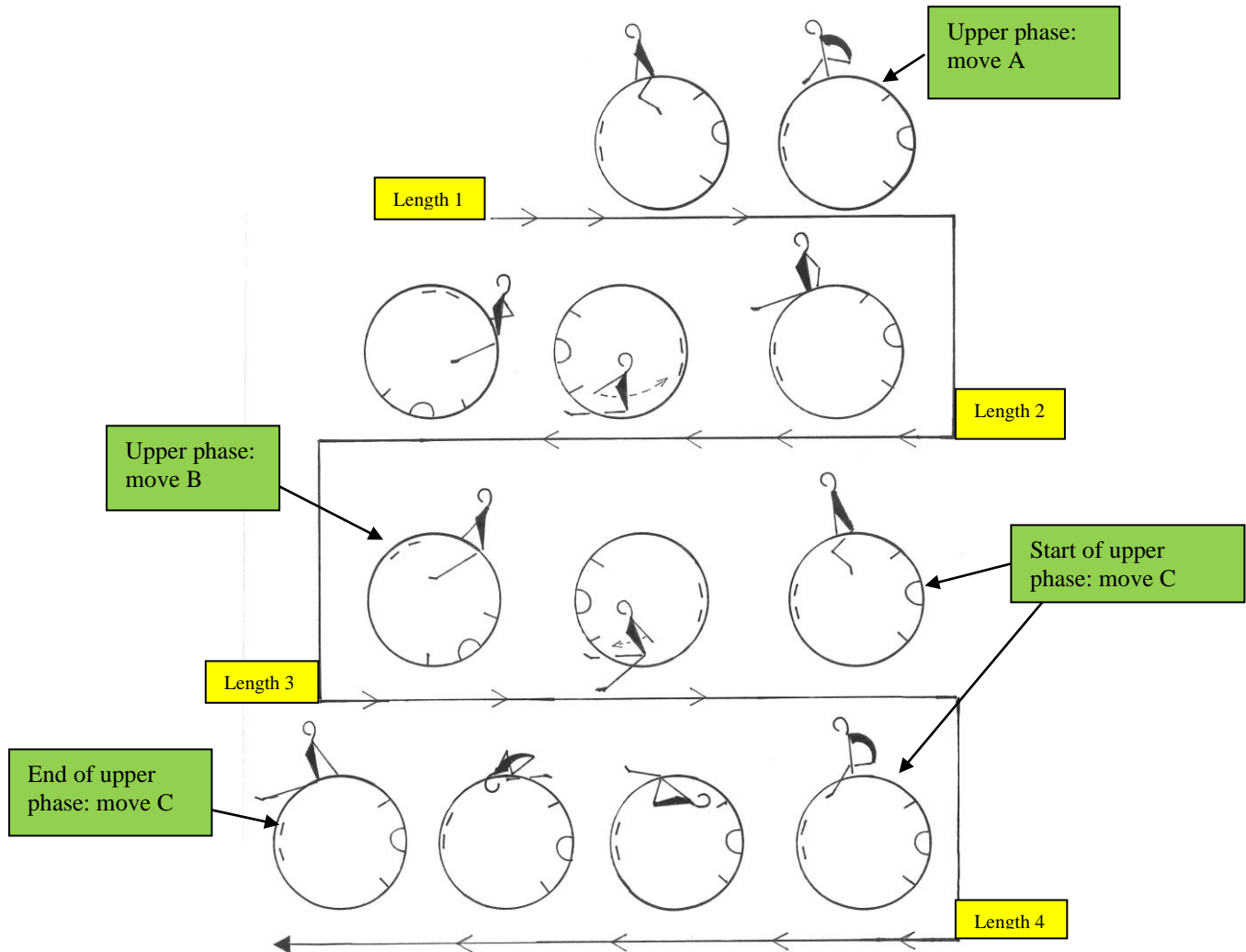


The moves/phases shown in the figure above can be described as follows:

"Change of direction from Length 1 to Length 2":

- Move A: Above: high tuck over forwards / (change of direction)
Below: angled sitting forwards (part of new length = **Start of Length 2**)
- Move B: Above: high angled sitting / (change of direction)
Below: angled sitting backwards (part of new length = **Start of Length 3**)
- Move C: Above: high angled sitting / (change of direction)
Below: angled sitting forwards (part of new length = **Start of Length 4**)
- Move D: Above: high roll forwards
Below: lower phase not shown

A2.3.2. Figure 5: Example 2

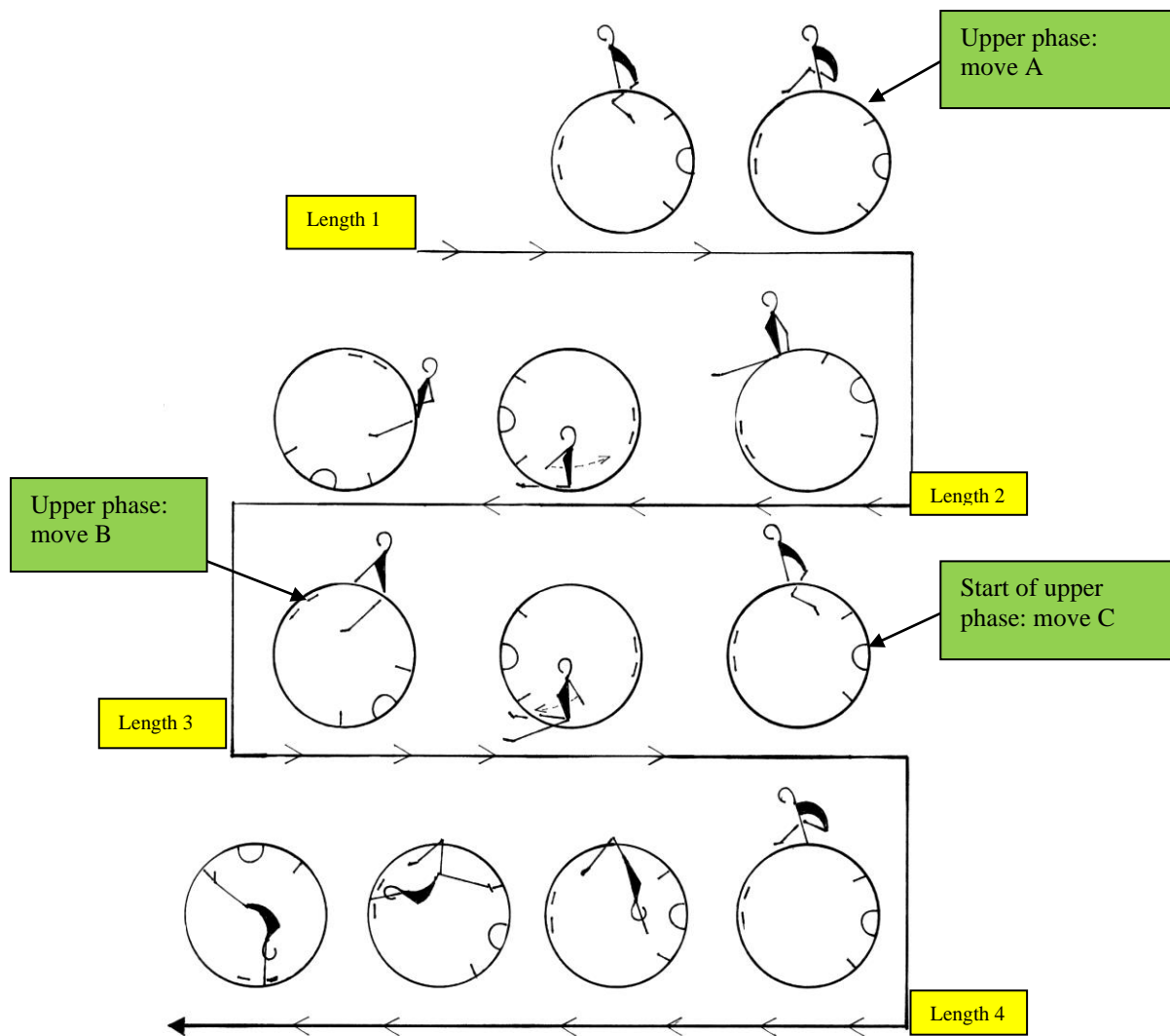


The moves/phases shown in the figure above can be described as follows:

“Change of direction from Length 1 to Length 2”:

- Move A: Above: high tuck over forwards / (change of direction)
Below: angled sitting forwards (part of new length = **Start of Length 2**)
- Move B: Above: high angled sitting / (change of direction)
Below: angled straddle sitting backwards (part of new length = **Start of Length 3**)
- Move C: Above: high tuck over forwards, backward knee circle / (change of direction)
Below: lower phase not shown = **Start of Length 4**)

A2.3.3. Figure 6: Example 3



The moves/phases shown in the figure above can be described as follows:

“Change of direction from Length 1 to Length 2”:

- Move A: Above: high tuck over forwards / (change of direction)
Below: angled sitting forwards (part of new length = **Start of Length 2**)
- Move B: Above: high angled sitting / (change of direction)
Below: angled straddle sitting backwards (part of new length = **Start of Length 3**)
- Move C: Above: high tuck over forwards / (change of direction)
from free knee swing (stepped) into a bridge forwards... (part of new length = **Start of Length 4**)

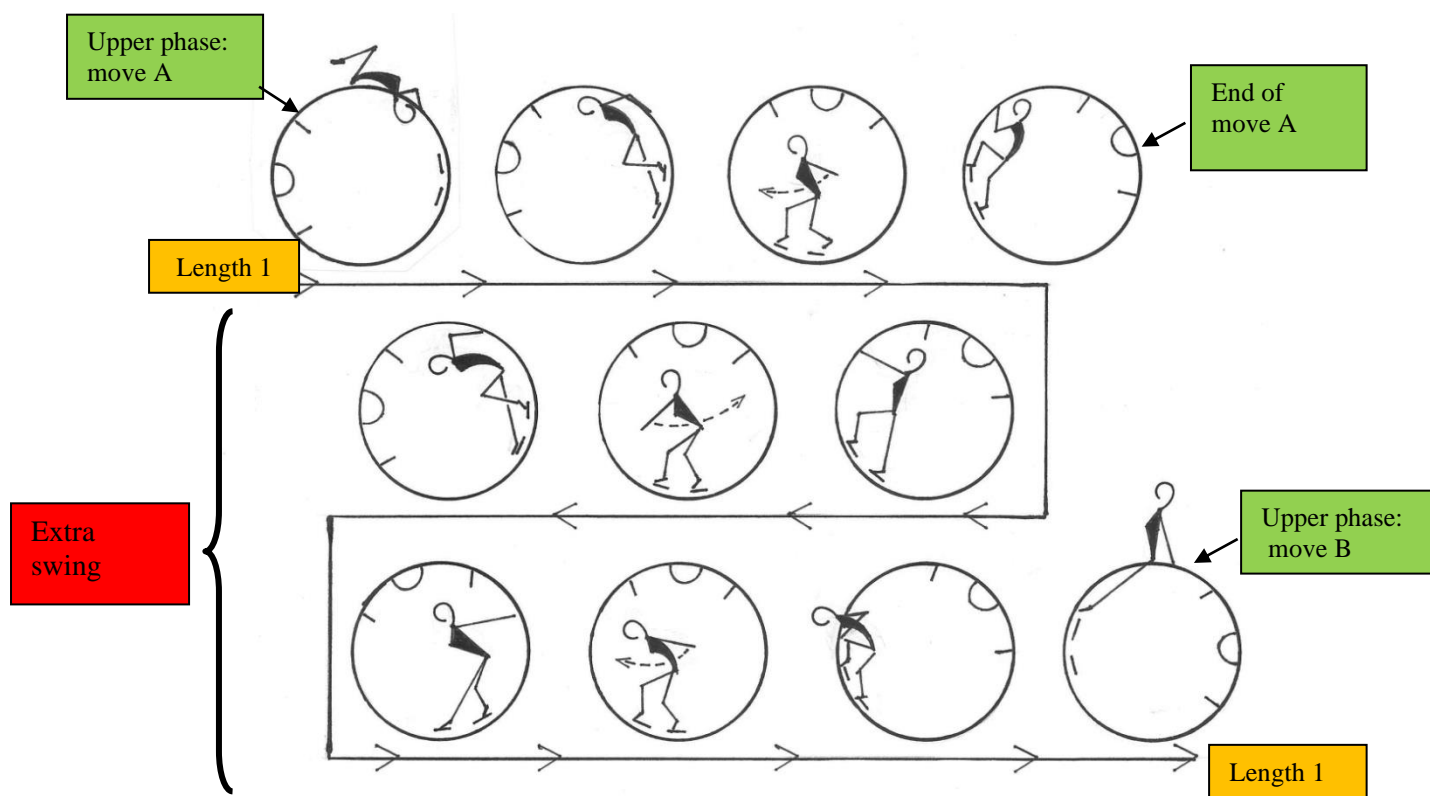
A3. Extra swing in relation to decentralised moves:

A3.1. Definition of an extra swing in relation to decentralised moves

The term “rolling back” is not used in relation to decentralised moves. When referring to decentralised moves, we refer to an “extra swing”. In all other cases, a new length will be counted.

An extra swing in relation to decentralised moves, means the following: The gymnast slows the wheel down after a lower phase, without starting a new upper phase. He/she then performs a single or double extra swing [usually in (stride) stand on the boards/runs or rims] before continuing the routine in the original or opposite rolling direction.

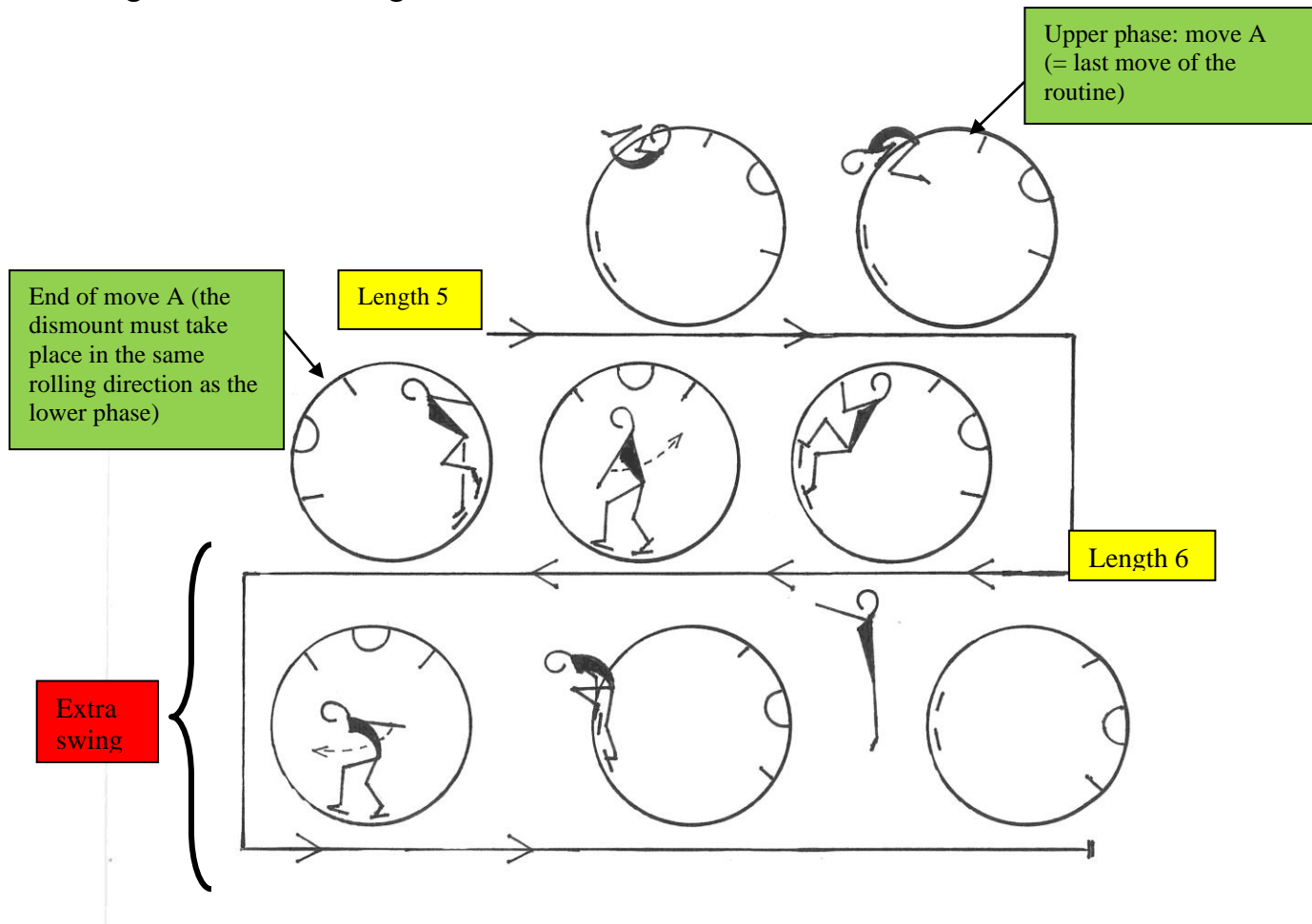
Figure 7: Extra swing during a length



The moves/phases shown in the figure above can be described as follows:

- Move A: Above: high roll backwards
Below: (stride) stand on the boards backwards
- Double swing in standing position (= **extra swing**)
- Move B: Above: push through into high sitting backwards
Below: lower phase not shown

Figure 8: Extra swing before the dismount



The moves/phases shown in the figure above can be described as follows:

“Change of direction from Length 5 to Length 6”:

- Move A: Above: backward hip circle / (change of direction)
Below: stride stand forwards (part of new length = **Start of Length 6**)
- Standing swing backwards (= **extra swing**)
- Dismount: (push through) straight jump

A3.2. How to judge an extra swing in relation to decentralised moves

Difficulty judges:

The difficulty judges do not count an extra length.

Execution judges:

An extra swing in relation to decentralised moves (= usually a double swing in standing position) or before the dismount (= usually an additional single swing in standing position) will incur a fixed deduction of 0.5. This deduction is applied independently of the preceding or subsequent move. Judging will continue with the next move or dismount.

A3.3. Special cases

A3.3.1. Multiple extra swings in a standing position

If a gymnast performs not just one, but several swings in a standing position, a maximum deduction of 0.5 will apply.

A3.3.2. Major deduction for an extra swing in relation to decentralised moves

If an extra swing in a decentralised move (double swing in standing position) leads to an additional major deduction (e.g. fall, physical or verbal assistance from the coach), the execution judges will only make one major deduction (0.8).

The difficulty judges will only count a new length if the gymnast resumes the interrupted routine in the opposite rolling direction to the decentralised move in question. As long as the gymnast continues in the original rolling direction, no new length will be counted.

A4. Standing swing

In the case of this transition, we are looking at an element whose main purpose is to give the gymnast enough momentum in order to be able to perform an element in the upper phase.

The gymnast stands on the wheel rims/rung/boards, with hands holding the rims above head level. By lifting the legs (e.g. tucked, angled, stepped...) onto one or two of the rung handles/rungs/boards (usually the boards) in front, the gymnast can transfer momentum to the wheel – as in the lower phase of a decentralised element. After releasing the hands and swinging through, the gymnast can reach behind to hold (usually the rims), or in front above head height. When swinging through the gymnast can also perform a ½ turn and get into position to move backwards. For arm and hand positioning during the swing through, see variations of standing position in the lower phase. The standing swing is usually performed forwards. The backwards variation is often performed in connection with a double swing as a change of direction (see below).

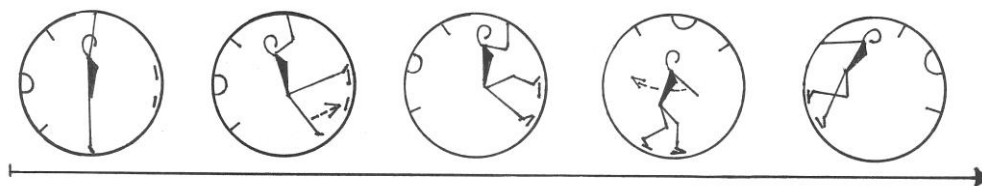


Figure: Standing swing forwards on the boards

The standing swing is a transition element that in terms of biomechanics can be defined between the gathering of momentum and a complete decentralised move. In contrast to a complete decentralised move, the centre of body mass only moves slightly away from the middle of the wheel when lifting into a (stride) standing position and remains below or only just above the horizontal middle of the wheel. The impact on momentum is thus relatively limited and is often similar – depending on execution – to a dynamic gathering of momentum in a straight standing position.

A5. Double standing swing

In this change of direction the gymnast combines the standing swing defined above with a change of direction, i.e. he/she slows the wheel down through a transfer of body mass and by using the arms (the arms are bent) to “press” the wheel into the new rolling direction). This leads into a new swing through backwards in the lower phase. The double standing swing can also be performed with a $\frac{1}{2}$ turn and is often used in order to get ready for an upper phase.

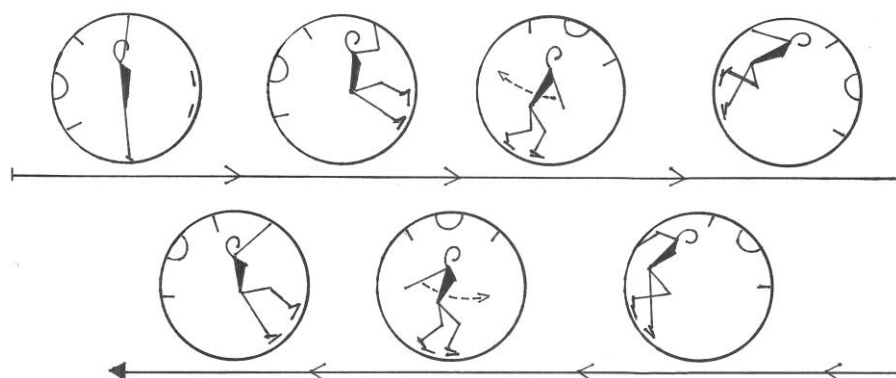


Figure: Double standing swing forwards/backwards on the boards

Comment: Double swings are also possible in other positions (sitting, lying). However, as they do not currently have any meaning in straight-line without music (e.g. to increase momentum), they are primarily used as elements in routines performed to music where they are used as part of a gymnast’s musical interpretation.

III. Counting difficulty values:

It is possible that the maximum score for a voluntary routine is limited by a specific number of difficulty elements. In this case, the following principles apply:

- (1) A higher difficulty value will always fully replace a lower difficulty value.
- (2) An extra element with lower difficulty will only replace part of the next highest difficulty element.
- (3) The loss of points in the case of part compensation will be the difference between the two difficulty values.
- (4) An extra D difficulty will receive maximum C value. An extra C difficulty will receive maximum B value. An extra B difficulty will receive maximum A value.
- (5) In a routine without B, C, or D difficulty, only A difficulty will be counted, and only as many as the maximum number of difficulty values specified as contributing to the final difficulty score. Any additional A skills will not be counted.
- (6) Dismounts can also be counted towards the final difficulty score.