

How-to film a Wheel Gymnastics / Cyr Wheel-Routine

If the conditions described below are not met, the video cannot be rated.

General guidelines:

- Competition area must not be marked with tape
- **Do not edit the video** – Fair play – same chances for every competitor
- Shoot from **one fixed position**.
- Do not move during shooting, use a tripod.
- Shooting position according to the light situation (light in the back of the camera)
- Shoot in landscape format (16:9)
- Video resolution must be HD (1280 x 720 pixel) or full HD (1920 x 1080 pixel)
- Show the date on camera (e.g. by recording the calendar app of a smartphone before the routine starts)

1) Straight-Line

Position:

The cameraperson stands at the position of the head judge in the middle of the length. Before the shooting starts, the wheel must also be positioned in the middle of the length directly opposite to the cameraperson. Then the gymnast takes the wheel either way to the starting point of the routine with one complete wheel rotation.

Recording in a shot size that shows the entire wheel during the whole routine (long shot or medium long shot)

No zooming, slow panning according to the wheel movement

Loudspeakers must be close to the camera for good sound quality (music routines)

2) Spiral

Position:

Competition area must not be marked with tape; nevertheless the gymnasts should perform his routine in the middle of the area

The cameraperson stands in a distance of approximately 3 meters to the gymnast (as shown in figure a)

Recording in a shot size that shows the entire wheel during the whole routine (long shot or medium long shot)

No big distance to the gymnast

No zooming, slow panning according to the wheel movement

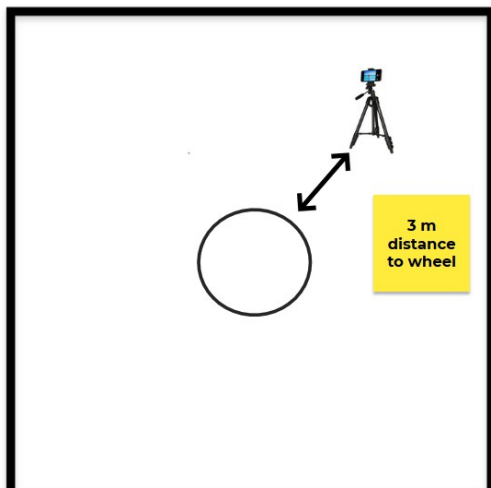


Figure a

3) Vault

Position:

90cm-line must be marked on mat

The cameraperson stands slightly in front of the take-off-position in a distance of approximately 3 meters (as shown in figure b)

No zooming, slow panning, take-off, mounting phase, standing on the wheel, flight phase and landing must be recorded

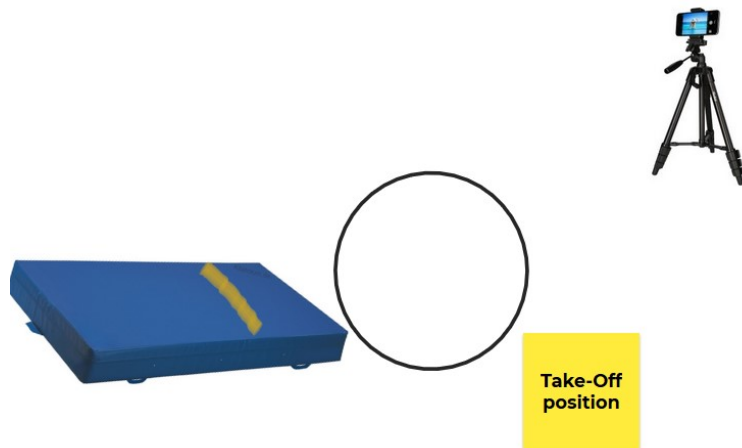


Figure b

4) Cyr Wheel

Position:

Competition area must not be marked with tape; nevertheless the gymnasts should perform his routine in the middle of the area

The cameraperson stands in a distance of approximately 3 meters to the gymnast (as shown in figure a)

Recording in a shot size that shows the entire Cyr Wheel during the whole routine (long shot or medium long shot)

No big distance to the gymnast

No zooming, slow panning according to the wheel movement

Loudspeakers must be close to the camera for good sound quality (music routines)

Tip: Before submitting the video, ask a judge from your club if the routine is suitable for judging