

# IRV

## **SPIRAL (SPI) DIFFICULTY CATALOGUE 2023+**

**VALID FROM 1<sup>ST</sup> JANUARY 2023**



## Foreword

This version of the IRV difficulty catalogue for spiral is based on the previous version of the difficulty catalogue (2017-2020) but contains the new structure groups implemented with the Gym Wheel Code of Points 2023+.

The previously defined R elements are now called E elements, following the general structure of the new code of points.

### Notes regarding the use of the IRV Spiral Difficulty Catalogue:

- Documentation relating to references regarding move repetition and general rules for recognition of difficulty can be found in the IRV Code of Points 2023+.
- In the big spiral, one element performed in two consecutive wheel rotations (e.g. side rotation) is referred to as a “**move**”, while two different elements performed within two wheel rotations (e.g. ROT1: Side rotation, ROT2: One-armed side rotation) are referred to as a “**move with element combination**” or just “**element combination**”. If the gymnast completes only one wheel rotation immediately before or after a change of rolling rim (tip over), this will be counted as a single wheel rotation and not as a move.
- The new structure groups are listed for each difficulty element in red colour (e.g. **I, VIII**). Structure groups with parentheses (e.g. **(VI)**) indicate that different versions of an element exist, and the structure groups depend on the version.
- An overview of the structure groups for each element can be found in the table at the last pages of this document.
- Please keep in mind, that only B, C, D and E elements fulfil structure groups. No structure groups are assigned to A elements.

### Excerpt from the Code of Points 2023+: Counting changes in Spiral

With the CoP 2023+, changes of direction are no longer counted only as transitions. To encourage variation in the routines, changes of direction will now be counted as units of difficulty together with the two following wheel rotations (or small spiral).

This means the difficulty value of the change of direction will only be counted once, even if the two following wheel rotations (or small spiral) differ. On the other hand, performing the same two wheel rotations following different changes of direction will now be counted as separate elements.

If the same change of direction is repeated during a routine, the difficulty value of the move performed after the second change of direction will be counted instead.

Below is an overview of the different types of changes of direction:

Change (using hands)	in bindings	without bindings
Free change	in bindings	without bindings
Tip change	in bindings	
Combination of free change and tip change	in bindings	
Change performed behind in combination with moves performed behind (no tip change)	in bindings	without bindings
Step tip change		without bindings
Free step tip change		without bindings
Step tip changes out of a straight position (example: splits tip change)		without bindings
(Free) change and $\frac{1}{2}$ turn without change of rolling rim before/after side bridge		without bindings

In particular, changes of direction are considered to be identical and lead to **repetition** if they only differ by

- the combination of following elements,
- being performed before or after the first rotation,
- performed as single, double, or triple change.

For **example**, a free change in bindings and a free change without bindings will be counted separately, given that changes with and without bindings are always different.

However, a free change into free fly and a free change into side rotation performed behind are considered identical changes and will only be counted once.

**Overview**

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# B DIFFICULTY

## MOVES IN THE BIG SPIRAL

### CENTRALISED MOVES IN THE BIG SPIRAL

#### B1: Basic elements in bindings

B1a:	Example	Recognition & Execution
All moves performed in a straight position	<b>B1a.1):</b> Front support (all variations) <b>B1a.2):</b> Spindle rotation (all variations)	

B1b: II	Example	Recognition & Execution
All basic elements performed behind	<b>B1b.1):</b> Side rotation behind <b>B1b.2):</b> Spindle rotation forwards behind <b>B1b.3):</b> Side rotation in side stride position behind	<b>B1b.1):</b> Feet can be pointed or flexed <b>B1b.2):</b> Combination of pointed and flexed feet permitted <b>B1b.3):</b> Positioning of stride leg: anywhere on the rung.

**B2: Basic elements without bindings**

B2a:	Example	Recognition & Execution
Side splits (= side rotation with feet on the stride rungs)		Side splits is defined as a side position standing on the stride rungs or on the wheel rim touching the stride rungs, i.e. the gymnast's feet/toes are touching the stride rungs (up to 10cm deviation is permitted for recognition of difficulty). <u>Grip / holding zone:</u> underarm grip on the rung handles <u>Recognition:</u> Alternative standing zones will <u>not</u> be recognised as side splits (even if the leg angle is 180° or almost 180°). In such cases, the move will be judged as a side rotation without bindings in a variation of stride position. Difficulty will be awarded accordingly.

B2b: <b>IV</b>	Example	Recognition & Execution
Spindle rotation without bindings		<u>Recognition:</u> This move will only be recognised if the spindle position is performed correctly (= opposite arm to front foot holding the front rung handle, and opposite arm to back foot holding the back rung handle)

**B3: Bridges with and without bindings**

<b>B3a: III</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All bridges (with bindings)	<p><b>B 3a.1):</b> Low bridge (all variations)</p> <p><b>B 3a.2):</b> Spindle bridge (all variations)</p> <p><b>B 3a.3): II+III</b> Side bridge behind (all variations in bindings)</p>	<p><b>B3a.2): <u>Recognition:</u></b> This move will only be recognised if the spindle bridge position is performed correctly (= opposite arm to free foot holding the front rung handle, and opposite arm to foot in binding holding the back rung handle)</p>

<b>B3b: III+IV</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All bridges without bindings in stride stand on the lower rim or one of the rungs/boards/rung handles	<p><b>B3b.1):</b> Bridge backwards in stride stand with each foot on the lower rim half way between the respective board and stride rungs (in and against the rolling direction of the wheel), holding the rim handles</p> <p><b>B3b.2):</b> Splits bridge forwards</p>	<p><b>B3b.2):</b> Splits is defined with standing position on the stride rungs, or on the wheel rim touching the stride rungs, i.e. the gymnast's feet/toes are touching the stride rungs (up to 10 cm deviation is permitted for recognition of difficulty).</p> <p><u>Grip / holding zone:</u> Radial grip holding the rim handles</p> <p><u>Recognition:</u> Alternative standing zones will <u>not</u> be recognised as splits (even if the leg angle is 180° or almost 180°). In such cases, the move will be judged as a bridge without bindings.</p>

**B4: | Free-fly moves and element combinations**

<b>B4a:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All free-fly moves	<b>B4a.1):</b> Side free-fly <b>B4a.2):</b> Free-fly (all variations)	



**B5: I Moves with an element combination including a pike forwards**

<b>B5a:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All element combinations including a pike forwards and an A or B element	<p><b>B5a.1):</b>            ROT1: From free-fly forwards via pike forwards into free-fly forwards            ROT2: Side rotation</p> <p><b>B5a.2):</b>            ROT1: Front support forward            ROT2: From free-fly forwards via pike forwards into free-fly forwards</p>	<p>The pike can be performed in the first or second rotation of the element combination.</p> <p><u>Ideal execution of the pike:</u> Fingers together and hands free at the level of the front foot, "nose on knee", angle between upper body and front leg almost closed (stomach close to thigh of front leg)</p> <p><u>Ideal rolling zone for moves with a pike:</u>            - Pike forwards: In the case of an element combination with a pike forwards, the pike is initiated when the front handle rung is closest to the floor. The pike must be finished (= body extended again) when the area half way between the back stride rung and the back board is closest to the floor.</p> <p><u>Pike not recognised:</u>            - A pike forwards is <u>not</u> recognised if the angle between the upper body and front leg is greater than 80°            - A pike forwards is not recognised if it is started after the back rung handle has been closest to the floor and finished when the front board is closest to the floor.</p> <p><u>How to judge if the pike is not recognised:</u>            - Evaluation by the difficulty judges: If a move with a pike is not recognised because of the above-mentioned errors, the wheel rotation will be recognised as a free-fly. The difficulty of the move as a whole will be calculated in combination with the value of the second wheel rotation.            - Evaluation by the execution judges: In this case the execution judges make deductions for bending at the hips, arm movement and/or not adhering to the prescribed rolling zones.</p> <p>Head and hand errors in the pike will incur minor deductions and are not relevant for the recognition or non-recognition of the pike.</p>

**B6: Moves consisting of an element combination**

<b>B6a: various structure groups possible</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>All moves consisting of an element combination in which each element already has B difficulty.</p>	<p><b>B6a.1): I</b>            ROT1: Free-fly forwards            ROT2: Side free-fly</p> <p><b>B6a.2): V</b>            ROT1: One-armed front support backwards (½ turn)            ROT2: One-armed front support forwards</p> <p><b>B6a.3): II</b>            ROT1: Side rotation behind            ROT2: Side rotation behind with one leg in side stride position on the stride rung</p> <p><b>B6a.4): III+IV+V</b>            ROT1: splits bridge backwards (½ turn)            ROT2: splits bridge forwards</p>	

<b>B6b: VII</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves consisting of an element combination with one decentralised element	<p><b>B6b.1):</b> ROT1: Side rotation (with bindings) ROT2: Side angled (tuck) hang</p> <p><b>B6b.2):</b> ROT1: Side angled straddle hang ROT2: Side rotation (without bindings)</p>	<p>In case of a major deduction in the transition from the decentralised to centralised element (e.g. when lowering the legs from side tuck hang or side angled straddle hang), i.e.....</p> <p><b>...for B6b.1): Recognition:</b> Recognition as a B if the decentralised element is performed in the second rotation of the move. In this case the deductions applied during the (recognised) move will be independent of the major deduction, which will be counted as part of the transition to the next move.</p> <p><b>...for B6b.2): Recognition:</b> No recognition if the decentralised element is performed in the first rotation of the move. The major deduction is applied to the move being performed, and no further deductions are made.</p>

<b>B6c: V</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves consisting of an element combination containing one wheel rotation with a stepped full turn	<p><b>B6c.1):</b> ROT1: Stepped full turn ROT2: Side rotation without bindings</p>	

<b>B6d: IV</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves containing a <b>stepped</b> handstand ("walkover")	<p><b>B6d.1):</b> ROT1: Side rotation without bindings with one leg in side stride position (grip change) ROT2: Handstand (= from angled standing forwards on the lower rim next to the stride rung, holding the rim handles (<b>stepped</b>) into an extended bridge forwards on the lower rim, standing between the back board and back stride rung)</p>	Other finishing positions will be recognised (e.g.....into an extended bridge on both rims)

<b>B6e: IV</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>All moves containing a backwards kickover</p>	<p><b>B6e.1):</b>                      ROT1: backwards kickover (= from a bridge backwards on the lower rim, standing between the back board and back stride rung and holding the rim handles (kickover) into angled standing backwards on the lower rim between the front board and front stride rung, holding the rim handles)                      ROT2: side rotation</p>	<p>All variations are recognised.</p>

**B7: Moves with a change of direction as transition**

<b>B7a:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>All A moves (including element combinations with A difficulty) performed with a change (<u>not</u> a tip change) either directly before the move or after the first rotation of the move</p> <p><b>Additional structure groups possible</b></p>	<p><b>B7a.1):</b> (free double change) Side rotation</p> <p><b>B7a.2): VI</b> ROT1: Side rotation without bindings (change) ROT2: Side rotation without bindings</p>	<p><u>Recognition:</u></p> <ul style="list-style-type: none"> <li>- Not recognised if the wheel is briefly on both rims during the change. This is true regardless of when during the change the wheel is on both rims. In this case, only the standard difficulty of the move will be counted.</li> <li>- Not recognised if the gymnast performs more than three changes during the same transition. In this case, only the standard difficulty of the move will be counted.</li> </ul>

<b>B7b:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>Moves (including element combinations) preceded by any type of tip change or step tip change</p> <p>[NB: Exceptions: Elements already defined as having C or D difficulty]</p> <p><b>Additional structure groups possible</b></p>	<p><b>B7b.1): II</b> (tip change) Spindle rotation backwards behind</p> <p><b>B7b.2): VI</b> (step tip change) Side rotation without bindings</p> <p><b>B7b.3):</b> [preceding move: Side rotation behind] (tip change) Side rotation</p>	<p><u>Recognition:</u></p> <ul style="list-style-type: none"> <li>- The tip change (in bindings) and the step tip change must be performed <b>before</b> a move (not between two wheel rotations).</li> <li>- Not recognised if the wheel rolls briefly on both rims during the tip change, or if the gymnast needs to tip the wheel more than once. This is true regardless of when during the change the wheel rolls on both rims. In this case, only the standard difficulty of the move will be counted.</li> <li>- Not recognised if the gymnast performs more than three changes during the same transition. In this case, only the standard difficulty of the move will be counted</li> </ul>

<b>B7c: VI</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>Step tip change performed directly after a bridge without bindings on the lower rim (in stride stand), holding the rim handles (including one-armed bridge), followed by any move</p>	<p>[Preceding move: Bridge without bindings on the lower rim (any kind of stride stand), holding the rim handles]</p> <p><b>B7c.1):</b> (step tip change, change of grip)</p> <p>ROT1: Side rotation in side stride position with one leg on stride rung</p> <p>ROT2: Side rotation</p>	<p><u>Counting difficulty:</u> The standing position (in stride stand) during the preceding bridge is flexible, whereby the front foot is somewhere between the front board and the front stride rung, while the back foot is somewhere between the back board and the back stride rung.</p> <p>- Not recognised if the wheel rolls briefly on both rims during the tip change, or if the gymnast needs to tip the wheel more than once. This is true regardless of when during the change the wheel rolls on both rims. In this case, only the standard difficulty of the move will be counted.</p>

## MOVES IN THE SMALL SPIRAL

## B20: Centralised moves in the small spiral

B20a: IX	Example	Recognition & Execution
<p>All moves except side front support and side front support in side stride position (i.e. in bindings)</p> <p><u>NB</u>: Side front support with free leg circles and side front support without bindings with free leg circles (including variations) are not moves in their own right. They are transitions to a vertical spiral.</p>	<p><b>B20a.1): IX+X</b> One-armed side front support in side stride position with one foot on the stride rung</p> <p><b>B20a.2):</b> Side front support in front stride position (splits) with one foot on the lower rim handle – in one binding or without bindings</p> <p><b>B20a.3):</b> Side front support without bindings (all variations)</p> <p><b>B20a.4):</b> Side front support in standing position on the stride rung (or rim next to the stride ring), holding with overarm grip on the upper rim handle and rung handle in rolling direction</p> <p><b>B20a.5):</b> Side front support in crossed stride position against the rolling direction</p>	<p><b>B20a.5): <u>Body positioning</u>:</b> The foot in rolling direction is place on the stride rung (or rim next to the stride rung) against rolling direction. Both legs stay straight. The gymnast holds the rung handles (or wheel rim next to the stride handles).</p> <p><u>Recognition</u>: Bent legs during the small spiral can be judged as an execution fault, but will not affect the recognition of the move.</p>

**B21: Decentralised moves in the small spiral**

<b>B21a: IX</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves except low side straddle stand (monkey spiral)	<p><b>B21a.1)</b> One-armed low side straddle stand</p> <p><b>B21a.2):</b> Low side angled stand</p>	<p>Low side straddle stand = A difficulty</p> <p><b>B21a.1):</b> <u>Standing zone:</u> The feet are in side straddle stand on the lower rim and the angle between the legs must be greater than 70°. The move can be performed anywhere in the wheel.</p> <p><u>Type of grip and holding zone:</u> One hand holds the upper rim or upper rim handle in overarm grip, centralised relative to the gymnast's standing position. The free arm is elevated to the side or in front.</p> <p><u>Body positioning:</u> The gymnast's centre of mass is on a level approximately half way between the upper and lower wheel rims.</p> <p>The arm holding the rim is mostly straight. The wheel is kept in motion by the gymnast transferring his/her weight from one foot to the other and by pulling through the shoulders. The gymnast's head is kept in position as an extension of the backbone.</p> <p><b>B21a.2):</b> <u>Standing zone:</u> The gymnast's legs are straight and together on the lower rim or lower rim handle. The move can be performed in any area of the wheel.</p> <p><u>Type of grip and holding zone:</u> The hands hold the upper rim in overarm grip at least shoulder width apart.</p> <p><u>Body positioning:</u> The gymnast's centre of mass is on a level approximately half way between the upper and lower wheel rims.</p> <p>The arms remain straight. The wheel is kept in motion primarily by the gymnast pulling through his/her shoulders. The gymnast's head is kept in position as an extension of the backbone.</p>



**B22: Moves with special transitions**

<b>B22a: VI+IX</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>(Change without bindings – including free change - or step tip change and possible tip behind, turns and other changes of foot or hand positioning)</p> <p>Low side straddle stand</p>	<p><b>B22a.1):</b> (Change without bindings or step tip change, tip behind), Low side straddle stand</p> <p><b>B22a.2):</b> (½ turn and side stride position with the foot in rolling direction to the side, change in stride stand, holding the upper rim with the hand in the new rolling direction) Low side straddle stand</p>	<p>There are many variations of a change (free, holding the wheel, step tip change etc.), together with turns and changes of foot and hand positioning, that lead directly into a low side straddle stand (monkey spiral).</p> <p><u>Counting difficulty:</u> The last move in the big spiral is counted according to the difficulty listed in the difficulty catalogue. The subsequent transition with a change will upgrade the low side straddle stand in small spiral from an A to a B.</p> <p><u>Execution:</u> The transition from big to small spiral (in this case including a change) is a separate judging unit in its own right, i.e. the execution judges will apply all relevant deductions independently of the subsequent low side straddle stand in small spiral. Deductions relating only to the low side straddle stand will be made additionally.</p> <p><b>B22a.1):</b> The step tip change takes place after the last move in big spiral. Immediately following the step tip change the gymnast tips the wheel behind, whereby the feet are brought into a side straddle position. At the same time the gymnast reaches to hold the upper rim in order to achieve the transition into small spiral in low side straddle stand.</p> <p><b>B22a.2):</b> The ½ turn and placement of the foot in rolling direction into a side stride position takes place after the last move in big spiral. Both hands will be momentarily released during the ½ turn. The gymnast bends the leg in the new rolling direction, whereby the speed of the wheel is slowed down and the wheel is brought to a brief standstill. At the same time the gymnast reaches to hold the wheel rim with the hand in the new rolling direction. The change of direction is achieved through a dynamic straightening of the bent leg, while the second hand reaches to hold the upper rim and the transition</p>

	<p><b>B22a.3):</b>                  (free change without bindings, ½ turn)                  Low side straddle stand</p>	<p>into a small spiral in low side straddle stand follows.  <b>B22a.3):</b> Performed from a side rotation without bindings, the foot against rolling direction is placed in stride position on the rim. The gymnast performs a free single change and ½ turn (hands reach to hold the upper rim), followed by low side straddle stand in small spiral.</p>
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## C DIFFICULTY

### MOVES IN THE BIG SPIRAL

#### CENTRALISED MOVES IN THE BIG SPIRAL

#### C1: III Bridges

C1a: III+IV	Example	Recognition & Execution
<p>One-armed bridge forwards/backwards without bindings (all variations)</p>	<p><b>C1a.1):</b> One-armed bridge forwards in stride stand on the lower rim with one foot between the board rung and stride rung in rolling direction and one foot between the board rung and stride rung against rolling direction, holding the lower rim handle</p> <p><b>C1a.2):</b> One-armed splits bridge forwards</p>	<p><b>For all variations:</b> <u>Recognition:</u> If the gymnast grips the wheel with his/her free hand before <math>\frac{3}{4}</math> of the move has been completed, it will be counted as a bridge without bindings (i.e. B difficulty, see B3b).</p> <p><b>C1a.2):</b> A one-armed splits bridge is defined with standing position on the stride rungs, or on the rims with contact to the stride rungs, i.e. the gymnast's feet/toes are in immediate contact with the stride rung (up to 10 cm deviation = recognition).</p> <p><u>Type of grip / holding zone:</u> Radial grip on the rim handle nearest the floor</p> <p><u>Recognition:</u> Variations in standing zone will <u>not</u> be recognised as a splits bridge, even if the leg angle is <math>180^\circ</math> or almost <math>180^\circ</math>. In this case the move will be counted as a bridge without bindings (B difficulty, see B3b).</p>

C1b:	Example	Recognition & Execution
<p>Side bridge behind without bindings (“<i>Spannbeuge</i>”) (all stride variations)</p>	<p><b>C1b.1):</b> Side bridge behind without bindings</p> <p><b>C1b.2):</b> Side bridge behind with variation in standing or holding zone (e.g. side bridge without bindings, standing on the rim between the lower board and lower stride rung, holding the rung handle and upper stride rung).</p> <p><b>C1b.3):</b> Side bridge behind without bindings with one leg in side stride position</p>	<p><b>C1b.1):</b> <u>Standing zone:</u> both feet together on the lower rim half way between the boards</p> <p><u>Type of grip / holding zone:</u> underarm grip on the rung handles</p> <p><u>Technique:</u> The gymnast's body is in a bridge (arch) position. When the gymnast is upright, the arms are bent alternately (arm pull). When the gymnast is upside down, both arms are straight for a brief moment. The gymnast's head is an extension of the backbone. When in an upright position, the bridge position almost disappears because of the arm pull.</p> <p><b>C1b.2):</b> This move represents a variation only in standing or holding zone. Two variations of a side bridge behind without bindings (performed as C difficulty) during the course of one routine will be counted as repetition. The same is true for variations standing on one leg (e.g. with one leg bent in front) (ref. move repetition)</p> <p><b>C1b.3):</b> The foot in rolling direction is placed on the stride rung in rolling direction (or on the lower rim next to the stride rung).</p> <p><u>Recognition:</u> For a side stride position the 10 cm zone above/below the relevant stride rung is valid. If the standing zone of the stride leg is not within the permitted tolerance limit, the move will be counted as C1b.1) in straddle position (possible move repetition)</p>

**C2: I Moves with an element combination containing a pike backwards**

C2a:	Example	Recognition & Execution
<p>All moves with an element combination consisting of a pike backwards in one rotation and an A element in the other rotation</p>	<p><b>C2a.1):</b>            ROT1: From free-fly backwards via pike backwards into free-fly backwards            ROT2: Side rotation</p> <p><b>C2a.2):</b>            ROT1: One-armed side rotation            ROT2: From free-fly backwards via pike backwards into free-fly backwards</p>	<p>The pike can be performed in the first or second rotation of the element combination.</p> <p><u>Ideal execution of the pike:</u> Fingers together and hands free at the level of the front foot, "nose on knee", angle between upper body and front leg almost closed (stomach close to thigh of front leg)</p> <p><u>Ideal rolling zone for moves with a pike:</u></p> <ul style="list-style-type: none"> <li>- Pike backwards: In the case of an element combination with a pike backwards, the pike is initiated when the back stride rung is closest to the floor. The pike must be finished (= body extended again) at the latest when the front handle rung is closest to the floor.</li> </ul> <p><u>Recognition:</u></p> <p>If the gymnast touches the floor with one hand in order to avoid a fall, there will be an execution deduction of 0.5 (NB: remember to differentiate between this half-point deduction and the minor deduction for "hands brushing the floor"). Neither of these deductions will affect the recognition of the move.</p> <p><u>Pike not recognised:</u></p> <p>A pike backwards is not recognised if the angle between the upper body and front leg is greater than 80°</p> <p><u>How to judge if the pike is not recognised:</u></p> <ul style="list-style-type: none"> <li>- Evaluation by the difficulty judges: If a move with a pike is not recognised because of the above-mentioned errors, the wheel rotation will be evaluated as a free-fly. The overall difficulty of the move will depend on the difficulty of the second wheel rotation.</li> <li>- Evaluation by the execution judges: In this case the execution</li> </ul>

		<p>judges make deductions for bending at the hips, arm movement and/or not adhering to the prescribed rolling zones.</p> <p>Head and hand errors in the pike will incur minor deductions and are not relevant for the recognition or non-recognition of the pike.</p>
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**C3: Moves with an element combination in two bindings**

<b>C3a: V</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves with a double turn (= two times ½ turn)	<b>C3a.1):</b> ROT1: From spindle rotation forwards (turn under) into spindle rotation backwards (turn under) ROT2: One-armed front support forwards	<u>Recognition:</u> as long as at least one foot is turned.

**C4: Moves with an element combination in one binding**

<b>C4a: III+V</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves consisting of an element combination with a ½ turn in one binding and a change of hand and arm positioning	<b>C4a.1):</b> ROT1: Spindle bridge on the front board backwards (turn under the back arm, change of grip) ROT2: Spindle bridge forwards	



**C5: II Moves with an element combination behind (in bindings)**

<b>C5a:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves with a ½ turn performed behind	<p><b>C5a.1):</b> (½ turn) Spindle rotation backwards behind</p> <p><b>C5a.2) II+V</b> ROT1: Spindle rotation backwards behind (turn under the front arm into ulna grip) ROT2: from spindle rotation backwards behind (turn under the front arm) into spindle rotation forwards behind</p>	The ½ turn can be performed before the move or after the first rotation.

**C6: Moves consisting of an element combination without bindings**

<b>C6a: IV</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
(½ turn with change of grip or turn under) spindle rotation without bindings behind	<p><b>C6a.1): IV+V</b></p> <p>ROT1: Spindle rotation backwards without bindings behind (standing on the boards)</p> <p>(½ turn with change of grip)</p> <p>ROT2: Spindle rotation forwards behind (standing on the boards)</p>	<p>The ½ turn can be performed before the move or after the first rotation.</p> <p><u>Recognition:</u> No recognition if the turn is performed by changing the position of the feet while the hands maintain the same grip on the handles (in this case, the move will be counted as a B, see B2b).</p>

<b>C6b:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All moves with an element combination in which each element already has C difficulty	<p><b>C6b.1): IV+V</b></p> <p>ROT1: One-armed bridge forwards in stride stand position with both feet on the lower rim half way between the respective board and stride rung (i.e. front foot between front board and front stride rung, back foot between back board and back stride rung), holding the lower rim handle</p> <p>(½ turn)</p> <p>ROT2: One-armed bridge backwards in stride stand position with both feet on the lower rim half way between the respective board and stride rung, holding the lower rim handle</p>	<p><b>For all variations:</b> <u>Recognition:</u> If the gymnast grips with the free hand before the move has been <math>\frac{3}{4}</math> completed, the move will be counted as a bridge without bindings and will receive the relevant B difficulty (see B3b or B6a).</p>

**C7: Moves with special transitions (in bindings)**

The special transitions described here can be performed before the move or as a transition after the first rotation of the move.

<b>C7a: I</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>All B moves (including element combinations with B difficulty) performed with a single free change <u>directly before</u> or <u>directly after</u> a free-fly element.</p>	<p>Examples of B moves with a single free change <u>directly before</u> a free-fly element</p> <p><b>C7a.1):</b> (free change) Side free-fly</p> <p><b>C7a.2):</b> (change, free change) ROT1: Side free-fly ROT2: Spindle rotation forwards</p>	<p><u>Recognition:</u> Not recognised if the wheel is briefly on both rims during the change. This is true regardless of when during the change the wheel is on both rims. In this case, only the standard difficulty of the move will be counted.</p> <p><u>Recognition:</u> Not recognised if the gymnast performs a change holding the wheel in addition to the free single change. In this case the move will be counted as a B (see B7a). It does not make a difference whether the change holding the wheel is performed before or after the free change.</p> <p>In this case the change can upgrade the subsequent move to maximum B difficulty (see B7a) - unless the subsequent move or element combination has a higher difficulty in its own right.</p> <p>Not recognised if the gymnast performs an A move instead of a B. In this case the A will be upgraded to a B (see B7a)</p>

**C8: Moves with special transitions (with and without bindings)**

C8a:	Example	Recognition & Execution
<p>All moves performed behind with a change also performed behind</p>	<p><b>C8a.1): II</b>                      (change behind)                      Spindle rotation backwards behind</p> <p><b>C8a.2): II</b>                      ROT1: Spindle rotation forwards behind                      (change behind, change of grip)                      ROT2: Side rotation behind</p> <p><b>C8a.3): VI</b>                      ROT1: Spindle rotation forwards without bindings behind                      (change behind)                      ROT2: Spindle rotation backwards behind</p>	<p>The momentum for a change performed behind comes from an element performed behind, and the rolling rim stays the same even after the change, i.e. the gymnast does not tip the wheel immediately before or after the change behind.</p> <p><u>Recognition:</u> Not recognised if the wheel is briefly on both rims during the change. This is true regardless of when during the change the wheel is on both rims. In this case, only the standard difficulty of the move will be counted.</p> <p><b>C8a.3):</b>                      For the variation without bindings the foot positioning must be maintained after the change.</p> <p><u>Recognition:</u> Not recognised if there is a change of foot positioning (in this case it will be counted as an A)</p>

**C9: Moves with special transitions (without bindings)**

C9a:	Example	Recognition & Execution
<p>Side rotation without bindings with a full (1/1) turn around the longitudinal axis</p>	<p><b>C9a.1): V</b>            ROT1: Side rotation without bindings            (change of grip with one hand into ulna grip, 1/1 turn under the other arm)            ROT2: Side rotation</p>	<p><u>Recognition:</u>            Not recognised if the wheel is briefly on both rims during the full turn. In this case, the move will be counted as an A.</p>

**C10: VII Decentralised moves in the big spiral**

<b>C10a:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All decentralised moves	<p><b>C10a.1a):</b> Side straddle hang</p> <p><b>C10a.2):</b> Side angled (tuck) hang</p>	<p><u>Recognition:</u> Recognition as a C if the move is <math>\frac{3}{4}</math> complete. The move can still be recognised even if the wheel is briefly on both rims (see general rules for recognition).</p> <p>If the gymnast incurs a fall while lowering the legs after the second wheel rotation, the move will still be recognised.</p> <p><u>Execution:</u> If the gymnast incurs a fall while lowering his/her legs after the second wheel rotation, the execution deductions for the recognised move will be counted in addition to the fall (i.e. possible execution deductions for recognised move + fall for subsequent judging unit).</p>

## MOVES IN THE SMALL SPIRAL

## C20: IX Centralised moves in the small spiral on the lower rim

C20a: II+IX	Example	Recognition & Execution
<p>Low side bridge behind (all variations)</p>	<p><b>C20a.1):</b> Low side bridge behind (in both bindings)</p> <p><b>C20a.2):</b> Low side bridge behind (without bindings)</p>	<p><b>C20a.1:)</b> The gymnast is in a low side bridge in bindings behind, holding the rung handles. Given the fact that the gymnast is in a side position, his/her arms must stay straight throughout the wheel rotation in order to keep the body in an arched position. At the same time there is a sideways transfer of body mass from one half of the wheel to the other effectuated by the hips and shoulders. The gymnast should avoid obvious and jerky hip movements.</p>

C 20b: IX+X	Example	Recognition & Execution
<p>One-armed side front support in side stride position without bindings (= one foot on the lower wheel rim)</p>		<p><u>Standing zone:</u> one foot is on the lower rim, half way between the boards, while the foot in stride position is on the lower wheel rim, ideally touching the stride rung.</p> <p><u>Type of grip, holding zone:</u> One hand in radial grip holding a rung handle, while the free arm is held in an elevated position.</p> <p><u>Recognition:</u> If the standing zone and/or holding zones are not according to the basic position described in the IRV Code of Points 2023+, the move will be recognised as a B (see B20a).</p> <p>For recognition as “side stride position” there is a 10 cm tolerance above/below the relevant stride rung. If the leg in stride position is not within the tolerance zone, the move will be recognised as a B (see B20a).</p>

C20c: IX+X	Example	Recognition & Execution
<p>One-armed low splits (= side front support without bindings, one foot in front on the lower rim handle)</p>		<p>The standing position for one-armed low splits without bindings is defined with one foot on the wheel rim half way between the boards and one foot in front on the lower rim handle. The gymnast holds one of the rung handles in overarm grip, while the free arm is held in an elevated position.</p> <p><u>Recognition:</u> Other variations of standing position will be recognised as low splits if the foot in front is placed on the lower rim half way between the holding points of the hands on the upper rim.</p> <p>If the standing zone and/or holding zones are not according to the basic position described in the IRV Code of Points 2023+, the move will be recognised as a B (see B20a).</p>

C20d:	Example	Recognition & Execution
<p>Low side splits (= side front support with feet on stride rungs)</p>		<p><u>Recognition:</u> Low side splits is defined as side front support with standing position on the stride rungs or on the wheel rim touching the stride rungs, i.e. the gymnast's feet/toes should be directly on or next to the stride rungs (up to 10 cm deviation is permitted for purposes of recognition) with overarm grip on the rung handles.</p> <p>Variations in arm positioning (e.g. holding the wheel rim on the upper rim or rim handle) are permitted, but will be judged as repetition if they occur more than once in a routine.</p> <p>No variation in standing zone is permitted for low side splits on the lower rim.</p>



C20e:	Example	Recognition & Execution
<p>Side front support without bindings in side stride position <u>holding the lower rim</u></p>		<p><u>Standing zone:</u> one foot is half way between the boards on the lower rim, while the foot in stride position is ideally placed on the stride rung or on the wheel rim directly next to the stride rung, whereby the gymnast’s foot is touching the stride rung.</p> <p><u>Type of grip / holding zone:</u> The hands hold in overarm grip on the lower rim between the rim handle and the relevant rung handle (in and against rolling direction).</p> <p><u>Recognition:</u> If the standing and/or holding zones are not according to the defined positioning, the move will be counted as a B (see B20a).</p> <p>For recognition as “side stride position” 10 cm deviation is permitted above or below the relevant stride rung. If the standing zone of the leg in stride position is not within the tolerated limit, the move will be counted as a B (see B20a).</p>

C20f: IX+X	Example	Recognition & Execution
<p>One-armed side front support in crossed stride position against rolling direction</p>	<p><b>C20f.1):</b> One-armed side rotation on the lower rim (standing position mid-way between the boards) with crossed stride position against rolling direction (holding with the hand in rolling direction)</p>	<p><u>Body positioning:</u> The foot in rolling direction is placed on the stride rung (or wheel rim next to the stride rung) against rolling direction. Both legs are kept straight in this position. The hand in rolling direction holds the rung handle (or the wheel rim next to the rung handle). The hand against rolling direction is released and held elevated to the side. The upper body of the gymnast will have to twist round in order to achieve this position, which means that the shoulder area of the upper body will almost be in a side position during the support phase.</p> <p><u>Recognition:</u> Bent legs in this small spiral can result in deductions for execution but will not affect the recognition of the move.</p>

**C21: VIII Centralised moves in the small spiral on the upper rim**

C21a:	Example	Recognition & Execution
<p>Side front support on the upper rim (with legs together)</p>		<p><u>Standing zone:</u> both feet together half way between the boards on the upper rim</p> <p><u>Type of grip / holding zone:</u> Each hand holds in overarm grip between the rim handle and rung handle (in and against rolling direction). The ideal position is such that the position of the hands is symmetrical in relation to the rim handle (i.e. equal distance either side).</p> <p><u>Recognition:</u> If the standing and/or holding zones are not according to the defined positioning, the move will be counted as a B (see B20a).</p> <p>For recognition as “legs together” the following applies:</p> <ul style="list-style-type: none"> <li>- A distance of maximum 5 cm between the toes of each foot will be judged as a minor deduction.</li> <li>- A gap between the heels will be judged as a minor deduction.</li> </ul>

C21b:	Example	Recognition & Execution
<p>Side front support in side stride position on the upper rim</p>		<p><u>Standing zone:</u> one foot is half way between the boards on the upper rim, while the foot in stride position is on the upper rim, ideally directly above the point where the rung and rim meet.</p> <p><u>Type of grip / holding zone:</u> Each hand holds in overarm grip between the rim handle and rung handle (in and against rolling direction). The ideal position is such that the position of the hands is symmetrical in relation to the rim handle (i.e. equal distance either side).</p> <p><u>Recognition:</u> If the standing and/or holding zones are not</p>

		<p>according to the defined positioning, the move will be counted as a B (see B20a).</p> <p>For recognition as “side stride position” 10 cm deviation is permitted above or below the relevant stride rung. If the standing zone of the leg in stride position is not within the tolerated limit, the move will be counted as a B (see B20a).</p>
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<b>C21c:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>Low side splits on the upper rim (= side front support on the upper rim with feet above the stride rungs)</p>		<p><u>Recognition:</u> Low side splits on the upper rim is defined as side front support with standing position on the upper rim directly above the stride rungs, i.e. the gymnast’s feet should be on the rim directly above the points where the stride rungs meet the rim (up to 10 cm deviation is permitted for the purpose of recognition).</p> <p>No variation in standing zone is permitted for low side splits on the upper rim. However, variations in arm positioning (e.g. holding the rung handle, upper wheel rim or upper rim handle) are permitted, but will be judged as repetition if they occur more than once in a routine.</p>

**C22: Decentralised moves in the small spiral**

<b>C22a: IX</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
Reverse low side straddle (tuck) stand on the lower rim, holding the upper rim	<p><b>C22a.1):</b> Reverse low side straddle (tuck) stand on the lower rim next to the board rungs, holding the upper rim next to the board rungs</p>	<p><u>Body positioning:</u> The gymnast is in reverse side straddle (tuck) stand on the lower rim, holding behind on the upper rim (the move can be performed anywhere in the wheel)</p> <p><u>Technique:</u> By raising and lowering his/her centre of mass (with bent legs), the gymnast controls the wheel in a small spiral. Bending the knees is thus part of performing the move (no execution deductions). The centre of mass is often close to the upper rim, but should not touch it.</p> <p><u>Recognition:</u> This move will only be recognised as a C once during the course of a routine.</p>

<b>C22b: VIII</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
Low side straddle stand on the upper rim, holding the upper rim	<p><b>C22b.1):</b> Low side straddle stand on the upper rim with feet placed between the respective board rungs and stride rungs in and against rolling direction, holding the upper rim by the board rungs</p>	<p><u>Body positioning:</u> The gymnast is in side straddle stand on the upper rim, holding on the upper rim. The move can be performed anywhere in the wheel. The legs remain straight throughout the move. The arms can be bent alternately to support the movement of the wheel.</p> <p><u>Recognition:</u> Bent legs in this small spiral can result in deductions for execution but will not affect recognition. This move will only be recognised as a C once during the course of a routine.</p>

**C23: Moves with special transitions**

The transition upgrades the value of the subsequent move in small spiral to C difficulty.

<b>C23a: IX</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>(spiral down to a stationary position on the floor in low side straddle stand on the lower rim – also as a one-armed spiral)</p> <p>Side straddle stand on the lower rim (with a change of rotational direction compared to the preceding move)</p>		<p>The move C23a must always be performed from a variation of low side straddle stand in the original rotational direction of the spiral.</p> <p>The spiral down to floor (including a one-armed variation) must take place in low straddle stand on the lower rim. The wheel must stop moving completely.</p> <p>Immediately afterwards (= max. 1 second), the gymnast sets the wheel in motion again, but must change the rotational direction of the spiral compared to the preceding move.</p> <p><u>Counting difficulty:</u> The low side straddle stand on the lower rim performed down into a stationary position on the floor will be counted as an A (holding with both arms) or B (if performed with one arm). The low side straddle stand on the lower rim performed after the stationary position on the floor (with a change in rotational direction) will be counted as a C.</p> <p><u>Recognition:</u> Too long in a stationary position on the floor (&gt; 1 second) = minor deduction by the execution judge – difficulty is still recognised</p> <p>If the gymnast does not manage to get the wheel back into a small spiral = major deduction (fall) by the execution judge, difficulty not recognised</p> <p>If the gymnast succeeds in achieving a small spiral on the second or third attempt, the C difficulty will be recognised.</p> <p>If the preceding move is missing (variation of the low side straddle stand) before the stationary position on the floor, the subsequent move will not be recognised as a C (in this case there is no obvious change of rotational direction).</p>

## D DIFFICULTY

### MOVES IN THE BIG SPIRAL

#### CENTRALISED MOVES IN THE BIG SPIRAL

#### D1: | Move with an element combination including a pike backwards

D1a:	Example	Recognition & Execution
<p>All moves consisting of an element combination with a pike backwards in one rotation and a B element in the other rotation</p>	<p><b>D1a.1):</b>                      ROT1: From free-fly backwards via pike backwards into free-fly backwards                      ROT2: Side free-fly</p> <p><b>D1a.2):</b>                      ROT1: Free-fly backwards                      ROT2: From free-fly backwards via pike backwards into free-fly backwards</p>	<p>The pike backwards can be performed in the first or second rotation of the element combination.</p> <p><u>Ideal execution of the pike:</u> Fingers together and hands free at the level of the front foot, "nose on knee", angle between upper body and front leg almost closed (stomach close to thigh of front leg)</p> <p><u>Ideal rolling zone for moves with a pike backwards:</u>                      In the case of an element combination with a pike backwards, the pike is initiated when the back stride rung is closest to the floor. The pike must be finished (= body extended again) at the latest when the front handle rung is closest to the floor.</p> <p><u>Pike not recognised:</u>                      A pike backwards is <u>not</u> recognised if the angle between the upper body and front leg is greater than 80°</p> <p><u>What the judges do if the pike is not recognised:</u>                      - Evaluation by the difficulty judges: If a move with a pike is not recognised because of the above-mentioned errors, the wheel rotation will be counted as a standard free-fly. The difficulty of the move as a whole will depend on the value of the second wheel rotation.</p>

		<p>- <u>Evaluation by the execution judges:</u> In this case, the execution judges will make deductions for bending at the hips, arm movement and/or not adhering to the prescribed rolling zones. Head and hand errors in the pike will incur minor deductions and are not relevant for the recognition or non-recognition of the pike.</p> <p><u>Recognition:</u></p> <p>If the gymnast touches the floor with one hand in order to avoid a fall, there will be an execution deduction of 0.5 (NB: remember to differentiate between this half-point deduction and the minor deduction for "hands brushing the floor"). These deductions will <u>not</u> affect the recognition of the move.</p>
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**D2: II+V Moves with a 1/2 turn behind and change behind**

<b>D2a:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>All moves consisting of an element combination with a 1/2 turn behind <u>and</u> a change behind</p>	<p><b>D2a.1):</b>            ROT1: From spindle rotation backwards behind (1/2 turn) into spindle rotation forwards behind (Change behind)            ROT2: spindle rotation backwards behind</p> <p><b>D2a.2):</b>            ROT1: from spindle rotation backwards behind (1/2 turn) into spindle rotation forwards behind (change behind, change of grip)            ROT2: Side rotation behind</p>	<p>Both elements must be performed within one move, i.e. within two consecutive wheel rotations.</p> <p><u>Recognition:</u> Not recognised if the wheel is briefly on both rims during the change. This is true regardless of when during the change the wheel is on both rims. In this case, only the standard difficulty of the move will be counted.</p> <p><u>NB:</u> If the two elements (1/2 turn with subsequent change behind) are not performed within one move, i.e. if they are performed as a transition between two moves, both moves will be counted as C difficulty (see C8a and C5a).</p> <p>This element combination can only be counted as a D if it is performed in bindings. Similar variations performed without bindings will <u>not</u> be counted as D difficulty.</p>

**D3: Moves with special transitions (in bindings)**

D3a:	Example	Recognition & Execution
<p>All B moves (including element combinations with B difficulty) with a free double or triple change</p>	<p><b>D3a.1): I</b> (free double change) Side free-fly</p> <p><b>D3a.2): II</b> (free double change, tip behind) Side rotation behind</p> <p><b>D3a.3): I</b> ROT1: Side free-fly (free double change) ROT2: Front support forwards</p> <p><b>D3a.4): VII</b> (free double change) ROT1: Side rotation ROT2: Side tuck hang</p>	<p>The free double or triple change must be performed without holding on to the wheel at all.</p> <p>The free double or triple change can be performed <u>before</u> a move or <u>after the first wheel rotation</u> of an element combination.</p> <p><u>Recognition:</u></p> <ul style="list-style-type: none"> <li>- No recognition if the wheel is briefly on both rims during the change. Even if the wheel is only on both rims during the first change, and the second and/or third changes are performed on one rim, the transition as a whole will not be recognised. If this happens, only the standard difficulty of the move will be counted.</li> <li>- No recognition if, in addition to the free double change, an extra change is performed holding the wheel. This is true regardless of whether the free double change is performed before or after the change holding the wheel. In this case, the change can upgrade the subsequent move to maximum B (see B7a), unless the move or element combination itself already has a higher difficulty value.</li> </ul> <p>No recognition if the gymnast performs more than three changes during the transition. If this happens, the standard difficulty of the move will be counted.</p>



D3b:	Example	Recognition & Execution
<p>All B moves (including element combinations with B difficulty) performed with a combination of a free double change and a subsequent tip change (in bindings)</p>	<p><b>D3b.1): II</b>                      (free double change, tip change)                      Spindle rotation backwards behind</p>	<p>The change combination can only be performed <u>before</u> a move / element combination.</p> <p><u>Recognition:</u></p> <ul style="list-style-type: none"> <li>- No recognition if the wheel is briefly on both rims during the free double change. This is true regardless of when during the change the wheel is on both rims. Even if the wheel is only on both rims during the first change, and the second change is performed on one rim, the transition as a whole will not be recognised.</li> <li>- No recognition if the wheel rolls briefly on both rims during the tip change, or if the gymnast needs to tip the wheel more than once. This is true regardless of when during the change the wheel rolls on both rims.</li> <li>- No recognition if the gymnast performs more than three changes during the transition.</li> </ul> <p>In the above-mentioned cases, only the standard difficulty of the subsequent move will be counted.</p>

**D4: Element combinations without bindings**

<b>D4a: IV</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>Moves consisting of an element combination with a jumped handstand in the <u>second wheel rotation</u>.</p> <p>(NB: Differentiate here between D4a and E4a)</p>	<p><b>D4a.1):</b>            ROT1: Side rotation in side stride position without bindings            (change of grip)            ROT2: Jumped handstand (= from angled stand forwards on the lower rim by the stride rung, holding the rim handles (<b>tuck, angled or straddle jump</b>) into extended bridge forwards on the lower rim, back board or both rims between the back board and the back stride rung</p> <p><b>D4a.2):</b>            ROT1: Splits bridge forwards            ROT2: Jumped handstand (= from angled stand forwards on the lower rim by the stride rung, holding the rim handles (<b>tuck, angled or straddle jump</b>) into extended bridge forwards on the lower rim, back board or both rims between the back board and the back stride rung</p>	<p><u>Standing zone for the jumped handstand:</u></p> <ul style="list-style-type: none"> <li>- The feet are on the lower rim by the front stride rung. The gymnast is permitted to place his/her feet slightly unevenly one in front of the other or next to each other on the lower rim.</li> <li>- After the jump, the gymnast will land either with one foot on each rim or with both feet slightly unevenly one in front of the other or next to each other on the lower rim between the back board and back stride rung.</li> </ul> <p><u>Recognition:</u></p> <ul style="list-style-type: none"> <li>- Both legs must be briefly without wheel contact after take-off. If not, the move will be judged as a stepped handstand (walkover) (see B6d)</li> <li>- After landing, both feet must be clearly behind the back board before the gymnast is permitted to change his/her standing position, e.g. in order to perform a move in stride position.</li> <li>- If the wheel is briefly on both rims when the gymnast lands after the jumped handstand, the move will still be recognised (see IRV Code of Points 2023+). An execution deduction will be applied to (the transition into) the next move.</li> <li>- If the gymnast misses the landing (i.e. does not land with feet on the wheel rim), a deduction for a fall will apply. The move will not be recognised because the core phase of the jumped handstand (= take-off + landing) has not been completed.</li> </ul> <p><u>NB:</u> A one-legged execution of a jumped handstand should also be possible, although it has not yet been performed in competition. If it were to be performed, however, the following limitations will apply:</p> <ul style="list-style-type: none"> <li>- In the case of take-off and landing on one leg, the handstand will only be recognised as a jumped handstand if the take-off</li> </ul>

		<p>and landing are performed with the same leg. The free leg would then be held in a bent position with the free foot next to the opposite knee and only moved into a different standing position when the gymnast has landed on the rim again after the jumped handstand.</p> <ul style="list-style-type: none"> <li>- If the gymnast does not take-off from the same foot as he/she uses to land, the handstand will automatically be counted as a stepped handstand (walkover) (see B6d).</li> <li>- The same will apply if the gymnast takes off from one leg and lands on both, whereby the free leg initiates and assists the take-off, i.e. the gymnast swings the free leg in the direction of the landing position before or at the same time as the jumped take-off (B difficulty).</li> <li>- The other way round, a two-legged take-off with a one-legged landing <u>will</u> be recognised, whereby the free leg must be kept free until the gymnast has landed on the wheel rim.</li> </ul>
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<b>D4b: III+IV+V</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>Move with element combination consisting of one rotation in a one-armed splits bridge backwards and one rotation in a one-armed splits bridge forwards</p>	<p><b>D4b.1):</b>            ROT1: one-armed splits bridge forwards (½ turn)            ROT2: one-armed splits bridge backwards</p> <p><b>D4b.2):</b>            ROT1: one-armed splits bridge backwards (½ turn)            ROT2: one-armed splits bridge forwards</p>	<p><u>Recognition:</u> A one-armed splits bridge is defined with standing position on the stride rungs or on the rims with contact to the stride rungs, i.e. the gymnast's feet/toes are touching the stride rung (up to 10 cm deviation = recognition).</p> <p><u>Type of grip / holding zone:</u> radial grip on the rim handle nearest the floor</p> <p>Variations in standing zone will <u>not</u> be recognised as a splits bridge, even if the leg angle is 180° or almost 180°. In this case the move will be counted as a bridge without bindings with the relevant associated difficulty (B difficulty, see B3b or B6a).</p> <p><u>Recognition:</u> The ½ turn must take place between the stride rung against rolling direction and the stride rung in rolling direction passing the floor. The gymnast is free to perform the ½ turn as he/she wishes.</p>

		<p><u>No recognition</u> if the gymnast holds the rim handles with both hands outside the permitted transition zone, in particular when the gymnast is in an inverted support position (= core phase of the movement).</p> <p><u>Examples of non-recognition:</u></p> <ul style="list-style-type: none"> <li>• The free hand is not free until after the stride rung in rolling direction has passed the floor</li> <li>• The gymnast holds on with the free hand too early, i.e. the stride rung is still clearly too far away from the floor.</li> </ul> <p><u>Counting difficulty when the move is not recognised:</u> In this case, the move will be counted as a splits bridge variation with two hands (see B6a).</p>
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**D5: Moves and element combinations with special transitions (without bindings)**

<b>D5a: VI</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>Splits tip change with free choice of subsequent move or element combination in the big spiral</p> <p>or:</p> <p>Splits tip change, tip change with free choice of subsequent move or element combination in the big spiral</p>		<p>The starting position for the splits tip change is a splits bridge forwards or backwards. This is the <u>only</u> starting position that is permitted in order for a tip change to be recognised as a splits tip change.</p> <p>Splits is defined as a standing position on the stride rungs or on the wheel rim touching the stride rungs, i.e. feet/toes touching the stride rungs (up to 10 cm distance from the stride rung is permitted for the purposes of recognition, but will incur a minor deduction for execution).</p> <p><u>Type of grip / holding zone:</u> radial grip on the rim handles</p> <p><u>Counting difficulty</u> for all variations: As it is not permitted to tip the wheel in the middle of an element combination, the following method must be applied to count difficulty: The splits tip change will upgrade the subsequent move to a D, i.e. the move following the splits tip change must consist of at least two wheel rotations in order for the D difficulty to be recognised. The preceding element (splits bridge forwards/backwards) is evaluated separately. This is also true if</p>

	<p>[Preceding move: splits bridge forwards]</p> <p><b>D5a.1):</b> (splits tip <b>change</b>, change of grip)</p> <p>ROT1: side rotation in side stride position</p> <p>ROT2: side rotation</p>	<p>the gymnast performs an uneven number of wheel rotations. In this case, the execution judges will make the necessary deductions.</p> <p><u>Recognition:</u> If the foot that is placed on the new rolling rim in a splits tip change is outside the tolerance zone of 20cm below the back stride rung, the splits tip change will <u>not</u> be recognised and the change will be judged as a simple tip change (see B6b).</p> <p><u>Exception:</u> An exception to the above recognition rule is made if, immediately after the splits tip change, the gymnast performs at least one wheel rotation in a bridge backwards standing on the rims with each leg between the respective board and stride rung, holding the rim handles (see D5a.3).</p> <p>However, if the tip change is performed from a bridge in stride position (not splits) forwards or backwards, this preceding bridge will be counted as a B (or C if performed with one arm), and the tip change will be counted as a simple tip change that will upgrade the subsequent move to maximum B difficulty (see B7b).</p> <p>- No recognition if the wheel rolls briefly on both rims during the tip change, or if the gymnast needs to tip the wheel more than once. This is true regardless of when during the change the wheel rolls on both rims. Only the standard difficulty of the performed move will be counted.</p> <p><b>D5a.1): <u>Technique:</u></b> When the back foot is near the floor, the front leg is moved backwards and placed on the stride rung (or on the upper rim next to the stride rung) <u>at the same level</u> as the back foot. <u>The feet do not have to be together and the change will be recognised as long as the foot is within 20 cm below the stride rung.</u> At the same time the arms are bent (without a change of grip) and the upper body is pulled backwards into a support position. The change of rolling direction and tip over onto the opposite rolling rim take place in</p>
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	<p>[Preceding move: splits bridge forwards]</p> <p><b>D5a.2):</b> (splits tip change, change of grip) Side rotation on the upper rim</p> <p>[Preceding move: splits bridge forwards]</p> <p><b>D5a.3): III+IV+VI</b> (splits tip change) Bridge backwards on the front rim standing with each leg half way between the respective board and stride rung, holding the rim handles</p> <p>[Preceding move: splits bridge forwards]</p> <p><b>D5a.4):</b> (splits tip change, tip change, change of grip) Side rotation with straddle stand on the front rim with</p>	<p>this position.</p> <p>The gymnast changes hand and foot position immediately after tipping the wheel in order to be ready for the next move.</p> <p><b>D5a.2): Recognition:</b> If the gymnast continues to perform on the upper rim after the splits tip change, the angle of inclination of the wheel in the big spiral will be obviously lower given the position of the gymnast's centre of mass.</p> <p>The difficulty judges will recognise moves in the big spiral as long as the spiral path is that of a big spiral. This will be particularly clear if the gymnast follows up with a recognisable transition from big to small spiral.</p> <p>There will be no recognition as D difficulty if the gymnast performs a small spiral directly after the splits tip change. In this case <u>no</u> difficulty will be counted because the splits tip change followed by a transition from big to small spiral does not have any allocated difficulty. The move in small spiral will be counted with its standard difficulty value from the difficulty catalogue.</p> <p><b>D5a.3): Technique:</b> see D5a.1. In this case, at least one rotation of a bridge backwards is performed in the described stride position, holding the rim handles, immediately after the splits tip change. In order to achieve this bridge position the gymnast is permitted to place his/her front leg directly on the upper rim half way between the board and stride rung, i.e. the tolerance zone that is defined for the recognition of a splits tip change (20 cm below the stride rung) is extended to half way between the board and stride rung.</p> <p><b>D5a.4):</b> <u>Technique:</u> see D5a.1. Immediately after the splits tip change the gymnast changes grip and performs another tip change. The gymnast must perform this tip change before getting into</p>
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	<p>feed between the respective board and stride rung</p> <p>[Preceding move: splits bridge backwards]</p> <p><b>D5a.5):</b> (splits tip change, change of grip)</p> <p>ROT1: Side rotation in side stride position</p> <p>ROT2: Side rotation</p>	<p>position for the next move.</p> <p><b>D5a.5):</b> <u>Technique:</u> The back leg is moved forwards before the gymnast is in an upright position (even before the stride rung is near the floor). It crosses in front of the front leg and is placed at the same level on the opposite rim or stride rung (variations in foot and leg positioning <u>without crossing the legs</u> are also possible). At the same time, the gymnast pulls hard with the arms in order to bring the body's centre of mass forwards. The gymnast can also hold on to the lower rung handle in order to support this forwards movement of the body. The change of rolling direction and tip over onto the opposite rolling rim take place in this position. Immediately after the tip over, the gymnast changes hand and foot positioning in order to be ready for the next move.</p>
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D5b: VI	Example	Recognition & Execution
<p>Free change (no free tip change) without bindings followed by free choice of move</p> <p>or</p> <p>Fee change (no free tip change) without bindings after the first rotation of an element combination</p>	<p><b>D5b.1):</b> (Free change without bindings) Side rotation</p> <p><b>D5b.2): V+VI</b> ROT1: Side rotation without bindings (free change, ½ turn with change of grip and/or turn under one arm) ROT2: Side bridge behind</p> <p><b>D5b.3)</b> (free change without bindings, change) Side rotation</p>	<p>The free change is performed either from a side rotation without bindings (feet together between the boards on the front rim) or from a side rotation in side stride position without bindings (standing on the front rim between the boards and on the rim between board and stride rung in rolling direction). When the change is performed from standing with legs together, the gymnast is permitted to bend both legs.</p> <p>The free change can be performed <u>before</u> a move or <u>after the first rotation</u> of an element combination.</p> <p><u>Recognition:</u> Both hands must be free during the change, i.e. the change of direction is initiated with the release of the hands. The gymnast is not permitted to hold the handles again until after the change has been completed.</p> <p>No recognition if the wheel is (even briefly) on both rims during the change. This is true regardless of when during the change the wheel is on both rims. In this case, only the standard difficulty of the move will be counted.</p> <p>No recognition if one hand holds the wheel as the wheel changes direction. If the happens, the difficulty will be evaluated as B (see B6a).</p> <p>No recognition if the gymnast performs more than three changes during the transition. If this happens, only the standard difficulty of the move will be counted.</p> <p><u>Counting difficulty:</u> The move associated with the change (usually a variation of side rotation without bindings) will be upgraded to D difficulty as a result of the free change. Watch out for possible repetitions, as the upgraded move is only permitted to be performed once as a D during the routine (ref. move repetition).</p>



D5c: VI	Example	Recognition & Execution
<p>Tip change without bindings, free tip change, tip change with choice of subsequent move or element combination</p>	<p><b>D5c.1):</b> (tip change without bindings, free tip change, tip change) Side rotation</p>	<p><u>Technique:</u> The free tip change can only be performed as part of a triple tip change and only as a transition <u>before</u> a move or element combination. This is because it is not permitted to tip onto a different rolling rim between the two wheel rotations of a move or element combination. In order to get into the correct position, the gymnast will perform a step tip change without bindings, holding the back rung handle with one or both hands. The hands will be released directly afterwards and will remain free while one foot is re-positioned on the back rim. The gymnast will then perform the second tip change in this position, whereby the gymnast stands in a free straight position on the rims between the boards. A new tip change is performed with the gymnast holding the wheel again.</p> <p><u>Recognition:</u> Both hands must remain free during the free tip change (i.e. during the slowing down of the wheel, the stepping into new standing position and the change of rolling direction). If the gymnast holds onto part of the wheel during the free tip change, it will be counted as a tip change holding the wheel, which means the move will have B difficulty (see B6b). If the gymnast touches the wheel briefly with his/her upper arms or shoulder, this can incur minor deductions, but the free tip change will be recognised.</p> <p>- No recognition if the wheel rolls briefly on both rims during the tip change, or if the gymnast needs to tip the wheel more than once. This is true regardless of when during the change the wheel rolls on both rims. In this case, only the standard difficulty of the move will be counted.</p> <p>- No recognition if the gymnast performs more than three changes during the transition. If this happens, only the standard difficulty of the move will be counted.</p> <p><u>Counting difficulty:</u> see regulations at the beginning of this document</p>

D5d:VI	Example	Recognition & Execution
<p>Side bridge behind (or element combination including a side bridge behind) immediately after a change (not a tip change) and ½ turn without a change of rolling rim</p>	<p>[Preceding move: Side rotation without bindings]</p> <p><b>D5d.1): III+VI</b></p> <p>(Change and ½ turn with change of grip and/or turn under one arm)</p> <p>Side bridge behind</p>	<p>The change with ½ turn can be performed before the move with side bridge behind or as a transition between two wheel rotations of an element combination. The important point is that at least one wheel rotation in side bridge behind <u>must</u> be performed <u>immediately after</u> the change and ½ turn.</p> <p><u>Technique:</u> The change performed before the side bridge behind is usually a single change holding the rung handle. The ½ turn is initiated from here and continued directly after the zero point of the change in order to achieve the correct position for the side bridge behind. The turn is performed with legs together. Additional grip changes in order to achieve the side bridge position are optional.</p> <p>The wheel must <u>not</u> be tipped, and the complete transition (= change and ½ turn) must be performed on the same rolling rim as the subsequent side bridge.</p> <p><u>Recognition:</u> No recognition as a D if the wheel is (even briefly) on both rims during the change or ½ turn. In this case, only the standard difficulty of the subsequent move will be counted.</p> <p><b>D5d.1):</b></p> <p><u>Counting difficulty:</u> Only the side bridge will be counted as a D. The preceding change with ½ turn is a transition without a difficulty value of its own.</p> <p>If the side bridge behind is performed directly from this transition, no other side bridge behind with D difficulty will be recognised in the same routine (move repetition).</p> <p><u>Recognition:</u> No recognition as a D if the wheel is briefly on both rims (even very briefly) during the change or ½ turn. In this case, only the standard difficulty of the subsequent move will be counted.</p>

	<p><b>D5d.2): V+VI</b></p> <p>ROT1: Side rotation without bindings (Change and ½ turn with change of grip and/or turn under one arm)</p> <p>ROT2: Side bridge behind</p>	<p>The move will not be recognised as a D if it is performed in connection with a tip change or directly following a tip in front. The reason for this is that tipping the wheel makes it too difficult to tell whether the turn has actually been carried out completely on one wheel rim.</p> <p><b>D5d.2):</b></p> <p>In this case the transition (change and ½ turn) is performed between the two rotations of an element combination. It is essential that the side bridge is performed directly after the transition.</p> <p><u>Counting difficulty:</u> The move consisting of an element combination (side rotation and side bridge behind) will be counted as a D.</p> <p>Even if there is only one rotation in a side bridge, this will count as one occurrence in terms of structure groups.</p>
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<b>D5e: VI</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>½ turn and change (without a change of rolling rim ) after a side bridge behind and before a side rotation</p>		<p><u>Technique:</u> The change performed after a side bridge behind is usually a single change holding the rung handle. The ½ turn is initiated from here and continued directly after the zero point of the change in order to achieve the correct position for the side rotation in front. The turn is performed with legs together. Additional grip changes in order to achieve the side position for a side rotation are optional.</p> <p>The wheel must <u>not</u> be tipped, and the complete transition (= change and ½ turn) must be performed on the same rolling rim as the subsequent side rotation.</p> <p><u>Recognition:</u> No recognition as a D if the wheel is (even briefly) on both rims during the change or ½ turn.</p> <p>The move will not be recognised as a D if it is performed in connection with a tip change or directly after a tip in front. The</p>

	<p>[Preceding move: Side bridge behind]</p> <p><b>D5e.1):</b>          (½ turn and change – without a change of rolling rim)          Side rotation</p> <p><b>D5e.2): V+VI</b>          ROT1: Side bridge behind          (½ turn and change – without a change of rolling rim)          ROT2: Side rotation in side stride position</p>	<p>reason for this is that tipping the wheel makes it too difficult to tell whether the turn has actually been carried out completely on one wheel rim.</p> <p><u>Counting difficulty D5e.1):</u> Only the side rotation will be given D difficulty. The preceding change with ½ turn is a transition without its own difficulty value. If a side rotation is performed after this transition, no further side rotation with D difficulty will be counted during the routine (ref. move repetition)</p> <p><u>Counting difficulty if the D difficulty is not recognised: D5e.1):</u> In this case, only the standard difficulty of the subsequent move will be counted, with a possible upgrade to B in the case of a tip change.</p> <p><u>Counting difficulty D5e.2):</u>          In this case the transition (change and ½ turn) is performed as a transition between the two wheel rotations of an element combination. The decisive factor is that the wheel rotation before the transition is a side bridge. The element combination (consisting of a side bridge behind and side rotation) will be given D difficulty. Even if only one wheel rotation is performed in a side bridge, this will count for the purpose of the restricted structure groups.</p> <p><u>Counting difficulty if the D difficulty is not recognised: D5e.2):</u> If the D is not recognised, the standard difficulty of the element combination will be counted (in this case A). The execution judges will also make a deduction for the wheel being on two rims.</p>
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<b>D5f: III</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>Side bridge behind after a preceding 1/1 turn and tip behind (without a change or tip change)</p>	<p>[Preceding move: Side rotation without bindings]</p> <p><b>D5f.1):</b></p> <p>(1/1 turn and tip behind)</p> <p>Side bridge behind</p>	<p><u>Technique:</u> The starting point is usually a side rotation without bindings. The gymnast performs the 1/1 turn by simultaneously turning under one arm and re-positioning the feet on the new rolling rim, thus achieving the correct position for a side bridge behind. There is no change or tip change in this transition.</p> <p><u>Counting difficulty:</u> Only the side bridge is counted as a D. The preceding 1/1 turn is a transition without any difficulty of its own.</p> <p>If the side bridge behind is performed from this transition, no other side bridge behind with D difficulty will be recognised (move repetition) in the same routine.</p>

D5g: VII	Example	Recognition & Execution
<p>All moves performed with a side roll (through the arms) as a transition</p>	<p><b>D5g.1):</b>            ROT1: Side angled (tuck) hang            (Side roll backwards, change of grip)            ROT2: Side rotation</p> <p>[Preceding move: Side angled hang]</p>	<p>In this case of this group of moves, a decentralised transition (side roll) is performed to lead into a centralised move.</p> <p>The decentralised transition can be performed <u>before</u> a move or <u>after the first wheel rotation</u> of a move consisting of an element combination.</p> <p><u>Recognition:</u> No recognition as a D if the wheel is briefly on both rims during the side roll. In this case, the standard difficulty of the move or element combination will be counted [e.g. for D5g.1: B (see B6b), for D5g.2: A]</p> <p><u>Technique:</u> The starting point for a side roll is usually a side angled hand with the feet on the lower rim handle, holding the rung handles. Before reaching an upright position the gymnast rolls backwards through the arms and places his/her feet on the lower rim, whereby the arms are briefly in an L-grip position. By changing grip into an overarm grip the gymnast gets back into position for a side rotation.</p> <p><u>Counting difficulty:</u> Be aware of the possibility of move repetition, as the side roll will upgrade the associated move to D difficulty. This move (e.g. side rotation without bindings) can only be recognised as a D once in the same routine.</p> <p><b>D5g.1: Recognition:</b> If the gymnast incurs a fall when lowering his/her legs after the first wheel rotation, the difficulty of the move will not be recognised. The execution judges will deduct for the fall</p>

	<p><b>D5g.2):</b>                  (side roll backwards, change of grip)                  Side rotation</p>	<p><b>D5g.2: Recognition:</b> If the gymnast incurs a fall when lowering his/her legs in the transition to the next move, only the difficulty of the preceding move will be recognised (in this case: side angled (tuck) hang = C (see C10a).</p> <p>The execution deductions for the preceding move will be made independently of the deduction for the fall (which occurs in the transition to the next move). The deduction for the fall is therefore made in addition to any other deductions applied to the preceding move.</p>
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## MOVES IN THE SMALL SPIRAL

D20: **IX** Centralised moves in the small spiral on the lower rim

D20a: <b>IX+X</b>	Example	Recognition & Execution
One-armed low side splits on the lower rim		<p>Low side splits on the lower rim is defined as side front support with standing position on (or next to) the respective stride rungs, i.e. the feet/toes must be directly next to (touching) the stride rung (a deviation of up to 10 cm is permitted for the purposes of recognition).</p> <p><u>Type of grip / holding zone:</u> Overarm grip on one of the rung handles or on the upper rim handle.</p> <p>In the case of one-armed low side splits on the lower rim there is no permitted variation of the standing zone. However, variations in arm positioning and holding zone are permitted (e.g. one arm holding a rung handle and one arm in an elevated position, or one arm in overarm grip on the upper rim handle and one arm in an elevated position).</p> <p><u>Counting difficulty:</u> A maximum of one variation of a one-armed low side splits on the lower rim will be recognised as a D during the course of a routine (ref. move repetition).</p>

D20b: <b>IX+X</b>	Example	Recognition & Execution
One-armed side front support without bindings in side stride position <u>holding the lower rim</u>		<p><u>Standing zone:</u> One foot is positioned on the wheel rim half way between the boards, while the leg in stride position should ideally be on the stride rung or on the rim next to the stride rung with the foot touching the stride rung.</p> <p><u>Type of grip / holding zone:</u> The gymnast is permitted to hold the lower rim in overarm grip between the rim handle and the respective rung handle (against rolling direction).</p> <p>The free arm is held in an elevated position.</p>



		<p><u>Recognition:</u> If the standing and/or holding zones are not according to the basic position described in the IRV Code of Points 2023+, the move will be recognised as a B (see B20a)</p> <p>For recognition as “side stride position” 10 cm deviation is permitted above or below the relevant stride rung. If the standing zone of the leg in stride position is not within the tolerated limit, the move will be counted as a B (see B20a).</p>
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**D21: VIII Centralised moves in the small spiral on the upper rim**

<b>D21a: VIII+X</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
<p>One-armed side front support in side stride position on the upper rim</p>		<p><u>Standing zone:</u> One foot is positioned on the rim half way between the boards, while the foot in side stride position should be positioned directly above the point where the stride rung meets the wheel rim.</p> <p><u>Type of grip / holding zone:</u> The gymnast is permitted to hold the wheel in overarm grip between the rim handle and the respective rung handle, depending on which arm is free and which arm is holding the wheel (the hand in rolling direction holds the rim between the rim handle and rung handle in rolling direction; the hand against rolling direction holds the rim between the rim handle and rung handle against rolling direction), or directly on the rim handle. The free arm is held straight and elevated above the wheel.</p> <p><u>Recognition:</u> If the standing and/or holding zones are not in accordance with the basic position described in the IRV Code of Points 2023+, the move will be recognised as a B (see B20a).</p> <p>For the recognition of the stride position, the 10 cm zone above or below the respective stride rung applies. If the standing zone of the foot in stride position is not within the permitted area of tolerance, the move will be counted as a B (see B20a).</p>

D21b:	Example	Recognition & Execution
<p>Low splits (= side front support on the upper rim with one foot in front on the upper rim handle) (also one-armed)</p>	<p><b>D21b.1):</b> Low splits on the upper rim (standing position half way between the boards) with one leg in front stride position on the upper rim handle, holding the upper rim</p> <p><b>D21b.2):</b> Low splits with standing position on the upper rim handle and one leg in front stride position half way between the boards, holding the upper rim</p>	<p><u>Recognition:</u> Other variations will be recognised as long as the foot in front stride position is placed on the upper rim half way between the hands. If this is not the case, the move will be counted as a B, e.g. if the front foot is on one of the boards (see B20a).</p> <p><u>Counting difficulty:</u> A maximum of one variation of low splits on the upper rim holding with both hands, and one variation of one-armed low splits on the upper rim will be recognised as D difficulty during the course of a routine (ref. move repetition).</p>

D21c: VIII+X	Example	Recognition & Execution
<p>One-armed low side splits on the upper rim</p>		<p><u>Recognition:</u> Low side splits on the upper rim is defined as side front support with standing position on the rim directly above the respective stride rungs, i.e. part of the foot must be directly above the point where the stride rung meets the rim (a deviation of up to 10 cm is permitted for the purposes of recognition).</p> <p><u>Type of grip / holding zone:</u> Overarm grip on the upper rim between the rung handles</p> <p>In the case of low side splits on the upper rim there is no permitted variation of the standing zone. However, variations in arm positioning and holding zone are permitted (e.g. one-armed in/against rolling direction, one-armed overarm grip on the upper rim handle).</p> <p><u>Counting difficulty:</u> A maximum of one variation of a one-armed low side splits on the upper rim will be recognised as a D during the course of a routine (ref. move repetition).</p>

**D22: Decentralised moves in the small spiral**

<b>D22a: VIII</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
Low one-armed side straddle stand on the upper rim, holding the upper rim	<b>D22a.1):</b> One-armed low side straddle stand on the upper rim with each foot between the respective board rung and stride rung in and against rolling direction, holding the rim between the board rungs	<p><u>Body positioning:</u> The gymnast is in side straddle stand on the upper rim. One hand (in or against rolling direction) holds the upper rim between the standing positions of the feet. The free hand is elevated in front or to the side. The move can be performed anywhere on the wheel. The legs remain straight throughout the move. The holding arm can support the wheel movement through bending and stretching.</p> <p><u>Recognition:</u> Bending the legs during this small spiral can incur deductions for execution, but will not affect the recognition of the move. The move can only be counted as a D once during the course of a routine.</p>

**D23: Moves with special transitions**

<b>D23a: VIII</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
(Tip over from low side straddle stand) Side front support on the upper rim (all variations)	<b>D23a.1):</b> (tip over) Side front support with straddle legs on the upper rim, holding the upper rim	<p><u>Standing zone / holding zone:</u> The low side straddle stand can be performed in various zones on the wheel. This means that the side front support position on the upper rim after the tip over can also be performed in various zones. The standing and holding zones will thus often deviate from the basic position (= standing position half way between the boards, holding the upper rim by the rung handles), and the side front support will be performed with the legs in straddle position.</p> <p>The tip over from the low side straddle stand must be performed in one movement, i.e. during one tip over.</p> <p>After the tip over, the gymnast is permitted to use 2-3 wheel rotations in order to achieve the correct angle of inclination for the subsequent small spiral.</p>

		<p><u>Recognition:</u> All variations of side front support on the upper rim will be recognised.</p> <p><u>No recognition:</u> Not recognised if the wheel ends up briefly on both rims and the gymnast has to use his/her body weight to pull the wheel forwards onto one rim again. <u>Counting difficulty in this case:</u> Low side straddle stand = A, while the subsequent variation of a side front support on the upper rim will be counted according to its standard difficulty.</p> <p><u>Counting difficulty:</u> When recognised, the transition upgrades the subsequent move in small spiral to a D.</p>
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## E DIFFICULTY

### MOVES IN THE BIG SPIRAL

#### CENTRALISED MOVES IN THE BIG SPIRAL

#### E1: **IV** Element combination including a bridge without bindings with legs together

E1a:	Example	Recognition & Execution
<p>All moves with an element combination including one wheel rotation in a bridge without bindings on the lower rim <u>with legs together</u> (or on one leg), holding the rim. The other rotation making up the element combination can be any element.</p> <p>[NB: <u>Not</u> spindle bridge without bindings or variations of the same]</p>	<p><b>E1a.1)</b></p> <p>ROT1: Side rotation with legs in straddle position on the lower rim next to the rim handles, holding the lower rim by the boards</p> <p>(change grip and move the front leg back so that the legs are together)</p> <p>ROT2: Bridge backwards on the lower rim between the lower rung handle and rim handle, holding the rims between the upper stride rung and upper board</p>	<p><u>Standing zone:</u> The legs are together but not next to each other. One leg is behind the other on the lower rim. A certain tolerance is permitted in this position (approx. 5-10 cm between the toes) and will not incur any deductions. Variations on one leg (e.g. with one leg bent in front, toe on knee) are also possible.</p> <p><u>Type of grip / holding zone:</u> Hands hold at the same level on both rims</p> <p><u>Recognition:</u> If the legs are in an obvious stride position on the lower rim (distance between the toes &gt; 20 cm), the bridge will be judged as a variation of a bridge without bindings (i.e. B difficulty, see B3b). Variations of a bridge with legs together without bindings are recognised with different holding and standing positions in the wheel.</p> <p>Variations of a spindle bridge without bindings are not recognised, as the hands are not at the same level on the rims. A spindle bridge variation will be judged as a B (see B3b).</p>

**E2: I Element combination including a pike**

<b>E2a: V</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
ROT1: From free-fly backwards via pike backwards into free-fly backwards (½ turn) ROT2: From free-fly forwards via pike forwards into free-fly forwards		The pike elements <u>must</u> be performed in the described order. Both elements must be performed within one move, i.e. within two consecutive wheel rotations.  For recognition and execution of the pike: See B6a (pike forwards), C2a (pike backwards)

**E3: I Element combination with a pike and free double or triple change**

<b>E3a:</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
All element combinations where a free double or triple change is followed directly by a pike backwards as well as an additional wheel rotation with B difficulty in the big spiral	<b>E3a.1)</b> (double free change) ROT1: From free-fly backwards via pike backwards into free-fly backwards ROT2: One-armed front support backwards  <b>E3a.2):</b> ROT1: Side free-fly (free double change) ROT2: From free-fly backwards via pike backwards into free-fly backwards	The free double or triple change can be performed <u>before</u> the move with element combination or <u>after the first rotation</u> of the move.  <u>Recognition:</u> - No recognition if an extra wheel rotation (regardless of difficulty) is performed after the free change. - No recognition if the wheel is briefly on both rims during the change. Even if the wheel is only on both rims during the first change, and the second and/or third changes are performed on one rim, the transition as a whole will not be recognised. If this happens, only the standard difficulty of the move will be counted. - No recognition if the gymnast performs more than three changes during the transition. If this happens, only the standard difficulty of the move will be counted.  For recognition and execution of the pike backwards: See C2a

**E4: IV Element combination with a jumped handstand**

E4a:	Example	Recognition & Execution
<p>Element combination with a jumped handstand in the <u>first wheel rotation</u> (NB: Different from D4a)</p>	<p><b>E4a.1):</b>                      ROT1: Jumped handstand (= from angled stand forwards on the lower rim by the stride rung, holding the rim handles (<b>tuck, angled or straddle jump</b>) into extended bridge forwards on the lower rim, back board or both rims between the back board and the back stride rung                      ROT2: Side rotation</p> <p><b>E4a.2):</b>                      ROT1: Jumped handstand (= from angled stand forwards on the lower rim by the stride rung, holding the rim handles (<b>tuck, angled or straddle jump</b>) into extended bridge forwards on the lower rim, back board or both rims between the back board and the back stride rung                      ROT2: Bridge forwards in choice of stride position</p>	<p><u>Standing zone:</u></p> <ul style="list-style-type: none"> <li>- The feet are on the lower rim next to the front stride rung. In this position the gymnast is permitted to have his/her feet slightly unevenly one in front of the other or next to each other on the lower rim.</li> <li>- After jumping from the take-off position, both feet must land slightly unevenly one in front of the other or next to each other on the lower rim between the back board and back stride rung.</li> </ul> <p><u>Recognition:</u></p> <ul style="list-style-type: none"> <li>- Both legs must be briefly without wheel contact after take-off. If not, the move will be judged as a stepped handstand (walkover) (see B6d)</li> <li>- After landing, both feet must be clearly behind the back board before the gymnast is permitted to change his/her standing position, e.g. in order to perform a move in stride position.</li> <li>- The move will be recognised even if the wheel is briefly on both rims after landing (see general IRV Code of Points 2023+). If this happens, the execution judges will apply the appropriate deduction.</li> <li>- No recognition if the gymnast tips the wheel more than once in the second wheel rotation and/or rolls more than a ¼ wheel rotation on both wheel rims. In either of these cases the execution judges will deduct for a fall (see IRV Code of Points 2023+) and the move will not be recognised.</li> </ul> <p>The deciding factor for recognition is that at least ¾ of the move has been completed.</p> <ul style="list-style-type: none"> <li>- No recognition if the gymnast misses the standing position on the wheel when landing. In this case there will be a major</li> </ul>

		<p>deduction (fall) and the move will not be recognised as the core phase of the jumped handstand (= take-off + landing) will not have been completed.</p> <p><b>NB:</b> A one-legged execution of a jumped handstand should also be possible, although it has not yet been performed in competition. If it were to be performed, however, the following limitations will apply:</p> <ul style="list-style-type: none"><li>- In the case of take-off and landing on one leg, the handstand will only be recognised as a jumped handstand if the take-off and landing are performed with the same leg. The free leg would then be held in a bent position with the free foot next to the opposite knee and only moved into a different standing position when the gymnast has landed on the rim again after the jumped handstand.</li><li>- If the gymnast does not take-off from the same foot as he/she uses to land, the handstand will automatically be counted as a stepped handstand (walkover) (see B6d).</li><li>- The same will apply if the gymnast takes off from one leg and lands on both, whereby the free leg initiates and assists the take-off, i.e. the gymnast swings the free leg in the direction of the landing position before or at the same time as the jumped take-off (B difficulty).</li><li>- The other way round, a two-legged take-off with a one-legged landing <u>will</u> be recognised, whereby the free leg must be kept free until the gymnast has landed on the wheel rim.</li></ul>
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**E5: Moves and element combinations with special transitions (without bindings)**

<b>E5a: III</b>	<b>Example</b>	<b>Recognition &amp; Execution</b>
Side handstand into side bridge behind	<p>[Preceding move: Side straddle hang]</p> <p><b>E5a.1):</b> (Side handstand in inverted position) Side bridge behind</p>	<p><u>Technique:</u> In order to perform this element, the gymnast tips the wheel after one and a half wheel rotations when the gymnast is upside down in the wheel. At this point the gymnast is in a straddle hang position ready to jump into a handstand and tip the wheel at the same time. The feet regain contact with the wheel when the gymnast is the right way up and ready for the side bridge behind.</p> <p><u>Recognition:</u> This move will only be recognised if the gymnast achieves a side bridge position and performs two wheel rotations (an element combination is also possible). Recognition is only possible if the side handstand in an inverted position (= between the rung handles) is performed from a jumped take-off. If the gymnast first lowers his/her legs in a horizontal body position, or when upside down, and then tips backwards into a side bridge, this will <u>not be recognised as R difficulty</u>. [In this case: side straddle hang = B or C difficulty (see B6b/C10a), side bridge behind = C (see C1b)]</p> <p><u>Counting difficulty:</u> The side handstand will upgrade the side bridge behind to an E.</p> <p>If the side bridge behind is performed from this transition, no other side bridge behind with R difficulty will be recognised (move repetition) in the same routine.</p> <p>The preceding side straddle hang is evaluated separately despite the fact that only <math>\frac{3}{4}</math> of this move will be performed.</p> <p>If the gymnast only performs half a wheel rotation before tipping the wheel, the side handstand will still upgrade the side bridge behind, but the execution judge will deduct for an uneven number of wheel rotations.</p>

E5b: VI	Example	Recognition & Execution
<p>Side bridge behind (or element combination including a side bridge behind) immediately after a free change (not a tip change) and ½ turn without a change of rolling rim</p>	<p>[Preceding move: Side rotation without bindings]</p> <p><b>E5b.1): III+VI</b></p> <p>(free change and ½ turn with change of grip)</p> <p>Side bridge behind</p>	<p>The free change with ½ turn can be performed before the move with a side bridge behind or as a transition between two rotations of an element combination. In both cases at least one rotation with side bridge behind must be performed immediately following the free change with ½ turn.</p> <p><u>Technique:</u></p> <p>The free change (with ½ turn) performed immediately before a side bridge behind is usually a single free change. The ½ turn is initiated when the hand in the original rolling direction reaches to hold the rung handle. The gymnast continues to turn, reaches with the second hand to hold the other rung handle, and gets into position for the side bridge.</p> <p>There is <u>no</u> tipping of the wheel and the complete transition (= free change and ½ turn) is performed on the same rolling rim as the subsequent side bridge.</p> <p><b>E5b.1):</b></p> <p><u>Counting difficulty:</u> Only the side bridge will be counted as an R. The preceding free change with ½ turn is a transition without a difficulty value of its own.</p> <p>If the side bridge behind is performed from this transition, no other side bridge behind in the same routine will be recognised as an R (move repetition).</p> <p><u>Recognition:</u> No recognition as an E if the wheel is briefly on both rims during the free change or ½ turn. In this case, only the standard difficulty of the subsequent move will be counted.</p> <p>The move will not be recognised as having E difficulty if it is performed in connection with a tip change or directly following a tip in front. The reason for this is that tipping the wheel makes it too difficult to tell whether the turn has actually been carried out completely on one wheel rim.</p>

	<p><b>E5b.2): V+VI</b></p> <p>ROT1: Side rotation without bindings (free change and ½ turn with change of grip)</p> <p>ROT2: Side bridge behind</p>	<p><b>E5b.2):</b></p> <p>In this case the transition (change and ½ turn) is performed between the two rotations of a an element combination. It is essential that the side bridge is performed directly after the transition.</p> <p><u>Counting difficulty:</u> The element combination (consisting of a side rotation and side bridge behind) will be counted as an E.</p> <p>Even if there is only one rotation in a side bridge, this will count as one occurrence in terms of structure groups.</p>
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E5c: VII	Example	Recognition & Execution
<p>All moves with a roll (through the arms) backwards holding the rims</p>	<p><b>E5c.1):</b>                      (Roll backwards against rolling direction, holding the rims next to the stride rung, into a brief stride stand on the lower rim near the lower rim handle)</p> <p>Side rotation in straddle stand on the lower rim by the lower rim handle, holding the lower rim next to the boards</p> <p><b>E5c.2):</b>                      ROT1: Side rotation without bindings                      (Roll backwards against rolling direction, holding the rims next to the stride rung, into a brief stride stand on the lower rim next to the lower rim handle)</p> <p>ROT2: Side rotation in straddle stand on the lower rim next to the lower rim handle, holding the lower rim next to the boards</p>	<p><u>Technique:</u> The starting point for the roll is usually a side rotation without bindings. From this position the gymnast places the foot in rolling direction on the lower rim between the board and the stride rung before carrying out a <math>\frac{1}{4}</math> turn and reaching to hold the rims near the stride rung. The roll through the arms is performed from this position. Afterwards the feet are placed in stride or straddle stand either side of the lower rim handle, the hands are released and the gymnast reaches (free) to hold the lower rim by the board rungs. The side rotation variation is performed in this position and counted as an E.</p> <p><u>Rolling zones:</u>                      The transition (= <math>\frac{1}{4}</math> turn, roll, change of grip into side rotation) usually comprises approx. <math>\frac{1}{2}</math> wheel rotation.</p> <p>It is possible for the gymnast to take additional steps before performing the roll. In this case, the rolling zone for the transition will be extended accordingly. The transition is counted as part of the move, which has E difficulty.</p>

E5d: VII	Example	Recognition & Execution
<p>All moves with a reverse roll (through the arms) forwards, holding the rims</p>	<p><b>E5d.1):</b>                      (Reverse roll forwards, holding the rims next to the rim handles, into a brief stride stand on the lower rim next to the lower stride rung and between the stride rung and handle rung)</p> <p>Side rotation in stride stand on the lower rim next to the lower stride rung and between the stride rung</p>	<p><u>Technique:</u> The starting position for the roll is usually a side rotation without bindings. From this position the gymnast performs a <math>\frac{1}{4}</math> turn and moves the foot against rolling direction forwards onto the lower rim. In doing so, the gymnast is permitted to bend the front leg in order to create the necessary momentum. The gymnast then reaches behind to hold the rims in a reverse position and perform a roll forwards. Afterwards the gymnast places his/her feet in stride stand on the lower rim,</p>

	<p>and lower handle rung, holding the lower rim between the upper handle rung and upper stride rung</p>	<p>the hands are released immediately and the gymnast re-grasps in position for a side rotation on the lower rim. This side rotation will be counted as an E.</p> <p>The precise standing and holding positions will depend on where in the wheel the reverse roll forwards is performed and are not prescribed.</p> <p><u>Rolling zone:</u></p> <p>The transition (= ¼ turn, roll, change of grip into side rotation) usually takes up approx. ½ wheel rotation.</p> <p>It is possible for the gymnast to take additional steps before performing the roll. In this case, the rolling zone for the transition will be extended accordingly. The transition is counted as part of the move, which has E difficulty.</p> <p><u>NB:</u></p> <p>E5c and E5d can both be performed in the same routine and will both be awarded E difficulty even though the actual “E” element in both cases is a side rotation.</p>
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**E6: VII Decentralised moves in the big spiral**

E6a:	Example	Recognition & Execution
All moves and element combinations with a side tuck hang behind	<b>E6a.1):</b> ROT1: Side tuck hang behind ROT2: Side bridge behind	<p><u>Technique:</u> The side tuck hang behind has so far only been performed after a preceding side bridge behind. However, other starting points are possible.</p> <p>Without a change of rolling rim, the gymnast performs a roll backwards through the arms from the position of a side bridge behind and places his/her feet on the lower rim handle. The legs are in tuck position. When the boards reach the floor again, the legs are lowered onto the back rim and the gymnast can continue directly in a side bridge behind.</p> <p>Other variations are possible.</p> <p><u>Recognition:</u> Recognition as E difficulty as long as the move is <math>\frac{3}{4}</math> complete, i.e. if the wheel is briefly on two rims e.g. in the side bridge behind, this does not necessarily result in the move not being recognised (see general regulations for recognition of difficulty). If a major deduction occurs when the gymnast lowers his/her legs after the first wheel rotation (side tuck hang behind), the move will <u>not</u> be counted as an E.</p>

## MOVES IN THE SMALL SPIRAL

## E20: Centralised moves in the small spiral

E20a: IX+(X)	Example	Recognition & Execution
<p>Low splits (= side front support with one foot in front on the lower rim handle) <u>holding the lower rim</u> (also one-armed)</p>		<p>Low splits without bindings is defined with standing position on the lower rim half way between the boards with one foot in front stride position on the lower rim handle.</p> <p><u>Recognition:</u> Other standing zones will be recognised if the foot in front stride position is placed half way between the holding positions of the hands on the lower rim.</p> <p>No recognition if the standing zone and/or type of grip / holding zone is incorrect (in this case, the move will be counted as a B (see B20a))</p> <p><u>Counting difficulty:</u> During the course of one routine, a maximum of one variation of low splits holding the lower rim with both hands and one variation of one-armed low splits holding the lower rim will be recognised as having R difficulty (ref. move repetition).</p>

## E21: Decentralised moves in the small spiral

E21a: VIII	Example	Recognition & Execution
<p>Free straddle stand on the upper rim</p>	<p><b>E21b.1):</b> Free straddle stand on the upper rim next to the board rung and stride rung in rolling direction</p>	<p><u>Body positioning:</u> The gymnast is in free straddle stand on the upper wheel rim.</p> <p><u>Technique:</u> The gymnast keeps the wheel in small spiral by alternately bending and straightening his/her legs. The extreme one-sided pressure on the wheel will result in "uneven" circles. The gymnast should keep his/her upper body as stationary and upright as possible. The arms are elevated to the side.</p> <p><u>Recognition:</u> The bending of the legs during this small spiral is part of the execution and might incur deductions, but it does not affect the recognition of the move. The "uneven" circles also belong to the technical execution of the move and will not incur deductions.</p> <p>The move can only be recognised as an E once during the course of a routine.</p>

## MOVES IN VERTICAL SPIRAL

## E30: Vertical spiral with variations in standing position

E30a:	Example	Recognition & Execution
Vertical spiral with variations in standing position	<p><b>E30a.1):</b> Vertical spiral on two legs</p> <p><b>E30b.2):</b> Vertical spiral on one leg with various possible leg positions for the free leg</p>	<p><u>Technique:</u> In a vertical spiral the wheel rotates on one rim in an almost upright position. The circular path traced by the wheel rim on the floor is extremely small, while the rotational movement takes place solely around the longitudinal axis through the entire system consisting of gymnast and wheel (i.e. there is no inverted position). The wheel moves at high speed, whereby the gymnast can perform various standing, holding or hanging positions without the second wheel rim touching the floor. A move in vertical spiral comprises 3 – 5 rotations around the longitudinal axis.</p> <p><b>E30a.1):</b> The following variations in standing position are possible:</p> <ul style="list-style-type: none"> <li>• legs together</li> <li>• legs in straddle</li> </ul> <p><u>Recognition:</u> Only one variation will be recognised as an E during the course of a routine</p> <p><b>E30b.2):</b> The following variations in leg positioning are possible examples:</p> <ul style="list-style-type: none"> <li>• Front stride position (with free leg bent and free foot against the knee of the standing leg)</li> <li>• Back (extended) stride position</li> <li>• Alternating front and back stride position</li> </ul> <p><u>Recognition:</u> Only one variation will be recognised as an E during the course of a routine.</p>













**E31: Vertical spiral without feet on wheel**

E31a:	Example	Recognition & Execution
Vertical spiral in tuck hang	<p><b>E31a.1):</b> Vertical spiral in tuck hang holding the upper rim with one arm between the board rung and stride rung and the other between the stride rung and handle rung</p>	<p><u>Technique:</u> The gymnast lifts his/her legs into tuck position in order to achieve a hanging position.</p> <p>The move can be performed in any position on the wheel.</p> <p><u>Recognition:</u> This move will only be recognised if the legs are free during the entire movement (i.e. at least 3 wheel rotations)</p> <p>Only one variation will be recognised as an E during the course of a routine.</p>

E31b:	Example	Recognition & Execution
Vertical spiral in hanging position with legs extended behind (“Superman”)	<p><b>E31b.1):</b> Vertical spiral in hanging position with legs extended behind holding the upper rim with one hand between the board rung and stride rung and the other between the stride rung and handle rung</p>	<p><u>Technique:</u> The gymnast stretches his/her legs out behind, parallel and together, so that the body in hanging position is almost horizontal.</p> <p>The move can be performed anywhere in the wheel.</p> <p><u>Recognition:</u> The move is only recognised if the legs are free throughout the move (i.e. at least 3 wheel rotations). Small execution faults in leg positioning will not affect the recognition of the move and will be deducted by the execution judge. Only one variation will be recognised as an E during the course of a routine.</p>



SPI - Structure groups

Diff	Nr	Ex.	I	II	III	IV	V	VI	VII	VIII	IX	X		
														
D	1		X											
	2			X			X							
	3	a	1	X										
			2		X									
			3	X										
			4								X			
	4	b	1		X									
			2			X	X							
	5	a	1			X	X				X			
			2								X			
			3								X			
		b	1								X			
			2						X		X			
		c	1								X			
			2								X			
		d	1			X					X			
			2						X		X			
			2								X			
	e	1						X		X				
		2								X				
	f	1			X									
		2								X				
	g	1												
2									X					
20										X	X			
21	a	1								X				
		2								X		X		
		3								X		X		
22	a								X					
23	a								X					
E	1					X								
	2	a	1	X										
			2					X						
	3		X											
	4				X									
	5	a	1			X					X			
			2								X			
			3			X						X		
			4						X		X			
	c	1								X				
		2								X				
6								X						
20	a									X	(X)			
21	a								X					