

IRV – CYR WHEEL

**TECHNICAL PROGRAMME
REGULATIONS**

2024



Version 4.2

April 2024

CYR TECHNICAL PROGRAMME 2024

The 2024 CYR Technical Programme Regulations are an edited version of the 2022 regulations prepared by Maria Sollohub (IRV), Hauke Narten (technical advisor). In case of questions, please contact: hnarten@wheelgymnastics.sport

Amendment - DEC 2019:	Deduction for prevention of a fall moved from execution deduction to independent deduction
Amendment - DEC 2019:	Calculation of the maximum score for the technical programme changed from (DIFFICULTY) + (2 x EXECUTION) = maximum 15 points to → 1.5 x (DIFFICULTY + EXECUTION) = maximum 15 points
Amendment - DEC 2021:	Discretionary 0.2 difficulty bonus proposed in 2019 will not be implemented and has been removed from the regulations
Amendment - APR 2024:	<i>Deductions for transitions too long will be deducted as independent deduction and therefore deducted by the head Judge.</i>

KEY POINTS:

- maximum 11 difficulty skills on the pocket card, the best 10 will be counted
- background music of gymnast's choice or provided by the competition organiser (or none)
- sports clothes (not costume)
- no stop in the routine allowed

SECTION OVERVIEW:

For detailed specifications and descriptions, see the following sections:

- **Section I: General Information (page 3)**
size of competition area, competition documents, competition clothes
- **Section II: Scoring System (page 4)**
difficulty score, execution score, final score
- **Section III: Judging Panel (page 5)**
number of judges and their responsibilities
- **Section IV: Requirements (page 6)**
requirements to be fulfilled in the technical programme

- **Section V: Deductions (page 9)**
execution and independent deductions

I. GENERAL INFORMATION

Competition area and safety zone:

Competition area:	13.5 x 13.5 m
Safety zone:	additional 2m to each side

Difficulty catalogue and pocket card template available from
www.wheelgymnastics.sport:

Latest IRV CYR Difficulty Catalogue

Competition clothing:

<p>The gymnast is expected to use gymnastics clothing for the Cyr Technical Programme The wearing of watches or dangling jewellery is not permitted Long hair must be tied back Clothing must be tight so that the gymnast is not inhibited or endangered. Hair and make-up must be simple and discreet. The use of loose props of any kind is not permitted. If the gymnast does not comply with the above, the head judge will ask him/her to change competition clothing. If the gymnast refuses to do so, the head judge will disqualify the gymnast from the competition. If there is any doubt about these regulations, please contact the IRV.</p>

Music - technical specifications:

All your music must be available in digital format in accordance with the instructions given by the competition organisers.

II. TECHNICAL PROGRAMME – SCORING SYSTEM

MAXIMUM SCORE: 15 points

The total score for the technical programme is based on a DIFFICULTY score of maximum 5 points and an EXECUTION score of maximum 5 points.

These two scores are combined as follows:

$1.5 \times (\text{DIFFICULTY} + \text{EXECUTION}) = \text{maximum 15 points}$

There are also potential INDEPENDENT DEDUCTIONS, which are deductible from the above 15 points.

The final score is thus calculated as follows:

$\text{FINAL SCORE} = 1.5 \times (\text{DIFFICULTY} + \text{EXECUTION}) - \text{INDEPENDENT DEDUCTIONS}$

III. TECHNICAL PROGRAMME - JUDGING PANEL

The Judging Panel for the technical programme consists of 7 judges:

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

The HEAD JUDGE has the following tasks:

- To give the signal to start the routine
- To identify and implement any “independent deductions” (see page 10)
- To calculate the final score

The DIFFICULTY JUDGES have the following tasks:

- To decide on the recognition of skills and calculate the difficulty of the best 10 skills, based on the skill values **A (=0.1)**, **B (=0.2)**, **C (=0.3)**, **D (=0.4)**, **E (=0.5)**
- To check that all the skills counted have been listed on the gymnast’s “pocket card” (see page 6)
- To check whether the gymnast has performed the required 10 skills and to inform the head judge if not. NB: An attempted skill whose difficulty is not recognised will be counted as one of the 10 skills, even if it is not counted for difficulty or composition.
- To check whether the gymnast fulfills the composition requirements for the technical programme and inform the head judge if any of the composition categories are missing (see page 7)
- Two difficulty judges must agree on one difficulty score for the routine, which they submit to the head judge.
- **Maximum difficulty score = 5.0**

The EXECUTION JUDGES have the following tasks:

- To apply execution deductions (see page 9) and award a score for execution
- If there are 4 execution judges, all of them will pass their scores to the head judge who will discard the highest and lowest scores and use the average of the two middle scores to calculate the final score.
- **Maximum score for execution = 5.0**

IV. TECHNICAL PROGRAMME - REQUIREMENTS

The requirements for the technical programme are described below (Section IV), while the relevant deductions are listed in the next section (Section V)

Background music

The technical programme is performed to background music provided by the gymnast. If the gymnast does not submit music, the competition organiser can use a standard piece of background music (or no music). There is no artistic evaluation of the routine and thus no deduction if no music is used.

Starting position

The gymnast should begin the technical programme in a standing position on the floor, holding the wheel upright. When the head judge gives the signal to start, the gymnast will acknowledge the signal (e.g. by nodding or raising an arm) before starting the programme.

Finishing position

The gymnast should finish the technical programme in a standing position on the floor, holding the wheel upright.

Pocket card and permitted number of skills

The gymnast must submit a written version of his/her technical programme in printed format (pocket card) as instructed by the competition management. The gymnast is permitted to list a maximum of 11 difficulty skills (from the latest IRV CYR Difficulty Catalogue). The best 10 skills will be counted. See www.wheelgymnastics.sport for the official IRV Pocket Card template.

Important:

- If the gymnast does not submit a Pocket Card (or if the pocket card is illegible), the gymnast will not be permitted to compete and the score for the technical programme will be 0.0.
- If the gymnast performs a skill that is not listed on the pocket card, NO difficulty will be counted by the difficulty judges for the incorrect skill, but execution deductions will be applied by the execution judges.
- If the gymnast misses a skill, the difficulty judges will look for the next skill listed on the pocket card. If in doubt, the judges will try to interpret deviations from the pocket card in the most beneficial way for the gymnast.
- If the gymnast falls when performing a skill, he/she may ask the difficulty judges whether or not the difficulty of the skill was recognised before the fall. If the difficulty was not recognised, the gymnast can repeat the skill.

Composition requirements

The gymnast must demonstrate **at least ONE difficulty skill from each of the following categories** (see categories defined in the Difficulty Catalogue):

- basic step/waltz (category "W")
- big spiral (category "BS")
- small spiral/coin spin (category "CS")
- turn/twist (category "T")
- spin (category "SPIN")

Recognition of composition categories:

Basic step/waltz (W) skills must be performed three to five times consecutively in order to be recognised, while skills in the **big spiral (BS)** must be performed at least twice and maximum 3 times in succession. **Small spiral/coin spin (CS)** skills must be performed for 3-5 repetitions. Excess repetitions will count into the transitions.

Skills from the **turn/twist (T)** category must **either** be repeated 2-3 times in succession **or** performed as a combination (e.g. half turn + half twist with no basic step in between) in order to be recognised. When skills from the turn/twist category are performed in succession, 1 basic step (= 1 rotation) is permitted between two half turns/twists, while 2 basic steps (= 2 rotations) are permitted between two full turns/twists. In the case of a combination consisting of a B+C (e.g. half twist + full turn), the difficulty will be counted as C (the higher of the two). A combination only has to be performed once in order to be recognised.

Spin skills (SPIN) (depending on the skill) must be performed **either** twice in succession **or** for two full rotations in order to be recognised (e.g. jump to front support needs to be held for at least 2 full rotations). Depending on the skill, 1-2 additional rotations are permitted between the two elements (see Difficulty Catalogue).

NB: The difficulty judges are responsible for checking whether the composition requirements have been fulfilled. They will then inform the Head Judge of any missing categories.
Attention: If 11 skill are performed only the 10 most difficult skills will be counted for difficulty score AND composition.

Transitions

Transitions consisting of maximum 3 element rotations are permitted between one difficulty skill and the next. While transitions usually are basic elements they can be any waltz, coin, big spiral or spin. A transition can consist of 3 of the same elements (e.g. 3 x step/waltz) or a combination of elements (e.g. 2 x step/waltz + 1 x big spiral), whereby no more than 3 such elements are permitted between one difficulty skill and the next.

Transitions have no difficulty of their own, but **execution deductions will be applied** by the execution judges.

Competition area and safety zone

The technical programme should be performed within the marked competition area and safety zone.

Falls and rolling out of the competition area or safety zone:

After a fall or rolling out of the safety zone, the gymnast is permitted to get out of the wheel and re-position it before continuing. A coach is allowed to assist and talk to the gymnast, but the gymnast must continue within 30 seconds (if not, the head judge will instruct the judges to stop judging and the routine will be considered finished). If the gymnast fell out of the wheel or rolled out of the safety zone before a skill was completed, he/she may repeat this skill in order to gain recognition for its difficulty. The gymnast (or coach) must inform the head judge if the gymnast intends to repeat a skill. The gymnast is allowed to perform a transition in order to get back into the routine.

If the wheel rolls out of the safety zone the head judge will call out to the gymnast to interrupt the routine and re-position the wheel in the competition area. If the gymnast does not react to the request of the head judge, the head judge will repeat the request a second and third time. If the gymnast does not react after the third request, the head judge will instruct the judges to stop judging and the routine will be considered finished.

After the third fall or rolling out of the safety zone, the head judge will call out to the gymnast to stop the routine and instruct the judges to stop the judging process from the point of the third interruption and the routine will be considered finished.

If the wheel rolls out of the competition area, but stays within the safety zone, the gymnast should continue the routine without stopping (an independent deduction will be applied by the head judge, see page 10).

V. TECHNICAL PROGRAMME - DEDUCTIONS

Deductions for the technical programme are divided into two categories:

- **EXECUTION DEDUCTIONS** (implemented by the Execution Judges)
- **INDEPENDENT DEDUCTIONS** (implemented by the Head Judge)

Execution deductions

Execution deductions are minor deductions of 0.1 or 0.2 (depending on the severity of the fault) and are the responsibility of the **execution judges** as follows:

Execution fault	Deduction
Incorrect starting position (see section IV for correct position)	0.1 (fixed)
Incorrect finishing position (see section IV for correct position)	0.1 (fixed)
Unwanted changes in body positioning*: <ul style="list-style-type: none"> - head - torso - arm(s) - hand(s) - leg(s) - feet - shoulders 	0.1-0.2 (depending on severity) per occurrence throughout the routine, including difficulty skills and transitions. These deductions apply to identifiable deviations from: a) necessary technique-specific movements needed to perform a skill successfully, or b) deliberate and intentional (“wanted”) expressive/artistic movements.
Unwanted change of wheel speed	0.1-0.2 per occurrence. The speed of the wheel changes as a direct result of a technical mistake and against the will of the gymnast.
Unwanted change of wheel angle / irregular movement of the wheel	0.1-0.2 per occurrence. The angle or path of the wheel is disturbed as a direct result of a technical mistake and against the will of the gymnast.

* When evaluating body position, it is important that the judges do not deduct twice for the same error. For example, if an unwanted change in arm and hand positioning can be seen as part of the same execution fault, only one deduction should be made.

Independent deductions

Independent deductions are the responsibility of the **head judge**.

Fault	Deduction
<p>Missing composition category Information about a missing composition category will be provided by the difficulty judges. Only a recognised skill can be counted as fulfilling a composition category requirement. For example, if the only coin spin skill in the routine is not recognised, a deduction for missing composition category will apply.</p>	<p>0.3 per missing category</p>
<p>Missing skills The difficulty judges will inform the head judge if the gymnast performs fewer than 10 skills. This can happen because the routine is too short, or if the gymnast has to stop the routine after 3 interruptions (falls or rolling out of the safety zone). A skill that is attempted but not recognised will be counted in this context.</p>	<p>0.3 per missing skill</p>
<p>Transition too long</p>	<p>0.1 per occurrence</p>
<p>Wheel rolls out of the competition area The gymnast continues the routine without stopping.</p>	<p>0.1 if only once during the routine 0.2 if more than once</p>
<p>Wheel rolls out of the safety zone The gymnast must stop and move the wheel back into the competition area.</p>	<p>0.3 per occurrence</p>
<p>Prevention of a fall This deduction will apply if the gymnast accidentally touches the floor in a manner that can be interpreted as "prevention of a fall".</p>	<p>0.2 per occurrence</p>
<p>Fall The gymnast can re-position the wheel after a fall. A skill that results in a fall can incur execution deductions from the execution judges in addition to an independent deduction from the head judge.</p>	<p>0.5 per occurrence</p>