

SPI - New difficulty elements for the World Championships 2024

Foreword

The following list contains new spiral elements and moves that were submitted prior to the 2024 IRV World Championships. Please note that this is a preliminary categorisation of elements. As all the difficulty catalogues are currently being revised, changes to the descriptions and difficulty values of these elements and moves can be expected when the new difficulty catalogues are finalised. The new catalogues will not be published before the 2024 IRV World Championships.

In this updated version (March 2024), we have added one element that was submitted before 2020 (see the last move in this list – on page 14 – submitted by Germany). Unfortunately, this element was missed when creating the first version of this document in February 2024. The IRV judging team apologises for this oversight.

International Wheel Gymnastics Federation, March 2024

<p>Submitted by Austria</p> <p>B</p> <p>structure group(s): IX</p>	<p>Low side straddle stand on the lower rim, hands holding the lower rim</p> <p>https://youtu.be/XioXD_zTF_Y</p>	<p><u>Body positioning:</u> The gymnast is in side straddle stand on the lower rim, both hands holding the lower rim. The move can be performed anywhere in the wheel. The legs and arms remain straight throughout the move.</p> <p><u>Recognition:</u> Bent knees can result in deductions for execution but will not affect recognition. This move will only be recognised once during the course of a routine.</p>
<p>Submitted by Austria</p> <p>C</p> <p>structure group(s): IX, X</p>	<p>Low one-armed side straddle stand on the lower rim, hands holding the lower rim</p> <p>https://youtu.be/1Y4DDpibUxl</p>	<p><u>Body positioning:</u> The gymnast is in side straddle stand on the lower rim. One hand (in or against rolling direction) holds the lower rim mid-way between the feet. The free arm is elevated in front or side position. The move can be performed anywhere in the wheel. The legs and arms remain straight throughout the move.</p> <p><u>Recognition:</u> Bent knees in this small spiral can result in deductions for execution but will not affect recognition. This move will only be recognised once during the course of a routine.</p>

<p>Submitted by Austria</p> <p>D</p> <p>structure group(s): VI (and V, if performed between the 2 wheel rotations of a move with element combination)</p>	<p>Free change or free double change (no free tip change) without bindings followed by immediate 1/1 turn, a change of direction and free choice of move or element.</p> <p>https://youtu.be/ymlUey5I_P0</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 double change is performed from standing with legs together, the gymnast is permitted to bend both legs. Immediately after the free change, the gymnast grabs the rung handle with an ulna grip and initiates a 1/1 turn. After the 1/1 turn, the foot against rolling direction is placed on the rim next to the boards to stop the momentum and initiate the change of direction.</p> <p>The free change with immediate 1/1 turn and change of direction can be performed before a move or after the first rotation of an element combination.</p> <p><u>Recognition:</u> Both hands must be free during the free change, i.e. the change of direction is initiated with the release of the hands.</p> <ul style="list-style-type: none"> - No recognition if the wheel is (even briefly) on both rims during the free change, the 1/1 turn and the second change of direction. This is true regardless of when during the transition the wheel is on both rims. In this case, only the standard difficulty of the move will be counted. - No recognition if one hand holds the wheel as the wheel changes direction. If this happens the element will be counted as A (NOT C9a, as this move does not include a change of direction!).
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<p>Submitted by Germany</p> <p>E structure group(s): VII</p>	<p>All moves with a free knee swing backwards (free knee swing backwards)</p> <p>Side rotation in straddle stand on the lower rim, hands holding the lower rim</p> <p>or</p> <p>ROT1: Side rotation without bindings (free knee swing backwards)</p> <p>ROT2: Side rotation in straddle stand on the lower rim, hands holding the lower rim</p> <p>https://youtu.be/1wel_NkwyQs</p>	<p><u>Technique:</u> The starting point for the free knee swing is usually a side rotation without bindings. From this position the gymnast may place the foot in rolling direction on the lower rim between the board and the stride rung before performing a ¼ turn and reaching to hold the rims between the stride rung and rung handle. The gymnast lifts his/her legs above the stride rung and from this position the free knee swing is performed. Afterwards the feet are placed in stride position or straddle stand either side of the lower rim handle, the hands are released and the gymnast reaches to hold the lower rim.</p>
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<p>Submitted by Germany</p> <p>D</p> <p>(Variation of D5b)</p>	<p>Free double change (no free tip change) without bindings followed by free choice of move</p> <p>or</p> <p>Free double change (no free tip change) without bindings after the first rotation of an element combination</p> <p>https://youtu.be/IG_EXrloV0w</p>	<p>This move is a variation of D5b and will not be listed as a new element. See D5b for recognition and technique and chapter 4.4.5.4 of the Code of Points 2023+ version 2.1 for further regulations regarding changes.</p>
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<p>Submitted by Germany</p> <p>D</p> <p>(Variation of D5c)</p>	<p>Free tip change, free tip change, free tip change, with choice of subsequent move or element combination</p> <p>https://youtu.be/N5fKn0qmrjo</p>	<p>This move is a variation of D5c and will not be listed as a new element. See D5c for recognition and technique and chapter 4.4.5.4 of the Code of Points 2023+ version 2.1 for further regulations regarding changes.</p>
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<p>Submitted by Germany</p> <p>E</p> <p>structure group(s):</p> <p>VIII</p>	<p>Low side straddle stand on the upper rim (½ turn)</p> <p>Side front support on the upper rim (all variations)</p> <p>https://youtu.be/yzKACuCDA9k</p>	<p>The wheel is brought from a low side straddle stand on the upper rim to an almost upright position. The hands grab the upper rim. One hand is released from the rim and the gymnast performs a ½ turn against rolling direction and then grabs the rim again with the free hand. The foot opposite to the free hand is also released and placed on the rim again, so that the gymnast is in a side front support position on the upper rim.</p> <p>After the ½ turn, the gymnast is permitted to use 2-3 wheel rotations in order to achieve the correct angle of inclination for the subsequent side front support on the upper rim.</p> <p>This move will only be recognised once during the course of a routine.</p>
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<p>Submitted by Germany</p> <p>E</p> <p>structure group(s): VIII, IX</p>	<p>(tip over from low side straddle stand, ½ turn)</p> <p>Low side straddle stand on the upper rim, holding the upper rim</p> <p>https://youtu.be/YUs3PAixB_8</p>	<p>The tip over from the low side straddle stand and the ½ turn must be performed in one movement. The ½ turn is done with one hand free and the other one still on the upper rim, while the foot opposite to the rolling direction is moved and placed in the rolling direction. Both hands grab the upper rim so the position for the low side straddle stand is reached.</p> <p><u>Recognition:</u> All variations of low side straddle stand 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. Counting difficulty in this case: Low side straddle stand = A, while the subsequent variation of low side straddle stand 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 an E element.</p>
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<p>Submitted by Japan</p> <p>E</p>	<p>One-armed vertical spiral</p> <p>https://youtu.be/nFkHK3tBUXU</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 holds the wheel with one hand without the second wheel rim touching the floor. A move in vertical spiral comprises 3-5 rotations around the longitudinal axis.</p> <p><u>Recognition:</u> Only one variation will be recognised during the course of a routine.</p>
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<p>Submitted by the Netherlands</p> <p>C structure group(s): VIII</p>	<p>Small spiral down to a stationary position on the floor in low side straddle on the upper rim</p> <p>Side straddle stand on the upper rim (with a change of rotational direction compared to the preceding move)</p> <p>https://youtu.be/iHB-KcrVill</p>	<p>The move must always be performed from a variation of low side straddle stand on the upper rim 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 upper 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 upper rim performed down into a stationary position on the floor will be counted as C. The low side straddle stand on the upper rim performed after the stationary position on the floor (with a change in rotational direction) will be counted as C.</p> <p><u>Recognition:</u> Too long in a stationary position on the floor (> 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 is not recognised.</p> <p>If the gymnast succeeds in achieving a small spiral on the second or third try attempt, the 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 (in this case there is no obvious change of rotational direction).</p>
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<p>Submitted by Switzerland</p> <p>(Formerly D5g.2, for evaluation as E)</p> <p>The move will remain as D5g and will not be listed as E.</p>	<p>Moves performed with a side roll (through the arms) as a transition out of a preceding decentralised move</p> <p>[Preceding move: Side angled (tuck) hang]</p> <p>(side roll backwards, change of grip)</p> <p>Side rotation without bindings</p> <p>https://youtu.be/iDdioaB4GR8</p>	<p>The decentralised transition must come directly after a decentralised move (2 rotations) and is performed directly before the move.</p> <p><u>Technique:</u> The starting point for a side roll is usually a side angled hang 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 low 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>Recognition:</u> No recognition if the wheel is briefly on both rims during the side roll. In this case, the standard difficulty of the move will be counted. If the gymnast incurs a fall when lowering the legs in the transition, only the difficulty of the preceding move will be recognised. 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> <p><u>Counting difficulty:</u> The decentralised move (two rotations) will be counted as a C (see C10a). The side roll backwards is performed out of second rotation and will upgrade the subsequent move or element combination.</p>
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<p>Submitted by Switzerland</p> <p>E</p> <p>structure group(s): II, V</p>	<p>Element combination with ½ turn behind, change behind and ½ turn behind</p> <p>ROT1: From spindle rotation backwards behind (1/2 turn) into spindle rotation forwards behind</p> <p>(change behind)</p> <p>ROT2: From spindle rotation backwards behind (1/2 turn) into spindle rotation forwards behind</p> <p>https://youtu.be/YtA0JN29c5w</p>	<p>All 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, the move will have C difficulty (see C3a).</p> <p>This element combination can only be counted if it is performed in bindings. Similar variations performed without bindings will <u>not</u> be counted.</p>
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<p>Submitted by Switzerland</p> <p>D</p> <p>(Variation of D5c)</p>	<p>Step tip change, double free step tip change, step tip change with choice of subsequent move or element combination</p> <p>https://youtu.be/SM7abEniXLI</p>	<p>This move is a variation of D5c and will not be listed as a new element. See D5c for recognition and technique and chapter 4.4.5.4 of the Code of Points 2023+ version 2.1 for further regulations regarding changes.</p>
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<p>Submitted by Switzerland</p> <p>B</p> <p>(Variation of B7b.2)</p>	<p>Triple or quadruple step tip change with choice of subsequent move or element combination</p> <p>(quadruple tip change)</p> <p>Side rotation</p> <p>https://youtu.be/rPemH12fMBQ</p> <p>(triple tip change)</p> <p>Side rotation</p> <p>https://youtu.be/rKYU2GjV_d8</p>	<p>This move is a variation of B7b.2 and will not be listed as a new element. See B7b.2 for recognition and technique and chapter 4.4.5.4 of the Code of Points 2023+ version 2.1 for further regulations regarding changes.</p>
<p>Submitted by Germany</p> <p>D</p> <p>structure group(s): IX</p>	<p>Low side split on the lower rim holding the lower rim</p> <p>https://youtu.be/eT5WVIMn7uA</p>	<p>Low side split 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 the lower rim</p>