



IRV – CYR WHEEL ARTISTIC PROGRAMME REGULATIONS

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CYR ARTISTIC PROGRAMME 2024

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

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AMENDMENTS:

- DEC 2019: Deduction for prevention of a fall moved from execution deduction to independent deduction.
- DEC 2021: Discretionary 0.2 difficulty bonus proposed in 2019 will not be implemented and has been removed from the regulations.
- APR 2024: No minimum length of routine.
- NOV 2025: Adjustment to maximum of 20pts; Elimination of execution judges.

KEY POINTS:

- Maximum 13 difficulty skills on the pocket card; the best 10 will be counted (difficulty and composition).
- Free choice of instrumental or vocal music (lyrics must not be offensive).
- Length of routine: maximum 3 minutes and 15 seconds from giving the sign to switch on the music to adopting the final pose.
- No time restriction to be in contact with the wheel at the start of the programme.
- The gymnast is permitted to be outside the wheel during the routine.
- No limit to the length of transitions.
- The gymnast will be judged on difficulty, and artistic impression (equal points for each).

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1 GENERAL INFORMATION

COMPETITION AREA AND SAFETY ZONE

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

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

ROLLING OUT OF THE SAFETY ZONE:

If the gymnast and the wheel, or just the wheel or just the gymnast, rolls out of the safety zone, the gymnast must bring the wheel back into the competition area before continuing (the music will not be stopped). If the head judge asks the gymnast three times to return to the competition area and 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.

A coach is allowed to assist and talk to the gymnast, but the gymnast must continue within 30 seconds and the music will not be stopped.

After the third instance of rolling out of the safety zone, the head judge will instruct the judges to stop the judging process from the point of the third interruption and the routine will be considered finished. The gymnast can finish the routine even if the judges have stopped judging.

ROLLING OUT OF THE COMPETITION AREA

If the wheel rolls out of the competition area, but stays within the safety zone, the gymnast should continue the routine without stopping. Independent deductions made by the head judge will apply.

DIFFICULTY CATALOGUE AND POCKET CARD

Difficulty catalogue and pocket card template available from www.wheलगymnastics.sport

The difficulty catalogue is also available as an interactive websystem with videos. There is also a form to submit new Elements and videos.

Latest IRV CYR Difficulty Catalogue

COMPETITION CLOTHING

- The gymnast can use regular gymnastics clothing or a costume for the Cyr Artistic Programme.
- The gymnast must keep the same costume throughout the routine.
- The costume must be in good taste and not too permissive.
- The gymnast's face must be visible.

- The wearing of watches or dangling jewellery is not permitted.
- The use of loose props 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.

MUSIC - TECHNICAL SPECIFICATIONS

Free choice of instrumental or vocal music (lyrics must not be offensive).

Maximum length of routine:

3 minutes and 15 seconds giving the sign to switch on the music to adopting the final pose. The gymnast does not have to start or finish with the music.

All music must be available in digital format as instructed by competition organisers.

2 ARTISTIC PROGRAMME - SCORING SYSTEM

Maximum Score:	20 points
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The total score for the artistic programme is based on a DIFFICULTY score of maximum 5 points and a score for ARTISTIC IMPRESSION of maximum 10 points.

These scores are combined as follows:

ARTISTIC IMPRESSION + (DIFFICULTY SCORE x 2) = maximum 20 points

There are also potential INDEPENDENT DEDUCTIONS, which are deductible from the above 20 points.

The final score is thus calculated as follows:

FINAL SCORE:	ARTISTIC + (DIFFICULTY x 2) – independent deductions (20pts max.)
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3 ARTISTIC PROGRAMME - JUDGING PANEL

The Judging Panel for the artistic programme consists of **7** judges:

- **1 Head Judge:** Oversees the process, evaluates independent deductions and calculates the final score.
- **2 Difficulty Judges:** Evaluate skills and calculate the difficulty score.
- **4 Artistic Impression Judges:** Evaluate artistic merit.

HEAD JUDGE

The head judges responsibilities are:

- To give the signal to begin
- To time the length of the routine
- To identify and implement any “independent deductions” (Section 5)
- To calculate the final score

DIFFICULTY JUDGE

The difficulty judges responsibilities are:

- To decide on the recognition of skills and calculate the difficulty for 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 pocket card)
- To check whether the gymnast has performed the required 10 skills and to inform the head judge if not.
- To check whether the gymnast fulfils the composition requirements for the artistic programme and inform the head judge if any of the composition categories are missing (see categories). Categories can be missing due to the following circumstances:
 - No element from the category was shown
 - An Element was listed on the pocket card and attempted but not recognized
 - An Element of a category was shown but not listed on the pocket card
 - An Element of a category was shown and it is listed on the pocket card but it is not among the 10 most difficult elements in the routine
- The two difficulty judges must agree on one difficulty score for the routine, which they submit to the head judge.
- **Maximum difficulty score = 5.0**

ARTISTIC IMPRESSION JUDGE

The artistic impression judges responsibilities are:

- To evaluate the artistry of the artistic programme according to the given criteria (see page 14) and award a score for artistic impression
- If there are 4 artistic impression 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 artistic impression = 10.0**

4 REQUIREMENTS

The requirements for the artistic programme are described below, while the relevant deductions are listed in section 5. The criteria for evaluating artistic impression are described in section 6.

STARTING POSITION

- The gymnast can start the artistic programme in any position inside the competition area.
- The gymnast must wait for a signal from the head judge before getting into his/her starting position.
- The gymnast or coach will then give a signal to start the music.
- The artistic programme begins with the signal to start the music (this is when the head judge starts the stopwatch).

FINISHING POSITION

- At the end of the artistic programme, the gymnast must adopt his/her finishing position in a controlled manner.
- The finishing pose does not have to be at the same time as the end of the music.
- The artistic programme finishes with the final pose of the gymnast or the last tone of the music, whichever happens last (this is when the head judge stops the stopwatch).

GYMNAST OUTSIDE THE WHEEL

- The gymnast is permitted to be outside the wheel (with or without contact to it) during the artistic programme.
- There is no limit to the number of occurrences.
- The gymnast must maintain control of the wheel throughout the artistic programme, including when he/she is not in contact with it.

FLOOR CONTACTS

- Floor contacts are permitted if they are performed as controlled movements (not an attempt to hide a fall).
- The head judge will evaluate whether to count a floor contact as a fall.
- The artistic judges will evaluate whether a floor contact is being used to support the artistic impression or to hide a fall.
- Difficulty skills must be performed without floor contact unless the skill is described with floor contact in the difficulty catalogue.

TRANSITIONS

- Transitions consisting of basic step/waltz skills, coin spins, turns and twists and spirals are permitted between difficulty skills. In the artistic programme there is no restriction to the length of transitions.
- Transitions have no difficulty of their own.
- Transitions can if shown unclear, uncontrolled or inadequate for artistic purpose be deducted by the artistic judges.

POCKET CARD AND PERMITTED NUMBER OF SKILLS

The gymnast must submit a written version of his/her routine (pocket card) as instructed by the competition management. The gymnast is permitted to list a maximum of 13 difficulty skills (from the latest IRV Cyr Difficulty Catalogue). The highest 10 skills will be counted (for difficulty and composition). 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 awarded any points for difficulty and the score for the artistic programme will be: **Final Score = Artistic – independent deductions (10pts max.)**.
- 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 artistic judges will nevertheless evaluate the artistic impression.
- 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 out of the wheel, he/she can re-position it before continuing (the music will not be stopped).

COMPOSITION REQUIREMENTS

- The gymnast must demonstrate at least ONE 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”)
 - element combinations (category “EC”) – these skills are only permitted in the artistic programme

- Categories may only be counted as shown (= no composition deductions) if an element is eligible to count into the final score (i.e. if the Element is among the 10 most difficult)
- If 2 or more elements produce the same difficulty score they are selected to cover the most categories possible.

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 skills are performed only the 10 most difficult skills will be counted for difficulty score AND composition.

RECOGNITION OF COMPOSITION CATEGORIES

BASIC STEP/WALTZ (W)

Waltz skills must be performed at least three times consecutively in order to be recognized.

SMALL SPIRAL / COIN SPIN

Small spiral/coin spin (CS) skills must be performed for at least 3 repetitions for recognition.

BIG SPIRAL / CARTWHEELS

Skills in the big spiral (BS) must be performed at least twice in succession.

TURN/TWIST (T)

Skills from the turn/twist (T) category must either be repeated at least twice in succession or performed as a combination with no basic step in between by default in order to be recognized. 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 recognized.

SPIN SKILLS (SPIN)

Spin skills (SPIN) (depending on the skill) must be performed at least either twice in succession (if the skill has a distinct moment, like a jump for example) or for two full rotations (if the skill has a distinct body pose) in order to be recognized (e.g. jump to front support needs to be held for 2 full rotations). Depending on the skill, 1-2 additional rotations are permitted between the two elements whenever stated in the Difficulty Catalog.

ELEMENT COMBINATIONS

Element combinations can fulfill the composition requirement for those categories incorporated in the combination. And also the category of Element Combinations itself. By default no extra rotations in Waltz, Spin, Small Spiral, Big Spiral or Turns/Twists are permitted within an element combination. Some elements (mostly dynamic skills) require a lead-in or lead-out rotation and an omission of those rotations is just not possible. In those cases the element combination can be recognized with the additional rotation.

COMPETITION AREA AND SAFETY ZONE

The artistic programme should be performed within the marked competition area and safety zone. See page 3 for more information.

FALLS

Regarding falls and prevention of falls see page 12

5 DEDUCTIONS

FALLS

A fall is considered an unintended contact between floor and gymnast which does help to keep or regain control of the wheel. If the judges determine that without the contact the control over the wheel would have been lost the instance counts as a fall. For example if a big enough portion of the body weight was supported by the floor. Also of course if control over the wheel is totally lost this counts as a fall.

A fall during an element most likely causes the element to not be recognized by the difficulty judges. It is the difficulty judges responsibility to evaluate whether the fall has happened **after** the essence of difficulty has been shown in it's entirety.

If the gymnast falls out of the wheel, he/she can re-position it before continuing (the music will not be stopped). A coach is allowed to assist and talk to the gymnast, but the gymnast must continue within 30 seconds and the music will not be stopped.

If the head judge asks the gymnast three times to continue the routine and 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 instruct the judges to stop the judging process from the point of the third interruption and the routine will be considered finished. The gymnast can finish the routine even if the judges have stopped judging.

PREVENTION OF A FALL

A prevention of a fall is an unintended floor contact which does not influence the physics of the element or only by a negligible amount. That means that no significant weight or forces were applied to the floor. The gymnast would have been able to perform the element without this contact. A prevention of a fall during an element does not automatically cause the difficulty score to suffer. However, for an Element to be recognized the essence of difficulty for that element has to be shown unaffected by the floor contact.

INDEPENDENT DEDUCTIONS

Independent deductions are the responsibility of the head judge.

Fault	Deduction
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.	0.5 per missing category
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).	0.5 per missing skill
Wheel rolls out of the competition area The gymnast continues the routine without stopping.	0.1 per occurrence
Wheel rolls out of the safety zone The gymnast must stop and move the wheel back into the competition area.	1.0 per occurrence (also adds to the number of Falls)
Prevention of a fall see page 12 This deduction will apply if the gymnast accidentally touches the floor in a manner that can be interpreted as "prevention of a fall".	0.5 per occurrence
Fall see page 12 The gymnast can re-position the wheel after a fall. A skill that results in a fall can incur deductions from the artistic judges and difficulty judges in addition to this independent deduction from the head judge.	1.0 per occurrence

6 EVALUATION OF ARTISTIC IMPRESSION

Gymnasts select their own music, choreography, and costume for the artistic programme (see general information, page 3). Please note that the use of loose props is not permitted in IRV competitions.

The artistic impression judges evaluate the artistic merit of the programme based on the following criteria:

1) Dedication to convey an artistic message (0 - 2.0 points) The amount and quality of effort to communicate the artistic message throughout the performance:

- (~2.0 points) Extraordinary combination of artistic expression within technical elements and in conjunction with the wheel, without adding extra difficulty.
- (~1.5 points) Noticeable interruptions in artistic flow to accommodate technical elements
- (~1.0 points) Clearly limited artistic vocabulary both inside and outside technical elements
- (~0.5 points) Artistic expression limited to sections without contact or relationship to the wheel
- (~0.0 points) Minimal or very poor display of artistic dedication

Important: Consider how well the artistic efforts relate to the wheel. Use a margin of ± 0.5 points to reward or penalize the connection between the gymnast and the wheel, especially when the gymnast performs outside the wheel.

2) Interpretation (0 - 2.0 points) Judges evaluate the clarity and depth of the artistic interpretation:

- Clarity and precision of interpretation
- Sustained personification of the artistic concept or theme
- Layers of interpretation:
 - Reward an evolution of the artistic message
 - Reward a broad display or amplitude of emotions
 - Penalize an unconvincing portrayal of artistic message

3) Quality of musicality (0 - 2.0 points) How well the choreography aligns with the music

- Precision of choreographic execution, including rhythm, timing, and amplitude
- Timing of cues especially during technical elements
 - Special recognition for cue timing that respects the rhythm and restrictions imposed by the wheel

4) Transitions (0 - 2.0 points) Evaluate the flow and creativity of transitions between movements

- Relevance, smoothness and flow of transitions

- Variation and originality
- Reward creative transitions between Elements
- Effective use of space throughout the performance

5) General appreciation (0 - 2.0 points) Consider the overall artistic impact and coherence of the act

- Creativity and originality
- Willingness to take risks to further the artistic message
- Reward unconventional artistic choices
- Coherence between music, costume, and interpretation
- Balanced construction of the act, integrating technical difficulty with artistic content
- Overall impact and memorability of the performance

TOTAL POINTS AVAILABLE = 10

SCORE FOR ARTISTIC IMPRESSION = 0.0 – 10.0 points