



IRV – CYR WHEEL TECHNICAL PROGRAMME REGULATIONS

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version 4.3

CYR TECHNICAL PROGRAMME 2024

The 2024 CYR Technical 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:

NOV 2025	Adjustment to maximum of 20pts
DEC 2019	Deduction for prevention of a fall moved from execution deduction to independent deduction
DEC 2019	Calculation of the maximum score for the technical programme changed from
DEC 2021	Discretionary 0.2 difficulty bonus proposed in 2019 will not be implemented and has been removed from the regulations
APR 2024	Deductions for transitions too long will be deducted as independent deduction and therefore deducted by the head Judge
SEPT 2025	Adjustments to comply with 20Pts maximum Score

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)
- stopping or floor contacts not allowed during the routine

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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 is expected to use gymnastics clothing for the Cyr Technical Programme
- The wearing of watches or dangling jewellery is not permitted
- Clothing must not inhibit or endanger the gymnast
- 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.

MUSIC - TECHNICAL SPECIFICATIONS

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

The music file should contain enough music to cover for the entire duration of the routine. It might be wise to extend the audio file in case there is a fall or other unforeseen delays. The competition management will fade out the music when the routine is finished.

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

2 TECHNICAL PROGRAMME - SCORING SYSTEM

Maximum Score:	20 points
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The total score for the technical programme is based on a DIFFICULTY score of maximum 5 points and a score for EXECUTION of maximum 5 points.

These scores are combined as follows:

$(\text{EXECUTION} + \text{DIFFICULTY SCORE}) \times 2 = \text{maximum 20 points}$

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

The final score is thus calculated as follows:

FINAL SCORE:	$(\text{EXECUTION} + \text{DIFFICULTY}) \times 2 - \text{independent deductions (20pts max.)}$
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3 TECHNICAL PROGRAMME - JUDGING PANEL

The Judging Panel for the technical 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 Execution Judges:** Evaluate the execution of the routine.

HEAD JUDGE

The head judge's responsibilities are:

- To give the signal to begin
- 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 fulfills the composition requirements for the technical 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
- Inform the head judge of any transitions that were too long. (Section: 4)
- 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**

EXECUTION JUDGE

The execution judges responsibilities are:

- To deduct deviations from perfect execution of the elements AND transitions. (Section 6)
- **Maximum score for execution = 5.0**

4 REQUIREMENTS

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

STARTING POSITION

- The gymnast can start the technical programme anywhere inside the competition area.
- The gymnast must wait for a signal from the head judge before getting into his/her starting position.
- The signal can be acknowledged with a bow / wave / nod / etc.
- Judging starts when the gymnast steps onto the wheel.
- Lead-In rotations (with contact to the floor) or beginning the routine with a transition are permitted within a reasonable time frame (< 15sec).

FINISHING POSITION

- At the end of the technical programme, the gymnast must adopt his/her finishing position in a controlled manner.
- The finishing pose does require the gymnast to have full control of the wheel.
- The gymnast signals the end of the routine to the head judge. This can be done with a bow / wave / nod / etc.
- As long as the gymnast steps out of the wheel voluntarily and in a controlled manner the floor contact will not count as a fall.

FLOOR CONTACTS

- Floor contacts, except for start and end (if performed voluntarily and controlled) of the routine will be counted as a fall or as a prevention of a fall.
- Some elements require the gymnast to touch the floor (i.e. Flower Picker, Hand-springs). Those floor contacts will not be counted as a fall.
- Elements that require starting or stopping from a standing position on the floor (i.e. Backroll from standing position or landing on the floor) can only be performed at the beginning or at the end of a technical programme.

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 11 difficulty skills (from the latest IRV Cyr Difficulty Catalogue). The highest 10 skills will be counted (for difficulty and composition). See www.wheelymnastics.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 technical programme will be: **Final Score = Execution x 2 – 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 execution judges will nevertheless evaluate the execution.
- 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.
- If the gymnast falls when performing a skill, he/she may ask the difficulty judges whether or not the difficulty value of the skill was recognized before the fall to help decide if he/she wants to repeat the skill.

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”)
- 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 category “Element Combination” cannot be used in the technical programme at all. However the combination of Turns/Twists is still permitted.

RECOGNITION OF COMPOSITION CATEGORIES

Every element has a minimum number of cycles in order to be recognized. In the technical programme there is also a maximum at which the following cycles will count into the next transition.

BASIC STEP/WALTZ (W)

Basic step/waltz (W) skills must be performed three to five times consecutively in order to be recognized.

SMALL SPIRAL / COIN SPIN

Small spiral/coin spin (CS) skills must be performed three to five times consecutively in order to be recognized.

BIG SPIRAL / CARTWHEELS

Skills in the big spiral (BS) must be performed two to four times consecutively in order to be recognized.

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. The maximum number of cycles for turns and twists is four.

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. The maximum number of cycles for spins is four.

TRANSITIONS

- Transitions consisting of basic step/waltz skills, coin spins, turns and twists and spirals are permitted between difficulty skills.
- Transitions are limited to the length of 3 cycles (= Waltz / Basic Steps, or = rotations in Spirals, or = rotations in Spin, or = instances of Turns and Twists). For every transition that exceeds this quota (i.e. 1 small spiral + 2 Waltz + 1 Half Turn = 4 cycles) an independent deduction will be applied according to page 11.
- Transitions have no difficulty of their own.
- Transitions can, if shown unclean, uncontrolled be deducted by the execution judges.

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

COMPETITION AREA AND SAFETY ZONE

The technical 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 11

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. A coach is allowed to assist and talk to the gymnast, but the gymnast must continue within 30 seconds. 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.

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 recognized skill can be counted as fulfilling a composition category requirement. For example, if the only coin spin skill in the routine is not recognized, 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
Transition too long see page 9 The difficulty judges will inform the head judge if and how many transitions were too long.	0.2 per fault (only once per transition)
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 11 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 11 The gymnast can re-position the wheel after a fall. A skill that results in a fall can incur deductions from the execution judges and difficulty judges in addition to this independent deduction from the head judge.	1.0 per occurrence

6 EVALUATION OF EXECUTION

Execution deductions are minor deductions of 0.1 to 0.4 (depending on the nature and severity of the fault) and are the responsibility of the execution judges as follows:

Fault	Deduction
Signs of struggle Visible signs of struggle to maintain a clear and deliberate body position.	0.1 - 0.4 per fault, depending on severity
Partial loss of control of the wheel Deviations from perfect path or angle of the wheel resulting in loss of "ease" in elements or transitions.	0.1 - 0.3 per fault, depending on severity
Insecurities in body control i.e. helping hands or feet. Hesitations to assume correct body positions: ▪ Letting go of the wheel too late ▪ Regrip the wheel too early ▪ Having hand or foot in a "ready to catch" position ▪ Not fully committing to the elements body position (i.e. splits)	0.1 - 0.2 per fault, depending on severity

All of the above deductions are applied to elements AND transitions regardless if listed on the pocket card or not. The deductions are subtracted from the "perfect execution score" of 5 pts.