

IRV – CYR WHEEL TECHNICAL PROGRAMME REGULATIONS

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version 4.4

CYR TECHNICAL PROGRAMME

The CYR Technical Programme Regulations are an edited version of the 2022 regulations prepared by Maria Sollohub (IRV) and Hauke Narten (technical advisor). If you have any questions, please contact:

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AMENDMENTS

NOV 2025	The maximum score was adjusted to 20 points.
DEC 2019	The deduction for preventing a fall was moved from execution deductions to independent deductions.
DEC 2019	The method for calculating the maximum score for the technical programme was changed.
DEC 2021	The discretionary 0.2 difficulty bonus proposed in 2019 was not implemented and was removed from the regulations.
APR 2024	Deductions for transitions that are too long are applied as independent deductions by the head judge.
SEPT 2025	Adjustments were made to align with the 20-point maximum score.
AUG 2026	Minor adjustments and clarifications.

KEY POINTS

- A maximum of 11 difficulty skills may be listed on the pocket card; the 10 highest-value skills will count.
- The gymnast may choose background music, use music provided by the competition organizer, or perform without music.
- Gymnastics clothing of the gymnast's choice is permitted; costumes are not.
- Stopping and floor contacts are not permitted 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 routine should be performed within the marked competition area and safety zone.

ROLLING OUT OF THE SAFETY ZONE

If the gymnast or the wheel (or both) leaves 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 respond after the third request, the head judge will instruct the judges to stop judging, and the routine will be considered finished.
If the quickest way to return is to remain in the wheel, and doing so does not cause danger or disturbance outside the safety zone, the gymnast may stay in the wheel while returning to the competition area. All deductions and consequences for leaving the safety zone still apply.

If the gymnast leaves the safety zone, a coach may assist and speak to them, but the gymnast must continue within 30 seconds. The music will not be stopped.
After the third instance of leaving the safety zone, the head judge will instruct the judges to stop judging from the point of the third interruption, and the routine will be considered finished. The gymnast may finish the routine even after judging has stopped.

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. The head judge will apply independent deductions.

DIFFICULTY CATALOGUE AND POCKET CARD

The difficulty catalogue and pocket card template are available from
www.wheelgymnastics.sport

The difficulty catalogue is also available as an interactive website with videos. A form is available for submitting new elements and videos.
Latest IRV CYR Difficulty Catalogue

COMPETITION CLOTHING

- Gymnastics clothing is expected for the Cyr Technical Programme.
- Watches and dangling jewellery are not permitted.
- Clothing must not inhibit or endanger the gymnast.

- Hair and make-up must be simple and discreet.
- Loose props of any kind are not permitted.
- If the gymnast does not comply with these rules, the head judge will ask them to change their competition clothing. If the gymnast refuses, the head judge will disqualify them.

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 be long enough to cover the entire routine. It may be advisable to extend the file in case of a fall or other unforeseen delay.
The competition management will fade out the music when the routine is finished.

All music must be provided in digital format, as instructed by the competition organisers.

2 TECHNICAL PROGRAMME - SCORING SYSTEM

Maximum Score:	**20 points**

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:

(EXECUTION + DIFFICULTY SCORE) x 2 = maximum 20 points

Independent deductions may also be subtracted from the score, which is calculated out of 20 points.

The final score is thus calculated as follows:

FINAL SCORE:	**(EXECUTION + DIFFICULTY) x 2 – independent deductions (20 points maximum)**

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 apply any independent deductions (see Section 5).
- To calculate the final score

DIFFICULTY JUDGE

The difficulty judges' responsibilities are:

- To determine which skills are recognized and calculate the difficulty score for the 10 highest-value skills, based on the skill values A (0.1), B (0.2), C (0.3), D (0.4), and E (0.5).
- To check that all skills counted have been listed on the gymnast's pocket card (see Pocket card and permitted number of skills).
- To check whether the gymnast has performed the required 10 skills and 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 composition categories are missing (see Composition requirements). Categories can be missing for the following reasons:
  - No element from the category was shown
  - An element was listed on the pocket card and attempted but was not recognized
  - An element from a category was performed but was not listed on the pocket card
  - An element from a category was performed and listed on the pocket card but was not among the 10 most difficult elements in the routine
- To inform the head judge of any transitions that were too long (see Transitions).
- The two difficulty judges must agree on one difficulty score for the routine and submit it to the head judge. If they cannot agree, the head judge will choose between the two disputed assessments.
- **Maximum difficulty score = 5.0**

EXECUTION JUDGE

The execution judges' responsibilities are:

- To deduct points for deviations from perfect execution of elements and transitions, according to the execution judging criteria (see 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 may start the technical programme anywhere inside the competition area.
- The gymnast must wait for a signal from the head judge before adopting the starting position.
- The gymnast may acknowledge the signal with a bow, wave, nod, or similar gesture.
- Judging starts when the gymnast steps onto the wheel.
- Lead-in rotations (with contact with the floor) and transitions at the beginning of the routine are permitted within a reasonable time frame (less than 15 seconds).

FINISHING POSITION

- At the end of the technical programme, the gymnast must adopt their finishing position in a controlled manner.
- The gymnast must have full control of the wheel in the finishing pose. The wheel does not have to be in contact with the gymnast, but it must remain under control and within the competition area.
- The gymnast signals the end of the routine to the head judge, for example with a bow, wave, or nod.
- After the last element, stepping out of the wheel voluntarily and in a controlled manner does not count as a fall.

FLOOR CONTACTS

- Floor contacts, except at the start and end of the routine (if made voluntarily and in a controlled manner), will be counted as a fall or a prevention of a fall.
- Some elements require the gymnast to touch the floor (e.g., Flower Picker and handsprings). These floor contacts will not be counted as falls.
- Elements that require starting or stopping from a standing position on the floor (e.g., a back roll from standing or a landing on the floor) may be performed only at the beginning or end of the technical programme.

POCKET CARD AND PERMITTED NUMBER OF SKILLS

The gymnast must submit a written version of their routine (the pocket card) as instructed by the competition management. They may list a maximum of 11 difficulty skills from the latest IRV Cyr Difficulty Catalogue. The 10 highest-value skills will count toward difficulty and composition. The official IRV pocket card template is available at www.wheelgymnastics.sport, and its use is recommended. Any alternative format must clearly include:

- full name
- gender (as specified for the competition category)
- junior or senior category
- a list of no more than 11 skills, one per line, including:

  element number (copied exactly from the catalogue)

  element description (copied from the catalogue)

  element category

  element difficulty value

IMPORTANT

- If the gymnast does not submit a pocket card, or if it is illegible, they will receive no difficulty points. The technical programme score will be: **Final Score = Execution x 2 – independent deductions (10 points maximum)**.
- If the gymnast performs a skill that is not listed on the pocket card, the difficulty judges will not award difficulty points for that skill, but the execution judges will still evaluate its execution.
- If the gymnast omits a skill, the difficulty judges will consider the next skill listed on the pocket card. If in doubt, they will interpret deviations from the pocket card in the gymnast's favour.
- If the gymnast falls out of the wheel, they may reposition it before continuing.
- If the gymnast falls while performing a skill, they may ask the difficulty judges whether the skill's difficulty value was recognized before the fall to help decide whether to repeat it.

COMPOSITION REQUIREMENTS

- The gymnast must demonstrate at least one skill from each of the following categories (see the Difficulty Catalogue for their definitions).
  - basic step/waltz (category "W")
  - big spiral (category "BS")
  - small spiral/coin spin (category "CS")
  - turn/twist (category "T")
  - spin (category "SPIN")
- A category counts as fulfilled (with no composition deduction) only if the element is eligible for the final score (i.e., it is among the 10 most difficult elements).
- If two or more elements have the same difficulty score, they are selected to cover as many categories as possible.

The "Element Combination" category cannot be used in the technical programme. However, combinations of turns and twists are permitted.

TRANSITIONS

- Transitions consisting of basic step/waltz skills, spins, coin spins, turns and twists and spirals are permitted between difficulty skills.
- Transitions are limited to three cycles: waltz/basic steps, spiral rotations, spin rotations, or turns and twists (each instance counts as one cycle). For each transition that exceeds this limit (e.g., one small spiral + two waltz rotations + one half turn = four cycles), an independent deduction applies (see page 12).
- Transitions have no difficulty of their own.
- The execution judges may deduct points for transitions performed uncleanly or without control.

The difficulty judges are responsible for checking transition lengths and verifying that the composition requirements have been fulfilled. They will inform the head judge of any missing categories and transitions that are too long. Note: If 11 skills are performed, only the 10 most difficult skills will count toward the difficulty score and composition requirements.

COMPETITION AREA AND SAFETY ZONE

The technical programme should be performed within the marked competition area and safety zone. For more information, see page 4.

FALLS

For information about falls and prevention of falls, see page 12.

5 DEDUCTIONS

FALLS

A fall is an unintended contact between the gymnast and the floor that helps the gymnast keep or regain control of the wheel. If the judges determine that the gymnast would have lost control of the wheel without the contact, the instance counts as a fall. For example, a fall occurs if enough of the gymnast's body weight is supported by the floor to keep or regain control of the wheel. A complete loss of control of the wheel also counts as a fall.

A fall during an element will most likely cause the difficulty judges not to recognize the element. It is the difficulty judges' responsibility to evaluate whether the fall occurred **after** the essence of difficulty had been demonstrated in its entirety.

If the gymnast falls out of the wheel, they may reposition it before continuing. A coach may assist and speak to the gymnast, but the gymnast must continue within 30 seconds.
If the head judge asks the gymnast three times to continue and the gymnast does not respond after the third request, the head judge will instruct the judges to stop judging, and the routine will be considered finished.
After the third interruption, counting each fall and each roll-out of the safety zone, the head judge will instruct the judges to stop judging from that point, and the routine will be considered finished.

PREVENTION OF A FALL

A prevention of a fall is an unintended floor contact that has no effect, or only a negligible effect, on the mechanics of the element. This means that no significant weight or force was applied to the floor and that the gymnast would have been able to perform the element without the contact. A prevention of a fall during an element does not automatically affect the difficulty score. However, for an element to be recognized, its essence of difficulty must be demonstrated without being affected by the floor contact.

INDEPENDENT DEDUCTIONS

The head judge is responsible for independent deductions.

Fault	Deduction
Missing composition category The difficulty judges will inform the head judge of any missing composition categories. Only a recognized skill can fulfil a composition category requirement. For example, if the only coin spin in the routine is not recognized or is not among the 10 most difficult skills, a deduction for a missing composition category will apply.	0.5 per missing category
Missing skills The difficulty judges will inform the head judge if the gymnast performed fewer than 10 skills. This may be the case because the routine is too short, skills are not recognized, or the gymnast has to stop the routine after three interruptions (falls or rolling out of the safety zone).	0.5 per missing skill
Transition too long see page 11 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 return to the competition area with the wheel as quickly as possible.	1.0 per occurrence (also adds to the number of falls)
Prevention of a fall (see page 12) This deduction applies 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 may reposition the wheel after a fall. A skill that results in a fall may also incur deductions from the execution 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 ▪ Regripping the wheel too early ▪ Having hand or foot in a "ready to catch" position ▪ Not fully committing to the element's body position (e.g., a split)	0.1 - 0.2 per fault, depending on severity

All of the above deductions apply to elements and transitions, whether or not they are listed on the pocket card. The deductions are subtracted from the perfect execution score of 5 points.