

WOMEN'S ARTISTIC GYMNASTICS
FIG 2013 CODE OF POINTS UPDATE – SUMMARY OF CHANGES
DECEMBER 2012

General:

Body position in saltos **with LA twist** - if hip angle >135 deg = stretched position. Only deduction for insufficient stretch is 0.10 for body alignment.

Change: **Short exercise:** D Panel will now deduct from the Final Score as follows:

5-6 elements -4.0 pts

3-4 elements -6.0 pts

1-2 elements -8.0 pts

No elements -10 pts

VAULT:

Cuervo & Front Salto with ½ turn are considered the same vault. (#2.21); also with Yurchenko entry. (#5.21)

Height deductions now 0.10/0.30/0.50 only

For **Apparatus Finals:** 2 vaults must be from different groups and have different 2nd flight; different 2nd flight means different body position or different degrees of turn; not necessary to have both.

No deduction for touch with 1 hand.

BARS:

Uncharacteristic move (no value transition LB to HB) back to E panel deduction 0.50

Change dismount 6.203(B) to 6.303 (C)

Beam and Floor:

Switch ring - back leg must be bent to 90 °; if straight or only slightly bent [<45° to straight] will be devalued; for slight bend [>45°] deduct 0.10 but give value (as long as back foot to head height and front leg minimum horizontal)

Sheep Jump - now requires hip angle (extension) approx. 30° from vertical line (arch) or no value will be given.

Sissone clarification: take-off 2 feet, land on 1; diagonal leg angle required or called split jump. If land on 2 feet it will be a split jump.

BEAM:

Connections must be '**almost rebounding**' for crediting dance series and acro series and CV. [bonus]

Arms must be almost down on landing of first element in preparation for take-off for second element. No slight hip or knee extension allowed on landing of first element before take-off for second element [plus as before for direct connections: no step, arm or leg swing, loss of balance, etc.]

C/D+D without rebounding for CV - only in forward direction BUT forward to backward connection with 3 elements can still receive Series Bonus of .1. [eg: forward aerial to flic flac, back layout stepout = 0.10 CV if directly connected as outlined above]

Examples ok for CV: Fwd aerial, aerial cartwheel

Fwd aerial, fwd aerial [no value for repeated element]

Fwd aerial, side salto tucked

Onodi, front salto with take-off one foot

Aerial cartwheel, aerial cartwheel

No CV:

fwd aerial, back tuck salto

back tuck salto, back pike salto

fwd aerial, onodi

Deduction for direction - change: lack of combination of sideward movements (no value) 0.1

Side saltos tuck: forward entry on take-off allowed but very late turn will be called front salto with 1/4 turn = C value; slight bend of knees will be deducted for insufficient tuck position 0.10/0.30

Side salto pike, Fwd salto pike with take-off from 1 foot: both deleted [no value]

Illusion turn: slight foot angle allowed on entry; approx 45 degrees.

Gainer dismount at end of beam: if land to side of line of beam, [off direction] will receive value of gainer to side of beam

Change of value: **5.505 – flic flac backward with $\frac{3}{4}$ turn → now 5.405 D value**
5.507 – gainer flic flac bwd with $\frac{3}{4}$ turn → now 5.407 D value

Mount and dismount can be at same end, but cannot move supplementary mat [without penalty]

Artistry Change: Confidence, personal style and uniqueness 0.1 to two separate deductions:
 Confidence 0.1
 Personal style 0.1

Add in Poor Body Posture throughout:

Amplitude: Maximum elongation of movements 0.1

FLOOR:

Change in CV: Mixed D salto + **B** dance 0.10

E salto + A dance 0.10

Controlled lunge out of acro lines not deducted first time. 2nd and more controlled lunges in routine deducted 0.10 each

Excessive preparation for elements 0.10 each

Excessive arm swing in preparation for dance elements 0.10 each

Much more emphasis on style of movements matching style of music as well as rhythm & tempo.

Artistry Insufficient artistry of performance throughout the entire exercise (expressiveness, confidence 0.1-0.3) Change to:

Expressiveness 0.1

Confidence 0.1

Personal style 0.1