



Organized by:

The Gymnastics Association of Hong Kong, China



Subvented by:

Leisure and Cultural Services Department

Hong Kong Artistic Gymnastics Open & Novice Championships 2023-2024

Evaluation of Exercise and Apparatus Requirement

Women's Artistic Gymnastics (WAG)

A. Evaluation of the Exercise

(1) Open (Senior), Open (Junior), Elementary, Novice: except as otherwise specified, the 2022-2024 FIG Code of Points applies.

- D-score: Difficulty Value (DV), Composition Requirement (CR) and Connection Value (CV)
- E-score: execution, composition and combination, and artistry of presentation
- Neutral deduction: including overtime, line violations, attire-related and behavioral penalties etc. Please refer to Sections 6 and 8 of 2022-2024 FIG WAG Code of Points for details.

Difficulty Value				
Event	Open (Senior)	Open (Junior)	Elementary	Novice
Vault	➤ The 2022-2024 FIG Code of Points applies	➤ The 2022-2024 FIG Code of Points applies	➤ The DV under the 2022-2024 FIG Code of Points + 1.0	Required skill: Handspring forward (1 vault only) ➤ DV 5.0
Uneven Bars	➤ The 2022-2024 FIG Code of Points applies	➤ The maximum 8 highest DV including the dismount are counted ➤ DV: ■ A = 0.1 ■ B = 0.2 ■ C = 0.3 ■ D = 0.4 ■ E = 0.5 ■ F = 0.5 ■ G = 0.5	➤ The maximum 6 highest DV including the dismount are counted ➤ DV: refer to the Table of Elements for Elementary Uneven Bars below	/
Balance Beam	➤ The 2022-2024 FIG Code of Points applies	➤ The maximum 8 highest DV including the dismount are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: ■ A = 0.1 ■ B = 0.2 ■ C = 0.3 ■ D = 0.4 ■ E = 0.5 ■ F = 0.5 ■ G = 0.5	➤ The maximum 8 highest DV including the dismount are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: ■ A = 0.2 ■ B = 0.4 ■ C = 0.6 ■ D = 0.8 ■ E = 1.0 ■ F = 1.0 ■ G = 1.0	➤ The maximum 8 highest DV including the dismount are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: refer to the Table of Elements for Novice Balance Beam below

Floor Exercise	<ul style="list-style-type: none"> ➤ The 2022-2024 FIG Code of Points applies 	<ul style="list-style-type: none"> ➤ The maximum 8 highest DV including the dismount* are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: <ul style="list-style-type: none"> ■ A = 0.1 ■ B = 0.2 ■ C = 0.3 ■ D = 0.4 ■ E = 0.5 ■ F = 0.5 ■ G = 0.5 	<ul style="list-style-type: none"> ➤ The maximum 8 highest DV including the dismount* are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ DV: <ul style="list-style-type: none"> ■ A = 0.2 ■ B = 0.4 ■ C = 0.6 ■ D = 0.8 ■ E = 1.0 ■ F = 1.0 ■ G = 1.0 	<ul style="list-style-type: none"> ➤ The maximum 8 highest DV including the dismount* are counted, with a minimum of 3 dance elements and 3 acro elements ➤ Duration of exercise : within 90 seconds ➤ The element must be chosen from the Table of Elements for Novice Floor Exercise below.
----------------	--	--	--	--

Remarks:

* Dismount - the element with the highest DV in the last acro line#. No dismount will be credited if only one acro line is performed (neutral deduction -0.5)

An acro line consists of a minimum of 2 directly connected acro elements

(2) Composition Requirement(CR) :

- 0.5 will be awarded for completion of each composition requirement listed below.

Open (Senior)	Vault Uneven Bars Balance Beam Floor Exercise	The 2022-2024 FIG Code of Points applies.
Open (Junior)	Vault	1. Gymnasts taking part in the all-around final or Team final has to perform 1 vault only. 2. Gymnasts who wishes to qualify for the apparatus final must perform 2 different vaults, which will be averaged for the final score.
	Uneven Bars Balance Beam Floor Exercise	The 2022-2024 FIG Code of Points applies.
Elementary	Vault	1. Gymnasts taking part in the all-around final or Team final has to perform 1 vault only. 2. Gymnasts who wishes to qualify for the apparatus final must perform 2 different vaults, which will be averaged for the final score.
	Uneven Bars	1. Mount 2. An element completed on HB 3. Close bar circle element 4. Bar change (from LB to HB or from HB to LB)
	Balance Beam	1. One direct connection of at least 2 different dance elements, one of them being a leap, jump or hop with 180° split (cross or side), or straddle position 2. Turns, Roll/Flairs (must be chosen from Table of Elements in WAG COP 2022-2024) 3. Direct connection of 2 acro elements *Acro element can be repeated at most once for the purpose of fulfilling CR. The difficult value of the repeated element will only count once (credited in accordance with the order of performance) 4. Acro elements in different directions (forward/sideward and backward)
	Floor Exercise	1. A dance passage composed of 2 different hops or leaps (must be chosen from Table of Elements below) connected directly or indirectly (with running steps, small leaps, hops, chasse, chaine turns), one of them with 180° cross/side split or straddle position 2. An acro line consisting minimum 2 (two) acro elements with flight 3. A salto element (alone or in acro line) *must be rebounding 4. Forward/sideways and backward acro elements in same or different acro lines
Novice	Vault	Handspring forward (1 vault only)
	Balance Beam	1. One direct connection of at least 2 different dance elements, one of them being a leap or jump with 180° split (cross or side), or straddle position 2. 360° Turns (must be chosen from Table of Elements below), Roll/Flairs 3. Direct connection of an acro element and a dance element 4. Forward/sideways and backward acro elements
	Floor Exercise	1. A dance passage composed of 2 different hops or leaps (must be chosen from Table of Elements below) connected directly or indirectly (with running steps, small leaps, hops, chasse, chaine turns), one of them with 180° cross/side split or straddle position 2. An acro line consisting minimum 1 acro element with flight 3. An acro line consisting minimum 2 acro elements 4. Forward/sideways and backward acro elements in same or different acro lines * Acro element with hand support of DV 0.2 or above can be repeated maximum one time for the purpose of fulfilling composition requirements. However, DV and CV will be counted once only (credited in accordance with the order of performance).

(3) Connection Value(CV) :

Open (Senior)	Uneven Bars Balance Beam Floor Exercise	The 2022-2024 FIG Code of Points applies.	
Open (Junior)	Uneven Bars Balance Beam Floor Exercise	The 2022-2024 FIG Code of Points applies.	
Elementary	Uneven Bars	1. Long hang swing (high bar) x 2 *min. 45° past vertical in each swing with Kip	+ 0.3
		2. Kip connected with cast to above horizontal	+ 0.3
		3. Cast to above horizontal connected with circle elements	+ 0.3
	Balance Beam	1. Direct connection of 2 dance elements, one in min. B value, another one in min. C value	+ 0.3
		2. Direct connection of 2 acro elements, one of which is a flight element	+ 0.3
		* If the acro series can fulfill the CV 1 & 2, the series can be awarded for only one and the highest CV.	
		3. Series Bonus (SB) Will be awarded to 3 connected dance/mixed and acro series (one must be min. B value) (series bonus and CV 1-2 can be awarded in same series)	+ 0.2
		* Acro element can be repeated at most once for the purpose of fulfilling CV. The difficult value of the repeated element will only count once (credited in accordance with the order of performance)	
	Floor Exercise	1. A salto element connected with a dance element (in this order) (with rebound)	+ 0.2
		2. Direct connection of 2 acro flight elements, one of which is a salto	+ 0.3
		*must be rebounding	
Novice	Balance Beam	1. Direct connection of 2 dance elements (not include Balance/Hold) in min. B value	+ 0.3
		2. Direct connection of 2 acro elements	+ 0.3
		3. Series Bonus (SB) Will be awarded to 3 connected dance/mixed and acro series (series bonus and CV 1-2 can be awarded in same series)	+ 0.2
		* Acro element can be repeated at most once for the purpose of fulfilling the CV. The difficult value of the repeated element will only count once (credited in accordance with the order of performance)	
	Floor Exercise	1. Direct connection of 2 A value acro elements	+ 0.3
		2. An acro element with flight connected with a dance element (in this order) (with rebound)	+ 0.3

(4) Table of Elements :

Elementary - Uneven Bars - Difficulty Value				
Element Groups	0.2	0.4	0.6	0.8
Mount	Pullover	Chin-up pullover Long hang pullover (high bar)		<u>Any A-value or above mounts listed in FIG WAG Code of Points</u>
Elements completed on the bars	Cast	Cast to squat on	Cast to above horizontal #Long hang swing (high bar) x 2 *min. 45° past vertical in each swing	Cast to handstand (between 10° before or after vertical; legs straddled or legs together)
	Circle skills		Fwd hip circle Back hip circle	<u>Any B-value or above circle skills listed in FIG WAG Code of Points</u> Clear hip circle to support Stalder circle (fwd/bwd) to support Sole circle piked (fwd/bwd) to support
Dismount	^Swing fwd (min. 45° past vertical) with 180° turn release Roll forward to L-hang with bend arms (hold 2 seconds)	Underswing dismount (support of feet) on low bar (piked or straddle) Clear underswing dismount on low bar	Underswing dismount (support of feet) on high bar (piked or straddle) Clear underswing dismount on high bar	<u>Any A-value or above dismount listed in FIG WAG Code of Points</u>

If a long hang swing does not reach min. 45° before or after vertical, no value will be awarded and a deduction of 0.5 for empty swing will be applied

^ If the forward swing does not reach min. 45° before the release, no value or dismount will be awarded and a deduction of 0.5 from D-score

※ LB kip to support and HB kip to support count as different elements

★ LB pullover and HB Long hang pullover count as different elements

● Roll forward to L-hang with bend arms (hold 2 seconds), chin must be above the bar, otherwise no value or dismount will be awarded and a deduction of 0.5 from D-score

Novice – Balance Beam – Difficulty Value				
Element Groups	0.1	0.2	0.3	0.4
Mount	Facing and with hands on side of beam, squat on	Jump to straddle support (hold 2 sec.) – from side stand or cross stand	<u>Any ‘A’-value mount listed in FIG WAG Code of Points</u>	<u>Any ‘B’-value mount or above listed in FIG WAG Code of Points</u>
Gymnastics leaps, jumps and hops		Tuck jump	<u>Any ‘A’-value jumps, leaps or hops listed in FIG WAG Code of Points</u>	<u>Any ‘B’-value or above jumps, leaps or hops listed in FIG WAG Code of Points</u>
Gymnastics turns		½ turn on one leg (180°)	<u>Any ‘A’-value gymnastic turns listed in FIG WAG Code of Points</u>	<u>Any ‘B’-value or above gymnastic turns listed in FIG WAG Code of Points</u>
Balance / Hold	Scale balance (back leg reaches horizontal to 135°) Needle scale (min. leg separation 135°)	Handstand (legs together) (2-sec. hold not required)	<u>Any ‘A’-value hold or balance elements listed under Hold and Acro Non-flight elements in FIG WAG Code of Points</u>	<u>Any ‘B’-value or above hold or balance elements listed under Hold and Acro Non-flight elements in FIG WAG Code of Points</u>
Acrobatic elements	Fwd roll		<u>Any ‘A’-value Acrobatic Elements listed in FIG WAG Code of Points</u>	<u>Any ‘B’-value or above Acrobatic Elements listed in FIG WAG Code of Points</u>
Dismount	Round-off off beam	Free (aerial) cartwheel off beam	*Round-off to immediate straight jump off beam *Back handspring to immediate straight jump off beam	<u>Any ‘A’-value or above dismounts in the FIG WAG Code of Points</u>

★ For the dismount, Round-off to immediate straight jump off beam and Back handspring to immediate straight jump off beam must with rebound. They count as acrobatic elements and dismount.

Novice – Floor Exercise – Difficulty Value				
Element Groups	0.1	0.2	0.3	0.4
Jumps, Leaps, and Hops	Tuck jump	<u>Any 'A'-value jumps, leaps or hops listed in FIG WAG Code of Points</u>	<u>Any 'B'-value jumps, leaps or hops listed in FIG WAG Code of Points</u>	<u>Any 'C'-value jumps, leaps or hops listed in FIG WAG Code of Points</u>
Turns	½ turn on one leg (180°)		<u>Any 'A'-value gymnastic turns listed in FIG WAG Code of Points</u>	<u>Any 'B'-value or above gymnastic turns listed in FIG WAG Code of Points</u>
Acro element	Cartwheel/One-arm cartwheel Handstand to fwd roll	Fwd walkover Bwd walkover Walkover fwd, bwd (Tic-Toc) Bwd roll to handstand	<u>Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points</u>	<u>Any 'B'-value or above Acrobatic Elements listed in FIG WAG Code of Points</u>

★ Elements in same column in FIG WAG Code of Points can count as different elements.

B. Apparatus Requirements:

1. Apparatus will be provided by the organizer. Gymnasts are not allowed to replace or adjust the apparatus without authorization.
2. Open (senior) and Open (junior): the 2022-2024 FIG Code of Points applies.
3. The apparatus requirements for Elementary and Novice are as follows:

Women

Floor Exercise	Vault	Uneven Bars	Balance Beam
Elementary 12m x 12m	Elementary 1.15m/1.25m vaulting table	Elementary HB 2.55m LB 1.75m	Elementary 1.25 m
Novice 14m x 1.5m 8cm (folding mat set on floor)	Novice 1.0m horizontal box	/	Novice 1.0m

C. Submission of New Element

Gymnasts must submit any new elements in written format and CD/email the clip (mail@gahk.org.hk) (i.e. elements that have not yet been performed and/or do not yet appear in the 2022-2024 FIG Code of Points) to the organizer for evaluation of difficulty before 4 December 2023 (Monday). Otherwise the new elements will not be recognized.

The final resolution of all competition rules, the Chinese version shall prevail.