



Hong Kong Artistic Gymnastics Open & Novice Championships 2022-2023

Evaluation of Exercise and Apparatus Requirement

Revised
2022.12.08

Women's Artistic Gymnastics (WAG)

A. Evaluation of the Exercise

(1) Open (Senior), Open (Junior), Intermediate, 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)	Intermediate	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 Intermediate 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. Acro element with hand support of DV 0.2 or above can be repeated at most once for the purpose of fulfilling composition requirements. However, DV and CV will be counted once only (credited in accordance with the order of performance).
----------------	----------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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 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.
Inter-mediate	Vault	1. Gymnasts taking part in the all-around 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 court once (credited in accordance with the order of performance) 4. Acro elements in different directions (forward/sideward and backward)
		Floor Exercise
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), forward roll /backward roll 3. Direct connection of an acro element and a dance element 4. Forward/sideways and backward acro elements
		Floor Exercise

(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.
Inter-mediate	Uneven Bars	<p>1. Long hang swing (high bar) x 2 *min. 45° past vertical in each swing with Long hang pullover (high bar) + 0.2</p> <p>2. Long hang swing (high bar) x 2 *min. 45° past vertical in each swing with Kip + 0.3</p> <p>3. Kip connected with cast to above horizontal + 0.3</p> <p>4. Kip connected with cast to handstand (between 10° before or after vertical) + 0.5</p> <p>5. Cast to above horizontal connected with circle elements + 0.3</p> <p>6. Cast to handstand (between 10° before or after vertical) with circle elements + 0.5</p>
	Balance Beam	<p>1. Direct connection of 2 dance elements in min. B value + 0.2</p> <p>2. Direct connection of 1 acro element and 1 dance element + 0.2</p> <p>3. Direct connection of 2 acro elements, one of which is a flight element + 0.3</p> <p>4. Direct connection of 2 dance elements, one in min. B value, another one in min. C value + 0.3</p> <p>* If the acro series can fulfill the CV 1 & 4, the series can be awarded for only one and the highest CV.</p> <p>5. Direct connection of 2 flight elements (can be both with hand support, both with salto or one with hand support and one salto) + 0.5</p> <p>* If the acro series can fulfill the CV 3 & 5, the series can be awarded for only one and the highest CV.</p> <p>6. Direct connection of 3 dance/mixed and acro elements (one must be min. B value) (this is a series bonus, series bonus and CV 1-5 can be awarded in same series) + 0.3</p> <p>* 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)</p>
	Floor Exercise	<p>1. Direct connection of 2 salto elements (with rebound) + 0.2</p> <p>*Turns on one leg in different directions but with the same free leg position are considered as the same turn</p> <p>2. A salto element connected with a dance element (in this order) (with rebound) + 0.2</p> <p>3. Direct connection of 2 acro flight elements, one of which is a salto + 0.2</p> <p>*must be rebounding</p> <p>4. Direct connection of 3 acro flight elements, one of which is a salto + 0.3</p> <p>*must be rebounding</p> <p>* If the acro series can fulfill the CV 3 & 4, the series can be awarded for only one and the highest CV.</p> <p>* 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)</p> <p>* Same connection (element) can only perform once.</p>
Novice	Balance Beam	<p>1. Direct connection of 2 dance elements (not include Balance/Hold) in min. B value + 0.2</p> <p>2. Direct connection of 1 acro element and 1 dance element (not include ..Balance/Hold) + 0.2</p> <p>3. Direct connection of 2 acro elements + 0.3</p>

	<p>4. Direct connection of 2 acro elements, one of which is a flight element or salto (If the acro series can fulfill the CV 3 & 4, the series can be awarded for only one and the highest CV.) + 0.5</p> <p>5. Direct connection of 3 dance/mixed (not include Balance/Hold) and acro elements (this is a series bonus, series bonus and CV 1-4 can be awarded in same series) + 0.3</p> <p>* 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)</p>
Floor Exercise	<p>1. Direct connection of 3 acro elements with hand support, at least one of which is an acro element with DV 0.2 or above + 0.2</p> <p>2. Direct connection of 2 (two) 0.2-value acro elements + 0.2</p> <p>3. Direct connection of 3 (three) 0.2-value acro elements + 0.3</p> <p>* 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)</p> <p>* If the acro series can fulfill the CV 1-3, the series can be awarded for only one and the highest CV.</p> <p>* Same connection (element) can only perform once.</p> <p>4. Direct connection of 2 different turns of 360° or above + 0.2</p> <p>*Turns on one leg in different directions but with the same free leg position are considered as the same turn</p>

(4) Table of Elements :

Intermediate – Uneven Bars – Difficulty Value				
Element Groups	0.2	0.4	0.6	0.8
Mount	Pullover	※Glide swing, pullover Chin-up pullover	※Glide swing x 2, chin-up pullover	<u>A-value or above mounts listed in FIG WAG Code of Points</u> , such as: kip, high bar kip etc.
Elements completed on the bars	Cast	Cast to horizontal Cast to squat on	Cast to above horizontal Cast to pike on #Long hang swing (high bar) x 2 *min. 45° past vertical in each swing	Cast to handstand (between 10°-30° before or after vertical; legs straddled or legs together) Cast to handstand (between 10° before or after vertical; legs straddled or legs together)
	Circle skills	Back hip circle Sole circle (tucked)	Fwd hip circle Clear hip circle to support Stalder circle (fwd/bwd) to support Sole circle piked (fwd/bwd) to support Long hang pullover (high bar)	Clear hip circle to above horizontal (without reaching handstand) Stalder circle (fwd/bwd) to above horizontal (without reaching handstand) Sole circle piked (fwd/bwd) to above horizontal (without reaching handstand) Swing fwd with 180° turn to support on low bar (min. 45° above horizontal) Or <u>B-value or above circle skills listed in FIG WAG Code of Points</u> , such as: fwd giants/bwd giants/underswing on low bar (support of feet) with counter movement fwd in flight to hang on high bar etc.
Dismount	^Swing fwd (min. 45° past vertical) with 180° turn release Roll forward to L-hang with straight 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>A-value or above dismount listed in FIG WAG Code of Points</u> , such as: Underswing dismount with 180° turn from high bar, swing forward to back tuck salto/back pike salto/back stretch salto etc.

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

※ If the gymnast pauses for more than 5 seconds between the glide swing and pullover, no value will be credited

Novice – Balance Beam – Difficulty Value					
Element Groups	0.1	0.2	0.3	0.4	0.5
Mount	Facing and with hands on side of beam, squat on	Scissor leap over beam to cross sit on thigh – diagonal approach to beam	Stretch Jump Mount Jump to straddle support (hold 2 sec.) – from side stand or cross stand	Leap, on landing show arabesque position (leg min. at horizontal) Jump (with hand support) to side split sit – take-off two feet From side stand – squat or stoop through to rear support	Jump/press to handstand (2-sec. hold not required) From straddle support press to handstand (2 sec.-hold not required) Jump with ½ turn (180°) in flight phase to stand, take-off from both legs
Gymnastics leaps, jumps and hops		Tuck jump Stretch jump with ½ turn (180°)		<u>Any ‘A’-value jumps, leaps or hops listed in FIG WAG Code of Points, such as:</u> - Sissone - Pike jump	<u>Any ‘B’-value or above jumps, leaps or hops listed in FIG WAG Code of Points, such as:</u> - Tuck jump with ½ turn (180°) - Wolf jump with ½ turn (180°)
Gymnastics turns	½ turn on one leg (180°)			<u>Any ‘A’-value gymnastic turns listed in FIG WAG Code of Points, such as:</u> - 1/1 turn on one leg (360°)	<u>Any ‘B’-value or above gymnastic turns listed in FIG WAG Code of Points, such as:</u> - 1 ½ turn on one leg (540°)
Balance / Hold		Scale balance (back leg reaches horizontal to 160°) Side scale (120° or above)	Needle scale (min. leg separation 160°) Handstand (cross split/legs together) (2-sec. hold not required)	Handstand with legs in cross split (hold 2 sec.) Or <u>Any ‘A’-value hold or balance elements listed under Hold and Acro Non-flight elements in FIG WAG Code of Points, such as:</u> - Scale balance (180°)	Handstand with legs together (hold 2 sec.) Or <u>Any ‘B’-value or above hold or balance elements listed under Hold and Acro Non-flight elements in FIG WAG Code of Points, such as:</u> - Clear pike support (hold 2 sec.)

Acrobatic elements	Fwd roll		Bwd roll	<u>Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points, such as:</u> <ul style="list-style-type: none"> - Cartwheel - Walkover fwd - Walkover bwd - *Walkover fwd, bwd (Tic-toc) 	<u>Any 'B'-value or above Acrobatic Elements listed in FIG WAG Code of Points, such as:</u> <ul style="list-style-type: none"> - Handstand to fwd roll - Handspring fwd - Round-off - Back handspring
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 Or <u>Any 'A'-value or above dismounts in the FIG WAG Code of Points, such as:</u> <ul style="list-style-type: none"> - Salto fwd - Salto bwd

* Tic-toc counts as a forward acrobatic element

Novice – Floor Exercise – Difficulty Value

	Element Groups	0.1	0.2	0.3	0.4
[Dance elements] Select at least 3 from these groups	Jumps, Leaps, and Hops	Cat leap Wolf jump Straddle jump	%Split jump/Stag jump/Sissone jump Straight jump w/ 1/1 turn (360°) Cat leap w/ 1/1 turn (360°) Split leap Straddle jump	Switch leap %Ring jump/Stag ring jump/Split ring jump/Splig ring jump w/ ½ turn (180°) Split leap w/ 1/2 turn (180°) Split jump w/ 1/2 turn (180°) Straddle jump w/ 1/2 turn (180°) Straight jump w/ 2/1 turn (720°)	Switch leap w/ 90° Split ring leap Switch leap to ring position Tour jeté to ring Split jump w/ 1/1 turn (360°) Straddle jump w/ 1/1 turn (360°)
	Turns	1/1 turn on one leg (360°)	1/1 turn in tuck stand on 1 leg (360°)	2/1 turn on one leg (720°)	1/1 turn w/ heel of free leg at horizontal throughout (360°) 1/1 turn w/ free leg held upward in 180° split position throughout (360°) 1/1 illusion turn (360°)
[Acro elements] Select at least 3 from these groups	Acro w/ Hand Support	Cartwheel/One-arm cartwheel Fwd walkover Bwd walkover Handstand to fwd roll Bwd roll to handstand	Front handspring Back Handspring Round-off	Backward roll to handstand w/ 360° turn in handstand	
	Salto			%Aerial cartwheel / round-off Aerial walkover Whip back salto Salto fwd (tucked/piked) Salto bwd (tucked/piked)	Salto fwd (Stretched) Salto fwd w/ half twist (180°) or full twist (360°) Salto bwd (Stretched) Salto bwd w/ half twist (180°) or full twist (360°)

% Can only choose one element, otherwise it will be considered as a repeat element.

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. (Landing area of vault will be filling up by landing mats inside the foam pit)
3. The apparatus requirements for Intermediate and Novice are as follows:

Women

Floor Exercise	Vault	Uneven Bars	Balance Beam
Intermediate 12m x 12m	Intermediate 1.15m/1.25m vaulting table (Landing area will be filling up by landing mats inside the foam pit)	Intermediate HB 2.55m LB 1.75m (Landing area will be filling up by landing mats inside the foam pit)	Intermediate 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 2 December 2022 (Friday). Otherwise the new elements will not be recognized.

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