



Organized by:
The Gymnastics Association of Hong Kong, China

Subvented by:
Leisure and Cultural Services Department

Hong Kong Artistic Gymnastics Open & Novice Championships 2024-2025

Evaluation of Exercise and Apparatus Requirement

Women's Artistic Gymnastics (WAG)

(1) Apparatus Requirements

- Apparatus will be provided by the organizer. Gymnasts are not allowed to replace or adjust the apparatus without authorization.
- The apparatus requirements for Elementary and Novice are as follows:

	Floor Exercise	Vault	Uneven Bars	Balance Beam
Novice	14m x 1.5m (Performed diagonally on a 12m x 12m floor exercise mat)	U9: 80cm horizontal box U15: 1.0m horizontal box	/	1.0m
Elementary	12m x 12m	1.15m/1.25m vaulting table	HB 2.55m LB 1.75m	1.25 m
Open (junior)	The 2022-2024 FIG Code of Points applies			
Open (senior)	The 2022-2024 FIG Code of Points applies			

(2) Evaluation of the Exercise

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

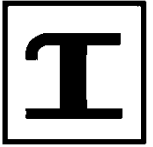
- D-score: Difficulty Value (DV), Composition Requirement (CR) and Connection Value (CV)
- E-score: execution, composition and combination, and artistry of presentation
- Neutral deduction: including overtime, line violations, attire-related and behavioral penalties etc. Please refer to Sections 6 and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

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 2024(Monday). Otherwise the new elements will not be recognized.



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WAG Novice - Vault

Apparatus Requirements : U9 : 80cm horizontal box

U15 : 1.0m horizontal box

Composition Requirement : 1 vault only

	Element	Difficulty Value
1	Front Handspring	5.0

Performance of Invalid Vaults (0.00 P.)

- 1.1 More than two approach
- 1.2 The run-up touched the springboard or equipment but did not perform any action
- 1.3 Turn over the box head-over-hand
- 1.4 Falling back to the springboard/runway when doing a handstand
- 1.5 Spotting assistance during the vault.

Please refer to the 2022-2024 FIG WAG Code of Points for details.
https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf



Hong Kong Artistic Gymnastics Open & Novice Championships 2024-2025



WAG Novice - Balance Beam

Apparatus Requirements: 1m height

Time: Within 60s

Composition: 6 groups must be completed (8 elements in total), the order of groups 2 to 5 can be different

Score calculation: D score + E score = final score

D score	(Difficulty + Composition Requirement)	Highest	5.6
E score	(execution, composition and combination, and artistry of presentation)	Highest	10.0
final score	Highest 15.6		

Group	Difficulty Value		
	0.2	0.4	0.6
1. Mount	- Tuck jump with hands support (side) - Leap - on landing must show arabesque position (leg min. at horizontal)	/	/
2. Split leaps (Value 0.2)			
3. Straight jump (Value 0.2) connected with an optional jump	Straight jump	Any 'A'-value jumps or hops listed in FIG WAG Code of Points	Any 'B'-value jumps or hops listed in FIG WAG Code of Points
4. Turns	Half turn on 1foot, half turn on 2 feet	Any 'A'-value gymnastic turns listed in FIG WAG Code of Points	Any 'B'-value gymnastic turns listed in FIG WAG Code of Points
5. Two acro elements	Forward roll	Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points	Any 'B'-value Acrobatic Elements listed in FIG WAG Code of Points
6. Dismount	Round-off off beam	- Free (aerial) cartwheel off beam - ※Cartwheel to immediate straight jump off beam	Any 'A'-value dismounts in the FIG WAG Code of Points

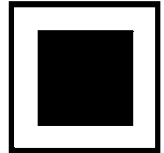
※ For the dismount, Cartwheel to immediate straight jump off beam · arms should not be lower than shoulders. They count as acrobatic elements and dismount.

Rules :

Items	Scoring
Composition Requirement(CR) : 1. One direct connection of 2 dance elements 2. Acro elements in different directions (forward/sideward and backward) 3. 360° Turns (must be chosen from Table of Elements above) 4. Dismount	0.5 will be awarded for completion of each composition requirement
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details
Missing required element	-1.0 <u>&</u> no D-score



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WAG Novice - Floor Exercise

Apparatus Requirements: 14 m x 1.5 m

Time: Within 60s (without music)

Composition: 5 groups must be completed (8 elements in total), the order of groups 1 to 5 can be different

Score calculation: D score + E score = final score

D score	(Difficulty + Composition Requirement)	Highest	5.0
E score	(execution, composition and combination, and artistry of presentation)	Highest	10.0
final score	Highest 15.6		

Group	Difficulty Value		
	0.2	0.4	0.6
1. Round-off(Value 0.4) Connecting with (Connection value 0.3)	Straight jump	/	Back Handspring
2. Two acro elements	Cartwheel Front walk-over Back walk-over	Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points	/
3. Handstand forward roll (Value 0.4)			
4. Turn	1/1 turn (360°) on one leg	/	Any 'B'-value gymnastic turns listed in FIG WAG Code of Points
5. Split leap (Value 0.2) Connecting with *an optional leap or hop	Any 'A'-value jumps or hops listed in FIG WAG Code of Points	Any 'B'-value jumps or hops listed in FIG WAG Code of Points	

* an optional leap could be a split leap, but with opposite leg

Rules :

Items	Scoring
Composition Requirement(CR) : 1. One direct connection of at 2 dance elements 2. Acro elements in different directions (forward/sideward and backward) 3. One Acro series 4. One Acro series, min. of 2 flight** elements	0.5 will be awarded for completion of each composition requirement
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details
Missing required element	-1.0 <u>&</u> no D-score

※Lack of dismount deduction in FIG Code of point do not apply to Novice



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WAG Elementary - Vault

- Apparatus Requirements** : 1.15m or 1.25m vaulting table
Composition Requirement : 1. The 1st vault score counts toward the Team and/or All-Around Total.
2. The gymnast who wishes to qualify for the Apparatus Final must perform 2 vaults as per the rules below, average of two vaults will be the final score

	Element	Difficulty Value
1	Handspring fwd	5.0
2	Handspring fwd with ½ turn (180°) – repulsion off	5.0
3	Round-off, flic-flac on – repulsion off	6.0

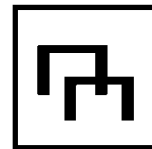
Performance of Invalid Vaults (0.00 P.)

- 1.1 More than two approach
- 1.2 The run-up touched the springboard or equipment but did not perform any action
- 1.3 Falling back to the springboard/runway when doing a handstand
- 1.4 Spotting assistance during the vault.

Please refer to the 2022-2024 FIG WAG Code of Points for details.
https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf



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WAG Elementary - Uneven Bars

Apparatus Requirements : HB 2.55m, LB 1.75m

Composition : The maximum 6 highest DV including the dismount are counted

Difficult value : Refer to the Table of Elements for Elementary Uneven Bars below

Groups		Difficulty Value			
		0.2	0.4	0.6	0.8
Mount		Pullover	Chin-up pullover		<u>Any A-value 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 - Long hang pullover (high bar)	- Clear hip circle to support - Stalder circle (fwd/bwd) to support - Sole circle piked (fwd/bwd) to support	<u>Any B-value circle skills listed in FIG WAG Code of Points</u>
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 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

Rules :

Items	Scoring
Composition Requirement(CR) : 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)	0.5 will be awarded for completion of each composition requirement
Connecting value(CV) : 1. Long hang swing (high bar) x 2 *min. 45o past vertical in each swing with Kip 2. Kip connected with cast to above horizontal	+0.2 +0.2



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WAG Elementary - Balance Beam

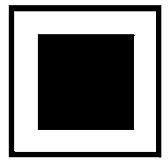
- Apparatus Requirements** : 1.25m
- Time** : Within 90s
- Composition** : The maximum 8 highest difficulties including the dismount are counted for DV. Within the 8 counting elements there must be a minimum of 3 Dance ,3 Acro and 2 optional elements
- Difficult value** : Refer to the 2022-2024 FIG Code of Points
- A = 0.2
 - B = 0.4
 - C = 0.6
 - D = 0.8
 - E or above = 1.0

Rules :

Items	Scoring
<p>Composition Requirement(CR) :</p> <ol style="list-style-type: none"> 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 Turns, Roll/Flairs (must be chosen from Table of Elements in WAG COP 2022-2024) Direct connection of 2 acro elements <p>*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)</p> <ol style="list-style-type: none"> Acro elements in different directions (forward/sideward and backward) 	0.5 will be awarded for completion of each composition requirement
<p>Connection Value(CV) :</p> <ol style="list-style-type: none"> Direct connection of 2 dance elements, one in min. B value, another one in min. C value Direct connection of 2 acro elements, one of which is a flight element <p>* If the acro series can fulfill the CV 1 & 2, the series can be awarded for only one and the highest CV.</p> <ol style="list-style-type: none"> 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) <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>	<p>+ 0.2</p> <p>+ 0.2</p> <p>+ 0.2</p>
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details



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WAG Elementary - Floor Exercise

- Apparatus Requirements** : 12m x 12m
- Time** : Within 90s (with music)
- Composition** : The maximum 8 highest difficulties including the dismount are counted for DV. Within the 8 counting elements there must be a minimum of 3 Dance ,3 Acro and 2 optional elements
- Difficult value** : Refer to the 2022-2024 FIG Code of Points
- A = 0.2
 - B = 0.4
 - C = 0.6
 - D = 0.8
 - E or above = 1.0

Rules :

Items	Scoring
Composition Requirement(CR) : 1. A dance passage composed of two different leaps or hops (from the Code) connected directly or indirectly(with running steps, small leaps, hops, chassé, chainé turns), one of them with 180° split (cross or side) 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	0.5 will be awarded for completion of each composition requirement
Connection Value(CV) : 1. A salto element connected with a dance element (in this order) (with rebound) 2. Direct connection of 2 acro flight elements, one of which is a salto *must be rebounding	+0.2 + 0.2
Artistry of presentation	Please refer to the Artistry & Composition Deductions of 2022-2024 FIG WAG Code of Points for details

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

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