



IRV CYR Wheel 2016 - Technical Programme

The Technical Programme 2016 is a little different from 2015. The changes for the gymnasts are not great, but please read the summary below carefully. The changes for judges are more substantial (see section A 1.2 below). Anything NEW is marked with grey shading.

NB: All references to difficulty relate to the updated Difficulty Catalogue for 2016 (currently in the final stages of completion).

A 1 CYR Wheel Technical Programme

A 1.1 Requirements

1. The Technical Programme will be performed to background music provided by the gymnast (music to be submitted in advance using the same guidelines as for the Free Programme). If the gymnast does not submit music, the competition organiser will use a standard piece of background music. There will be no musical evaluation of the routine.
2. The gymnast may perform a total of 11 skills. The best 10 skills will be counted in the final score.
3. The gymnast is free to choose which skills he/she will perform.
4. The gymnast must demonstrate at least ONE skill from each of the following categories:
 - basic step/waltz
 - big spiral
 - small spiral/coin spin
 - turn/twist
 - spin
5. A deduction of 0.5 will be made for any category that is not represented in the technical programme.
6. Basic step/waltz skills must be performed three to five times consecutively in order to be recognised, while skills in the big spiral must be performed at least twice in succession. Small spiral/coin spin skills must be performed for 3-5 seconds.

7. Turns/twists must **either** be repeated twice in succession **or** performed as a combination (e.g. half turn + half twist with no basic step in between) in order to be recognised. When turns/twists are performed in succession, 1 basic step (= 1 rotation) is permitted between two half turns/twists, while 2 basic steps (= 2 rotations) are permitted between two full turns/twists. In the case of a combination consisting of a B+C (e.g. half twist + full turn), the difficulty will be counted as C (the higher of the two). A combination only has to be performed once in order to be recognised. A hanging full turn/twist also only needs to be shown once in order to be recognised.
8. Spin skills (depending on the skill) must be performed **either** twice in succession **or** for two full rotations in order for their difficulty value to be recognised (e.g. jump to front support needs to be held for 2 full rotations). Depending on the skill, 1-2 additional rotations are permitted between the two elements (see Difficulty Catalogue).
9. “E” skills are defined separately in the Difficulty Catalogue and will be recognised in accordance with their individual definitions.
10. **Transitions consisting of up to 3 basic step/waltz skills, coin spins and spirals** are permitted between one difficulty skill and the next. These transitions have no difficulty of their own and are not evaluated separately for execution. However, the execution of a transition will affect the way in which the subsequent difficulty skill is performed and will influence the judges’ evaluation of that skill. If a transition is too long (i.e. **more than 3** of the above-mentioned skills), the gymnast will receive ZERO DIFFICULTY for the subsequent skill.
11. The final score for the technical programme will be based on difficulty (best 10 difficulty values) and composition (5 compulsory categories). Artistic elements will not be judged. Deductions will be made for missing compulsory categories and falls/additional step outs.
12. The gymnast must submit his/her technical programme in writing (‘pocket paper’) before the competition.
13. The gymnast must perform the technical programme exactly as written. In the case of deviation (a skill not performed or a different skill performed than the one described in the pocket paper) the gymnast will receive ZERO DIFFICULTY for the particular skill.

14. The gymnast is permitted to “step out” of the wheel once during the routine (this must be a controlled movement and not an attempt to hide a fall). The head judge is responsible for differentiating between a “step out” and a fall (see section A 1.2 below).

15. If the gymnast steps out of the wheel more than once, this will be counted as a fall and will incur a deduction of 0.8.

16. If the gymnast falls in the technical programme, he/she may repeat the skill in order to gain recognition for its difficulty. In this case, a deduction of 0.8 will be made for the fall.

17. **CALCULATING DIFFICULTY**

Each skill will be judged using one of the following evaluations:

- a) “recognised”
= skill performed satisfactorily = standard difficulty value (e.g. B = 0.4)
- b) “recognised plus”
= skill performed well = standard difficulty value + 0.2 (e.g. B plus = 0.6)
- c) “recognised minus”
= skill with poor execution = standard difficulty value - 0.2 (e.g. B minus = 0.2)
- d) “not recognised”
= skill not performed satisfactorily = 0.0 difficulty

18. The technical programme must be finished in a controlled manner while maintaining contact with the CYR wheel.

19. **FINAL SCORE**

Maximum total score = total difficulty for 10 skills + composition (max. 4.0)

20. **POSSIBLE DEDUCTIONS**

0.5 per missing compulsory category

0.8 per fall or extra step out

These deductions will be made from the maximum composition score of 4.0

If the deductions add up to more than 4.0, the composition score will be 0

(NB: The head judge will terminate the routine after the 3rd fall or extra step out.)

A 1.2 Judging Panel (Technical Programme)

The Judging Panel for the Technical Programme consists of 3 judges:

- 2 difficulty judges
- 1 head judge

A 1.2.1 *Difficulty Judges*

The task of the DIFFICULTY JUDGES is to calculate the difficulty score (best 10 out of maximum 11 skills) based on an evaluation of each skill as "recognised", "recognised plus", "recognised minus" or "not recognised". The final difficulty score will be the average of the scores given by the 2 difficulty judges.

A 1.2.2 *Head Judge*

The task of the HEAD JUDGE is to evaluate the composition of the Cyr Technical Programme and identify any falls and step outs. The head judge is also responsible for calculating the final score for the routine.

- Deduction per missing compulsory category = 0.5
- Deduction per fall or extra step out = 0.8

Deductions will be made from the maximum composition score of 4.0

FINAL SCORE = DIFFICULTY SCORE + (COMPOSITION – DEDUCTIONS)