

IRV – CYR WHEEL

FREE PROGRAMME

2018



Cyr Free Programme 2018

KEY POINTS:

- free choice of instrumental or vocal music (lyrics must not be offensive)
- length of routine: maximum 3 minutes
- no time restriction to be in contact with the wheel at the start of the programme
- no maximum/minimum number of difficulty skills, the best 10 (or fewer) count
- the gymnast is permitted to be outside the wheel during the routine
- no limit to the length of a transition
- at least one “element combination” (see 2018 Difficulty Catalogue) must be performed (ref. Composition requirements)
- compulsory pocket card listing all skills gymnast intends to perform (no deduction if a listed skill is not performed; no recognition of unlisted skills)
- the gymnast will be judged on artistic impression in addition to technical accomplishment (equal weighting)

SECTION OVERVIEW: For detailed specifications and descriptions, see the following sections:

- **Section I: General Information**
size of competition area, competition documents, competition clothes
- **Section II: Judging Panel**
number of judges and their responsibilities
- **Section III: Requirements - Free Programme**
the requirements a gymnast needs to fulfil during the course of the free programme
- **Section IV: Technical Evaluation and Deductions**
deductions and consequences of a gymnast not fulfilling the above requirements
- **Section V: Artistic Impression**
- **Section VI: Calculation of Final Score**

I. GENERAL INFORMATION

Competition area and safety zone:

Competition area:	13.5 x 13.5 m
Safety zone:	additional 2m to each side

Difficulty catalogue and pocket card template available from www.rhoenrad.com:

2018 IRV CYR Difficulty Catalogue

Competition clothing:

- The gymnast can use regular gymnastics clothing or a costume for the Cyr Free Programme.
- The gymnast must keep the same costume throughout the routine.
- The costume must be in good taste and not too permissive.
- The gymnast's face must be visible.
- The wearing of watches or dangling jewellery is not permitted.
- The use of loose props is **not** permitted.
- If the gymnast does not comply with the above, the head judge will ask him/her to change competition clothing. If the gymnast refuses to do so, the head judge will disqualify the gymnast from the competition.
- If there is any doubt about these regulations, please contact the IRV.

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Music – technical specifications:

Free choice of instrumental or vocal music (lyrics must not be offensive).

Maximum length: 3 minutes

All music must be available in digital format in accordance with the instructions given by the competition organisers.

2018 IRV CYR Wheel Free Programme Regulations version 3.0 (March 2018)

II. FREE PROGRAMME - JUDGING PANEL

The Judging Panel for the Free Programme consists of 9 judges:

- 4* technical judges
- 4* artistic impression judges
- 1 head judge

Technical judges:

The task of the TECHNICAL JUDGES is to evaluate the level of technical accomplishment for the free programme and give it a **TECHNICAL SCORE** = combined difficulty/execution for the best 10 difficulty skills. To establish the TECHNICAL SCORE for the routine, the highest and lowest scores of the technical judges will be discarded and the average of the two middle scores will be counted.

Artistic impression judges:

The task of the ARTISTIC IMPRESSION JUDGES is to evaluate the artistry of the free programme and award an **ARTISTIC IMPRESSION SCORE**. To establish the ARTISTIC IMPRESSION SCORE for the routine, the highest and lowest judges' scores will be discarded and the average of the two middle scores will be counted.

* If necessary, the technical score can be judged by 2 technical judges instead of 4. Similarly, the artistic impression score can be judged by 2 artistic impression judges instead of 4.

Head Judge:

The task of the HEAD JUDGE is to check whether the gymnast fulfils the **COMPOSITION** requirements for the free programme, identify **INDEPENDENT DEDUCTIONS** and any difficulty skills that are "not recognised", before calculating the final score:

FINAL SCORE (max. 15.0) =

$\frac{1}{2}$ [TECHNICAL SCORE (max. 10 x "E++" = 12.0) + COMPOSITION (max. 3.0) – INDEPENDENT DEDUCTIONS + ARTISTIC IMPRESSION (max. 15.0)]

The HEAD JUDGE is also responsible for calling the judges together in case there is a need for discussion.

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III. REQUIREMENTS - FREE PROGRAMME

The Free Programme is performed to music selected by the gymnast. See Section V for the evaluation of artistic impression. All other requirements are listed below, whereby there is one additional composition requirement for the Free Programme than for the Technical Programme:

Difficulty skills	Composition requirements	Independent requirements
<p>The gymnast is permitted to perform as many difficulty skills as he/she wishes. The best 10 (or fewer, if the gymnast performs fewer than 10 skills) will be counted towards the final score.</p> <p>The gymnast is free to choose which skills he/she performs during the free programme, but only skills from the 2018 Cyr Difficulty Catalogue will be counted towards the difficulty score.</p> <p>The gymnast is permitted to repeat a difficulty skill (e.g. after a fall) in order to get it recognised on the second attempt (although this can have a negative effect on artistic impression).</p> <p><u>Transitions:</u> Transitions consisting of basic step/waltz skills, coin spins and spirals are permitted between difficulty skills. In the free programme there is no restriction to the length of a transition. Although a transition has no difficulty of its own and will not be</p>	<p>The gymnast must demonstrate at least ONE difficulty skill from each of the following categories (see categories defined in the Difficulty Catalogue):</p> <ul style="list-style-type: none"> - basic step/waltz (“W”) - big spiral (“BS”) - small spiral/coin spin (“CS”) - turn/twist (“T”) - spin (“SPIN”) <p>- Element Combinations (see last skill category in the Difficulty Catalogue – these skills are only permitted in the Free Programme)</p> <p><u>Recognition of skills:</u> Basic step/waltz (W) skills must be performed three to five times consecutively in order to be recognised, while skills in the big spiral (BS) must be performed at least twice in succession. Small spiral/coin spin (CS) skills must be performed for 3-5 seconds. Skills from the turn/twist (T) category must either be repeated <u>twice</u> in</p>	<p>Maximum length of free programme: 3 minutes</p> <p><u>Start of the free programme:</u> The gymnast can start the free programme in any position inside the competition area. The gymnast must wait for a signal from the head judge before getting into his/her starting position. The gymnast or coach will then give a signal to start the music. The free programme begins when the music starts. [NB: no time restriction within which to be in contact with the wheel.]</p> <p><u>Competition area and safety zone:</u> The free programme must be performed within the marked competition area and safety zone.</p> <p><u>The gymnast can be outside the wheel:</u> The gymnast is permitted to be outside the wheel (with or without contact to it) during the free programme. There is no limit to the number of occurrences.</p> <p><u>Control of the wheel:</u> The gymnast must maintain control of the wheel throughout the free programme, including when he/she is not in contact with it.</p>

<p>evaluated separately for execution, the execution of a transition will affect the way in which the subsequent difficulty skill is performed and will influence the judges' evaluation of it.</p>	<p><u>succession</u> or performed as a <u>combination</u> (e.g. half turn + half twist with no basic step in between) in order to be recognised. When skills from the turn/twist category are performed in succession, 1 basic step (= 1 rotation) is permitted between two <u>half</u> turns/twists, while 2 basic steps (= 2 rotations) are permitted between two <u>full</u> 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 <u>combination</u> only has to be <u>performed once</u> in order to be recognised. A <u>hanging full turn/twist</u> also only needs to be <u>shown once</u> in order to be recognised.</p>	<p><u>Floor contacts:</u> Floor contacts are permitted if they are performed as controlled movements (not an attempt to hide a fall). The head judge will evaluate whether a floor contact is controlled or whether to count it as a fall. Difficulty skills must be performed without floor contact unless the skill is described with floor contact in the difficulty catalogue.</p>
<p>Compulsory Pocket Card: The gymnast must submit a list of difficulty skills for his/her free programme (Pocket Card) in writing (typed or capital letters only) before the competition starts, as instructed by the competition management. Pocket cards will be treated confidentially by judges until after the competition.</p>	<p>Spin skills (SPIN) (depending on the skill) must be performed either twice in succession or for two full rotations in order 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).</p>	<p><u>Falls:</u> If the gymnast falls out of the wheel, he/she can re-position it before continuing (the music will not be stopped).</p>
<p>In the case of the free programme, the gymnast is obliged to list all the skills he/she intends to perform in the order they will be performed. There is no obligation to actually perform all the skills on the list, as long as the ones performed are executed in the correct order. The best 10 skills will be counted. If the gymnast performs fewer than 10 skills, all the performed skills will be counted.</p>	<p>Element Combinations that consist of skills from two different categories will fulfil the composition requirement for both categories.</p>	<p><u>Rolling out of the safety zone:</u> If the gymnast and wheel, or just the wheel, rolls out of the safety zone, the gymnast must bring the wheel back into the competition area before continuing (the music will not be stopped).</p>
<p>NB: See www.rhoenrad.com for the official IRV Pocket Card template.</p>		<p><u>After a fall or rolling out of the safety zone:</u> The coach is allowed to assist and talk to the gymnast, but the gymnast must continue within 30 seconds and the music will not be stopped.</p>
		<p><u>Finishing position:</u> At the end of the free programme, the gymnast must adopt his/her finishing position in a controlled manner at the same time as the music ends. If the gymnast continues after the music has finished, the judges stop judging when the gymnast adopts his/her finishing position.</p>

IV. EVALUATION AND DEDUCTIONS

Technical evaluation of skills	Composition deductions	Independent deductions
<p>The TECHNICAL JUDGES must evaluate all the difficulty skills performed in the free programme. The best 10 skill evaluations are added together to give a technical score. The final technical score for the programme is the average of the two middle scores given by the technical judges (after the highest and lowest have been discarded).</p> <p>Skills in the Cyr Difficulty Catalogue have the following standard values: A = 0.2; B = 0.4; C = 0.6; D = 0.8; E = 1.0. Each difficulty skill will be evaluated as follows (*see also note below for judges accustomed to gym wheel execution):</p> <p>a) “recognised” = skill performed satisfactorily = standard difficulty value (e.g. B = 0.4)</p> <p>b) “recognised plus (+)” = skill performed well = standard difficulty value + 0.1 (e.g. B + = 0.5)</p> <p>c) “recognised double plus (++)” = skill performed outstandingly = standard difficulty value + 0.2 (e.g. B ++ = 0.6)</p> <p>d) “recognised minus (-)” = skill with poor execution = standard difficulty value - 0.1 (e.g. B - = 0.3)</p>	<p>The HEAD JUDGE is responsible for making composition deductions from the composition allocation of 3.0 points.</p> <p><u>Composition deductions:</u></p> <p>0.5 deduction per missing composition category listed below (see Composition Requirements for full category description):</p> <ul style="list-style-type: none"> - basic step/waltz (“W”) - big spiral (“BS”) - small spiral/coin spin (“CS”) - turn/twist (“T”) - spin (“Spin”) - element combinations 	<p>The HEAD JUDGE is responsible for making independent deductions that apply when calculating the final score (final score = $\frac{1}{2}$ [technical + composition score – independent deductions + artistic impression score]).</p> <p><u>Free programme more than 3 minutes (timed from start of music until gymnast adopts finishing position):</u></p> <p>1-5 seconds: 0.2 deduction 6-10 seconds: 0.5 deduction More than 10 seconds: 0.8 deduction</p> <p><u>Start of the free programme:</u> If the gymnast starts without waiting for the signal from the head judge, the head judge can (but does not have to) ask the gymnast to start again (no deduction).</p> <p><u>Rolling out of the competition area (with or without gymnast in wheel):</u> 0.2 deduction if more than once during routine 0.1 deduction if only once during the routine</p> <p><u>Rolling out of the safety zone:</u> 0.5 deduction per occurrence (whether or not the gymnast is in the wheel). [NB: If the wheel rolls out of the safety zone, the head judge will instruct the gymnast to re-position the wheel in the competition area. If the gymnast does not react, the head judge will repeat the instruction a second and third time. If the gymnast does not react after the third request, the head judge will instruct the judges to stop judging.]</p>

<p>e) “recognised double minus (--)” = skill with very poor execution = standard difficulty value - 0.2 (e.g. B -- = 0.2)</p> <p>f) “not recognised” = skill not performed to a minimum satisfactory level = ZERO</p> <p>NB: The HEAD JUDGE decides whether a skill is “not recognised” and will inform the TECHNICAL JUDGES</p> <p>Compulsory Pocket Card: If the gymnast does not submit a Pocket Card (or the pocket card is illegible), the gymnast will not be permitted to compete and the score for the free programme will be 0.0.</p> <p>There is no deduction if the gymnast does not perform all the skills on the pocket card list, as long as the ones performed are executed in the correct order. (If a skill on the list is not performed, the judges will just move on to the next skill on the list.) The best 10 skills will be counted.</p> <p>NB: There is no deduction for performing fewer than 10 skills. In this case, all the skills performed will be counted.</p>		<p><u>Lack of wheel control:</u> 0.2 deduction if the wheel is out of control (but inside the competition area) while the gymnast is outside the wheel. 0.5 deduction if the wheel falls onto the floor in an uncontrolled manner while the gymnast is outside the wheel.</p> <p><u>Fall:</u> 0.8 deduction per occurrence. The gymnast is permitted to re-position the wheel after a fall (the music will continue). [NB: After the third fall or rolling out of the safety zone, the head judge will instruct the judges to stop judging and indicate to the gymnast that he/she can stop performing. However, the gymnast will be permitted to finish the programme even if the judges are no longer judging.]</p> <p><u>Finishing position not at the end of the music:</u> 0.2 deduction: 1-5 seconds deviation 0.5 deduction: 6-10 seconds deviation 0.8 deduction: more than 10 seconds deviation</p> <p><u>Uncontrolled finish to free programme:</u> 0.2 deduction: loss of balance 0.2 deduction: no finishing pose 0.5 deduction: fall or loss of control of the wheel at the end of the programme</p>
<p>→ TECHNICAL SCORE (max. 12.0)</p>	<p>→ COMPOSITION SCORE (max. 3.0)</p>	<p>→ INDEPENDENT DEDUCTIONS</p>

*NOTE FOR JUDGES accustomed to judging gym wheel execution:

“recognised ++” (double plus)	=	“perfect” execution (more than expected)
“recognised +” (plus)	=	equivalent to approx. 0.1 in minor deductions
“recognised”	=	equivalent to approx. 0.2-0.3 in minor deductions
“recognised -” (minus)	=	equivalent to approx. 0.4 in minor deductions
“recognised --” (double minus)	=	approx. 0.5 in minor deductions

V. ARTISTIC IMPRESSION

Gymnasts choose their own music, choreography and costume for the free programme (see general information at the beginning of this document). [NB: - the use of loose props is not permitted in IRV competitions]

Gymnasts compose their free programme with the aim of achieving as high a score as possible within the following categories of evaluation:

Musicality (3.0 points)

- Transposition of musical universe (*the way a gymnast uses the music to deliver an artistic message without being limited by the type of music*; i.e. a gymnast can perform slow movements to fast music as long as the judges can see the artistic message being conveyed by the gymnast)
- Personification of music (relationship between music/intention)
- Music serving artistic proposition (Ref. 2015: *choice of music*)

Interpretation (3.0 points)

- Shades of interpretation (Ref. 2015: *expression*)
- Interpretation clarity and precision (Ref. 2015: *stage presence*)
- Sustained personification of proposition (Ref. 2015: *keeping in character*)

Quality of movement (3.0 points)

- Precision of choreographic execution (precision, rhythm, amplitude)
- Personalisation of movement vocabulary
- Shades of rhythm, speed and amplitude of execution

Transitions (3.0 points)

- Relevance and flow of transitions (Ref. 2015: *flow of transitions*)
- Variation and originality
- Space utilisation

General appreciation (3.0 points)

- Relevance of music, costume and interpretation
- Balance in the act construction (technical difficulty and artistic content)
- Clarity of artistic proposition
- Impact of the act (Ref. 2015: *emotionally touched by the performance*)

→ ARTISTIC IMPRESSION SCORE (max. 15.0)**Adjustment of maximum points for artistic impression categories if the gymnast finishes his/her programme early**

If the gymnast finishes his/her programme early (e.g. in the case of 3 falls/rolling out of the safety zone, or any other reason), the following maximum points for each of the above categories will apply:

- | | |
|--|---|
| • Gymnast finishes free programme after less than 1 minute | maximum 1.0 point per artistic impression category |
| • Gymnast finishes free programme after 1-2 minutes | maximum 2.0 points per artistic impression category |

VI: CALCULATION OF FINAL SCORE

$$\text{FINAL SCORE (maximum 15.0) = } \frac{1}{2} [\text{TECHNICAL SCORE + COMPOSITION – INDEPENDENT DEDUCTIONS + ARTISTIC IMPRESSION}]$$