

IRV

SPIRAL REGULATIONS

2016



Foreword

This version of the IRV Code of Points for Spiral builds on the German Code of Points 1997 (WB-97) together with the IRV changes from 2011, 2012, 2013, 2014 and 2015. **It replaces all previous documentation.**

All descriptions use the technical language of wheel gymnastics (under review at the time of publication). Any necessary explanations are therefore included in the Appendix to this document.

The Code of Points has to keep up with the development of the sport of wheel gymnastics. This means that regular updates will be necessary with regard to difficulty elements and competition regulations. All necessary changes and additions will be incorporated into the existing document and published on the IRV website (www.rhoenrad.com).

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1 THE JUDGING PANEL

1.1 Organisation

1.1.1 Full judging panel for international and national championships

All international and national championships should operate with a full judging panel as follows:

- 1 head judge
- 4 execution judges
- 2 difficulty judges

1.1.2 Reduced judging panel for other competitions

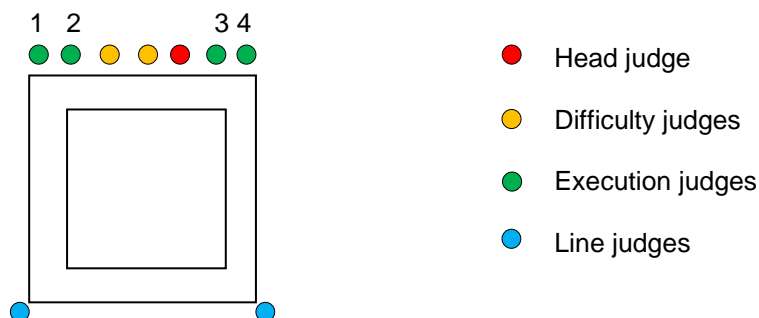
At other competitions it is possible to have a judging panel with only 2 execution judges and one difficulty judge. In this case, the tasks of the head judge and difficulty judge can be carried out by one person.

1.1.3 Use of helpers

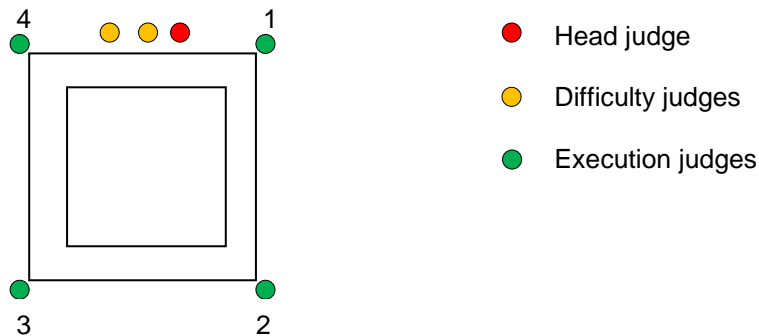
The competition management may allocate one or two trained helpers to assist the head judge in ensuring a quicker and more efficient implementation of the judging process. Judges who are registered to judge at the competition, but are not needed as judges, can be used to help in the organisation of the competition (e.g. as line judges, video camera operators, etc.).

1.1.4 Positioning of the judges

The judging panel as described in 1.1.1 is usually positioned in a row. In this case, two line judges will be used to control whether the gymnast rolls out of the competition area or safety zone (by way of a hand signal, flag, or similar).



It is also possible to place the execution judges at the corners of the competition area, outside the safety zone (see below). In this case, no line judges are necessary.



1.2 General rights and obligations

1.2.1 Pre-requisites for judges at international competitions

- Must be in possession of a valid national judging licence at the highest level
- Must have proof of regular judging experience at national level

1.2.2 Conduct of the judges

All members of the judging panel are obliged to:

- Take part in the judging seminar(s) and judges' meetings associated with a competition
- Arrive punctually at the judges' meeting
- Prepare for their allocated task(s)
- Follow the defined dress code for judges

During the competition, judges must abide by the following:

- May not leave their places
- May not engage in conversation with coaches, gymnasts or other judges
- May only use electronic instruments (e.g. smart phones) in offline mode in order to look up details in the Code of Points

In the case of infringement of these rules, the competition judging officer will issue a warning. In the case of repeated infringement against these rules, the competition judging officer has the right to withdraw the judge's licence.

1.3 The rights and obligations of the head judge

1.3.1 General tasks

The head judge is responsible for the correct and fair judging by his/her judging panel. The head judge should therefore judge each exercise independently (noting down execution and composition faults) in order to have a point of departure for discussion in case of a judges' meeting.

1.3.2 Co-operation with the competition management

The head judge is the link between the judges and the competition management and may summon the competition management to solve possible problems and disturbances. The head judge is accountable to the competition management for the work of the judging panel and the handling of any unforeseen situations that arise.

1.3.3 Other tasks

The responsibilities of the head judge include:

- Providing guidance to the judges regarding specific competition-related questions in order to ensure a correct score
- Checking the scores submitted by the judges, including the permitted difference between the two middle scores (see 3.4)
- Controlling and calculating the correct final score
- Checking the correct entry of scores into the score sheets, or via electronic transmitting devices
- Setting his/her own score for use as a point of departure in case of a judges' meeting
- Calling the judging panel together for a judges' meeting
- Calling the judging panel together for the purpose of changing a score because of too great a difference between the two middle scores, or in order to settle a score between the two middle scores
- Giving a signal (hand signal) to the gymnast at the beginning and end of the routine

- Giving permission to repeat a routine (e.g. in the case of a technical defect, obstacle; or after consulting with the judges and competition management; see 5.2)
- Interrupting a routine if the wheel rolls out of the safety zone (see 5.1.1.1)
- Controlling the time when applying the 30 second rule (see 5.2.1.2)
- Postponing the 30 second rule and requesting information from the gymnast or coach (see 5.2.1.2)
- Stopping a routine (see 5.3)
- Displaying/announcing/submitting the final score

1.4 The rights and obligations of the difficulty judges

1.4.1 General tasks

- It is the duty of the difficulty judges to evaluate all routines correctly, efficiently and independently.
- The difficulty judges must follow the instructions of the head judge.
- They must be ready when the head judge signals the beginning of the routine.

1.4.2 Documentation of the routine

- Both difficulty judges are obliged to write down the value of the routine, including structure groups, and to compare their evaluations.
- The difficulty judges compare the resulting difficulty score of the routine with the pocket card submitted by the gymnast. This serves as a point of departure for solving any problematic issues.
- The difficulty judges determine the difficulty score of the spiral routine and display/announce the result.

1.4.3 Determining and communicating the recognition or non-recognition of difficulty elements

- The difficulty judges determine the length of a routine (watching out for repetitions!) and communicate this to the execution judges, making it clear if the routine contained too few or too many moves.

- They also determine whether there was any lack of variation in the routine (e.g. too many elements from the same structure group) (see 6.2.3) and pass this information on to the execution judges.
- They inform the execution judges in cases where the recognition or non-recognition of difficulty influences the deductions for execution (e.g. splits, bridges, wheel angle, circular path of the wheel, ...)
- If the difficulty judges do not agree, Difficulty Judge 1 decides the difficulty value.
- If the difficulty judges do not agree with the execution judges (e.g. in the case of recognition of a small spiral), the decision regarding recognition or non-recognition is the responsibility of the difficulty judges, or Difficulty Judge 1.

1.4.4 Co-operation with the head judge

- The difficulty judges support the head judge in his/her activities and make him/her aware of violations of the regulations (e.g. the interruption of routines as a result of a major deduction or the wheel rolling out of the safety zone).
- The difficulty judges have an advisory role in relation to the head judge, but do not make any decisions that are the responsibility of the head judge.
- The difficulty judges do not have the right to initiate a judges' meeting or lead discussions resulting from differences of opinion. However, the head judge may ask the difficulty judges for advice in a discussion.
- If there is a disagreement between the head judge and a difficulty judge regarding the recognition/non-recognition of difficulty, the final decision is the responsibility of the difficulty judges, or Difficulty Judge 1.

1.5 The rights and obligations of the execution judges

1.5.1 General tasks

- It is the duty of the execution judges to evaluate all routines correctly, efficiently and independently.
- The execution judges must follow the instructions of the head judge and difficulty judges.
- They must be ready when the head judge signals the beginning of the routine.

1.5.2 Determining and documenting the deductions

- The execution judges document their deductions per judging unit in order to be able to explain their scoring in case of a subsequent judges' meeting.
- They count the number of wheel rotations per move in the big spiral in order to be able to make deductions for an uneven number of rotations.
- The execution judges count the number of seconds each move in the small spiral is performed (a small spiral should be maximum 5 seconds). The decision not to recognise a small spiral that is performed for less than 3 seconds is made by the difficulty judges (who then inform the execution judges).
- The execution judges check whether a routine contains the full composition requirements and make deductions when necessary.
- If the difficulty judges say so, the execution judges make deductions for too many or too few moves in a routine.
- The execution judges adjust their scores according to the difficulty judges' decisions regarding recognition or non-recognition of moves.

1.6 Judges' meetings

1.6.1 Before the competition

The judging officer responsible for the competition holds a meeting before the start of the competition to check that the planned head judges, difficulty judges and execution judges are present. If necessary, the judging officer appoints replacement judges or makes changes to the judging panels before announcing the various judging panels for the competition. The judging officer may also take the opportunity to go through new rules, draw attention to potential problematic issues or answer questions from the judges.

1.6.2 After the competition

The judging officer will hold a meeting for the judges after the competition in order to discuss any problems or questions.

1.6.3 In the case of big differences between the two middle scores

The head judge **can choose to** call a meeting for the execution judges if the difference between the two middle scores is too big (see 3.4).

1.6.4 On the request of a judge

The head judge **must** call a meeting if an execution judge or difficulty judge requests a

meeting (e.g. by giving a hand signal) as a result of a specific incident. In this case the head judge will instruct the judges to calculate and note down their scores before starting a discussion. An example of this type of situation would be if a judge's view of the gymnast was blocked by a coach.

1.6.5 On the request of the head judge

The head judge **may** call a judges' meeting, if he/she thinks it necessary. In this case, he/she will instruct the judges to calculate and note down their scores before entering into a discussion.

An example of this type of situation would be if a judge needs to be reprimanded or if the highest and/or lowest score is too far away from the middle score. No change of score is required in this case (see 3.4)

1.6.6 In the case of a written protest

On receipt of a written protest a member of the competition management will ask the head judge to call a meeting with the judging panel as soon as possible. The head judge will then inform the judging panel about the protest. After receiving feedback from the head judge, difficulty judges and execution judges, the competition management decides whether to accept or reject the protest.

2 CODE OF CONDUCT FOR GYMNASTS AND COACHES

2.1 Rights and obligations of the gymnasts

2.1.1 Knowledge of the Code of Points

All gymnasts should be well acquainted with the contents of the Code of Points and know the relevant rules for a competition.

2.1.2 Competition clothing

Participation in competitions is only permitted in competition clothing (see current IRV Competition Rules). It is particularly important that gym shoes are in good condition. See 2.3.2 for how to deal with a breach of the guidelines for competition clothing).

2.1.3 Use of bandages and hand guards

The use of bandages and hand guards is permitted. The gymnasts must make sure that these items are in good condition.

2.1.4 What to do in case of an interruption in a routine

If a routine is interrupted as a result of a fall, direct help from the coach, the wheel falling onto the floor, coming up into standing on both wheel rims or rolling out of the safety zone (see 5.1.1), the gymnast is permitted to get out of the wheel and re-position it. The coach is permitted to help and talk to the gymnast, but the routine must be continued within 30 seconds. Under certain circumstances it is possible to delay the 30 second rule. The head judge must inform the gymnast or coach if this is the case. The coach is permitted to help the gymnast continue his/her routine after an interruption (see 5.2 for a precise description of the rules).

2.2 Rights and obligations of the coaches

2.2.1 Spotting a gymnast

In order to avoid accidents one coach may spot the gymnast. This coach is permitted to enter the competition area for the duration of one move and for the dismount. The competition area may be entered early enough for the coach to be able to spot the gymnast from the beginning of the relevant move or dismount. The coach must move quickly and efficiently into position and must exit the competition area in the same manner after the move has been completed. During the rest of the routine, the coach is permitted to be within the safety zone. Only one coach may be in the safety zone at any one time during a routine.

After the dismount the coach must catch a wheel that is about to fall. The coach may touch the wheel as soon as the gymnast has released contact with it.

NB:

It is permitted for safety spotting to be carried out by two different coaches (e.g. one for a move, one for a dismount), but only one coach is permitted inside the competition area / safety zone at any one time.

2.2.2 Knowledge of the Code of Points

All coaches must know the Code of Points and abide by the rules. Coaches are expected to contribute to the efficiency of a competition.

2.2.3 Contact with the gymnast

The coach may not talk to the gymnast during a routine (exceptions: a fall, the wheel falling onto the floor, the wheel coming up into standing on both rims or an interruption of the routine after rolling out of the safety zone; see 5.1.1). Furthermore, the coach is not permitted to talk to the judges or technical assistants while a routine is being performed.

2.2.4 Coaches' clothing

As long as a coach is within close quarters of the competition, he/she must wear suitable coach's clothing (track suit, inside sports shoes) (see Competition Rules)

2.3 Measures to be implemented if gymnasts, coaches or judges do not fulfil their obligations

2.3.1 Unruly behaviour

Coaches and gymnasts who behave in an unruly manner or break the rules can receive a warning from the competition management and/or be excluded from the competition.

2.3.2 Breach of clothing rules

If a gymnast, judge or coach appears at a competition in incorrect clothing, the competition management can give the person in question a time limit to change and come back properly dressed.

- If a gymnast does not act on this, he/she can be excluded from competing by the competition committee.

- If a coach does not act on this, he/she can be asked to leave the immediate vicinity of the competition.
- If a judge does not act on this, the competition management can exclude him/her from the competition and charge his/her country or club a fine equivalent to the cost of paying for a missing judge.

3 SCORING SYSTEM: GENERAL INFORMATION

3.1 Total score

The total score for a voluntary routine is based on an evaluation of the following factors:

- a. Execution
- b. Composition
- c. Difficulty

whereby:

- a. The execution judges evaluate technical performance and body positioning.
- b. The execution judges evaluate the composition of the routine, including the limitations imposed by structure groups.

[NB: The difficulty judges count the occurrences of elements from specific structure groups, but the execution judges make the relevant deductions.]

- c. The difficulty judges evaluate the material worth (difficulty) of the routine.

See Chapter 6 for the distribution of points contributing to the final score.

3.2 Judging methods

3.2.1 Execution judges

Two methods of judging are possible for execution judges at all competitions:

3.2.1.1 Open scoring

On a signal from the head judge the execution judges display their scores using manual scorecards or an electronic scoreboard. When using manual scorecards, the scores should be shown to the head judge first, before making them visible for the spectators.

3.2.1.2 Closed scoring

The judges write down their score on a piece of paper, which is given (or taken by a helper) to the head judge. The number of the judge as well as the number of the gymnast should be written on this paper. It is also possible to transmit the scores electronically to the head judge.

3.2.2 Difficulty judges

The difficulty score is calculated by the difficulty judges first, but is displayed immediately afterwards.

3.3 General rules for calculating the final score

The difficulty judges determine their score first and inform the execution judges about any details that are relevant for the execution score. They then display the difficulty score.

The head judge determines the execution score as quickly as possible by writing down the individual scores of the execution judges (or dictating them to a helper). The scores are entered into the competition list or computer system. If there are four execution judges, the execution score is calculated by discarding the highest and lowest scores. The arithmetic mean of the two middle scores will be the final execution score. If there are two judges, the arithmetic mean of the two scores will be the final execution score.

The head judge calculates the final score for the routine by adding together the difficulty score and the arithmetic mean of the two execution scores.

3.4 Permitted difference between the two middle scores for execution

The point difference between the two middle scores for execution should not be greater than...

- a) 0.2 if the arithmetic mean is above 5.45
- b) 0.3 if the arithmetic mean is between 4.5 and 5.45
- c) 0.5 if the arithmetic mean is between 3.0 and 4.45
- d) 1.0 if the arithmetic mean is below 3.0

As long as the point difference is within the permitted area of tolerance, the head judge must calculate the execution score using the two middle scores.

If the point difference is greater than described in points a) - d) above, it is up to the head judge whether to accept and use the arithmetic mean between the two scores or whether to call a judges' meeting. In the case of a judges' meeting, the judges explain their respective scores, or if necessary re-calculate to give a new score. If the point difference is still too big after the judges' meeting, the head judge will decide on a final score for execution, somewhere between the two middle scores. I.e. the final execution score can be one of the two middle scores or any score in between the two middle scores. (**NB:** In this case a note must be made in the competition list that the final execution score was decided by the head judge.)

4 DETERMINING THE FINAL SCORE OF A ROUTINE

4.1 Beginning and end of the judging process

4.1.1 Beginning of the judging process

The judging of a spiral routine begins when the head judge signals the gymnast to start. The movements necessary for the gymnast to get into position in the wheel and tighten the bindings will not be evaluated.

After the gymnast has entered the wheel, he/she is not permitted to change standing position in order to face in a different direction. This is valid even if the gymnast does not touch the floor when changing position. (See 7.2.3.2 for relevant deduction).

A change of wheel is not permitted after the head judge has signalled the gymnast to begin (see 7.2.4 for relevant deduction).

If the wheel is changed after the routine has been started, the routine must be stopped and finished immediately (see 5.3).

4.1.2 End of the judging process

The judging process ends...

- ...with the gymnast in standing position with legs together after landing from the dismount.
- ...if the gymnast does not continue a routine within 30 seconds after an interruption (see 5.2.1.2).
- ...if the head judge stops and terminates the routine (see 5.3).

4.2 Changing individual and final scores

4.2.1 Changing execution scores

- If a judges' meeting is called because of too big a point difference between the two middle execution scores, the execution judges are allowed to change their scores after the meeting.
- If a judges' meeting is called **before** the execution judges have handed in their scores (see 1.6.4, 1.6.5) the judges may change their scores after the meeting.
- If a judges' meeting is called **after** the execution judges have handed in their scores and without the difference between the two middles scores being too big, the final execution score will not be changed. (Exception: mathematical mistake in the calculation of an execution score, see next paragraph).

- If a judge discovers a mistake in his/her calculation of an execution score before the head judge has calculated and passed on the final score, the judge must inform the head judge immediately and submit his/her corrected execution score.
- After the head judge has calculated and passed on the final score, no change in the execution score is possible.

4.2.2 Changing the difficulty score

- If the difficulty judges discover a mistake in their calculation of the difficulty score, they can change the score after consultation with the head judge before the final score has been submitted by the head judge. After the head judge has calculated and passed on the final score, no change in the difficulty score is possible.

4.3 Correction of the final score / competition result

4.3.1 Correction of the final score

Correction of a gymnast's final score is necessary, if...

- ...there is an identifiable mistake in the head judge's calculation (e.g. incorrect calculation of the arithmetic mean of the two middle execution scores, incorrect addition of the execution score and difficulty score).
- ...there is an identifiable mistake in the transfer of individual scores or final score in an electronic scoring system.

4.3.2 Correction of the competition result

A correction of the competition result is necessary, if...

- ...there is an identifiable mistake in the addition of a gymnast's final scores.
- ...there is an identifiable error in an electronic scoring system.

5 INTERRUPTION, CONTINUATION AND TERMINATION OF ROUTINES

5.1 Interruption of a routine

5.1.1 Interruption of a routine as a result of mistakes in execution

Examples of this situation include:

- Rolling out of the safety zone (see 5.1.1.1 for description; see 7.6.1 for deduction)
- A fall by the gymnast, or the wheel falling flat on the floor (see 5.1.1.2 and 5.1.1.3 for descriptions; see 7.7.1 and 7.7.2 for deductions)
- Assistance from the coach (see 5.1.1.4 for description; see 7.7.4 for deduction)
- The wheel comes up into standing position on both rims, whereby the gymnast has to tip the wheel again in order to continue (see 5.1.1.5 for description; see 7.7.3 for deduction)

5.1.1.1 Rolling out of the safety zone

- If the wheel rolls out of the safety zone the head judge will call out to the gymnast in order to interrupt the routine. The judges or line judges give a hand signal that the wheel has rolled out of the safety zone. The execution judges and difficulty judges stop judging at this point and make a note of their deductions so far.
- If a gymnast does not react to the request of the head judge to interrupt the routine, the head judge will repeat the request a second and third time. If the gymnast does not react after the third request, the head judge will terminate the routine and the gymnast must perform an underswing dismount.
- After the third occurrence of the wheel rolling out of the safety zone (and/or other major deductions), the head judge will terminate the routine.

5.1.1.2 Fall

- A fall is counted if the gymnast steps on the floor with one or both feet so that the circular movement of the wheel is interrupted. It is irrelevant whether or not the gymnast is still holding the wheel with his/her hands.
- It is also counted as a fall if the circular movement of the wheel is not interrupted, but the gymnast is in contact with the floor for more than one wheel rotation.

- Another example of a fall is if the gymnast touches the floor with one or both feet in the transition from small spiral to standing (e.g. in order to avoid the wheel tipping over).
- Changing standing position by stepping on the floor after entering the wheel, but before starting the routine, is also counted as a fall.

5.1.1.3 The wheel falls flat on the floor

- The wheel ends up flat on the floor during a routine, without the gymnast being able to re-start a spiral movement from the same position. The gymnast needs to re-tip the wheel in order to continue.

5.1.1.4 Assistance from the coach

- If the coach touches the gymnast or wheel during the routine, this is counted as assistance. Assistance does not have to lead to an interruption in the routine or the gymnast having to re-tip the wheel.
- The deduction for receiving assistance from a coach relates to an entire judging unit, i.e. only one major deduction may be made for giving assistance several times within one unit, or accompanying the wheel throughout the unit. A new deduction may only be made at the beginning of the next judging unit.
- A coach who talks to the gymnast and/or tries to help the gymnast using gesticulation or miming during the routine is also considered to be “assisting” the gymnast.

NB: When the gymnast performs an underswing dismount, the coach is permitted to catch the wheel as soon as the gymnast has released contact with it, in order to prevent the wheel from falling onto the floor (this is different from straight-line!).

5.1.1.5 The wheel comes up into standing position on both rims in the middle of the routine

- The wheel comes up into standing position on both rims in the middle of the routine; the gymnast needs to re-tip the wheel.
- The wheel is also considered to have come up into standing position on both rims if the gymnast rolls more than a $\frac{1}{4}$ wheel rotation on both rims before managing to get the wheel back into a spiral movement through a shift of body weight. The same applies if the gymnast tips the wheel backwards and forwards more than twice during one unit before getting the wheel back into a spiral movement.

5.1.2 Interruption of a routine because of a technical defect

A technical defect includes e.g. a broken wheel rim or binding (it does not include faults

in the gymnast's clothing or shoes). A differentiation can be made between an obvious technical defect (e.g. a binding that breaks during the routine) and a technical defect that might only be discovered after the end of the routine (e.g. a broken wheel rim).

5.1.3 Interruption of a routine because of an obstacle

An obstacle is when something happens in the competition area or safety zone (not the fault of the gymnast or coach) that prevents the gymnast from finishing his/her routine in a normal undisturbed manner. The obstacle should be obvious to the judging panel.

5.2 Continuing a routine after an interruption

5.2.1 General regulations for continuing a routine after an interruption

5.2.1.1 Re-positioning of the wheel

- In the case of interruptions (see 5.1) the gymnast is permitted get out of the wheel, re-position it and (if necessary) get back into the bindings.
- The coach is allowed to assist and talk to the gymnast.
- The gymnast has a maximum of 30 seconds to complete the above measures and continue his/her routine (30 second rule).

5.2.1.2 The 30 second rule

- The routine must be continued within 30 seconds of the interruption.
- It is the duty of the head judge to let the gymnast know exactly how much time there is left before the routine has to be continued.
- After 30 seconds the head judge informs the gymnast and/or coach that the routine must be continued immediately. If there is a delay, the head judge gives a second warning. If there is a further delay, the routine will be terminated by the head judge (see 5.3).
- The 30 second rule does not apply in the case of a technical defect (see 5.1.2) or obstacle (see 5.1.3).
- The 30 second rule can be postponed if the interruption is caused by a fall and injury to the gymnast, where the head judge is not immediately able to evaluate the severity of the injury. The competition management can exclude a participant from the competition (or an individual discipline) for medical/health reasons (see 5.3).

5.2.1.3 Continuing a routine (after interruption)

- Before continuing a routine after an interruption the gymnast or coach may ask the difficulty judges whether or not the difficulty performed immediately before the interruption was recognised.
- The following options are possible for continuing a routine in big spiral:
 - The gymnast can tip the wheel independently and continue directly with the next move.
 - The gymnast can tip the wheel independently and perform one additional wheel rotation before continuing with the next move in the routine. In this case the gymnast or coach must inform the judging panel that an extra rotation will be performed.
 - The coach is allowed to provide active assistance (including holding the wheel) during the additional wheel rotation, before the gymnast continues independently with the next move in the routine. [The judges will not judge this extra wheel rotation.]
- The following options are possible for continuing a routine in small spiral:
 - The coach is allowed to provide active assistance during one wheel rotation, before the gymnast continues independently with the next move in the routine.
 - In the case of a low pike straddle stand, the gymnast may re-start the small spiral independently, but must get into position in the wheel within one wheel rotation (i.e. must set the wheel in motion and step onto the wheel all within the same wheel rotation) (see 7.7.5 for deduction).
 - The gymnast is allowed to repeat the transition from big to small spiral. This is only possible if the gymnast performs an extra rotation in the big spiral first.

5.2.1.4 Repeating the move that caused the interruption

If the interruption happened before the move was recognised, the gymnast can repeat the move. If the move was already recognised, it is not necessary to repeat it. If asked, the difficulty judges must inform the gymnast or coach whether or not the move was recognised before the interruption.

5.2.1.5 How the judges evaluate the interruption

- If the move was recognised:
 - The difficulty judges count the move according to its difficulty value. The move is also included in the length of the routine (minimum/maximum number of moves) and in the representation of structure groups.

- The execution judges only deduct for the type of interruption (half-point or major deduction, see 7.6 and 7.7) in this judging unit. Minor deductions for this unit must be deleted.
- The execution judges recognise the move for composition purposes.
- If the move was not recognised:
 - The move is not included in the difficulty score and is not included in the length of the routine or in the representation of structure groups.
 - The execution judges only deduct for the type of interruption in the unit (half-point or major deduction, see 7.6 and 7.7). Minor deductions for this unit must be deleted.
 - The execution judges do not count the move as part of the composition of the routine.
- The execution and difficulty judges start judging again when the gymnast moves the wheel independently (see 5.2.1.3). An extra wheel rotation performed with the help of a coach (in order to reach the starting position for continuing the routine) is not included in the difficulty score and no deductions will be made for execution.
- If the gymnast decides to perform an extra rotation without the help of a coach before continuing his/her routine, no minor deductions will be made for this additional rotation. However, if this extra rotation results in a major deduction (e.g. the wheel comes back up into standing position on both rims) or half-point deduction (e.g. rolls out of the safety zone), these deductions will be made.
- If the gymnast starts the entire routine from the beginning or repeats parts of the routine, the following applies:

The repeated moves are not included in the difficulty score if they were already recognised by the difficulty judges. However, they are counted towards the total number of moves in the routine and towards the representation of restricted structure groups.

The execution judges make new deductions for execution faults.

5.2.2 Special rules for continuing a routine after a technical defect

5.2.2.1 Obvious technical defect during the routine

In the case of an obvious technical defect (e.g. binding breaks during the routine), the gymnast interrupts the routine and continues without deductions. The head judge instructs the judges not to make deductions on account of the technical defect. The difficulty judges make note of the difficulty elements recognised until the point of the interruption, while the execution judges keep track of the accumulated deductions up to this point. The 30 second rule can be postponed. Judging continues (if necessary after a prolonged interruption) when the gymnast moves the wheel independently. The rules for continuing a routine are the same as above (see 5.2.1.3). The judging panel consults with the gymnast in order to decide when to continue the routine.

5.2.2.2 Non-obvious technical defect during the routine

If the gymnast complains about a technical defect (e.g. broken wheel rim) during the routine and interrupts his/her routine as a result, the head judge must be informed immediately (by the gymnast or coach). The head judge then instructs the difficulty and execution judges to make a note of the difficulty achieved and deductions accumulated up to this point. The 30 second rule is postponed and the competition can continue with the next gymnast. The competition management must then investigate the gymnast's claim of a technical defect. If a technical defect can be identified, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine. The difficulty and execution judges continue judging from the point where the interruption took place. No major deduction will be made for the gymnast's own interruption of the routine.

If no technical defect can be identified, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine. The difficulty and execution judges continue judging from the point where the interruption took place. An additional major deduction (see 7.7) will be made for the gymnast's own interruption of the routine.

5.2.2.3 Non-obvious technical defect after the end of the routine

If there is the suspicion of an identifiable technical defect (e.g. a broken wheel rim) after the end of the routine, the head judge must be informed immediately (by the gymnast or coach). This must be done before the final score is made public. In this case, the final score for the routine will be calculated but not announced. The competition can continue while the competition management examines the possible technical defect. If a technical defect is identified, the competition management will discuss with the gymnast and head judge to decide whether and when to repeat the entire routine. If the routine is repeated, the already calculated score will be deleted.

If no technical defect can be identified, the already calculated score will be made public.

5.2.3 Special rules for continuing a routine after an obstacle

5.2.3.1 Obvious obstacle during the routine

In the case of an obvious obstacle (e.g. a camera team in the way), the gymnast interrupts the routine and continues without deductions. The head judge instructs the judges not to make deductions on account of the obstacle. The difficulty judges make note of the difficulty elements recognised until the point of the interruption, while the execution judges keep track of the accumulated deductions up to this point. The 30 second rule can be postponed. Judging continues (if necessary after a prolonged interruption) when the gymnast moves the wheel independently. The rules for continuing a routine are the same as above (see 5.2.1.3). The judging panel consults with the gymnast in order to decide when to continue the routine.

5.2.3.2 Non-obvious obstacle during the routine

If the gymnast complains about an obstacle (e.g. obstacle in the competition area) during the routine and interrupts his/her routine as a result, the head judge must be informed immediately (by the gymnast or coach). The head judge then instructs the difficulty and execution judges to make a note of the difficulty achieved and deductions accumulated up to this point. The 30 second rule is postponed and the competition can continue with the next gymnast. The competition management must then investigate the gymnast's claim of an obstacle. If the presence of an obstacle can be confirmed, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine. The difficulty and execution judges continue judging from the point where the interruption took place. No major deduction will be made for the gymnast's own interruption of the routine.

If the presence of an obstacle cannot be confirmed, the competition management will discuss with the gymnast and head judge to decide when to continue the interrupted routine. The difficulty and execution judges continue judging from the point where the interruption took place. An additional major deduction (see 7.7) will be made for the gymnast's own interruption of the routine.

5.2.3.3 Non-obvious obstacle after finishing the routine

If the gymnast complains about a non-obvious obstacle after finishing his/her routine, the head judge must be informed immediately (by the gymnast or coach). This must be done before the final score is made public. In this case, the final score for the routine will be calculated but not announced. The competition can continue while the competition management checks out the obstacle in question. If the presence of an obstacle can be confirmed, the competition management will discuss with the gymnast and head judge to decide whether and when to repeat the entire routine. If the routine is repeated, the already calculated score will be deleted.

If the existence of an obstacle cannot be confirmed, the already calculated score will be made public.

5.3 Terminating a routine

In the following cases the head judge is obliged to terminate the routine:

- After the third major deduction (see 7.1.5 and 7.2.4 for an overview of major deductions) and/or rolling out of the safety zone (see 5.1.1.1) during the course of a routine.
- After the wheel rolls out of the safety zone and the gymnast does not respond to three requests from the head judge to interrupt the routine (see 5.1.1.1).
- If the gymnast changes wheel after an interruption in the routine.
- If the gymnast exceeds over the 30 second rule (see 5.2.1.2).

In these cases the head judge will terminate the routine and ask the gymnast to perform an underswing dismount.

Special case:

- Exclusion of a gymnast by the competition management after an injury (see 5.2.1.2)

In this case the gymnast will not be requested to perform a dismount.

6 THE EVALUATION OF VOLUNTARY ROUTINES

The distribution of points for calculating the final score of a voluntary routine is as follows:

Execution:	5.00
Composition:	1.00
Difficulty:	6.60
<hr/>	
Maximum score:	12.60

6.1 Execution

The maximum score of **5.0** for execution can only be achieved if the gymnast performs the required minimum number of moves and does not perform too many moves. The difficulty judges inform the execution judges if the gymnast performs too few or too many moves, and the execution judges make the necessary deductions from the execution score.

The routine must also be performed within the marked competition area. If this is not the case, there will also be deductions to make from the execution score.

If the deductions for execution add up to more than 5.0, it is not possible to make further deductions. Any additional deductions will not be taken into consideration.

6.1.1 Length of voluntary spiral routines

A voluntary spiral routine comprises minimum 8 and maximum 12 moves plus dismount. The required minimum must be achieved without repeating moves (see 6.4). If this is not the case, i.e. if the gymnast has to repeat moves in order to achieve the minimum 8 moves plus dismount, the repeated moves will be counted as missing moves and the necessary deductions will be made (see 7.2.5). However, the execution deductions for the repeated moves will still be applied.

6.1.2 Definition of a judging unit

For the purpose of evaluating execution, a routine is divided into so-called judging units.

A judging unit in spiral consists of the preceding transition together with the subsequent move (see **Appendix A2.1** for the **definition of a move** in spiral).

Furthermore, the following transitions are separate judging units. They are known as transitional units:

- Transition from **big to small spiral** (see detailed definition in Appendix: A3.1)
- Transition from **small spiral to standing** (see detailed definition in Appendix: A3.2)
- Transition from **small to big spiral** (see detailed definition in Appendix: A3.4)

The **dismount** is also a separate judging unit (see detailed definition in Appendix: A4).

6.1.3 General comments regarding the evaluation of execution

The execution judges make deductions for deviations from the ideal execution of a move. The deductions are linked to a specific judging unit and are divided into the following different types...

- ...small deviations from the ideal execution (minor deductions)
- ...medium level execution faults (half-point deductions)
- ...severe execution faults (major deductions)

(See Chapter 7 for an overview of deductions.)

In the case of minor deductions or the sum of minor deductions in a judging unit, there is usually no doubt about the recognition of a move by the difficulty judges. In the case of half-point and major deductions, the difficulty judges will decide on the recognition (or non-recognition) of a move.

If a half-point or major deduction occurs before more than $\frac{3}{4}$ of a move has been performed, the move will not be recognised (see 6.3.4). Minor deductions that have been documented by the execution judges up to that point will be deleted and replaced by the half-point or major deduction.

If a half-point or major deduction occurs after more than $\frac{3}{4}$ of a move has been completed, the move will be recognised. The half-point or major deduction will be counted as part of the subsequent judging unit, and the minor deductions for the previous move will remain. If the half-point or major deduction leads to an interruption in the routine, e.g. a fall, the judging will start again when the gymnast continues the routine (see 5.2).

6.2 Composition

The maximum score of **1.0** for composition can only be achieved if the gymnast fulfils all the general and special requirements for composition (see 6.2.1/6.2.2) performs a routine that shows no lack of variation (see 6.2.3.2).

The execution judges determine whether or not the general and special composition requirements have been fulfilled. They then make any necessary deductions.

The difficulty judges identify any lack of variation and inform the execution judges which deductions are relevant.

If the deductions for composition amount to more than 1.0 in total, no more than 1.0 may be deducted. Any additional deductions will not be taken into consideration.

6.2.1 General composition requirements

- A spiral routine must start from a basic standing position in the wheel.
- The dismount must be performed as an underswing or underswing with $\frac{1}{2}$ turn from side standing in the wheel. It ends in standing position on the floor with legs together and arms elevated to the side.
- Routines must be constructed such that moves are not repeated (see 6.4).
- Routines must be constructed such that they contain moves from different structure groups. The repeated performance of similar moves or elements from the same structure group is not desired (see 6.2.3.1).

6.2.2 Special composition requirements

The following composition requirements are valid for voluntary spiral routines:

- minimum 3 moves in bindings in the big spiral
(NB: one or two bindings)
- 1 move containing an element combination with a $\frac{1}{2}$ turn
(NB: The $\frac{1}{2}$ turn must take place within the two wheel rotations of the move containing the element combination, i.e. it has to take place at the earliest in an inverted position in the first wheel rotation and at the latest in an inverted position in the second wheel rotation.)
- 1 free-fly move
(NB: The free-fly move can be an element combination, but both wheel rotations must be in free-fly)
- 1 bridge move
(NB: NEW: 2 wheel rotations in a bridge position are necessary. The move can be an element combination, whereby both wheel rotations are performed in a bridge position.)

- 1 move behind, including a move performed as an element combination
- 1 move without bindings, including a move performed as an element combination
- 1 move with a change of direction
(**NB**: It is possible to perform the change as a transition before the move or between the two wheel rotations of the move.)
- At least 2 moves in small spiral
- Maximum 5 moves in small spiral
- 1 centralised move in small spiral

One move can fulfil several special composition requirements.

Example:

- Low side splits fulfils the following requirements:
 - 1 move in small spiral
 - 1 centralised move in small spiral

6.2.3 Special cases when recognising moves

6.2.3.1 Restricted structure groups

Routines should be constructed such that they contain moves from different structure groups.

The repeated performance of moves, elements or transitions from the same structure group is not desired. As difficulty in spiral is particularly concentrated within certain groups of elements, restrictions apply to the following structure groups:

- Change of direction without bindings (all variations, including: step tip change, splits tip change)
- Free change with bindings (all variations)
- Moves with splits (big and small spiral count towards the same structure group)
- Moves with a bridge
- Moves with a side bridge behind without bindings (big and small spiral count towards the same structure group)
- Moves in side front support with one leg in side stride position on the stride rung

6.2.3.2 Lack of variation

Lack of variation implies the performance of more than three moves (or moves with element combinations) containing an element from the same structure group. No difference is made between an element performed as a move (= 2 wheel rotations), an element performed as part of an element combination (= 1 wheel rotation), or an element performed as a single wheel rotation (e.g. before tipping over).

6.2.3.2.1 Lack of variation judged by the difficulty judges

- The difficulty of an element will no longer be counted after the 3rd occurrence from a restricted structure group.
- The difficulty judges inform the execution judges and head judge that the gymnast has performed one move too many from a restricted structure group.
- If the excess move from a restricted structure group was relevant for the composition of the routine (e.g. centralised move in small spiral, second move in small spiral), the difficulty judges will inform the execution judges and head judge that a move was missing from the special composition requirements.
- If the excess move(s) from a restricted structure group mean that the routine is longer than the maximum permitted length (12 moves), these moves will be counted as “too many”. The difficulty judges tell the execution judges and head judge how many moves were performed in excess of the permitted length of the routine.
From the 13th move onwards, no difficulty will be counted.
- A 4th (or more) move(s) from a restricted structure group will not be counted towards the minimum number of moves in a routine, i.e. in this case they will be considered as missing moves. The difficulty judges tell the execution judges and head judge how many moves were missing.

6.2.3.2.2 Lack of variation judged by the execution judges

- The execution judges evaluate the execution of all the moves performed.
- On receiving information from the difficulty judges ...
 - ... from the 4th occurrence of a move from the same restricted structure group the execution judges make deductions for lack of variation from the composition score (see 8.2).
 - ...they make deductions from the composition score for unfulfilled requirements in composition (e.g. no small spiral or too many small spirals) (see 8.1).

- ...they make deductions from the execution score for too many moves in the routine (see 7.2.5).
- ...they make deductions from the execution score for too few moves in the routine (see 7.2.5).

6.2.3.3 Recognition of a big spiral

Both the angle of inclination (greater than 60°) and the circular path of the wheel are decisive for the recognition of a big spiral (see Appendix A1 and A2).

As long as the circular path of the wheel is that of a big spiral, a move will be recognised even if the angle of inclination is obviously too low.

If the circular path of the wheel is not that of a big spiral, the move will not be recognised as a small or big spiral and no difficulty will be counted. In this case, the judges will apply the following method of evaluation:

6.2.3.3.1 Evaluation of a non-recognised big spiral by the difficulty judges

- The difficulty judges inform the execution judges and head judge that one or more moves in the big spiral were not recognised.
- If the non-recognition of moves in the big spiral means that the maximum length of the routine (12 moves) is exceeded, there are no further consequences.
- If the non-recognition of moves in the big spiral means that the minimum length of the routine (8 moves) is not fulfilled, the difficulty judges will tell the execution judges how many moves were missing.

6.2.3.3.2 Evaluation of a non-recognised big spiral by the execution judges

- The execution judges apply the relevant deduction (see 7.6.4).
- If the minimum length of the routine is not fulfilled, the execution judges will deduct for missing moves (see 7.2.5).
- The execution judges make any relevant deductions for unfulfilled composition requirements (e.g. missing bridge) (see 8.1).

6.2.3.4 Recognition of a small spiral

Both the angle of inclination (less than 30°) and the circular path of the wheel are decisive for the recognition of a small spiral (see Appendix A1 and A2).

As long as the circular path of the wheel is that of a small spiral, a move will be recognised even if the angle of inclination is obviously too high.

If the circular path of the wheel is not that of a small spiral, the move will not be recognised as a small or big spiral and no difficulty will be counted. In this case, the judges will apply the following method of evaluation:

6.2.3.4.1 Evaluation of a non-recognised small spiral by the difficulty judges

- The difficulty judges inform the execution judges and head judge that one or more moves in the small spiral were not recognised.
- If the non-recognition of moves in the small spiral means that the maximum length of the routine (12 moves) is exceeded, there are no further consequences.
- If the non-recognition of moves in the small spiral means that the minimum length of the routine (8 moves) is not fulfilled, the difficulty judges will tell the execution judges how many moves were missing.

6.2.3.4.2 Evaluation of a non-recognised small spiral by the execution judges

- The execution judges apply the relevant deduction (see 7.6.5).
- If the minimum length of the routine is not fulfilled, the execution judges will deduct for missing moves (see 7.2.5).
- The execution judges make any relevant deductions for unfulfilled composition requirements (e.g. missing centralised small spiral) (see 8.1).

6.3 Difficulty

6.3.1 Difficulty values in spiral

Moves in spiral have a difficulty value of A, B, C or D. These difficulty values are important for calculating the final difficulty score.

D elements are the most difficult elements in the spiral difficulty catalogue. They are listed in the section on D elements.

C elements have a high level of difficulty and are listed in the difficulty catalogue in the section on C elements.

B elements have medium difficulty and are listed in the difficulty catalogue in the section on B elements.

A elements are simple moves and dismounts without a separate description in the spiral difficulty catalogue.

All elements that are not specifically defined in the spiral difficulty catalogue as B, C or D elements will be counted as A elements.

Comment:

New elements can be submitted to the IRV at any time for evaluation and recognition. The submission deadline for recognition in time for an approaching World Championships is 31 October in the preceding year.

See www.rhoenrad.com for submission procedure

Value of A, B, C and D elements:

- A: 0.2
- B: 0.4
- C: 0.6
- D: 0.8

6.3.2 Risk elements in spiral

Risk elements are moves that are already described in the spiral difficulty catalogue and listed as risk elements at the end of the catalogue.

6.3.3 Calculating the difficulty score

In order to calculate the difficulty score of a routine, the eight highest difficulty elements are counted, regardless of whether they are A, B, C or D. Additional difficulty will not be counted.

If a gymnast performs a risk element in his/her voluntary routine, a one-off risk bonus of 0.2 will be added to the overall difficulty score.

Independently of the risk bonus, the risk element will retain its difficulty value and contribute to the difficulty score as long as it is one of the eight highest difficulty elements.

6.3.3.1 Examples

The **maximum** possible difficulty for a routine is **6.6**.

Example 1: The maximum difficulty of 6.6 will be achieved in the following case:

A gymnast performs the following difficulty elements in his/her routine:

D D(=Risk) D A C D D D(=Risk) B D D A - A(=Dismount)

Calculation: 8 x D = 6.4

Risk Bonus: = 0.2

Difficulty score: = 6.6

Example 2: A gymnast performs the following difficulty elements in his/her routine:

C(=Risk) C C B C D A B D D B - A(=Dismount)

Calculation: 3 x D = 2.4

4 x C = 2.4

1 x B = 0.4

Risk Bonus = 0.2

Difficulty score: = 5.4

Example 3: A gymnast performs the following difficulty elements in his/her routine:

B B A B B A B B C A - A(=Dismount)

Calculation:	1 x C	=	0.6
	6 x B	=	2.4
	1 x A	=	0.2
Risk Bonus		=	0.0
<hr/>			
Difficulty score:		=	3.2

6.3.4 Counting difficulty

6.3.4.1 General rules

In the spiral discipline a difficulty value is always attached to a move (see Appendix). Transitions on their own (e.g. changes, rolls through the arms) are not difficulty elements in their own right, but they can determine the difficulty value of a move. The following method of counting is applied by the difficulty judges:

Difficulty in big spiral is attached to a move, i.e. two wheel rotations.

Difficulty in small spiral is attached to a move, i.e. 3 - 5 seconds.

6.3.4.2 Counting moves (units of difficulty) in big spiral

The judges always count two wheel rotations per move (unit of difficulty) in big spiral, from the beginning of the routine or from a tip over from one rolling rim to the other.

If the gymnast performs an uneven number of wheel rotations, the difficulty judges determine the difficulty value of the routine starting from the first two wheel rotations.

A unit of difficulty in the big spiral will only be recognised by the difficulty judges if the gymnast has completed **more than** $\frac{3}{4}$ of the move and has performed the core phase with the required technique. If a unit of difficulty fails (e.g. because of a fall, help from the coach, rolling out of the safety zone or coming up into standing on two rims) before the gymnast has completed **more than** $\frac{3}{4}$ of the move, or if the technical characteristics of the move were not sufficiently identifiable, its difficulty will either not be recognised at all, or it will be allocated a lower level of difficulty.

The spiral difficulty catalogue contains extra comments regarding difficulty recognition in the column marked "Difficulty judges/Recognition".

See 5.2.1.5 for the counting method to be used when continuing a routine in big spiral after an interruption.

Comment:

In the case of a minor deduction for being "briefly on both wheel rims" (see 7.3.13) in a move, the difficulty judges will recognise the difficulty of the move, while the execution judges will make the relevant minor deductions for the execution of the move. In contrast, if the gymnast incurs a major deduction by rolling more than $\frac{1}{4}$ wheel rotation on both wheel rims, or if the gymnast tips from rim to rim more than twice during a move, the difficulty of the move will not be counted.

An exception to this rule is represented by changes (of direction) that increase the difficulty value of a move. In such cases, the following applies: If both wheel rims touch the floor during a change (even very briefly), no increase in difficulty will be recognised. The move will retain its original difficulty value.

6.3.4.3 Counting moves (units of difficulty) in small spiral

Counting moves or units of difficulty in small spiral starts after the transition from big to small spiral (see Appendix A3.1 for a description of this transition).

A unit of difficulty in small spiral will only be recognised by the difficulty judges if it is performed for at least 3 seconds in the circular path of a small spiral (i.e. the diameter of the circular path on the floor is smaller than the diameter of the wheel).

See 5.2.1 for the counting method to be used when continuing a routine in small spiral after an interruption.

6.3.5 Submitting a protest about a difficulty score

No discussion about the difficulty score is permitted at the judges' desk.

It is recommended that every gymnast submits a detailed list of **difficulty** and **structure groups** to the head judge. This list is also known as a "pocket card". The difficulty judges can compare the list to their own judging notes and can use it in case of a written protest.

A written protest about the difficulty score is only permitted if the difficulty list (pocket card) was submitted in advance.

Example of a detailed difficulty list (pocket card):

Name / Country:	Petra Mustermann, Germany
Discipline:	Spiral
1. B6	side free-fly
2. C2	side bridge behind without bindings (tip change)
3. B11	side rotation without bindings [structure group: change without bindings]
4. etc.
Dismount:	Underswing
Total difficulty:	4.80

A (pocket card) template for listing difficulty can be downloaded from www.rhoenrad.com

6.4 Move repetition and evaluation by the judges

Routines should be constructed such that no moves are repeated. A move can be counted as a repetition even if there are small differences in execution or body positioning. It is therefore necessary to define exactly what is and what is not counted as repetition.

6.4.1 Definition of move and element repetition

6.4.1.1 Performing the same move twice or more times within the same routine

This occurs in particular when the transition is different, but the move is the same (and there is no change in difficulty).

Example:

Move 1:	(splits tip change) side rotation without bindings	(=D)
Move 2:	(free change without bindings) side rotation without bindings	(=D)
Move 3:	ROT1: side rotation without bindings (free change)	
	ROT2: side rotation without bindings	(=D)

If these three moves are performed in the same routine, only the first one will be recognised as a D. Both the subsequent variations will be counted as repetitions.

6.4.1.2 Performing the same move with different standing and/or holding zones

Examples:

Big spiral:

Side rotation without bindings:

Move 1: Side rotation without bindings (= standing on the front rim half way between the boards, holding the rung handles)

Move 2: Side rotation without bindings, standing on the front rim half way between the boards, holding the upper rim next to the rung handles

Small Spiral:

Side front support without bindings:

Move 1: Side front support without bindings, standing on the upper rim half way between the boards, holding the upper rim next to the rung handles

Move 2: Side front support on the upper rim with legs in straddle position next to the rung handles, holding the upper rim next to the boards

Variations of a low side straddle stand with different standing and holding positions on the wheel

Variations of a low side splits with different holding zones (e.g. holding the rung handles, holding the upper rim, holding the upper rim handle)

6.4.1.3 Performing the same move with element combination with different transitions, without a change in difficulty value

Examples:

Big spiral:

Move with element combination in bindings:

Move 1 with element combination:

ROT1: one-armed front support backwards
(change of grip)

ROT2: spindle rotation forwards

Move 2 with element combination:

ROT2: one-armed front support backwards
(free)

ROT2: spindle rotation forwards

Handstand:

Move 1: Handstand jump in tuck position

Move 2: Handstand jump in straddle position

6.4.1.4 Performing the same move with different types of grip

Example:

Front support forwards:

Move 1: Front support (= with underarm grip) forwards

Move 2: Front support with overarm grip forwards

6.4.1.5 Performing the same move in different rolling directions

Example:

Move 1: (single change), side rotation (clockwise direction)

Move 2: (single change), side rotation (anti-clockwise direction)

Exception:

An exception to this rule is made if the change of rolling direction results in a change of difficulty value.

Example of an exception:

Move 1: Low side straddle stand (=A)

(from small spiral to a stationary position on the floor)

Move 2: Low side straddle stand (change of rolling direction from preceding move) (=C)

6.4.1.6 Performing moves without bindings with variations in leg positioning without placing the free leg on the wheel

Examples:

Side bridge without bindings behind:

Move 1: Side bridge without bindings behind

Move 2: Side bridge without bindings behind, with one leg in bent stride position in front and the free foot held close to the opposite knee

Side rotation without bindings:

Move 1: Side rotation without bindings

Move 2: Side rotation without bindings, with one leg in bent stride position in front and the free foot against the opposite knee

6.4.1.7 Performing moves with a change, whereby the only difference is whether the change is performed as a transition before the move or between the two wheel rotations

Example:

Free double change in connection with a side free-fly:

Move 1: (free double change) side free-fly

Move 2: ROT1: side free-fly
(free double change)
ROT2: side free-fly

6.4.1.8 In small spiral: Performing the same move holding once in the rolling direction of the wheel and once against the rolling direction of the wheel

Example:

One-armed low side straddle stand:

Move 1: One-armed low side straddle stand (holding with arm in rolling direction)

Move 2: One-armed low side straddle stand (holding with arm against rolling direction)

6.4.2 Cases NOT counted as repetition

6.4.2.1 Performing the same move with different difficulty values

As soon as the difficulty value of a move changes because of a particular transition, it will not be counted as repetition.

Example:

Side rotation without bindings:

Move 1: side rotation without bindings (= A)

Move 2: (step tip change) side rotation without bindings (= B)

Move 3: (free change) side rotation without bindings (= D)

6.4.2.2 Performing the same move forwards and backwards

Example:

Front support:

Move 1: front support forwards

Move 2: front support backwards

6.4.2.3 Performing a move with and without bindings

Example:

Side rotation:

Move 1: side rotation with bindings

Move 2: side rotation without bindings

6.4.2.4 Performing the same move with one leg in stride position (in front, to the side, behind or across the other leg)

Examples:

Side rotation without bindings:

Move 1: side rotation without bindings

Move 2: side rotation (without bindings) with one leg in side stride position on the stride rung

Side front support:

Move 1: side front support

Move 2: side front support with one leg in side stride position on the stride rung

6.4.2.5 Performing the same move with one arm

Examples:

Front support:

Move 1: front support forwards

Move 2: one-armed front support forwards

Side front support with one leg in side stride position on the stride rung:

Move 1: side front support with one leg in side stride position on the stride rung

Move 2: one-armed side front support with one leg in side stride position on the stride rung

6.4.2.6 Big spiral: Performing the same move holding once in the rolling direction of the wheel and once against the rolling direction of the wheel

Example:

One-armed side rotation:

Move 1: one-armed side rotation (= holding with arm in rolling direction)

Move 2: one-armed side rotation (holding with arm against rolling direction)

6.4.2.7 Performing the same transition with different subsequent moves

Example:

Free double change with different subsequent moves:

Move 1: (free double change) side free-fly

Move 2: (free double change) side rotation behind

6.4.2.8 Roll through the arms backwards holding the rims, side rotation (D7h) or a reverse roll through the arms forwards, side rotation (D7i)

This particular variation of a side rotation on the lower rim, holding the lower rim, will not lose its difficulty even if there is another side rotation without bindings with D difficulty in the routine.

6.4.2.9 Performing the same move once with standing position on the lower rim and once with standing position on the upper rim

Example:

Side rotation:

Move 1: Side rotation without bindings

Move 2: Side rotation on the upper rim holding the upper rim

Side front support:

Move 1: Side front support without bindings

Move 2: Side front support on the upper rim holding the upper rim

6.4.3 Evaluation by the judges

There is no specific fixed deduction for a repetition, but repetitions can influence the level of recognised difficulty value as well as the length of a routine. The execution judges will also apply execution deductions to repeated moves.

6.4.3.1 Evaluation by the difficulty judges

- If a gymnast repeats a move in a routine, its difficulty will only be counted once (the first time it is performed).
- If the repetition of moves results in a routine being too long (more than 12 moves), the routine will be judged to contain too many moves. The difficulty judges will tell the execution judges and head judge how many excess moves there were.
- The excess moves (from the 13th move onwards) will not be counted towards the total difficulty score of the routine.

- Move repetitions will not be counted towards the minimum length of a routine, i.e. they will be considered missing moves in this context. The difficulty judges tell the execution judges and head judge how many moves were missing.

6.4.3.2 Evaluation by the execution judges

- The executing judges evaluate the execution of all moves performed.
- After receiving information from the difficulty judges or head judge...
 - ...they make deductions for excess moves (see 7.2.5).
 - ...they make deductions for missing moves (see 7.2.5).

Comment:

Repeated moves will not be included in the total difficulty score, but will be counted in relation to the restricted structure groups. This can lead to further deductions (see 6.2.3.2.2).

7 Catalogue of deductions

7.1 Overview of deduction categories per judging unit

7.1.1 Variable minor deductions (max. 0.1-0.2 per judging unit)

[See 7.3 for specific examples]

- Incorrect head positioning
- Incorrect hand positioning
- Incorrect arm positioning
- Incorrect foot positioning
- Incorrect leg positioning
- Faults when jumping and placing the feet in a new position on the wheel
- Incorrect hip positioning
- Failure to comply with the prescribed holding or standing zone
- Failure to comply with the prescribed rolling zone in transitions
- Failure to comply with the prescribed length of transitional units
- Too long in a small spiral move, i.e. more than 5 seconds
- Incorrect angle of inclination (minor deviation)
- Briefly on both wheel rims (i.e. less than $\frac{1}{4}$ wheel rotation)
- Variable minor deductions when performing the dismount

7.1.2 Fixed minor deductions per judging unit (0.2 per unit)

[See 7.4 for specific examples]

- Touching the floor with the hands when landing from the dismount (no weight on hands)
- Incorrect foot positioning (wedging feet against parts of the wheel)
- Deviation from prescribed body positioning in the transition from big to small spiral
- Deviation from prescribed body positioning in the transition from small spiral to standing

- Unauthorised entry into the competition area or safety zone
- Fixed minor deductions in connection with the dismount

7.1.3 Sum of minor deductions (max. 0.5 per judging unit)

[See 7.5 for more detailed explanation]

7.1.4 Half-point deductions (fixed 0.5 per judging unit)

[See 7.6 for specific examples]

- Rolling out of the safety zone
- Using hands or feet as support on the floor in order to avoid a fall
- More than 3 changes within one transition
- Angle of inclination of the wheel obviously too low in big spiral and/or the circular path of the wheel is not that of a big spiral
- Angle of inclination of the wheel obviously too high in small spiral and/or the circular path of the wheel is not that of a small spiral
- The transition from small spiral to standing is not performed from the position of the preceding small spiral (as defined in the Appendix A3.2)
- The transition from small spiral to standing is performed with the circular path of a big spiral
- Fall on landing from the dismount (i.e. complete loss of balance) - not just sitting!

7.1.5 Major deductions (fixed 0.8 per judging unit)

[See 7.7 for specific examples]

- Fall during the routine
- Wheel falls flat on the floor
- Wheel comes up into upright position on both rims (new tip necessary)
- Assistance from the coach
- Incorrect continuation of a routine in low side straddle stand (small spiral)

7.2 Overview of deduction categories independent of judging units

The deductions in these categories are independent of a specific judging unit, i.e. they are deducted from the remaining points available for execution (after all the minor, half-point and major deductions have been made).

7.2.1 Variable minor deductions (0.1-0.2 independent of a specific judging unit)

- Variable deduction for rolling out of the competition area (whereby the wheel remains inside the safety zone)
 - One occurrence: **fixed 0.1 for the whole routine**
 - Repeated occurrences (e.g. in small spiral): **max. 0.2 for the whole routine**

7.2.2 Fixed minor deductions (0.2 independent of a specific judging unit)

- One wheel rotation too many (uneven number of rotations) in big spiral
fixed 0.2 per occurrence

7.2.3 Fixed half-point (0.5) deductions (independent of a specific judging unit)

7.2.3.1 Performing only one wheel rotation in front or behind

- The gymnast performs only one wheel rotation (in front or behind), either at the start of the routine or directly after a tip during the routine. After this one rotation, he/she tips the wheel back onto the opposite wheel rim and continues with a new move.

NB:

The difficulty judges do not count this one rotation as a move. The fixed 0.5 deduction applies and no further deductions are made (e.g. for execution, repetition, too many/few moves or restricted structure groups).

7.2.3.2 Change of standing position after entering the wheel (without touching the floor)

7.2.4 Fixed major (0.8) deductions (independent of a specific judging unit)

- The gymnast changes the wheel after the head judge has given the signal to begin, but before the gymnast has tipped the wheel to start the routine.

NB:

This is different from changing the wheel mid-routine after an interruption (see 5.3)

7.2.5 Fixed deductions for a routine that is too long or too short

- per excess move **0.2 deduction**
- per missing move **0.5 deduction**
- missing dismount **0.5 deduction**

7.3 Examples of variable minor deductions per judging unit

In each of the following groups of execution faults it is possible to apply minor deductions of **0.1-0.2 per unit**. In doing so, the judge evaluates both the severity of the fault (i.e. 0.1 for a small deviation, 0.2 for a greater deviation) and the frequency of the fault (i.e. 0.1 for one occurrence, 0.2 for more than one occurrence in the same unit).

Below is a list of examples of variable minor deductions.

7.3.1 Incorrect head positioning

- The gymnast's head is not in position as a natural extension of the backbone (e.g. in bridges, spindle rotation, small spiral)
- Head movements that are not part of the move (e.g. moving the head from side to side, leaning the head sideways in the rolling direction of the wheel)

7.3.2 Incorrect hand positioning

- Hand faults (e.g. fingers apart, wrist bent, lack of extension, sliding the hands along the wheel rim or reaching too late for the rims or handles)
- Hands do not re-grasp simultaneously (e.g. after a free turn)

NB: No additional minor deductions are made for faults in arm positioning that relate to the same situation.

- Hands touch the floor (e.g. in a free-fly or free turn)

NB:

This is different from the half-point deduction that applies in an extreme case of the same fault (see 7.6.2)

7.3.3 Incorrect arm positioning

- Arm(s) too high or too low, too far in front or too far behind, lack of arm extension in one-armed or free elements (including free position changes)
- Non-prescribed bending of one or both arms (e.g. including position changes where the gymnast turns under the holding arm)
- Lacking or incorrect use of bent arms (e.g. in side or spindle rotation)
- Non-prescribed contact with a rim, rung or handle (e.g. in a free-fly or free change)

NB: This is different from the gymnast having to hold on to the wheel (e.g. in a free change), which can lead to a change in the difficulty of a move (see Difficulty Catalogue).

7.3.4 Incorrect foot positioning

- Incorrect foot technique (e.g. performing an element in straight position using the foot technique for a side position, or vice versa)
- The gymnast does not turn his/her foot when it should be turned (or turns it too late) in a change of position (e.g. the gymnast turns the body first and then the foot/feet in the case of a $\frac{1}{4}$ or $\frac{1}{2}$ turn)
- The feet are not next to each other and together when they should be (e.g. the free foot is not next to the foot in a binding; "wobbling", heels apart, one foot "slides" out of position when the legs are together without bindings).

NB: No additional minor deductions are made for faults in leg positioning that relate to the same situation.

- Lack of foot extension (e.g. in stride movements)
- The free foot is not at knee level in moves with a bent (front or side) stride position
- The gymnast's foot gets stuck in the binding and has to be turned and pulled out too late when exiting the binding.
- Feet not together and parallel in moves containing a roll through the arms (e.g. crossed legs)

- The feet touch the rungs, rims, boards or handles during a roll through the arms.
- Steps after landing from the dismount (no deduction for landing with legs up to hip width apart, but they must be brought together after landing)
- Finishing the turn in standing position on the floor (after an underswing with $\frac{1}{2}$ turn)

7.3.5 Incorrect leg positioning

- Non-prescribed bending of the knees (e.g. in stride movements, getting out of the bindings)
- Legs not (or too late) together/parallel (e.g. in standing position with legs together, during roll movements, in tucked or angled position changes, in moves with a roll through the arms or when placing the legs onto the wheel in moves with a side tuck hang)

7.3.6 Faults when jumping and placing the feet in a new position on the wheel

- Visible jump from standing position (e.g. in moves with a roll through the arms, in moves with a side tuck hang)
- Foot or feet brush against the floor (e.g. when lowering the legs after a move with side tuck hang or when bringing back the splits leg in small spiral splits moves)

NB: This is different from the half-point deduction that applies in an extreme case of the same fault (see 7.6.2)

7.3.7 Incorrect hip positioning

- Non-prescribed bending or incorrect positioning of the hips (e.g. hips bent in a front support, "swinging" upper body in a free-fly)
- Non-prescribed hang or support position in big spiral (including spiral in straight position); major bend at the hips in moves performed behind
- Hips too high in small spiral (e.g. including low side splits)
- Sideways opening of the hips (e.g. in moves performed in straight position)
- Lack of closed hip angle or twisting of the hips (e.g. in a pike or spindle rotation)
- Isolated hip movements (e.g. in side rotation or bridge in big spiral and in many variations of side front support)

7.3.8 Failure to comply with the prescribed holding or standing zone

- Hands do not grasp symmetrically or at the same level on the rims (e.g. in side front support on the upper rim with one leg in side stride position on the stride rung)
- The standing zone deviates from the ideal execution in moves with one leg in side stride position on the stride rung or in moves with splits variations (e.g. the toes are not in contact with the stride rung(s), but are within the 10cm zone)

NB: This is different from the foot position being outside the 10cm zone, which can lead to a change in difficulty (see Difficulty Catalogue. In such a case, no minor deductions would apply for an incorrect standing zone.)

7.3.9 Failure to comply with the prescribed rolling zones in transitions

See Appendix A5 for a detailed description of the rolling zones

- Position change when the gymnast is the right way up does not take place between the two stride rungs
- Position change when the gymnast is upside down does not take place between the two handle rungs
- A change of direction does not take place between the board rung in the original rolling direction and a point on the wheel rim half way between the board rung and the stride rung in the original rolling direction of the wheel (or in an extended zone in the case of stride variations)
- Tipping the wheel at the beginning of a routine: The gymnast does not achieve the body position for the first move until after the stride rung in rolling direction has passed the floor
- Tipping from one rolling rim to the other: The change in rolling rims does not take place in the immediate vicinity of the boards (or in an extended zone in the case of stride variations)
- The transition from one move in small spiral to the next move in small spiral does not take place within one wheel rotation.
If the gymnast uses more than one wheel rotation in order to get into position for the next move, the following deductions will apply:
 - one extra wheel rotation: **0.1**
 - more than one extra wheel rotation (with different position changes): **0.2**

NB: If the gymnast performs 3 wheel rotations in a particular position, i.e. with no further position change, this must be judged as a move (as one can expect it to have lasted for 3 seconds).

- The transition from small spiral to standing is not achieved in the standing zone of the preceding move (e.g. the gymnast is upside down in a centralised move when the wheel reaches an upright position on both rims).

7.3.10 Failure to comply with the prescribed length of transitional units

See Appendix A3 for detailed description of these transitional units

- more than 3 wheel rotations in the transition from big to small spiral
- more than 3 wheel rotations in the transition from small spiral to standing
- more than 5 wheel rotations in the transition from small to big spiral

NB: One extra wheel rotation implies a deduction of 0.1

More than one extra wheel rotation implies a deduction of 0.2

7.3.11 Too long in a small spiral move

- The move in small spiral lasts longer than 5 seconds

NB:

If the move is only slightly too long (1-2 seconds), this implies a deduction of 0.1

If the move is more than 2 seconds too long, this implies a deduction of 0.2

7.3.12 Incorrect angle of inclination (minor deviation)

- The angle of inclination in the big spiral is slightly less than 60°, but the circular path of the wheel is definitely that of a big spiral

NB: This is different from the case where the circular path of the wheel (despite a correct angle of inclination) is that of a small spiral (see 7.6.4). This case results in non-recognition of the difficulty and necessitates feedback from the difficulty judges.

See Appendix for definition of big spiral

- The angle of inclination in the small spiral is slightly more than 30°, but the circular path of the wheel is definitely that of a small spiral.

NB:

This is different from the case where the circular path of the wheel (despite a correct angle of inclination) is that of a big spiral (see 7.6.5). This case results in non-recognition of the difficulty and necessitates feedback from the difficulty judges.

See Appendix for definition of small spiral

- Alternating angle of inclination in the big spiral ("irregular circles")

7.3.13 Briefly on both wheel rims (i.e. less than ¼ wheel rotation)

- The wheel comes up briefly (less than ¼ wheel rotation) onto both rims during a move. The gymnast is able to use a transfer of weight or a quick extra tip of the wheel to get back into the original circular path.

NB:

This is different from the major deduction from coming up into standing on both rims (see 7.7.3). If necessary, ask for feedback from the difficulty judges.

7.3.14 Variable minor deductions when performing the dismount

- Lack of height (hips not at shoulder level in the underswing)
- Extra steps (after landing)

NB:

One additional step after landing implies a deduction of 0.1
Two or more extra steps imply a deduction of 0.2

7.4 Examples of fixed minor deductions per judging unit

For each of the following groups of faults there is a fixed minor deduction of **0.2 per unit**.

7.4.1 Touching the floor with the hands when landing from the dismount (no weight on hands)

NB:

This is different from the gymnast using his/her hands as support on the floor in order to avoid a fall (see half-point deductions)

7.4.2 Incorrect foot positioning

- The gymnast wedges one or both feet against part of the wheel (e.g. boards)

7.4.3 Deviation from prescribed body positioning in the transition from big to small

- The transition from big to small spiral is not performed in the position of the first move in small spiral

See Appendix A3.1 for detailed description of this transition

7.4.4 Deviation from prescribed body positioning in the transition from small spiral to standing

- The free foot is not brought back into a basic standing position on the board for the transition from a centralised small spiral in one binding to standing
- The gymnast does not bring his/her legs/feet together into a basic standing position on the wheel rim in the transition from a centralised small spiral without bindings to standing

See Appendix A3.2 for detailed description of this transition

7.4.5 Unauthorised entry into the competition area or safety zone

- The coach enters the competition area more than once before the dismount (e.g. in order to spot the gymnast)
- More than one coach inside the safety zone
- Unauthorised accompanying of the wheel inside the safety one

NB:

An exception can be made in sports halls with very limited space (e.g. the safety zone ends with a wall).

7.4.6 Fixed minor deductions in connection with the dismount

- extra steps (regardless of how many) inside the wheel in order to get into position for the underswing dismount
- more than the permitted number of grip changes (regardless of how many) in order to get into position for the underswing dismount
- no finishing position with legs together (after landing from the dismount)

7.5 Sum of minor deductions (max. 0.5 per judging unit)

In the event of several minor execution deductions in one judging unit, the maximum sum of deductions permitted is **0.5**. No higher deduction can be made in a judging unit without a half-point or major deduction.

7.6 List of half-point (0.5) deductions per judging unit

If a half-point (0.5) deduction occurs in a judging unit, no additional minor or half-point deductions are permitted in the same unit. The gymnast may repeat the move, in which case it will be treated as a new unit and the judges will apply any relevant deductions.

7.6.1 Rolling out of the safety zone (see 5.1.1.1)

7.6.2 Using hands or feet as support on the floor in order to avoid a fall

- In this case the gymnast uses his/her hands or feet as active support on the floor (e.g. the gymnast uses his/her hand to push off the floor during a pike free-fly backwards) in order to avoid a fall. It is important that the gymnast is able to continue his/her routine without gathering new momentum and that contact with the floor is limited to maximum one rotation. If not, it will be counted as a major deduction (fall).

7.6.3 More than 3 changes within one transition

- The gymnast performs more than 3 changes within one transition (e.g. in order to avoid a fall)

NB:

In this case the difficulty of the subsequent move will not be increased by the change.

7.6.4 Angle of inclination of the wheel obviously too low in big spiral and/or the circular path of the wheel is not that of a big spiral

- In the first case the gymnast performs a big spiral at an angle of inclination clearly less than the required 60°. However, the circular path of the wheel is still that of a big spiral.

NB:

The execution judges make the half-point deduction. The difficulty judges recognise the move and its difficulty.

- In the second case the diameter of the circular path is smaller than the diameter of the wheel.

NB:

The execution judges make the half-point deduction. The difficulty judges do not recognise the difficulty and do not recognise the move as a move.

See Appendix for definition of big spiral

7.6.5 Angle of inclination of the wheel obviously too high in small spiral and/or the circular path of the wheel is not that of a small spiral

- In the first case the gymnast performs a small spiral at an angle of inclination clearly higher than the required 30°. However, the circular path of the wheel is still that of a small spiral.

NB:

The execution judges make the half-point deduction. The difficulty judges recognise the move and its difficulty.

- In the second case the diameter of the circular path is greater than the diameter of the wheel.

NB:

The execution judges make the half-point deduction. The difficulty judges do not recognise the difficulty and do not recognise the move as a move.

See Appendix for important definition of small spiral

7.6.6 The transition from small spiral to standing does not take place from the position of the preceding small spiral

- This includes cases where the gymnast performs a move in small spiral (e.g. side splits on the upper rim) and then adopts completely different position (e.g. low side straddle stand) for the transition to standing, without showing a small spiral in this position first.

NB: This is different from a side front support without bindings with one leg in stride position in front on the lower rim handle (splits). For the transition to standing from this position the gymnast is expected to bring his/her leg back into a basic standing position with legs together on the lower rim (the gymnast remains in a variation of side front support whether or not the one leg is in front stride position [splits]).

[See Appendix A3.2 for detailed definition of transition from small spiral to standing]

7.6.7 The transition from small spiral to standing takes place with the circular path of a big spiral

- This is where not only the angle of inclination increases, but the wheel ends up displaying the circular path of a big spiral during the transition from small spiral to standing. If the gymnast manages to keep his/her position in the wheel until the wheel is in standing position, the half-point deduction will apply.

NB: If the gymnast performs one or more moves in the big spiral, whereby he/she changes position in the wheel, the transition will be judged as a transition from

small to big spiral and will incur possible deductions for too many moves and/or additional minor deductions.

7.6.8 Fall on landing from the dismount (i.e. complete loss of balance – not just sitting)

- This includes cases where the gymnast only avoids falling into sitting or lying position by supporting himself/herself heavily on the arms (i.e. complete loss of balance).

7.7 List of major (0.8) deductions per judging unit

If a major (**0.8**) deduction occurs in a judging unit, no additional minor or half-point or major deductions are permitted in the same unit. The gymnast may repeat the move, in which case it will be treated as a new unit and the judges will apply any relevant deductions.

7.7.1 Fall (see 5.1.1.2)

7.7.2 Wheel falls flat on the floor (see 5.1.1.3)

7.7.3 Wheel comes up into upright position on both rims (new tip necessary) (see 5.1.1.5)

7.7.4 Assistance from the coach (including verbal communication, gesticulation, etc. (see 5.1.1.4)

7.7.5 Incorrect continuation of a routine in low side straddle stand (small spiral)

- The gymnast does not get into the correct position for a low side straddle stand within the first wheel rotation.

8 Composition

8.1 Deductions for special composition requirements

8.1.1 0.2 deductions

- missing move in bindings in big spiral (per missing move)
- missing move with element combination with $\frac{1}{2}$ turn
- missing free-fly
- missing bridge
- missing move performed behind
- missing move without bindings
- missing move with a change
- too many moves in small spiral (per move too many)

8.1.2 Half-point (0.5) deductions

- Missing centralised move in small spiral
- Missing move in small spiral (per missing move)

8.2 General faults in composition

- Lack of variation (from the 4th element in a restricted structure group) 0.2

8.3 Dismount

- Missing dismount 0.5
- Incorrect dismount (not an underswing or underswing with $\frac{1}{2}$ turn) 0.5

APPENDIX – Important spiral definitions

This Appendix contains important spiral definitions from the draft version of the new Technical Language of Wheel Gymnastics (RTS)

A1. THE SPIRAL DISCIPLINE

Big spiral

In the big spiral the diameter of the wheel's circular path on the floor is greater than the diameter of the wheel, and the angle of inclination of the wheel to the floor is more than 60°.

Small spiral

In the small spiral the diameter of the wheel's circular path on the floor is smaller than the diameter of the wheel, and the angle of inclination of the wheel to the floor is less than 30°.

A2. MOVES AND ROUTINES IN SPIRAL

A2.1. The definition of a “move” in spiral

A **move** is a unit of counting defined by a specific spatial and/or time limit, i.e. the start and finish of a gym wheel specific movement within which one or more elements can be performed. In the spiral discipline these spatial/time limits are fixed.

Moves can be connected together using transitions.

A2.1.1 Centralised moves

A **move in big spiral** is performed within **two rotations of the wheel**. A difference is made between elements that last for two wheel rotations and moves consisting of element combinations where several elements with changes of position when the gymnast is in an upright and/or inverted position are performed in sequence to make up a move.

It is not permitted to change the tipping direction of the wheel (from in front to behind or vice versa) during a move in the big spiral (with or without element combinations).

A **move in small spiral** lasts for **3 - 5 seconds**. There are no moves with element combinations in small spiral, i.e. once the gymnast has adopted a particular position in small spiral, this position must be held for 3 - 5 seconds in order to be recognised.

A2.1.2 Decentralised moves

There are only limited opportunities to perform decentralised moves in spiral, and no differentiation is made between an upper and lower phase.

A2.1.2.1 Decentralised moves in big spiral

So far decentralised element/moves in big spiral have generally been variations of an angled or straddle hang, whereby there is little difference between upper and lower phase: The gymnast usually adopts the decentralised position when upright (~ upper phase) and maintains this position when his/her centre of mass is below the horizontal axis through the middle of the wheel (~ lower phase). Decentralised elements can last for two wheel rotations (= decentralised move). There are also moves consisting of element combinations whereby a centralised element and a decentralised element are combined. In this case, the gymnast usually performs one centralised wheel rotation and one decentralised rotation (in optional order).

A2.1.2.2 Decentralised moves in small spiral

Similar to big spiral, the gymnast adopts a decentralised position that is maintained for 3 - 5 seconds.

A3. SPECIAL TRANSITIONS/UNITS IN SPIRAL = "transitional units"

A3.1. Transition from big to small spiral

Body positioning and execution:

The transition from big to small spiral must take place within a maximum of 3 wheel rotations.

It is not necessary for the wheel to "slide" into the small spiral, but the circular path of a small spiral (see definition below) must be clearly demonstrated!

The holding and standing position of the gymnast must not change within these 3 rotations. It is not permitted to perform the transition as an element combination. E.g. it is not permitted to perform 2 wheel rotations as a side rotation without bindings and 1 wheel rotation as a side rotation without bindings with one foot in front stride position on the lower rim handle (splits).

A transition from big spiral into a centralised small spiral (variation of side front support) must always take place with the holding and standing position of the first move in small spiral. The body may be in a support or hanging position. It is also permitted to combine these two techniques (support and hanging) within the transition.

In a transition from big spiral into low side straddle stand, the gymnast can use the first of maximum 3 wheel rotations in order to change his/her arm and leg positioning (possibly in connection with a change and/or turns) in order to get into a low side straddle stand. The transition into small spiral usually follows immediately after this.

A3.2. Transition from small spiral to standing

Body positioning and execution:

The transition from small spiral to standing must take place within a maximum of 3 wheel rotations.

In the case of **centralised moves without variations of a stride position** the gymnast maintains the position of the last move in small spiral until the wheel is standing on both rims and the gymnast is the right way up.

In the case of **centralised moves in a stride position to the side, crossed or in front (splits)** the free foot must be brought back into a basic standing position **either** at the end of the last move (= start of the transition from small spiral to standing) **or** in the final rotation of the transition into standing.

Basic standing position means:

- In one binding: the free foot is on the other board
- Without bindings: the free foot is brought back and placed next to the other foot with legs together on the wheel rim

The gymnast can perform the transition from small spiral to standing maintaining a support position throughout, or he/she can use a hanging technique in the final rotation before standing, or he/she can use a combination of these two techniques.

During the transition from small spiral to standing the angle of inclination to the floor will increase continuously, whereby the wheel should maintain the circular path of a small spiral. The gymnast should avoid ending up in a big spiral.

In the case of a **transition from a decentralised small spiral in low side (straddle) stand to standing** the gymnast remains in this position until the wheel is in a stable standing position. Only then does the gymnast stand up to prepare for the dismount.

If the gymnast performs a **one-armed move in the last small spiral** (centralised or decentralised) he/she is permitted to hold the wheel with the free hand for the transition into standing.

A3.3. Transition from big spiral to standing

In this (relatively unusual) case, the transition into standing takes place in the second rotation of the final move. The wheel is slowed down by a transfer of body mass during the second rotation of the final move, after which it is brought into a standing position on both rims with the gymnast in an upright position. It is permitted for the gymnast to stop the momentum of the wheel by moving his/her body mass against the rolling direction and releasing the hand in the rolling direction (similar to a change of direction in straight-line). The released hand then re-grasps in the original holding position as the wheel reaches standing position on both rims. The gymnast prepares for the dismount from this position.

A3.4. Transition from small to big spiral

This unit is no longer usual in modern gym wheel routines.

However, the following rules apply for body positioning and execution:

The transition from small to big spiral must take place within a maximum of 5 wheel rotations. Obvious moving of the hips from side to side should be avoided.

In contrast to the unintentional transition from small to big spiral when attempting to perform a small spiral to standing, the gymnast must perform a move in big spiral at the end of this transition, whereby the gymnast's body position should be significantly different from that of the transition itself.

A4. DISMOUNT

A dismount in spiral is represented by an underswing or an underswing with $\frac{1}{2}$ turn from side standing in the wheel (both of which are A difficulty).

After a **centralised transition from small spiral to standing in one or both bindings** the underswing is performed from standing on the boards.

After a **centralised transition from small spiral to standing without bindings** the underswing is performed from standing with legs together on the same wheel rim the gymnast was standing on in the last small spiral move.

After a **decentralised transition from small spiral to standing** [usually in low side (straddle) stand] the underswing must be performed without changing the position of the feet from the last move in small spiral.

No change in standing position and no additional steps are permitted after the transition from small spiral to standing and before the dismount. One change of hand position is permitted, i.e. maximum one change of grip per Hand (either simultaneously or one after the other).

A5. ROLLING ZONES

A5.1. Tipping the wheel to start the routine

Tipping the wheel at the start of the routine can be performed in various positions; holding with both hands, one-armed, or without hands (free). The gymnast must be in position for the first element of the routine before the stride rung in rolling direction is closest to the floor.

A5.2. Tipping the wheel during the routine

Tipping the wheel from one rim to the other during the routine must take place in the area around the boards (= up to 10 cm from each board in the direction of the stride rung).

If the tip takes place in a side or front stride position the tipping zone is extended in the direction of the stride leg to a point half way between the standing leg and the stride leg.

A5.3. Position changes and turns in an upright or inverted position in big spiral

The rolling zones for transitions from one element to another in big spiral are as follows:

- For position changes in an upright position: from stride rung to stride rung
- For position changes in an inverted position: from rung handle to rung handle

A5.4. Position changes in small spiral

The gymnast is permitted to use one wheel rotation in order to change position from one small spiral to the next.

A5.5. Changes (of direction)

Changes (of direction) include: change, change with tip behind und tip change

The following transition (rolling) zones apply:

- With and without bindings: The transition must be completed between the board rung in the original rolling direction and the point on the wheel rim in contact with the floor half way between the board rung and stride rung in the original rolling direction.
- With one leg in stride position: The rolling zone is extended by an equivalent distance beyond the standing position of the stride leg.

COUNTING DIFFICULTY VALUES

It is possible that the maximum score for a voluntary routine is limited by a specific number of difficulty elements. In this case, the following principles apply:

1. A higher difficulty value will always replace a lower difficulty value.
2. An extra element with lower difficulty will only replace part of the next highest difficulty element.
3. The loss of points in the case of part compensation will be the difference between the two difficulty values.
4. An extra D element will receive maximum C value. An extra C element will receive maximum B value. An extra B element will receive maximum A value.
5. In a routine without B, C or D difficulty, only A elements will be counted, and only as many as the maximum number of difficulty elements specified as contributing to the final difficulty score. Any additional A elements will not be counted.
6. Dismounts can also be counted towards the final difficulty score.
7. Risk elements are counted both as risk bonus and as difficulty.