



IRV CYR Wheel 2016 - Free Programme

Additions/details for the Cyr Wheel Free Programme 2016 are marked with grey shading. The changes for the gymnasts are not great, but please read the requirements below carefully.

GENERAL INFORMATION

Competition area and safety zone:

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

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

2016 IRV CYR Difficulty Catalogue Version 2.1

Competition clothing:

- The gymnast must keep the same costume throughout the routine
- The costume must be in good taste and not too permissive
- The gymnast's face must be visible
- The use of props in IRV competitions is **NOT** permitted
- If the gymnast does not comply with the above, the head judge will ask him/her to change competition clothing. If the gymnast refuses to do so, the head judge will disqualify the gymnast from the competition.

If there is any doubt about these regulations, please contact the IRV

Music – technical specifications (taken from the 2016 Main Registration):

To avoid technical problems all your music must be available in mp3 format and must be uploaded in advance via a Dropbox-link to <http://www.rhoenrad.com/en/events/wc2016-cincinnati.html> before **13 May 2016**.

Please also bring your music on a memory stick - in case it gets lost etc. Music on CDs will no longer be accepted.

The individual titles must be tagged according to the following system:
Discipline_Nation_Familyname_Firstname_Time.mp3 (see examples below)

CYR-T_Italy_Ferrari_Pedro_3-15.mp3 (Cyr Wheel Technical = CYR-T)

CYR-F_Switzerland_Schmidt_Susanne_3-15.mp3 (Cyr Wheel Free = CYR-F)

Each delegation must collect the music of their gymnasts and upload it via Dropbox. Only one upload will be accepted for each delegation (Gym Wheel + Cyr Wheel).

A 2 CYR Wheel Free programme

A 2.1 Requirements

1. The gymnast must perform at least 10 skills, including at least ONE (1) skill from each of the following categories:
 - basic step/waltz
 - big spiral
 - small spiral/coin spin
 - turn/twist
 - spin
2. The gymnast is free to choose how many skills to perform at each level of difficulty (A, B, C, D or E). Difficulty skills must be performed as described in the difficulty catalogue.
3. The following conditions must be fulfilled for the recognition of difficulty:
 - Basic step/waltz skills must be performed 3-5 times consecutively
 - Skills in the big spiral must be performed in 2 consecutive wheel rotations
 - A coin spin (small spiral) skill must be performed for 3-5 seconds
4. Turns/twists must **either** be repeated twice in succession **or** performed as a combination (e.g. half turn + half twist with no basic step in between) in order to be recognised. When turns/twists are performed in succession, 1 basic step (= 1 rotation) is permitted between two half turns/twists, while 2 basic steps (= 2 rotations) are permitted between two full turns/twists. In the case of a combination consisting of a B+C (e.g. half twist + full turn), the difficulty will be counted as C (the higher of the two). A combination only has to be performed once in order to be recognised. A hanging full turn/twist also only needs to be shown once in order to be recognised.
5. Spin skills (depending on the skill) must be performed **either** twice in succession **or** for two full rotations in order for their difficulty value to be recognised (e.g. jump to front support needs to be held for 2 full rotations). Depending on the skill, 1-2 additional rotations are permitted between the two elements (see Difficulty Catalogue).
6. E skills are defined individually in the difficulty catalogue and will only be recognised when performed according to their definition.
7. Transitions consisting of basic step/waltz skills, coin spins and spirals are permitted between difficulty skills. These transitions have no difficulty of their own, but deductions for execution will be made.

8. There is no limit to the number of difficulty skills performed in a free programme. The gymnast may repeat a difficulty skill (e.g. after a fall) in order to get it recognised on the second attempt (although this can have a negative effect on artistic impression).
9. The time limit for the free programme is 2 minutes 45 seconds (+/- 15 sec).
10. The gymnast may be outside the wheel (with or without contact) during the free programme (no limit to the number of occurrences).
11. Floor contacts are permitted if they are performed as controlled movements (not an attempt to hide a fall). The execution judges will evaluate whether a floor contact is controlled or whether to count it as a fall. Difficulty skills must be performed without floor contact unless the skill is described with floor contact in the difficulty catalogue.
12. The free programme begins when the music starts. The gymnast must make contact with the wheel within 5 seconds. At the end of the free programme, the gymnast has a maximum of 5 seconds to adopt his/her finishing pose.
13. The gymnast is advised to submit a list of difficulty skills (Pocket Card) in writing before the competition, including all the skills the gymnast plans to perform. This document is used to help the difficulty judges. In the case of the free programme, the gymnast is not obliged to perform exactly what he/she has submitted on the Pocket Card. However, if no Pocket Card is submitted, no complaints/inquiries about the difficulty score will be permitted. See www.rhoenrad.com for the official IRV Pocket Card template.
14. The gymnast may change his/her free programme while performing without incurring a deduction.
15. The 10 most difficult skills will count towards the difficulty score.
16. Gymnasts have a wide freedom of choice regarding the free programme, including:
 - choice of skills
 - choreography
 - choice of instrumental or vocal music (lyrics must not be offensive)
 - choice of costume (see General Information on Page 1)[NB: - the use of props is not permitted in IRV competitions]

17. The evaluation criteria for the free programme are **Artistic Impression, Difficulty** and **Execution**.

18. The gymnast is encouraged to maintain a good balance between artistic elements and difficulty, while at the same time concentrating on as clean an execution as possible.

19. Musical technical: all competition music must be made available in the format required by the competition organisers (see General Information on Page 1)
[NB: CDs will not be accepted]

A 2.2 Judging panel (Free Programme)

A 2.2.1 Artistic Impression

1. There should ideally be 4 judges for artistic impression, each of whom gives a score out of 10.
2. The highest and the lowest scores are discarded.
3. The arithmetic mean of the two remaining scores is used to calculate the final score for artistic impression.
4. If there are only 2 judges for artistic impression, the arithmetic mean of the two scores is used to calculate the final score for artistic impression.

Evaluation criteria

The ten points for artistic impression are made up as follows:

<p><u>Musicality</u> (2.0 points)</p> <ul style="list-style-type: none"> - Transposition of musical universe (<i>the way a gymnast uses the music to deliver an artistic message without being limited by the type of music</i>; i.e. a gymnast can perform slow movements to fast music as long as the judges can see the artistic message being conveyed by the gymnast) - Personification of music (relationship between music/intention) - Music serving artistic proposition (Ref. 2015: <i>choice of music</i>)
<p><u>Interpretation</u> (2.0 points)</p> <ul style="list-style-type: none"> - Shades of interpretation (Ref. 2015: <i>expression</i>) - Interpretation clarity and precision (Ref. 2015: <i>stage presence</i>) - Sustained personification of proposition (Ref. 2015: <i>keeping in character</i>)
<p><u>Quality of movement</u> (2.0 points)</p> <ul style="list-style-type: none"> - Precision of choreographic execution (precision, rhythm, amplitude) - Personalisation of movement vocabulary - Shades of rhythm, speed and amplitude of execution
<p><u>Transitions</u> (2.0 points)</p> <ul style="list-style-type: none"> - Relevance and flow of transitions (Ref. 2015: <i>flow of transitions</i>) - Variation and originality - Space utilisation
<p><u>General appreciation</u> (2.0 points)</p> <ul style="list-style-type: none"> - Relevance of music, costume and interpretation - Balance in the act construction (technical difficulty and artistic content) - Clarity of artistic proposition - Impact of the act (Ref. 2015: <i>emotionally touched by the performance</i>)

Deductions:

Music-technical deduction: Fixed 0.2 deduction for technical faults in the recording

Deductions for finishing too early:

- 2 minutes or more (0.5 deduction)
- 1-2 minutes (1.0 deduction)
- less than 1 minute (1.5 deduction)

A 2.2.2 Execution

1. There should ideally be 4 execution judges, each of whom gives a score out of 10.
2. The highest and the lowest scores are discarded.
3. The arithmetic mean of the two remaining scores is used to calculate the final execution score.
4. If there are only 2 execution judges, the arithmetic mean of the two scores is used to calculate the final score.

Evaluation criteria

Each execution judge makes deductions from 10 for faults in execution:

- a. Mastering of skill
- b. Quality of execution
- c. Virtuosity
- d. Body position
- e. Floor contact (if judged as a fall)
- f. Falling on the floor
- g. Rolling out of the competition area

The execution judges make deductions for each technical mistake. They do not decide whether a skill has been completed or not – this is the job of the difficulty judges. The execution judges do not make deductions if the gymnast does not follow the music – this is the job of the music judges.

Judging units

For the purposes of judging execution (minor, half-point, major deductions), the free programme is divided into units, where a unit comprises:

- a transition followed by a difficulty skill
- gymnast outside the wheel
- beginning/end of the free programme

Deductions

Minor deductions (0.1 – 0.2 per skill up to a maximum of 0.5)

- a. Incorrect head, hand, arm, hip, leg, feet ...positioning
- b. Short stop of the wheel (as opposed to a “planned” stop)
- c. Loss of balance at the end of the programme
- d. The wheel is out of control (but inside the competition area) while the gymnast is outside the wheel
- e. Time fault in the free programme (1 - 5 seconds)
- f. Fixed 0.2 deduction:
 - lack of variation (per repetition)
 - rolling out of the competition area
 - no finishing pose

Half-points deductions (fixed: 0.5 per unit; if there is a half-point deduction, there can be no further minor deductions in the same unit)

- a. Supporting hand or foot on the floor to avoid a fall
- b. The wheel falls onto the floor in an uncontrolled manner while the gymnast is outside the wheel
- c. The wheel rolls out of the safety zone while the gymnast is outside the wheel
- d. Fall or loss of control of the wheel at the end of the programme
- e. Per missing skill from the list of requirements
- f. Per missing skill in relation to the length of the free programme (< 10 skills)
- g. Time fault in the free program (6 - 10 seconds)
- h. Exception: If the wheel rolls out of the safety zone, the half-point deduction is made in addition to the minor deductions. (In this case the gymnast has to stop and return to the competition area. The music will continue regardless.)

Major deductions (fixed 0.8 per unit; if there is a major deduction, there can be no further minor or half-point deduction in the same unit)

- a. Fall
- b. Help from coach
- c. Time fault in the free programme (more than 10 seconds)

A 2.2.3 *Difficulty*

1. The difficulty judge(s) calculate(s) the difficulty of the ten highest difficulty skills.
2. The difficulty judge(s) will verify whether all the required skills were performed.

Evaluation criteria

- a. The difficulty judge(s) evaluate(s) the specific technical criteria for each skill. (Has the skill been performed correctly?)
- b. The difficulty judge(s) count(s) the number of A, B, C, D and E skills.
- c. The difficulty judge(s) check(s) whether a coin spin (small spiral) is performed at an angle of 20° or less in order to evaluate its difficulty.
- d. The difficulty judge(s) check(s) whether all the required skills are performed.
- e. The difficulty judge(s) decide(s) whether skills have been completed.
- f. The difficulty judge(s) identify the 10 skills with the highest difficulty value and add them together to determine the difficulty score.

Difficulty guidelines

- a. There are 5 different difficulty categories (A, B, C, D and E):
 - A skills: 0.2
 - B skills: 0.4
 - C skills: 0.6
 - D skills: 0.8
 - E skills: 1.0
- b. The different skills and difficulties can be found in the difficulty catalogue.
- c. All approved skills are described in the difficulty catalogue. Any skills not found in the difficulty catalogue will be counted as A difficulty.
- d. In the free programme, the gymnast may perform skills in any way he/she wants. However, in order to get the difficulty points, the gymnast must perform a skill as described in the catalogue. If the gymnast does not complete a skill, it will not be counted for the difficulty score.

A 2.2.4 *Head judge*

1. The head judge gives a hand signal to the gymnast to start.
2. The head judge ensures that the gymnast adheres to the time limit of 2 minutes, 45 seconds (+/- 15 sec).
3. The head judge will inform the judges if the wheel rolls out of the safety zone and will interrupt the gymnast if necessary.
4. The head judge will inform the judges if the wheel rolls out of the competition area.
5. The head judge calculates and announces the final score; sum of artistic impression (max. 10), execution (max. 10) plus difficulty.
6. The head judge is responsible for calling the judges together in case there is a need for discussion.

Action

- a. Continuing after an interruption: In case of an interruption in the free programme, the music will not be stopped! The gymnast has to keep performing!
- b. The head judge informs the judges to stop judging after 3 major deductions and indicates to the gymnast that he/she can stop performing. However, the gymnast will be permitted to finish the routine even if the judges have stopped judging.
- c. The head judge informs the execution judges about time faults (one-off deduction), which will apply for a programme that is either too long or too short (i.e. less than 2 minutes, 30 seconds or more than 3 minutes) by the following number of seconds:
 - 1 to 5 seconds: 0.2 deduction
 - 6 to 10 seconds: 0.5 deduction
 - More than 10 seconds: 0.8 deduction
- d. The head judge calculates and announces the final score

FINAL SCORE = ARTISTIC IMPRESSION (max 10) + EXECUTION (max 10) + DIFFICULTY