

WAG ALP LEVEL 3 – 6 Compulsories

Questions and Answers for Coaches and Judges

August 2015

CONFLICTS WITHIN THE MANUAL & ON THE DVD

- Section 2 of the ALP manual is the most correct detailed information for level 3-6. If there is conflicting information between the choreography notes, DVD and Section 2, follow what is detailed in section 2.
- If there are conflicts between the DVD and the manual, follow what is in the manual, specifically Section 2 and then the choreography notes.

‘WHAT TO DEDUCT FOR AN ERROR’

- If there is a slight error made in variation to the text, then apply a 0.1 deduction
- If there is a major error in variation to the text, then apply 0.3 deduction.
- When in doubt or if something is unclear, always give the benefit to the gymnast and apply a minor deduction of 0.1 or if uncertain, no deduction.

PRINCIPLE OF ‘NOT MEETING TECHNICAL REQUIREMENT’

- This principle doesn’t exist anymore with compulsories.
- Provided a skill is attempted, there is no deduction off the Start Score
- If a skill isn’t completed exactly, then apply the specific execution deductions that are listed in Section 4.2 pages 9 & 10 Here are some examples:
 - Handstand not held for 2 secs – 0.3 deduction
 - Not within 10° of vertical for a handstand – 0.3 deduction
- If a skill is attempted but not completed (e.g. swing pullover but they don’t make the pullover OR attempt back walkover but don’t get at least 1 foot on the beam). In these examples, the deductions would be 1.0 for a fall plus any execution errors whilst attempting the skill (e.g. bent legs, bent arms, lack of flexibility etc.). There are no additional deductions for “not completing the skill”.
- As another example - If it were a handstand on beam that was required to be held and they didn’t return at least 1 foot to the beam, there would be a deduction of 0.3 for not holding for 2 secs (if the handstand wasn’t held), possibly a deduction for not reaching within 10° of vertical (if this was the case) as well as the fall.
- Repeating elements to receive the ‘value’ of the skill on beam. This principle no longer exists. Once the skill is attempted (e.g. Tic Toc, falls off the beam during first half of skill without getting at least 1 foot on the beam) then it’s considered “performed” and there is no deduction off the Start Score. They do NOT need to repeat the element. This same rule applies to all elements.
- Example - level 4 swing pullover - the gymnast does 3 swings and falls before completing pullover
 - 1.0 deduction (execution deduction) for the fall
 - Swings and pullover are judged for “normal” execution deductions
 - Gymnast remounts the bar with coach assistance into front support on the high bar (as this is where they would have finished the skill if they didn’t fall) – this is acceptable for the coach to assist the gymnast to remount the bars to finish the

routine – no deduction for “spotting assistance” – as the coach isn’t spotting the gymnast, they are helping the gymnast onto the bar after a fall

REMINDERS OF GENERAL PRINCIPLES WITHIN COMPULSORIES

Copied directly from Section 4.2 page 10

- *Arm placements for starting and finishing positions of elements and during jumps/leaps have been provided as a guide.*
 - Elements are skills which are listed in section 2 that have a value listed beside them
 - If the arm positions vary to what is listed in Section 2, in the choreography notes or in the DVD, no deductions will apply
 - E.g. full turn on floor – it is listed as starting with arms in high 3rd position. However this is just a guide. If the gymnast chooses to start with arms in a different position, there is no deduction.
- *No deductions apply if arm placements are varied during elements.*
 - E.g. – full turn – the arms are listed as being in 5th position. However if the arms are beside the body during the turn, no deduction applies. This is because the full turn is an element and arm placements during elements can vary.

If a skill is listed as finishing in a specific position, this must be followed. Some examples of this principle include:

- Level 3 Beam – handstand to lunge
- Level 4 Beam – handstand to step in
- Level 5 Beam – CW ¼ turn – this can be to either a lunge or step in
- Level 5 & 6 Beam – Back walkover or Tic Toc – finish in lunge
- Level 3 Floor – bridge kick over to lunge
- Level 4 Floor – Back Walkover or Tic Toc – finish in lunge
- Level 5 Floor - Back Walkover or Tic Toc – finish in lunge
- Level 6 Floor - Back Walkover or Tic Toc – step in to finish

Order of skills and skill summary

- Section 4.4 lists a summary of the skills for each level.
- The order that the skills are listed in this summary doesn’t always match the order that the skills are performed within the routine (based on choreography notes & DVD) – the correct order of skills is as per choreography notes / DVD.
- Level 3 floor – the full forward contraction is at the start of the routine, as per the choreography notes (Section 4.2 page 21).

Vault – Level 3, 4 & 5 handspring to flat back

What is correct landing position?

- Gymnast should land in a straight body position with open hips
- Arms should be by the ears with shoulders open and body fully stretched

Bars – Glide swings & glide kips

- The ALP manual states in level 4 that straddle glide may be performed. This can be in both directions.
- Level 3 gymnasts will be permitted to straddle glide
- Level 5 & 6 gymnasts can straddle in glide kip

Bars – Level 4

- If they perform the glide and finish in a dish shape holding onto the bar and don't release is there a deduction? No deduction for not releasing.

- If a gymnast performs a climb up can you apply deductions for the stopping and hand movements or loose body? NO, this part isn't judged. The only time you apply a deduction is if there is a fall or a major break in rhythm/stop

Bars – Lack of amplitude in swings

- This deduction is applied for each “group of swings”

Bars – Level 5 & 6 swing half turn dismount

If the gymnast fails to place the 2nd hand on the bar to complete the skill to a mixed grip, what is the deduction?

- This is a major error, so the deduction would be 0.3

Bars – Level 6 swing half turn dismount

- In the April clarifications from GA, applicable landing deductions were specified as body posture faults on landing and a fall would be applied. Does this mean that steps, legs apart on landing and wobbles cannot be deducted for? CORRECT – if they step or have legs apart or additional movements to maintain balance, these are not deducted. The focus of the skill is amplitude of swing and body posture rather than a “stuck” landing.

Bars – Level 6

- If a gymnast does a light tap on the mat with their feet during the kip after the clear hip, the deduction would be 0.5 for a brush on mat.
- If there is a hit on the mat or if there is weight bearing on the feet, the deduction would be 1.0 for hit on mat.

Beam and floor routines with additional arm waves/wrist flics/ presentations before/after skills

- The routines are designed to flow from the choreography immediately into the elements immediately into the next choreography passage. Additional movements that interrupt the flow and rhythm of the routine or to prepare for elements should not be performed and will incur a 0.1 deduction.

GENERAL BEAM/FLOOR CHOREOGRAPHY

In regards to dance elements in general, do they need to be leg specific or can they be swapping legs for poses?

- It is acceptable to perform the choreography on the opposite leg/arm to what is listed. What is important is that if the text states that for example the R arm in front with weight on L leg, then to reverse it, both the arm and leg must be reversed (i.e. the gymnast can't just swap the arm without swapping the leg)
- If there is a slight variation (i.e. the same leg and same arm are used, when the text may say R arm, with L leg) there would be a 0.1 deduction as this is only a small error

BEAM TIMING

- Each States/Territory has the option of increasing the maximum time limit for level 3 – 6 beam to 1 minute 30 seconds

BEAM CONNECTIONS

- If the gymnast falls after the first element of a series and gets up and repeats the entire series successfully, there will be no deduction for a broken series
- If they get up and just do the 2nd element in the series, there will be a 0.3 broken series deduction (E panel deduction), plus the fall.

- Can the gymnast swing their arms down beside the body in the connection or does it need to be the smooth circle arm connection?
 - A small arm swing or arm circle is acceptable.
 - What is important is that they don't stop, wobble, double bounce or commence the arm swing from above their head.

Beam – Level 4 - Final pose before straight jump stride jump series (Section 4.3 page 6)

- The final pose as listed in the manual states “weight on front foot, free leg pointed behind”. This is different to the DVD which has the gymnast standing on both legs with flat feet. Then there is a small wave of one hand around the face.
- For this position, follow the text in the choreography notes which requires weight on front leg, back foot pointed. The 2 photos in the manual (at very bottom of the page) are correct.
- If the gymnast does the incorrect position (as per the DVD with weight on both legs) then apply a 0.1 deduction.

Beam – Level 5 Beam mount

- After holding the clear straddle position, the gymnast can return to a sitting position on the beam, prior to swinging legs back to front support.

Beam – Level 5 & 6 CW

- The requirement is a CW ¼ turn
- The gymnast may finish this CW ¼ turn in either lunge or step in.

Beam – Level 5 - Shoulder shrugs after handstand

- 2 shoulder shrugs are listed (Section 4.3 page 12)
- As there is no specific requirement in the manual that states the shrugs are completed with 1 or both shoulders (and the DVD shows with 1 shoulder only) it is acceptable to perform the shoulder shrugs with 1 or both shoulders.

Beam – Level 6 optional routine - Can the board be placed on the 10cm supplementary landing mat for a mount?

- The general ruling in regards to placing the board on the 10cm supplementary mat is that the board is permitted to be placed there, if the gymnast is doing a simple standing start mount only. If the gymnast is required to run into the mount, then they can't place the board on the mat. Therefore in level 6, as it is a run and jump mount, the board will not be permitted to be placed on the 10cm supplementary mat.

Beam – Level 6 - Specific choreography after the mount before the acro skill

- As there are numerous options for the acro skill, the routine can be varied slightly
- If performing a Tic Toc/forward walkover, perform routine as per text/DVD, starting with the mount at the end of the beam
- If performing a backward walkover, start the mount towards the middle of the beam, so that the back walkover finishes close to the end of the beam
- If performing a backward walkover after completing a jump on mount, there is a specific little dance step listed to perform as you move forward along the beam to prepare for the backward walkover (this dance step is listed in Section 4.3 page 16 – *step onto front leg, free leg bent up to back with arms extending forward, 3 strong fast steps forward on releve with curl of arms to finish in releve ...*)
- If completing the CW, start the mount towards the middle of the beam, do the dance pose with back to the dismount end, complete the CW and continue routine as listed OR start the mount near the end and add in an additional ½ as listed in the manual.

- If completing the CW after doing straight jump mount, complete CW, complete pose, complete 1/1 turn, then do another ½ turn to face dismount end (this is detailed in Section 4.3 page 18)

Floor – Level 3 - Bridge kickover

- If they attempt to kick over from bridge, but don't make it and land back in to bridge and then kick over on the second attempt successfully – deduct 0.3 execution error
- If the gymnast does a bridge and then makes no attempt to complete the kickover, the deductions would be:
 - 0.3 large variation in text
 - 0.3 skill not finished in prescribed position.

Floor – Level 4 - Cha Cha Cha routine

- There should be no deduction for the pause after the round off before the next section of dance as this is how the routine has been developed in line with the DVD & music
- The 'changement' jump before the 2 backward rolls is listed as landing in squat. It is acceptable to show a momentary landing position out of the changement jump before going down into the squat position.
- It is acceptable to land this jump with one foot slightly in front of the other (because of the changement jump)
- The dance steps after the full turn prior to the split leaps (Section 4.3 page 27) - these can be performed on either leg and therefore the gymnast can face either the front or the back during the steps and pose.

Floor – Level 4 floor pattern

- In level 4, the gymnast has the option to complete the routine on a single strip (which can be along the diagonal) or across the entire floor area
- If they choose to go across the entire floor area, they must follow the floor pattern. If they deviate from the floor pattern, then a deduction will apply.
- Slight variation in floor pattern 0.1 deduction
- Significant variation in floor pattern 0.3 deduction (ie most of the routine doesn't follow the pattern)

Floor – Backward rolls

- Level 3 & 4 – backward rolls - the focus is on backward rotation. There is no requirement that the arms must be straight, therefore bent arms are acceptable and no deductions apply if arms bend.
- Level 5 & 6 – the expectation is the backward rolls are completed with straight arms, so bent arm deductions will apply.

Floor – Level 5 - Six Feet Under routine

- Dance following the walkover skill (Section 4.3 Page 38) – there is a variation between the DVD and the choreography notes and the beats to the music
- The DVD shows the dropping of 1 arm at a time to beside the body, then the arms wrap around the body. It is OK to drop the arms separately before wrapping around the body to allow the dance to match the music

Floor – Level 6 - Passage of Dance

- The ALP Manual (Section 4.3 page 51) states that after the Passage of Dance they need to either land with 2 feet together or step through to a releve.
- If the gymnast completes a leap or hop (e.g. side leap) to land on 1 leg, an additional step to join the feet or an additional ¼ to ¾ turn is acceptable to ensure they are facing the correct direction and then do a releve to move onto the next part of the choreography.