

**IRV – CYR WHEEL**

**TECHNICAL PROGRAMME**

**2018**



## Cyr Technical Programme 2018

### KEY POINTS:

- perform maximum 11 difficulty skills, the best 10 count
- background music of gymnast's choice or provided by the competition organiser
- sports clothes (not costume)
- the previously **permitted "step out"** of the wheel during the technical programme is **NO LONGER ALLOWED**

### SECTION OVERVIEW:

For detailed specifications and descriptions, see the following sections:

- **Section I: General Information**  
size of competition area, competition documents, competition clothes
- **Section II: Judging Panel**  
number of judges and their responsibilities
- **Section III: Requirements**  
the requirements a gymnast needs to fulfil during the course of the technical programme
- **Section IV: Deductions**  
deductions and consequences of a gymnast not fulfilling the above requirements
- **Section V: Judging Example**  
detailed example of a routine and calculation of the final score

## I. GENERAL INFORMATION

### Competition area and safety zone:

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

Difficulty catalogue and pocket card template available from [www.rhoenrad.com](http://www.rhoenrad.com):

2018 IRV CYR Difficulty Catalogue
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### Competition clothing:

- The gymnast is expected to use gymnastics clothing for the Cyr Technical Programme
- The wearing of watches or dangling jewellery is not permitted
- Long hair must be tied back
- Clothing must be tight so that the gymnast is not inhibited or endangered.
- Hair and make-up must be simple and discreet.
- The use of loose props of any kind 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:

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

## II. TECHNICAL PROGRAMME - JUDGING PANEL

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

- 2 technical judges
- 1 composition judge (optional)
- 1 head judge

### Technical judges:

The task of the TECHNICAL JUDGES is to evaluate the technical programme and give it a **TECHNICAL SCORE** = combined difficulty/execution for the best 10 out of maximum 11 difficulty skills. The TECHNICAL SCORE for the routine will be the average of the scores given by the 2 technical judges (TJ1 and TJ2).

### Composition judge (optional):

The task of the COMPOSITION JUDGE is to check whether the gymnast fulfils the composition requirements for the technical programme and calculate the **COMPOSITION SCORE**. If there is no composition judge, this task must be fulfilled by the head judge.

### Head Judge:

The task of the HEAD JUDGE is to identify **INDEPENDENT DEDUCTIONS** and any difficulty skills that are “not recognised”, before calculating the final score:

**FINAL SCORE (maximum 15.0) = TECHNICAL SCORE (maximum 10 “E++” = 12.0) + COMPOSITION (maximum 3.0) – INDEPENDENT DEDUCTIONS**

**NB: See section IV (Evaluation and Deductions) below for explanation of scoring**

### III. REQUIREMENTS – CYR TECHNICAL PROGRAMME

The Technical Programme is performed to background music provided by the gymnast. If the gymnast does not submit music, the competition organiser can use a standard piece of background music. There is no artistic evaluation of the routine and thus no deduction if no music is used.

Skills	Composition requirements	Independent requirements/rules
<p>The gymnast is permitted to perform a maximum of 11 difficulty skills. The best 10 will be counted towards the final score.</p> <p>The gymnast is free to choose which skills he/she performs during the technical programme, but they must be skills from the 2018 Cyr Difficulty Catalogue.</p> <p><u>Compulsory Pocket Card:</u> The gymnast must submit his/her technical programme (Pocket Card) in writing (typed or capital letters only) before the competition as instructed by the competition management. Pocket papers will be treated confidentially by judges until after the competition.</p> <p><b>The gymnast must perform the technical programme <u>exactly as written</u>.</b></p> <p>NB: See <a href="http://www.rhoenrad.com">www.rhoenrad.com</a> for the official IRV Pocket Card template.</p>	<p>The gymnast must demonstrate at least ONE difficulty skill from each of the following categories (see categories defined in the Difficulty Catalogue):</p> <ul style="list-style-type: none"> <li>- basic step/waltz (category “W”)</li> <li>- big spiral (category “BS”)</li> <li>- small spiral/coin spin (category “CS”)</li> <li>- turn/twist (category “T”)</li> <li>- spin (category “SPIN”)</li> </ul> <p><u>Recognition of composition categories:</u> <b>Basic step/waltz (W)</b> skills must be performed three to five times consecutively in order to be recognised, while skills in the <b>big spiral (BS)</b> must be performed at least twice in succession. <b>Small spiral/coin spin (CS)</b> skills must be performed for 3-5 seconds.</p> <p>Skills from the <b>turn/twist (T)</b> category must <b>either</b> be repeated <u>twice in succession</u> <b>or</b> performed as a <u>combination</u> (e.g. half turn + half twist with no basic step in between) in order to be recognised. When skills from the</p>	<p><u>Starting position:</u> The gymnast should start the technical programme in a standing position on the floor, holding the wheel upright with one arm. When the head judge gives the signal to start, the gymnast will acknowledge the signal (e.g. by nodding or raising an arm) before commencing the programme.</p> <p><u>Competition area and safety zone:</u> The technical programme should be performed within the marked competition area and safety zone.</p> <p><u>No permitted “step out” of the wheel:</u> Any stop in the routine will be counted as a fall.</p> <p><u>Falls and rolling out of the safety zone:</u> After a fall or rolling out of the safety zone, the gymnast is permitted to get out of the wheel and re-position it before continuing. The coach is allowed to assist and talk to the gymnast, but the gymnast must continue within 30 seconds (if not, the head judge will instruct the judges to stop judging and the routine will be considered finished). If the gymnast fell out of the wheel or rolled out of the safety</p>

	<p>turn/twist category are performed in succession, 1 basic step (= 1 rotation) is permitted between two <u>half</u> turns/twists, while 2 basic steps (= 2 rotations) are permitted between two <u>full</u> turns/twists. In the case of a combination consisting of a B+C (e.g. half twist + full turn), the difficulty will be counted as C (the higher of the two). A <u>combination</u> only has to be <u>performed once</u> in order to be recognised. A <u>hanging full turn/twist</u> also only needs to be <u>shown once</u> in order to be recognised.</p> <p><b>Spin skills (SPIN)</b> (depending on the skill) must be performed <b>either twice in succession</b> <b>or</b> for <b>two full rotations</b> in order to be recognised (e.g. jump to front support needs to be held for 2 full rotations). Depending on the skill, 1-2 additional rotations are permitted between the two elements (see Difficulty Catalogue).</p>	<p>zone before a skill was completed, he/she may repeat this skill in order to gain recognition for its difficulty. The gymnast (or coach) must inform the head judge if the gymnast intends to repeat a skill. The gymnast is allowed to perform a transition in order to get back into the programme.</p> <p><u>Transitions:</u> Transitions consisting of <u>maximum</u> 3 basic elements are permitted between one difficulty skill and the next. A basic element is defined as a step/waltz, coin spin or big spiral. A transition can consist of 3 of the same basic elements (e.g. 3 x step/waltz) or a combination of elements (e.g. 2 x step/waltz + 1 x big spiral), whereby no more than 3 such elements are permitted between one difficulty skill and the next. These transitions have no difficulty of their own and are not evaluated separately for execution. However, the execution of a transition will affect the way in which the subsequent difficulty skill is performed and will influence the judges' evaluation of it.</p> <p><u>Finishing position:</u> The gymnast should finish the technical programme in a standing position on the floor, holding the wheel upright with one arm.</p>
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#### IV. EVALUATION AND DEDUCTIONS

Technical evaluation of skills	Composition deductions	Independent deductions
<p>The TECHNICAL JUDGES must evaluate all the difficulty skills performed in the technical programme (maximum 11). The best 10 skill evaluations are added together to give a technical score. The final technical score for the programme is the average of the scores given by the two technical judges.</p> <p><b>Skills in the Cyr Difficulty Catalogue have the following standard values: A = 0.2; B = 0.4; C = 0.6; D = 0.8; E = 1.0.</b> Each difficulty skill will be evaluated as follows (*see also note below for judges accustomed to gym wheel execution):</p> <ol style="list-style-type: none"> <li>“recognised” = skill performed satisfactorily = standard difficulty value (e.g. B = 0.4)</li> <li>“recognised plus (+)” = skill performed well = standard difficulty value + 0.1 (e.g. B + = 0.5)</li> <li>“recognised double plus (++)” = skill performed outstandingly = standard difficulty value + 0.2 (e.g. B ++ = 0.6)</li> <li>“recognised minus (-)” = skill with poor execution = standard difficulty value - 0.1 (e.g. B - = 0.3)</li> <li>“recognised double minus (--)” = skill with very poor execution = standard difficulty value - 0.2 (e.g. B -- = 0.2)</li> <li>“not recognised” = skill not performed to a minimum satisfactory level = ZERO</li> </ol>	<p>The COMPOSITION JUDGE is responsible for making composition deductions from the <u>composition allocation</u> of 3.0 points.</p> <p>[NB: If there is no composition judge, this task must be fulfilled by the head judge.]</p> <p><u>Composition deductions:</u></p> <p><b>0.5 deduction</b> if the gymnast performs more than 11 difficulty skills. If this happens, the head judge will interrupt the gymnast and instruct the difficulty judges to stop judging.</p> <p><b>0.5 deduction</b> per missing composition category listed below (see Composition Requirements for full category description):</p> <ul style="list-style-type: none"> <li>- basic step/waltz (“W”)</li> <li>- big spiral (“BS”)</li> <li>- small spiral/coin spin (“CS”)</li> <li>- turn/twist (“T”)</li> <li>- spin (“Spin”)</li> </ul> <p>NB: There is no deduction for performing fewer than 10 skills as fewer skills will mean lower difficulty/execution.</p>	<p>The HEAD JUDGE is responsible for making independent deductions that are applied when calculating the final score (final score = technical score + composition score – independent deductions).</p> <p><u>Independent deductions:</u></p> <p><u>Fall:</u> <b>0.8 deduction</b> per occurrence</p> <p><u>Rolling out of the safety zone:</u> <b>0.5 deduction</b> per occurrence</p> <p>[NB: If the wheel rolls out of the safety zone the head judge will call out to the gymnast to interrupt the routine and re-position the wheel in the competition area. If the gymnast does not react to the request of the head judge, 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.]</p> <p>After the 3<sup>rd</sup> fall or rolling out of the safety zone, the head judge will terminate the routine. If the gymnast continues his/her routine regardless, the head judge will instruct the judges to stop judging.]</p>

<p>NB: The HEAD JUDGE decides whether a skill is “not recognised” and will inform the TECHNICAL JUDGES</p> <p><u>Compulsory Pocket Card:</u> If the gymnast does not submit a Pocket Card (or the pocket card is illegible), the gymnast will <b>not be permitted to compete</b> and the score for the technical programme will be 0.0.</p> <p>If the gymnast performs a skill not according to the pocket card or “misses out” a skill, the incorrect or missing skill will be judged as ZERO.</p> <p>E.g. the pocket paper lists: Skill 1, Skill 2, Skill 3 .... Skill 11... but the gymnast performs: Skill 1, Skill 2, Skill A, Skill 3, .... Skill 11</p> <p>In this case, Skill A will be counted as ZERO and Skill 11 will not be counted as it will be the 12<sup>th</sup> difficulty skill (see 0.5 composition deduction for more than 11 difficulty skills).</p> <p>If in doubt, the judges will try to interpret deviations from the pocket card in the most beneficial way for the gymnast.</p>		<p><u>Rolling out of the competition area:</u> <b>0.2 deduction</b> if more than once during the routine <b>0.1 deduction</b> if only once during the routine</p> <p><u>Transition too long:</u> <b>0.2 fixed deduction</b> per occurrence (i.e. more than 3 transition skills in the same transition)</p> <p><u>Incorrect starting position:</u> <b>0.2 fixed deduction</b></p> <p><u>Incorrect finishing position:</u> <b>0.2 fixed deduction</b></p>
<p align="center">→ TECHNICAL SCORE (10 x E”++” skills = max 12.0 points)</p>	<p align="center">→ COMPOSITION SCORE (max 3.0 points)</p>	<p align="center">→ INDEPENDENT DEDUCTIONS</p>

**FINAL SCORE (max 15.0 points) = TECHNICAL SCORE + COMPOSITION SCORE – INDEPENDENT DEDUCTIONS**



\*NOTE FOR JUDGES accustomed to judging gym wheel execution:

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

## V: JUDGING EXAMPLE – TECHNICAL PROGRAMME

Pocket card	Gymnast	Technical Judge 1 (TJ1)	Score 1	Technical Judge 2 (TJ2)	Score 2	Head Judge / Composition Judge
	The gymnast performs the following <u>difficulty skills</u> :	TJ1 judges as follows:		TJ2 judges as follows:		The composition judge checks for composition deductions, while the head judge is responsible for the non-recognition of difficulty skills and other independent deductions, before calculating the final score. [NB: If there is no composition judge, this task must be fulfilled by the head judge.]
A	A	A+	0.3	A+	0.3	
B	B	B	0.4	B+	0.5	
C	C	C++	0.8	C+	0.7	
E	E (gymnast falls during E skill, but repeats it successfully on continuing the routine)	E+	1.1	E+	1.1	
B	B	B	0.4	B	0.4	
D	D	D+	0.9	D+	0.9	
D	D	D--	0.6	D-	0.7	
C	C	not recognised	∅	not recognised	∅	[decision made by head judge]
B	A (not the skill listed on pocket card, therefore seen as an A)	A-	0.1	A	0.2	
B	B	B++	0.6	B++	0.6	
E	E	E	1.0	E	1.0	
	<u>Composition (max 3.0):</u> - no turn/twist skill - no spin skill performed					- 0.5 (missing composition) - 0.5 (missing composition)
	<u>Independent deductions:</u> - one fall - two transitions too long					- 0.8 (fall) - 0.2 x 2 = - 0.4
		best 10 skills =	6.2	best 10 skills =	6.4	
	INDEPENDENT DEDUCTIONS: 1.2	TECHNICAL SCORE = (6.2 + 6.4)/2 = 6.3			COMPOSITION SCORE: 3.0 – 1.0 = 2.0	
		<b>FINAL SCORE = TECHNICAL + COMPOSITION – INDEPENDENT DEDUCTION = 7.1</b>				