Gymnastics - Artistic
WAG Exercise Recording Sheet

TOKYO 2020

CV	0,1	0,2	CR
	D + D *or more*	D (flight → or ↗) + C or more on HB *(Must be performed in this order)*	HB ↘ LB Flight → 2 different Grips *(No cast, MT, DMT)* Non-flight with 360° turn *(No MT)*
		D + E *(both flight ele.)*	
Jump from LB to HB 0.5 *Hang on HB, feet on LB, grasp LB* 0.5 *More than 2 of same element into DMT* 0.1			

CV	0,1	0,2	CR
Acro Flight *(Must be rebounding)* *DMT min.F*	C + C B + E	C / D + D B + D *(fwd dir)* B + F	2 different Dance - 1 with 180° split / straddle Turn (Gr. 3) Acro Series *(2 ele. 1 salto)* Acro Direction *(fwd/swd & bwd)*
SB - Dance/Mixed & Acro	B + B + C *(DMT min. C)*		
Dance & Mixed	C + C *(Dance)* A + C *(Turns)* B + D *(Mixed)*	D + D	
Salto + 1 foot Scale (this order)	D + A		
Confidence 0.1 *Personal style* 0.1 *Rhythm & tempo in move. (no DV)* 0.1 *Ex. as a series of disconnected ele./movements* 0.1 *Insufficient Complexity or creativity of movements* 0.1 *Insufficient use of entire length of BB* 0.1 *Missing combination of move./ele. close to BB* 0.1 *Lack of side movements (no DV)* 0.1 *More than 1 ½ turn on 2 feet with straight legs* 0.1		*MT without DV* 0.1

CV	0,1	0,2	CR
Acro Indirect	B / C + D A + A + D	C + E D + D A + A + E	2 different Dance - 1 with 180° split / straddle Salto with LA turn (min. 360°) Salto with Double BA Salto bwd & fwd within same or different acro line
Acro Direct	A + D C + C	A + E C + D	
Mixed Turns	D *(salto)* + B *(dance)* E *(salto)* + A *(dance)* D + B B + B *(no step)*		
Lack of expressiveness 0.1 *Inappropriate gesture or facial expression (mimic)* 0.1 *Failure to engage the audience* 0.1 *Inability to play a role or a character throughout* 0.1 *Exercise as a series of disconnected ele./move* 0.1 *Incorrect selection of move. for music* 0.1 / 0.3 *Insufficient complexity or creativity of movements* 0.1			*Missing movement touching floor* 0.1 *No structure to the music* 0.1 *Lack of sync. during part of exercise* 0.3 *Lack of sync. at end of exercise* 0.1 *Background music* 0.5

						UB			DV		
						Acro	Dance	Total			
					.9 I				CR		
					.8 H						
					.7 G				CV		
					.6 F				D - Score		
					.5 E						
					.4 D				E - Score		
					.3 C						
EXE		ART			.2 B				FINAL		
					.1 A						

						UB			DV		
						Acro	Dance	Total			
					.9 I				CR		
					.8 H						
					.7 G				CV		
					.6 F				D - Score		
					.5 E						
					.4 D				E - Score		
					.3 C						
EXE		ART			.2 B				FINAL		
					.1 A						

						UB			DV		
						Acro	Dance	Total			
					.9 I				CR		
					.8 H						
					.7 G				CV		
					.6 F				D - Score		
					.5 E						
					.4 D				E - Score		
					.3 C						
EXE		ART			.2 B				FINAL		
					.1 A						

08.2021

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