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Gymnastics for All
**GYMSPORT
REGULATIONS**

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General Information

Technical Regulations Purpose

The FIG Code of Points and Technical Regulations, and the Gymnastics Australia Technical Regulations provide governance for Gymnastics for All (GfA). This handbook provides GfA in GQ with general and program information, technical regulations, event information and selection process, policies, and forms.

Abbreviations

GQ	Gymnastics Queensland
GA	Gymnastics Australia
GfA	Gymnastics for All
FIG	International Gymnastics Federation
WAG	Women's Artistic Gymnastics
MAG	Men's Artistic Gymnastics
RG	Rhythmic Gymnastics
TG	TeamGym
G4L	Gym for Life Challenge
COP	Code of Points
ALP	Australian Levels Program
SMT	Single Mini Tramp
TUM	Tumbling
WG	World Gymnaestrada
WG4L	World Gym for Life Challenge

Committees

The NA National Commission consists of the following positions: Technical Director

National Commission

GQ GfA Advisory Group

Participation Co-Ordinator GfA (GQ Representative)	Julie McNaught
Inclusions (Special Olympics and Gymability) Advocate	Hayley Ifield
Kindergym/BabyGym Advocate	Ashley Goldsworthy
MAG Masters/Adults Advocate	David Eggleton
WAG Masters/Adults Advocate	Maddison McWaters McClintock
FreeG - Youth & Teens Advocate	Maree Calder
Seniors over 50 – Fitter for Life Advocate	Melissa Arkell
Performance Gymnastics – TeamGym Advocate	Jennifer Rowland
General Members	Clayton Futrelle, Jarad Speight, Finn Lee

Key Focuses and Initiatives

The GfA Advisory Group, in conjunction with Gymnastics Queensland (GQ) is committed to:

- Enhance awareness of GfA within the community.
- Increase participation in GfA in QLD.
- Provide support for GfA clubs.
- Develop education in GfA for coaches and judges.

If you have any ideas for future projects, please get in touch and submit your idea to jmcnaught@gymqld.org.au



TeamGym is an exciting GfA program that can be used for displays at school fetes/club open days or as a competition event for teams of 6-12 gymnasts, aged 5 years and over.

TeamGym competitions exhibit gymnastic skills in three different disciplines: Floor, Tumbling and Single Mini Tramp. It is common for the performance to demonstrate effective teamwork, good technique in elements and spectacular acrobatic skills. Characteristics of a TeamGym competition include team spirit and a friendly atmosphere which captivates spectators, media, and sponsors.

Floor

This element is performed on a full floor area and to music. Its emphasis is based on good and smooth teamwork with expressive presentation. Floor is a unity that consists mainly of gymnastic elements. The choice of elements must suit the level and maturity of the team as well as the music.

A congruent and good technical performance, properly linked movements, certainty of execution and synchronization as well as expressive presentation is pursued.

Tumbling

Teams perform a tumbling series on a long tumbling lane with good "streaming" i.e. consecutively and close to each other. The Tumble routine is performed to music. Each team performs two different rounds. Each series must consist of at least two different acrobatic elements, without intermediate steps.

Single Mini Tramp

Teams perform skills on the Tramp with good streaming. The Tramp routine is performed to music. Each team performs four different passes – 2 single runs and 2 synchronised runs. Open and National divisions include a vaulting pass.

At a glance

A team consists of 6-12 members and can be mixed gender. All apparatus are accompanied with music with each section divided into five divisions based on difficulty;

- Novice
- Intermediate
- Advanced
- Open
- National

There are three apparatus at TeamGym events.

- Floor
- Tumbling
- Single Mini Tramp

TeamGym provides the opportunity for teams to travel interstate and internationally to participate in events. Competition dates can be found on the [GQ website calendar](#).

The TeamGym Manual can be found in your GOL account under the resource's portal

Specific Event Requirements

[Event Entry Fees](#)

Tariff/Routine Sheets

Coaches must download, complete, and submit apparatus tariff sheets during the coaches briefing at the event. These can be found in your Gymnastics Online Account under the resource's portal or contact jmcnaught@gymqld.org.au.

Judges Code of Ethics

In order to present a professional image and to judge objectively and accurately, all judges should,

In General:

- Understand and abide by the Judge's Oath
- Be fully conversant with the TeamGym Manual and Code of Points and/or any other published rules and regulations pertaining to the standard of gymnastics being judged
- Actively maintain technical knowledge through ongoing review of the Code of Points, technical publications, video tapes and gym floor participation
- attend all pre-competition judges' meetings.
- Must participate in the Judges' Briefing prior to competition.
- Be at competition site 1 hour prior to start of competition (or at the time advised)
- Dress in a tidy fashion benefiting the status and image of a judge.
- Be punctual for all official events.
- Avoid the use of derogatory language.
- Be prepared to counsel athletes and coaches regarding the athlete's performance after competitions
- All judges must possess a thorough knowledge of the applicable text

At competitions:

- Dress in the standard judge's uniform for competition
- Be prepared for the competition by having all personal judging equipment and accessories readily available and by being conversant with the apparatus and exercises
- Be co-operative with competition organisers, floor managers, announcers, and head judges
- Be quick and accurate in determining scores.
- Be co-operative in judges' conferences and assist the head judge to arrive at the final score.
- Be prepared to justify scores in a judge's conference.
- be consistent, objective, and courteous at all times.

Competition Divisions

- Novice – Entry foundation skills
- Intermediate – Entry extension skills level
- Advanced – Medium - High skill level. Introduction of team rounds
- Open
- National

Please refer to the National TeamGym Manual with division specifications and routine construction

Competition Rules & Format

Gymnasts must compete in the appropriate division depending on their ability level. Teams must compete in the same difficulty division for all three apparatus. Refer to the National TeamGym manual for further competitions rules.

Awards

Awards will be given on a score ranking of bronze, silver, or gold.

Overall scores will be awarded the appropriate colour medal falling within the score ranges below:

- Gold: 25.50 - 30.00
- Silver: 21.00 - 25.49
- Bronze: 0.00 - 20.99

The following apparatus specifications are to apply to all Gymnastics Queensland sanctioned events and are considered the minimum required for conducting a safe competition.

Apparatus Specifications

Apparatus	
Floor	14m x 14m Sprung or Non-Sprung Floor
Tumbling	<p>1. Sprung floor</p> <ul style="list-style-type: none">▪ Length 12 m, width 2m▪ Appropriate safety/overflow matting must be provided and placed by the event organiser. <p>OR</p> <p>2. Air track</p> <ul style="list-style-type: none">▪ Minimum length of 12 m x width 2 m x height 20 cm for Novice-Advanced▪ Approach run up (same height as tumbling track), max 16 m▪ Landing area min 3 x 2 m area, same height as tumbling track▪ Landing mat should be 20cm +10cm supplementary matting or 30cm crash mat. <p>OR</p> <p>3. Rod track</p> <ul style="list-style-type: none">▪ Minimum length of 12 m x width 2 m x height 30-35 cm for Novice-Advanced▪ Approach run up (same height as tumbling track), max 16 m▪ Landing area min 3 x 2 m area, same height as tumbling track▪ Landing mat should be 20cm +10cm supplementary matting or 30cm crash mat.
Single Mini Tramp	<p>The performance area must contain two Mini-Trampolines.</p> <ul style="list-style-type: none">▪ Landing area 3.6 x 2 m area, 30 cm high, overflow matting (underlying mat) covers up to 6 x 3 m of the landing area.▪ If more than 1 mat is used to make up the minimum landing area there must be no exposed joints.▪ There must be a clear approach to the single Mini-Trampolines of at least 12 metres.▪ Novice Division Only - Teams may use an air board / springboard or hard wedge to facilitate the step up onto the single Mini-Trampoline.

Athlete Attire

Refer to current [Gymnastics Australia Uniform Policy.](#)



FreeG (Freestyle Gymnastics)

First developed by British Gymnastics, Freestyle Gymnastics fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performances and stunt actors.

FreeG is designed to get hearts racing and develop a heightened sense of spatial awareness that can be put to good use in a variety of other sports (including boarding, biking, skiing, climbing, and surfing).

FreeG events are divided into two divisions:

- Speed Run
- Freestyle

The FreeG program is as an exciting new way to retain existing athletes as well as attract new members.

Specific Event Requirements

[Event Entry Fees](#)

Score Sheets

Competition Score sheets can be found in your Gymnastics Online Account under the resource's portal.

Judges Code of Ethics

In order to present a professional image and to judge objectively and accurately, all judges should,

In General:

- Be fully conversant with the FreeG Freestyle rules and regulations pertaining to the standard of gymnastics being judged.
- Actively maintain technical knowledge through ongoing review of the Code of Points, technical publications, videos, and gym floor participation
- attend any required pre-competition judges' meetings.
- Must participate in the Judges' Briefing prior to competition.
- Be at competition site 1 hour prior to start of competition (or at the time advised)
- Dress in a tidy fashion benefiting the status and image of a judge.
- Be punctual for all official events.
- Avoid the use of derogatory language.
- Be prepared to counsel athletes and coaches regarding the athlete's performance after competitions.

At competitions:

- Dress in appropriate uniform for competition
 - Neutral non club attire
- Be prepared for the competition by having all personal judging equipment and accessories readily available and by being conversant with the apparatus and exercises.
- Be co-operative with competition organisers, floor managers, announcers, and head judges.
- Be quick and accurate in determining scores.
- Be co-operative in judges' conferences and assist the head judge to arrive at the final score.
- Be prepared to justify scores in a judge's conference.
- be consistent, objective, and courteous always.

Competition Divisions

Age Divisions

Depending on the size of the event, athletes may compete in age-based divisions. For example, a Junior division (up to 13 years) and an Open division (over 13 years).

Difficulty Divisions

Event organisers must ensure that athletes compete skills within their ability, and within the supervisory capacity of their coaches.

Competition Rules & Format

- **Speed Run.** The event is a timed sprint through a designated series of obstacles, with the fastest athlete being named the winner.
- **Freestyle.** In the **Freestyle** event, athletes are allowed 1 minute to use any apparatus or skill (within a defined area) to impress the judging panel. Athletes will be judged on technique, execution, fluidity, creativity, and style.

Awards - Category 1 events

- **Speed Run.** Medals will be awarded for 1st, 2nd, and 3rd fastest times in each division, on completing the set course. A participation certificate will be awarded to all participants.
- **Freestyle.** Medals will be awarded for 1st, 2nd, and 3rd in each division. A participation certificate will be awarded to all participants.

Course Design

The event organisers are responsible for the construction of a course which contains a variety of equipment and elements including boxes, bars/rails, floor zones, rings/ropes, and beams. If clubs choose to include innovative equipment such as a warped wall, the host is responsible for ensuring the equipment is secure and safe, and providing a safety briefing to coaches and participants as part of the warm-up.

The course will not be advertised or available prior to the event.

Apparatus recommendations (minimum)/not compulsory

Apparatus	
Floor	14 x 14metres floor. May be sprung
Rings	Stable, level landing surface is required (min 3m x 1.8m) Minimum matting height - 300mm Crash mat should be available if required
Vault	Minimum safety distance from board - 5 metres Min. landing mat requirements - 5m x 2m x 300mm
Horizontal /Uneven Bar	Variable heights Landing matting specifications - 7.2m x 1.8m x 300mm Extra crash mat to be available for landings
Mini Tramps	Springs to be covered by appropriate matting
Other FreeG Equipment	Varied box sizes Springboard(s) Other examples (jumping castles, tunnels, swinging rings, ropes, slacklines, spider-webs) Innovative equipment (warped wall etc)

Speed Run Age Divisions: these are at the discretion of the host club and will be determined by athlete registration.

Division 1	Division 2	Division 3	Division 4	Division 5	Division 6
5-8yrs	9-12yrs	13-15yrs	16- 29yrs	30 - 49yrs	50yrs+

Freestyle Divisions & Age Groups: This table is a guide and can be utilised at the discretion of the organizing host club or organization.

Beginner/Intermediate No unsupported inversion or Salto's (Yellow, Blue & Green banded skills)	Advanced Inverted skills allowed (Black & Red banded skills)	Elite Twisting skills	Open
Jnr Division Age 5-12 years	Jnr Division Age 5-12 years	Jnr Division Age 5-12 years	26yrs+ Any skillability
Snr Division Age 13 - 25years	Snr Division Age 13 - 25years	Snr Division Age 13 - 25year	

Scoring

Points will be awarded in the areas of:

- Technique
- Executions
- Fluidity
- Creativity
- Style

Points will be deducted for:

- Non-performance of required skills.
- Time penalties i.e., over time
- Unsafe skill
- Incomplete skill
- Repetition of the same skills
- No creativity
- Falls
- Stopping the fluency of a run

Speed Run Course (Time Trial)

- Will comprise of an assortment of FreeG and Gymnastic equipment.
- Open to all FreeG athletes.
- The course will comprise of components demonstrating speed.
- Athletes will have to touch all checkpoints within the course.
- Athletes may receive time penalties for entering out of bounds areas or not touching checkpoints.
- Athletes will not be given the course plan until the day of the event.
- Athletes will be timed

Freestyle Course (Skill & Style)

- Will comprise of an assortment of FreeG and Gymnastic equipment.
- Open to Beginner/Intermediate to Elite FreeG athletes.
- The course will comprise of components demonstrating precision, swing, vaulting, wall and floor skills.
- Athletes choose which skills to perform on each apparatus.
- Athletes will have 60 seconds to complete the course.
- Athletes will be judged on Fluency, Technique, Execution, Creativity and Style.
- The Intermediate Category **Must** demonstrate skills *included but not limited to* the Intermediate list included in this document. No Salto skills to be performed in the intermediate Category.
- The Advanced Category - **Must** demonstrate skills *included but not limited to* the Advanced list included in this document.
- The Elite and Open Category **Must** demonstrate skills a variety of skills.

Beginner/Intermediate Freestyle Skills

Athletes to choose skills which can be performed in any order during the run.

Intermediate athletes **CAN NOT** perform salto elements.

Athletes must show a minimum of the following throughout the routine to secure maximum points:

- ✓ 1 x Roll
- ✓ 2 x Vaulting Skills
- ✓ 1 x Floor Skill
- ✓ 1 x Wall Skill
- ✓ 1 x Bar Skill

Example of Skills included but not limited to:

Vaults	Floor	Wall	Bars
Kong Vault Demi Tour Reverse Vault Dash Vault Kash Vault	L Kick / Au Baitdo K Stall Kip Up Butterfly Kick	Cat Variations Wall Pass Kick up	Flag Swing Element

Advanced Freestyle Required Skills

Athletes to skills which can be performed in any order during the run.

Athletes must show a minimum of the following throughout the routine to secure maximum points:

- ✓ 3 x Vaulting Skills
- ✓ 1 x Floor Skill
- ✓ 1 x Wall Skill
- ✓ 1 x Bar Skill

Example of Skills included but not limited to:

Vaults	Floor	Wall	Bars
Kong Vault Demi Tour Reverse Vault Dash Vault Kash Vault Gate Vault	L Kick / Au Baitdo K Stall Kip Up Butterfly Kick Free Cartwheel Static Gainer Dynamic Gainer Kick the Moon Corkscrew	Cat Variations Wall Pass Kick up Wall Flip (Tuck) Wall Spin	Flag Swing Element Vault Over Flyaway

Elite Freestyle Required Skills

Athletes to skills which can be performed in any order during the run.

Athletes must show a minimum of the following throughout the routine to secure maximum points:

- ✓ 3 x Vaulting Skills
- ✓ 3 x Floor Skill
- ✓ 1 x Wall Skill
- ✓ 1 x Bar Skill

Open Freestyle Required Skills

Athletes to skills which can be performed in any order during the run.

Athletes must show a minimum of the following throughout the routine to secure maximum points:

- ✓ 1 x Roll
- ✓ 1 x Vaulting Skill
- ✓ 1 x Floor Skill
- ✓ 1 x Wall Skill
- ✓ 1 x Bar Skill

Recommended apparatus warm up times:

- **Speed Run:** Athletes will have one 15-minute warm-up period on the course prior to the start of competition.
- **Freestyle:** Conduct a walk-through of the course with each group of athletes, explaining the required elements (I.e. Checkpoints), noting any specific advice (e.g., out of bounds limits) and highlighting any innovative equipment or areas of known risk.

Athlete Attire

Refer to current [Gymnastics Australia Uniform Policy](#).



Performance and Display Gymnastics

Is a dynamic part of Gymnastics for All with opportunities for gymnasts to show off their skills in group performances from local to international level. Gymnasts of all levels and abilities can perform in display events.

Performance Gymnastics is part of Gymnastics for All and provides clubs and athletes the opportunity to showcase their gymnastics skills using any style and combination of gymnastics and dance. Skills are artfully arranged with or without music and using any large or handheld apparatus or no equipment at all.

Performance Gymnastics develops leadership and teamwork skills to benefit the individual's health and a potential in life and is a way of engaging young men and women to continue with their sport at any age.

Performance Requirements

Team Composition: Discretionary (any age, gender, or ability)

Specific Event Requirements

[Event Entry Fees](#)

Music, Dress & Content:

- Discretionary (harmonious and safe).
- Music, dress and content of each display are totally at the discretion of each display team however, all should be harmonious and form a coherent entity. Refer to current [Gymnastics Australia Uniform Policy](#).
- Safety is a major concern and all members within a team must only perform to their ability level. Skills are to be performed safely and technically correct and within the Coaches competency.
- Music containing explicit or inappropriate language will be stopped.
- Performances are to be spectator friendly and must not contain explicit or inappropriate themes, content or dress.

Equipment and Props

- If props are needed during warm up, they must be taken into the warmup area.
- All equipment and props are the responsibility of the individual club. It is suggested that clubs label their equipment.
- GQ and the organising committee will take all possible measures to ensure the safety of these items, but the ultimate responsibility rests with the club.
- It is the Club/ Team's responsibility to ensure the fast and safe set up and removal of all props for their gymnast's display.
- Clubs need to ensure that at the conclusion of their performance, all equipment whole or part is removed from the floor area. This includes streamers and pieces of streamers etc. This is for the safety of the team who is performing next.
- All props must be safe and tasteful to the performers and audience. The organising committee reserves the right to withhold, or not allow equipment, props and activities deemed unsafe or inappropriate at the event.
- To assist with the festival organisation, clubs should detail what equipment they will be bringing with them for use at the time of entering the team and what equipment they require from GQ if available.
- Clubs will need to supply their own equipment handlers.

Recognition:

- Performance events may either be competitive or non-competitive and designed for participation and enjoyment for all.

FIG Performance Opportunities

World Gymnaestrada

World Gymnaestrada is an incredible and unique international event for Gymnastics for All teams from around the world. Organised under the auspices of the International Gymnastics Federation (FIG), the World Gymnaestrada is held every 4 years and attracts around 20,000 participants of all ages and abilities from over 50 countries.

The World Gymnaestrada is a non-competitive display event for teams of 10 or more participants. A range of performance opportunities is provided to teams as well as the chance to mix with gymnastic enthusiasts from around the world. To find out more information, click [here](#).

Selection Process for Gymnaestrada

Selection Committee

The selection committee consists of the GA GFA Gymsport Committee Technical Director, GQ GFA Advisory Group Performance Advocate and GQ representative.

Official Selection Criteria and Process

Please refer to the [GA Selection Policy](#) for information.

World Gym for Life Challenge

To be eligible to be selected to represent Australia at the World Gym for Life Challenge teams must enter the Australian Gym for Life Challenge - especially for display groups.

All performances are evaluated as teams vie to be named the Australian Gym 4 Life Champion Team.

The event program includes a contest for display groups of all ages and Gymsports plus a gala evening, social function, and workshops. The Australian Gym for Life contest encourages groups to create displays which show their gymnastic skills in entertaining and innovative ways. To find out more information, click [here](#).

The Champion team will be given the opportunity to represent Australia in the world Gym for Life Challenge. This

event is coordinated by Gymnastics Australia and requires teams to be sanctioned at a State or National Performance event.

MASTERS GYMNASTICS

Masters Specific Event Requirements

[Event Entry Fees](#)

Special Awards (Sponsored) Category 2 and 3 and 4 events only at the discretion of the club.

Athlete Eligibility

- Participants in the Masters competition must not have competed in National or State-recognised WAG/MAG competitions or non GfA events (other than Masters) in the past 24 months. This includes ALL Individual or Team Competitions! (Junior/Senior Regionals/States, QLD State Club Championships and National Clubs.
- All athletes of all genders aged 17 + may participate.
- Age is calculated at time of competition.
- Athletes must be currently registered with an affiliated Gymnastics Australia club.
- Master Competitors are encouraged to place themselves in the highest Division for which they can meet the requirements in all apparatus. Gymnasts must compete at the same Division on all Apparatus.
- Rationale: It is important to observe the rules and regulations for each Division in order to alleviate a problem with gymnasts being in the “wrong” Category / Division.

Queensland Age Groups

MAG	17-29, 30-39, 40-49, 50-59, 60-64, 65+ (Subject to number of entrants)
WAG	17-29, 30-39, 40-49, 50-59, 60-64, 65+ (Subject to number of entrants)
RG	17-29, 30-39, 40-49, 50-59, 60-64, 65+ (Subject to number of entrants)
TEAM GYM	17 and over
G4L	17-49, 50+, OPEN (Mixed age allowed)

For Gymnastics Queensland run events:

Minimum number of participants in age groups/divisions: 3 participants

Any age group/division that does not have a minimum of 3 participants may be combined with another age group (at the organisers discretion).

Divisions

WAG

Novice	ALP Level 1-4 / None to limited gymnastics experience
Advanced	ALP Level 5 and above

MAG

Novice	ALP Level 1-6 / None to limited gymnastics experience
Advanced	ALP Level 7 and above

Groups

TEAM GYM
NOVICE
INTERMEDIATE
ADVANCED

Qld: Recommended Warm up time for Individual Routines, MAG/WAG

- General Warm up –20 minutes
- Apparatus (other than floor) warm up – 90 seconds / gymnast (includes apparatus adjustments)
- Beam/Bar – American Warm up: first 3 warm up
- Floor Warm up –4 minutes / group

Equipment

Details indicated prior to each competition.

Coaching Requirements

All athletes require a coach at competitions with the following accreditations.

WAG/MAG	Novice – Minimum Intermediate Coach Qualification, plus Module 1 required in relevant GymSport
	Advanced - Advanced Coach Qualification required in relevant GymSport

Compositional Routines Requirements & Apparatus Specifications

The emphasis should be on safety, neatness, and Fun.

WAG Requirements

WAG FIG [Code of Points](#) WAG ALP manual and additional skills and movements as per the [Masters skills list](#).

WAG ALP can be found in one of the following:

- Your club
- A technical members GOL under the benefits tab
- Download from the GA WAG App

Vault

Value	Novice	Advanced
10.50	Straight body jump from board to 30cm mat (entry optional)	
11.30	Dive roll to finish in stand position to 30cm mat	
11.50	Handstand flat-back on 30 cm mat	Handspring flat-back on Vault table to flat back landing, mats to vault height
11.70	Dive roll to finish in stand position to 60cm mats	Run – Tuck front salto from board to feet (60cm height)
11.90	Handspring to flat back on 60cm or 90cm mats	Run – Pike front salto from board to feet (60 or 90cm height)
12.10	Run – Tuck front salto to feet (30cm height)	Run – Front Layout from board to feet (60cm height)
12.10		Roundoff over table
12.30	Run – Tuck front salto to feet (60cm height) Handspring ½ twist to stomach 60 or 90cm mats	Run – Front Layout from board to feet (90cm height)
12.50	Handspring on Vaulting table flat-back landing on 90-120cm mats	Handspring to feet (Table at any height)
12.90	Handspring to feet (Table at any height) Handspring 1/1 twist to back 60 or 90cm mats	Handspring ½ twist (Table at any height)
13.50		Handspring full twist (Table at any height)
		For any other CoP vault, will have the ALP DV

- 2 Vaults. Best score to count.
- May perform 2 different vaults.
- Any ages in novice and athletes over 60 in advanced can use a mini tramp with no deduction.
- A springboard is permitted in front of the mini tramp in novice only with no deduction.
- Repeating an invalid vault is allowed without *any* technical penalty (0.00).
- Maximum 3 attempts.
- A valid vault will be recognised when it is attempted and completed (landing feet first) where applicable.

Uneven Bars

SV		Novice	Advanced
CR 1	5 Skills	5 x Skills listed on the Masters skill list	5 'A' or higher skills
CR 2	Mount	Any mount	'A' Mount
CR 3	Cast	Any height (hips off bar)	Cast to horizontal
CR 4	Bar change	X	Any – Jump from LB to HB OK
CR 5	Dismount	Any dismount	Min. 'A' Dismount
	Apparatus BONUS: 0.2 for each skill Max 0.4 bonus	Cast - toes above bar 'A' dismount	Cast to above horizontal Salto dismount

- Up to 7 skills + Dismount will be counted for value.
- Skill and Movement difficulty values will be awarded as per the Masters skill list.
- BARS Settings: Any Bars setting is allowed. If an athlete requires the bars to be raised, this must be submitted to event organisers prior to the competition.
- Crash mat for dismount or under the Bar is allowed in any Division.
- A brush on additional matting that does not disrupt movement, does not incur a deduction.
- Coaches must be spotting low bar to high bar transitions and high bar skills.
- Coaches are permitted on the podium during the routine.

Balance Beam

SV		Novice	Advanced
	Special requirements 0.5 ea.	Min 5 skills from the Masters skill list	Min 6 skills from the Masters skill list
CR 1	Dance series	Any dance skill from ALP or CoP	Dance series min 2x different 'A'
CR 2	Turn	Min ½ turn on 1 leg	2 x passe ½ turns on the same foot or Passe ½ turn on one foot to ½ turn on 2 feet OR full turn or more
CR 3	ACRO	ACRO – NOT required	Any Acro inc static from the Masters skill list
CR 4	Close to beam	Close to Beam	Close to Beam
CR 5	Dismount	Any ALP or CoP dismount listed on the Masters skill list	Any inverted skill
	Apparatus BONUS: 0.2 for each skill Max 0.4 bonus	Full turn on 1 foot	'A' or higher turn on 1 foot
		Any dismount through inverted position 60+ only bonus. Fwd or Bwd rolls	'A' or above, value dismount Side Aerial 'B' or higher mount

Beam Height

- Up to 7 skills + Dismount will be counted for value
- Skill and Movement difficulty values will be awarded as per the Masters skill list
- 115cm **or** 125cm beam height (30cm crash mat allowed under the beam and/or dismount)
- For invitationals only, the beam height is set by the competition organizer.
- Floor Beam with 5cm matting (if available at event) around the entire Beam – deduction 2.00. (NOT to be used by any Advanced Division).
- Spotting mat is permitted over beam without deduction.

Floor

SV		Novice	Advanced
	Special requirements 0.5 ea.	Min 6 skills from the Masters skill list	Min 6 skills from the Masters skill list
CR 1	Dance passage	Dance passage with any 2 different Dance skills	Dance passage (min 2x different 'A' or higher dance skills)
CR 2	Pivot	Full turn on 1 foot	Min. full turn
CR 3	1st ACRO series	1st ACRO series – any 2 ACRO (including rolls!). Skill may be repeated	ACRO series – (min 2 different 'A' or higher)
CR 4	Additional ACRO requirement	1 ACRO Skill, Handstand or Rolls OK Different to CR 3	ACRO series – min. 2 'A' Or 1 ACRO skill if Salto Different to CR 3
CR 5	Jump	JUMP – min. 'A' jump	JUMP – min. 'A' jump
	Apparatus BONUS: 0.2 for each skill Max 0.4 bonus	'A' or higher dance element Acro flight element	'B' or higher dance element Layout salto Salto with min 180 deg twist Salto connected to acro skill with flight

- Up to 7 skills + Dismount will be counted for value.
- Skill and Movement difficulty values will be awarded as per the Masters skill list.
- Novice-This routine may be performed on one floor strip or on the diagonal.
- Novice-This routine may be performed with or without music.
- Coach on podium 0.5 neutral deduction.

Judging WAG Masters Routines

D score (Content)	DV (Difficulty Values as per the Masters skills list) + 5 CR - 0.5 each (Compositional Requirement - listed by each Apparatus) + Apparatus Bonus – 0.2 each – Maximum 0.4 (As listed by each Apparatus) + Age Bonus (Where applicable) = D SCORE
+ E score (Execution)	Judged out of 10 (As per ALP General)
= FINAL SCORE	NOTE: Only the following neutral deductions are applied in Masters routines 0.5 Spotting deduction 0.5 Coach on podium (Floor)

D Score:

- If skill is attempted and recognised it will receive the value (must land feet first if applicable)
- A max 8 skills (7 highest value skills plus the dismount) are counted toward the DV
- Apparatus Bonus is listed below each Apparatus CR – A maximum two (2) bonuses can be awarded per apparatus.
- Age Bonus starts from the Age of 50:
 - 50-59 years – 0.1
 - 60-64 years – 0.2
 - 65-69 years – 0.3
 - 70 and over – 0.4

E Score:

- All execution deductions will be applied as per the National Levels Rules Table of General Faults & Specific Deductions
- Judges do not halve their deductions.
- The judges will judge the routine and determine the deductions independently and submit this as the E (Executorial) deductions.
- E deduction will be subtracted from 10

SKILL Values:

- Skills and movements listed on the Masters skill list will be awarded their listed difficulty value.
- Any skill from the ALP Table of Elements/CoP is awarded its difficulty value. ie. A = 0.1, B = 0.2, C = 0.3 etc.
- A repeated skill may fulfil a CR where permitted.
- A repeated skill does not have a value.
- A repeated skill on bars that has a different entry or exit will be considered a different skill in novice, eg. Jump long swing and long swing release to land on floor, will each be given 0.1, contributing to the D score.

EXAMPLE: WAG BEAM Routine – 62 years old Gymnast: Novice Division

Routine/skills	Composition Requirements		Difficulty Value		App bonus	Age Bonus	D Score
L2 mount- straddle sit	CR4 close to beam	0.5	ALP	0.1			
Split jump, straight jump	CR1 Dance series	0.5	B +ALP	0.2 0.1			
Cat leap			A	0.1			
L-Handstand	CR3 Acro not required	0.5	ALP	0.1			
½ turn 2 feet			ALP	0.1			
Sissone			A	<u>0.1</u>			
Handspring dismount	CR5 Dismount	0.5	Additional skill	<u>0.1</u>	0.2		
		<u>2.0</u>		<u>0.9</u>	<u>0.2</u>	<u>0.2</u>	<u>3.3</u>

MAG Requirements

Click [here](#) for the MAG CoP (FIG)

A spotter is required to be present at Rings, Vault, Parallel Bars, and Horizontal Bar.

Level	Novice	Advanced
Element Groups (EG)	No requirement to include a skill from each Element Group	Gymnasts must include at least one element from each of the Element Groups. Each Element Group fulfilled is awarded with 0.5 points from the D Jury.
Elements	Compositional Recommendations (listed in this document) or ALP (Difficulty Value will be awarded 'A') or FIG CoP (Difficulty Value as per FIG) - limit of 'B' value.	Additional Elements for Compositional Requirements (listed in this document), or FIG CoP (Difficulty Value as per FIG)
	Gymnasts are NOT permitted to compete prohibited elements identified in the FIG CoP	
Additional listed elements in document	Difficulty value for all skills in the Additional Skill list 'A' value (0.1) Vault: value listed in Additional Skill list <i>Elements listed in the FIG CoP have a difficulty value as per FIG.</i>	
Bonus	0.1 for stuck dismount (including VT, excluding PH)	0.1 for stuck dismount (including VT, excluding PH) Connection bonus as per FIG CoP <ul style="list-style-type: none"> • 0.3 bonus for each 'B' value element or higher <ul style="list-style-type: none"> ○ 3 to count for a maximum bonus of 0.9 ○ Not including the dismount ○ Awarded if performed without a fall or large error.
Dismount	No requirement for salto (excl. VT)	Dismount (excl. VT) must be from either: <ul style="list-style-type: none"> • "Additional Elements" list: 'A' value (0.1) • FIG CoP: Difficulty Value as per FIG CoP
	Vault must be either from the "Additional Elements" list or the ALP up to Level 5	Vault must be either from the "Additional Elements" list or the FIG CoP
Deductions	FIG CoP deductions	

Level	Novice	Advanced
<i>Apparatus specific: Floor (FX), Pommel Horse (PH), Rings (SR), Parallel Bars (PB), Horizontal Bar (HB)</i>		
Number of elements	Minimum: 5 (4 + dismount) Maximum: 8 (7 + dismount)	
Short exercise deduction	5 or more elements: -0.0 4 elements: -1.5 3 elements: -2.0 2 elements: -2.5 1 element: -3.0 0 elements: -10.0	
Repeating elements	Each element in a routine may be repeated, to each count a maximum of twice towards 'D' score. Exception for SR, PB, HB: <ul style="list-style-type: none"> • Additional swings (half intermediate swings) of no value are only deducted for execution errors 	Each element in a routine will only be recognised once , regardless of whether from "Additional Elements for Compositional Requirements" (this document) or FIG CoP
<i>Apparatus specific: Vault (VT)</i>		
All vaults	All vaults (excluding "stretched jump, dive rolls and saltos") must be performed with repulsion from two hands	
Attempts and scoring	Three run attempts to perform a maximum of two vaults. The higher score will count	
Mini-trampoline (if available)	Can be used with no deduction	Can be used with 0.50 neutral deduction
Landing on crash mat into pit	Where applicable, allowed, with a 0.50 neutral deduction	Not allowed
Invalid vaults and errors	Treatment of invalid vaults – under the following conditions: <ul style="list-style-type: none"> • When the vault was so poorly executed it cannot be recognised • Pushing off with feet from the table • If on landing, the feet do not hit first before any other body part. • When the vault was executed without the hands touching the table • Intentional sideways landing ... the gymnast will be allowed to repeat the invalid vault. The 'D' jury will apply a 2.0 points technical penalty to the 2 nd attempt, and execution deductions will be based only on the 2 nd vault performed. Running related errors: as per the FIG CoP – one additional run approach will be permitted with 1.0 points deduction from the 'D' score.	

Masters Novice division

Floor

- There is no requirement to perform a salto element on Floor.
- There is no requirement to use all 4 corners of the Floor.
- “Out of Floor Area” deductions for routines do not apply (no penalty).
- A forward roll executed directly after landing a salto element will be treated as part of no value (0.3 points deduction).

Compositional recommendations ('A' value)		
EG: Non-acrobatic and holds	EG: Acrobatic forward	EG: Acrobatic backward
Shoulder stand	Forward roll	Backward roll
Tucked handstand (momentary)	Dive roll	Backward roll to front support
Cartwheel	Handspring	Back handspring
Round-off		
Handstand hold (tucked)		
Handstand hold (momentary)		
Bridge (hold)		
Scale (hold)		
V-sit		
Splits (hold)		
½ circle		
Straight / ½ / full turn		
Tuck / straddle / pike jump		
Press to straddle stand		

Pommel Horse

- There is no requirement to touch all parts of the pommel horse (leather/handle/middle).
- Double Leg Circles on the handles and Cross Support Circles (loops) on outer zone will be recognised as two separate elements.
- All variations of Double Leg Circles in side support on either outer zone will be treated as different elements, for instance: whether on leather and handle, or on one handle and leather.

Compositional recommendations ('A' value)		
EG: Swing and strength	EG: Circle	EG: Dismount
Jump to support / front support	Pick-up to ½ circle	Leg swing in, 90° counterturn dismount
Rear support	Double leg circle (handles)	Pick-up to min. ½ circle dismount
Pull through from support to support (front to rear, or rear to front)	Double leg circle (handle and leather)	
Pendulum swings (in front or rear support)	Cross support circle (loop)	
Stride swing		
False scissor		
Scissor		

Rings

- Additional swings (including half intermediate swings) of no value are only deducted for execution errors.
- There is no requirement to perform a swing to handstand on Rings.
- There is no requirement to break a sequence of three “strength and hold” elements with a “swing” element (no requirement to break a sequence of three elements from EG II and EG III with an EG I element).

Compositional recommendations ('A' value)		
EG: Swing	EG: Strength and hold	EG: Dismount
Swing fwd and bwd (or bwd and fwd)	Tuck sit in hang (hold)	Swing dismount (rear) to stand
From support, roll fwd or bwd to inverted hang	L-sit in hang (hold)	Back salto dismount tucked
Inlocate	Chin-up (hold)	Back salto dismount stretched
Beat dislocate (from basket/piked hang)	Inverted hang (hold)	
	Dorsal hang (hold)	
	Muscle-up (assisted)	
	Tuck sit in support (hold)	
	L-sit in support (hold)	
	Press to bent-arm handstand/shoulder stand (hold)	
	Basket (inverted pike in hang, hold)	

Vault

- Athletes may perform one or two vaults either from the table listed below, or from the ALP up to Level 5. The higher score will count.
- Vaults (and heights) wishing to be attempted should be submitted prior to the event to the Event Coordinator/Host Club to confirm available equipment for each vault.

Vault	Start Value
Handstand flat-back (Level 2 ALP)	10.00
Stretched jump (Level 2 ALP)	10.00
Handstand pop flat-back to 30cm (Level 3 ALP)	10.50
Dive roll to 30cm	10.50
Dive roll to 60cm (Level 3 ALP)	11.00
Salto forwards tucked to 30cm	11.50
Handspring to 30cm (Level 4 ALP)	12.00
Handspring to 60cm (Level 5 ALP)	12.20

Parallel Bars

- Additional swings (including half intermediate swings) of no value are only deducted for execution errors.
- Parallel Bars may be set at any height up to a maximum of 180cm from competition matting.

Compositional recommendations ('A' value)		
EG: Swing	EG: Strength or hold (2 secs)	EG: Dismount
Support swing fwd and bwd	Support (hold)	Swing dismount (rear/between bars) to stand
In upper arm, swing fwd and bwd (or bwd and fwd)	Tuck sit in support (hold)	Side dismount (swing bwd) over bar to stand
Back uprise to upper arm from long hang	Straddle support (hold)	Side dismount (swing fwd) with 180° turn (flank dismount) to stand
From support, layaway to long hang swing	Straddled L-sit in stalder (hold)	Swing, bail to long swing forwards, dismount
Long hang swing fwd and bwd	L-sit in support (hold)	
Basket kip (assisted or unassisted)		
Glide kip to straddle sit/straddle support (hold)		

Horizontal Bar

- Additional swings (including half intermediate swings) of no value are only deducted for execution errors.
- One additional half intermediate swing for the mount is acceptable.
- Casts have no amplitude requirement. Normal presentation errors still apply.

Compositional recommendations ('A' value)		
EG: Swing	EG: In bar	EG: Dismount
Tension swings	L-sit in hang (hold)	Swing dismount (rear) to stand
Long swing fwd and bwd	Chin-up pull over to support	Underswing to dismount
Swing forwards ½ turn	Back uprise to support	Swing ½ dismount (forward) to stand
	Glide swing fwd, kip to support	Back salto dismount tucked
	Cast (any height)	Back salto dismount stretched
	Back hip circle	
	From support, underswing fwd to long hang swing bwd	
	Cast to straddle (feet on bar), underswing fwd to long hang swing bwd	

Masters Advanced division

Floor

- There is no requirement to perform a double salto element on Floor.
- The gymnast must utilise each corner of the floor as per FIG CoP. Failure to do so results in a neutral deduction (0.3 neutral deduction).
- “Out of Floor Area” deductions for routines do not apply (no penalty).
- A forward roll executed directly after landing a salto element will be treated as part of no value (0.3 points deduction).
- Strength press to handstand must show a definite stop (before any hand movement) in order to be recognized for difficulty. It must be held for 2 seconds for no presentation deduction.
- Simple steps or transitions to the corner will incur a 0.1 deduction each time. A transition to the corner must be of an artistic nature and must include a minimum 180° turn for no deduction to be taken.

Additional elements for compositional requirements ('A' value)		
EG I: Non-acrobatic and holds	EG II: Acrobatic forward	EG III: Acrobatic backward
Handstand hold (momentary, optional entry and exit)	Handspring	Backward roll to front support
Jump 1/1 (full turn)	Forward roll to immediate tuck/straddle/pike handstand hold (momentary)	Backward roll to handstand (momentary)
Cartwheel	Dive roll	Round-off straight jump
Press to straddle stand		
Jump from straddle stand to handstand		

Pommel Horse

- At least two parts of the pommel horse must be utilised (leather/handle/middle).
- Double Leg Circles on the handles and Cross Support Circles on the outer zone will be recognised as two separate elements in Element Group II.
- All variations of Double Leg Circles in side support on either outer zone will be treated as the same element, for instance: whether on leather and handle, or on one handle and leather.

Additional elements for compositional requirements ('A' value)			
EG I: Single leg swings and scissors	EG II: Circles and flairs	EG III: Travel type elements	EG IV: Dismount
Stride swing	Pick-up to ½ circle	1/3 travel	Leg swing in, 90° counterturn dismount
False scissor	Any flair in side support (separate to DLC)		Pick-up to min. ½ circle dismount
	DLC in side support on outer zone		Flank dismount
	CSC (loop) ¼ turn mount onto pommels		¼ turn backwards to side dismount

Rings

- One half intermediate swing is permitted, and only deducted for execution errors.
- There is no requirement to perform a swing to handstand on Rings.
- A “beat dislocate (from basket/piked hang)” from the below list, and EG I.25 “Dislocate bwd. Piked or stretched” from the FIG CoP, are recognised as two separate elements.
- There is no requirement to break a sequence of three elements from EG II and EG III with an EG I element.

Additional elements for compositional requirements ('A' value)			
EG I: Kip and swing elements & through/to handstand	EG: Strength and hold elements (2 secs)	EG III: Swing to Strength hold (2 secs)	EG IV: Dismount
Swing fwd and bwd	Chin-up to inverted hang (hold)	From basket, chin-up swing	Back salto dismount tucked
From support, roll fwd or bwd to inverted hang	Muscle-up		Front salto dismount tucked
Beat dislocate (from basket/piked hang)	Press to bent-arm handstand/shoulder stand (hold)		
	Lower from bent-arm handstand/shoulder stand to inverted hang (hold)		
	Lower from inverted hang through back lever to dorsal hang		
	Dorsal hang (hold)		
	Back lever straddled (hold)		

Vault

- Athletes may perform one or two vaults either from the table listed below, or any vault from the FIG CoP. The higher score will count.
- Vaults (and heights) wishing to be attempted should be submitted prior to the event to the Event Coordinator/Host Club to confirm available equipment for each vault.

Vault	Start Value
Dive roll to 60cm (Level 3 ALP)	11.00
Salto forwards tucked to 30cm	11.50
Salto forwards stretched to 30cm (Level 4 ALP)	11.70
Handspring to 30cm (Level 4 ALP)	12.00
Handspring to 60cm (Level 5 ALP)	12.20
Salto forwards stretched to 60cm (Level 5 ALP)	12.30
Handspring with vault table (105cm-135cm)	12.50
Any vault from FIG CoP	As per CoP

Parallel Bars

- One half intermediate swing is permitted, and only deducted for execution errors. A layaway may be recognised as the allowable half intermediate swing.
- Moy elements that do not come from a handstand will not incur layaway deduction.
- Parallel Bars should be at normal competition height: 180cm from competition matting.

Additional elements for compositional requirements ('A' value)			
EG I: Elements in support or through support	EG II: Elements starting in upper arm position	EG III: Long swings in hang and underswings	EG IV: Dismount
Straddle sit (legs on the bar)	Back uprise to horizontal support	Long swing fwd and bwd bar height	Handstand (hold) dismount (side) to stand
Straddle support (stalder)	Upper arm cast to straddle support	Bail from horizontal to long swing	Salto dismount forward tucked (side)
L-sit	Upper arm hang swing fwd and bwd (or bwd and fwd)	Drop kip, or drop kip to straddle sit	Salto dismount backward tucked (side)
Press to bent-arm handstand (2 sec)	Back uprise to upper arm from long hang	Basket kip from mount to straddle sit	Long swing underneath the bar to tucked dismount (end of bars)
Swing fwd, then bwd to 45° above the bar		Moy to upper arm	Swing, bail to long swing to tucked dismount (between/end of bars)
Basket kip (unassisted) to straddle sit (2 sec)			
Glide kip to straddle support			

Horizontal Bar

- One half intermediate swing is permitted, and only deducted for execution errors.
- One additional half intermediate swing for the mount is permitted.
- Layaways will be recognised as the allowable half intermediate swing.
- Cast has no amplitude requirement. Normal presentation errors still apply.

Additional elements for compositional requirements ('A' value)			
EG I: Long hang swings and turns	EG II: Flight	EG III: In bar and adler	EG IV: Dismount
Back uprise to horizontal		Kip to support	Underswing to dismount
Double handed hop to top grip (at or above 45°)		Cast to horizontal	Front salto dismount tucked or piked
Swing forwards ½ turn (at or above horizontal)		Back hip circle	Back salto dismount tucked or piked
		Top grip endo entry to horizontal	
		Back clear hip circle to horizontal	
		Stalder undershoot, swing bwd	