

# GQ Masters – athlete session 6/5/24

## Where to find the skill values

- Any skill from the Australian Levels Program (ALP) has a 0.1 skill value.
  - You have to be a technical member of Gymnastics Australia to access this manual, any WAG coach or judge can access this from the GA website.
- If the skill is in the [FIG Code of Points \(CoP\)](#) then it has the CoP value. A=0.1, B=0.2, C=0.3 etc
- Some additional skills have been given a value of 0.1 and these are found on the [2024 WAG Masters Skill List](#)

## How to calculate my start value

Head to page 16 of the [GQ 2024 GfA Gymsport Regulations](#)

## Can I have someone check my start value?

Yes, at this time we are happy to review a start score for you where possible (video or hand written routine). Please understand that this is a volunteer service and a response may take several days. If a large number of requests are received the offer for this service may be limited or ceased.

Please contact Julie [jmcnaught@gymqld.org.au](mailto:jmcnaught@gymqld.org.au)

## Can there be requests to change the 2024 Gymsport Regulations

No further changes can be made to the 2024 Gymsport Regulations however any errors can be corrected – these will be distributed to the GfA community.

Request for changes and skill list inclusions can be submitted to GQ via Julie for consideration for the 2025 Gymsport Regulations. These need to be submitted by 1<sup>st</sup> November 2024.

**Have any errors been corrected ?** Yes, an errata will be published this week.

### ***Correction 1***

The current 2024 Gymsport Regulations state for Beam

CR 1	Dance series	Any dance skill from ALP or CoP	Dance series min 2x different 'A'
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CR 1 for Beam should read

CR 1	Dance Series	Any 2 different ALP, CoP or Master Skill List dance skills	2 different min 'A' dance skills
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**Correction 2**

The current 2024 Gymsport Regulations state for Beam

CR 5	Dismount	Any ALP or CoP dismount listed on the Masters skill list	Any inverted skill
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CR 5 for Beam should read

CR 5	Dismount	Any ALP or CoP dismount or dismount listed on the Masters Skill List	Any inverted skill or an ALP or CoP skill connected to an acro skill
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## Questions & Answers 5/5/24

**Question 1 BARS:** If cast receives .1 and cast in a BHCircle receives .1, please value this series:

cast feet above bar to finish in support followed by cast Back Hip Circle

**Answer:** the skills are a cast + cast + back hip circle. The two casts are both the same (technically both start from support and finishes back in support) however in Masters we give value to different height casts. If the gymnast performed 2 casts where both casts were hips off the bar (Novice only) then they are the same and you only get a 0.1 value for one of them (not both), plus 0.1 for the bhc.

If one of the casts were above horizontal and the other was hips off the bar (Novice only) or visa versa then you would get 0.1 value for each of these casts, plus 0.1 for the bhc

i.e. cast + cast + back hip circle.

Casts / Supp	cast onto low bar and jump to grasp high bar	ALP	0.1	0.1
	Cast hips off bar	ALP	0.1	
	Cast above horizontal	ALP	0.1	0.1
	Straddle cast to handstand (within 10°)	CoP 'A'		0.1
	Straight body cast to handstand (within 10 °)	CoP 'B'		0.2
	Back hip circle	CoP 'A'	0.1	0.1

**Question 2 BARS:** Are a straddle glide and pike glide the same skill ?

**Answer:** Under the current GQ Masters rules these are the same skill

**Question 3 BARS:** 2 tap swings that start and finish on a box are these the same skill?

**Answer:** The skills are listed as different skills on the *GQ Masters Skill List*

'Grasp or jump from box to high bar long swing' and 'long swing release at back of swing'

Swings	Grasp HB, hold dish shape, long swing		0.1	
	Jump from a box to high bar long swing		0.1	0.1 for 50+ yrs only
	Underswing to finish at top of backward swing	ALP	0.1	0.1
	Long swing	ALP	0.1	0.1
	Long swing pullover to front support	ALP	0.1	0.1
	Long kip	CoP 'A'	0.1	0.1
	Swing pullover with hand release		not permitted	not permitted
mounts	Roll forward to tuck hang	ALP	0.1	0.1
	Cast from front support to land on 2 feet		0.1	
	Long swing release at back of swing	ALP	0.1	0.1 for 50+ yrs only
	Swing half turn (on front swing) to release the bar	ALP	0.1	0.1 for 50+ yrs only

**Question 4 BARS:** Bent leg tap swing on low bar + glide swing to dismount backward. Are these different?

**Answer:** Both of these skills are in the ALP Level 1 & 2 routines and are listed on the Masters Skill List with a value of 0.1 each

Bent knee swings from dish hold	ALP	0.1	
Glide swing	ALP	0.1	0.1

**Question 5 BARS: High Bar – novice**

On the high bar jump from box to long body tap swing, 2nd swing, 3rd swing to finish in backward dismount like in level 4.

Which of these swings receive credit? If not, please explain.

**Answer:** each of these elements is worth 0.1 in Novice, for a total of 0.3

	any circle skill with hand release		not permitted	not permitted
Swings	Bent knee swings from dish hold	ALP	0.1	
	Glide swing	ALP	0.1	0.1
	Glide kip	CoP 'A'	0.1	0.1
	Glide kip - leg through			0.1
	Grasp HB, hold dish shape, long swing		0.1	
	Jump from a box to high bar long swing		0.1	0.1 for 50+ yrs only
	Underswing to finish at top of backward swing	ALP	0.1	0.1
	Long swing	ALP	0.1	0.1
	Long swing pullover to front support	ALP	0.1	0.1
	Long kip	CoP 'A'	0.1	0.1
	Swing pullover with hand release		not permitted	not permitted
Dismounts	Roll forward to tuck hang	ALP	0.1	0.1
	Cast from front support to land on 2 feet		0.1	
	Long swing release at back of swing	ALP	0.1	0.1 for 50+ yrs only
	Swing half turn (on front swing) to release the bar	ALP	0.1	0.1 for 50+ yrs only
	Dismount at front of long swing without 1/2 turn		not permitted	not permitted
	Underswing from hips or feet (toe shoot)	CoP 'A'	0.1	0.1
	Flyaway (tuck/pike/stretched)	CoP 'A'		0.1

**Question 6 BEAM:** Please value this mount: with hand support, jump to momentary squat mount, with hand supported drop to kneel on one leg

**Answer:**

Mounts	Jump to front supprt lift leg over to straddle sit	ALP	0.1	0.1 for 50+ yrs only
	Jump to squat (1 or 2 feet) with hand support		0.1	0.1 for 50+ yrs only
	Jump to squat (1 or 2 feet) no hand support		0.1	0.1
	Tuck through to rear sit	ALP	0.1	0.1
	Jump onto end of the beam	ALP	0.1	0.1
	Pullover around the beam to support		0.1	0.1
	Jump, press or swing to handstand (no hold)	CoP 'B'		0.2

**Question 7 BEAM:** Dance series on BB novice says:

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CR 1	Dance series	Any dance skill from ALP or CoP
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The wording implies that only one dance skill is required. Does novice require 'any 2 skills' or simply one skill?

However there is a contradiction on the bottom of the Masters Skill List. It says 2 skills.

**Answer:** Yes this is an error. An errata will be distributed the week of 05/05/24.

**Question 8 BEAM:** what makes or breaks a dance series? For example if the legs continue to move in demi-plie' while the arms swing on the 2nd jump is it still considered a series?

**Answer:**

A dance series **is not broken** if between the skills

- There is slight lift of the toes
- There is slight lift of the heels
- There is arm movement (waving of arms)

A dance series **is broken** if between the skills

- There is movement of a foot or feet
- There is a sideways movement of the shoulders/torso off the centre line
- There is a clear lack of balance (wobble) between the skills
- There is a fall between the skills

If the dance series is not broken but the connection is performed slowly, the judges would pay the connection and take a 0.1 execution deduction for lack of rhythm

**Question 9 BEAM:** Please define a jump series on BB.

**Answer:**

The requirement on beam is a dance series, defined in the Masters Skill List as

Dance Series: 2 or more dance elements (leaps, hops or jumps) directly connected
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The requirement on floor is a dance passage, defined in the Masters Skill List as

Dance Passage: 2 or more different dance jump or leap elements directly connected or joined together by a travelling movement
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**Question 10 BEAM:** Is it better to wobble and fight to stay on or just fall off ?

**Answer:** The judges can take these execution deductions

Small lack of balance 0.1

- Slight movement of arms, legs or torso to maintain balance

Medium lack of balance 0.3

- A combination of small balance errors
- More than a slight movement of arms, legs or torso to maintain balance

Large lack of balance 0.5

- A combination of small and medium balance errors
- A combination of medium balance errors
- A lack of balance where my shoulders go down to or below hip height or my foot lifts to or above waist height

Grasp of beam to avoid a fall 0.5

Maximum deduction without a fall is 0.8 which means

- If the gymnast is close to the beam ie squatted or sitting on the beam and has a small wobble 0.1 and grabs the beam to avoid a fall 0.5 they may only loose 0.6 for the in total for these two errors
- If the gymnast is standing and has a large wobble 0.5 and then grabs the beam to avoid a fall 0.5, the judges can only take 0.8 in total for these 2 errors.

If the gymnast wobbles and falls, only the fall deduction is applied. My recommendation is fight to stay on if it is safe to do so.

**Question 11:** Re novice: Am I correct in thinking that since there is nothing in the CRs requiring either BB mount or FX dismount that there should be no CR deduction for mount or dismount if either of these is missing or of zero value?

**Answer:**

BEAM - Correct, on beam there is no CR requirement regarding mount for any division. You do not have to perform a mount that has value.

FLOOR – Correct, on floor there is no CR requirement regarding dismount for any division, however your counting skills for value parts can count up to 7 skills + Dismount.

**Question 12:** Are there rules for the music we use?

**Answer:** Your floor music may contain vocal sounds and words. The floor music duration is recommended at a maximum 1:15 (75 seconds).

It is important that your choice and use of music does not cause any harm or offence. You should select music that:

- is appropriate for an international audience and a mixed age-group (including children and young adults); and
- does not convey any inappropriate messages (overt or implied).

Music that includes inappropriate, offensive or discriminatory language or choreography with expressions of an inappropriate, offensive or discriminatory nature or political viewpoints are not permitted.

Floor routines that breach this guideline will receive a zero score.

**Question 13:** The regs say :

"A max 8 skills (7 highest value skills plus the dismount) are counted toward the DV"

Does this mean that if a novice has 8 x .1 skills in the body of the routine and a .0 dismount that they only receive .7 in skill value?

**Answer:** That is correct, the 8 skills that count toward your difficulty are your 7 highest value skills plus your dismount skill value.



**Question 14 FLOOR:** What is a dismount on floor?

**Answer:**

Novice – the dismount is the last acro element. There is no requirement to do an acro series as the dismount. This element does not need to be an 'A' value skill, it can be any ALP acro element or an acro element from the Masters Skill List.

Advanced – the dismount is the highest value acro element in the final acro line/series or the final single acro skill if a salto.

If in Advanced you perform a front layout which is a 'B' and then at the end of the routine perform a roundoff 'A'+ back handspring 'A' , then your dismount is an 'A'

If in Advanced your last acro line is a front layout 'B' + tuck front salto 'A' then you dismount is a 'B' (the highest value acro element in the final acro line).

**Question 15 FLOOR OR BEAM:** If a passé half turn is done on each leg are they two different skills

**Answer:** These would be considered the same skill. The second passé turn would be considered a repeated element and have no value.

**Question 16 FLOOR OR BEAM:** Are a full (or half turn) on one foot and a reverse turn considered different skills

**Answer:** Yes the reverse turn is considered a different skill and would also have a value of 0.1

**Question 17 FLOOR:** In Novice there is a bonus for 'Acro flight element', what is considered flight?

**Answer:** Any acro element that shows flight will be awarded this 0.2 bonus. Flight skills include a cartwheel with flight, a dive roll, a roundoff, back handspring, front handspring, aerial skills (front aerial, aerial cartwheel), saltos etc.

**Question 18 FLOOR:** Can we get a 0.2 bonus for a salto if 50+ years?

**Answer:** Not in 2024, but we will add this to the suggested changes for 2025

**Question 19 BARS:** Can the glide kip stoop through be considered a 0.1 skill for Novice?

Glide kip - leg through to straddle			0.1
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**Answer:** Not in 2024, but we will add this to the suggested changes for 2025

**Question 20 BARS:** Can a long kip get bonus for 50+ years?

**Answer:** Not in 2024, but we will add this to the suggested changes for 2025

**Question 21 BARS:** Do we get 0.1 for a back hip circle on low bar and another 0.1 for a back hip circle on high bar?

**Answer:** No, this would be considered a repeated skill and the second BHC would have no value.

**Question 22 BARS:** Do we get 0.1 for a cast on low bar and 0.1 for a cast on high bar?

**Answer:** This would depend on the height of the cast. If the casts were considered the same skill as per the Skill List then the second would be a repeated skill and have no value.

If the casts were different heights and recognised as different skills as per the Skill List then they would each be awarded their skill value.

Cast hips off bar	ALP	0.1	
Cast above horizontal	ALP	0.1	0.1
Straddle cast to handstand (within 10°)	CoP 'A'		0.1
Straight body cast to handstand (within 10 °)	CoP 'B'		0.2

**Question 23 BARS:** If a gymnast did 2 bent knee swings on low bar is this treated like the long swings and both get 0.1 value?

**Answer:** Yes I think it would be reasonable to treat bent knee swings the same as long swings. If the gymnast jumped to low bar (or started from a dish hold) and did 1 tuck swing and then continued to a second tuck swing that released at the back of the swing these would be considered 2 different 0.1 value skills.

Based on this I would also treat 2 glide swings in the same way.

Bent knee swings from dish hold	ALP	0.1	
Glide swing	ALP	0.1	0.1

**Question 24 BEAM:** Is a changement jump when the feet just swap positions so the opposite foot lands in front, or do they need to swap twice and land back with the original front foot still in front?

**Answer:** For Masters we consider both as a changement jump, if either way is performed it will be given a 0.1 skill value. Both options are considered the same skill so you would not get value twice if you did both options.

**Question 25 BEAM or FLOOR:** Is a star jump a skill? And if so how much split does it need?

**Answer:** The star jump is not a skill.

If a version of a star jump is performed with 135° split or greater the judges may think you are attempting a straddle jump (with legs below the required height of horizontal). On beam a straddle jump is a 'B' 0.2 and on floor it is an 'A' 0.1. It may then incur an execution deduction for lack of split and/or height of 0.1, 0.3, or 0.5.

If the split of the star jump is less than 135° degrees then the star jump would just be considered part of your artistry and there would be no split or height deduction.