



Gymnastics
Queensland

20
26



Gymnastics for All

GYMSPORT REGULATIONS

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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 processes, 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
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



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 is 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 flex in the resource library.

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 flex in the resource portal.

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
"In the name of all the judges and officials, I promise that we shall officiate in these competitions with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship".
- 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
- Completed the TeamGym Beginner online Judges course accreditation

At competitions

- Dress in the standard judge's uniform for competition
 - Navy pants/skirt and white shirt
- 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 – Introduction to European TeamGym
- National – Modified European TeamGym

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

Novice-Advanced 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

Open-National – awarded overall for each age division.

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

Athlete Attire

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

Apparatus Specifications

Apparatus	
Floor	No less than 12m x 12m Sprung or Non-Sprung
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 ▪ Minimum length of 15 m x width 2 m x height 20cm for Open-National ▪ Approach run up (same height as tumbling track), max 12 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 Floor</p> <ul style="list-style-type: none"> ▪ Minimum length of 12 m x width 2 m x height 30-35 cm for Novice-Advanced ▪ Minimum length of 15 m x width 2 m x height 30-35 cm for Open-National ▪ Approach run up (same height as tumbling track), max 12 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/Vault	<p>The performance area must contain two Mini-Trampolines.</p> <p><i>Novice, Intermediate and Advanced</i></p> <ul style="list-style-type: none"> ▪ Landing area 3 m 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. <p><i>Open and National</i></p> <ul style="list-style-type: none"> ▪ Teams may bring their own Mini-Trampoline (as per Apparatus Requirements) ▪ Landing area min 3 x 1.8 m area ▪ If more than 1 mat is used to make up the minimum landing area there must be no exposed joints. ▪ 30 cm high, overflow matting (underlying mat) covers up to 6 x 3 m of the landing area ▪ Approach run up of at least 17 metres. <p>• Vaulting Table</p> <ul style="list-style-type: none"> ▪ Minimum height of 110cm for Open and 125cm for National. ▪ Landing area min 6 x 2.5 m area. If more than 1 mat is used to make up the minimum landing area there must be no exposed joints. ▪ 30 cm high, overflow matting (underlying mat) covers up to 6 x 3 m of the landing area ▪ Approach run up of at least 17 metres.



FreeG (Freestyle Gymnastics)

FreeG, or Freestyle Gymnastics, is a gym sport that blends elements of traditional gymnastics, parkour, tricking, martial arts, and obstacle course training. It encourages participants to be creative and expressive through movement, focusing on developing physical attributes like agility, coordination, balance, strength, and spatial awareness. FreeG aims to build confidence and fitness in a fun, fast-paced environment for people of all ages and skill levels.

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](#)

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.
- Have completed the GA FreeG Judges worksho

Competition Divisions

Age Divisions

Depending on the size of the event, where possible athletes will compete in their respective age/gender divisions. Combining age/gender divisions will be at the discretion of the event organisers. Ages will be calculated as of the 1st of January of the calendar year. This will assist with series winners at our state event.

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.
- **FreeG Frenzy State Championship.** Overall series winners will be awarded trophies for 1st, 2nd, and 3rd. Overall Club will be awarded a trophy.

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	No less than 12m x 12m Sprung or Non-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 or organisation and will be determined by athlete registration.

Divisions may be determined by age and gender, and these are also 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- 20yrs	21- 29yrs	30yrs+

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

Beginner/Intermediate No unsupported inversion or Salto's	Advanced Inverted skills allowed (Black & Red banded skills)	Elite Twisting skills	Open
Jnr Division Age 5-8 years 9-12 years	Jnr Division Age 5-8 years 9-12 years	Jnr Division Age 9-12 years	21 + years any ability
Snr Division Age 13 – 15 years 16-20 years 21-29 years 30+ years	Snr Division Age 13 – 15 years 16-20 years 21-29 years 30+ years	Snr Division Age 13 – 15 years 16-20 years 21-29 years 30+ years	

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.

Freestyle Requirements

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

Athletes must meet below requirements and show a minimum of the following throughout the routine to secure maximum points:

Level	<u>Beginner/Intermediate</u>	<u>Advanced</u>	Elite
Requirements	CAN NOT perform inversions/off-axis skills	Singular inversions <180° twist allowed Off-axis skills with <360° twist allowed	Recommend skills with >360° twist and rotation
Minimums	3	4	5
The minimum variety of areas or environments required to perform skills.	Eg:-floor, boxes, bars	Eg:-beam, mini tramp, boxes, bar	Eg:-beam, mini tramp, boxes, bar, floor

Examples of skills include, but not limited to:

Division	Obstacles	Floor	Bars	Wall
Beginner/Intermediate	Singular Vaults (eg. kong vault) Palm spin/Demi-tour Dismount to shoulder roll	Cartwheel Rolls Basic kicks Scoot B-kick	Swings Pullover Forward Roll	Cat Variations Shoulder roll from wall
Advanced	Double vaults (eg. double kong) Clears Flips off/onto obstacles	B/A-twist Raiz variations Basic flips	Turning Swings Toe/undershoot Flyaway	Wall flips Wall spins Wall circles

Elite	Vaults combined with flips (eg. dash bomb, kong gainer) Flips over obstacles	Twisting flips Double flips Combos featuring multiple flips	Twisting/double flyaways Complex calisthenics elements Connections between high/low uneven bars (eg. hiccup, lashe ½ turn to recatch low bar)	Twisting/double wall flips Hands+feet wall flipping elements
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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 (ie. 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

Performance and Display Gymnastics is an exciting and vibrant aspect of Gymnastics for All, offering gymnasts the chance to shine through dynamic group performances, from local showcases to the international stage.

This inclusive discipline invites gymnasts of all levels and abilities to step into the spotlight at display events. Clubs and athletes can unleash their creativity, blending gymnastics and dance in captivating routines. Performances can feature a mix of music, large apparatus, handheld equipment, or even no equipment at all—your imagination is the only limit!

Beyond the thrill of performing, Performance Gymnastics fosters leadership, teamwork, and a lifelong love for the sport. It’s a perfect way to engage athletes of all ages and abilities, providing opportunities to stay active, build confidence, and create memorable experiences.

Join the movement and discover how Performance Gymnastics brings skills, artistry, and community together like never before!

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 are designed for participation and enjoyment for all.

FIG Performance Opportunities

World Gymnaestrada

[World Gymnaestrada](#) is an incredible and unique international event for Gymnastics forAll 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 participation event for teams of 10 or more participants. A range of performance opportunities is provided for teams as well as the chance to mix with gymnastic enthusiasts from around the world.

Selection Process for Gymnaestrada

Selection Committee

The selection committee consists of the GA GFA Gymsport Committee Technical Director, and GQ representatives.

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 on the Australian Gym for Life Challenge, 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.

For more information on the World Gym for Life Challenge, click [here](#).

Masters Gymnastics

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

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 1-2 No previous experience to limited gymnastics experience
Intermediate	ALP Level 3-5 Some adult gymnastics experience, or low to intermediate level gymnast.
Open	ALP Level 5 and above Ex-level gymnast or veteran adult gymnast.

MAG

Novice	ALP Level 1-4 No previous experience to limited gymnastics experience
Intermediate	ALP 4-6 Some adult gymnastics experience, or low to intermediate level gymnast. What you can do, to transition to CoP
Open	ALP Level 6-10 Ex-high-level gymnast or veteran adult gymnast. Using the full Code of Points (CoP) + L6 skills

Groups

TEAM GYM
NOVICE
INTERMEDIATE
ADVANCED
OPEN
NATIONAL

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

- General Warm up –20 minutes
- Beam/Bar Apparatus 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 – Intermediate: Minimum Intermediate Coach Qualification, plus Module 1 if athletes performing inverted skills, required in relevant GymSport
	Advanced - Advanced Coach Qualification required in relevant GymSport
TeamGym	Minimum Intermediate Coach Qualification, plus Module 1 if athletes performing inverted skills.

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
- Contacting Gymnastics Australia

Vault

Value	Novice	Intermediate	Open
10.5	Straight body jump from board to 30cm mat (entry optional)		
11.3	Dive roll to finish in stand position to 30cm mat		
11.5	Handstand flat-back on 30 cm mat		
11.7	Dive roll to finish in stand position to 60cm mats (Dive roll to mats higher than 60cm is not permitted)	Dive roll to finish in stand position to 60cm mats	Run – Tuck front salto from board to feet (60 or 90cm height)
11.9	Handspring to flat back on 60cm or 90cm mats	Handspring to flat back on 90cm mats	Run – Pike front salto from board to feet (60 or 90cm height)
12.1		Run – Tuck front salto to feet (30cm height)	Run – Front Layout from board to feet (60cm height) Roundoff over table
12.3	Handspring ½ twist to stomach 60 or 90cm mats	Run – Tuck front salto to feet (60cm height) Handspring ½ twist to stomach 90cm mats	Run – Front Layout from board to feet (90cm height)
12.5		Handspring on Vaulting table flat-back landing on 90-120cm mats	Handspring to feet (Table at any height)
12.9		Handspring to feet (Table at any height)	Handspring ½ twist to feet (Table at any height)

	Handspring 1/1 twist to back 60 or 90cm mats	Handspring 1/1 twist to back 60 or 90cm mats	
13.5			Handspring full twist to feet (Table at any height)
			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 50 in intermediate or 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.
- Novice and Intermediate athletes must choose vaults from the vault list as per above.
- Spotting on vault incurs a zero score.

Uneven Bars

		Novice	Intermediate	Open
CR 1	5 Skills	5 x Skills listed on the Masters skill list	5 x Skills listed on the Masters skill list with a min 2 'A' skills	5 x Skills listed on the Masters skill list with a min 4 'A' skills
CR 2	Mount	Any Novice mount from the Masters Skill List	Any Intermediate mount from the Masters Skill Lis	'A' or higher mount
CR 3	Cast	Any height (hips must come off the bar)	Cast to min horizontal	Cast to 45° above horizontal
CR 4	Bar change	Not required in Novice	Any – Jump from LB to HB is permitted	Cast onto low bar and jump to grasp high bar
CR 5	Dismount	Any Novice dismount from the Masters Skill List	Min. 'A' Dismount	Min. 'A' Dismount
	Apparatus BONUS: 0.2 for each skill	Cast to min 45° below horizontal.	Cast above horizontal	Cast to 45° above horizontal
	Max 0.4 bonus	Jump from low bar to grasp high bar. (without spotting assistance)	Clear hip circle above horizontal	'B' or higher skill
		'A' dismount	'A' dismount from high bar	Salto dismount

[Masters skills list](#)

- Up to 7 skills + Dismount will be counted for value.
- Skill and Movement difficulty values will be awarded as per the Masters skill list for the applicable division.
- BARS Settings: Any Bars setting is allowed. If an athlete requires the bars to be raised, this must be submitted to event organisers 2 weeks 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 stand in for low bar to high bar transitions and high bar skills for the Novice and Intermediate divisions. This is optional for the Advanced division.
- Coaches are permitted on the podium during the routine.
- Spotting on bars incurs a 0.5 neutral deduction.
- Spotting of the transition from low bar to high bar does not incur the spotting deduction for the **Novice division**.
 - Skills that are spotted are still awarded DV and can fulfill CR's.
 - Bonus is not awarded to skills that are spotted.
- There are no neutral deductions for use of additional matting.
- Failure to dismount onto a min 10cm landing mat incurs a 0.5 neutral deduction.
- Skills listed on the Masters skill list as 'not permitted' or that have no DV listed for that division will not be awarded difficulty value (they also cannot be used toward CR's or bonuses).
- Dismount: The final element of the routine that releases the bar to land on the landing mats.

Balance Beam

		Novice	Intermediate	Open
CR 1	Dance series	Any 2 different ALP, CoP or Masters Skill List dance skills	Any 2 different ALP, CoP or Masters Skill List dance skills, with one min 'A' dance	2 Different min 'A' dance skills
CR 2	Turn	Min ½ turn on 2 feet	2 x passe ½ turns on the same foot, or	full turn or more
			Passe ½ turn on one foot to ½ turn on 2 feet,	Min 'A' turn
CR 3	ACRO	ACRO – NOT required	Any Acro (including static) from the Masters skill list	Any Acro from the Masters skill list, can not be static
CR 4	Close to beam	Close to Beam	Close to Beam	Close to Beam
CR 5	Dismount	Any Novice dismount from the Masters Skill List	Any inverted dismount skill or	Any salto dismount
			Any non-flight acro skill connected to a straight jump dismount	Any ALP or CoP skill connected to an acro skill
	Apparatus BONUS: 0.2 for each skill	Min 1/2 turn on 1 foot	Full turn on 1 foot	'B' or higher turn
	Max 0.4 bonus	50+ only bonus: Fwd or Bwd rolls (mount or on the beam)	Any non-static Acro skill (not connected to the dismount)	'B' or higher mount
		Any Acro (including static) skill from the Masters skill list	Any 'A' salto dismount	'B' or higher acro with flight
		Any dismount through inverted position	Any ALP or CoP dismount skill connected to a non-static acro skill	'B' or higher, value dismount

[Masters skills list](#)

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 for the applicable division.
- Skills listed on the Masters skill list as 'not permitted' or that have no DV listed for that division will not be awarded difficulty value (they also cannot be used toward CR's or bonuses).
- 115cm beam height (30cm crash mat allowed under the beam and/or dismount)
- For invitationals only, the beam height is set by the competition organiser.
- Novice athletes may compete on a floor beam (if available at the event), with 5cm matting around the entire beam. Athletes under 65 incur a 2.0 deduction, athletes aged 65+ incur a 1.0 deduction
- A spotting mat is permitted over beam without deduction.
- Dance Series: 2 or more dance elements (leaps, hops or jumps) directly connected.
- Close to beam: Any connection of 2 or more skills or movements where 2 body parts between the thigh & shoulders touch the beam.
- Dismount: The final element of the routine that leaves the beam to land on the landing mats.
- Spotting on beam incurs a 0.5 neutral deduction.
 - Skills that are spotted are still awarded DV and can fulfill CR's.
 - Bonus is not awarded to skills that are spotted.
- Failure to dismount onto a min 10cm landing mat incurs a 0.5 neutral deduction.

Floor

		Novice	Intermediate	Open
CR 1	Dance passage	Dance passage with any 2 different Dance skills	Dance passage (2 different dance skills with min 1 'A' or higher)	Dance passage (min 2x different 'A' or higher dance skills)
CR 2	Turn	Full turn on 1 foot	Full turn on 1 foot	Min. full turn
CR 3	ACRO series	ACRO series – any 2 connected ACRO skills (including rolls). Skill may be repeated in the same series	ACRO series – any 2 connected ACRO skills (can not be rolls). Skill may be repeated in the same series	ACRO series – min 2 different 'A' or higher connected acro flight skills
CR 4	Additional ACRO requirement	1 ACRO Skill, (Handstand or Rolls are permitted)	1 ACRO Skill, (Basic rolls not permitted. Handstand fwd roll or bwd roll to front support or bwd roll to handstand are permitted)	ACRO series – min. 2 'A' (the same skill may be repeated in the series), or 1 ACRO skill if salto
		CR4 must be different to CR 3	CR4 must be different to CR 3	CR4 must be different to CR 3
CR 5	Jump	JUMP – min 1 x jump from the Masters Skill List	JUMP – min 1x ALP or CoP jump	JUMP – min 2x 'A' or higher connected CoP jumps
	Apparatus BONUS: 0.2 for each skill	'A' or higher dance element not in a dance passage	'B' or higher dance element	'C' or higher dance element
	Max 0.4 bonus	Acro flight element	Aerial skill	Layout salto
		Dance passage (2 different dance skills) with min 1 'A' or higher	Salto skill	Double salto
			2 different 'A' or higher connected acro flight skills	Salto with min 180 deg twist

Masters Skills List

- Up to 7 skills + Dismount will be counted for value.
- Skill and Movement difficulty values will be awarded as per the Masters skill list for the applicable division.
- Novice division:
 - Routine may be performed on one floor strip or on the diagonal.
 - Routine may be performed with or without music.
- Coach on podium incurs a 0.5 neutral deduction.
- A 0.5 neutral deduction applies for additional equipment used to assist with performing a skill eg a box to assist with a handstand.
- Dance Passage: 2 or more different dance elements (leap or jump) directly connected or joined together by a travelling movement
- Acro series: 2 or more acro elements joined together by direct or indirect connection
- Acro Skills are considered different when they have different recognised body position or finish positions.
- Dismount: The highest value acro element in the final acro line.
- Spotting on floor incurs a 0.5 neutral deduction.
 - Skills that are spotted are still awarded DV and can fulfill CR's.
 - Bonus is not awarded to skills that are spotted.

- There are no neutral deductions for use of additional matting.
- Floor music duration is recommended at a maximum of 1.15 (75 seconds).
- Skills listed on the Masters skill list as 'not permitted' or that have no DV listed for that division will not be awarded difficulty value (they also cannot be used toward CR's or bonuses).

Judging WAG Masters Routines

D score (Content)	_ DV (Difficulty Value) as per the Masters skills list, max 7 skills plus the dismount + 5 CR x 0.5 each (Composition Requirements) as listed for each apparatus + Apparatus Bonus, 0.2 each bonus, Max 0.4. as listed for each apparatus + Age Bonus (Where applicable) = D SCORE
+ E score (Execution)	Judged out of 10 (As per the ALP)
- Neutral deductions	The following neutral deductions are applied in Masters routines: <ul style="list-style-type: none"> ➤ Spotting on UB, BB, FX incurs a 0.5 neutral deduction (not applicable to the transition from low bar to high bar). ➤ Coach on the podium, FX only, incurs a 0.5 neutral deduction. ➤ A Novice athlete may compete on a floor beam, a 2.0 neutral deduction is applied based on age. ➤ Failure to dismount onto a min 10cm landing mat incurs a 0.5 neutral deduction.
= FINAL score	

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

MAG MASTERS ROUTINES: [Optional Requirements](#). [MAG FIG Code of Points](#) [MAG ALP manual](#).

MAG ALP can be found in one of the following:

- Your club
- Contacting Gymnastics Australia

Novice
General Rules
5 Skills needed for a 10.0 Start. 4 Skills = 8.5 Start. 3 = 6.0 Start. 2 = 4.0 Start. 1 = 2.0 Start
Skills can be selected from any ALP level 1-4 routines.
Pommel and Vault will have set routines with a start score outlined below.
If a box in the ALP contains two skills, both skills will get recognised separately.
Elements only recognised once each.
Age bonus - applied to AA: 30-39 0.5 Bonus/40-44 1.0 Bonus/45-49 1.5 Bonus/50-54 2.0 Bonus/55-59 2.5 Bonus
A spotter is required to be present at Rings, Vault, Parallel Bars, and Horizontal Bar.

Floor	Mushroom	Rings
Don't need to touch all corners	6 Circles = 8.5	Can get lifted to support
Must stay within the lines	6 Circles with at least 2 in a row = 9.0	No deduction for intermediate swings
No Scale Required	6 Circles in a row = 10.0	
Vault	Parallel Bars	High Bar
Straight Jump to 30cm or 60cm = 8.5	No deduction for intermediate swings	No deduction for intermediate swings
Handstand Flat Back = 9.0	No layaway deductions	Can be performed in loops for no deduction
Dive Roll to 60cm = 9.5		
Front Sault to 30cm or 60cm = 10		
Allowed to do 2 different vaults, best vault counts		

Intermediate
General Rules
5 Skills needed for a 10.0 Start. 4 Skills = 8.5 Start. 3 = 6.0 Start. 2 = 4.0 Start. 1 = 2.0 Start
Skills can be selected from any ALP level 4-6 routines or from FIG COP.
Stick bonus awarded on all Apparatus + All skills from the COP will receive 0.3 Bonus making maximum start score 11.6
Pommel and Vault will have set routines with a start score outlined below.
If a box in the ALP contains two skills, both skills will get recognised separately.
Elements only recognised once each.
Skills from previous codes will be considered by the judges as long as you notify your intent to perform it.
Age bonus - applied to AA: 30-39 0.5 Bonus/40-44 1.0 Bonus/45-49 1.5 Bonus/50-54 2.0 Bonus/55-59 2.5 Bonus

Floor	Mushroom/Pommel	Rings
Need to touch all corners	Mushroom 10 Single Circles = 7.0	Can get lifted to support
Must stay within the lines	Mushroom 10 Circles with at least 5 consecutive = 8.0	No deduction for intermediate swings
No Scale Required	10 Consecutive Mushroom Circles = 8.5	
A forward roll executed directly after landing a salto will receive no value and 0.3 deduction	Buck Circles/Loops with at least 5 consecutive = 9	
	10 consecutive Buck Circles/Loops = 10.0	
Vault	Parallel Bars	High Bar
Dive Roll to 60cm = 9.5	No deduction for intermediate swings	No deduction for intermediate swings
Salto Forwards tucked to 30cm or 60cm = 10.0		Can be performed in loops for -0.5 off start
Salto forwards stretched to 30cm - 10.5		
Handspring to 30cm = 10.5		
Flyspring to 60cm = 11.0		
Salto forwards stretched to 60cm - 11.5		
Handspring with vault table (any height) - 11.5		
Allowed to do 2 different vaults, best vault counts		

Open
General Rules
5 Skills needed for a 10.0 Start. 4 Skills = 8.5 Start. 3 = 6.0 Start. 2 = 4.0 Start. 1 = 2.0 Start. The best 7 skills (6+dismount) will count towards difficulty.
Skills can come from the COP or from level 6 of the ALP.
Difficulty will be added as per the COP.
COP elements will receive 0.5 element group value. All skills from the ALP will receive 0.3 element group.
Stick bonus will be awarded on each apparatus.
0.3 bonus will be awarded for each B (or greater) skill (including dismount) up to 3 times per apparatus. Salto vault gets 0.3 bonus.
If a box in the ALP contains two skills, both skills will get recognised separately.
Elements only recognised once each.
Skills from previous codes will be considered by the judges as long as you notify your intent to perform it.
Age bonus - applied to AA: 30-39 0.5 Bonus/40-44 1.0 Bonus/45-49 1.5 Bonus/50-54 2.0 Bonus/55-59 2.5 Bonus

Floor	Pommel	Rings
Need to touch all corners	Circles, Flairs and loops in different zones will be counted as separate elements	1/2 Intermediate swing allowed
Must stay within the lines		
No Scale Required		
A forward roll executed directly after landing a salto will receive no value and 0.3 deduction		
Vault	Parallel Bars	High Bar
Can be performed to a 30cm mat in the pit for -0.5 off D score.	No layaway deductions.	1/2 Intermediate swing allowed
Allowed to do 2 different vaults, best vault counts. These vaults can come from same family.	1/2 Intermediate swing allowed	One additional 1/2 Intermediate swing allowed for the mount
		Can be performed in loops for -0.5 off start