

**TOP OF THE SOUTH GYMNASTICS**

**(TOTS)**

**GENERAL GYMNASTIC COMPETITION  
EXERCISES**

**BOYS AND GIRLS  
2022 EDITION**

**(Commenced in 1986)**

# TOP OF THE SOUTH GYMNASTICS

## PERFORMANCE JUDGING NOTES

### INTRODUCTION

Our intention in promoting this booklet is to provide Clubs with a set of exercises that could be used for General Gymnastic Competition/Festivals.

The exercises are based on the NZ Men's and old Women's Artistic Manual, the old NZ Incentive Awards scheme combined with ideas obtained from personnel within TOTS/CGA and elsewhere.

An acknowledgement of and appreciation for those manuals, awards and ideas are readily given.

Clubs are asked to recognise that those who volunteer to act as judges should not be criticised if, in the opinion of a coach, they have not correctly assessed a gymnast's routine. Often it is quite different assessing a performance when going around with a group as coach to when you are assessing as a judge. It often becomes a situation of ranking the gymnasts and at the same time, ensuring there is an adequate spread in the marks between the awesome, the excellent, the good and those exercises that need some work.

### PERFORMANCE JUDGING NOTES

#### Rating Scale for Performance Judging

Score		Characteristics
10.0-9.5✓	Reasonably Proficient	Performed with virtuosity, excellent technique and form. Exceptional amplitude where applicable. Fluid movement. Optimal utilisation of physical capabilities, particularly flexibility and power.
9.5-9.0✓		Very good. Minor errors of form and position. Technique must be excellent. No deviations from the text.
8.0-9.0✓		Good. Minor errors of form, position and technique. Perhaps minor deviations (such as hand or head positioning) from text.
7.9-7.0✓		(a) Apply the criterion of <i>Reasonable Proficiency</i> . Were the essential features of each element demonstrated? (eg was the gymnast able to demonstrate balance in a headstand, lift their legs to hip height in straddle pike jump from mini tramp etc. (b) Must be quite "safe" when performed alone.
6.9-5.0X	Unsatisfactory	(a) Does not demonstrate the essential features of one or more major elements (eg pronounced bending of body and failure to land safely after a jump with ½ on floor. (b) Gross deviation from written text. One or more skills omitted. (c) Does not appear "safe" when performed alone.
4.9- X		Not recognisable due to poor execution or omissions.

# Top of the South Gymnastics – General Gymnastics Competition Exercises

## Clarification/Guidance Notes

### **Emerald/Ruby/Women's Division – Voluntary Floor Music**

If a gymnast is to perform their floor exercise to music they must have the music CD cut to the length required. (Maximum time 70 seconds).

The CD must only have the one specific music piece to be used cut to the length of the floor exercise.

The reason is that it is very difficult if it is part of a total CD containing other music which then has to be located on the day to find a correct start and finish point.

Some events may allow the use of USBs for music.

### **Music – Bronze, Silver, Gold**

It is noted that some clubs do use music for these Grades. The use of music is a decision for each competition organiser. In some cases it is not feasible because it would involve a clash with music associated with Competitive Steps rotating at the same time.

If routines, other than Emerald and above, are performed other than in the order set in the routines then an overall deduction of .50 is appropriate.

### **Wearing of Bike Pants in Completion**

This is at the discretion of the competition organiser. For the 2015 Marlborough event a discretion was exercised to allow for bike pants to be worn by gymnasts only in Emerald and Ruby, not in any other Grade. My reasoning is that girls at the age competing in Emerald and Rubys can be somewhat self-conscious. Another organiser may take a different view. A call made by one person should not be used as ammunition to convince another organiser to make the same call.

### **Coach or Parent Approach to Judges**

Under no circumstances should there be any aggressive approach by a coach to judges about a decision made by a judge or judges.

### **Age Divisions**

The size of some competitions is such that some Grades now have well over 30 competing.

What has been done at several events is to seek to split those in that Grade into two groups. This is only feasible if it doesn't cause problems for the results team.

An age split often doesn't result in an equal number in each group. What has been tried and been successful is to use an alphabetic split using surnames, ie group 1 is for those with surnames beginning A to L; group 2 for M onwards. What letter is used as the cut off can change, the objective being so the end result achieves an equal split.

There is no compulsion to have such a split – just an idea that has been used.

### **Vault**

For warm up each gymnast should have two warm up vaults. For competition each gymnast should have two vaults with the highest mark of the two counting as the final score.

### **Gym Fun**

Some events split Gymfun into groupings depending on age. Other events don't have such a split. It is up to each competition organiser. If an age split is used then the age could be set as at the date of the competition.

## **Boys' Gymfun and Grade 1**

For Gymfun boys do beam. For Grade 1 boys can do the beam or rings routine.

## **Bars - Initiation of swing on high bar**

Where it indicates that a coach may help initiate the bar swing the intention is that it is 'modest' assistance. In some cases I have seen coaches trying to send their gymnast into orbit. That is not the intention.

If that trend continues we may have to consider a .5 deduction for excessive assistance which would be a pity.

It is also necessary that coaches help in a way that assists gymnasts longer term with self-initiation of the swings.

## **Bars – Glides**

For any Grades that have glides (starting with Girls' Bronze) straddle glides are permitted without deduction though the preference is for the straddle option to be restricted to taller gymnasts.

## **Videos of Exercises**

The videos on You Tube are intended as indicative only. It is the wording within this booklet that sets out the exercises. The reason for this comment is that there may be some variation between the videos and the wording.

The link to the videos is to the Blenheim Gymnastic Club channel on You Tube. If one subscribes to it, it is understood you get messages when there are new videos added. The link is:  
[https://www.youtube.com/channel/UCjUbqgoPFSDUbw\\_R25hZy1w](https://www.youtube.com/channel/UCjUbqgoPFSDUbw_R25hZy1w).

It is important to note that the modifications proposed for the 2022 edition are not covered in the videos that currently exist.

It is emphasised that the wording within the final booklet sets out the exercises.

## **Allocation of Gymnasts**

There has been comment made that a few clubs have what has been called 'Advanced Recreational' classes and concerns were expressed about whether that creates an unequal competition.

One would hate to see us exclude any gymnast. What is recommended is that clubs which have Advanced Recreational classes carefully consider the grade in which their gymnasts compete so they are moved, for example, into Emerald or Ruby where there are greater challenges.

Others may suggest the event should be split but that would then require information at time of entries about training times and I'm not sure whether the numbers involved justify the additional administrative effort for competition organisers.

The objective of this comment is to alert those involved to the concerns expressed and to see if things can be sorted by way of gymnasts being placed into an appropriate grade for competitions.

## **Floor**

Just to indicate that whether any Grade competes on a strip, diagonal on a full floor or on a full floor depends on what is available at any competition. Each event will be different.

## **Boys' Bar Routines**

If at all possible it would be ideal for boys to have access to a metal bar. This is often not feasible because of programming or equipment available. It also may not be practical for those routines that

have both low bar and high bar skills when for such routines use of the girls' unevens is more appropriate. For a metal bar to be used for such routines would require an adjustable bar and would take up considerable time while the bar level was moved from low to high.

### **No Vault**

A query raised last year about whether an Iron vault that is performed with an over arm action is a no vault. The response given at the time was that a zero or no vault is when a gymnast performs an unrecognisable vault, does a forward roll, doesn't go beyond the handstand but comes back on to the beam, performs a headstand instead of a handstand, the coach assists during the vault or the gymnast performs a vault without being signalled to start by the judge. Arm faults are issues dealt with by way of deduction. One should be flexible about the last example, namely a gymnast performing a vault without being signalled to start. Often a gymnast can take an arm movement by a judge done inadvertently as a signal to start. Flexibility should be shown so the gymnast is not penalised. An arm circle is usually done when a gymnast hurdles or steps on to the beam. The intention of the arm circle is to enable the arms to reach from underneath rather than going over arm. Normally if an over arm action is seen the appropriate deduction would be .5. The whole intent in encouraging under arm entry at Iron level is for when a gymnast moves into the handspring type vaults from Bronze up.

The same principle about what is a no vault can be transferred to other vaults. An issue arose some years ago about gymnasts in Gold jumping up on to the vault platform and then doing a handstand to back. The indication given was that this should be treated as a no vault.

For Gym Fun and Grades 1 and 2 I find it difficult to no vault. I have seen different variations but they can usually be catered for by the marks given. Certainly if a gymnast trips on the run up, falls flat on their front before or on the beam, one has to treat that as a no vault. It is the reason why we allow gymnasts two vaults though if someone did trip in these younger grades I would normally show some flexibility, calling it an organisational issue since they must have tripped because the mat had folded up. What often is an issue is with Bronze, Silver and Gold when it is difficult to see a gymnast go through a handstand position. Instead they basically do a dive roll. Every effort should be made by the judge to see if there is any way it can be treated as a vault, even if the mark given is very, very low. There has to be a big differential between the better vaults and one that is marginal as a vault.

We have seen examples of vaults, for example a handspring which does not have the rotation so the gymnast is in handstand on the vault and has to walk hands and then the feet go to the floor. That really is a no vault. Judges have tended to mark such a vault, if performed, very low so there is a clear message sent.

### **Expectations**

From time to time queries are raised such as whether for Grade 1, 2 and Iron beam pivot the knee should be forward in the passé movement. Some are performing the passé movement with toe to knee to the side and then forward. There should be no deduction if such a movement is shown. It is the quality and control in the movement performed that is important.

For Bronze the passé was intended to be toe to knee to the side and then forward. It is intended as a progression for a turn on beam.

### **Judging – Recreational – Spread of Marks**

A concern when looking at results is that although we have tried to keep the judging regime on a performance basis, as spelt out at the beginning of the routines (copy below), a spread of marks seems to be sometimes missing so the very good routines are rewarded and those needing more work are at a lower level with sufficient margin between the different standards.

It is also important recognition is given to those who achieve requirements. For some skills on floor specific deductions have been identified if there is an omission.

We have not previously identified deductions if, for example, in Silver the first cast does not reach horizontal – should there be a deduction? There obviously should be an adjustment made.

A suggestion is that for a skill that does not achieve set requirements .3 is taken from any score. Another example quoted was the three quarter handstand on beam. Many don't get to the required position and for that reason there should be a deduction of say .3 off the intended score.

The main plea however is that marks are spread. It is all very well indicating a need to be generous but we also have to recognise different levels of performance. If the spread of marks goes from 9. to 8.5 within a grade, does that provide any incentive for improvement?

We don't want to introduce a table of deductions for different faults since we would then simply be moving to full deduction judging used in Competitive.

It is more important we look at the performance ranking. If you look at the rankings you will see there is an ability to allow for minor and major errors.

The distinction between an excellent routine and one that is very good often is determined by dynamics and flow within the routine rather than simply a tidy routine.

It is suggested that a dynamic routine might have more progressive value than a tidy one.

One of the issues noted by some involved in the programme is that Coaches get hung up about specific deductions when they should be looking at the routine as a whole since when a mark is given it is for the total routine.

### **Talking to Gymnasts**

It has been noted that some coaches are talking their gymnasts through a routine. This could be understood at Gym Fun and Grade 1 levels but certainly no higher. We ask that coaches refrain from this practice. Other gymnasts could prompt if a skill is forgotten.

## Rating Scale for Performance Judging

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6.9-5.0X	Unsatisfactory	(d) Does not demonstrate the essential features of one or more major elements (eg pronounced bending of body and failure to land safely after a jump with ½ on floor. (e) Gross deviation from written text. One or more skills omitted. (f) Does not appear "safe" when performed alone.
4.9- X		Not recognisable due to poor execution or omissions.

## Equipment Requirements

It is acknowledged that for the routines some of the equipment setups may not be feasible at some events because of the availability of mats, whatever. All that can be done in such situations is to set up as close as possible to the indicated requirements.

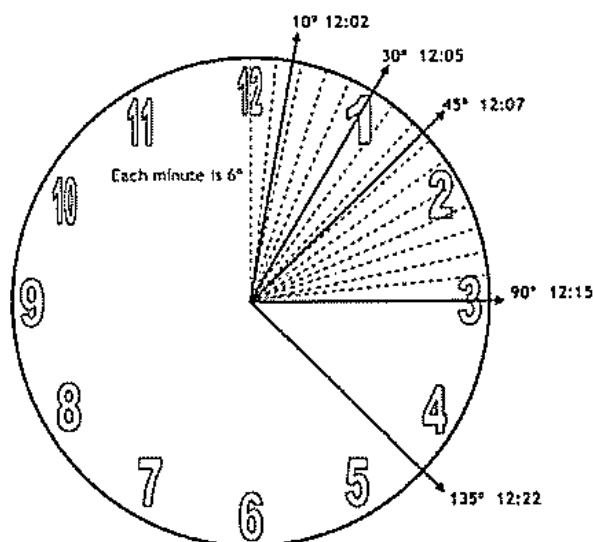
## Bar Casts

For some of the higher levels bar routines there is reference to angles for casts.

Set out below is the clock contained within the WAG Steps programme which may assist in identifying the angles mentioned. For the General Gymnastic routines the relevant ones would be 135 and 90 degrees.

## Angles for casts and swings

Refer to the clock as a guideline for all prescribed cast and swing angles.



## Beam Routines

To make beam routines more interesting for the more senior Grades, some dance moves should be considered. The plea is that this is not overdone but it would be good to see some since it shows confidence and may assist in the flow of a routine.

## Floor Routines – Emerald, etc

Experience has shown that some routines are too long. It is important to note that judging continues from start to finish. It is often better to complete the requirements and finish rather than fill in to deal with the length of a piece of music. It would be better to possibly cut the music.

## Omission

There are times when a gymnast may omit a major skill within a routine. The gymnast who omits should be ranked fairly with a gymnast who has given all skills a go but not necessary done them well or falls.

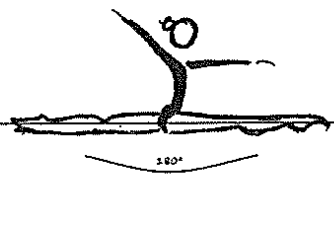
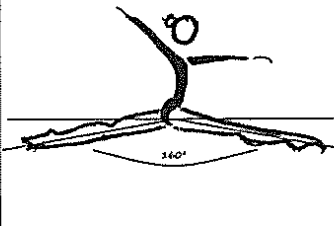
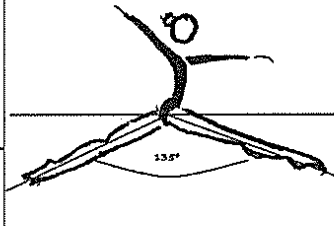
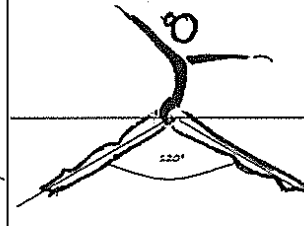
The suggested judging approach is to take .5 off if someone omits a major skill. This would put it on the same level as a fall.

It is important to note that the deduction is for complete omission. If someone attempts a skill but doesn't quite meet the requirements, such as a cast not meeting the angle requirement, the suggestion is a .3 deduction.



## Leaps

Set out below diagram showing a 135 degree split and a split less than 135.

180° split	up to 20° missing	up to 45° missing	less than 135° split
			
Award DV, no deduction	Award DV, deduct -0.1	Award DV, deduct -0.3	No DV, deduct -0.3

### Club Uniform when Judging


It is great people volunteer to judge. What we ask, however, that when you are judging you don't have on a club track top or sweatshirt showing a club affiliation. It is the perception of parents that triggers the need for us to show independence.

### Respect for Judges

We encourage judges to provide feedback in general as opposed to specific corrections and only if there is time within an event for this to be done for all groups. What is unacceptable is coaches querying judges in an aggressive way. Event organisers have enough trouble finding judges. They are all volunteers and must be supported. The need is for courtesy to avoid introducing more stringent controls. The preference is to keep things low key and friendly but for that to remain there is a need to show respect for judges.

# GYM FUN – (BOYS & GIRLS)

## VAULT

Element	Images	Technical Description
<p><b>Skill 1</b></p> <p>From standing on box step down to a board, immediate straight jump to land on 20 cm mat, arms start down and behind hips and lift to vertical at peak of jump. Arms forward horizontal on landing.</p>		<p>Step down to the board should be fast and flat joining the feet together at approximately 20cm from the front of the board.</p> <p>At take-off the feet, hips and shoulders are aligned straight.</p> <p>Strong rebound on the board with the legs.</p> <p>Upper body remains vertical throughout.</p> <p>Tight body in the air.</p> <p>The landing needs to be with control, the emphasis in on the take-off and the jump.</p>

# GYM FUN – (BOYS & GIRLS)

## BAR

Item	Skill 1	Skill 2	Skill 3
Required Skill	Jump to front support from box	3 x walk on hands in front support along low bar	Forward roll (controlled) to stand

# GYM FUN – (BOYS & GIRLS)

## BEAM

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7
Required Skill	Step on to the beam	Two leg kicks	Walk flat feet to near beam end	Relevé on two feet (raised on feet)	Walk to end of beam then 3 steps back	Quarter turn	Jump straight body dismount

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**NB** In some competitions equipment available may mean either a floor or raised beam

# GYM FUN – (BOYS & GIRLS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	Start sitting in 'L' sit	Show back support	Turnover to show front support (turnover is optional)	Jump feet between hands	Forward roll to straddle sit (end of exercise)


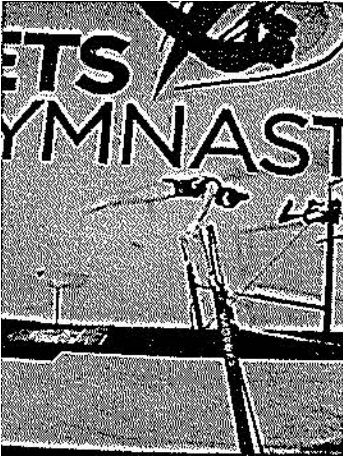
# GRADE 1 – (BOYS & GIRLS)

## VAULT

Skill Description	Value	Typical Faults
Run, hurdle, 2 feet take off to straight jump, arms stretched above head in flight.		Not a two foot take off Incorrect hurdle Incorrect arm swing Poor body position at take off Body not stretched in flight Arms not stretched in flight Uncontrolled landing

# GRADE 1 – (BOYS & GIRLS)

## BARS

Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	Present	<p>Jump to front support on LB, show dish shape, hold for 2 seconds (start can be from box, beat board or floor)</p> 	<p>Casts x 2 in series (hips off bar in casts)</p> 	Circle forwards (controlled) with tuck shape to stand.
Technical Description		Stand on box with shoulders no higher than the height of the LB.	Legs move forwards into a cast to minimum hips off the bar.	
		With hands in top grip push down on the bar at the same time as the feet jump off the box to lift hips to the bar.	A concave (dish) shape must be shown clearly on the cast with the chest/upper back.	
		Arms should remain straight throughout.	The hips must remain straight/open.	
		The body lifts to front support position and maintains a dish body shape throughout.	Arms straight and body tight.	

# GRADE 1 – (BOYS & GIRLS OPTION)

## BEAM

### Raised Beam (Approx 50cm)

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Required Skill	Step from box top or similar to stand on raised beam	Pivot walks x 2 (free leg in forward passé – toe to knee, knee facing forwards)  <b>NB</b> A step to the forward passé is acceptable.	Walks forward x 4 (no relevé or walking on raised feet required but allowed – knee facing forward)	Lift on two feet into relevé (on raised feet) and show momentary hold	¼ turn	Straight jump

**NB** In some competitions rotations/equipment availability may mean the beam might be a floor beam or one slightly higher than the 50cm recommended.



# GRADE 1 – (BOYS)

## RINGS

There is no height requirement on swings. Good body position must be shown.

Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	Tuck hang	Swing	Swing	Dismount on back swing
Technical Description	Coach lifts gymnast to long hang Lift to momentary tucked long hang Stretch to long hang	Lift legs forwards Swing legs backwards	Swing forward and backward	On second backward swing, release and dismount to stand
Typical Faults	Body not straight in hang Knees not above waist height Feet not stretched in tuck	Lack of rhythm Poor body position in swings	Lack of rhythm Poor body position in swings	Lack of control on landing

**NB** This sequence can be performed on High Bar if no Rings available

# GRADE 1 – (BOYS & GIRLS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	Forward roll	Front support	Rear support	Shoulder stand	Straight jump
Technical Description	From stand, forward roll with bent arms and bent legs to squat, arms forward then place hands on floor	Jump legs back to front support (hold 2 seconds)	Roll over to rear support (hold 2 seconds) Sit down	Roll backwards to shoulder stand	Roll forwards to straight jump
Typical Faults	Poor rhythm in roll	Lack of rhythm in jump Body not straight/tight Position not held 2 seconds	Lack of rhythm in rollover Body not straight/tight Position not held 2 seconds	Poor rhythm in roll Shoulder stand not reached	Poor rhythm in roll Jump not 10 cm Body not straight in jump. Hands should not be used to complete the roll.

# GRADE 2 – (BOYS & GIRLS)

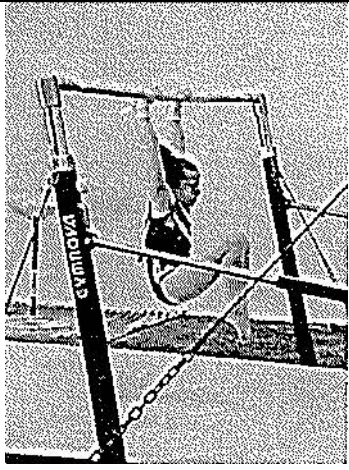
## VAULT

From max. 10m run, hurdle straight jump from board to 40cm mat height

Skill Description	Typical Faults
Run, hurdle, 2 feet take off to straight jump, arms stretched above head in flight	<ul style="list-style-type: none"><li>(a) Presentation errors</li><li>(b) Under arm swing not shown on take off</li><li>(c) Not a two foot take off</li><li>(d) Poor spring in stretch jump</li><li>(e) Body not stretched before landing</li><li>(f) Landing errors (steps, unsteadiness etc)</li></ul>

# GRADE 2 – (BOYS & GIRLS) BARS

## On Low Bar

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	
<b>Required Skill</b>	Present	Grasp LB hold dish shape. Bent knees swing x 2 with re-grasp (start can be from floor or board or 20 cm padded box). Refer to Iron Bars routine for further description	Back hip circle pullover to front support (with coach assistance if needed)	2 Beat casts (hips to leave the bar)	Roll forward through in controlled tuck shape to stand	Present	
							
					A slow controlled roll action is required with hands rotating around the bar		
					Move through long hang position with straight arms and head neutral		
					The legs start in stretched position and tuck with knees to chest when long hang position is reached.		
				Extend legs to stand on floor			

# GRADE 2 – (BOYS & GIRLS OPTION)

## BEAM

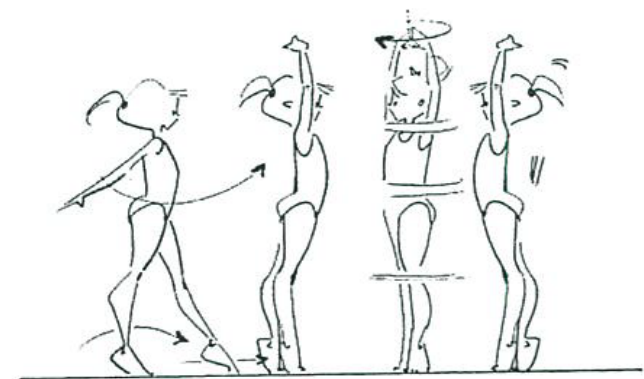
### Raised Beam (approx 50cm)

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8
<b>Required Skill</b>	Step from box top or similar to stand on beam	Step with straight free leg at 45° below horizontal, swing leg back then forward, step forward and repeat on opposite leg <b>NB</b> Step into the passé is acceptable	Pivot walks, one on each leg (forward passé on flat foot with toe to knee)	<b>Straight Jump</b> Stand with feet along beam, one foot slightly in front and arms forward horizontal. Swing arms down and backward behind hips while bending knees. Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to lift to jump. Tight upper body that remains vertical throughout. Return arms to forward horizontal as knee, hip and ankle joints flex	Walk forward x 4 (on raised feet)	$\frac{1}{2}$ turn on 2 feet in relevé (on raised feet) Begin with correct standing posture with arms by sides. Preferred foot should be slightly in front of other foot. Rise strongly on both feet and hold in releve. Pivot 180° on 2 feet with all body parts turning simultaneously. Hold releve position briefly on completion of turn.	$\frac{1}{4}$ turn	Straight jump dismount

Skill 4



Skill 6



**NB** In some competitions equipment availability may mean the beam might be a floor beam or one slightly higher than the 50cm recommended.

# GRADE 2 – (BOYS)

## RINGS

Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	Tuck hang, momentary L hang	Basic long swing	Basic long swing	Dismount on back swing
Technical Description	From hang, lift legs to tuck position (2 seconds) Straighten legs to hang	Long hang swing backward, swing forward	Long hang swing backwards, swing forward	On the third backward swing dismount to stand
		Ideally long hang swings - 30° of vertical on all swings		

# GRADE 2 – (BOYS & GIRLS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	From stand, forward roll, momentary tucked handstand	Forward roll to L sit	Reach forward to pike position (2 sec)	Momentary shoulder stand, roll forward to straight jump
Technical Description	<p>From stand, raise arms up sideways to vertical position. Forward roll through to squat position to immediately place hands on floor and jump to tucked handstand position. Lower back to squat.</p> <p><b>NB</b> Preference is continuous movement but no penalty if there is a pause between the forward roll to tucked handstand</p>	Forward roll to L sit	<p>Sit and stretch arms sideways and overhead and place chest to knees</p> <p>Hold 2 seconds</p>	<p>Place hands beside hips, roll backwards to momentary shoulder stand</p> <p>Roll forward to straight jump</p>

# IRON – (BOYS & GIRLS)

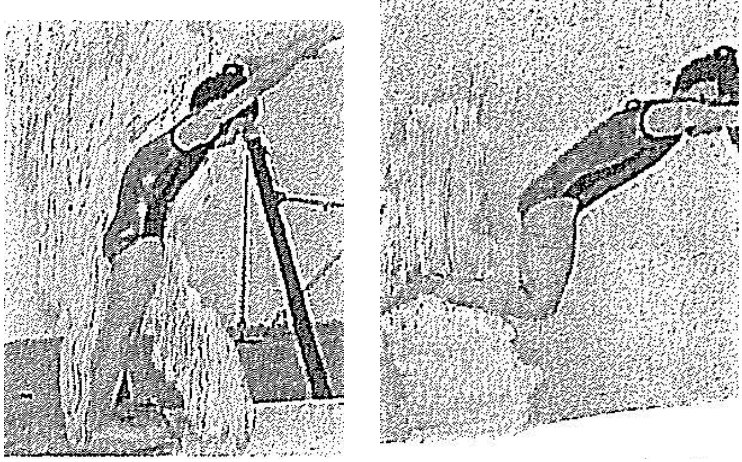
## VAULT

Item	Skill 1
<b>Required Skill</b>	<p>Maximum run 10 m, run, hurdle to two feet take off from the board, stretch jump to land on 40 cm mat/mats or polystyrene block. Use underarm action from board to stretch jump.</p> <p>Step forward with underarm action swing to handstand, fall to flat back on 40 cm mats. Repulsion is not required.</p> <p>Gymnasts may land in slightly dish shape position with arms slightly raised off the landing mat. Landing from jump will be assessed. Transition from landing to step to handstand should not be judged.</p> <p><b>NB</b> if possible a second mat should be placed at the end of the landing mats so that tall gymnasts or gymnasts who complete the handstand phase late, do not fall or slide off the end.</p> <p><b>NB</b> Each event will have a different set up because of equipment available. The ideal is to have a firm 40 cm block (be it polystyrene, whatever) for the jump on and a firm surface for the handstand take off point but with soft mats for landing on back. It is acknowledged some set ups won't have a firm surface and participants will have to cope with any set ups available at competitions.</p>
<b>Technical Comments</b>	<p>Step into handstand using under arm action and join legs together before or at vertical.</p> <p>Maintain an open shoulder angle and straight body position.</p> <p>Maintain a flat back landing during the 'fall' to back phase. The body is to remain straight with the shoulder angle completely open.</p> <p>All body parts contact the mats at the same time.</p> <p>Head remains neutral throughout.</p>



# IRON – (BOYS & GIRLS) BARS

## Low Bar

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	Grasp LB, hold dish shape for 2 seconds. Bent knee swing x 2 with re-grasp (start can be from the floor or board or 20cm padded box)	Pullover to front support (from box/beat board if needed)	Cast x 2 (hip to clear bar)	Forward roll to momentary tuck hold	Present
					
	Stand on box with shoulders no higher than LB height, grasp LB				
	Hold body in dish shape for minimum 2 seconds with check in.				
	Lift or jump feet to bend knees keeping hips open to swing x 2.				
	Swing with straight arms and long hang with open shoulders and head neutral.				
	Tapping action to be performed under the bar.				
	Re-grasp at peak of back swing.				
Extend legs to stand on floor and release bar at peak of second back swing.					
<p>It is acknowledged that for the swing to start the bar, use of the low bar is restrictive for taller gymnasts. If there is no ready opportunity to lift up the low bar, or it is not feasible given competition timetabling, there should be flexibility to enable the gymnasts to do the opening swing on a high bar. It is important, however, that this option is not abused. It is designed solely for taller gymnasts who cannot swing under the low bar.</p>					

# IRON – (GIRLS)

## BEAM

Raised Beam (115cm from floor with 20cm matting)

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8
Required Skill	Jump to front support mount, lift leg over to straddle, swing legs back to squat and stand	Pivot walks, one on each leg (forward passé on flat foot with toe to knee) <b>NB</b> Step into passe is acceptable	Forward walks x 4 (on relevé raised feet)	Walk backwards x 2 (on flat foot), point toes to front and then to back on each step	Step hop on both legs	½ turn on two feet in relevé (on raised feet)	Straight jump	¼ turn, straight jump dismount

# IRON – (BOYS)

## RINGS

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7
Required Skill	From hang	Tucked lift through to inverted hang (2 seconds)	Piked inverted hang (hold)	Lower to L hang (2 seconds)	Swing backward Swing forward	Swing backward Swing forward	Swing backward and release to dismount
Technical Description	From hang	Lift through tucked position to stretched inverted hang (2 sec)	Lower legs to piked inverted hang (hold)	Lower to a straight arm hang in L position (2 seconds)	Swing legs backward and forward	Swing backward and forward	Swing backward dismount on 3 <sup>rd</sup> backward swing

# IRON – (BOYS & GIRLS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Required Skill	Step into handstand step down	Cartwheel with ¼ turn inward to stand	Backward roll	Candle stand	Lower down	Bridge
Technical Description		Raise arms forward to vertical position. Kick leg forward to cartwheel. From straddle stand sideways, step backward with ¼ inward turn bringing feet together to stand	Tucked backward roll to squat position	From squat position, roll backward to shoulder stand. Arm position optional (show candle stand position)	Lower to backward lying position and circle arms backward to extended position	Show Bridge Position

# IRON – (BOYS & GIRLS)

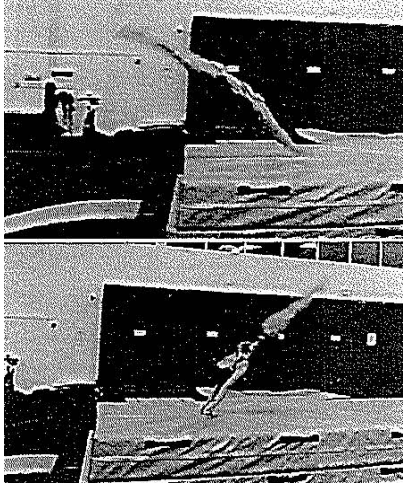
## FLOOR (continued)

Item	Skill 7	Skill 8	Skill 9
Required Skill	180° roll sideways	Front support	Tuck forward roll
Technical Description	Roll 180° sideways to forward lying position arms still extended	Circle arms sideways to bent position by chest and push to front support (hold 2 seconds)	Squat and place hands flat on floor approximately should-width apart.
			Tuck head and roll forward with control.
			Straight legs move through a pike position to a compact tuck position during the roll.
			On completion of roll, stand without the aid of hands pushing off the floor.
			Arms continue forward and up to vertical to stretch jump and present in straight standing position at the completion of the jump.

# BRONZE – (BOYS & GIRLS)

## VAULT


Vault – Fat mat minimum 60cm height

Item	Skill 1
Required Skill	Run, handspring to flat back landing on to 60cm mats.
	
Technical Description	<p>The run should be smooth on approach to the board, standing tall with a quick cadence and fast reaction off the floor.</p> <p>The hurdle to the board should be flat joining the feet together at the top of the board.</p> <p>The objective is to perform a maximum repulsion from the vaulting table, while maintaining an open shoulder angle and straight body position.</p> <p>After the repulsion, return to the mats maintaining the straight body position and the open should angle.</p> <p>During the 'falling' to back phase, the body is to remain straight with the shoulder angle completely open.</p> <p>All body parts should contact the mats at the same time.</p>

NB For taller gymnasts 90cm may be a better height if enough matting is available at the competition

# BRONZE – (BOYS & GIRLS) BARS

## Low Bar

Item	Skill 1- Low Bar (LB)	Skill 2 LB	Skill 3 LB	Skill 4 LB	Skill 5 LB	Skill 6 High Bar
Required Skill	<p>Glide swing <b>NB 1)</b> Transition phase from end of glide to commencing pullover is not judged <b>NB 2)</b> Boys do not perform the glide swing. They start on skill 2</p>	Back hip pullover	Cast x 2 – toes to bar height	Forward roll to controlled 'L' hang (mark 2 seconds)	Stand	<p>Lift gymnast to high bar. Stretched body hang, hang in dish then arch hang then hang in dish. No landing is required. Coach may assist gymnast to the floor.</p> <p>Each of the three shapes should be shown and held momentarily.</p>
Technical Description			<div style="text-align: center;">  </div> <p>The legs move forwards into a cast to lift hips off the bar, with a tight, straight body, minimum toes at bar height.</p> <p>A dish shape must be shown clearly on the cast with the chest/upper back. The hips must be straight/open, with no back arch.</p> <p>Arms straight and body tight.</p>			

# BRONZE – (GIRLS)

## BEAM

Raised Beam (115cm from floor with 20cm matting)

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7
Required Skill	Jump to front support, lift leg over to straddle sit, swing to kneeling scale	Step forward to step hop with free leg forward. Repeat on other leg.	Split Jump	Straight jump with foot change  <b>NB</b> Skills 3&4 do not have to be connected but may be. Target for split jump is 135° split	Lift leg to side passé (toe to knee), forward passé (toe to knee), feet together lift to relevé (on raised feet) ½ turn on two feet	Lower to crouch. Bunny hop to momentary tucked handstand. The ideal end position should show straight back to vertical so there is alignment, arms, shoulders, back, hips.	¼ turn straight jump dismount




# BRONZE – (BOYS)

## RINGS

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	Lift with bent arms, bent body and straight legs to inverted hang	2 swings	Swing to inverted hang	Pike and cast to 2 basic swings	Dismount
Technical Description	Pull with bent arms, bent body and straight legs to stretched inverted hang (2 seconds)	Cast to swing backward and forward two times	Continue to 2 <sup>nd</sup> forward swing to stretched inverted hang Show hold	Lower legs to piked position and cast to 2 x basic swings	On 3 <sup>rd</sup> dismount swing, dismount to stand

# BRONZE – (GIRLS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	Start – Standing on 1 leg, other leg pointed behind, arms high oblique	Cartwheel with ¼ turn inwards (Roll can be with bent or straight arms)	Tuck backward roll to backward roll to shoulder stand then lower to back	Bridge to kickover to stand. NB If because of shoulder inflexibility a gymnast is not able to kickover then they should lower to back then to shoulder stand and roll up. If no kickover is performed there should be a deduction of .5	Forward step hops
	Technical Description				
Stepping forwards on a flat foot, perform 2 forward step hops					
Free leg is in forward passe position					
Arms pressed back sideways throughout					
Stomach leg must remain straight, with the foot pushing through demi point to full point					

BRONZE – (GIRLS)  
**FLOOR (continued)**

Skill 6	Skill 7	Skill 8	Skill 9
Passé ½ turn on one foot to finish on both feet in relevé (raised up on feet) to immediate half pivot on raised feet	Handstand to roll forward	Split jump connected to straight jump. <b>NB</b> Split jump can be connected to skill 6 but connection not a requirement.	Step forward to kneel, finishing pose

# BRONZE – (BOYS)

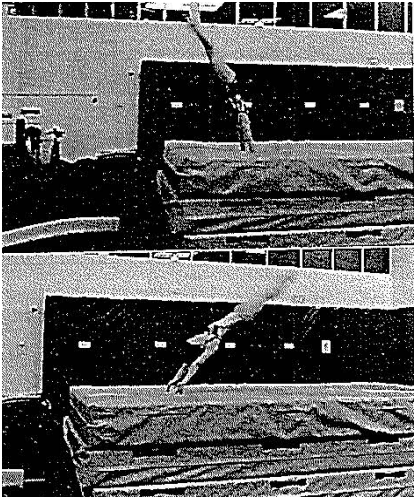
## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	Stand upright	Cartwheel, cartwheel with ¼ turn outwards	Tuck backward roll to stand	Kick through handstand to roll forward to squat	Front support, forward roll jump 1/1 turn
Technical Description	Raise arms to horizontal	Raise left leg forward, step to 2 x cartwheel, turn 90° outward to face forward		Take 2 steps forward (ie left then right, raised leg at least hip height each time), step forward on to left leg and kick through momentary handstand to roll forward to squat. Place hands on the floor and jump legs backward to front support.	Jump to squat, tucked forward roll and vertical stretch jump with 1/1 turn to stand

# SILVER – (GIRLS & BOYS)

## VAULT


Vault – Fat mat or foam block and mats to 90cm height

Item	Skill 1
Required Skill	Run, handspring to flat back landing on to 90 mats
	
Technical Description	<p>The run should be smooth on approach to the board, standing tall with a quick cadence and fast reaction off the floor.</p> <p>The hurdle to the board should be flat joining the feet together at the top of the board.</p> <p>The objective is to perform a maximum repulsion from the vaulting table, while maintaining an open shoulder angle, and straight body position.</p> <p>After the repulsion, land on to the mats maintaining the straight body position and the open shoulder angle.</p> <p>During the 'falling' to back phase, the body is to remain straight with the shoulder angle completely open.</p> <p>All body parts should contact the mats at the same time.</p>

**NB** At some competitions matting available may not allow for 90cm height – matting should be as close to 90cm as possible

# SILVER – (GIRLS) BARS

## Low Bar

Item	Skill 1 Low Bar	Skill 2 Low Bar	Skill 3 Low Bar	Skill 4 Low Bar	Skill 5 Low Bar	Skill 5 High Bar	Skill 6 High Bar	
Required Skill	Glide swing <b>NB</b> Transition phase from end of glide to commencing pullover is not judged	Back hip pullover	Cast to 135° <b>NB</b> Refer angle clock in clarification section	Cast back hip circle	Cast to stoop straddle or clear undershoot dismount	Lift to High bar	2 swings with release to dismount on third back swing	
Technical Description				 <p>After the cast hips return to bar, immediately execute a back hip circle.</p> <p>A dish body shape must be maintained during the circle with the chest/upper back. The hips must be straight/open.</p> <p>Arms straight and body tight.</p>			Coach lifts gymnast to high bar. Use arch dish, arch lift to initiate swings with coach assisting by pushing forward in that final phase.	For safety purposes it is recommended that coaches stand in between the bars in case their gymnast slips off during the swings. The coach should not stand in a position that blocks the view of the judge/judges.

# SILVER – (BOYS)

## BARS

Item	Low Bar Skill 1	Low Bar Skill 2	Low Bar Skill 3	High Bar Skill 4	High Bar Skill 5
Required Skill	Pullover	Cast, then back hip circle	Under swing to stand	2 x basic swings	Dismount
Technical Description	Chin up and hip pullover to front support	Cast back hip circle		Coach lifts gymnast to high bar. Swing forwards and backwards x 2. Coach may help initiate first swing	Release to dismount on third back swing. Swings to 45°

# SILVER – (GIRLS)

## BEAM

Raised Beam (115cm from floor with 20cm matting)

Item	Skill 1	Skill 2	Skill 3
Required Skill	Jump to front support, lift leg over to straddle hold on beam, swing legs backward to squat and stand	Forward high kicks x 2 (left and right)	Step into arabesque, hold straight line (from toe through hip to shoulder)
Technical Description			<div data-bbox="1227 639 1693 914" data-label="Image"> </div> <p data-bbox="1211 932 2000 991">Step forward and lift rear leg upwards and backwards to horizontal at the same time as torso lowers slightly.</p> <p data-bbox="1211 995 1984 1054">Arms may be held overhead and in line with torso or open to side horizontal.</p> <p data-bbox="1211 1059 1944 1118">Mark arabesque position with slightly turned out rear leg, then return to stand or lunge with upright posture.</p>



# SILVER – (GIRLS)

## BEAM (Continued)

Raised Beam (115cm from floor with 20cm matting)

Skill 4	Skill 5	Skill 6	Skill 7
Straight jump to land in squat, stand lift to relevé (raised feet), straight jump, split jump	Step forward lift leg to side passé then forward passé on left and right leg (or vice versa), feet together relevé, ½ turn on 2 feet	¾ handstand (support leg must leave the beam)	¼ turn, straight jump dismount (to side of beam) or punch jump dismount off the end of the beam.
<b>Technical Description</b>		<p>Begin with correct standing posture with arms vertical with preferred foot pointed forward.</p> <p>Step on to preferred foot and place hands on beam should-width apart.</p> <p>A straight body line position from hands, shoulders, hips and back foot must be maintained throughout. Head remains neutral.</p> <p>Lift one leg to vertical and second leg to horizontal or higher.</p> <p>In handstand position eyes focus on hand and legs remain straight.</p> <p>Return to lunge position on the front leg with arms lifting from the beam to forward horizontal.</p>	

# SILVER – (BOYS)

## RINGS

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Required Skill	Lift with bent arms, bent body and straight legs to inverted hang	Dorsal hang	2 swings	Swing to inverted hang	Pike and cast to 2 basic swings	Dismount
Technical Description	Pull with bent arms, bent body and straight legs to stretched inverted hang (2 seconds)	Lower through inverted piked position to dorsal hand (2 secs). Pull back through to inverted hang.	Continue to 2 <sup>nd</sup> forward swing to stretched inverted hang Show hold	Lower legs to piked position and cast to 2 x basic swings		On 3 <sup>rd</sup> dismount swing, dismount to stand

# SILVER – (GIRLS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7
Required Skill	Standing on one leg, other leg pointed behind, arms high oblique	Cartwheel, ¼ turn inwards backward roll to pike or straddle (may be joined). <b>NB</b> For 2020 the backward roll may be done with either straight or bent arms. In 2021 it will need to be done with straight arms. In 2020 if done with straight arms the end position may also be to tuck.	From stand backbend to bridge, show position then to kick over to stand half turn <b>NB</b> If because of shoulder flexibility a gymnast is unable to perform the backbend safely then an alternative is forward roll to L sit, lie on back bridge then kick over. If, once again because of shoulder flexibility, a gymnast is not able to kick over then they should lower to back then to shoulder stand and roll up.  If no backbend and/or kick over are performed there will be a deduction of .5. For the backbend skill a gymnast is able to perform a backward walkover without deduction. It is seen as an advance of the backbend.	Passé, ½ turn on one foot	Handstand forward roll to 'L' sit, touch toes, roll backward to candle stand roll forward to stand	Split jump to straight jump ½ turn	Step forward to kneel, finishing pose

# SILVER – (BOYS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	Cartwheel, ¼ turn inwards backward roll to pike or straddle (may be joined)	Step, join feet and jump ½ turn	Handstand forward roll to squat to forward roll to 'L' sit, touch toes, roll back to candle stand roll forward to stand	Hurdle to round-off jump

# GOLD – (BOYS & GIRLS)

## VAULT

Vault – Vaulting table set at 100 cm with mats to 100 cm height

Item	Skill 1
Required Skill	Handspring on vaulting table to flat back on to mats
<p><b>NB</b> This introduces the vaulting table. It is acknowledged that in some competitions, because of other rotations or lack of a vaulting table, an alternative vault set up might be necessary other than what is currently in the manual, which is a fat mat turned sideways. It may be the alternate vault is simply fat mats at one end or a set up as near as possible should a platform vaulting table be unavailable.</p>	

# GOLD – (GIRLS)

## BAR

Item	Low Bar Skill 1	Low Bar Skill 2	Low Bar Skill 3	Low Bar Skill 4	High Bar Skill 5	High Bar Skill 6
Required Skill	2 continuous glide swings, transition phase from end of glides to commencing pullover is not judged, or glide kip (straddle glides permitted)	Pullover <b>NB</b> Not needed if glide kip achieved.	Cast to 90° then back hip circle <b>NB</b> See angle clock in clarification section.	Under swing to stand <b>NB</b> Any under swing – cast, pike, tuck, straddle or clear.	3 x basic swings For safety purposes it is recommended that coaches stand in between the bars in case their gymnast slips off during the swings. The coach should not stand in a position that blocks the view of the judge/judges	Dismount
Technical Description		Chin up and hip pullover to front support	Cast back hip circle		Coach lifts gymnast to high bar. Swing forwards and backwards x 3. Coach may help initiate the first swing.	Release to dismount on fourth back swing

# GOLD – (BOYS)

## BARS

Item	Skill 1 High Bar	Skill 2 High Bar	Skill 3 High Bar	Skill 4 High Bar	Skill 5 High Bar	Skill 6 High Bar	Skill 7 High Bar
Required Skill	Lift to 'L' hang	Tension swing x 2	Hip pullover to support with assistance	Cast to free support	Back circle	Under swing, 2 x basic swing	Backswing dismount
Technical Description	Lift legs to momentary 'L' hang	Tension swing backwards and forwards two times	Back body pullover with coach's assistance to front support				

# GOLD – (GIRLS)

## BEAM

Raised Beam (115cm from floor with 20cm matting)

Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	Mount – jump to clear straddle on end of beam, cast to place feet on beam.	Step kicks x 2 (left and right)	Split jump to straight jump series or vice versa <b>NB</b> Jumps are off two feet and should be connected	Step to stride leap



# GOLD – (GIRLS)

## BEAM (continued)

Raised Beam (115cm from floor with 20cm matting)

Skill 5	Skill 6	Skill 7	Skill 8
½ turn on one foot, free leg in forward passé, toe to knee (may start in side passé then forward passé)	Handstand (to be shown but does not have to be held)		3-4 steps, punch jump dismount off beam end or round off from beam end.

**NB** Explanatory notes at the commencement of this routine manual make it clear optional dance moves are allowed in addition to the required skills.

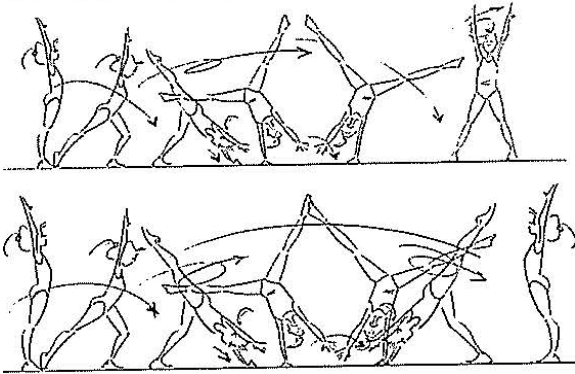
# GOLD – (BOYS)

## RINGS

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Required Skill	Lift with bent arms and bent body to inverted hang	Dorsal hang	Cast to back swing	2 swings	Swing to inverted hang	Cast to swing backward, swing forward to tucked back salto dismount
Technical Description	Pull with bent arms, bent body and straight legs to stretched inverted hang (2 sec)	Lower through inverted piked position to dorsal hang (2secs). Pull back through to inverted hang.	Lower legs to piked position and cast to swing backwards	Swing forward and backward two times	Swing forward to stretched inverted hang	Lower legs to piked position and cast to swing backward. Swing forward directly into tucked back salto dismount

# GOLD – (GIRLS) FLOOR


## Floor or floor strip

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
<b>Required Skill</b>	Start – Standing on 1 leg, other leg pointed behind, arms high oblique	Forward entry cartwheel, cartwheel ¼ turn to step in	Step into arabesque, chest lifted and free leg to horizontal – show position	Passage of dance to contain 2 leaps, one of which must be a 180° split leap <b>NB</b> Expectation is that split leap would be a minimum of 135° split	1/1 turn on 1 foot	Splits on dominant leg, join legs to sit, lift to side support, kneel, chest to knees, lift chest, step up to stand
<b>Technical Description</b>		 <p data-bbox="533 1114 1155 1201">The cartwheel will commence with the arms vertical, palms turned out, standing on one leg, with the other leg pointed in front.</p> <p data-bbox="533 1225 1155 1278">The second cartwheel finishes in a 'step in' with feet together, arms forward horizontal.</p>				

# GOLD – (GIRLS)

## FLOOR (continued)

### Floor or floor strip

Skill	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
Required Skill	Spring steps x 2 Step hop x 2	High forward kick to handstand forward roll	Forward or backward walkover or flic flac to 2 feet or one foot step down.  <b>NB</b> If walkover or the flic flac omitted deduction 1.00, 0.50 deduction for cartwheel instead of walkover or flic flac (not 1.00 omission as well)  <b>NB</b> It is permissible for a gymnast to perform the flic flac, required as an option in Skill 9, connected to Skill 10 so that if from 2 feet hurdle to round off the flic flac is performed it will satisfy completion of Skills 9 and 10.	From 2 feet hurdle to round off, rebound	Straight jump, jump half turn	Step to kneel, finishing pose
						
Technical Description	Full ankle stretch and toe point with slight turn out should be shown in spring points					
	Step forward on to flat foot, the spring steps will be executed as 2 spring points in first position on one leg followed by 2 spring points on the other leg.					
	The free leg will lift slightly to 45° below horizontal without any forward travel on each spring step.					
	Body is held tall and tummy tucked in and hips tucked under.					
	Step forward on to flat foot and hop upward, lifting free leg to forward passé position.					
	Support leg must remain straight. With the foot pushing through demi point to full point.					
	Repeat on other leg.					
Arms optional but should show co-ordinated movement. Arms may remain on hips throughout.						
<b>NB</b> Explanatory notes at the commencement of this routine manual make it clear that optional dance moves are allowed in addition to the required skills						

# GOLD – (BOYS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Required Skill	Cartwheel, cartwheel step inwards	Scale balance – show position	Handspring	Jump full turn	Step into handstand forward roll	From 2 feet hurdle to round off, rebound

# EMERALD AND RUBY – (GIRLS) (WAS ELITE AND AGE GROUP)

## VAULT

### Emerald/Ruby

2 vaults may be performed. The final score to be the higher of the 2 vaults.

### Emerald (start value 10)

Platform Table/Vaulting/Box Horse (100/115cm height)

**NB** Type of vault apparatus depends on what is available at the competition venue.

Handspring vault to standard 20cm landing mats plus (if available) 10cm sting mats.

**NB** Coach may stand by vault platform. No touch no deduction. Touch means .50 deduction. Assistance means 1.0 deduction.

### Ruby

Vaulting/Platform (115cm height)

Handspring to standard 20cm landing mats with 10cm sting mat (if available) (SV 10)

Optional Vaults

- Handspring half twist
- Half on, half off

- NB**
1. For those competition venues that do not have a vault platform use vault/box horse.
  2. Coach may stand by vault platform. No touch, no deduction – Touch means .50 deduction. Assistance means 1.0 deduction.

# EMERALD – (GIRLS)

## BARS

Based on old WAG Level 4


Start Value 10 - .50 each skill omitted

Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	2 continuous glide swings or glide kip <b>NB</b> Straddle glide (no deduction)	Cast to horizontal (min 45° below horizontal) <b>NB</b> Cast between horizontal and 45° below horizontal 0.10-0.30 deduction. Cast less than 45° below horizontal .50 deduction	Back hip circle	Bar change The bar change is intended to be cast to squat or stoop on. If a gymnast puts one foot on the bar and then the other and stands up there should be a deduction of .5 since that clearly is making the move easier. It puts the gymnasts doing the easier option on a par with someone who attempts a cast and falls. Optional bar change allowed is sole circle on LB to then transfer to HB.

# EMERALD – (GIRLS) BARS (continued)

Start Value 10 - .50 each skill omitted

Based on old WAG Level 4

Item	Skill 5	Skill 6
Required Skill	Two long swings to long hang pullover on 3 <sup>rd</sup> swing	Cast to optional under swing (eg clear, toe shoot, straddle on) or cast back hip circle to optional under swing
		
<b>Technical Description</b>	<p>The gymnast commences in a hollow body position on the top of the back swing. This position must show shoulders open, chest in and head neutral. This strong position must be maintained throughout the entire swing, particularly during the tap action.</p> <p>On the downswing (in the 2<sup>nd</sup> quadrant/around 45°), extension of the hips occur (a tap) in preparation for a strong kick (hip flexion) through the bottom of the swing. This tap action is generated through the hips, not by bending the knees.</p> <p>Once the body passes the vertical line of the bar into the swing forward, the gymnast then kicks their legs upwards into a hollow shape. The toes should be leading this upswing. At the top (approx. horizontal) of this front swing, the body should be in a hollow position, with the toes being the highest point.</p> <p>On the backswing, the hollow body shape must be maintained. The gymnast must show rising shoulders and hips, but with the body in a rounded hollow shape with the lower legs and feet pointing downwards at all times. For the safety of the gymnast; and to prevent unintended release of the bar on the back swing; the feet are <u>not</u> to point backwards over the low bar rail.</p> <p>Perform the 2<sup>nd</sup> and 3<sup>rd</sup> swings in the same manner as the 1<sup>st</sup>, building in height and amplitude.</p> <p>At the front of the 3<sup>rd</sup> swing, pullover the bar to a front support position, turning wrists quickly.</p> <p>Chest remains in with hips open/extended, arms straight.</p>	



# RUBY – (GIRLS)

## BARS

**Start Value 9.5**

Item	Core Skill (0.50 each if omitted)	Bonus Skills (0.30 each)	Encouragement Skills (0.50)
Skill 1	2 continuous glide swings <b>NB</b> Straddle glide, although permitted, not recommended (no deduction)	Glide kip	
Skill 2	Cast to horizontal (min 45° below horizontal) <b>NB</b> Cast between horizontal and 45° below horizontal 0.10-0.30 deduction Cast less than 45° below horizontal 1.00 deduction	Cast more than 45° above horizontal <b>NB</b> Cast less than or to 45° above horizontal no bonus	Cast to handstand <b>NB</b> Cast must be within 10° of handstand to receive bonus Straddle cast to handstand is permitted
Skill 3	Back hip circle		Clear circle into glide kip
Skill 4	Bar change		
Skill 5	Two long swings to long hang pullover on 3 <sup>rd</sup> swing		Long hang kip
Skill 6	Cast to optional under swing (eg clear, toe shoot, straddle on). A gymnast may add in a back hip circle after the cast and before the under swing dismount. (As for Emerald skill 6)		Flyaway from under swing to 1 or 2 tap swings

**NB** The core skills listed are the minimum skills to be performed. If a gymnast is able to perform a bonus skill along the same line, this can be done instead of the core skill. For example, Ruby Bars Skill 1, the minimum skill to be performed is two continuous glide swings but the gymnast may perform a glide kip instead.

# EMERALD AND RUBY GROUP – (BOYS)

## BARS

Item	Skill 1 High Bar	Skill 2 High Bar	Skill 3 High Bar	Skill 4 High Bar	Skill 5 High Bar	Skill 6 High Bar	Skill 7 High Bar
Required Skill	Lift to hang	Tension swing	Swing backwards and forwards two times	Kip with assistance	Cast to free support	Back circle	Under swing dismount
Technical Description	Lift legs to momentary hang	Tension swing backwards and forwards once	Swing backwards and forwards two times	Kip with coach's assistance to support	Cast to horizontal free support	Backward hip circle	Under swing dismount forward to stand

# EMERALD – (GIRLS)

## BEAM

**Based on old WAG Level 4 - Start Value 10.0 – Beam Height – 115cm with 20cm matting**

Item	Core Skill (0.50 each if omitted)	Optional Skills
Skill 1	Optional mount <b>NB:</b> Not required to be 'A' value	
Skill 2	Forward entry to handstand	
Skill 3	Forward roll to land on feet (not to straddle) or cartwheel	Bridge kick over Backward walkover Tic Toc Forward walkover
Skill 4	Straight jump, split jump series or vice versa <b>NB:</b> Split between 180° and 135° 0.10/0.30 deduction. Split less than 135° 0.50 deduction Any jump skill requires take off from two feet	
Skill 5	Stride leap	180° split leap
Skill 6	Lift leg to side passé 180° pivot on one foot to forward passé x 2, on same foot hold relevé for two seconds on two feet at end <b>NB:</b> If only one 180° pivot is completed 0.5 deduction	Full turn on one foot Wolf turn One and a half turn on one foot
Skill 7	2-3 running steps punch jump dismount 2-3 steps to round off or handspring dismount (hands on beam to finish skill by feet on landing mats)	Cartwheel straight jump dismount or front salto dismount Cartwheel back salto dismount <b>NB:</b> If a gymnast performs either of the cartwheel dismounts the cartwheel will fulfil Core Skill 3 Front salto dismount

**NB** The core skills listed are the minimum skills to be performed. If a gymnast is able to perform a bonus skill along the same line, this can be done instead of the core skill. For example, Emerald Beam Skill 3 the minimum skill to be performed is a forward roll or cartwheel but the gymnast may instead perform one of the optional skills on the Skill 3 line.

# RUBY – (GIRLS)

## BEAM

### Start Value 9.5 – Beam Height – 115cm with 20cm matting

Item	Core Skill (1.00 each if omitted)	Encouragement Skills (0.50)
Skill 1	Optional mount	Any 'B' value mount
Skill 2	Forward entry to handstand	Forward entry handstand held for 2 seconds legs together step in <b>NB:</b> Handstand not held for 2 seconds no bonus paid
Skill 3	Cartwheel on beam OR Forward roll to land on feet (not straddled)	Backward walkover OR Forward walkover OR Tic Toc Flic Flac
Skill 4	Straight jump, split jump series or vice versa <b>NB:</b> Split between 180° and 135° 0.10/0.30 deduction Split less than 135° 0.50 deduction	Straight jump, split jump (180°) series or vice versa <b>NB:</b> Split less than 180° no bonus
Skill 5	Stride leap <b>NB:</b> Leap less than 135° 0.50 deduction	180° split leap
Skill 6	Lift leg to side passé 180° pivot on one foot to forward passé x 2, on same foot hold relevé for two seconds on two feet at end <b>NB:</b> If only one 180° pivot is completed 0.5 deduction	Full turn on one foot One and a half turn on one foot Wolf turn
Skill 7	2-3 running steps punch jump dismount 2-3 steps to round off or handspring dismount (hands on beam to finish skill by feet on landing mats)	Cartwheel straight jump dismount or cartwheel back salto dismount or front salto dismount <b>NB:</b> If a gymnast performs either of the cartwheel dismounts the cartwheel will fulfil Core Skill 3

**NB** The core skills listed are the minimum skills to be performed. If a gymnast is able to perform a bonus skill along the same line, this can be done instead of the core skill. For example, Ruby Beam Skill 3 the minimum skill to be performed is a forward roll or cartwheel but the gymnast may instead perform one of the optional skills on the Skill 3 line.

# EMERALD AND RUBY GROUP – (BOYS)

## RINGS

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7
Required Skill	Lift with bent arms and bent body to inverted hang	Dorsal hang	Cast to back swing	2 swings	Stretched inlocate to back swing	Swing to inverted hang	Cast to swing backward, swing forward to tucked back salto dismount
Technical Description	Pull with bent arms, bent body and straight legs to stretched inverted hang (2 sec)	Lower through inverted piked position to dorsal hang (2 secs). Pull back through to inverted hang.	Lower legs to piked position and cast to swing backwards	Swing forward and backward two times	Inlocate with stretched body to inverted hang and swing backward	Swing forward to stretched inverted hang	Lower legs to piked position and cast to swing backward. Swing forward directly into tucked back salto dismount

# EMERALD – (GIRLS)

## FLOOR

Based on old WAG Level 4

Start Value 10.0 – MUSIC – Optional music may be used. Time limit for music is 30 seconds min and 70 seconds max

Item	Core Skill (0.50 each if omitted)	Optional Skills
Skill 1	Cartwheel	Front handspring to two feet rebound Aerial cartwheel, aerial forward walk over
Skill 2	Round off rebound	Round off flic rebound <u>or</u> Round off back salto Front salto
Skill 3	Passage of dance must contain two leaps one of which must be a 180° split leap	
Skill 4		Change leg leap Tour jete Ring leap May be added to passage of dance
Skill 5	Back roll to front support or to handstand	Forward/backward walkover OR Tic Toc
Skill 6	Minimum 360° pivot on one foot	
Skill 7	Straight jump with full turn	

**NB** The core skills listed are the minimum skills to be performed. If a gymnast is able to perform a bonus skill along the same line, this can be done instead of the core skill. For example, for Emerald Girls' Floor Skill 1, the minimum skill to be performed is a cartwheel but the gymnast is able, instead of a cartwheel, to perform a front handspring to two feet rebound. A gymnast may perform skills, additional to those listed under core/optional skills.

# RUBY – (GIRLS)

## FLOOR

Start Value 9.5 – MUSIC – Optional music may be used. Time limit for music is 30 seconds min and 60 seconds max. Maximum bonus 0.5 so maximum Start Value is 10.0

Item	Core Skill (0.50 each if omitted)	Bonus Skills (0.30 each)
Skill 1	Cartwheel	Front handspring to two feet rebound; aerial cartwheel; aerial forward walkover; front handspring directly connected to front salto
Skill 2	Round off rebound	Round off flic rebound <u>or</u> Round off flic tuck or layout back salto <u>or</u> Round off back salto (tuck or layout) Front salto (tuck or layout)
Skill 3	Passage of dance must contain one 180° split leap	
Skill 4		Change leg leap Tour jete Ring leap May be added to passage of dance
Skill 5	Forward/backward walkover OR Tic Toc OR Back roll to front support	Back roll to handstand <b>NB:</b> Must be within 10° of handstand to receive bonus
Skill 6	360° pivot on one foot	'B' or higher value turn on one foot
Skill 7	Straight jump with full turn	

Round off and flics can be repeated in series

**NB** The core skills listed are the minimum skills to be performed. If a gymnast is able to perform a bonus skill along the same line, this can be done instead of the core skill. For example, for Ruby Girls' Floor Skill 1, the minimum skill to be performed is a cartwheel but the gymnast is able, instead of a cartwheel, to perform a front handspring to two feet rebound. A gymnast may perform skills, additional to those listed under core/optional skills.

# EMERALD AND RUBY GROUP – (BOYS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Required Skill	Jump with 1/1 turn	Forward roll, lunge	Hip pullover to support with assistance	Kick through handstand	Handspring	Scale, cartwheel ¼ turn, round off straight jump
Technical Description	Jump vertically with 1/1 turn to stand	Forward roll to stand with arms vertical. Step forward to momentary lunge, 180° turn backward, bringing feet together and arms to horizontal	Forward roll, headspring to stand with arms vertical. Step forward to momentary lunge, 180° turn backward, bringing feet together and arms to horizontal	Take one step forward (at least hip height) to scissor kick, step with left leg to momentary handstand, forward roll immediate straight jump	Three steps hurdle handspring	Lift leg backward to scale (hold 2 sec). Lower leg to stand, high step forward to cartwheel ¼ turn immediate round off straight jump to stand





## Routines for Women Senior Open (under 18) and Women Adult Open (over 18)

### (To be named Diamond)

#### Vault

Handspring; half on half off; handspring half.

**NB** Removed are the tsukahara options given that most of those competing in Women's Division have normally stopped training and have very little training opportunities prior to competitions. Over time this could be reconsidered. Focus is on safety.

#### Uneven Bars

Skill requirements:

1. Glide kip cast
2. 1 circle element
3. Transition from LB to HB
4. 1 skill on HB such as cast to back hip circle; clear circle, giant
5. Dismount – stoop straddle on under swing or clear under swing, or dismount from code of points

#### Beam

Minimum of three lengths. Skill requirements:

- Acrobatic skill (handstand may be used for this requirement)
- Leap
- Jump
- Turn
- Balance
- Dismount

There must be some dance elements within the routine.

#### Floor

Skill requirements:

1. 2 ex tumble passes one of which to have at least two skills, eg one tumble pass - round off to back tuck or round off flic to back tuck; second pass - tuck front or layout front or handspring front or handspring
2. Leap series.
3. Mixed series (Acrobatic skill connected to a leap or jump)
4. Turn