

DATE:	September 2016	STATUS	High
TO:	All members	FROM	WAG SDC
RE:	Revised STEPs Programme for 2017 onwards	NOTE:	

The STEPs programme

In 2014 the WAG SDC signalled its' intention to review the STEPs programme with changes to be implemented at the beginning of the new Olympic cycle in 2017.

The WAG SDC has undertaken a review of the current programme, received feedback both written and verbal from coaches, judges and other interested parties, reviewed other overseas programmes and the FIG Code of Points for 2017-2020 to develop the proposed changes for 2017 onwards.

There will be an opportunity at the WAG SDC Forum at the National Championships for people to ask questions. The SDC would appreciate having any questions in writing in advance – send to mhawke@ihug.co.nz

2017 STEPs ROUTINES AND REQUIREMENTS

Principles

- A competitive system that develops good gymnastics at all levels and has an emphasis on **Striving Towards Excellence in Performance**
- A competitive system that enables gymnasts to participate and move up through each STEP at a reasonable rate or remain in a STEP while increasing their skill level
- A competitive system that enables more gymnasts the opportunity to gain rewards
- A competitive system that keeps pace with international development - drives skill development and enables the more capable gymnasts to get to STEP 10 but also enables talented gymnasts to move across to the international SubJunior/Junior/Senior levels.
- A system where the judging rules are in keeping with FIG Code of Points rules as far as possible.

STEPS 1 – 4

- Compulsory routines on all apparatus
- The skills are more or less the same to those in the current programme with some minor changes/additions and some skills being introduced at an earlier STEP.
- Introduction of music for floor from STEP 1.
- Bars will put a much greater emphasis on swing from STEP 1.
- Introduce a run and jump vault at STEP 1
- Introduce the vault table at a lower STEP

STEP 5 and 6

Make both STEPs 5 and 6 that are competed at Nationals have similar rules/requirements.

- Compulsory vault and bar routines
- Compulsory skills on beam and floor to be included into routines with personalised creative choreography (same as present STEP 6).
 - The proposed base routines are similar to current requirements with increased difficulty on bars
 - Options to satisfy some skill requirements - If extension/option skills are available in STEP 6 then gymnasts can remain in STEP 6 while increasing their skill level rather than moving up to STEP 7 and failing to achieve at the required level.
- Casts and Clear circles will be assessed as per the FIG Code of Points. That is, these skills are expected to go to handstand. The skills will be awarded if they achieve above horizontal but will be deducted according to the FIG rules for amplitude

STEPS 7 – 10 Optional Routines

Ensure the requirements are progressive towards the FIG requirements. Have a closer relationship in our requirements to the programmes of other countries that we compete with – Australia and USA – so that the gymnasts don't have to make changes to their routines when they compete in these countries.

STEP 7 – 10 Bars, Beam and Floor

D score

Have a scoring system more aligned with FIG.

D score is made up of:

- Value of X number of counting elements (including the dismount) (STEP 7 = 6, STEP 8 = 7, STEP 9/10 = 8)
- + 4CRs (worth 0.5 each)
- + Bonus skills/CV (+0.3 each)

CRs

- Bring the number of CRs into line with FIG – total 4. FIG has deleted the dismount CR requirement but a dismount requirement has been retained for bars to address the current weak dismounts in NZ bars.
- The requirements at STEP 10 are such that a gymnast can move across to the international stream without too much difficulty?

Bonus Skills/CVs

- Essentially the Bonus Skills at one level are the CRs for the next level. Therefore if the gymnast has all the bonus skills at one level they will have the CRs ready for the next level.
- The CVs are more limited than previous and are intended to drive connections of higher value skills along the same principles as FIG.

Vault

STEP 7

A choice of

- a Handspring
- Tsukahara tucked
- Yurchenko tucked

In STEP 8, 9 and 10 vaults will be awarded the FIG value plus an value that gives parity of vault scores to the scores on the other apparatus

Bars

STEPS 7 and 8

- The CRs are similar to our current requirements – the main differences are:
 1. the deletion of CRs with cast angle requirements and replacing this with an element to or through handstand
 - a. STEPS 7 and above gymnasts should be able to perform an element to or through handstand
 - b. gymnasts can execute a giant swing or circle skill to handstand without casting above 45°
 - c. ALL CASTS will be judged as per FIG - within 10° credit DV, below 10° no DV + the applicable amplitude deduction
 2. Removal of an exit angle for close bar circling skills
 - a. Group 2, 4, 5 circle elements will be judged as per FIG – within 10° of handstand award DV, below 10° award 1 DV lower and take amplitude deduction. Below horizontal No DV or CR
 3. The inclusion of a salto dismount CR.

Under and Overs

- That Unders and Overs be retained up to STEP 8.
- Delete age groupings in STEP 9 and 10 both for AA and Apparatus finals

Pass Marks

The scores to move up a STEP or to qualify for Nationals will be reviewed.

International Levels Programme

The Gymnastics Australia International Levels (IL) Programme will not be offered.

It is proposed that a score will be set in each of STEP 9 and 10 (possibly lower) that would qualify a Sub Junior Elite age eligible gymnast to be selected to compete in SJE. In other words a gymnast has to demonstrate a level of performance before entering the International Stream.

As part of this it is proposed to identify talented gymnasts to participate in squads for which skill development and maintenance requirements will be set and monitored.

OTHER**STEP 5 Floor**

The following options have been suggested for STEP 5 floor

Option 1 – own choreography

Option 2 – choice of compulsory exercises created by the SDC

Option 3 – own choreography OR use of an exercise created by the SDC

The reasons for offering a 1 or more compulsory routines is that some clubs

- often don't have the expertise to create individual routines
- don't have the training time to create, learn and perfect individual exercises
- would have an option with no artistry/composition/choreography deductions (other than gymnast's performance of it),
- have an example of the sort of quality exercise we wish to see
- have a routine which multiple gymnasts can perform at the same time in training, to be more efficient as they don't have the training time for gymnasts to have individual routines

The SDC would like feedback on this to determine if there is a need for 1 or more compulsory routines to be developed.

Range and Conditioning

A number of coaches requested very strongly to 'bring back R and C' to ensure coaches work on strength and flexibility.

The SDC are aware of the issues around including R and C as a competition routine. However, one suggestion has been that each of STEPs 1 – 6 have an R and C routines that would not be competed but which would be there would be testing days where the gymnasts would be assessed on these routines and the gymnasts would need to achieve a minimum score as part of the qualification to move up to the next STEP.

The SDC would like feedback as to whether coaches feel there is a need for R and C to be reintroduced.