

**TOP OF THE SOUTH GYMNASTICS**

**(TOTS)**

**GENERAL GYMNASTIC COMPETITION  
EXERCISES**

**BOYS AND GIRLS  
2017 EDITION**

# TOP OF THE SOUTH GYMNASTICS

## PERFORMANCE JUDGING NOTES

### INTRODUCTION

Our intention in promoting this booklet is to provide for Clubs within the Upper South region a set of exercises that could be used for General Gymnastic Competition/Festivals held in the Upper South region.

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.

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 test.
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.

### **Gold/Elite/Age Group (WAG Level 4 Reserve) – 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.

### **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 Elite and Age Group, not in any other Grade. My reasoning is that girls at the age competing in Elite and Age Groups 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.

### **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.

### **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.

I ask coaches to be reasonable.



# 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
Required Skill	Step on to the beam	Two leg kicks	Walk flat feet to near beam end	Relevé on two feet (raised on feet)	Quarter turn	Jump straight body dismount

**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) 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 (toe to knee in forward passé)	Walks forward x 4 (no relevé or walking on raised feet required but allowed)	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, 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

# GRADE 2 – (BOYS & GIRLS)


## VAULT

From max. 10m run, hurdle straight jump from board to 30/40cm 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	
Required Skill	Present	Back hip circle pullover to front support (with coach assistance if needed)	2 Beat casts (hips to leave the bar)	Roll forward through controlled tuck hang 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

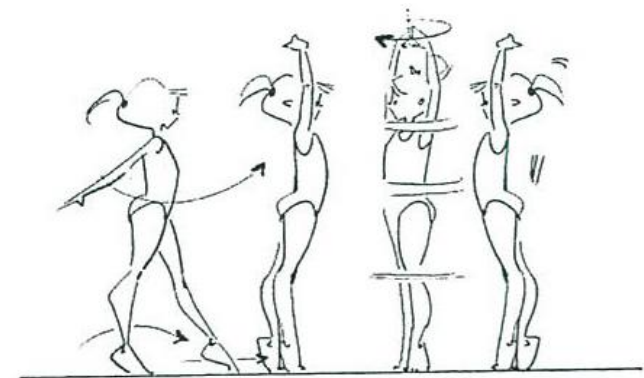
### Raised Beam (approx 50cm)

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	Pivot walks, one on each leg (forward passé on flat foot with toe to knee)	<p><b>Straight Jump</b></p> <p>Stand with feet along beam, one foot slightly in front and arms forward horizontal.</p> <p>Swing arms down and backward behind hips while bending knees.</p> <p>Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to lift to jump.</p> <p>Tight upper body that remains vertical throughout.</p> <p>Return arms to forward horizontal as knee, hip and ankle joints flex</p>	Walk forward x 4 (on raised feet)	<p>½ turn on 2 feet in relevé (on raised feet)</p> <p>Begin with correct standing posture with arms by sides. Preferred foot should be slightly in front of other foot.</p> <p>Rise strongly on both feet and hold in releve.</p> <p>Pivot 180° on 2 feet with all body parts turning simultaneously.</p> <p>Hold releve position briefly on completion of turn.</p>	¼ 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

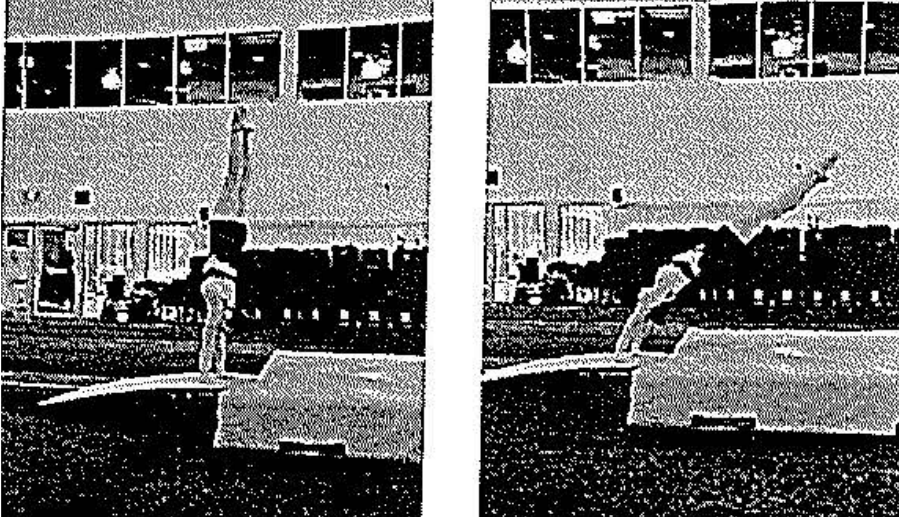
Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	Tuck hang, momentary L hang	Basic long swing	Basic long swing	Dismount on back swing
Technical Description	From hang, lift legs to tuck position (2 seconds) Straighten legs to hang	Long hang swing backward, swing forward	Long hang swing backwards, swing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

# GRADE 2 – (BOYS & GIRLS)

## FLOOR

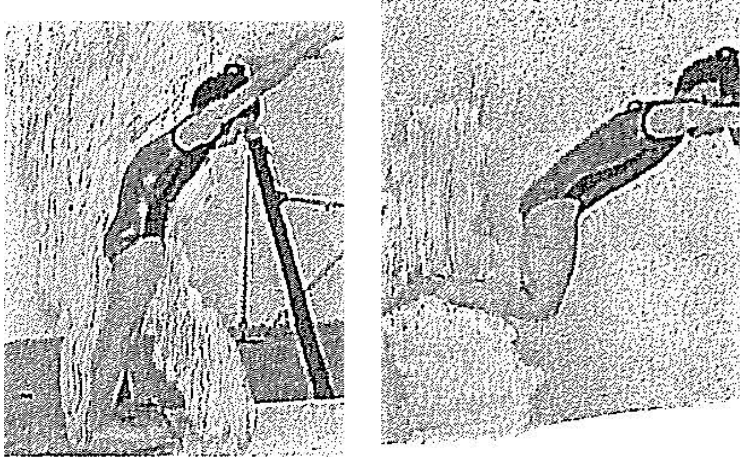
Item	Skill 1	Skill 2	Skill 3	Skill 4
Required Skill	From stand, forward roll, momentary tucked handstand	Forward roll to L sit	Reach forward to pike position (2 sec)	Momentary shoulder stand, roll forward to straight jump
Technical Description	From stand, raise arms up sideways to vertical position.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

# IRON – (BOYS & GIRLS) VAULT

Item	Skill 1
<b>Required Skill</b>	Step or lunge to handstand on board and land on back to 30cm super soft mats (arms optional)
	
	Step into handstand and join legs together before or at vertical.
	Maintain an open shoulder angle and straight body position.
	Maintain a flat back landing during the 'fall' to back phase. The body is to remain straight with the shoulder angle completely open.
	All body parts contact the mats at the same time.
Head remains neutral throughout.	

# IRON – (BOYS & GIRLS) BARS

## Low Bar

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
<b>Required Skill</b>	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.					

# 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
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)	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	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

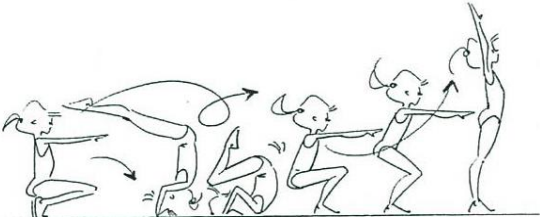
# IRON – (BOYS & GIRLS)

## FLOOR

Item	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	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)

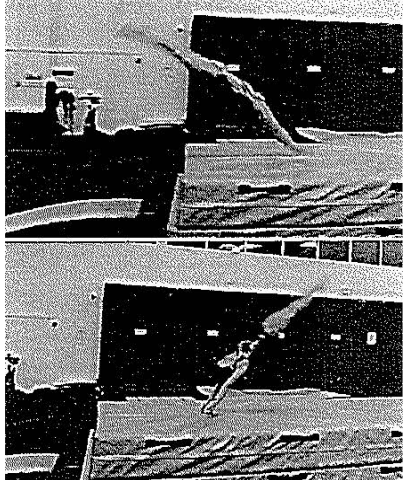
Item	Skill 6	Skill 7	Skill 8
Required Skill	180° roll sideways	Front support	Tuck forward roll
			
Technical Description	Roll 180° sideways to forward lying position arms still extended	Circle arms sideways to bent position by chest and push to front support (hold 2 seconds)	Squat and place hands flat 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	Skill 2	Skill 3	Skill 4	Skill 5
Required Skill	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	Back hip pullover	Cast x 2 – toes to bar height	Forward roll to controlled 'L' hang (mark 2 seconds)	Stand
Technical Description			 <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 kicks x 2 (left and right)	Straight jump with foot change	Split Jump  <b>NB</b> Skills 3&4 do not have to be connected. 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	¾ handstand (support leg must leave beam)	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 stand	Forward step hops	Split jump  NB Means take off from 2 feet
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	Skill 10
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 to straight jump (can be joined)	Forward roll to 'L' sit, touch toes, roll back to candlestick, roll forward to stand	Straight jump connected to straight jump ½ turn	Step forward to kneel, finishing pose

# BRONZE – (BOYS)

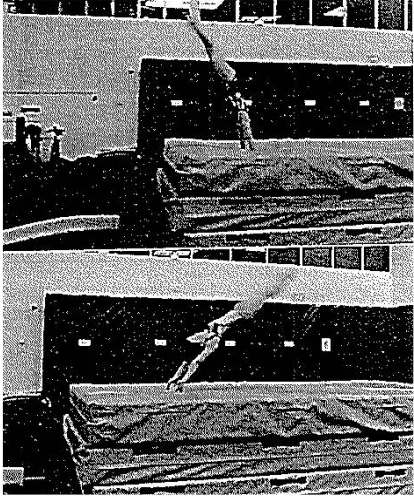
## FLOOR

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

**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 horizontal	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. Swing forwards and backwards x 2. Coach may help initiate first swing	

# 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

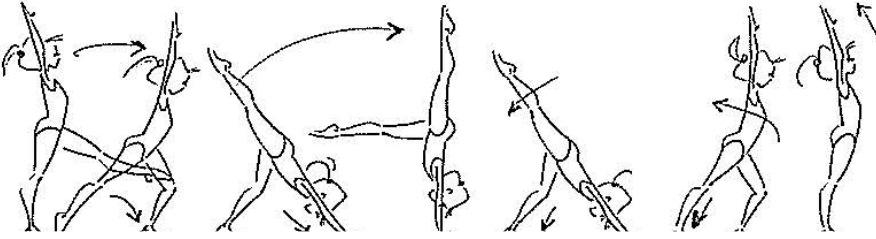
Raised Beam (115cm from floor with 20cm matting)

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="1240 676 1709 951" data-label="Image"> </div> <p data-bbox="1227 970 2018 1027">Step forward and lift rear leg upwards and backwards to horizontal at the same time as torso lowers slightly.</p> <p data-bbox="1227 1034 2002 1091">Arms may be held overhead and in line with torso or open to side horizontal.</p> <p data-bbox="1227 1098 1962 1155">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, straight 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
			
Technical Description		<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
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

**NB** Same exercises as for Bronze

# 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)	Chasse hop, chasse hop (alternate leg), step feet together, split jump <b>NB</b> Split jump is a movement off two feet	Passé, ½ turn on one foot	Handstand forward roll to 'L' sit, touch toes, roll backward to candlestand roll forward to stand	Straight jump to 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 candlestand 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 <b>NB</b> If no vaulting table available at any competition, vault to be done on to fat mats set to 100 cm height
<p><b>NB</b> Discretion of competition organiser to allow either vault fat mat only option <u>provided</u> request made at the same time as entry. If fat mat set up allowed and vaulting table available then 1.0 deduction to be applied.</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
<b>Required Skill</b>	2 continuous glide swings (transition phase from end of glides to commencing pullover is not judged (Straddle glides permitted))	Pullover	Cast, then back hip circle	Under swing to stand	3 x basic swings	Dismount
<b>Technical Description</b>		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 – squat on side or end, stand	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, leap progression – landing leg to plie, back leg held horizontal, repeat on other leg

# 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

# GOLD – (BOYS)

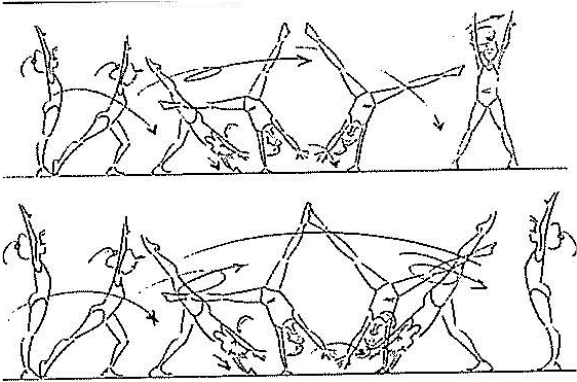
## RINGS

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	Cast to back swing	2 swings	Stretched inlocate to back swing	Swing to inverted hang	Cast to ½ arm swing	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 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 with bent arms to swing backward and forward in <i>chin up</i> position 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
<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
<b>Technical Description</b>		 <p data-bbox="571 1086 1146 1182">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="571 1198 1146 1257">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 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11
<b>Required Skill</b>	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)	From 2 feet hurdle to round off, rebound	Straight jump, jump ½ turn	Step to kneel, finishing pose
						
<b>Technical Description</b>	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.					

# 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



# ELITE & AGE GROUP – (GIRLS)

## VAULT

### Elite/Age Group

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

### Elite (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.

### Age Group

Vaulting/Platform (115cm height)

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

- 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.

# ELITE – (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

# ELITE – (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>	

# AGE GROUP – (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)		

**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, Age Group Bars Skill 1, the minimum skill to be performed is two continuous glide swings but the gymnast may perform a glide kip instead.

# ELITE & AGE 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

# ELITE – (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 OR Backward walkover OR Tic Toc Or 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
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, Elite 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.

# AGE GROUP – (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
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
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, Age Group 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.

# ELITE & AGE 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	Cast to back swing	2 swings	Stretched inlocate to back swing	Swing to inverted hang	Cast to ½ arm swing	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 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 with bent arms to swing backward and forward in <i>chin up</i> position to stretched inverted hang	Lower legs to piked position and cast to swing backward. Swing forward directly into tucked back salto dismount



# ELITE – (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
Skill 2	Round off rebound	Round off flic rebound
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 ½ 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 Elite 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.

# AGE GROUP – (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 or aerial cartwheel
Skill 2	Round off rebound	Round off flic rebound OR Round off flic tuck back salto
Skill 3	Passage of dance must contain two 180° split leaps	
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 ½ 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 Age Group 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.

# ELITE & AGE 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)

**VAULT: Pegasus Vaulting Table 125 cm**

**2 Vaults performed (may be the same or different – see below) with highest score counting**

<b>Vault – For Both Grades</b>	<b>'D' Score</b>
Handspring	5.0
½ On ½ Off	5.5
Handspring 1/1	5.6
Round off vault to back (soft mat)	5.3
Tsukahara tucked	6.0
Tsukahara piked	6.2

**UNEVEN BARS: For Senior Open**

Skill Requirements:

- 1 Bar
- 1 Circle Element
- Dismount (Stoop/straddle on under swing or dismount from code of points)

**BEAM: Minimum of 2 lengths. The routine will be timed and should not be more than 90 seconds for Senior Open**

Skill Requirements:

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

Please note: A maximum of 3 dance elements will be counted towards the start value

**FLOOR: Optional music (lyrics allowed), maximum time limit 90 secs**

Skill Requirements:

- 2 x Tumble passes of at least 2 skills
- Leap Series
- Mixed Series (acrobatic skill connected to a leap or jump)
- Turn

Please note: A maximum of 3 dance elements will be counted towards the start value

### **Individual Advanced - Women**

Floor, Bar and Beam routines must contain at least 6 gymnastics elements (includes dismount) for a D Score of 5.0 (each missing element will incur a 1.00 deduction).

Bonus skills may be used to gain a higher D score with a maximum of 4 bonus skills being credited as per the table below.

<b>FIG Classification</b>	<b>Bonus Amount for NZMG</b>
A	0.2
B	0.4
C	0.6
D	0.8