

## MEMORANDUM

<b>DATE:</b> March 4, 2019	<b>STATUS:</b> High
<b>TO:</b> WAG Coaches and Judges	<b>FROM:</b> Michele Hawke – WAG Technical Committee Chair
<b>CC:</b>	<b>ATT:</b>
<b>RE:</b> WAG Technical Bulletin #1 2019	<b>NOTE:</b>

### WAG STEPs Programme

The Women's Artistic Gymnastics (WAG) Technical Committee (TC) thank those people who have taken the opportunity to provide feedback on the current STEPs programme. We believe that the programme is doing what was intended, that is producing sound development at the lower STEPs levels so that gymnasts have the physical preparation and progressions to learn skills and achieve their potential.

The WAG TC reiterates that a gymnast should not enter a STEP unless they have all the skills for that STEP so that when they compete they are confident of their performance and therefore in a better position to achieve the pass score. They can then improve their performance during the year while learning the skills for the following years. A 'pass' score indicates that a gymnast can compete competently at a given STEP but is not a statement that they are ready for the next STEP.

Gymnasts should commence in STEP 1 to ensure that they progress through the required development phases. However, if a club has a gymnast who has come from a GFA or other programme who they wish to start in a STEP other than STEP 1 they need to apply to the Coaching Advisor, Hannah Prout, [hannah.p.gym@gmail.com](mailto:hannah.p.gym@gmail.com) for dispensation to do so. The application should provide evidence that the gymnast can perform the skills required for the STEP.

### Changes

The following changes will be made for 2019 onwards:

- STEP 2 Floor – gymnasts have the option of
  - The current handstand limber to bridge push through shoulders to stand up OR



- Handstand limber to bridge keeping shoulder open, extend one leg forwards and kick over to finish standing with feet together. Note: the angle of split in the kick over will not be judged but other form errors such as bent legs and arms will be deducted
- STEP 4 Vault will be the same as STEP 5 vault using a vault table with the same height options.
- STEP 10 bonus skills. An additional option has been added to the floor bonus skills.

### Ribbon Scores

Gold	14.00
Red	12.50 – 13.999
Blue	11.00 – 12.499
Green	<11.00

These have been changed so that the red ribbon score band reflects what is considered a 'pass' or competence score for the apparatus.

This means that the scores on the ribbon cards will be incorrect and will need to be amended manually.

These changes, as well as any clarifications have been added to the updated WAG Manual and will be shown in yellow highlights.

### Turns

For *connections* of turns (STEP 10 and International), the second turn must commence on a straight leg not a plie. For turns performed on their own it is not necessary for gymnasts to commence on a straight leg. Good turns that finish on relevé, whether they start on a straight leg or plie is what we the gymnasts should be working on.

The 2019 WAG Manual is available on the Gymnastics NZ website [HERE](#).





## Tours

### STEPS Tour

The STEPs tour for this year will be the Alohafest and Mid Island Twisters competitions in Hawaii in **mid-January 2020**. The trial for this competition will be at the National Championships. ITTs (Intention To Travel) will be called for later in the year.

Up to 6 gymnasts in each of STEPs 8, 9 and 10 will be selected. The selection criteria will be similar to that used for the Perth competition in 2018. For STEP 10, preference will be given to gymnasts who can compete on all four apparatus but if there are fewer than six gymnasts available then the numbers may be made up from those who compete apparatus only.

### Junior Development Tour

A tour for gymnasts who are named in the Junior Squad is being investigated for February/March 2020.

If you have any questions please contact Michele Hawke; [mhawke10@gmail.com](mailto:mhawke10@gmail.com).

