

## MEMORANDUM

<b>DATE:</b> November, 2019	<b>STATUS:</b>
<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 2019 #5	<b>NOTE:</b>

### Women's Artistic Gymnastics STEPs Programme

The following adjustments will be made to the programme for 2020 onwards.

#### Qualifying scores

The following will apply for 2020 onwards and may be applied to scores achieved in 2019.

Progression		Ribbons		Nationals All Around	Nationals Apparatus Specialist
STEPS 1 to 4	Pass - 49.000 Distinction - 56.000	Gold Red Blue Green	14.000 12.500 11.000 <11.000	Not eligible	Not eligible
STEPS 5 to 6	Pass - 49.000 Distinction -56.000	Gold Red Blue Green	14.000 12.500 11.000 <11.000	50.000	Not eligible
STEP 7	44.00	N/A	N/A	44.00	Not eligible
STEP 8 STEP 9 STEP 10	Pass 43.000	N/A	N/A	43.000	11.000
Junior Senior		N/A	N/A	43.000 45.00	Not eligible VT 12.5 (Av 2 vaults) UB 11.3 BB 11.0 FX 11.7



### **Progression through the STEPs programme**

The qualification score must have been achieved on two separate occasions. For STEPs 1 to 6, to move up a STEP both of these occasions may be from the gymnast's home province.

To be eligible for selection by their province for the National Championships, STEP 5 – 10 gymnasts must achieve the qualification score on two **separate** occasions, one of which must be at a competition outside their home province. Day 1 and Day 2 at the same competition does not constitute separate occasions.

Transfers between STEPs, other than by meeting the pass score, should be requested to the Hannah Prout, WAG Coaching Advisor via the dispensation process. Dispensation to move up a STEP, without having achieved the required score, will be granted only in exceptional circumstances. Please email dispensation requests to [hannah.p.gym@gmail.com](mailto:hannah.p.gym@gmail.com) from January 2020.

### **Amendments to the WAG Manual for 2020**

#### **Vault**

##### *STEP 5*

There will be 2 vault heights, 115cm and 125cm, as per STEP 6.

##### *STEP 4 - 6 Handspring Vault*

The handspring vault is judged as per the Vault General Table of Faults – there is no deduction for overarm action because overarm action impacts on height, length and dynamics.

##### *STEP 7 - 10*

- All vaults from the FIG Code of Points are permitted.
- All vaults will have a D score as per the FIG Code of Points, with the following exceptions:
  - All Yurchenko vaults will be awarded the same D score as the equivalent Tsukahara vault. Eg Yurchenko tuck D score =3.5. This is to encourage the development of Yurchenko vaults

#### **Bars**

##### *STEPS 1 – 6*

All swings on the high bar, are to be performed with legs together.

In STEP 6, giant swings may be performed with legs straddled.



#### STEPS 3 and 4

The supplementary mat is not to be moved out for glide swings and returned to another position for the dismount.

#### STEP 8

The bonus for flyaway in stretched position has been removed. The bonus for B or higher value dismount will remain.

#### STEP 7 – 10

There will be no deduction for an empty swing after a shaposhnikova element.

An additional mat is permitted for all same bar release skills.

*\*\*Note that in 2021, the minimum height for both bars will be raised by 5cm so clubs should be working to ensure that their equipment will be capable of achieving this.*

#### Floor

A 10cm landing mat is permitted for all D and above acro skills for all STEPs, Junior and Senior International at **ALL** competitions including the National Championships

Please note, it is the intention of WAG Technical Committee to not make major changes to the WAG STEPs 1-4 compulsory routines or STEP 5 and 6 requirements for 2021-2024 cycle.

#### Uniform

##### Leggings

Gymnasts and coaches are permitted to wear leggings as part of a **club** uniform at local and regional competitions. Leggings may be either black or in club colours. A club name may be printed on the leggings.

**For National Championships gymnasts and coaches must wear their provincial track suit pants - leggings are not permitted.** This is because the National Championships are the pinnacle event for the year and leggings are not in keeping with the formality of the event.

#### Judging

There will only be Elementary Judges courses held in 2020. Judges are expected to have two years' experience at a given qualification level before moving up to the next level.

It is encouraged that those wish to move to a higher level in 2021, shadow judge on higher panels (sit on panels, but will not have a counting score).



## STEPS Tour for 2020

The STEPs tour for 2020 is likely to be to the Australian Clubs competition on the Gold Coast mid-late September. If participation is accepted by Gymnastics Australia then the trial for selection of teams in each of STEPs 8, 9 and 10 will held in conjunction with the Central Open competition in Wellington on May 23/24.

## Club Overseas Tours

Clubs are reminded that if they are planning an overseas trip for their club that approval must be sought from WAG Technical Committee a minimum of six months prior to the departure date. The application form can be found on the Gymnastics New Zealand (GNZ) website by clicking [here](#).

## Pacific Rim Championships Trial

The trial for Pacific Rim Championships Trial will be held over two days of the weekend of February 8 and 9, 2020 at Christchurch School of Gymnastics (CSG).

The qualification criteria will be advised shortly. The WAG Technical Committee (TC) is not requiring the gymnasts competing in the trial to have demonstrated that they meet the criteria to enter the international stream prior to the trial. However, performances at the trial will be used to determine whether the gymnasts may enter the international stream for 2020.

## Development Clinics

The Technical Committee is working on dates, locations and selection processes for development clinics to be held in 2020 but these have been impacted by the revised competition calendar related to the change of Nationals dates and the hosting of the PacRim competition in April.

### Michele Hawke

WAG Technical Committee Chair  
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