



NZ SECONDARY SCHOOLS

Tier 2 GYMNASTIC SPORTS CUP

2023

WOMENS ARTISTIC GYMNASTICS

Manual

This manual outlines the routine requirements for Women's Artistic Gymnastics at the NZ Secondary School Tier 2 - Gymnastic Sports Cup event.

This event is endorsed by School Sport NZ



COMPETITION DIVISIONS

The following table shows the divisions offered for Women's Artistic Gymnastics. This is a guideline - teachers and coaches are encouraged to place students in the division that best meets their current abilities.


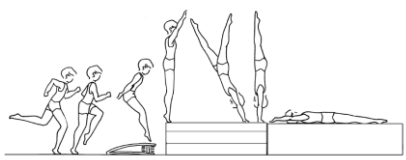

WOMEN'S ARTISTIC GYMNASTICS (WAG)			
Division	Criteria	Category	Requirements
WAG Grade 1	For students and beginners learning gymnastics. No retired competitive gymnasts	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Bars, Beam and Floor as outlined in this document. Choose 3 or 4 apparatus to perform
WAG Grade 2	Recommended for, Students in school-based gymnastics, Recreational club gymnasts, Participants from other sports eg Dance No retired competitive gymnasts	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Bars, Beam and Floor as outlined in this document. Choose 3 or 4 apparatus to perform
WAG Grade 3	Recommended for, Retired gymnasts STEP 1 – 4, Advanced recreational club gymnasts. This division may also suit students from other gymnastics codes.	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Bars, Beam and Floor as outlined in this document. Choose 3 or 4 apparatus to perform.
WAG Open Grade	Recommended for, Past, retired WAG Gymnasts STEPS 4+, This division may also suit students from other gymnastics codes.	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Bars, Beam and Floor as outlined in this document. Choose 3 or 4 apparatus to perform.

JUDGING

Routines are performance judged. No difficulty or bonuses apply.

WAG ROUTINE REQUIREMENTS

WAG GRADE 1

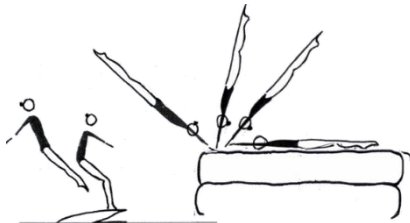

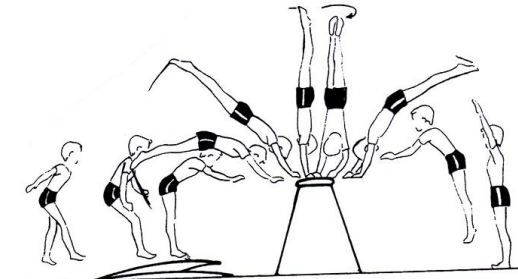
WAG Grade 1 - VAULT		Perform two vaults. This may be two different vaults or the same vault performed twice.	
Dive Roll	Handstand Flat Back	Round-off	
Run to dive roll. Use of underarm swing.	From short run, straight jump to land on 60cm crash mats. Step to Handstand, land Flatback on mats.	Run to, straight jump to land on 60cm long box or equivalent stacked mats. Step to round-off ¼ turn dismount.	
			

WAG Grade 1 - FLOOR		Skills can be performed in any order 50 seconds maximum. Music optional. Lyrics allowed but must not contain objectionable words or references.				
Skill 1: Dance steps	Skill 2: Jump or Leap	Skill 3: Turn	Skill 4: Balance	Skill 5: Handstand	Skill 6: Acro 1	Skill 7: Acro 2
Optional dance steps Examples; Chasse Skips Grapevine	Choose one Cat Leap Jump half turn	Half turn on one leg	Choose one Sitting, lift legs to v-sit balancing with arms out to side* Knee scale* *2 second hold	Choose one ¾ Handstand Momentary full handstand	Choose one Forward Roll to optional exit. Roll back to shoulder stand	Choose one Cartwheel (optional side or 1.4 turn finish) Backward Roll to optional exit

WAG Grade 1 - BEAM		Beam height to be set at a minimum of 105cm. The beam can be set higher on request of gymnast's legs touch ground while sitting astride beam Extra steps and movements may be required to connect skills. These should show fluid, continuous movement. Routine to be performed in order of skills listed.				
Skill 1: Mount	Skill 2: 4 steps	Skill 3: Balance	Skill 4: Turn	Skill 5: Jump or Leap	Skill 6: Kicks	Skill 7: Dismount
Jump to front support, lift one leg over beam and turn to sit. Lift legs to tuck-sit on beam. Balance with hands behind on beam – hold for 2 seconds. Bring hands forward onto beam, and lower legs to behind and lift to stand.	Choose one Straight leg walks on high toes Dip steps (toe sweeps below beam)	Choose one Step to side-facing OR forward-facing lunge Hold 2 seconds* Balance on one leg * *Leg and arm placement optional	Half turn, two feet on high toes	Choose one Swing arms from beside body to above head for small jump, land back on beam. Cat leap	Step kick x 4 (toe lifts to a minimum 45°).	Walk to end of beam (same end as mount). Join feet together at end of beam. Perform a forward-facing jump of choice. For example. Straight jump, Star jump, Tuck Jump

WAG Grade 1 - BAR						
Skill 1: Under bar skill	Skill 2: Mount	Skill 3: Cast	Skill 4: Cast	Skill 5: Balance	Skill 6: Cast	Skill 7: Dismount
Hang below low bar, lift legs to tuck position, hold for 2 seconds, lower legs to floor, stand.	Jump from floor or box to front support and hold 2 seconds. Circle up to front support is permitted.	Cast hips off bar, land hips back to bar,	Cast hips off bar, land hips back to bar. Skill 3 and 4 are not connected.	From front support, lift leg over bar to stride sit, swap hands and half turn body, lift other leg over bar to front support.	Cast hips off bar, land hips back to bar,	Choose one Immediate cast hips off bar after skill 6, push off backwards to dismount. Roll forward to momentary tuck hold.

WAG GRADE 2

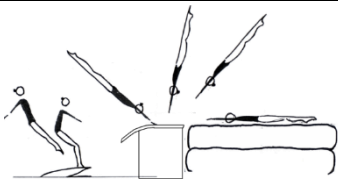
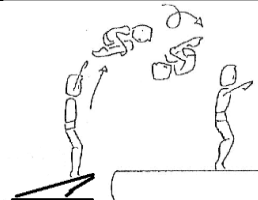
WAG Grade 2 - VAULT		Perform two vaults. This may be two different vaults or the same vault performed twice.	
Handstand flat back	Front Salto	Round off	
Run to handstand flat back on 60cm crash mats	Stand on box top, jump off mini tramp to tuck salto to land on crash mat to stand. (landing judged)	Spring to round-off over box top	
			

WAG Grade 2 - FLOOR		Perform in any order. 50 seconds maximum. Music optional. Lyrics allowed but must not contain objectionable words or references.				
Skill 1: Dance steps	Skill 2: Jump or Leap	Skill 3: Turn	Skill 4: Balance or Flexibility	Skill 5: Handstand	Skill 6: Acro skill	Skill 7: Connected Acro
Steps of choice. Examples Step hop, step hop Chasse, connected with step hops.	Choose one Stag jump Split jump Tuck jump Jump full turn Chasse to split leap	Choose one Full turn	Choose a balance of choice on one leg. Examples Hold Arabesque with leg at or above 45° Pike stretch to toes Splits Bridge	Choose one Backward roll to pike Handstand forward roll Handstand hold (2 seconds)	Choose one Forward roll Backward roll Cartwheel Dive roll Round-off Choice of exit from each skill	Connect any two Acro skills not performed for skill 6. Examples Cartwheel, cartwheel Round-off, jump 1.2 turn step to Cartwheel

WAG Grade 2 - BEAM		Beam height to be set at a minimum of 105cm. The beam can be set higher on request of gymnast's legs touch ground while sitting astride beam Extra steps and movements may be required to connect skills. These should show fluid, continuous movement. Routine to be performed in order of skills listed.				
Skill 1: Mount	Skill 2: 2 steps	Skill 3: Balance	Skill 4: Turn	Skill 5: Jump or Leap	Skill 6: Acro skill	Skill 7: Dismount
Choose one Jump to front support, lift one leg over beam to come to riding seat. Swing legs to land in crouch From side, hands on beam, jump to one leg on, raise free leg to front and rise to stand.	Choose one 2 x Chasse steps – alternate legs. 2 x Back Kicks	Choose one, hold 2 seconds Knee Scale- Lower to place hands and one knee on beam Scale Balance – free leg out the back V-Sit, arms out to side.	Choose one Half turn on one foot Pivot turn (two feet), step Pivot turn	Choose one Small split Jump Leap from one leg to land on other leg Stretch jump, switch feet	Choose one ¾ Handstand. Legs to split and feet to leave. Tuck handstand Shoulder stand	Choose one Swing to handstand and dismount to side of beam. Jump backwards from side or end of beam. Jump ½ turn, land. Run to end of beam, punch jump off end. Cartwheel, ¼ turn of end.

WAG Grade 2 - BAR		Routine to be performed in order of skills listed.				
Skill 1: Under bar skill	Skill 2: Mount	Skill 3: Cast	Skill 4: Optional skill	Skill 5: Dismount	Skill 6: High bar	Skill 7: Dismount
Choose one One tuck swing, land of back swing L Hang (hold 2 seconds)	Choose one Jump to front support, followed by immediate (and controlled) cast. Circle up to front support	Cast to 45° or above	Choose one Immediate cast hips off bar, followed by hip circle Cast and squat one leg through to stride support, left leg back over or turn on bar to lift other leg over	Choose one High cast towards 90° dismount to land backwards. Roll forward for L-Hold (2 seconds) Cast to small under swing dismount	Initiation to one long hang swings	One long hang swing connected to the first one, release off back swing to land.

WAG Grade 3

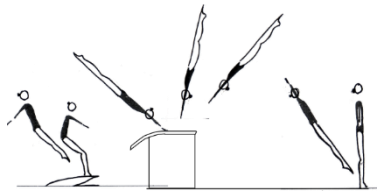
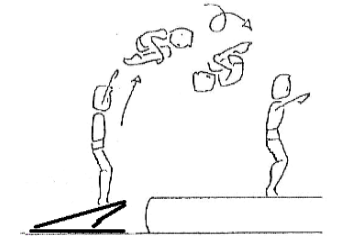
WAG Grade 3 - VAULT		Perform two vaults. This may be two different vaults or the same vault performed twice.	
Handstand flat back	Front Salto	Quarter on vault	
Run to handstand flat back with prop on 90cm crash mats. 	Run to jump off beat board to tuck front salto (landing not judged) 	Run, jump two feet to spring board, quarter turn hands on to 90cm crash mats, land standing facing back towards run up.	

WAG Grade 3 - FLOOR		Routine to be performed in order of choice 50 – 60 seconds. Music required. Lyrics allowed but must not contain objectionable words or references.				
Skill 1: Dance steps	Skill 2: Jump or Leap	Skill 3: Turn	Skill 4: Balance or flexibility	Skill 5: Handstand Skill	Skill 6: Acro	Skill 7: Connected Acro
Steps of choice. Examples Step hop, with free leg horizontal Chasse, connected with step hops.	Choose one Split jump Tuck jump, half turn Jump full turn Chasse to split leap Stretch jump connected to a stag, tuck or split jump	Choose one Full turn Fouette turns	Choose a balance of choice on one leg. Examples Hold Arabesque with leg at or above 45° Pike stretch to toes Splits Bridge	Choose one Backward roll to front support Handstand forward roll Handstand prop	Choose one Backward roll Cartwheel Dive roll Round-off Backward walkover Forward walkover Standing Flic Flac Choice of exit from each skill	Connect any two Acro skills not performed for skill 6. Examples Cartwheel, cartwheel Round-off, jump 1.2 turn step to Cartwheel

WAG Grade 3 - BEAM		Height – minimum 1m. Perform in order of choice				
Skill 1: Mount	Skill 2: Steps	Skill 3: Balance	Skill 4: Turn	Skill 5: Jump or leap	Skill 6: Acro Skill	Skill 7: Dismount
Mount of choice - must show some level of difficulty. Examples: Jump to feet squat on, show L-Sit Front support to sit-swing legs up to pike	Choose one Step hop, step hop	Choose one, 2 second hold Arabesque – back leg at 45° Scale Balance	Choose one Full turn on one foot Step half turn, pivot turn - on one foot (high toe), then pivot on both feet (high toes)	Choose one Tuck jump, knees reaching horizontal Split jump, toes above 45° Step hop, straight jump, optional arm position Step to stag or split leap	Choose one Forward or backward roll ¾ Handstand, one leg reached vertical Momentary full handstand Cartwheel (side or step in finish) Bridge	Choose one Cartwheel or roundoff off end.

WAG Grade 3 - BARS		Perform in order listed.				
Skill 1: Under bar skill	Skill 2: Mount	Skill 3: Cast	Skill 4: Optional skill	Skill 5: Dismount	Skill 6: High bar	Skill 7: Dismount
Choose one One glide swing L-hold, 2 seconds	Choose one Circle up to front support, followed by immediate cast Chin up circle up	Immediately cast, towards 90°	Choose one Cast, back hip circle, cast Cast and squat one leg through to stride support, change grip, mill circle forwards. Roll over front leg to front support (arm and leg roll over together.	Choose one Cast to under swing dismount Straddle on to under swing dismount	Two tap swings	Tap swing, release on back swing

WAG Open Grade

WAG Open Grade - VAULT		Perform two vaults. Minimum 110cm height. This may be two different vaults or the same vault performed twice.	
Handspring	Front Salto	Half on, half off	
<p>Run to Handspring over vault table.</p> <p>Extension: ½ twist off – no bonus applies.</p> 	<p>Run to jump off spring board to tuck front salto (landing judged).</p> <p>Extension: Front layout – no bonus applies.</p> 	<p>Run, jump two feet to beat board, Half turn hands onto table, half twist off.</p>	

WAG Open Grade - FLOOR		Perform in order of choice. 60 – 80 seconds maximum. Music optional. Lyrics allowed but must not contain objectionable words or references.				
Skill 1: Dance steps	Skill 2: Connected Jump or Leap	Skill 3: Turn	Skill 4: Balance or flexibility	Skill 5: Handstand Skill	Skill 6: Acro skill	Skill 7: Tumble run
<p>Steps of choice. Examples</p> <p>Step hop, with free leg horizontal</p> <p>Chasse, connected with step hops.</p>	<p>Connect two jumps, two leaps or a leap and a jump. Examples</p> <p>Split leap, split leap</p> <p>Split leap, side leap</p> <p>Split change leap - can be performed on its own and is considered equal to</p>	<p>Choose one</p> <p>Full turn, arm and leg position optional</p> <p>Jump full turn</p>	<p>Choose a balance of choice on one leg. Examples</p> <p>Hold Arabesque with leg at or above 45°</p> <p>Pike stretch to toes</p> <p>Splits</p> <p>Bridge</p>	<p>Choose one</p> <p>Backward roll to handstand</p> <p>Handstand, half turn, forward roll or step down exit.</p>	<p>Choose one</p> <p>Round-off, jump half turn to and Acro skill</p> <p>Cartwheel, backward or forward walkover</p> <p>Tik Tok</p> <p>Backward walkover</p> <p>Forward walkover</p> <p>Side arial / cartwheel</p>	<p>From a run perform 1 or 2 or 3 connected elements. Examples;</p> <p>Round off flic flac</p> <p>Round off, back tuck</p> <p>Handspring</p> <p>Punch front salto</p> <p>Maximum of half twisting elements.</p>

WAG Open Grade - BEAM		Perform in order of choice				
Skill 1: Mount	Skill 2: Leaps	Skill 3: Balance	Skill 4: Turn	Skill 5: Jump	Skill 6: Acro Skill	Skill 7: Dismount
Mount of choice - must show some level of difficulty. Examples: Jump to clear straddle, cross or side position Short run to leap on end of beam Jump from end to forward roll along beam	Of choice, examples Stag leap Split leap	Choose one, hold 2 seconds Arabesque – back leg above 45° Scale Balance – scale leg above horizontal	Choose one Full turn on one foot Step half turn, pivot turn - on one foot (high toe), then pivot on both feet (high toes)	Connect any two different jumps, of choice. Examples Split jump, stretch jump Stretch jump, tuck jump Split jump, sissonne	Choose one Forward or backward walkover Tick Tok Full handstand (hold 2 seconds) Handstand forward roll	Choose one Roundoff off end. Cartwheel step in at end of beam, jump backwards off beam. Punch front tuck jump.

WAG Open Grade - BARS		Perform in order listed.				
Skill 1: Mount	Skill 2: Skill 1	Skill 3: Circle skill	Skill 4: Dismount or bar exchange	Skill 5: Swings	Skill 6: High bar kill	Skill 7: Dismount
Choose one Circle up/chin up to front support, immediate cast, to stop Glide Kip	Choose one One cast above 90°, towards handstand, immediately connected to circle skill Two connected casts, at or near 90°, connected to circle skill.	Choose one Clear hip circle Sole circle, squat on bar, Forward hip circle Mill Circle Cast to double hip-circle	Choose one Cast to place feet on bar, jump to high bar or jump to land (lift to high bar) Jump to high bar (after sole circle) Cast under swing or straddle dismount, with half turn.	Choose one Two tap swings, circle over to high bar Long kip to high bar	Choose one low bar circle, from skill 3 list. May repeat the same circle.	Optional dismount must include a rotation. Example; Tuck flyaway Under swing, half turn