

2023 Australian Masters Games

Gymnastics Manual



2023 Australian Masters Games

Event Entry Fees

Fee structure for Australian Masters Games 2023 (all fees include GST):

Event	Early Bird Fee	Fee as at 1 August 2023
Entry Fee to Australian Masters Games	\$125 per athlete	\$155 per athlete
Entry Fee to Australian Masters Games aged 70+	\$110 per athlete	\$145 per athlete
GymSport specific Fee	\$66 per GymSport	\$66 per GymSport

- **Men's Artistic Gymnastics All Around** – Minimum four Apparatus (may compete all six Apparatus, best four to count for AA)
- **Women's Artistic Gymnastics All Around** – Minimum three Apparatus (May compete all four Apparatus, best three to count for AA)
- **Rhythmic Gymnastics All Around** – Minimum three Apparatus (May compete all four Apparatus, best three to count for AA)

Athlete Eligibility

- Participants in the Masters competition must not have competed in National or State-recognised MAG, WAG and RG competitions (other than Masters) in the past 12 months. This includes Individual or Team Competitions.
- All athletes of all genders aged 20+ may participate.
- Age is calculated at the date of competition.
- To compete, athletes must be registered with an affiliated Gymnastics Australia or New Zealand club. Please reach out to competition organisers if you need assistance with insurance or finding a club.
- Competitors are required to enter the Division which best matches the general difficulty of the skills they will perform. Gymnasts must compete at the same Division on all Apparatus.
- Rationale: Matching gymnasts with appropriately challenging Divisions supports fairness, close competition, and good sportsmanship.

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Age Groups

Men's Artistic Gymnastics	20-29, 30-39, 40-49, 50+
Women's Artistic Gymnastics	20-29, 30-39, 40-49, 50+
Rhythmic Gymnastics	20-29, 30-39, 40-49, 50+

Age divisions may be combined if there are low entrant numbers.

Divisions

Men's Artistic Gymnastics, Women's Artistic Gymnastics, Rhythmic Gymnastics

The following examples of a gymnasts' approximate current skill level indicate the division which may suit them best. The specific requirements detailed below for each GymSport should also be considered when selecting the most appropriate division.

Masters (Advanced)	ALP Level 5-10 / Junior/ Senior International
Open (Novice)	ALP Level 1-4 / No previous gymnastics experience

Australian Masters Games Awards

Awards as below will be presented per age division.

The following examples of a gymnasts' approximate current skill level indicate the division which may suit them best. The specific requirements detailed below for each GymSport should also be considered when selecting the most appropriate division.

(Men's Artistic Gymnastics / Women's Artistic Gymnastics / Rhythmic Gymnastics) Awards	(Men's Artistic Gymnastics / Women's Artistic Gymnastics / Rhythmic Gymnastics) Awards
All Around Awards: 1st place – Gold medal 2nd place – Silver medal 3rd place – Bronze medal	Apparatus Awards: 1st place – Gold medal 2nd place – Silver medal 3rd place – Bronze medal

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Uniform Requirements

Leotards are optional, but if choosing alternate wear please ensure your clothing is appropriate for the movement activities that you will be performing and generally 'Family Friendly'. Loose clothing or clothing with zippers or buckles, or jewellery can be caught on equipment and compromise your safety. A t-shirt, modest singlet, bike pants, shorts (preferably without pockets), longs or leggings are acceptable.

Outfits must not have inappropriate slogans or messages on them. Costumes, patterns, prints etc. may be worn as long as they don't contradict other uniform guidelines. Athletes may wish to consider that Judging is easier if the athlete is wearing neat fitting uniforms that do not make it difficult to see the line of the leg for straightness etc. Contrasting sections of the uniform can assist in this.

Warm Up Times (Recommended)

Warm up times are at judges discretion.

- General Warm up – 15-20 minutes
- Apparatus (other than floor): One 60 second touch per gymnast. American Warm up: warm up 3, compete 1
- Floor Warm up: 4 minutes per group

Equipment

Equipment is primarily provided by Acromat with the following exceptions:

- Spieth Vault and Beatboards
- Spieth Parallel Bars
- Spieth Beam

Coaching Requirements

All athletes require a coach at competitions with the following accreditations.

Men's Artistic Gymnastics / Women's Artistic Gymnastics	Novice - Minimum Intermediate Coach Qualification, plus Module 1 required in relevant GymSport if saltos are being performed
	Advanced - Advanced Coach Qualification required in relevant GymSport
Rhythmic Gymnastics	Minimum Intermediate or above

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Judges Requirements

Novice	Intermediate Judge Qualification in relevant GymSport
Advanced	Advanced Judge Qualification in relevant GymSport

Compositional Routines Requirements & Apparatus Specifications

The emphasis should be on safety, neatness, and fun.

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Women's Artistic Gymnastics Requirements

Download WAG FIG Code of Points [HERE](#)

The WAG Australian Levels Program can be found in one of the following:

- Your club
- Technical members have access to ALP documents under the benefits tab of their Gymnastics Online profile
- Download from the GA WAG App
- Please contact competition organisers if you need help finding the ALP

Vault

Value	Masters (Advanced)	Open (Novice)
10.50	Handstand flat-back onto 1 crash mat	Straight body jump from board to 30cm mat (entry optional)
11.00	Handspring flat-back to 3 crash mats	
11.50	Handspring flat-back over Vault table landing on 100 cm – 125 cm mats	Handstand flat-back onto 1 crash mat
11.70	Run – Tuck front salto from board to feet (60 cm height)	Hurdle – Dive roll to feet on 60cm mats
11.90	Run – Pike front salto from board to feet (60 cm height)	Handspring to flat back on 60cm – 90cm mats
12.10	Run – Front Layout from board to feet (60 cm height)	Run – Tuck front salto to feet (30cm height)
12.10	Roundoff over table	
12.30	Run – Front Layout from board to feet (60 cm height)	Run – Tuck front salto to feet (60cm height)
12.50	Handspring to feet (Table at any height)	Handspring on Vaulting table flat-back landing on 90-120cm mats
12.90	Handspring ½ twist (Table at any height)	Handspring to feet (Table at any height)
13.50	Handspring full twist (Table at any height)	

- 2 Vaults. Best score to count
- May perform 2 different vaults
- Any ages can use a mini tramp with no deduction
- Repeating an invalid vault is allowed without *any* technical penalty (0.00)
- A valid vault will be recognised when it is attempted and completed

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Uneven Bars

Requirement	Masters (Advanced)	Open (Novice)
No. of Skills	Min. 5 skills	Min. 5 Skills
Mount	'A' Mount	Any mount
Cast	Cast to horizontal	Any height (hips off bar)
Bar change	Any – Jump from LB to HB OK	Not required. Athlete may dismount LB and mount HB from a box
Dismount	Min. 'A' Dismount	Any dismount
Apparatus BONUS: 0.2 for each skill	Cast to above horizontal	Cast - toes above bar

- Up to seven skills + Dismount will be counted for value
- Additional skills counted for value in each Division (0.10 ea): Glide swing, Long swing, Pullover, Mill circle, Swing pullover
- BARS Settings: Any Bars setting is allowed. If an athlete requires the bars to be raised, this must be submitted to event organisers prior to the competition.
- Crash mat for dismount or under the Bar is permitted in all divisions.

Balance Beam

Requirement	Masters (Advanced)	Open (Novice)
No. of Skills	Min. 5 skills	Min. 5 Skills
Dance Series	Dance series (2 x 'A' as per CoP)	Any dance skill - ALP L 1-4
Turn	2 x passe ½ turns on the same foot or Passe ½ turn on one foot to ½ turn on 2 feet	Min. relevé 1/2 turn
ACRO	Acro skill – may be static	Any Acro skill in ALP L 1-4
Close to Beam	Close to Beam in mount OK	Close to Beam in mount OK
Dismount	ALP L5+, CoP skill or Handstand ¼ turn twist out	Any Dismount from ALP L 1-4

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- Up to seven skills + Dismount will be counted for value
- Additional skills counted for value (0.10ea): Straight or stride jump / Any roll
- 115cm or 125cm beam height (30cm crash mat allowed under the beam and/or dismount).
- Floor Beam with 5cm matting around the entire Beam – deduction 2.00. (NOT to be used by any Advanced Division)
- Additional matting up to 30cm is permitted without deduction.

Floor (WAG)

Requirement	Masters (Advanced)	Open (Novice)
No. of Skills	Min. 5 skills	Min. 5 Skills
Dance passage	Dance passage (2 x 'A')	Dance passage with any 2 dance skills from ALP 1-4
Pivot	Min. full turn	Full turn on one foot
1st ACRO Series	ACRO series - min. 2 A	1 ACRO Skill, Handstand or Rolls OK
2nd Acro Series	ACRO series - min. 2 A or 1 ACRO skill if Salto	1 ACRO Skill, Hand
Jump	JUMP - min. 'A' jump	Any Dismount from ALP L 1-4

- Up to seven skills + Dismount will be counted for value
- Additional skills counted for value (0.10 ea): Tuck jump (also with ½ turn) / Straight jump ½ / Handstand / Cartwheel / Any roll
- Novice - routines may be performed on one floor strip or on the diagonal.
- Novice - this routine may be performed with or without music.
- Additional matting up to 30cm is permitted without deduction.

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Men's Artistic Gymnastics Requirements

Download MAG FIG Code of Points [HERE](#)

The MAG Australian Levels Program can be found in one of the following:

- Your club
- Technical members have access to ALP documents under the benefits tab of their Gymnastics Online profile
- Download from the GA MAG App
- Please contact competition organisers if you need help finding the ALP
- Gymnasts competing in any division are NOT permitted to compete prohibited elements identified in the CoP. A spotter is required to be present at Rings, Vault, Parallel Bars, and Horizontal Bar

Open Division

While there are Element Groups for each apparatus, there are no deductions for not completing an element recommended in the table of elements/compositional recommendations in the Novice division. These are provided as a guide.

There is no requirement for the dismount to be a salto in the Novice division.

General

- 0.1 bonus for stuck dismount landing
- For Floor, Pommel Horse, Rings, Parallel Bars, Horizontal Bar:
- Minimum number of elements: 5 (4 + dismount)
- Short exercise deduction
 - 5 elements: -0.0
 - 4 elements: -1.0
 - 3 or less elements: -1.0 and -0.5 per element missing from 3 or less
- 'A' elements may be repeated once for difficulty in a routine
- Elements not listed in the current MAG Code of Points or the Compositional Recommendations table below may be accepted at judges' discretion."

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Floor

- Minimum number of elements: 5 (4 + dismount)
- There is no requirement to perform a salto element on Floor.
- There is no requirement to use all 4 corners of the Floor.
- “Out of Floor Area” deductions for routines do not apply (no penalty).

Compositional recommendations ('A' value)		
EG: Non-acrobatic and holds	EG: Acrobatic forward	EG: Acrobatic backward
Tucked handstand (momentary)	Forward roll	Backward roll
Cartwheel	Dive roll	Backward roll to front support
Round-off	Headspring	Back handspring
Handstand hold (momentary)	Handspring	
Bridge (hold)		
Straight jump ½ or 1/1 turn		
Scale (hold)		
V-sit		
Splits (hold)		
½ circle		

Pommel Horse

- Minimum number of elements: 5 (4 + dismount)
- Double Leg Circles on the handles and Cross Support Circles on outer zone will be recognised as two separate elements.
- Any intentional stops will receive no deduction
- The FIG requirement for an Element Group II and III skill to be immediately followed by another listed Code of Points skill will not be applied.

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Compositional recommendations ('A' value)		
EG: Swing and strength	EG: Circle	EG: Dismount
Jump to support	Pick-up to ½ circle	Squat/stoop on, straight jump off
Tuck sit or L-sit	Double leg circle (handles)	Leg swing in, 90° counterturn dismount
Straddle swings	Cross support circle (loops)	Pick-up to min. ½ circle dismount
Leg in/leg out		
False scissor		
Scissor		

Rings

- Minimum number of elements: 5 (4 + dismount)
- Additional swings of no value are only deducted for execution errors.
- There is no requirement to perform a swing to handstand on Rings.
- The FIG requirement to break a sequence of strength skills with a swing skill will not be applied.

Compositional recommendations ('A' value)		
EG: Swing	EG: Strength and hold	EG: Dismount
Long swing	L-hang	Swing dismount (rear) to stand
Inlocate	Chin-up	Back salto dismount tucked
	Inverted hang (hold)	Back salto dismount stretched
	Dorsal hang (hold)	
	Muscle-up	
	Tuck sit	
	L-sit	
	Press to bent-arm handstand/ shoulder stand (hold)	

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Vault

- All vaults (excluding “stretched jump, dive rolls and saltos”) must be performed with repulsion from two hands.
- Gymnasts are permitted three run attempts to perform two vaults.
- A mini trampoline may be used instead of a springboard, with no neutral deduction.
- Landing onto a crash mat in a pit (where applicable) is allowed, with a 0.50 neutral deduction.
- Repeating an invalid vault is allowed: the ‘D’ jury will apply a 2.0 points technical penalty to the 2nd attempt, and execution deductions will be based only on the 2nd vault performed.
- Running related errors: as per the FIG CoP – one additional run approach will be permitted with 1.0 points deduction from the ‘D’ score.
- Athletes may perform one or two vaults from the table listed below. The higher score will count.
- Vaults (and heights) wishing to be attempted should be submitted prior to the event to the Event Coordinator/Host Club to confirm available equipment for each vault.
- Vaults not listed are at the discretion of the Event Coordinator/Host Club as to the equipment available, and the Jury/Head Judge as to the safety considerations and recommended Start Value.

Vault	Start Value
Handstand flat-back (Level 2 ALP)	10.00
Stretched jump (Level 2 ALP)	10.00
Stoop through tuck/straddle/pike to table, straight jump off	10.00
Handstand pop flat-back to 30cm (Level 3 ALP)	11.00
Dive roll to 60cm (Level 3 ALP)	11.00
Salto forwards tucked to 30cm	11.50
Handspring flat back to 90cm	11.50
Salto forward tucked to 60cm	11.80
Handspring to 30cm (Level 4 ALP)	12.00
Salto forwards stretched to 30cm (Level 4 ALP)	12.00
Handspring to 60cm (Level 5 ALP)	12.50
Salto forwards stretched to 60cm (Level 5 ALP)	12.50
Handspring with vault table (105cm-135cm)	12.50

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Parallel Bars

- Minimum number of elements: 5 (4 + dismount)
- Additional swings of no value are only deducted for execution errors.
- Parallel Bars may be set at any height up to a maximum of 180cm above the surface of the standard 20cm competition matting.
- Layaway deductions will not apply.

Compositional recommendations ('A' value)		
EG: Swing	EG: Strength and hold (2 secs)	EG: Dismount
Support swing	Support	Swing dismount (rear) to stand from support or hang
Long hand swing	Straddle support (hold)	Side dismount (rear) over bar to stand from support or hang
Swing handstand	Press to bent arm handstand (hold)	Swing dismount (front) with 180 degrees turn to stand from support
Basket kip (assisted or unassisted)	Tuck sit (hold)	
	L-sit (hold)	
	V-sit (hold)	
	Straddle forward roll	

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Horizontal Bar

- Minimum number of elements: 5 (4 + dismount)
- Additional swings of no value are only deducted for execution errors.

Compositional recommendations ('A' value)		
EG: Swing	EG: In Bar	EG: Dismount
Tension swing	L hang	Swing dismount (rear) to stand
Long swing	Chin-up	Underswing to dismount
Swing forwards 1/2 turn	Cast to any height	Toe shoot to dismount (forward) to stand
	Back hip pullover	Swing 1/2 dismount (forward) to stand
	Kip	Back salto dismount tucked
	Back hip circle	Back salto dismount stretched
	Stalder undershoot to swing (feet on or off the bar)	
	Stride circle or half stride circle (forward or backward)	

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Masters division

Element Groups are a requirement of Masters division. Any skill listed in the “Additional Elements for Compositional Requirements” tables below are worth an ‘A’ value, and any FIG CoP element has the difficulty value as per the FIG CoP.

General

- 0.1 bonus for stuck dismount landing
- Connection bonus as per FIG CoP
- 0.3 bonus for each ‘B’ value element or higher
 - 3 to count for a maximum bonus of 0.9
 - Not including the dismount
 - Awarded if performed without a fall or large error
- Elements not listed in the current MAG Code of Points or the Additional Elements for Compositional Requirements table below may be accepted and given an Element Group and value at judges’ discretion.

For Floor, Pommel Horse, Rings, Parallel Bars, Horizontal Bar

- Minimum number of elements: 6 (5 + dismount)
- Maximum number of elements: 8 (7 + dismount)
- Short exercise deduction
 - 6 elements: -0.0
 - 5 elements: -1.0
 - 4 or less elements: -1.0 and -0.5 per element missing from 5 or less
- ‘A’ elements may be repeated once for difficulty in a routine

Floor

- There is no requirement to perform a double salto element on Floor.
- There is no requirement to use all 4 corners of the Floor.
- “Out of Floor Area” deductions for routines do not apply (no penalty).
- Strength press to handstand must show a definite stop (before any hand movement) to be recognized for difficulty. It must be held for 2 seconds for no presentation deduction.
- Simple steps or transitions to the corner will incur no deduction, but artistic transitions or 180° turns are encouraged”.

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Masters division

Element Groups are a requirement of Masters division. Any skill listed in the “Additional Elements for Compositional Requirements” tables below are worth an ‘A’ value, and any FIG CoP element has the difficulty value as per the FIG CoP.

Additional elements for compositional requirements (‘A’ value)		
EG I: Non-acrobatic and holds	EG II: Acrobatic forward	EG III: Acrobatic backward
Cartwheel	Headspring	Backward roll to front support
Round-off	Forward roll to immediate tuck/ straddle/pike handstand hold (momentary)	Backward roll to handstand (momentary)
Handstand hold (momentary)		

Pommel Horse

- At least 2 parts of the pommel horse must be utilised.
- Double Leg Circles on the handles and CrossSupport Circles on outer zone will be recognised as two separate elements.
- The FIG requirement for an Element Group II and III skill to be immediately followed by another listed Code of Points skill will not be applied.

Additional elements for compositional requirements (‘A’ value)			
EG I: Single leg swings and scissors	EG II: Circles and flairs	EG III: Travel type elements	EG IV: Dismount
Mounting jump through to rear support	Pick-up to ½ circle	CSC (loops) ¼ turn mount onto pommels	Leg swing in, 90° counterturn dismount
Leg in/leg out	Any flair in side support		Pick-up to min. ½ circle dismount
False scissor	DLC in side support on outer zone		

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Rings

- Additional swings of no value are only deducted for execution errors.
- There is no requirement to perform a swing to handstand on Rings.
- A “beat dislocate (from basket/piked hang)” and EG I.25 “Dislocate bwd. Piked or stretched” are recognised as two separate elements.
- Any sequence of EG II and EG III elements (maximum three in direct succession) can be broken by any EG I element, including kips.

EG I: Kip and swing elements & through/ to handstand	EG: Strength and hold elements (2 secs)	EG III; Swing to Strength hold (2 secs)	EG IV: Dismount
Long swing	Chin-up to inverted hang (hold)	Back uprise to L-sit or straddled L-sit	Back salto dismount tucked
Beat dislocate (from basket/piked hang)	Muscle-up		
	Press to bent-arm handstand/shoulder stand (hold)		
	Lower from bent-arm handstand/shoulder stand to inverted hang (hold)		
	Dorsal hang (hold)		

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Vault

- All vaults (excluding “stretched jump, dive rolls and saltos”) must be performed with repulsion from two hands.
- Gymnasts are permitted three run attempts to perform two vaults.
- A mini trampoline may be used instead of a springboard, with a 0.50 neutral deduction.
- Repeat an invalid vault is allowed: the ‘D’ jury will apply a 2.0 points technical penalty to the 2nd attempt, and execution deductions will be based only on the 2nd vault performed.
- Running related errors: one additional run approach will be permitted with no deduction from the ‘D’ score.
- Athletes may perform one or two vaults from the table listed below, or any vault from the FIG CoP. The higher score will count.
- Vaults not listed below or in the FIG CoP are at the discretion of the Event Coordinator/Host Club as to the equipment available, and the Jury/Head Judge as to the safety considerations and recommended Start Value.
- Desired vaults (and heights) wishing to be attempted other than those listed below should be submitted prior to the event to the Event Coordinator/Host Club to confirm available equipment for each vault.

Vault	Start Value
Dive roll to 60cm (Level 3 ALP)	10.00
Salto forwards tucked to 30cm	11.00
Salto forwards stretched to 30cm (Level 4 ALP)	11.50
Handspring to 60cm (Level 5 ALP)	12.00
Salto forwards stretched to 60cm (Level 5 ALP)	12.00
Handspring with vault table (105cm-135cm)	12.50
Any vault from FIG CoP	As per CoP

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Parallel Bars

- Additional swings of no value are only deducted for execution errors.
- Layaway deductions will not apply.

Additional elements for compositional requirements ('A' value)			
EG I: Elements in support or through support	EG II: Elements starting in upper arm position	EG III: Long swings in hang and underswings	EG IV: Dismount
Press to bent-arm handstand (hold)	Back uprise to horizontal support	Basket drop kip	Handstand (hold) dismount (side) to stand
Lift, Forward roll to straddle	Upper arm cast to straddle support	Moy to upper arm	Salto dismount forward tucked (side)
			Salto dismount backward tucked (side or between bars)

Horizontal Bar

- Additional swings of no value are only deducted for execution errors.
- FIG deductions for change of direction will not apply.
- Layaway deductions will not apply.
- Cast has no amplitude requirement. Normal presentation errors still apply.

Additional elements for compositional requirements ('A' value)			
EG I: Long hang swings and turns	EG II: Flight	EG III: In bar and adler	EG IV: Dismount
Back uprise to horizontal		Kip to support	Underswing to dismount
Double handed hop to top grip (45° or more above horizontal)		Back clear hip circle to horizontal	Toe shoot to dismount
Swing forwards ½ turn (45° or more above horizontal)			Front salto dismount tucked or piked
			Back salto dismount tucked or piked

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Rhythmic Gymnastics Requirements

- Download Code of Points [HERE](#)
- Note: updates may apply and will be distributed accordingly

Hoop / Ball / Clubs / Ribbon / Freehand*

*Freehand Routine is Display only and will not be judged.

RG REQUIREMENTS - Novice			
Length of Routine 1.00min - 1:30min			
Words in Music – Allowed in all Routines			
Difficulty of Body (DB)		Difficulty with Apparatus (DA)	
EG I: Long hang swings and turns	EG II: Flight	EG III: In bar and adler	EG IV: Dismount
<ul style="list-style-type: none">• DB- Min 3 Max value 0.5 X 1 Jump / Leap X 1 Balance X Rotation• Dymnamic Elements with Rotation (R) Min 1• Waves - Min 2		<ul style="list-style-type: none">• DA Max 10• Specific Apparatus Fundamentals Min 2 of each• Fundamentals App Elements – Min	
Maximum Artistry score 10.00			
Maximum Execution score 10.00			

Novice Dynamic Elements with Rotation (R) - Specific Bonuses		
Value 0.20	Under 20 - 59 years	Throw apparatus one rotation under the throw and catch
Value 0.20	60+	Throw the apparatus and catch

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List of Modified Difficulties for Novice	
Value 0.10	Value 0.20
Leaps	
Tuck Jump	Tuck Jump with full turn
Scissor Leap with bent legs	Scissor Leap with bent legs with full turn
Straight Jump	Straight Jump with full turn
Hop – leg in Passé	Hop – leg in Passe with full turn
Cabriole – forward, side or backwards	Cabriole – forward, side or backwards with half turn
	Scissor / Cossack
Balances	
	Passé Balance
Front Horizontal Balance – Leg at front, side or back 45 °	Front Horizontal Balance – Leg at front or back 90 °
	Attitude- Front or Back
Rotations	
Two-foot turn- 360 degrees	
	Passé Pivot – 360 degrees
	Passé Pivot – 360 degrees with bend of the upper back and shoulders
	Fouette Pivot – passe - per rotation

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RG REQUIREMENTS - Masters	
Length of Routine 1.00min - 1:30min	
Words in Music – Allowed in all Routines	
Difficulty of Body (DB)	Difficulty with Apparatus (DA)
<ul style="list-style-type: none"> DB- Min 3 Max Value 1.00 mark X 1 Jump/Leap X 1 Balance X Rotation Combined DB - Max 3 Dynamic Elements with Rotation (R) Min 1 Max 5 Waves - Min 2 	<ul style="list-style-type: none"> DA - Max 20 Specific Apparatus Fundamentals – Min 2 of each Fundamentals App Elements – Min 1
Maximum Artistry score 10.00	
Maximum Execution score 10.00	

Judging Masters Routines

MAG	Floor, Pommel Horse, Still Rings, Vault, Parallel Bars, High Bar
Masters MAG	+ Value of Difficulty (Summed element value up to 7 elements, plus value of dismount) + Value of Special Requirements + Value of any bonus points + Averaged E Score (taken out of 10) = Final Score
Open MAG	+ Value of Difficulty (0.1 per counted element up to 7 elements, plus 0.1 for dismount) + Value of any bonus points (0.1 or 0.2 bonus per unusually hard element (within the counted elements) at judges' discretion). + Averaged E Score (taken out of 10) = Final Score

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- The National Levels Rules Table of General Faults and Specific Deductions Execution deductions will be used as a general guide for execution deductions. Execution deductions are to be modified per judges' discretion to support practicable judging of the event, for example swing amplitude expectations may be lowered.
- Complex FIG difficulty judging considerations such as Special Repetition may be relaxed at judges' discretion.
- The above allowances for judging modifications are to be applied in keeping with the positive ethos / philosophy of the event and with understanding that Masters competitors are not generally expected to be training in strict ALP / FIG based programs. Any modifications must be applied consistently within each age category and Division to ensure that gymnasts are fairly evaluated in comparison to their competitors.

The WAG JUDGING will be the current system of D and E score as set out below

WAG	Vault, Uneven Bars, Beam, Floor
D score (Content)	DV (Difficulty Values – A, B, C skills) + 5 CR - 0.5 each (Compositional Requirement - listed by each Apparatus) + Age Bonus (Where applicable) = D SCORE
+ E score (Execution)	Judged out of 10 (As per ALP General Table of Faults)
= FINAL SCORE	NOTE: There are NO Neutral deductions applied in Masters routines

D Score:

- If skill is attempted and recognised it will receive the value
- Each missing Compositional / special requirement - deduct 0.50
- Skill values are as in current CoP (ALP) Up to 7 Skills + Dismount are counted into DV
- Apparatus Bonus is listed below each Apparatus CR – There are ONLY two (2) Bonuses per Apparatus
- Age Bonus starts from the Age of 50:
 - 50-59 years – 0.1
 - 60-64 years – 0.2
 - 65-69 years – 0.3
 - 70 and over – 0.4

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E Score:

- All execution deductions will be applied as per the National Levels Rules Table of General Faults & Specific Deductions
- The judges will no longer divide their total deductions by 2 as it was the case when Maximum score was out of 10
- The judges will judge the routine and determine the deductions independently and submit this as the E (Executional) deductions.
- E deduction will be subtracted from 10 SKILL Values: A = 0.1, B = 0.2, C = 0.3

EXAMPLE: WAG BEAM Routine – 62 years old Gymnast: OPEN Division

Compositional (special) requirements	SKILLS	Value	# of skills
CR 1 - Dance series	Split jump, Straight Jump	B + A (ALP value)	2
CR 2 – Pivot - ½ on 1 foot OK	½ turn on 2 feet	NO value	-
CR 3 – ACRO Skill (Not required)	‘L’ Handstand	A (ALP value)	1
SR 4 - Close to beam	L 2 Mount – straddle sit	A (ALP value)	1
SR 5 - Dismount	Handspring	A (ALP value)	1
Additional skill	Cat-leap	A	1
	Sissone	A	1

D Score	DV (Difficulty Values – 7 counting skills)	$6 A \times 0.1 = 0.6 / 1 B \times 0.2 = 0.2$	0.8
	+ 5 CR - 0.5 each	1 missing: - 0.5	2.0
	Age BONUS	60-64 = 0.2	0.2
		D Score	3.0
+E Score	Judged out of 10 (Deductions 3.4 – E score = 6.6)		6.6
	FINAL SCORE		9.6

2023 Australian Masters Games

Working with Children Check

In alignment with the Gymnastics Australia Child Safe Policy (11.4), all technical officials, paid staff and host club employees at events are required to have their current and valid Working with Children Check uploaded to their GOL at least two weeks prior to the event.