



Gymnastics
Western Australia

MASTERS MANUAL 2021

Men's Artistic Gymnastics



Department of
Local Government, Sport
and Cultural Industries



Table of Contents

1. Attire	3
2. Coaching Requirements	3
3. General Table of Faults	3
4. Open	3
4.1. Floor	3
4.2. Pommel	4
4.3. Rings	4
4.4. Vault	5
4.5. Parallel Bars	5
4.6. High Bar	6
5. Masters	6
6. Calculating the Final Score	6
6.1. Determining the D Score	6
6.2. Determining the E Score	7
6.3. Short Exercise and Neutral Deductions	7
6.4. Determination of the Final Score	7

1. Attire

It is recommended that athletes wear a leotard, longs and shorts for the Masters competition. However, an appropriate tight fitting top and shorts can be worn in lieu of a leotard.

2. Coaching Requirements

The minimum Coaching Accreditation for the Open Division is MAG Intermediate, plus the Advanced TUM & Spring Module. The minimum for the Masters Division is Advanced.

3. General Table of Faults

As per Section 2.3 of the 2018-2021 Men's Artistic Gymnastics Australian Levels Program.

4. Open

For athletes from Beginner, up to approximately Level 4 standard (as per the MAG ALP).

4.1. Floor

4.1.1. Compositional Requirements

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). A list of elements for the Open Division are provided in Section 4.1.2. If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied (a short exercise deduction).

Each element may only counted once, but there will be no deduction for repetition.

A minimum of 1 element shall be performed, up to a maximum of 5 elements, from each of the Compositional Requirements in Section 4.1.2. If a Compositional Requirement is not performed, a deduction of 0.50 per missing Compositional Requirement will be applied.

4.1.2. Table of Elements

Compositional Requirements		
Non-Acrobatic Elements	Acrobatic Elements Forward	Acrobatic Elements Backward
Cartwheel	Forward Roll	Backward Roll
Round-off	Handstand	Piked Backward Roll (to pike or front support)
Pike Stretch (2 secs)	Dive Roll	Backflip
Bridge (2 secs)	Handspring	
Straight Jump 1/1 turn	Headspring	
Scale (2 secs)		
½ Circle		
Splits (2 secs)		

4.2. Pommel

4.2.1. Compositional Requirements

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). A list of elements for the Open Division are provided in Section 4.2.2. If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied (a short exercise deduction). Each element may only be counted once, but there will be no deduction for repetition.

A minimum of 1 element shall be performed, up to a maximum of 5 elements, from each of the Compositional Requirements in Section 4.2.2.

4.2.2. Table of Elements

Compositional Requirements		
Swing Element	Circle Element	Dismount
Jump to Support	Cross Support Circle (Loop)	Squat on – Straight Jump off
Straddle Swing (L + R)	Side Support Circle	Leg Over 90° dismount
Leg In / Leg Out	Pick-up to ½ circle	Pick-up to min. ½ circle dismount
Reverse Scissor		
Scissor		

4.3. Rings

4.3.1. Compositional Requirements

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). A list of elements for the Open Division are provided in Section 4.3.2. If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied (a short exercise deduction). Each element may only be counted once, but there will be no deduction for repetition.

A minimum of 1 element shall be performed, up to a maximum of 5 elements, from each of the Compositional Requirements in Section 4.3.2.

4.3.2. Table of Elements

Compositional Requirements		
Strength Element	Swing Element	Dismount
Chin-up	Swing (Bwd & Fwd)	Swing Dismount (Rear Swing)
Inverted Hang (2 secs)	Inlocate	Back Salto Dismount
Dorsal Hang (2 secs)		
Muscle Up		
Shoulder Stand (2 secs)		
Pike Hang (2 secs)		

4.4. Vault

The gymnast may perform one or two Vaults from the table listed below. The higher score will count.

- Run distance is a maximum of 25m
- All Vaults must be performed with repulsion from both hands
- The gymnast is permitted three run attempts to perform two Vaults
- A third run attempt is only permitted if the gymnast has not touched the board, vaulting table or mats.

Minimum height of the Vaulting Table is 105cm. A mini tramp may be used instead of a springboard, with a 1.00 neutral deduction.

Vault	Start Value
Handstand Flatback (Level 2 ALP)	10.00
Straight Jump (Level 2 ALP)	10.00
Handstand Pop Flatback (Level 3 ALP)	11.00
Dive Roll (Level 3 ALP)	11.00
Handstand Pop Flatback (Level 4 ALP)	12.00
Front Layout (Level 4 ALP)	12.00
Handspring Flatback (Vaulting Table)	12.00
Handspring (Vaulting Table)	12.50

4.5. Parallel Bars

4.5.1. Compositional Requirements

Parallel bars can be set at any height between minimum setting and 180cm from top of mat.

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). A list of elements for the Open Division are provided in Section 4.5.2. If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied (a short exercise deduction).

Each element may only counted once, but there will be no deduction for repetition.

A minimum of 1 element shall be performed, up to a maximum of 5 elements, from each of the Compositional Requirements in Section 4.5.2.

4.5.2. Table of Elements

Compositional Requirements		
Strength Element	Swing Element	Dismount
Pike Support (2 secs)	Swing (Bwd & Fwd)	Swing Dismount above horizontal (Rear Swing)
Dip (below 90°)	Swing to Handstand	Swing Dismount Over Side Bar above horizontal (Rear Swing)
Straddle Support (2 secs)	Long Swing	Swing Dismount w/ 180° turn (front swing)
Shoulder Stand (2 secs)	Basket Kip	
	Glide Kip	

4.6. High Bar

4.6.1. Compositional Requirements

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). A list of elements for the Open Division are provided in Section 4.6.2. If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied (a short exercise deduction).

Each element may only counted once, but there will be no deduction for repetition.

A minimum of 1 element shall be performed, up to a maximum of 5 elements, from each of the Compositional Requirements in Section 4.6.2.

4.6.2. Table of Elements

Compositional Requirements		
In-Bar Element	Swing Element	Dismount
Pullover	Tension Swing (Bwd & Fwd)	Undershoot dismount
Cast to horizontal	Long Swing (Bwd & Fwd)	Swing Dismount (Rear Swing)
Back hip circle	Swing forward with ½ turn	Swing to ½ turn dismount (Forward Swing)
Undershoot to front swing		Back Salto dismount (tuck or stretched)
Stalder undershoot to front swing (feet on or off bar)		
Chin-up		
Kip		

5. Masters

The Masters Division is aimed at Level 5 and above standard. The requirements for Masters will be as per the "ALP Masters" section of the 2018-2021 Men's Artistic Gymnastics Australian Levels Program.

6. Calculating the Final Score

The final score on each apparatus will be established utilising two separate scores – D score (Difficulty) and E Score (Execution). The final score is determined by the addition of the D + E scores, minus any neutral deductions.

6.1. Determining the D Score

6.1.1. Vault

The Difficulty (D) score for Vault for the Open division is as per Section 4.4.

The Difficulty (D) score for Vault for the Masters division will be as per the "ALP Masters" section of the 2018-2021 Men's Artistic Gymnastics Australian Levels Program.

Men's Artistic Gymnastics (MAG) Masters Manual 2021

6.1.2. Open – Floor, Pommel Horse, Rings, Parallel Bars, Horizontal Bar

The D Score for all apparatus except Vault for the Open Division is 0.00.

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). A list of elements for the Open Division are provided in Section 3.

Each element may only be counted once, but there will be no deduction for repetition.

A minimum of 1 element shall be performed, up to a maximum of 5 elements, from each of the Compositional Requirements for each apparatus.

6.1.3. Masters – Bars, Beam and Floor

The D Score for the Masters Division will be as per the “ALP Masters” section of the 2018-2021 Men's Artistic Gymnastics Australian Levels Program.

6.2. Determining the E Score

The E Score is calculated as follows:

- Judges submit total deductions (as per the General Table of Faults).
- The highest and lowest deductions are eliminated and the middle scores are averaged (only applicable for 4 or more judges).
- The average of the execution deductions is subtracted from 10.00 to determine the E Score.

6.3. Short Exercise and Neutral Deductions

6.3.1. Open Division

If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied as a neutral deduction.

If a Compositional Requirement is not performed, a deduction of 0.50 per missing Compositional Requirement will be applied as a neutral deduction.

6.3.2. Masters Division

Short Exercise and Neutral Deductions for the Masters Division will be as per the “ALP Masters” section of the 2018-2021 Men's Artistic Gymnastics Australian Levels Program.

6.4. Determination of the Final Score

D Score + E Score – Neutral Deductions = Final Score

Example 1: Open

All Compositional Requirements Met

D Score = 0.00

Execution deductions 2.10

E Score = 7.90

Final Score 0.00 + 7.90 = 7.90



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Men's Artistic Gymnastics (MAG) Masters Manual 2021

Example 2: Masters

Difficulty 2B, 4A (6 skills)	0.80
Composition Requirements	2.00
Bonus Elements (2 = B's)	0.60
D Score =	3.40
Execution deductions	1.70
E Score =	8.30
Final Score	3.40 + 8.30 = 11.70