



Gymnastics
Western Australia

MASTERS MANUAL 2021

Women's Artistic Gymnastics



Department of
Local Government, Sport
and Cultural Industries



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1. Regulations for Gymnasts

Rights of the Gymnasts for the Australian Masters competition 2021 are as per Section 1.1 – 1.7 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020). There are a few amendments to the attire section (1.5), which are as follows:

Additional Dot point:

- Leotards are recommended, 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 shall not have inappropriate slogans or messages on them. 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.

2. Regulations for Coaches

As per Section 2.1 – 2.4 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020).

3. Regulations and Structure of Judges Panels

As per Section 3.1 – 3.7 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020).

4. General Table of Faults

As per Section 3.1 – 3.7 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020).

5. Technical Directives

As per Section 5 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020).

6. 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.
- Examples of Invalid Vaults include:
 - Run approach with touch on board or vault without execution of vault
 - Vault is performed without support (i.e. neither hand touches the Vault)
 - Spotting Assistance
 - Failure to land feet first
 - Vault is so poorly executed that the vault cannot be recognised.

6.1. Masters Vaults

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

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Handstand Flatback (30cm)	12.00
Handspring Flatback (90cm)	13.50
Handspring Flatback (using Vault)	14.00
Handspring	15.00
Handspring Full Twist	15.40
½ on, ½ off	15.20
½ on, 1/1 off	15.60
Tsukahara Tucked	16.00
Tsukahara Piked	16.20

All 'flatback' Vaults are judged as per the Specific Apparatus Deductions Level 3 – 6 listed on page 28 & 29 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020). All other Vaults are judged as per the Specific Apparatus Deductions Level 7 – 10 listed on page 27 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020).

Any written requests for the inclusion of any additional skills not listed above or in the Levels Table of Elements can be submitted for evaluation / approval to Gymnastics WA no later than two weeks prior to the event.

7. Bars

As per Section 8 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020).

7.1. Open

7.1.1. Compositional Requirements

There are no compositional requirements for Bars in the Open division.

7.1.2. Table of Elements

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 below.

Bars Elements			
Glide Swing	Jump to front support	Long Swing	Climb on LB, to catch HB
Glide Kip	Pullover to front support	Long Swing Pullover (Baby Giant)	Cast to squat or pike on LB, to catch HB
Tuck Swings x 2	Cast to horizontal	Long Kip	Underswing (dismount)
	Back hip circle		Toe Shoot (dismount)
	Mill circle		
	Front hip circle		

Any written requests for the inclusion of any additional skills not listed above or in the Levels Table of Elements can be submitted for evaluation / approval to Gymnastics WA no later than two weeks prior to the event.

7.2. Masters

7.2.1. Compositional Requirements

There are no compositional requirements for Bars in the Masters division. A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount).

7.2.2. Table of Elements

Elements and values are as per the Levels Table of Elements UNEVEN BARS from the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020), with the following additional 'A' Value elements:

- Long Swing
- Long Swing Pullover (Baby Giant)
- Long Swing ½ turn and release (dismount)
- Cast to horizontal
- Cast to squat or pike on LB, to catch HB

Note: the sole circle element (5.08) can be performed with bent or straight legs in order to receive the element value.

Any written requests for the inclusion of any additional skills not listed above or in the Levels Table of Elements can be submitted for evaluation / approval to Gymnastics WA no later than two weeks prior to the event.

8. Beam

As per Section 9 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020). Time limit for both the Masters and Open divisions is 1:30 minutes.

8.1. Open

Minimum Beam height is 100cm.

8.1.1. Compositional Requirements

Compositional Requirements (CR's) are worth 0.50 each.

1. Dance Series (no min value)
2. Turn on one leg (min 180°)
3. Acro element (can be static or hold element)
4. Close to Beam
5. Dismount (no min value).

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8.1.2. Table of Elements

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 below.

Mounts & Dismounts	Leaps / Jumps	Turns	Acro Skills
MT – Jump to front support mount series (as per NL 4/5)	Straight Jump	Passe ½ turn (180°)	'L' Handstand
DMT – 2-3 steps, punch jump dismount	Tuck Jump	Passe ½ turn, releve ½ turn on two feet and hold (2 sec)	Handstand
DMT – Tuck / Wolf / Straddle / Jump ½	Split Jump (135°)	Passe ½ turn x 2, releve hold (2 sec)	Cartwheel
DMT – Round-off or Handspring (hands on end)	Split Leap (135°)		Forward Roll
DMT - Side Handstand	Change Jump		

Any written requests for the inclusion of any additional skills not listed above or in the Levels Table of Elements can be submitted for evaluation / approval to Gymnastics WA no later than two weeks prior to the event.

8.2. Masters

Minimum Beam Height is 115cm.

8.2.1. Compositional Requirements

Compositional Requirements (CR's) are worth 0.50 each.

1. Dance Series (min 2 'A' elements)
2. Turn on one leg (min 360°)
3. Acro element (min 2 sec if static)
4. Close to Beam
5. Dismount (min A)

8.2.2. Table of Elements

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). Elements and values are as per the Levels Table of Elements BEAM from the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020), with the following additional 'A' Value elements:

1. Jump to clear straddle hold (2 sec)
2. Jump onto end / side of Beam
3. Clear V hold (2 sec)
4. Handstand Balance (2 sec)
5. Forward Roll
6. Passe ½ turn x 2, two foot releve hold (2 secs)
7. Cartwheel, Straight Jump Dismount (collectively an A value dismount)

Any written requests for the inclusion of any additional skills not listed above or in the Levels Table of Elements can be submitted for evaluation / approval to Gymnastics WA no later than two weeks prior to the event.

9. Floor

As per Section 9 of the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020), with the following amendments:

- Time limit for both the Masters and Open divisions is 1:30 minutes
- Vocals / words are permitted (family friendly, no explicit language or innuendo)
- Acro Lines:
 - This section is not applicable at all to the **Open** division, as single acro elements are included and do not have to be flight elements
 - An acro line in the **Masters** division consists of a minimum of two directly connected flight elements unless stated otherwise (i.e. in CR 4).

9.1. Open

9.1.1. Compositional Requirements

Compositional Requirements (CR's) are worth 0.50 each.

1. Passage of Dance (no min value)
2. Turn on one leg (min 180°)
3. 1st Tumble (can be one skill)
4. 2nd Tumble (can be one skill)
5. Jump (no min value)

9.1.2. Table of Elements

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 below. If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied (a short exercise deduction).

Leaps / Passage of Dance Elements	Jumps	Turns	Acro Elements
Split Leap (135°)*	Straight Jump ½ turn (180°)	Passe ½ turn (180°)	Handstand Forward Roll
Cat Leap	Tuck Jump	Passe ½ turn, releve ½ turn on two feet and hold (2 sec)	Cartwheel
Scissor Kick	Split Jump (135°)	Passe 1/1 turn (360°)	Cartwheel, Cartwheel
Side Leap	Sissone (135°)		Round off
Tour Jete	Stag Jump		Handspring
			Fwd Walkover
			Bwd Walkover
			Tic-toc

*Split Leaps can be repeated to fulfil CR 1 (i.e. can be split leap, split leap)

9.2. Masters

9.2.1. Compositional Requirements

Compositional Requirements (CR's) are worth 0.50 each.

1. Passage of Dance (min 2 x A's)
2. Turn on one leg (min 360°)
3. 1st Tumble (min 2 x A's)
4. 2nd Tumble (min 2 x A's) or Single Salto
5. Jump (min A)

9.2.2. Table of Elements

A minimum of 5 elements are required, up to a maximum of 8 elements (including dismount). Elements and values are as per the Levels Table of Elements FLOOR from the 2019 and Beyond Australian Women's Levels Program V3.1 (Feb 2020). If less than 5 elements are performed, a deduction of 0.50 per element missing will be applied (a short exercise deduction).

Any written requests for the inclusion of any additional skills not listed above or in the Levels Table of Elements can be submitted for evaluation / approval to Gymnastics WA no later than two weeks prior to the event.

10. *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.

10.1. Determining the D Score

10.1.1. Vault

The Difficulty (D) score for Vault for both the Open and Masters divisions is as per the table listed in 6.1.

10.1.2. Open – Bars, Beam and Floor

The D Score for Beam and Floor for the Open Division is the sum of the Composition Requirements (CR's), which are worth 0.50 each. Since there are 5 x CR's, the maximum value is 2.50. The D Score for Bars in the Open division is 0.00, since there are no CR's on this apparatus.

10.1.3. Masters – Bars, Beam and Floor

The D Score for Beam and Floor for the Masters Division is the sum of the Difficulty Value (DV) of the elements, plus any Compositional Requirements (CR's), which are worth 0.50 each. A maximum of 8 elements can be included in the DV (max 7 elements, plus dismount). The maximum value for the CR's is 2.50.

The D Score for Bars is the sum of the DV only, as there are no CR's on this apparatus. A maximum of 8 elements can be included in the DV (max 7 elements, plus dismount).

10.2. Determining the E Score

The maximum E Score for both the Open and Masters division is 10.00. The E Score is calculated as follows:

- Judges submit total deductions (as per the General Table of Faults), which are execution and artistry deductions combined.
- The highest and lowest deductions are eliminated and the middle scores are averaged.
- The average of the execution deductions is subtracted from 10.00 to determine the E Score.

10.3. Short Exercise

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

10.4. Determination of the Final Score

D Score + E Score – Neutral Deductions = Final Score

Example 1: Open

Compositional Requirements	2.50
D Score =	2.50
Execution deductions	2.10
E Score =	7.90
Final Score	2.50 + 7.90 = 10.40

Example 2: Masters

Difficulty 2B, 4A (6 skills)	0.80
Composition Requirements	2.00 (1 missing)
D Score =	2.80
Execution deductions	1.70
E Score =	8.30
Final Score	2.80 + 8.30 = 11.10