

GENERAL GUIDANCE¹ FOR ALL APPARATUS:

Several skills are listed to provide guidance on Start Values. Judges presented with skills not listed in this table will decide on a value, guided by relative difficulty as listed in [WAG ALP](#), [MAG ALP](#), [WAG & MAG FIG Code of Points](#), and for "Open" Division also [GSA GfA Training Manual](#) L1-L5 skills lists. The emphasis should be on safety, neatness and Fun.

EXTRA POINTS:

Judges may reward bonus points at any time for the following:

- Creativity
- Effort
- Or anything else they deem rewarding.
- Costume
- Original or unique movements
- Courage
- Expressions of enjoyment

ATTIRE

Outfits are welcome, but please avoid any clothing which may compromise safety of performance or damage the equipment such as Buckles or zips.

VAULT AND MINI TRAMP TARIFF

Vault

Height (min 1.05M) and setup (including GfA type options) decided by coaches/athletes (with approval of Judging panel). Warmup & performance grouped for like needs e.g 1.05, 1.25, ...

2 Vaults –	Best score to count.
Bonus -	0.2 for each ½ twist.
Deductions -	0.5 for using mini tramp instead of board.
Handstand Flat Back (onto 1 crash mat) –	12.00
Handspring Flat Back (onto 3 crash mats) –	13.50
Handspring Flat Back (over vault) –	14.00
Handspring –	15.00
Handspring Full Twist –	15.40
½ on ½ off –	15.40
½ on full off –	15.60
(T) Tsuk –	16.00
(P) Tsuk –	16.20
(L) Tsuk –	16.40
(T) Handspring Front –	16.40
(P) Handspring Front –	16.60

Mini Tramp

2 Attempts –	Best score to count.
Bonus -	0.2 for each ½ turn.
Non inverted jumps –	10.00
Dive Roll –	12.00
(T) Front sault –	14.00
(P) Front sault –	14.20
(L) Front sault –	14.40
Front sault ½ (Barani) –	14.60
Front sault full twist –	14.80
Front sault 1 ½ twist –	15.00
Double front –	16.00
Half in back out (T) –	16.20

¹ This document may be updated after review by judging panel and feedback from gymnastics community.

WG APPARTUS REQUIREMENTS

Masters

Beam, Bars & Floor

Execution –	10.00
Special Requirements –	5.00
Bonus – B - 0.2, C - 0.3, D - 0.4	

Beam

1. Dance Series (Min 2 x A's...attempted)
2. Pivot (min full turn)
3. Acro (e.g. could be roll or tuck H/St)
4. Close to beam
5. Dismount (min A)

Floor

1. Pivot (min full turn)
2. Dance Series (min 2 x A's)
3. 1st Tumble (min 2 x A's)
4. 2nd tumble (min 2 x A's)
5. Jump (Min A)

Bars - No min value

Min 5 elements

Open

Beam, Bars & Floor.

Execution –	10.00
Special Requirements –	5.00
Bonus points added at discretion of judge/s, based on ALP and GfA Levels increased difficulty.	

Beam

1. Dance Series (No min value)
2. Pivot (min half turn.
3. Acro (can be static or hold element)
4. Close to beam.
5. Dismount (no min value)

Floor

1. Pivot (min 1/2 turn)
2. Dance series (no min value)
3. 1st tumble (can be one skill)
4. 2nd tumble (can be one skill)
5. Jump (no min value)

Bars - No min value

Min 5 elements.

Possible Start scores

Execution out of -	10.00
Special Requirements fulfilled -	5.00
	15.00
	+ Any bonus skills.

WG Floor music (optional):

Max 90 seconds. Words allowed (no explicit language or innuendo)

Format: Single Track Audio CD (able to be played in CD player), with name clearly marked on it.

Submitted: at "sign in" at start of event.

MG APPARTUS REQUIREMENTS

Floor, Pommels, Rings, P Bars and H Bar.

Execution –	10.00
Special Requirements –	5.00
+ Any bonuses	

OTHER REQUIREMENTS:

Masters

6 Elements in a routine (to be made up of 5 elements plus a dismount)

Bonuses

B -	0.2
C -	0.3
D -	0.4

Open

5 Elements in a routine (to be made up of 4 elements plus a dismount)

Bonus points added at discretion of judge/s, based on ALP and GfA Levels increased difficulty.