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2019 New Zealand Masters Games Gymsports Championships



Move beyond your expectations



GymSport Coordinator	Kelly Taylor-Ward competitive@wanganuigymclub.co.nz Ph (06) 3458670 - work	
Event Dates	Saturday 09 th February – Artistic Gymnastics (am) Saturday 09 th February -Trampoline (pm)	
Venue	Wanganui Boys & Girls Gym Club GF Moore Drive, Springvale Park WANGANUI	
Age Policy	20 years or older on the day of competition	
Sports Fee	\$30 - Individual Competition \$40 - If competing in two or more events	
Event Details	ARTISTIC GYMNASTICS: <ul style="list-style-type: none"> Individual Men's & Individual Women's: Two compulsory apparatus; Floor and Conditioning plus two apparatus of your choice; MAG (Pommel, Rings, Parallel Bars, High Bar, Vault), WAG (Vault, Bar, Beam). <ul style="list-style-type: none"> Team Competition: Teams to comprise of 3-4 gymnasts. There will be a novice and advanced team competition – teams may be mixed gender. TRAMPOLINE: <ul style="list-style-type: none"> Individual Men's & Individual Women's: Compete two 10 skill voluntary routines. May be the same or different. 	
Age Groups	Individual Competition: Age groups for the individual competition as follows; 20-29, 30-39, 40-49, 50-59, 60+ Medals will be awarded to the top 3 competitors in each category. Team Competition: Bonus points for age will be added to artistic team scores. Age is taken as is on the day of competition. Competitors will be given 0.1 for each year over the age of 25. Eg: 26 years = 0.1 27 years = 0.2 28 years = 0.3 etc Please see the relevant Gymnastics code requirements below for more specific details on this.	
Categories	Novice – Gymnasts competing in the novice category must have been out of competitive gymnastics for a minimum of 2 years. Advanced – The advanced category is open to all.	
Attire	Leotards are not a requirement but please ensure your clothing is appropriate for the movement activities that you will be performing. Form fitting clothing is preferable for judging purposes. Please no zips, domes, buttons or jewelry etc that may damage equipment or cause injury.	



TRAMPOLINE athletes may compete individual trampoline and may choose to compete in the novice or advanced category. Individual athletes will be divided into gender and age categories; 20-29, 30-39, 40-49, 50-59 or 60+. Athletes competing in the novice category must have been out of competitive trampolining for a minimum of 2 years, while the advanced category is open to all those who meet the age criteria.

Individual athletes are to compete two 10 skill voluntary routines. Routines will be scored according to execution (how tidy it is) and difficulty (how complex the skills are). Scores are cumulative.

Novice - Individual

Novice athletes are to compete two 10 skill voluntary routines. Each routine is to be completed without intermediate straight bounces during the 10 skills. The most difficult skill permitted in the Novice Category is **one single somersault per routine**. All other skills are to be less than 270° rotation.

The second routine may be a repeat of the first routine. Please see the table below for the skills that may be used in the Novice category and their associated skill values.

Base Skills	Value	Bonus Skills	Value	Advanced Bonus Skills (limit of 1 per routine)	Value
Tuck Jump	0.0	½ Twist Jump	0.1	¾ Front sault	0.3
Straddle Jump	0.0	Full Twist Jump	0.2	¾ Back sault	0.3
Pike Jump	0.0	Back Drop	0.1	Front Sault Tuck	0.5
Seat Drop	0.0	Front Drop	0.1	Front Sault Pike	0.6
Hands & Knees Drop	0.0	To feet from any front or back landing	0.1	Back Sault Tuck	0.5
To feet from seat and hands and knees	0.0	<i>Combos of drops and twists are permitted</i>		Back Sault Pike Back Sault Straight	0.6

Each routine will be scored out of 10 for execution (E score). The difficulty (D score) for each routine will be calculated and added to the E score to make a total score for each routine (T score). Skills may be repeated during the routine, however the difficulty will only be counted for the first occurrence of the skill. The highest total score for the two routines (T score + T score) will determine the placing's.

The Base Routine below is an example of a routine that could be used for the Individual Novice category with the difficulty value calculated.

Base Routine	Difficulty Value
1. Seat Drop	0.0
2. To Feet	0.0
3. Tuck Jump	0.0
4. Front Drop	0.1
5. To Feet	0.1
6. Pike Jump	0.0
7. Half Twist	0.1
8. Straddle Jump	0.0
9. Seat Drop	0.0
10. Half twist to Feet	0.1
	Total Difficulty Value 0.4

Advanced - Individual

Advanced athletes are to compete two 10 skill voluntary routines. Each routine must contain a minimum of 4 different somersaults of at least 270° rotation (each missing element will incur a 1.00 deduction). More difficult skills may be used to gain a higher D score. The value of each skill will be determined by its value in the [FIG code of points](#). Each routine will receive a T score as above and the winner will be the athlete with the highest total score for the two routines (T score + T score).



ARTISTIC competitors will compete 2 compulsory apparatus, Floor and Conditioning, and 2 apparatus of their choice. Women's Artistic competitors may choose from Vault, Single Bar (Novice only), Uneven Bars or Beam. Men's Artistic competitors have the choice of Vault, Parallel Bars, Pommel or Rings.

Gymnasts competing in the novice level must have been out of competitive gymnastics for a minimum of 2 years, while the advanced option is open to all those who meet the age criteria.

Team Event for Novice and Advanced Levels

A team consists of 3 or 4 gymnasts. The highest three scores of the team members on each apparatus will count towards the total team score. A team may be comprised of gymnasts of any age and may consist of all male, all female, or mixed. Age advantages will be moderated through the allocation of bonus points. The two oldest gymnasts in each team will be awarded 0.1 to their overall group score for each year over the age of 25.

20-25 years: no bonus points
 26 years: 0.1
 27 years: 0.2 etc.

Teams must be comprised of gymnasts in the same category. (For example you cannot have an advanced gymnast in a novice team)

Judging

Novice - There are core skills in Floor, Conditioning, Bar, Beam, Rings, Parallel Bars and Pommel Routines. A routine consisting of the core skills only will be given a D score of 5.00. Bonus skills and encouragement skills that are included in the routines will receive bonuses of .2 or .4 respectively which are then added to the D Score. Vaults, as listed, have a 'D' Score according to their difficulty.

Execution (E Score) will be performance based, judged out of 10 and added to the D Score.

e.g.	D Score	Difficulty (Core skills plus bonus)	5.4
	E Score	Execution (Performance based)	<u>8.5</u>
		Final Score	13.9

Advanced - Routines must contain a minimum of 6 gymnastic elements (includes dismount) for a D Score of 5.0 (each missing element will incur a 1.00 deduction). Each element of an A value or higher will count towards the gymnasts' D score

The value of each skill is determined by its value in the relevant FIG code of points ([Women's Artistic](#) or [Men's Artistic](#)).

FIG Classification	Bonus Amount for NZMG
A	0.2
B	0.4
C	0.6
D	0.8

Individual Novice - Women

Perform 2 Compulsory Apparatus: Floor and Conditioning

FLOOR: Performed in any order.
With or without musical accompaniment (lyrics allowed), time limit 90 secs

	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	Handstand, step down to lunge	½ turn in handstand	Full turn in Handstand
2	Forward roll (optional entry/exit)	Handstand forward roll	Dive Roll
3	2 continuous cartwheels	Roundoff rebound	Roundoff flic flac
4	Balance stand on one foot, optional position (hold 2 secs)	Full turn on one foot	1½ Turn on one foot
5	2 leaps or jumps	180° split leap	Change leg leap
6	Jump ½ turn	Jump full turn	Any 'A' value jump
		Forward OR backward walkover	Handspring (can be 1 foot or 2 feet landing)

CONDITIONING: Performed in prescribed order

	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	Begin with step into lunge, roll forward to dish position, hold for 2 seconds	Begin with step into lunge, free roll forward to dish position, hold for 2 seconds	
2	Roll to arch on stomach, hold 2 seconds		
3	Push to front support		
			Swing leg through to show 180 front splits, return to front support
4	Jump feet in to crouch	From crouch straighten legs to show pike stand with hands on floor	
5	Roll backwards to show candle position (hands on hips)	Arms on floor	Arms by ears on floor
6	Roll forward to stand tucking one knee under	Roll forward to stand on two feet	Roll forward to stand with one leg (free leg extended)
7	Step forward to balance stand on one leg (optional position) hold for 2 seconds	Step forward to balance stand on toes of one leg (optional position) hold for 2 seconds	

Select and perform Two Voluntary Apparatus: Beam, Vault, Single Bar or Uneven Bars

BEAM: Performed in any order. Minimum of 2 lengths. Maximum of 75 seconds.
Beam height for Novice will be 110cm.

	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	Optional Mount	Jump to straddle hold (2sec)	Any 'A' value mount
		$\frac{3}{4}$ handstand	Handstand
2	Balance stand on one foot held 2 sec		
3	Leap – from one foot to the other	Stride Leap	180° Split Leap
4	$\frac{1}{2}$ turn on two feet	$\frac{1}{2}$ Turn on one foot	Full turn on one foot
5	Stretch jump	Tuck Jump OR Stretch jump $\frac{1}{2}$ turn	Tuck Jump $\frac{1}{2}$ turn OR Sissone OR Wolf Jump
6	Dismount: 2/3 running steps to punch jump	Round-off /handspring (hands on beam feet on landing mat)	Front tuck OR Cartwheel on the beam to stretch jump

VAULT : Two vaults performed (may be the same or different – see below) the highest score counts.

VAULT OPTIONS	'D' SCORE
Handstand to flat back from beatboard to 30cm mat	5.0
Straight jump from beatboard to stand on soft 60cm mat	5.0
Handspring flat back from beatboard to 90cm mat	5.5
Handspring to feet from over mats turned sideways, minimum of 90cm	6.0

SINGLE BAR: To be performed on a set of Uneven Bars just using the low bar.
Please note that gymnasts may only perform one bar ie Single Bar OR Uneven Bar

	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	Jump to front support	Circle up	Glide kip
2	Cast (hips to leave bar)	Cast back hip circle	Cast to 90, back hip circle
3	1 leg kickover	Hold stride position 2 sec away from bar	Forward/ backward Mill Circle
4	Return leg to front support		
5	Dismount: Cast to stand	Cast Underswing OR Cast to squat and jump off	Straddle OR Pike on to jump off

UNEVEN BARS: Please note that gymnasts may only perform on one bar i.e. Single Bar OR Uneven Bar

	D Score – 5.5	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	Jump to front support	Circle up	Glide kip
2	Cast (hips to leave bar)	Hip Circle (may be performed on high bar)	Cast to 90, Hip Circle (may be performed on high bar)
3	1 leg kickover	Hold stride position 2 sec away from bar	Forward / backward Mill Circle
4	Return leg to front support		
	Climb to straddled balance position, jump to high bar	Cast squat onto bar	Cast straddle or stoop on bar
5	2 swings on HB	Circle around high bar	Long upstart / Kip
6	Dismount at back of swing (can cast down if on top of the bar)	Cast Underswing	

Individual Advanced - Women

Floor, Bar & Beam routines must contain at least 6 gymnastic elements (includes dismount) for a D Score of 5.0 (each missing element will incur a 1.00 deduction). Bonus skills may be used to gain a higher D score with a maximum of 4 bonus skills being credited as per the table below.

FIG Classification	Bonus Amount for NZMG
A	0.2
B	0.4
C	0.6
D	0.8

Perform 2 Compulsory Apparatus: Floor and Conditioning

CONDITIONING: Performed in prescribed order.			
	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	From stand, clasp hands behind back and bend forwards to a deep pike moving straight arms downwards towards a right angle	Arms at horizontal OR Chest on thighs	Arms between floor and horizontal
2	Return to stand, crouch and roll forward to straddle sit	Free straddle support on hands	Free straddle support on hands held for 2 seconds
3	Lie on back, show dish position		
4	Roll onto tummy, show arch position		
5	Push up to front support	Extra push up	Tricep push up (arms by sides)
6	Swing leg through to low stride position	Swing leg through to show 180 front splits	Swing leg through to show 180 front splits on L and R legs
7	Bring back leg through to L sit, lean forward to hamstring stretch	Lean forward with chest on thighs	
8	Backward roll to crouch position	Back roll to stand with straight legs	
9	Stand, step forward to arabesque balance on one leg	Leg at horizontal	

FLOOR: Optional music (lyrics allowed), maximum time limit 90 secs.
<p>Skill Requirements:</p> <ul style="list-style-type: none"> • 2 x Tumble passes of at least 2 skills • Leap Series • Mixed Series (acrobatic skill connected to a leap or jump) • Turn <p>Please note: A maximum of 3 dance elements will be counted towards the start value</p>

Select and perform Two Voluntary Apparatus: Beam, Vault, Uneven Bars.

VAULT: Pegasus Vaulting Table 125cm

2 Vaults performed (may be the same or different – see below) with the highest score counting

VAULT	'D' SCORE
Handspring	5.0
½ On ½ Off	5.5
Handspring 1/1	5.6
Round off vault to back (soft mat)	5.3
Tsukahara tucked	6.0
Tsukahara piked	6.2
Handspring Front	6.5

UNEVEN BARS

Skill Requirements:

- 1 Bar Change (LB to HB or HB to LB)
- 1 Circle Element
- Dismount (stoop/straddle on underswing or an optional dismount from the code of points)

BEAM: Minimum of 2 lengths. The routine will be timed and should not be more than 90 seconds.

Skill Requirements:

- Acrobatic Skill (a handstand may be used for this requirement)
- Leap
- Jump
- Turn
- Balance

Please note: A maximum of 3 dance elements will be counted towards the start value

Individual Novice - Men

Perform 2 Compulsory Apparatus: Floor and Conditioning

FLOOR: Performed in any order.			
	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	Handstand, step down to lunge (straight body line from fingertips to toes)	Jump straddle to handstand	Press to handstand straddle
2	Forward roll (own choice of entry/exit)	Handstand forward roll	Dive roll
3	2 continuous cartwheels	Round-off rebound	Round-off flic flac
4	Balance stand on one foot		
5	A Jump ½ turn	A jump full turn	
6		Handspring/forward walkover, cartwheel	Handspring, handspring (can be 1 or 2 foot landing)

CONDITIONING: Performed in prescribed order.			
	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	Beginning in lunge, roll forward to dish position, hold for 2 seconds		
2	Roll onto tummy, hold for 2 seconds		
3	Push to front support		
			Swing leg through to front splits, roll onto tummy to continue
4	Jump to crouch		
5	Roll backwards to show candle position (hands on hips)	Arms on floor	
6	Roll forward to stand tucking one knee under	Roll forward to stand on two feet	Roll forward to stand with one leg (free leg extended)
7	Step forward to balance stand on one leg (optional position) hold for 2 seconds	Step forward to balance stand on toes of one leg (optional position) hold for 2 seconds	

Select and perform Two Voluntary Apparatus: Rings, Vault, Parallel Bars, Pommel

RINGS: Performed in prescribed order.

	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	From hang, pull upward until head is at ring height (chin up)		
2	Lift through tucked position to stretched inverted hang (2 secs)	Bent body and straight legs to inverted hang	
3	Lower legs to piked inverted hang (2 secs)	Lower legs to piked inverted hand and roll backward to a dorsal hang. Pull back to piked position	
4	Lower to a straight arm hang in L position (2 secs)		
5	Swing legs backward and forward x 2		
6	Swing backward to dismount (on 3 rd swing)		Swing backward and forward to back tuck dismount (after 3 rd swing)

VAULT : Two vaults performed (may be the same or different – see below) the highest score counts.

VAULT OPTIONS	'D' SCORE
Handstand to flat back from beatboard to 30cm mat	5.0
Straight jump from beatboard to stand on soft 60cm mat	5.0
Handspring flat back from beatboard to 90cm mat	5.5
Handspring to feet from over mats turned sideways, minimum of 90cm	6.0

PARALLEL BARS: Performed in prescribed order.

	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	From stand in the centre of the bars, jump to momentary cross support with straight body, lift legs to L sit (hold 2 secs)		
2	Straddle legs to momentary straddle support on bars, hands behind hips		
		From straddle support, roll backwards to piked upper arm support position, kip to straddle sit	
3	Raise legs off bars and swing backward and forward x 2	Feet at bar height at each end	Swings at 45° above horizontal
4	Swing backwards to above horizontal and dismount over bar.		Swing backwards to 45° above horizontal to dismount

POMMEL: Mushroom.			
	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	5 circles (one at a time)	5 circles in a row (no stop between circles)	10 circles in a row (no stop between circles)

HIGH BAR:			
	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	2 Tension Swings.		
2	Pull over		
3	Cast to underswing	Cast Hip circle to underswing	Cast above horizontal + hip circle to underswing
4	2 Tap swings (backward-forward) (backward-forward)		
5	Dismount on 3 rd swing back (Backward)		Flyaway

Individual Advanced - Men

Floor, Rings, Parallel Bar and Pommel routines must contain at least 6 gymnastic elements (includes dismount) for a D Score of 5.0 (each missing element will incur a 1.00 deduction). Bonus skills may be used to gain a higher D score with a maximum of 4 bonus skills being credited as per the table below.

FIG Classification	Bonus Amount for NZMG
A	0.2
B	0.4
C	0.6
D	0.8

Perform 2 Compulsory Apparatus: Floor and Conditioning

FLOOR

Skill Requirements:

- 2 Tumble passes of at least 2 skills (front saltos or aerial's may be performed alone)
- Handstand Skill
- Balance

CONDITIONING: Performed in prescribed order.

	D Score – 5.0	Bonus Skills (.2 each)	Encouragement Skills (.4 each)
1	From stand, clasp hands behind back and bend forwards to a deep pike moving straight arms downwards towards a right angle	Arms at horizontal OR Chest on thighs	Arms between floor and horizontal Or Pike
2	Return to stand, crouch and roll forward to stride sit	Free straddle or pike support on hands	Free straddle or pike support on hands held for 2 seconds
3	Lie on back, show dish position		
4	Roll onto tummy, show arch position		
5	Push up to front support		
6	Swing leg through to low lunge position		Swing leg through to front splits
7	Close feet (in L-sit if coming from splits) and backward roll to crouch position	Back roll to stand with straight legs	
8	Stand, step forward to Scale balance on one leg	Step forward to Y Scale	

Select and perform Two Voluntary Apparatus: Vault, Rings, Parallel Bars, Pommel

VAULT: Equipment = Pegasus Vaulting Table (Optional height) Beat board
2 Vaults performed, the highest score counting

VAULT	'D' SCORE
Handspring	5.0
½ On ½ Off	5.3
Handspring 1/1	5.6
Tsukahara tucked	6.0
Tsukahara piked	6.2
Handspring Front	6.5

RINGS

Skill Requirements:

- 2 x Strength skills
- 2 x Swinging skill
- Inverted pike hang – held 2 sec
- Dismount

eg: muscle up, L sit, press to handstand, cross, lever
eg: dislocate, inlocate, swings to horizontal, giant

PARALLEL BARS

Skill Requirements:

- 2x Static skills
- 2x swinging skills
- 3x support swings
- Dismount

eg: L sit, shoulder stand, handstand
eg: kip, basket swing, front uprise, back uprise

POMMEL

Skill Requirements:

- 2 Scissor Skills
- 2 Pendulum Swings
- Circle Skill
- Dismount

Can be half circle

HIGH BARS

Skill Requirements:

- Long Swings
- Element near the bar e.g. Kip, hip circle, clear circle
- Cast to horizontal or above
- Dismount

