

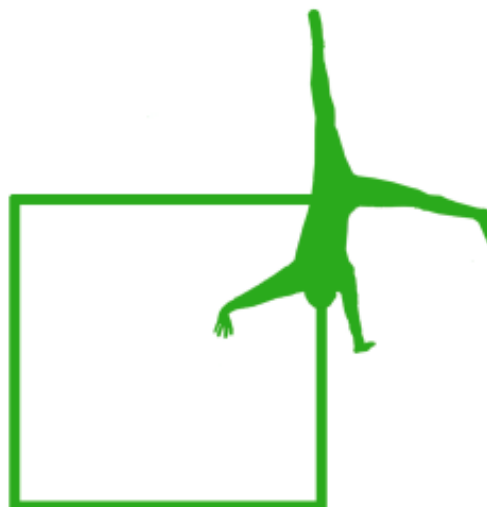


DUNEDIN GYMNASTIC ACADEMY

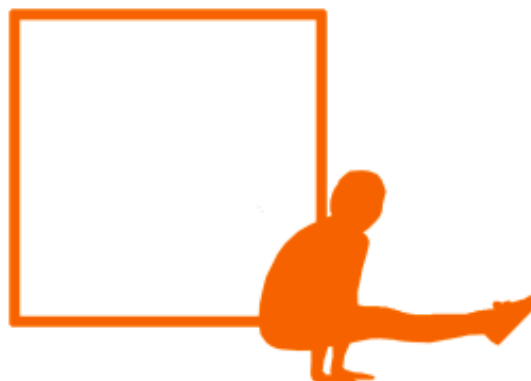
and



*Dunedin Trampoline*



**Move beyond your expectations**



**Otago Community Trust  
New Zealand Masters Games 2020**

**GymSports Championships**

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# General Information

<b>Gymnastic Coordinator</b>	Luciana Blaga blagadun@gmail.com Ph: 0212924973
<b>Event Dates</b>	<p><b>Rhythmic Gymnastics - 1 February 2020</b> (Caledonian Gymnasium)</p> <p><b>Trampoline/DMT - 1 February 2020</b> (Caledonian Gymnasium)</p> <p><b>Aerobics – 1 February 2020</b> (Caledonian Gymnasium)</p> <p><b>Artistic Gymnastics and Tumbling - 2 February 2020</b> (Otaki St and Vogel St Gymnasiums)</p>
<b>Venues</b>	<p><b>Rhythmic, Aerobics and Trampoline</b> events to be held at:</p> <ul style="list-style-type: none"> <li>- Caledonian Gymnasium, 265 Andersons Bay Road, Dunedin <a href="#">Click here</a> to see a map</li> </ul> <p><b>Artistic</b> events to be held at:</p> <ul style="list-style-type: none"> <li>- Otaki St Gym (6 Otaki Street Directly across the road from the big yellow fence of EzyStor self-storage) <a href="#">Click here</a> to see map</li> <li>- Vogel St Gym (256B Vogel Street.) <a href="#">Click here</a> to see map</li> </ul> <p><i>Please note there is no wheelchair access at the Caledonian Gym and Vogel St Gym. The gyms have no lift, and all activity is upstairs on the first floor.</i></p> <p><i>Free car parking is available adjacent to all venues.</i></p> <p><i>Bus routes to venues can be accessed through <a href="http://www.orc.govt.nz/Information-and-Services/Buses">www.orc.govt.nz/Information-and-Services/Buses</a></i></p>
<b>Age Policy</b>	Participants need to be 20 years or older on the day of competition
<b>Sports Fee</b>	<p>\$20 - Group Display Competition (per gymnast)</p> <p>\$30 - Individual Competition</p> <p>\$40 - If competing in two or more events (ie Individual &amp; Group, Group &amp; Group, Individual &amp; Individual)</p>
<b>Event Details</b>	<p><b>RHYTHMIC GYMNASTICS:</b></p> <ul style="list-style-type: none"> <li>• <b>Individual:</b> Novice compete one freehand routine and one apparatus of their choice, advanced compete 2 apparatus of their choice.</li> <li>• <b>Group:</b> Groups to comprise of 2, 3 or 4 gymnasts. Apparatus of choice (may be mixed or same).</li> </ul>

	<p><b>TRAMPOLINE/TUMBLING/DMT:</b></p> <ul style="list-style-type: none"> <li>• <b>Individual Men's &amp; Individual Women's:</b> Compete two 10 skill voluntary routines. May be the same or different.</li> <li>• <b>Tumbling:</b> Compete two passes of four skills per pass</li> <li>• <b>DMT:</b> Compete three passes of two skills.</li> </ul> <p>Trampoline and Tumbling competition cards should be returned by Friday 24th January to dunedin.trampoline@gmail.com. Please contact 0272212095 if unsure how to complete it.</p> <p><b>AEROBICS:</b></p> <ul style="list-style-type: none"> <li>• <b>Individual:</b> Athletes to compete one routine to music that meets the Novice or Advanced requirements.</li> <li>• <b>Group:</b> 2-6 athletes of any age and gender to compete one routine to music that meets the Novice or Advanced requirements.</li> </ul> <p><b>ARTISTIC GYMNASTICS:</b></p> <ul style="list-style-type: none"> <li>• <b>Individual Men's &amp; Individual Women's:</b> Two compulsory apparatus; Floor and Conditioning plus two apparatus of your choice; MAG (Pommel, Rings, Parallel Bars, Vault), WAG (Vault, Bar, Beam). <ul style="list-style-type: none"> <li>○ <b>Team Competition:</b> Teams to comprise of 3-4 gymnasts. There will be a novice and advanced team competition – teams may be mixed gender. <b>Note:</b> Team medals will not be awarded if only one team competing.</li> </ul> </li> <li>• <b>Group:</b> Groups to comprise of 4+ gymnasts and may be mixed gender.</li> </ul>
<b>Age Groups</b>	<p><b>Individual Competition:</b></p> <p>There will be the following age groups for the individual competition: 20-29yrs, 30-39yrs, 40- 49yrs, 50-59yrs, 60-69yrs, 70yrs +. Medals will be awarded to the top 3 competitors in each category.</p> <p><b>Group/Team Competition:</b></p> <p>Bonus points for age will be added to group (rhythmic, aerobics and artistic scores). 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</p> <p>Please see the relevant Gymsport code requirements below for more specific details on this.</p>
<b>Categories</b>	<p><b>Novice</b> – Gymnasts competing in the novice category must have been out of competitive gymnastics for a minimum of 2 years.</p> <p><b>Advanced</b> – The advanced category is open to all.</p>
<b>Attire</b>	<p>Leotards <b>are not</b> 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.</p> <p><b>Note:</b> Trampoline/Tumbling/Double mini - shorts or <math>\frac{3}{4}</math> leggings could be wore or a fitting top and white socks or tramp shoes for Women: for Men fitting singlet and shorts for tumbling and DMT and shorts or leggings for Trampoline also white socks or tramp shoes.</p>



**TRAMPOLINE** athletes may compete in Individual Trampoline, Double Mini Trampoline (DMT) or Short Track Tumbling. Athletes may choose to compete in one, two or all three events, in either the novice or advanced category. Individual athletes will be in the following age categories; 20-29, 30-39, 40-49...70yrs+ non gender specific. Athletes competing in the novice category must have been out of competitive trampoline for a minimum of 2 years, while the advanced category is open to all those who meet the age criteria.

Individual athletes competing in Trampoline are to compete two 10 skill voluntary routines. DMT individuals are to compete 3 Passes of 2 skills (the same skill in the same position may not be repeated on the same section of the DMT over the 3 passes). In Tumbling, individuals are to compete 2 passes of 4 skills, with the end skill not repeated over the 2 passes. Routines will be scored according to execution (how tidy it is) and difficulty (how complex the skills are). Scores are cumulative.

### **Novice – Individual Trampoline**

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 Trampoline

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).

### Novice – Double Mini Trampoline (DMT)

Novice athletes are to compete three passes of two skills. Each Pass must have a different skill or position of skill used on each section of the DMT over the three passes, a straight bounce may only be used if the First skill is on the Spotter. The most difficult skill permitted in the Novice Category is **two single somersault over the Three Passes**. Please see the table below for the skills that may be used in the Novice category and their associated skill values.

Base Skills	Diff	Bonus Skills	Diff	Advanced Bonus Skills (limit of 2 per 3 passes)	Diff
Tuck Jump	0.0	½ Twist Jump	0.1	Front Sault Tuck	0.5
Straddle Jump	0.0	Full Twist Jump	0.2	Front Sault Pike	0.6
Pike Jump	0.0			Back Sault Tuck	0.5
				Back Sault Pike	0.6
				Back Sault Straight	

The Base Passes below are an example of Passes that could be used for the Individual Novice category with the difficulty value calculated.

Base Mount Skill	Diff	Base Spotter Skill	Diff	Base Dismount Skill	Diff	Total Pass Difficulty
		Tuck Jump	0.0	Front Sault Tuck	0.5	0.5
		½ Twist Jump	0.1	Back Sault Tuck	0.5	0.6
Front Sault Tuck	0.5			Pike Jump	0.0	0.5
		Straddle Jump	0.0	Straddle Jump	0.0	0.0
		Tuck Jump	0.0	Full Twist Jump	0.2	0.2

## Advanced – DMT

Advanced athletes are to compete three Passes. Each pass must contain a minimum of one full somersault rotation. 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 Pass will receive a T score as above and the winner will be the athlete with the highest total score for the Three Passes (T score + T score).

## Novice – Tumbling

In Tumbling, individuals are to compete Two passes of Four skills, with the end skill not repeated over the 2 passes. In Novice, no Somersault, Whip back (tempo salto) or Flic-Flac may be competed. The scores for the Two Passes are accumulative, plus the difficulty score.

Base Skills	Value	Bonus Skills	Value
Tuck Jump	0.0	½ Twist	0.1
Straddle Jump	0.0	Cartwheel	0.2
Pike Jump	0.0	Round off	0.2
Backwards roll	0.0	Handspring	0.2
Forward roll	0.0		

The Base Passes below are an example of Passes that could be used for the Individual Novice category with the difficulty value calculated.

Base Pass 1	Value	Bass Pass 2	Value
Forward roll tuck	0.0	Round off	0.2
Forward roll tuck	0.0	Half Twist Jump	0.1
Half Twist Jump	0.1	Cartwheel	0.2
Cartwheel	0.1	Round off	0.2
Total Diff	0.2	Total Diff	0.7

## Advanced – Tumbling

Advanced athletes are to compete Two Passes of Four skills per pass. Each pass must contain a minimum of one flick-flac. 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

[http://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA-CoP\\_2017-2020-e.pdf](http://www.fig-gymnastics.com/publicdir/rules/files/tra/TRA-CoP_2017-2020-e.pdf).

Each Pass will receive a T score as above and the winner will be the athlete with the highest total score for the Two Passes (T score + T score).



RHYTHMIC gymnasts can compete as an individual, a group or both. 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.

**Please note:**

- Judging will be the same as the 2019 New Zealand Levels Handbook and 2019 FIG Code. This can be accessed through the Gymnastics New Zealand website:

<https://www.gymnasticsnz.com/gymsports-member-resources/rg-national-handbook/>

- Body difficulties – National A's are allowed for individual novice and group/multiples

## Individual

Individual athletes will choose to compete in either Novice or Advanced against gymnasts in their age category: 20-29yrs, 30-39yrs, 40- 49yrs, 50-59yrs, 60-69yrs, 70yrs +.

Music length: 1.00 – 1.30 (Lyrics permitted)

<b>INDIVIDUAL - NOVICE</b>	
<b>Two routines</b>	
Apparatus	1 x Freehand 1 x choice of apparatus (ball, hoop, rope, ribbon or clubs)
Body Difficulty	Minimum 3, highest 5 difficulties counted (min 1 of each) – Value allowed 0.1 - 0.5
Dance steps	Minimum 1 set for minimum of 8 sec
Dynamic elements	Apparatus: Min 1 R1 Freehand: max 3 – 1-3 rotations
Apparatus difficulty	No limit
Maximum execution	10 pts

<b>INDIVIDUAL - ADVANCED</b>	
<b>Two routines</b>	
Apparatus	2 x choice of apparatus (ball, hoop, rope, ribbon or clubs)
Body Difficulty	Minimum 3, highest 7 difficulties counted (min 1 of each) – Any FIG difficulties are allowed
Dance steps	Minimum 1 set for minimum 8 sec
Dynamic elements	Minimum 1 R2
Apparatus difficulty	No limit
Maximum execution	10 pts



## **Group/Multiples (2-4 Gymnasts)**

All groups will compete in the same category and can therefore be a mixture of age and ability. 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. Groups will compete one routine with two showings.

Music Length: 1.30-2.00 (Lyrics Permitted)

<b>GROUP One routine</b>	
Apparatus	Groups' choice of apparatus (ball, hoop, rope, ribbon or clubs). Can be a mixture of 2 apparatus or all the same
Body Difficulties	4 exchanges – all must be throws 4 without exchanges
Dance steps	Minimum 1 set for minimum 8 sec
Dynamic elements	Maximum 1 – R1 or higher
Collaborations	Minimum 4
Maximum execution	10 pts



**AEROBICS** athletes may compete as an individual, as a group or both and may choose to compete in the novice or advanced category. Individual athletes will be divided into age categories; 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Athletes competing in the novice category must have been out of competitive aerobics for a minimum of 2 years. The advanced category is open to those who meet the age criteria.

Groups are to consist of 2-6 athletes who may be of any age and gender. Age advantages will be moderated through the allocation of bonus points. The two oldest athletes in each team will be awarded 0.1 to their overall group score for each year over the age of 25. Athletes may only compete once in the group category.

Music length must be between 1 minute and 1 minute 30 seconds for all categories. One or more pieces of music may be mixed. Original music and sound effects are allowed. The routine must be performed in its entirety to music. Music must not contain any unacceptable words.

Judging will be according to the [NZ Aerobic Gymnastics Handbook](#), with a panel comprising of Artistic, Execution, and Difficulty judges.

**Attire** – All athletes are to wear suitable fitness attire which may include: women’s leotards or men’s unitards with tights or leggings, or other suitable fitted sports attire. All athletes must wear appropriate sports shoes, with white socks, suitable for performing an aerobics routine.

## Novice – Individual & Group

Routines are to be choreographed to music and must meet the requirements outlined in the table below. The required elements may be performed in any order throughout the routine. Each successfully performed bonus element included in the routine will add 0.2 to the difficulty score. Please note that athletes looking for a pre-choreographed alternative, who have access to a Gymsports club with the AeroSkools resource may utilise the current routines or music.

NOVICE	Minimum Requirements (0.1 each)	Bonus Elements (0.2 each)
<b>Compulsory Elements</b>	4 x consecutive Jumping Jacks 4 x consecutive High leg Kicks 4 x consecutive pushups (from knees)	4 x consecutive high leg kicks with foot above shoulder height 4 x consecutive pushups on toes
<b>1 x Static Strength</b>	Straddle or L Support with bottom raised (feet on floor)	Straddle or L Support (feet lifted off floor)
<b>1 x Dynamic Strength</b>	Single Push-up on knees or single Triceps Push-up on knees	Single Push-up Single Triceps Push-up
<b>2 x Jump or Leap family</b>	Straight Jump linked with Air Jack Tuck Jump ½ Air turn	Tuck Jump ½ turn Split leap or split jump 1/1 Air Turn (straight jump)
<b>1 x Flexibility and/or Balance</b>	½ Turn (180 pivot) Stag sit (½ splits)	1/1 Turn (360 pivot) Pancake (Straddle sit with chest to the floor) Forward split.

## Advanced – Individual & Group

Routines are to be choreographed to music and must meet the requirements outlined in the table below. The required elements may be performed in any order throughout the routine. The first 10 successfully performed bonus elements in the routine will add to the difficulty score as per the element value as listed in the FIG Code of Points.

[https://www.gymnastics.sport/publicdir/rules/files/en\\_AER%20CoP%202017-2020.pdf](https://www.gymnastics.sport/publicdir/rules/files/en_AER%20CoP%202017-2020.pdf) .

Please note that athletes looking for a pre-choreographed alternative, who have access to a Gymsports club with the AeroSkools resource, may utilise the current routines or music

ADVANCED	Minimum Requirements (0.1 each)	Bonus Elements (values as per FIG COP)
<b>Compulsory Elements</b>	4 x consecutive Jumping Jacks 4 x consecutive High leg Kicks 4 x consecutive Push-Ups – No travelling allowed	
<b>1 x Static Strength</b>  <b>Note:</b> A Maximum of 2 x Static Strength elements may be performed.	Straddle or L Support with bottom raised (feet on floor)	Any of the Group B <b>STATIC STRENGTH</b> elements from the FIG COP with a 0.2 – 0.5 value. For Example:  Straddle or L support - 0.2 Straddle or L support with a ½ turn - 0.3 Straddle or L support with a 1/1 turn - 0.4
<b>1 x Dynamic Strength</b>  <b>Note:</b> A Maximum of 2 x Dynamic Strength elements may be performed.	Single Push-up or Single Tricep Push-up	Any Group A <b>DYNAMIC STRENGTH</b> elements from the FIG COP with a 0.2 – 0.5 value. For Example:  1 Leg Pushup - 0.2 1 Arm Pushup - 0.2 Wenson Pushup - 0.3 Lifted Wenson Pushup - 0.4 1 Arm/1 Leg Pushup - 0.4 Plio Pushup airborne - 0.3
<b>2 x Jump or Leap Family</b>  <b>Note:</b> A maximum of 4 x Jumps and/or leaps may be performed	½ Air Turn (Straight Jump)  Tuck jump	Any of the Group C <b>JUMPS &amp; LEAPS</b> elements from the FIG COP with a 0.2 – 0.5 value. For Example:  Tuck Jump - 0.2 ½ Turn Tuck Jump - 0.3 1/1 Air Turn - 0.3 1 ½ Air Turn - 0.4 Tuck Jump to split - 0.3 Tuck Jump to push-up - 0.4 Split Leap or Jump - 0.4
<b>2 x Flexibility and/or Balance</b>  <b>Note:</b> A maximum of 3 x Flexibility and/or Balance may be performed	½ Turn (180 pivot)  Split  Sagittal Balance	Any of the Group D <b>BALANCE &amp; FLEXIBILITY</b> elements from the FIG COP with a 0.2 – 0.5 value. For Example:  1/1 Turn - 0.2 1 ½ Turn - 0.3 Vertical Split - 0.2 Illusion - 0.4 Split Through (Pancake) - 0.3



**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.

## 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 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.

The value of each bonus skill is determined by its value in the relevant FIG code of points.

FIG Classification	Bonus Amount for NZMG
<b>A</b>	<b>0.2</b>
<b>B</b>	<b>0.4</b>
<b>C</b>	<b>0.6</b>
<b>D</b>	<b>0.8</b>

## 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

	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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

	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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.

	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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 off the beam OR Cartwheel on the beam to stretch jump off the beam

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

<b>VAULT OPTIONS</b>	<b>'D' SCORE</b>
Handstand to flat back from beatboard to 30cm mat	5.0
Straight jump from beatboard to stand on 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

	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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	Underswing half OR 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

	<b>D Score – 5.5</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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 Kip

6	Dismount at back of swing (can cast down if on top of the bar)	Cast Underswing (may be performed with hip circle)	Tucked flyaway. (may be performed from cast or from swing)
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## 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"> <li>2 x Tumble passes of at least 2 skills</li> <li>Leap Series</li> <li>Mixed Series (acrobatic skill connected to a leap or jump)</li> <li>Turn</li> </ul> <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

<b>VAULT</b>	<b>'D' SCORE</b>
Handspring	5.0
½ On ½ Off	5.5
Handspring 1/1	5.6
Round off vault to feet on hard mat	5.3
Tsukahara tucked	6.0
Tsukahara piked	6.2
Handspring front	6.5

**UNEVEN BARS**

Skill Requirements:

- 1 Bar Change
- 1 Circle Element
- Dismount (stoop/straddle on underswing or dismount from 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 (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.

	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
1	Handstand, step down to lunge (straight body line from fingertips to toes)	½ turn in handstand	Full turn in Handstand
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.

	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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.

	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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 <sup>rd</sup> swing)		

**VAULT:** Own Choice.

Two vaults performed (may be the same or different) the highest score counting.

<b>VAULT</b>	<b>'D' SCORE</b>
Stretched dive roll from beatboard to stand on super soft mat	5.0
Tucked front salto from beatboard to stand on super soft mat	5.5

Tucked front salto from beatboard over 90cm high block to stand on supersoft mat	6.0
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<b>PARALLEL BARS:</b> Performed in prescribed order.			
	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
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

<b>POMMEL:</b> Performed in prescribed order.			
	<b>D Score – 5.0</b>	<b>Bonus Skills (.2 each)</b>	<b>Encouragement Skills (.4 each)</b>
1	Jump to front support. Swing to the left and right with legs straddled.		
2	Swing both legs to the left and swing left leg in over the left handle. Swing in stride support to the right and back to the left, bringing left leg out over the handle.	With hand release	
3	Swing through front support to the right, bringing right leg in over right handle. Swing through stride support to the left and back to the right. Swing right leg out over right handle.	With hand release	
4	Swing through front support to the left bringing left leg in over the left handle.		
5	Swing to the right in stride support. Swing right leg in over the right handle and dismount with a 90° turn to the left.		

### 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.

<b>FIG Classification</b>	<b>Bonus Amount for NZMG</b>
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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 salto's 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
2	Return to stand, crouch and roll forward to stride 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		
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

### 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

Group Display  
(4+ Gymnasts)

All groups will compete in the same category and can therefore be a mixture of age, ability and gender. Age advantages will be moderated through the allocation of bonus points. The two oldest gymnasts in each group will be awarded 0.1 to their overall score for each year over the age of 25:

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

Minimum Skill Requirements:

- 2 leaps or jumps
- 2 acrobatic skills
- 1 group or partner balance
- 1 turn

Group members must perform skills (may be same or different) which meet each requirement simultaneously or in rapid succession

All group routines will be performance judged based on the following criteria:

Criteria		Possible Total Points
Routine Requirements	All group members must perform skills (may be same or different) which meet the following requirements simultaneously or in rapid succession: <ul style="list-style-type: none"><li>• 2 leaps or jumps</li><li>• 2 acrobatic skills</li><li>• 1 group or partner balance</li><li>• 1 turn</li></ul>	<b>3 points</b> if all compulsory skills completed 2 points if only ½ the requirements completed 1 point if only requirement is incorporated

<b>Use of Performance Area</b>	Variety of group formation – 1 Point Variety of levels used: (high, medium and low)- 1 Point Smooth, Creative Transitions – 1 Point	<b>3 Points</b>
<b>Skill Execution</b>	Control/Precision in Landings – 1 Point Amplitude in Leaps/Jumps – 1 Point Execution/Technique Skills – 2 Points	<b>4 Points</b>
<b>Overall Showmanship</b>	Confident (expressive in eye contact and facial expressions) – 1 Point Energetic and Enthusiastic – 1 Point Demonstrated creativity & originality in choreography & attire. – 1 Point Crowd Appeal – 2 Points	<b>5 Points</b>
	<b>Total Performance Score (out of 15)</b>	