



# 2023 New Zealand Masters Games Gymsports Championships



**Move beyond your expectations**



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<b>Event Dates</b>	Saturday 11 <sup>th</sup> February – Artistic Gymnastics, Sunday 12 <sup>th</sup> February -Trampoline, Aerobics	
<b>Venue</b>	Whanganui Boys & Girls Gym Club GF Moore Drive, Springvale Park WHANGANUI	
<b>Age Policy</b>	20 years or older on the day of competition	
<b>Sports Fee</b>	\$30 - Individual Competition \$40 - If competing in two or more events	
<b>Event Details</b>	<b>ARTISTIC GYMNASTICS:</b> <ul style="list-style-type: none"> <li><b>Individual Men's &amp; Individual Women's:</b> <ul style="list-style-type: none"> <li><b>Team Competition:</b> Teams to comprise of 3-4 gymnasts. There will be a novice, intermediate and advanced team competition – teams may be mixed gender.</li> </ul> </li> </ul> <b>TRAMPOLINE:</b> <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> </ul> <b>AEROBICS:</b> <ul style="list-style-type: none"> <li><b>Individual novice or individual advanced</b></li> <li><b>Group competition</b></li> </ul>	
<b>Age Groups</b>	<b>Individual Competition:</b> Age groups for the individual competition as follows; 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Medals will be awarded to the top 3 competitors in each category.  <b>Team Competition:</b> 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.	
<b>Categories</b>	<b>Novice</b> – Gymnasts competing in the novice category must have been out of competitive gymnastics for a minimum of 2 years.  <b>Advanced</b> – The advanced category is open to all.	
<b>Attire</b>	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).



## DIVISION DETAILS

Division	Category		
NOVICE	The novice division suited for beginners or those who have participated in gymnastics in their youth.		
	Individual Novice – <ul style="list-style-type: none"> <li>• <b>WAG 20-29 years</b></li> <li>• <b>WAG 30-39 years</b></li> <li>• <b>WAG 40-49 years</b></li> <li>• <b>WAG 50-59 years</b></li> <li>• <b>WAG 60-69 years</b></li> <li>• <b>WAG 70+ years</b></li> </ul>	Individual Novice – <ul style="list-style-type: none"> <li>• <b>MAG 20-29 years</b></li> <li>• <b>MAG 30-39 years</b></li> <li>• <b>MAG 40-49 years</b></li> <li>• <b>MAG 50-59 years</b></li> <li>• <b>MAG 60-69 years</b></li> <li>• <b>MAG 70+ years</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Novice Team</b> 3 – 4 gymnasts; mixed or single gender</li> </ul>
INTERMEDIATE	Gymnasts competing in the intermediate level must have been out of competitive gymnastics for a minimum of 2 years.		
	Individual Intermediate- <ul style="list-style-type: none"> <li>• <b>WAG 20-29 years</b></li> <li>• <b>WAG 30-39 years</b></li> <li>• <b>WAG 40-49 years</b></li> <li>• <b>WAG 50-59 years</b></li> <li>• <b>WAG 60-69 years</b></li> <li>• <b>WAG 70+ years</b></li> </ul>	Individual Intermediate- <ul style="list-style-type: none"> <li>• <b>MAG 20-29 years</b></li> <li>• <b>MAG 30-39 years</b></li> <li>• <b>MAG 40-49 years</b></li> <li>• <b>MAG 50-59 years</b></li> <li>• <b>MAG 60-69 years</b></li> <li>• <b>MAG 70+ years</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Intermediate Team</b> 3 – 4 gymnasts; mixed or single gender</li> </ul>

ADVANCED	Advanced category is open to all		
	Individual Advanced -	Individual Advanced -	
	<ul style="list-style-type: none"> <li>• <b>WAG 20-29 years</b></li> <li>• <b>WAG 30-39 years</b></li> <li>• <b>WAG 40-49 years</b></li> <li>• <b>WAG 50-59 years</b></li> <li>• <b>WAG 60-69 years</b></li> <li>• <b>WAG 70+ years</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>MAG 20-29 years</b></li> <li>• <b>MAG 30-39 years</b></li> <li>• <b>MAG 40-49 years</b></li> <li>• <b>MAG 50-59 years</b></li> <li>• <b>MAG 60-69 years</b></li> <li>• <b>MAG 70+ years</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Advanced Team</b> 3 – 4 gymnasts; mixed or single gender</li> </ul>

Teams:

Bonus points of 0.1 will be given for each year over the age of 25 and added to the team score.

Eg: 26 years = 0.1  
27 years = 0.2  
28 years = 0.3 etc

Note: Team medals will not be awarded if only one team competing.

## JUDGING

**Difficulty (D Score) – The core skills in each apparatus will be given a D (Difficulty) score of 5.00. Bonus that are included in the routines will received the bonus of 0.2, which is then added to the D score. Each missing element will incur a deduction of 1.0.**

**Execution (E Score) – The E Score is the evaluation of the performance, judged out of 10 and added to the D Score.**

### Example:

<b>D Score</b>	<b>(Core skills + bonus)</b>	<b>5.4</b>
<b>E Score</b>	<b>(Performance)</b>	<b><u>8.5</u></b>
<b>Final Score</b>	<b>13.9</b>	

## Advanced Routines

**Advanced routines must show a minimum of 6 gymnastics elements (includes dismount) for a D score of 5.0. 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 for Women's and Men's Artistic. Bonus skills may be used to gain a higher D score with a maximum of 4 bonus skills being credited.**

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>

# WOMENS ARTISTIC GYMNASTICS - NOVICE

Women's Artistic: NOVICE FLOOR <b>Perform 6 elements in any order, with or without musical accompaniment (lyrics allowed), time limit 90 secs</b>	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Acro Elements – choose two</u></b> <ul style="list-style-type: none"> <li>• Forward roll (optional entry/exit)</li> <li>• Backward Roll (optional entry/exit)</li> <li>• Cartwheel (optional side or step in exit)</li> </ul>	<ul style="list-style-type: none"> <li>• Hurdle to fast cartwheel</li> <li>• Standing jump into forward roll (small dive roll)</li> <li>• Two Connected Acro Elements of Cartwheel, Forward Roll or Backward Roll in any order and direction. For example;               <ul style="list-style-type: none"> <li>○ Cartwheel, forward roll</li> <li>○ Forward Roll, Forward Roll.</li> <li>○ Cartwheel step-in, Backward Roll</li> </ul> </li> </ul>
<b><u>Handstand Skill – choose one</u></b> <ul style="list-style-type: none"> <li>• Handstand (momentary to step down, step down)</li> <li>• <math>\frac{3}{4}</math> Handstand – hold 2 seconds</li> <li>• Tuck Handstand – hold 2 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>• Full Handstand – hold 2 seconds</li> </ul>
<b><u>Balance or Static element of choice</u></b> Examples; <ul style="list-style-type: none"> <li>• Balance on one-foot, optional leg and arm position (hold 2 secs)</li> <li>• Pike or Straddle sit, stretch to toes (sitting or standing)</li> </ul>	<ul style="list-style-type: none"> <li>• Splits</li> <li>• Bridge</li> </ul>
<b><u>Jump, Leap or Turn of choice – Choose two</u></b> Examples; <ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> turn on one foot</li> <li>• Leaps - Stride Leap, Split Leap, Cat Leap,</li> <li>• Jumps - Jump <math>\frac{1}{2}</math> turn, Tuck Jump, Stag Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Full turn on one foot</li> <li>• Split leap (above 135°)</li> <li>• Jump full turn.</li> <li>• Any two Leaps connected</li> </ul>

Women's Artistic: NOVICE VAULT <b>Two vaults performed (may be the same or different – see below) the highest score counts.</b>	
VAULT OPTIONS	'D' SCORE
<b>Straight Jump from springboard to stand on soft 60cm mat</b>	<b>5.0</b>
<b>Handstand Flat Back from springboard to 30cm mat</b>	<b>5.2</b>
<b>Handspring Flatback from springboard to 90cm mat</b>	<b>5.5</b>
<b>Handspring to feet over mats turned sideways, minimum 90cm</b>	<b>6.0</b>



Women's Artistic: NOVICE UNEVEN BAR	
D Score – 5.0	Bonus Skills (0.2 each)
LOW BAR	
<b><u>Mount</u></b> <b>Jump to front support</b>	<ul style="list-style-type: none"> <li>• Circle Up OR</li> <li>• Glide Swing x 1, jump to front support.</li> </ul>
<b>1 x Cast (hips to leave bar)</b>	<ul style="list-style-type: none"> <li>• Cast, Back Hip Circle OR</li> <li>• 2 connected casts above 45°</li> </ul>
<b>1 leg kickover, lift leg back over bar and return to front support</b>	<ul style="list-style-type: none"> <li>• Lift off bar to hold stride position 2 sec, lift leg back over bar to return to front support</li> </ul>
<b><u>Dismount</u></b> <b>Cast off, release at back to stand</b>	<ul style="list-style-type: none"> <li>• Cast under-swing dismount OR</li> <li>• Cast off, half turn dismount</li> </ul>
HIGH BAR	
<b>Jump or lift to High Bar, choose one;</b> <ul style="list-style-type: none"> <li>• L-Hang (hold 2 sec), release to land</li> <li>• 2 x tension swings (dish, arch, dish, arch)</li> </ul>	<b>2 x long hang swings, dismount on back swing</b>

Women's Artistic: NOVICE 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 (0.2 each)
<b><u>Mount of choice</u></b>	<ul style="list-style-type: none"> <li>• Jump to straddle hold</li> </ul>
<b><u>Balance Skill</u></b> <ul style="list-style-type: none"> <li>• Balance of choice on one foot held 2 sec.</li> </ul>	
<b><u>Acro Skill – Choose one</u></b> <ul style="list-style-type: none"> <li>• Tuck balance</li> <li>• <math>\frac{3}{4}</math> Handstand</li> <li>• Shoulder stand – from crouch roll up to momentary shoulder stand, roll down to sit a stride of beam.</li> </ul>	<ul style="list-style-type: none"> <li>• Full Handstand (momentary)</li> <li>• <math>\frac{3}{4}</math> handstand held for 2 sec</li> <li>• Shoulder stand, roll down to crouch on two feet, stand.</li> </ul>
<b><u>Leap or Jump – Choose one</u></b> <ul style="list-style-type: none"> <li>• Leap of choice from one foot to the other eg small split leap, cat leap, scissor.</li> <li>• Stretch Jump</li> <li>• Split jump</li> </ul>	<ul style="list-style-type: none"> <li>• Stride Leap</li> <li>• Tuck Jump</li> <li>• Stretch Jump <math>\frac{1}{2}</math> turn</li> </ul>
<b><u>Turn</u></b> <ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> turn on two feet</li> </ul>	<ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> Turn on one foot</li> </ul>

<b><u>Dismount – Choose one</u></b> <ul style="list-style-type: none"> <li>• 2/3 running steps to punch jump.</li> <li>• Cartwheel ¼ turn</li> </ul>	<ul style="list-style-type: none"> <li>• Round-off</li> </ul>

## WOMENS ARTISTIC GYMNASTICS - INTERMEDIATE

Women's Artistic: INTERMEDIATE FLOOR <b>Performed 6 elements in any order, with or without musical accompaniment (lyrics allowed), time limit 90 secs.</b>	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Acro Elements – Choose two</u></b> <ul style="list-style-type: none"> <li>• Dive Roll.</li> <li>• Backward Roll to Front Support.</li> <li>• Roundoff rebound.</li> <li>• Round-off, step out to Cartwheel.</li> <li>• Bridge Kick over</li> <li>• Backward or forward Walkover</li> </ul>	<ul style="list-style-type: none"> <li>• Back-ward Roll to Pike.</li> <li>• Roundoff, back handspring (flic flac) OR back tuck</li> <li>• Handspring (one foot or two-foot landing).</li> <li>• Punch Front Salto (from run)</li> <li>• Side aerial Cartwheel.</li> <li>• Cartwheel step in, Backward-Walkover</li> </ul>
<b><u>Handstand Skill – Choose one</u></b> <ul style="list-style-type: none"> <li>• Handstand forward roll</li> <li>• Handstand ¼ - ½ turn, step down.</li> </ul>	<ul style="list-style-type: none"> <li>• Handstand full turn</li> <li>• Backward roll to handstand</li> </ul>
<b><u>Balance/Static, Jump, Leap or Turn – Choose three</u></b> <ul style="list-style-type: none"> <li>• Full turn on one foot</li> <li>• Jump Full Turn</li> <li>• Split Leap at 180°</li> <li>• Split Leap, Split Leap – above 135°</li> <li>• Change leg Leap</li> <li>• Scale Balance, Arabesque or Splits (only choose one)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ Turn on one foot.</li> <li>• Any A Value Jump</li> <li>• Any two connected Leaps</li> </ul>

Women's Artistic: INTERMEDIATE VAULT <b>Two vaults performed (may be the same or different – see below) the highest score counts.</b>	
VAULT OPTIONS	'D' SCORE
<b>Handspring</b>	<b>5.0</b>
<b>Side Vault – Handspring forward, half turn on, repulsion off</b>	<b>5.0</b>
<b>Salto – run to Salto from springboard to landing mat.</b>	<b>5.0</b>

Women's Artistic: INTERMEDIATE UNEVEN BAR	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Mount on low bar – Choose one;</u></b> <ul style="list-style-type: none"> <li>• Circle up</li> <li>• Glide Swings x 1, jump to front</li> </ul>	<ul style="list-style-type: none"> <li>• Glide Kip</li> <li>• Glide Swings x 2, jump to front support on low bar</li> </ul>
<b><u>Low Bar Rotation –</u></b> <b>Hip Circle</b>	<ul style="list-style-type: none"> <li>• Cast to 90, Hip Circle</li> <li>• Forward / backward Mill Circle</li> </ul>
<b><u>Bar Change – Choose one;</u></b> <ul style="list-style-type: none"> <li>• Climb to straddled balance position, jump to high bar</li> <li>• Straddle OR Pike on to jump off, lift or jump to high bar</li> <li>• Under-swing (eg straddle, toe shoot), half turn dismount, lift or jump to high bar.</li> </ul>	<ul style="list-style-type: none"> <li>• Cast squat onto bar</li> <li>• Cast straddle or stoop on bar</li> </ul>
<b><u>High Bar Skills – Choose two</u></b> <ul style="list-style-type: none"> <li>• 2 long hang swings</li> <li>• Circle over to high bar</li> <li>• Pike hold, 2 sec (legs above horizontal)</li> </ul>	<ul style="list-style-type: none"> <li>• Jump to, long kip, to high bar</li> <li>• Hip Circle on high bar</li> </ul>
<b><u>High Bar Dismount – Choose one</u></b> <ul style="list-style-type: none"> <li>• Dismount at back of swing (can cast down if on top of the bar)</li> </ul>	<ul style="list-style-type: none"> <li>• Under-swing dismounts from high bar.</li> <li>• Flyaway (coach under bar required)</li> </ul>

Women's Artistic: INTERMEDIATE 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 (0.2 each)
<b><u>Mount of choice</u></b>	<ul style="list-style-type: none"> <li>• Any 'A' value mount</li> </ul>
<b><u>Balance Skill</u></b> <ul style="list-style-type: none"> <li>• Balance of choice on one foot held 2 sec.</li> </ul>	
<b><u>Acro Skill – Choose one</u></b> <ul style="list-style-type: none"> <li>• Full Handstand – held 2 sec</li> <li>• Forward Roll to sit – straddle or tuck</li> <li>• Backward Roll</li> <li>• Shoulder stand – roll up to immediate stand.</li> </ul>	<ul style="list-style-type: none"> <li>• Backward or forward walkover</li> <li>• Cartwheel – step in or side finish</li> <li>• Forward roll to squat</li> <li>• Handstand forward roll</li> </ul>
<b><u>Leap or Jump – Choose one</u></b> <ul style="list-style-type: none"> <li>• Leap – from one foot to the other</li> <li>• Stretch Jump, stretch jump</li> <li>• Tuck Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck Jump ½ turn</li> <li>• Sissone</li> <li>• Wolf Jump</li> <li>• 180° Split Leap</li> </ul>

<ul style="list-style-type: none"> <li>• <b>Split Jump (above 135°)</b></li> </ul>	
<u><b>Turn</b></u> <ul style="list-style-type: none"> <li>• <b>½ turn on one foot, finish to hold on high toes</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Full turn on one foot</b></li> <li>• <b>Half wolf turn</b></li> </ul>
<u><b>Dismount – Choose one</b></u> <ul style="list-style-type: none"> <li>• <b>Handspring – hands on beam, feet land on mat)</b></li> <li>• <b>Cartwheel step in on the beam to stretch jump</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Front tuck</b></li> </ul>

## WOMENS ARTISTIC GYMNASTICS – ADVANCED

**Floor, Beam and Bar 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
<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>

**Select and perform apparatus of choice – Floor, Beam, Bar and Vault.**

### Women's Artistic: ADVANCED FLOOR

**Optional music (lyrics allowed), maximum time limit 90 secs.**

**Each element of an A value or higher will count towards the gymnasts D score as follows;**

**Perform a minimum of 6 elements including the following;**

- **2 x Tumble passes of at least 2 skills in each.**
- **Leap Series**
- **Mixed Series (acrobatic skill connected to a leap or jump)**
- **Turn**

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

### Women's Artistic: ADVANCED VAULT

**Pegasus Vaulting Table 125**

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

VAULT	'D' SCORE
<b>Handspring</b>	<b>5.0</b>
<b>Half on half off</b>	<b>5.5</b>
<b>Handspring, full turn off</b>	<b>5.6</b>
<b>Round off vault to back (soft mat)</b>	<b>5.3</b>
<b>Tsukahara tucked</b>	<b>6.0</b>
<b>Tsukahara piked</b>	<b>6.2</b>
<b>Handspring front</b>	<b>6.5</b>

### Women's Artistic: ADVANCED UNEVEN BAR

**Perform a minimum of 6 elements including the following;**

- **1 Bar Change**
- **1 Circle Element**
- **Dismount (stoop/straddle on under-swing or dismount from code of points)**

**Women's Artistic: ADVANCED BEAM**

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

**Perform a minimum of 6 elements including the following;**

- **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.**

## MENS ARTISTIC GYMNASTICS – NOVICE

Men's Artistic: NOVICE FLOOR Performed in any order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Acro Skills – choose two</u></b> <ul style="list-style-type: none"> <li>• Forward roll (optional entry/exit)</li> <li>• Roll backwards to show candle stand (hands on hips)</li> <li>• Backward Roll (optional entry/exit)</li> <li>• Cartwheel (optional side or step in exit)</li> </ul>	<ul style="list-style-type: none"> <li>• Hurdle to fast cartwheel, OR Roundoff straight jump.</li> <li>• Dive Roll.</li> <li>• Two Connected Acro Elements of Cartwheel, Forward Roll or Backward Roll in any order and direction. For example;               <ul style="list-style-type: none"> <li>○ Cartwheel, forward roll</li> <li>○ Forward Roll, Forward Roll.</li> <li>○ Cartwheel step-in, Backward Roll</li> <li>○ Cartwheel, Cartwheel</li> </ul> </li> </ul>
<b><u>Handstand Skill – Choose one</u></b> <ul style="list-style-type: none"> <li>• Handstand (momentary to step down, step down)</li> <li>• <math>\frac{3}{4}</math> Handstand – hold 2 seconds</li> <li>• Tuck Handstand – hold 2 seconds.</li> <li>• Front support (2 sec), turn to back support (2 sec)</li> </ul>	<ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> turn in handstand</li> <li>• Handstand forward roll</li> <li>• Handstand, step down to lunge (straight body line from finger tips to toes)</li> </ul>
<b><u>Balance or Static Element of choice – Choose one</u></b> <ul style="list-style-type: none"> <li>• Balance stand on one foot, optional leg and arm position.</li> <li>• Tuck sit (feet off floor)</li> </ul>	<ul style="list-style-type: none"> <li>• Balance on toes of one foot.</li> <li>• Pike sit (feet off floor)</li> </ul>
<b><u>Jump – Choose one</u></b> <ul style="list-style-type: none"> <li>• Tuck jump</li> <li>• Jump <math>\frac{1}{2}</math> turn</li> </ul>	<ul style="list-style-type: none"> <li>• Jump full turn</li> </ul>

Men's Artistic: NOVICE VAULT Two vaults performed (may be the same or different) the highest score counting.	
VAULT	'D' SCORE
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



Men's Artistic: NOVICE PARALLEL BARS Performed in prescribed order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Mount</u></b> <ul style="list-style-type: none"> <li>From stand in the centre of the bars, jump to momentary cross support with straight body</li> </ul>	<ul style="list-style-type: none"> <li>Jump to basket swing to stand. Jump to support.</li> </ul>
<b><u>Hold</u></b> <ul style="list-style-type: none"> <li>Lift legs to tuck hold (2 sec)</li> </ul>	<ul style="list-style-type: none"> <li>Lift legs to L-hold (hold 2 secs) – legs at horizontal</li> </ul>
<b><u>Support</u></b> <ul style="list-style-type: none"> <li>Straddle legs to momentary straddle support on bars, hands behind hips.</li> </ul>	
<b><u>Swings</u></b> <ul style="list-style-type: none"> <li>Lower legs to swing backward and forward x 2</li> </ul>	
<b><u>Dismount</u></b> <ul style="list-style-type: none"> <li>Swing backwards to dismount on back swing.</li> </ul>	<ul style="list-style-type: none"> <li>Swing backwards above horizontal to dismount.</li> </ul>

Men's Artistic: NOVICE POMMEL Performed in prescribed order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Mount</u></b> Jump to front support.	
<b><u>Straddle swings</u></b> <ul style="list-style-type: none"> <li>In front support legs stay wide in straddle, swing to the left and right.</li> </ul>	<ul style="list-style-type: none"> <li>In front support legs in straddle, swing to the left and right - with hand release on each swing.</li> </ul>
<b><u>Stride swing</u></b> <ul style="list-style-type: none"> <li>In front support tuck one leg through to show momentary stride support, swing to the right and back to the left, bring forward facing leg back through the handle.</li> </ul>	<ul style="list-style-type: none"> <li>Tuck leg through to show momentary stride support, after stride swings, swing leg back over handle, to front support.</li> <li>In stride lift legs through to back support, lift leg back again to stride.</li> </ul>
<b><u>Dismount</u></b> <ul style="list-style-type: none"> <li>Release hands from handle to land on feet facing</li> </ul>	<ul style="list-style-type: none"> <li>After stride support swings, swing leg back over handle over handle and dismount with a quarter turn to land.</li> </ul>

Men's Artistic: NOVICE RINGS Performed in prescribed order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b>From hang, pull upward until head is at ring height (chin up)</b>	
<b>Lift through tucked position to stretched inverted hang (2 secs)</b>	<b>Bent body and straight legs to inverted hang</b>
<b>Lower legs to piked inverted hang (2 secs)</b>	
<b>Lower to a straight arm hang in Tuck position (2 secs)</b>	<b>Lower to a straight arm hang in L position (2 secs)</b>
<b>Swing legs backward and forward x 1</b>	
<b>Swing backward to dismount (on 2<sup>nd</sup> swing)</b>	

Men's Artistic: NOVICE HIGH BAR Performed in prescribed order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b>2 tension swings</b>	<b>From hang, lift legs to L hang and hold for 2 sec, from L hang press legs backwards to 2 tension swings.</b>
<b>In second swing, pull chin above bar and circle legs over bar to front support. (may be coach assisted)</b>	<b>In second swing, pull chin above bar and circle legs over bar to front support. (no coach assistance)</b>
<b><u>Choose one</u> –</b> <ul style="list-style-type: none"> <li>• Cast to under-swing</li> <li>• Roll forward to L-hold</li> </ul>	<b>Cast hip circle to under swing</b>
<b>2 tap swings (back-ward-forward) (backward-forward)</b>	
<b>Dismount on 3<sup>rd</sup> swing back (backward).</b>	

## MENS ARTISTIC GYMNASTICS – INTERMEDIATE

Men's Artistic: INTERMEDIATE FLOOR Performed in any order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>2 x Acro Elements – choose two</u></b> <ul style="list-style-type: none"> <li>• Dive Roll</li> <li>• Backward Roll to front support</li> <li>• Round off rebound (stand or small run into)</li> <li>• Round-off, step out to Cartwheel.</li> </ul>	<ul style="list-style-type: none"> <li>• Round off, flic flac OR Round off back tuck</li> <li>• Handspring (one foot or two-foot landing).</li> <li>• Handspring, cartwheel</li> <li>• Handspring, forward walkover</li> <li>• Punch Front Salto (from run)</li> </ul>
<b><u>1 x Handstand Skill – Choose one</u></b> <ul style="list-style-type: none"> <li>• Jump straddle to Handstand</li> <li>• Handstand forward roll</li> <li>• Handstand ¼ - ½ turn, step down</li> </ul>	<ul style="list-style-type: none"> <li>• Press to handstand straddle</li> <li>• Handstand full turn (step down or roll out)</li> <li>• Backward roll to handstand</li> </ul>
<b><u>3x Balance or Static Element of choice</u></b> <ul style="list-style-type: none"> <li>• Balance stand on one foot on toes optional leg and arm position.</li> <li>• Pike Sit - reach to feet</li> <li>• V-Sit</li> </ul>	<ul style="list-style-type: none"> <li>• L-Press (in sit lift legs off floor)</li> </ul>
<b><u>1 x Jump</u></b> <ul style="list-style-type: none"> <li>• Jump full turn</li> </ul>	

Men's Artistic: INTERMEDIATE VAULT Two vaults performed (may be the same or different) the highest score counting.	
VAULT	'D' SCORE
Handspring	5.0
Tucked front salto from beatboard over 90cm high block to stand on supersoft mat	5.5

Men's Artistic: INTERMEDIATE PARALLEL BARS	
Performed in prescribed order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Mount</u></b> <ul style="list-style-type: none"> <li>• Jump to basket swing to stand. Jump to support.</li> <li>• Basket swing to support</li> </ul>	<ul style="list-style-type: none"> <li>• Glide kip to support</li> </ul>
<b><u>Hold – Choose one</u></b> <ul style="list-style-type: none"> <li>• Lift legs to L-hold (hold 2 secs) – legs at horizontal.</li> <li>• Lift legs to momentary V</li> </ul>	<ul style="list-style-type: none"> <li>• Lift legs to V-Hold (2 sec)</li> </ul>
<b><u>Supports – Choose one</u></b> <ul style="list-style-type: none"> <li>• From straddle support, roll backwards to piked upper arm support position</li> <li>• Upper arm dip – lower to arm support and push back up, lift legs to horizontal</li> </ul>	<ul style="list-style-type: none"> <li>• From straddle support, roll backwards to piked upper arm support position, kip to straddle sit</li> </ul>
<b><u>Swings</u></b> <ul style="list-style-type: none"> <li>• Lower legs to swing backward and forward x 2 - Feet above bar height at each end</li> </ul>	
<b><u>Dismount</u></b> <ul style="list-style-type: none"> <li>• Swing backwards above horizontal to dismount</li> <li>• Swing backwards to legs over side of bar to dismount.</li> </ul>	<ul style="list-style-type: none"> <li>• Swing backward through handstand and dismount over rail to stand. Body to reach minimum 45°.</li> </ul>

Men's Artistic: INTERMEDIATE POMMEL	
Performed in any order.	
D Score – 5.0	Bonus Skills (0.2 each)
<b><u>Mount</u></b> <ul style="list-style-type: none"> <li>• Jump to front support</li> </ul>	
<b><u>Straddle Swings</u></b> <ul style="list-style-type: none"> <li>• In front support legs in straddle, swing to the left and right, repeat, immediately connect to swing leg over handle (leg of choice),</li> </ul>	
<b><u>Stride Swings – Choose one</u></b> <ul style="list-style-type: none"> <li>• In stride immediately swing legs together both sides (left and right), repeat, immediately swing forward leg back over handle,</li> <li>• In stride, immediately bring back leg over handle to face in rear support, one at a time swing each leg back over handle (initiate with straddle swings if needed)</li> </ul>	<ul style="list-style-type: none"> <li>• In rear support perform straddle leg swing on each side, one at a time swing each leg back over handle to land in rear/back support</li> <li>• From rear/back support immediately swing legs one at a time back over to front support, in a continuous motion,</li> </ul>

	<ul style="list-style-type: none"> <li>• In rear/back support lift legs to L-Hold (2 sec).</li> </ul>
<b>Dismount</b> <ul style="list-style-type: none"> <li>• On leg swing back over handle, releasing hand to perform 90° turn to dismount. (Flank dismount).</li> </ul>	

<b>Men's Artistic: INTERMEDIATE RINGS</b> <b>Performed in prescribed order.</b>	
D Score – 5.0	Bonus Skills (0.2 each)
<b>From hang, pull upward until head is at ring height (chin up)</b>	
<b>L-sit (2 sec), in bent body and straight legs to inverted hang (2 sec)</b>	<b>Chin up to inverted hang (2 sec), in straight body</b>
<b>Lower legs to piked inverted hang and roll backward to a dorsal hang. Pull back to piked position.</b>	<b>Lower with straight body and straddled legs directly to 2 second held straddle back lever position. Continue backward to a dorsal hang (hold 2 seconds). Pull back to piked inverted hang.</b>
<b>Pull through pike hang to cast long hang swing backward, two long hang swings, swing must reach minimum 45° from lower vertical.</b>	
<b>Swing backward and forward to back tuck dismount (after 3rd swing)</b>	<ul style="list-style-type: none"> <li>• Swing backward and forward to back tuck dismount (after 3rd swing). Hips to reach ring height in salto OR</li> <li>• Swing backward and forward to backward stretch salto (layout) dismount (after 3rd swing).</li> </ul>

<b>Men's Artistic: INTERMEDIATE HIGH BAR</b> <b>Performed in prescribed order.</b>	
D Score – 5.0	Bonus Skills (0.2 each)
<b>Two tension swings.</b>	
<b>Immediate pullover to front support.</b>	<b>Swing backward, forward, backward, forward. On third back swing perform straight arm back uprise to support.</b>

<b>Cast at horizontal, hip circle to underswing.</b>	<b>Cast above horizontal, hip circle to underswing.</b>
<b>Two tap swings (back-ward-forward) (backward-forward)</b>	
<b>Dismount on 3<sup>rd</sup> swing back (backward)</b>	<b>Dismount to flyaway on 3<sup>rd</sup> swing back (backward)</b>

## MENS ARTISTIC GYMNASTICS – ADVANCED

**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
<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>

**Select and perform apparatus of choice – Floor, Rings, Vault, Parallel Bar, Pommel.**

### Men's Artistic: ADVANCED FLOOR

#### Skill Requirements:

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

### Men's Artistic: ADVANCED VAULT

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

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

### Men's Artistic: ADVANCED RINGS

#### Skill Requirements:

- **2 x Strength skills** Eg: muscle up, L sit, press to handstand, cross, lever
- **2 x Swinging skill** Eg: dislocate, inlocate, swings to horizontal, giant
- **Inverted pike hang – held 2 sec**
- **Dismount**

### Men's Artistic: ADVANCED 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**

#### Men's Artistic: ADVANCED POMMEL

##### **Skill Requirements:**

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

**Can be half circle**

#### Men's Artistic: ADVANCED HIGH BAR

##### **Skill Requirements:**

- **Long swings**
- **Element near the bar Eg. Kip, hip circle, clear circle**
- **Cast to horizontal or above**
- **Dismount**





Aerobics athletes may compete as an individual and may choose to compete in the novice or advanced category. Athletes competing in the novice category must have been out of competitive aerobics for a minimum of two years. There are no age divisions within each category.

Groups are to consist of 2-6 athletes, this is not separated into categories or divisions. Athletes may only compete once in the group category.

Music length can be between 1 minute – 1 minute 30 seconds for all categories. One or more pieces of music may be mixed. Original music and sound effects are allowed. Music must be suitable for general public audiences.

Judging panel will consist of Artistic, Execution and Difficulty. There will be no Chair deductions.

Attire is to be suitable for the performance and may include leotards or sport fitness attire. Appropriate sports shoes with white socks are to be worn.

The routines will be competed on a wooden 10m x 10m floor.

#### Novice Individual

Routines are to be choreographed to music and meet the requirements in the table below. The elements may be performed in any order throughout the routine.

For athletes that would like a pre-choreographed routine you are able to use a routine from the AeroSchools resource.

NOVICE	Minimum Requirements (0.1 each)	Bonus Elements (0.2 each)
Compulsory Elements	4 x consecutive Jumping Jacks followed by 24 counts of aerobic step  4 x consecutive High Kicks  4 x consecutive Push ups on knees	4 x consecutive high leg kicks with foot at shoulder height  4 x consecutive Push ups on toes
1 x static strength	Straddle or L support with bottom raised feet on floor	Straddle or L support with bottom and feet lifted from the floor

1 x Dynamic Strength	Single push up on knees Tricep pushup on knees	Single Push-up Tricep Push-up
1 x Jump or Leap	Straight Jump ½ Air Turn Tuck Jump	Split leap or jump 1/1 Air Turn Tuck Jump ½ turn
1 x Flexibility or Balance	½ turn (180 pivot) Stag sit (1/2 splits)	1/1 turn (360 pivot) Splits

## Advanced Individual

Routines are to be choreographed to music and meet the requirements in the table below. The elements may be performed in any order throughout the routine. Up to eight elements can be performed but must meet minimum requirements, including compulsory elements and one element from each family. For those athletes who wish to show a higher skill element can do so with a capped difficulty value of 0.5 applied e.g Element C336 Straddle Jump to push up can be performed but will receive 0.5 difficulty not the 0.6 difficulty per the CoP

ADVANCED	Minimum Requirements (0.2 each)	Bonus Elements (values as per FIG CoP capped at 0.5)
Compulsory Elements	4 x consecutive Jumping Jacks followed by 24 counts of aerobic step  4 x consecutive High leg Kicks  4 x consecutive Push-ups on knees	4 x consecutive High leg Kicks with foot at shoulder height  4 x consecutive Push-ups on toes
1 x Dynamic Strength	Single Push-up  Tricep Push-up  One leg Push-up	Any of the Group A DYNAMIC STRNGTH element from the FIG CoP  Value is capped at 0.5
1 x Static Strength	Straddle or L support with bottom and feet lifted from the floor	Any of the Group B STATIC STRENGTH elements from the FIG CoP  Value is capped at 0.5
1 x Jump or Leap	1/2 Air Turn  Tuck Jump	Any of the Group C JUMPS & LEAPS elements from the FIG CoP  Value is capped at 0.5
1 x Flexibility or Balance	1/1 turn (360 pivot)  Splits	Any of the Group D BALANCE & FLEXIBILITY elements from the FIG CoP

		Value is capped at 0.5
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## Group Performance

Groups are to consist of 2-6 athletes. Routines are to be choreographed to music and meet the requirements in the table below. The elements may be performed in any order throughout the routine but must be performed by all members of the group. Choreography should show movements on all levels and in all directions, showing varying group formations. Movements should correspond to the music, changes in tempo, including smooth transitions and connecting compulsory elements.

For athletes that would like a pre-choreographed routine you are able to use a routine from the AeroSchools resource.

GROUP	Minimum Requirements (0.1 each)	Bonus Elements (0.2 each)
Compulsory Elements	4 x consecutive Jumping Jacks followed by 24 counts of aerobic step  4 x consecutive High Kicks  4 x consecutive Push ups on knees	4 x consecutive high leg kicks with foot at shoulder height  4 x consecutive Push ups on toes
1 x static strength	Straddle or L support feet on floor	Straddle or L support
1 x Dynamic Strength	Single push up on knees  Tricep pushup on knees	Single Push-up  Tricep Push-up
1 x Jump or Leap	Straight Jump  ½ Air Turn  Tuck Jump	Split leap or jump  1/1 Air Turn  Tuck Jump ½ turn
1 x Flexibility or Balance	½ turn (180 pivot)  Stag sit (1/2 splits)	1/1 turn (360 pivot)  Splits