



# Gymnastics NSW

## 2023 Masters

### Manual & Information

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## Contents

2023 Masters Manual & Information .....	1
WAG Masters for All and Masters .....	3
Objective .....	3
Competitive Structure.....	3
General Regulations and Requirements .....	3
Exercise Evaluation .....	3
Vault.....	6
Uneven Bars .....	6
Balance Beam.....	7
Floor .....	7

# WAG Masters for All and Masters

## Objective

The objective of the Masters for All and Masters divisions is to provide an opportunity for all adults to compete in Women's Artistic Gymnastics. All participants of all genders aged 17+ may enter. It enables both ex-gymnasts and adults new to the sport to get involved in local clubs and Gymnastics NSW events. This is intended to provide an inclusive skill development pathway.

## Competitive Structure

This level is intended to run similarly to the MAG Masters division. It will be available at WAG State Clubs and State Levels Championships as state run events, and will be an option for clubs and regions to consider including in their events. Each competition is judged as a stand-alone event without any qualification procedures.

## General Regulations and Requirements

The Masters for All and Masters will be judged according to the General Table of Faults, Specific Apparatus Deductions, and Technical Directives (as per Section 3.1 – 3.7 and Section 5 of the WAG ALP Version 3.2). Please note exceptions specified under each apparatus.

There are amendments to the competition attire (section 1.5) with the following additional dot point:

- Leotards are recommended, but if choosing alternate wear please ensure your clothing is appropriate for the movement activities that you will be performing. Loose clothing or clothing with zippers or buckles, or jewellery can be caught on equipment and compromise your safety. A t-shirt, modest singlet, bike pants, shorts (without pockets), longs or leggings are acceptable. Outfits shall not have inappropriate slogans or messages on them.

## Exercise Evaluation

### Difficulty:

The value of the best 8 elements including the dismount.

The difficulty value of the elements is per below:

A	B	C+
0.1	0.2	0.3

Short routine deduction apply as follows:

- |                |                      |              |                       |
|----------------|----------------------|--------------|-----------------------|
| - 5-8 elements | <b>no deduction</b>  | - 2 elements | <b>- 4.00 points</b>  |
| - 4 elements   | <b>- 2.00 points</b> | - 1 element  | <b>- 5.00 points</b>  |
| - 3 elements   | <b>- 3.00 points</b> | - 0 elements | <b>- 10.00 points</b> |

Elements from the 'Additional Skills' list will be awarded 'A' value. Masters for All may only use skills under the Masters for All heading while Masters may use skills under both.

Each element will only be recognised once in a routine.

**Execution:**

E-score is taken out of 10

**Total:**

Execution + Composition Requirements + Difficulty – ND = Final Score

**Composition Requirements Masters for All (based off approx. Level 4):**

+ 0.5 for each fulfilled requirement. Dismounts must be an element from the Code of Points (+ 0.5) or the 'Additional Skills' list (+ 0.3)

<b>Masters for All Vault</b>
Tuck Jump onto table, Straight Jump off - 2.50
Vault table height 105 – 125cm

<b>Masters for All Bars</b>	<b>Masters for All Beam</b>	<b>Masters for All Floor</b>
Glide swings x2 (straddle permitted)	Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, back to straddle sit, swing legs back to squat, to stand	Split leap (135°)
Pull over to front support	2 x Straight jumps in series AND Split jump (135° split)	Straight jump, split jump (135°) May be reversed
Cast to horizontal x 2	Leap lead-up drill: Lift leg to fwd horizontal, single leg vertical hop, leap onto free leg land in demi plie	Full turn on one foot
Back hip circle	1 x passé ½ turn, ½ turn on 2 feet in relevé, Relevé hold (2 seconds)	Backward roll to front support
Climb to squat on OR cast to squat on OR sole circle, jump to grasp the high bar	Kick to Handstand – Step in	Back walkover (135° split) OR Tic Toc (135° split)
2 long swings, pullover on 3 <sup>rd</sup> swing	Standing straight jump backwards from the end of the beam	Handspring to 2 feet, rebound straight jump
Underswing dismount from hips		Standing with legs together, jump hurdle, round off, rebound straight jump

### **Composition Requirements Masters (based off approx. Level 7):**

+ 0.5 for each fulfilled requirement. Dismounts must be an element from the Code of Points (+ 0.5) or the 'Additional Skills' list (+ 0.3)

<b>Masters Vault</b>	
1.00 Handspring	2.50
Vault table height 105 – 125cm	

<b>CR</b>	<b>Masters Bars</b> 6 counting elements	<b>Masters Beam</b> 6 counting elements	<b>Masters Floor</b> 6 counting elements
<b>CR1</b>	Bar Change	One connection of at least 2 different dance elements, one being a leap or jump with 180 split (cross or side) or straddle position	A dance passage
<b>CR2</b>	No requirement (0.5 awarded free)	Turn (Group 3) or Rolls/Flairs (see skill numbers below)	Minimum of 2 acrobatic lines
<b>CR3</b>	Close bar circle element to above horizontal	Acro flight element	3 directly connected flight elements one of which is a backward salto to land on 2 feet
<b>CR4</b>	Element to or through handstand	Separate acro requirement If mount, min B	Forward salto and backward salto performed within acro lines
<b>CR5</b>	0.5 Back salto dismount (flyaway) 0.3 A or more dismount	0.5 Salto dismount connected directly to acro element  0.5 B salto or more dismount 0.3 A Salto dismount Element preceding dismount must be separate from CR3	0.5 Stretched salto dismount 0.3 Salto dismount

#### Beam

- CR 1, 2 (turn), 3 and 4 must be performed on the Beam (CR4 only may include the mount unless stated otherwise)
- CR4 – separate acro requirement at level 7 to 9 is separate to CR3
- Rolls/flairs include elements 1.303, 1.403, 1.304, 1.207, 1.308, 1.514, 4.203, 4.204, 4.304, 4.305, 4.306, 4.307, 5.405, 5.505

## Vault

- Minimum height 105cm
- Crash mat in pit may be used for landing with a 1.00 deduction\* at club and regional events at the discretion of the organisers. All GNSW State events will vault to a solid surface.

\*no deduction for 45+ age group

### Additional Skills List:

Masters For All		Masters	
Tuck Jump onto table, Straight Jump off	1.0	Any vault from the Code of Points will be given the value of the vault + 1.0	
Straight Jump onto table, Straight Jump off	1.2		
Handspring	2.5		

## Uneven Bars

- No cast height deductions
- No empty swing or additional swing deductions
- Crash mat allowed under bars and/or for dismount at any time
- Any bar height as per ALP and distance setting is allowed provided request submitted no later than 24 hours prior to the event
- 'Climb on' permitted without deduction

### Additional Skills List:

<b>Masters for All</b>
Glide Swing
2x Tuck Swings
Pullover
Cast to Horizontal
Long Swing
Swing Pullover
Swing Half Dismount
Bent Leg Sole Circle



## Balance Beam

- Beam height 120cm
- Use of low beam permitted with 2.00 deduction\* (dependant on apparatus availability at event venue)
- Mats may be used for C+ elements without deduction
- Maximum 1:30 minutes time limit Masters, 50secs for Masters for All (can be shorter)

\*no deduction for 45+ age group

### Additional Skills List:

<b>Masters for All</b>
NL 4 Mount Sequence
Straight/Tuck Jump Dismount
Straight/Tuck Jump ½ Turn Dismount
Side Handstand Dismount
2x Passe ½ turn (NL 4 Turn)
L-Handstand
Split Jump 135 degrees
Forward Roll
Backward Roll
Backward Straight Jump Dismount

## Floor

- No artistry deductions
- Maximum 1:30 minutes time limit Masters, 50secs for Masters for All (can be shorter)
- Music may include vocals/lyrics (provided it is 'family-friendly', no explicit or innuendo)
- 5cm mat may be used for salto elements without deduction
- No additional equipment or handheld items are permitted in the routine

### Additional Skills List:

<b>Masters for All</b>
Straight Jump ½ turn
Tuck Jump
Forward Roll
Handstand
Handstand Forward Roll
Cartwheel
Split Leap 135 degrees
Split Jump 135 degrees