

Gymnastics New South Wales

2022-2024 Level 6 Optional Requirements

This document is to be used in combination with Gymnastics Australia's **2022-2024 MAG Optional Requirements – Level 6 Optional**, all rules including Exercise Evaluation and Level 6 Optional Additional Elements are outlined should be found there. In addition to these rules, for all Gymnastics NSW events, excluding Border Challenge Trial, the following table of bonuses will be applied to the difficulty evaluated.

*N.B: Gymnastics NSW will **not** be enforcing the under 16 age restrictions for NSW events.*

Specific Bonus

Apparatus	Bonus Elements	
Floor	Any backward stretched salto	Any forward stretched salto
Pommel	Any travel in circle or flair	Any 'B' value element from EG. II
Rings	Any swing to support*	Any lever with legs together (2sec)**
Vault	Any twisting or rotation in the post-flight stage	
Parallel Bars	Front uprise swing to handstand	Any backward salto over the bar
Horizontal Bar	Any dismount from giant	Top change or blind change

* Bonus only applied if no large error – examples include back/front uprise, kip, back kip, felge

** Bonus not applied if no hold occurred

N.B: A maximum of 0.6 (0.3 for vault) will be allowed. In the instance where more than one bonus element, from the list of bonus eligible elements, only the first will receive a bonus.

Examples of specific bonus

- Floor – A gymnast performs both a stretched forward and a stretched backward salto, they will receive 0.3 for each bonus (total 0.6).
- Horizontal Bar – A gymnast performs a blind change and then a top change, he will only receive a 0.3 bonus and not 0.6.

This rule is applied generally across all apparatus where there are more than 2 elements that may be bonus eligible.