



**ARTISTIC GYMNASTICS MANUAL
2016 & BEYOND**

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ROUTINE MANUALS

Open Grade

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Year 7

This manual is intended for use by QGSSSA Judges and Officials for the annual QGSSSA Artistic Gymnastics Competition.

GRADES AND ROUTINE REQUIREMENTS

The 2015 & Beyond Australia Levels Program will be used as the basis for routines in all grades as detailed below. There are some modifications to specific skills and these are listed within the detailed routine descriptions.

- Year 7 2015 & Beyond ALP Level 2 requirements
- D Grade 2015 & Beyond ALP Level 2 requirements
- C Grade 2015 & Beyond ALP Level 3 requirements
- B Grade 2015 & Beyond ALP Level 3 requirements
- A Grade 2015 & Beyond ALP Level 4 requirements
- Open 2015 & Beyond ALP Level 6 requirements

Special note regarding D Grade & Year 7 Beam & Floor Routines

- **There is no choreography or dance required. The gymnast is only required to perform the skills listed.**
- The skills can be performed in any order
- Additional half turns can be added to ensure the routine flows smoothly

Special notes regarding A Grade Beam

- **The level 4 compulsory beam routine must be completed exactly as prescribed in the manual.**

Special notes regarding A Grade Floor

- The gymnast may choose to compete the level 4, 5 or 6 compulsory floor routine or an optional routine
- The level 4 skills must be performed regardless of what routine is presented. Example, a gymnast may choose to perform the level 5 compulsory routine (as that is the routine she currently performs in her club program), however she would replace the level 5 acro and dance skills with the level 4 skills. She would perform a RO rebound instead of RO flic; handspring rebound instead of front salto; split leap instead of split leap split leap and so on.
- If the gymnast chooses to perform a compulsory routine, adjustments and variations in the choreography are permitted ~~to allow for the variations in the allowable skills~~. Example – the gymnast performing the level 4 compulsory chooses to do a backward roll to front support instead of a walkover – this would require some additional choreography, as determined by each coach.
- **There are NO deductions in the choreography for:**
 - variation in text;
 - skills not finished in the prescribed position;
 - Specific dance movements / passes within choreography not performed

Special notes regarding Open Grade

- **Optional routines can be performed on each apparatus (Bars, Beam & Floor)**
- **The skills listed in the manual are a list of what is required to be performed**
- **Gymnasts are still permitted to perform the level 6 compulsory routines (with the appropriate skill changes made for QGSSSA) if they so choose.**

EQUIPMENT REQUIREMENTS

Vault matting heights for handsprings to back

- C & B Grade (Level 3) 60cm or 90cm mats
- A Grade (Level 4) 90cm mats

Beam - All Grades

- Beam Height 115cm
- Dismount matting 10cm landing mat

Regulations relating to Calculation of Scores

Start Score (Content)

- The start score is 10.00
- All elements in the routines are assigned a specific value
- If an element is omitted, the value of the element will be deducted from 10.00.
- The Head Judge will always recognise the difficulty value of the element when it is performed in the compulsory routine.

Recognition of compulsory skills and elements

If an element is omitted from the routine, the value of the element will be deducted from the start score (10.00).

- *Example:* Handstand is omitted from the Level 4 beam routine. The value of the handstand is 1.00. Therefore the start score for the routine will be 9.00.
- *Example:* 1/1 turn is incomplete, only 350° completed. The skill is still considered to have been performed, but it is recognised as an incomplete 1/1 turn. There is no skill omitted so there is no change to the Start Score. The judges will deduct the appropriate execution deduction for the turn being incomplete in their execution deductions.

Direct Connections or Series

All series connections as specified in the text must be direct. Direct Connections are those in which elements are performed without:

- a) ~~hesitation or~~ stop between elements;
- b) extra step between elements;
- c) foot touching beam between elements;
- d) loss of balance between elements;
- e) ~~obvious~~ leg / hip extension on 1st element before take-off for 2nd element;
- f) additional arm / leg swing between elements.

Determination of the Final Score

For perfection of execution and exactness of text, the gymnast may earn a Final Score of **10.00**.

All execution deductions will be applied as per the Table of General Faults & Specific Apparatus Deductions.

The execution deductions will be subtracted from the 10.00 start score including deductions for faults in:

- Execution
- Exactness of text
- Presentation.

All judges will judge the routine and determine the deductions independently. Each performance is evaluated with reference to expectations of the ideal model of both acrobatic and dance elements. All deviations from this expectation are deducted.

- The judge will total her execution deductions.
- On Bars, Beam and Floor, the judge will divide her total deductions by 2 and submit this as her deductions.
- The highest and lowest deductions are eliminated and the middle deductions are averaged.
- This average deduction will be subtracted from the start score – this is the FINAL SCORE.

Example 1: All required skills performed in the routine.

	Judge 1	Judge 2	Judge 3	Judge 4	Average	Start Score	Final Score
Execution deductions	1.3	1.4	1.7	1.4			
Execution deductions submitted	0.65	0.7	0.85	0.7	0.7	10.00	9.30 (10.00 – 0.7)

Example 2: Level 4 Floor – gymnast omits the walkover, value 1.00.

	Judge 1	Judge 2	Judge 3	Judge 4	Average	Start Score	Final Score
Execution deductions	1.8	2.0	2.2	1.9		10.00 – 1.00	
Execution score submitted	0.9	1.0	1.1	0.85	0.95	9.00	8.05 (9.00 – 0.95)

Table of General Faults

Execution Faults by E Panel Judges		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00
–Bent arms or bent knees	each time	X	X	X	
–Leg or knee separations	each time	X	X shoulder width or more		
–Legs crossed during elements with twist	each time	X			
–Insufficient height of elements (external amplitude)	each time	X	X		
Insufficient –exactness of tuck or pike position in skills	each time	X 90° Hip angle	X >90° Hip angle		
–Hesitation during jumps, press or swing to handstand	each time	X			
–Attempt without performance of an element	each time		X		
–Deviation from straight direction (VT, FX, DMT –UB & BB)	each time	X			
Body and/or leg position in elements and vaults – Body alignment – Feet not pointed/relaxed – Insufficient split in dance/acro elements (non-flight)	each time	X X X	X		
–Precision (<i>VT, UB, BB & FX acro elements</i>)	each time	X			
–Performance of DMT too close to the apparatus (<i>UB & BB</i>)		✘	X		
Landing Faults <i>(all elements including dismounts)</i>		If there is no fall the maximum landing deduction may not exceed 0.80			
–Legs apart on landing	each time	X			
Movements to maintain balance					
–extra arm swings		X			
–lack of balance	each time	X	X		
–extra steps, slight hop	each time	X			
–very large step or jump (<i>guideline – more than shoulder width</i>)	each time		X		
–body posture fault	each time	X	X		
–deep squat	each time			X	
–brushing/touching apparatus/mats, but not falling against the apparatus	each time		X		
–support on mat/apparatus with 1 or 2 hands	each time				1.00
–fall on mat to knees or hips	each time				1.00
–fall on or against apparatus	each time				1.00

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00
Neutral deductions applied by Head Judge					
– Failure to acknowledge Head Judge before and/or after exercise	Gym/Evt		X		Applied once only on the apparatus
– Spotting assistance (<i>help</i>)	UB, BB, FX each time				1.00 Element not recognised as being attempted
– Coach on podium when not permitted	Gym/Evt			X	
Apparatus irregularities through:					
– Failure to use prescribed landing mat	Gym/Evt			X	
– Placement of springboard on unpermitted surface	Gym/Evt			X	
– Use of unpermitted supplementary mats	Gym/Evt			X	
– Changing height of apparatus without permission	Gym/Evt			X	
– Incorrect use of magnesia or damage to the apparatus	Gym/Evt			X	
Behaviour of gymnast:					
– Incorrect or unaesthetic padding	Gym/Evt		X		
– Incorrect attire – leotard, jewellery, bandage	Gym/Evt		X		Applied once
– Unsportsmanlike conduct	Gym/Evt		X		
– Speaking to active judges during competition	Gym/Evt		X		
– Competing in the incorrect order	Team		<i>from team score on apparatus concerned</i>		1.00
- Non-identical leotards (<i>for gymnasts from the same team</i>)	Team		<i>Applied once to final team score</i>		1.00
Time Deductions					
– Flagrant exceeding of touch warm-up time (<i>after warning</i>)	Team/Evt		X		
– Failure to start within 30 seconds after signal to start	Gym/Evt		X		
– Starting exercise without signal from Head Judge	Gym/Evt				“0”
– Exceeding intermediate fall time (<i>UB and BB</i>)	Gym/Evt				Exercise ended

Vault

General

- There is one vault for each Grade.
- The gymnast may have one or two attempts at the vault. The higher score will count.

Run Approaches

- The gymnast is permitted 3 run approaches to perform 2 vaults.
- A third run approach is only permitted if she has not touched the board, vaulting table or mats.

Specific Apparatus Deductions Vault

Faults	0.10	0.30	0.50 and more
First Flight Phase			
– Poor technique			
• Piked hip angle	X	X	
• Arch	X	X	
• Strong tuck/pike (<90°) – A, B & C Grade (L 3 & 4) only			1.00
– Bent knees	X	X	X
– Leg or knee separations	X	X	
Repulsion Phase			
– Poor technique			
• Closed shoulder angle	X	X	
– Bent arms	X	X	X
– Too long in support	X	X	X
Second Flight Phase			
– Lack of height	X	X	0.5 0.8
– No flight – A, B & C Grade (Level 3 & 4) only			2.00
– Poor body alignment	X	X	
– Bent knees	X	X	X
– Leg or knee separations	X	X	
– Dynamics	X	X	
Landing Deductions – A, B & C Grade (Level 3 & 4)			
– Body not landing simultaneously	X	X	X
– Landing in sitting position			2.00
– Dive roll performed			No Vault

Bars

Specific Apparatus Deductions Bars

Faults	0.10	0.30	0.50 or more
Adjusted grip position	X		
Brush on mat			X
Hit on mat with feet (<i>fall</i>)			1.00
Poor rhythm in elements	X		
Intermediate and/or empty swing			X
Casts			
<u>B & C Grade (Level 3) cast 'toes at bar height'</u> - Cast below bar height - Cast with hips just off bar	X	X	
<u>A Grade (Level 4) cast to horizontal</u> - Cast between under horizontal and 45° below - Cast below 45°	X	X	
<u>Open (Level 6) – cast to above horizontal</u> - Cast to horizontal - Cast below horizontal	X	X	
Swings			
Incorrect body shape at top of back swing	X	X	
Insufficient tap & kick	X	X	
Incorrect timing of tap (too early or too late)	X	X	
Incorrect body shape at top of forward swing	X	X	
Lack of amplitude in swings – applied once for all swings	X	X	
Poor / inconsistent rhythm in swings	X	X	
Back swing that arches or shows lower leg swing and feet pointing backwards over the low bar (<i>for the safety of the gymnast and to prevent unintended release of the bar on the back swing</i>)		X	
Pullover			
Poor timing and lack of continuous rotation	X	X	
Hands releasing bar during pullover		X	

B & C Grades (Level 3) – completion of swings: Judging finishes when the hands leave the bar. Landing deductions are not applied.

A Grade (Level 4) – climb on or squat on: Whilst this skill is not judged, if the gymnast loses control or falls, relevant deductions will be applied.

All casts should demonstrate a good body shape (chest in, hips open, tight mid body / lower back). If not, poor body shape deduction of 0.1/0.3 may be applied.

Intermediate swing = pump swing from a front support and/or a long swing not needed in order to perform the next element.

Balance Beam

Specific Apparatus Deductions Beam

	0.10	0.30	0.50
– Poor rhythm in series	X		
– Pause (>2 sec)	X		
– Additional support of leg against the side of the beam		X	
– Grasp the beam in order to avoid a fall			X
– Additional movements to maintain balance	X	X	X
Break in series when specified		X	
Incomplete turn		X	
Failure to reach handstand (within 10° of vertical) when specified		X	
A, B & C Grades (Levels 3 & 4) - omit part of mount sequence		X	
Element not held for 2 seconds when specified		X	
Lack of split			
0° – 20° missing	X		
> 20° missing		X	
Lack of flexibility in walkovers	X	X	
Presentation in Choreography			
Poor body posture in dance movements <u>throughout</u> the routine including arm, foot and head positions	X	X	

Arm placements for starting and finishing positions of elements and during jumps/leaps have been provided as a guide. No deductions apply if arm placements are varied during elements.

Floor Exercise

Music Requirements

A signal or tone may be used at the beginning of the recording.

In Open where optional music is used, the human voice may be used as a musical instrument for example humming, vocalizing without words, whistling or chanting. Music that contains vocals is permitted provided words listed in the English Dictionary are not used. Words/phrases such as *be bop*; *do da*; *ah ha*; *yeah* are all examples of permitted vocals.

- B and C Grade (Level 3) – gymnasts must use the compulsory level 3 floor music. If music isn't used, there is a 1.0 neutral deduction.
- Open (Level 6) and A Grade (Level 4) – gymnasts may use any piece of music. If music isn't used, there is a 1.0 neutral deduction.

Timing

The duration of the exercise on the floor in Open and A Grade is a minimum of 45 seconds. If it is less than 45 seconds, a 0.3 neutral deduction will apply.

Timing commences when the gymnast begins with the first movement of her routine. Timing stops when the gymnast ends her routine with the last position. The exercise must end with the music.

Border Markings

B, C & D Grades and Year 7

Gymnasts may exceed the border markings without penalty.

Open and A Grade

If gymnasts exceed the border markings, relevant deductions will be applied.

Floor Patterns

B, C & D Grades and Year 7

The routine must be performed along a straight line only. The diagonal may not be used.

Open and A Grade

The routine may be performed in a straight line, along the diagonal or according to the floor patterns. There are no deductions applied for incorrect floor patterns.

Specific Apparatus Deductions Floor

	0.10	0.30	0.50
Break in series when specified		X	
Incomplete turn		X	
Failure to reach handstand (within 10° of vertical) when specified		X	
Lack of split			
0° – 20° missing	X		
> 20° missing		X	
Lack of flexibility in bridges / walkovers	X	X	
Presentation in Choreography			
Poor body posture in dance movements <u>throughout</u> the routine including arm, foot and head positions	X	X	
Inability to follow musical beats, rhythm and tempo	X	X	
Routine not finishing in time with the music	X		

Arm placements for starting and finishing positions of elements and during jumps/leaps have been provided as a guide. No deductions apply if arm placements are varied during elements.