



# Men's Artistic Gymnastics

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## Participation Programme

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### 2024 Edition 1.0

Ref: GSA MAG Participation Programme ED\_2024\_1

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For Gymnastics South Africa's Men's Artistic Gymnastics participation programme.

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## ***From the MAG Management Committee***

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Dear MAG Club Owners, Coaches & Gymnasts,

The MAG Technical Assembly meeting in October 2023 saw the need to move the MAG routines in a different direction. A task team was established to compile these new routines.

The task team had a vision of constructing a mainstream Levels program with routines that would progress systematically from Level 1 through to Level 6, incorporating appropriately challenging skills that are interesting and tie in with other programmes.

The new levels programme should keep gymnasts in the sport for longer by enabling them to compete in Level 7 and beyond, due to the systematic progression of the carefully selected skills.

Key reasons for incorporating certain skills are as follows:

- Floor:** remained predominantly unchanged with basic tumbling forwards and backwards which will lead to more advanced tumbling. Flexibility has been brought back for greater mobility during a gymnast's growth phases, making it easier to learn skills.
- Pommel:** teaching circles was only done when needed i.e. Level 5 and up, with minimal physical preparation prior to this, which historically proved to be a problematic apparatus due to its complexity. For this reason, basic leg swings have been re-introduced to help gymnasts with their physical preparation for circles. Pommel is now included from Level 4, which will encourage coaches to start preparing gymnasts at an earlier age.
- Rings:** as above, a problematic apparatus due to its complexity and avoidance by coaches unless forced to do so from Level 5. For this reason, rings are now included from Level 4.
- Vault:** Level 1-3 vaults have changed dramatically. These vaults encourage gymnasts and coaches to use proper technique in order to execute vault properly. The specific vaults were chosen to enable a gymnast to develop a strong push-off and a landing at a young age. Level 4 remains unchanged. A variety of vaults have been introduced for Level 5-6, these are basic vaults that will enable a gymnast to progress to more complex vaults from level 7 and beyond.

**Parallel Bars:** Level 1-3 parallel bars include elbow swings for the first time. These swings will encourage better technique and development for proper swings later on. These swings will also aid gymnasts to transition into a support phase, making skills such as front-up rise and back-up rise possible.

Swings then progress further by incorporating Group 1, 2 & 3 swings (support, upper arm & long swings) in Level 4-6, as is required in voluntary routines and ensures more fluidity.

**Horizontal Bar:** as this is a swinging apparatus, emphasis has been placed on swing preparation from Level 1 and gradually builds up through the levels.

The height of Level 1-3 bar has been raised to 160cm-180cm, measured from 20cm landing mat, without compromising safety, as safety mats are permitted, thus making the transition from Level 3 to Level 4 easier.

There is an option for gymnasts to specialize from Level 4 and beyond, for gymnasts who do not have enough time to train 6 events and/or where clubs do not have all 6 apparatus. However, where possible and in the interest of good physical preparation and correct skills development, we encourage coaches to promote training all 6 apparatus.

Key to this is new program is coaches' education. We believe that these routines will assist coaches to better prepare their gymnasts physically for them to perform these skills well, which, in turn will lead to more advanced skills, thus enabling them to progress easier and remain in our sport for longer.

We are confident that this is a step in the right direction, with a task team who collectively debated & reasoned the routines making the best possible choices. We believe that change was necessary, and are optimistic with the direction that we are moving in.

GSA's Code of Points & Video's of Routines → <https://resources.gymnasticssa.co.za/resource/Z2xFqYyqufN5XCdsJI5>

## Level 1 – Floor Exercise

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Direction: Routine to be performed in a straight line</b>			Bent legs during walks	>30°-45°	>45°-90°	>90°
1. Stand with arms upwards, lower arms sideways to horizontal, <b>WALK 2 STEPS</b> forwards and end with feet together. Bring arms forwards and lower to <b>CROUCH SIT</b> , arms forwards.	0.2	<ul style="list-style-type: none"> <li>• Straight legs while walking.</li> <li>• Straight back with shoulders above hips and arms forwards while in crouch sit.</li> <li>• Momentary stop required in <u>all</u> crouch sits.</li> </ul>	Shoulder not above hips in crouch sit	0.1	0.3	
	0.2		Legs not straightened in forward roll	0.1	0.3	
	0.3		Insufficient height in stretch jump	0.1	0.3	
2. <b>FORWARD ROLL</b> to <b>STRETCH JUMP</b> , arms upwards.	0.5	<ul style="list-style-type: none"> <li>• Legs to straighten briefly during forward roll.</li> <li>• Straight body required for stretch jump.</li> </ul>	Legs not straightened during backward roll	0.1	0.3	
	0.2		Vertical not reached in tucked handstand (bunny hop)	>15°-30°	>30°-45°	>45°
3. Lower to <b>CROUCH SIT</b> , with arms forwards, <b>BACKWARD ROLL</b> with bent arms to <b>CROUCH SIT</b> .	0.3	<ul style="list-style-type: none"> <li>• Legs to straighten briefly during backward roll.</li> </ul>	Knees touching floor			0.5
	0.6		Headstand held less than 2 seconds		<2 secs	Not held + NR
	0.3		Headstand not vertical	0.1	0.3	
4. Jump to <b>TUCKED HANDSTAND</b> (bunny hop), lower to <b>CROUCH SIT</b> , arms forwards.	0.6	<ul style="list-style-type: none"> <li>• Hips &amp; legs bent.</li> <li>• Hips, shoulders and hands to form a vertical line.</li> </ul>	Balance stand held less than 2 secs		<2 secs	Not held + NR
	0.3					
5. Place hands and head on the floor, lift hips to straighten legs, press to tuck headstand, straighten legs to <b>HEADSTAND</b> (hold 2 seconds), bend legs to tucked headstand, lift head off the floor to return to <b>CROUCH SIT</b> .	0.6					
	0.3					
6. Rise to stand, raise arms upwards, lower arms sideways to horizontal and rise to <b>TOE STAND</b> (hold 2 seconds), lower heels to finish.	0.6					
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 1 – Vault

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>1. STRADDLE JUMP</b> to land on 20cm mat.	10.0	<ul style="list-style-type: none"> <li>• Must show vertical lift.</li> <li>• &gt;90° leg separation with feet horizontal during straddle.</li> <li>• Hips to extend straight with legs together before landing.</li> <li>• Arms optional.</li> </ul>	Lack of height	0.1	0.3	0.5
			Bent legs	>0°-45°	>45°-90°	>90°
			Leg separation <90° during straddle	0.1	0.3	
			Legs below horizontal during straddle	0.1	0.3	
			Lack of extension in preparation for landing	0.1	0.3	
			Landing with legs apart	0.1	0.3	
			Technical error in flight	0.1	0.3	0.5
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 1 – Parallel Bars

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Parallel Bars (Bar height): Height to suit gymnast (not exceeding FIG height)(block permitted)</b>  <b>1.</b> Jump to support.		<ul style="list-style-type: none"> <li>Show support with straight body.</li> </ul>	Tuck L-sit held less than 2 seconds		<2 secs	Not held + NR
			Angular deviation in tuck L-sit	>0°-15°	>15°-30°	>30°-45°
			Insufficient height in swings	Feet bar height	Feet below bar height	Feet & legs below bar height
			Hips / legs bent in swings	0.1	0.3	0.5
			Insufficient height in dismount	0.1	0.3	
<b>2.</b> Lift knees to <b>TUCK L-SIT</b> (hold for 2 seconds).	1.0	<ul style="list-style-type: none"> <li>Knees hip height &amp; bent 90° or more.</li> </ul>	Touching / hitting apparatus	0.1		0.5
			Intermediate swing / extra swing		0.3	0.5
<b>3.</b> Straighten legs forwards to <b>SWING BACKWARDS</b> x 3.	0.8 0.8 0.8	<ul style="list-style-type: none"> <li>Feet above bar height on all back swings.</li> </ul>	Fall on or from apparatus			1.0
			Not letting go of bars upon landing		0.3	
<b>4.</b> Open legs on forwards swing to bounce off bars, to <b>SWING BACKWARDS</b> x 2.	0.8	<ul style="list-style-type: none"> <li>Legs may bend on bounce.</li> <li>No stopping on bounce.</li> </ul>				
<b>5. DISMOUNT</b> on 2 <sup>nd</sup> backwards swing to land in-between bars.	0.8	<ul style="list-style-type: none"> <li>Feet at bar height.</li> </ul>				
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 1 – Horizontal Bar

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Horizontal Bar (Bar height):</b> (160cm – 180cm measured from 20cm landing mat)(Additional 20cm – 40cm mats allowed)  <b>1.</b> Stand on block and <b>JUMP TO FRONT SUPPORT</b> , arms may bend.	1.0	<ul style="list-style-type: none"> <li>• Once in front support, arms must be straight.</li> <li>• Keep body straight.</li> </ul>	Bent arms / hips / legs in support.	0.1	0.3	0.5
			Insufficient height during cast	Feet bar height	Feet below bar height	Feet & legs below bar height
<b>2. CAST TO STOP x 2.</b>	1.0	<ul style="list-style-type: none"> <li>• Feet above bar height during cast.</li> <li>• Body to remain straight when returning back to bar.</li> <li>• Show front support each time after cast.</li> </ul>	Bent arms / hips / legs in apex of cast	0.1	0.3	0.5
	1.0		Uncontrolled / bent body upon returning to bar from cast	0.1	0.3	
			Insufficient height of chin hold	Chin bar height	Chin below bar height	Head below bar height
			Chin hold less than 2 seconds		<2 secs	Not held + NR
<b>3.</b> Forward roll with straight legs to <b>CHIN HOLD</b> (hold for 2 seconds).	0.5	<ul style="list-style-type: none"> <li>• Chin above bar height.</li> <li>• No swinging of body.</li> </ul>	Swinging while in chin hold	0.1		
<b>4.</b> Straighten arms to long hang while bending knees 90°.			Lack of dynamic shoulder movement in dish- / arch- shape swing preps (judged from after first dish-shape)	0.1	0.3	
			Bent arms during swing preps	0.1	0.3	
<b>5. DISH- / ARCH-SHAPE SWING PREPS x 3</b> (whips in long hang position).	0.5 0.5 0.5	<ul style="list-style-type: none"> <li>• Dynamic shoulder movement forwards and backwards required (dynamic shoulder movement <u>only</u> to be judged <u>after</u> first dish-shape).</li> </ul>	Fall on or from apparatus			1.0
<b>6.</b> Let go of bars on the 3 <sup>rd</sup> arch to land on feet.						
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			Note:			



## Level 2 – Floor Exercise

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Direction: Routine to be performed in a straight line</b>			Vertical not reached in handstand	>15°-30°	>30°-45°	>45°
<b>1.</b> Stand with arms upwards, step forwards into <b>MOMENTARY HANDSTAND</b> , lower legs to <b>MOMENTARY LUNGE</b> , arms sideways/upwards, close back leg forwards to stand with arms upwards.	0.5	<ul style="list-style-type: none"> <li>Legs must close in handstand.</li> <li>Back leg straight with foot flat during lunge.</li> </ul>	Legs open in handstand	0.1	0.3	
	0.5		Legs not straightened in forward roll	0.1	0.3	
			Insufficient height in stretch jump ½ turn	0.1	0.3	
			Bent hips during stretch jump ½ turn	0.1	0.3	
<b>2.</b> <b>FORWARD ROLL</b> with straight legs to immediate <b>STRETCH JUMP ½ TURN</b> , arms upwards.	0.6 0.6	<ul style="list-style-type: none"> <li>Legs to straighten momentarily during forward roll.</li> </ul>	Scale held less than 2 seconds		<2 secs	Not held + NR
<b>3.</b> Lower arms sideways to horizontal. Raise one leg up into <b>SINGLE L-TUCK SCALE</b> (hold for 2 seconds).	1.0	<ul style="list-style-type: none"> <li>Knee at hip height, arms sideways.</li> </ul>	Insufficient height in scale	>0°-15°	>15°-30°	>30°-45°
			Deviation of plane in cartwheel	<15°	>15°	
			Loss of direction in cartwheel	0.1	0.3	
<b>4.</b> Extend leg and step forwards, <b>CARTWHEEL</b> into momentary side lunge with trailing arm upward and leading arm vertically sideways. Close legs with ¼ turn backwards and lift arms upwards.	1.0	<ul style="list-style-type: none"> <li>Minimum 90° leg separation.</li> </ul>	Leg separation less than 90°	<90°-45°	<45°	
			Legs bent during backward roll	>0°-45°	>45°-90°	>90°
<b>5.</b> Lower arms downwards into <b>PIKED BACKWARD ROLL</b> with straight legs to stand (arms optional).	0.8	<ul style="list-style-type: none"> <li>Straight legs throughout backward roll.</li> </ul>				
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 2 – Vault

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>1. SQUAT ON</b> onto 80cm mats, stretch jump off to land on 20cm mat.	10.0	<ul style="list-style-type: none"> <li>• No stopping in squat position.</li> <li>• Body to be above horizontal during on-flight.</li> </ul>	Insufficient height during on-flight	0.1	0.3	
			Tucking too early during on-flight	0.1	0.3	
			Open legs during on-flight	0.1	0.3	
			Open legs during support phase	0.1	0.3	
			Bent arms during support phase	0.1	0.3	
			Sitting / pausing during support phase	0.1		
			Adjusting hands / feet during support phase	0.1		
			Insufficient height during off-flight	0.1	0.3	0.5
			Bent legs during off-flight	>0°-45°	>45°-90°	>90°
			Open legs during off-flight	0.1	0.3	
			Lack of extension in preparation for landing	0.1	0.3	
			Landing with legs apart	0.1	0.3	
			Technical error in flight	0.1	0.3	0.5
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 2 – Parallel Bars

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Parallel Bars (Bar height): Height to suit gymnast (not exceeding FIG height)</b>  1. Stand on block, lean forwards to place elbows on rails.			Insufficient height in elbow swings	0.1	0.3	
			Hips / legs bent in swings	0.1	0.3	0.5
2. <b>SWING FORWARDS AND BACKWARDS ON ELBOWS.</b>	1.0	<ul style="list-style-type: none"> <li>• Straight body required in swings.</li> <li>• Swing height 45° below horizontal.</li> </ul>	Legs supported on bars, before shoulders lift, during front-up rise		0.3	
			Legs supported on bars, before arms are straight, during front-up rise	0.1		
3. Swing forwards to <b>FRONT-UP RISE</b> to open legs to straddle sit on rails.	0.5	<ul style="list-style-type: none"> <li>• Shoulders must lift, and arms to straighten, before straddle sit on bars.</li> </ul>	L-sit held less than 2 seconds		<2 secs	Not held + NR
			Angular deviation in L-sit	>0°-15°	>15°-30°	>30°-45°
			Bent legs in L-sit	>0°-45°	>45°-90°	>90°
4. Close legs to <b>L-SIT</b> (hold for 2 seconds). Open legs to sit on bar and place hands in front of legs.	0.5		Insufficient height in support swings	0.1	0.3	0.5
			Body posture in front swings	>15°-30°	>30°-45°	>45°
5. While pulling on the rails, close legs behind to swing forwards.			Insufficient height in dismount	0.1	0.3	
			Touching / hitting apparatus	0.1		0.5
6. <b>SWING BACKWARDS</b> x 3.	1.0 1.0 1.0	<ul style="list-style-type: none"> <li>• Back swings must be horizontal.</li> </ul>	Intermediate swing / extra swing		0.3	0.5
			Fall on or from apparatus			1.0
7. Dismount on 3 <sup>rd</sup> backward swing to land next to bars.		<ul style="list-style-type: none"> <li>• Dismount must be horizontal.</li> </ul>	Not letting go of bars upon landing		0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 2 – Horizontal Bar

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Horizontal Bar (Bar height):</b> (160cm – 180cm measured from 20cm landing mat)(Additional 20cm – 40cm mats allowed)			Insufficient height in swings	0.1	0.3	
			Touching / hitting apparatus	0.1		0.5
1. Stand, jump to catch bar (block may be used).			Interruption in upward movement during pullover	0.1	0.3	
2. Swing forwards with bent legs, <b>SWING BACKWARDS</b> with bent legs x 3.	0.5 0.5 0.5	• Front and back swings at 45°.	Bent arms / hips / legs in support.	0.1	0.3	0.5
3. On the 3 <sup>rd</sup> back swing, let go of bars to land on feet.			Insufficient height during cast	Feet bar height	Feet below bar height	Feet & legs below bar height
4. Stand, <b>PULLOVER</b> with bent legs to front support (block may be used).	1.0	• Straight arms in front support.	Bent arms / hips / legs in apex of cast	0.1	0.3	0.5
5. <b>CAST</b> to momentary stop.	0.5	• Feet above bar height. • Body to remain straight when returning back to bar.	Uncontrolled / bent body upon returning to bar from cast	0.1	0.3	
6. Cast to <b>HIP CIRCLE</b> to support.	1.0	• Feet above bar height in cast. • Straight arms and body during hip circle.	Bent arms / hips / legs in hip circle.	0.1	0.3	0.5
7. Forward roll with straight legs to <b>CHIN HOLD</b> (hold for 2 seconds).	0.5	• Chin above bar height. • No swinging of body.	Intermediate swing / extra swing		0.3	0.5
8. Straighten arms to hang (legs may be bent).			Interruption in upward movement to chin hold	0.1	0.3	
9. Pull up to <b>CHIN HOLD</b> with straight legs (hold for 2 seconds).	0.5	• Chin above bar height. • No swinging of body.	Insufficient height of chin hold	Chin bar height	Chin below bar height	Head below bar height
10. Let go of bar to land on feet.			Chin hold less than 2 seconds		<2 secs	Not held + NR
			Swinging while in chin hold	0.1		
			Use of swing instead of strength to pull up to chin hold	0.1	0.3	
			Fall on or from apparatus			1.0
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 3 – Floor Exercise

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Direction: Routine to be performed in a straight line</b>			Deviation of plane in cartwheel	<15°	>15°	
<b>1.</b> From standing, <b>POWER HURDLE INTO CARTWHEEL-OFF, STRETCH JUMP</b> to momentary stand.	0.8 0.2	<ul style="list-style-type: none"> <li>Place one foot down at a time, next to one another.</li> </ul>	Insufficient height in stretch jump	0.1	0.3	
			Bent arms / legs in backward roll	>0°-45°	>45°-90°	>90°
<b>2.</b> Lower arms downwards into <b>PIKED BACKWARD ROLL</b> with straight legs to stand (arms must be straight).	1.0	<ul style="list-style-type: none"> <li>Legs and arms to remain straight throughout backward roll.</li> </ul>	Body not straight at vertical in handstand	0.1	0.3	
			Vertical not reached in handstand	>15°-30°	>30°-45°	>45°
<b>3.</b> Step forwards into <b>MOMENTARY HANDSTAND, FORWARD ROLL</b> to stand.	0.8 0.4	<ul style="list-style-type: none"> <li>Feet together and body straight when handstand reaches vertical.</li> <li>Arms straight during forward roll.</li> </ul>	Arms bent during forward roll	0.1	0.3	
			Scale held less than 2 seconds		<2 secs	Not held + NR
			Insufficient height in scale	>0°-15°	>15°-30°	>30°-45°
			Body bent in scale	0.1	0.3	
<b>4.</b> Step forwards into <b>FRONT SCALE</b> (arms optional)(hold for 2 seconds), lower raised leg to stand with feet together.	0.8	<ul style="list-style-type: none"> <li>Foot at hip height.</li> </ul>	Deviation of plane in round off	<15°	>15°	
			Insufficient height during round off	0.1	0.3	
			Land with feet apart	0.1	0.3	
<b>5.</b> Step and <b>HURDLE INTO ROUND OFF</b> to stand with arms forwards to land.	1.0	<ul style="list-style-type: none"> <li>Rebound permitted.</li> </ul>				

**Difficulty 5.00 + Execution 5.00 = Total 10.00**

Note:

## Level 3 – Vault

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>1. SQUAT THROUGH</b> over 80cm-1m mats to land on 20cm mat.	10.0	<ul style="list-style-type: none"> <li>Body to be above horizontal during on-flight.</li> </ul>	Insufficient height during on-flight	0.1	0.3	
			Tucking too early during on-flight	0.1	0.3	
			Open legs during on-flight	0.1	0.3	
			Open legs during support phase	0.1	0.3	
			Bent arms during support phase	0.1	0.3	
			Shoulders over hands in support phase	0.1		
			Insufficient height during off-flight	0.1	0.3	0.5
			Insufficient tuck position	0.1	0.3	
			Open legs during off-flight	0.1	0.3	
			Lack of extension in preparation for landing	0.1	0.3	
			Landing with legs apart	0.1	0.3	
			Technical error in flight	0.1	0.3	0.5

**Difficulty 5.00 + Execution 5.00 = Total 10.00**

Note:

## Level 3 – Parallel Bars

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Parallel Bars (Bar height): Height to suit gymnast (not exceeding FIG height)</b>  1. Stand on block, lean forwards to place elbows on rails.  2. Swing forwards on elbows.  3. Swing backwards on elbows to <b>BACK-UP RISE</b> to support.  4. Swing forwards in support to straight leg L-hold (hold for 2 seconds).  5. From L-hold, push legs forwards to <b>SWING BACKWARDS</b> .  6. Swing forwards to open legs to straddle sit on bar.  7. Place hands in front of legs.  8. While pulling on the rails, close legs behind to swing forwards.  9. <b>SWING BACKWARDS</b> x 3.  10. Dismount on 3 <sup>rd</sup> backward swing to land next to bars.			Hips / legs bent in swings	0.1	0.3	0.5
			Bent arms at end of back-up rise	0.1	0.3	0.5+NR
			L-sit held less than 2 seconds		<2 secs	Not held + NR
			Angular deviation in L-sit	>0°-15°	>15°-30°	>30°-45°
			Bent legs in L-sit	>0°-45°	>45°-90°	>90°
			Bent legs in straddle sit	0.1	0.3	0.5
			Additional hand placement/s	0.1		
			Insufficient height in support swings	0.1	0.3	0.5
			Body posture in front swings	>15°-30°	>30°-45°	>45°
			Insufficient height in dismount	0.1	0.3	
	1.0	• No height requirement in backswing.	Touching / hitting apparatus	0.1		0.5
		• Keep legs straight.	Intermediate swing / extra swing		0.3	0.5
			Fall on or from apparatus			1.0
			Not letting go of bars upon landing		0.3	
	1.0 1.0 1.0	• Back swing above horizontal.				
		• Dismount above horizontal.				
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 3 – Horizontal Bar

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Horizontal Bar (Bar height):</b> (160cm – 180cm measured from 20cm landing mat)(Additional 20cm – 40cm mats allowed)  <b>1.</b> Stand, jump to long hang on bar in over-grip (coach may assist gymnast).			Lack of dynamic shoulder movement in dish- / arch- shape swing preps (judged from after first dish-shape)	0.1	0.3	
			Touching / hitting apparatus	0.1		0.5
<b>2. DISH- / ARCH-SHAPE SWING PREPS</b> x 3 (whips in long hang position).	0.4	<ul style="list-style-type: none"> <li>Dynamic shoulder movement forwards and backwards required (dynamic shoulder movement <u>only</u> to be judged <u>after</u> first dish-shape).</li> </ul>	Interruption in upward movement during pullover	0.1	0.3	
	0.4		Bent arms / hips / legs in support.	0.1	0.3	0.5
	0.4		Bent arms / hips / legs in apex of cast	0.1	0.3	0.5
<b>3.</b> On 3 <sup>rd</sup> arch, bend arms to chin up, directly into a <b>PULLOVER</b> with bent legs to front support.	0.8	<ul style="list-style-type: none"> <li>Straight arms and body once in front support.</li> </ul>	Insufficient height during cast	Feet bar height	Feet below bar height	Feet & legs below bar height
			Bent arms / hips / legs in hip circle.	0.1	0.3	0.5
<b>4.</b> Cast to <b>HIP CIRCLE</b> .	0.8	<ul style="list-style-type: none"> <li>Feet above bar height in cast.</li> <li>Straight arms and body during hip circle.</li> </ul>	Bent arms in underswing	0.1	0.3	
			Insufficient height in underswing	0.1	0.3	
			Insufficient height in swings	0.1	0.3	
<b>5. UNDERSWING</b> to <b>SWING BACKWARDS</b> x 3 (knees may bend).	0.4	<ul style="list-style-type: none"> <li>Hips at 45° below horizontal during underswing.</li> <li>Hips at 45° below horizontal during all swings.</li> </ul>	Intermediate swing / extra swing		0.3	0.5
	0.6		Fall on or from apparatus			1.0
<b>6.</b> On the 3 <sup>rd</sup> swing backwards, let go of bars to land on feet.						
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				





## Level 4 – Floor Exercise

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Direction A → C:</b>			Deviation of plane in cartwheel, cartwheel push-off and round off	<15°	>15°	
1. From standing with feet together step to <b>CARTWHEEL</b> , followed by a <b>CARTWHEEL PUSH-OFF</b> into a <b>ROUND OFF</b> to land. Stretch jump with $\frac{3}{8}$ turn.	1.0	<ul style="list-style-type: none"> <li>Rebound permitted after round off.</li> </ul>	Loss of direction in cartwheel	0.1	0.3	
	1.0		Leg separation less than 90°	<90°-45°	<45°	
	1.0		Insufficient height in cartwheel push-off and round off	0.1	0.3	
<b>Direction C → B:</b>			Body not straight at vertical in handstand	0.1	0.3	
2. Step to <b>HANDSTAND BLOCK</b> , forward roll to stand.	0.5	<ul style="list-style-type: none"> <li>Feet together and body straight during handstand block.</li> <li>Rebound of hands required during block.</li> <li>Feet and chest at hip height (horizontal) during scale.</li> </ul>	Vertical not reached in handstand	>15°-30°	>30°-45°	>45°
	0.5		Arms bent during forward roll	0.1	0.3	
	0.5		Insufficient height during handstand block	0.1	0.3	
3. Step to scissor kick into <b>FRONT SCALE</b> .			Fall from handstand			0.5
			Scale held less than 2 seconds		<2 secs	Not held + NR
			Insufficient height in scale	>0°-15°	>15°-30°	>30°-45°
<b>Direction B → D:</b>			Body bent in scale	0.1	0.3	
5. Run to <b>FRONT TUCK</b> .	1.0		Insufficient height in front tuck	0.1	0.3	
			Non-distinct tuck position	0.1	0.3	
			Lack of extension in preparation for landing	0.1	0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note: May perform exercise on a strip-floor by modifying step or jump turns before each pass.				

## Level 4 – Pommel Horse

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Pommel Horse (FIG height)(springboard permitted)</b>			Lack of amplitude in single leg swings	0.1		
1. Jump to front support on pommels.			Intermediate / extra swing		0.3	0.5
2. <b>SWING</b> left leg to side, <b>SWING</b> right leg to side.	0.5 0.5	• Leg swings to be horizontal.	Hitting apparatus			0.5
3. <b>SWING</b> left leg <b>OVER POMMEL</b> (regrasp with left hand).	0.5		Bent legs	>0°-45°	>45°-90°	>90°
4. <b>SCISSOR SWING</b> right (right hand permitted to lift off pommel).	0.5		Pausing / stopping during swings	0.1	0.3	
5. <b>SWING</b> left leg <b>BACK</b> to front support.	0.5		Insufficient turn in dismount	0.1	0.3	
6. <b>SWING</b> right leg <b>OVER POMMEL</b> (regrasp with right hand).	0.5		Fall on or from apparatus			1.0
7. <b>SCISSOR SWING</b> left (left hand permitted to lift off pommel).	0.5		Not letting go of pommel before landing for dismount		0.3	
8. <b>SWING</b> right leg <b>BACK</b> to front support.	0.5					
9. <b>SWING</b> left leg <b>OVER POMMEL</b> (regrasp with left hand), <b>SWING</b> right leg <b>OVER POMMEL</b> to ¼ <b>TURN</b> left to dismount crossways in front of pommel horse.	0.5 0.5					
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			Note: The direction of swing may only be changed in its entirety, from start to finish, not partially			

## Level 4 – Still Rings

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Rings (FIG height)</b>  <b>1.</b> From hanging with straight legs, lift toes up, whip legs back, swing forwards to <b>PIKED INVERTED HANG</b> (hold for 2 seconds).  <b>2.</b> Straighten body to <b>INVERTED HANG</b> (hold for 2 seconds).  <b>3.</b> Lower legs to <b>PIKED INVERTED HANG</b> .  <b>4.</b> Lower down to <b>DRAG HANG</b> (hold for 2 seconds).  <b>5.</b> Pull body to <b>PIKED INVERTED HANG</b> .  <b>6.</b> Extend body forwards to <b>SWING BACKWARDS</b> x3.  <b>7.</b> Let go of rings on 3 <sup>rd</sup> backwards swing to land.	0.3	<ul style="list-style-type: none"> <li>• Legs must be horizontal.</li> </ul>	Lack of flexibility in piked inverted hang	0.1	0.3	
			Hold positions held less than 2 seconds		<2 secs	Not held + NR
			Lack of flexibility in drag hang	0.1	0.3	
			Body posture in drag hang	0.1	0.3	
			Bent arms during swings	0.1	0.3	
			Insufficient height in swings	0.1	0.3	0.5
			Body posture during swings	0.1	0.3	
	0.6	<ul style="list-style-type: none"> <li>• Must be held with straight body.</li> </ul>	Lack of extension in preparation for landing	0.1	0.3	
	0.5	<ul style="list-style-type: none"> <li>• Action must be smooth.</li> </ul>				
	1.0 1.0 1.0	<ul style="list-style-type: none"> <li>• All backwards swings to be horizontal, with feet at shoulder height.</li> </ul>				
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			Note:			

## Level 4 – Vault

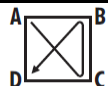
Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Vault Table Height: 1m – 1.35m</b>  <b>HANDSPRING</b> over vaulting table to land on 20cm mat, with 10cm safety mat.	10.0	<ul style="list-style-type: none"> <li>• Body tension during all three phases.</li> <li>• Show distinct rise in off-flight while keeping body tension.</li> </ul>	Open legs during all phases	0.1	0.3	0.5
			Bent legs during all phases	0.1	0.3	0.5
			Bent arms during support phase	0.1	0.3	
			Shoulders over hands in support phase	0.1		
			Insufficient height during off-flight	0.1	0.3	0.5
			Landing with legs apart	0.1	0.3	
			Technical error in flight	0.1	0.3	0.5
			Lack of extension in preparation for landing	0.1	0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>	Note:					

## Level 4 – Parallel Bars

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Parallel Bars (Bar height): Height to suit gymnast (not exceeding FIG height)(springboard permitted)</b>	0.3	<ul style="list-style-type: none"> <li>Hips at 45° below horizontal.</li> <li>Legs can be bent.</li> </ul>	Insufficient height in long swings	0.1	0.3	
			Insufficient height in back-up rise to upper arm	0.1	0.3	
<b>1. Jump to long hang SWING FORWARDS x 2.</b>	0.3	<ul style="list-style-type: none"> <li>Hips at 45° below horizontal.</li> <li>Legs can be bent.</li> </ul>	Insufficient height in back-up rise to support	Feet bar height	Feet below bar height	Feet & legs below bar height
<b>2. Swing backwards to BACK-UP RISE TO UPPER ARM.</b>	0.4		<ul style="list-style-type: none"> <li>Body at 45° below horizontal.</li> </ul>	Bent arms at end of back-up rise to support	0.1	0.3
<b>3. Swing forwards in upper arm.</b>		<ul style="list-style-type: none"> <li>No height requirement.</li> </ul>	Hips / legs bent in swings	0.1	0.3	0.5
<b>4. Swing backwards to BACK-UP RISE to support.</b>	1.0	<ul style="list-style-type: none"> <li>Feet must be above bar height.</li> <li>Arms straight at the end of the back-up rise.</li> </ul>	Insufficient height in support swings	0.1	0.3	0.5
			Body posture in front swings	>15°-30°	>30°-45°	>45°
<b>5. Swing forwards in support.</b>		<ul style="list-style-type: none"> <li>No height requirement.</li> </ul>	Additional hand placement/s	0.1		
			Insufficient height in dismount	0.1	0.3	
<b>6. SWING BACKWARDS IN SUPPORT x 3.</b>	1.0	<ul style="list-style-type: none"> <li>Back and front swings to be horizontal.</li> </ul>	Touching / hitting apparatus	0.1		0.5
			Intermediate swing / extra swing		0.3	0.5
<b>7. Dismount on 3<sup>rd</sup> back swing to land next to bars.</b>		<ul style="list-style-type: none"> <li>Dismount above horizontal.</li> </ul>	Fall on or from apparatus			1.0
			Not letting go of bars upon landing		0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 4 – Horizontal Bar

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Horizontal Bar (FIG height)</b> <b>Additional 20cm – 40cm mats permitted</b>			Legs bent in pull over	0.1	0.3	0.5
			Touching / hitting apparatus	0.1		0.5
1. Jump to long hang (coach may assist gymnast).			Interruption in upward movement during pullover	0.1	0.3	
2. Arch to <b>PULL OVER</b> with straight legs to support.	0.8	<ul style="list-style-type: none"> <li>• Straight arms and body once in front support.</li> </ul>	Bent arms / hips / legs in support.	0.1	0.3	0.5
			Bent arms / hips / legs in apex of cast	0.1	0.3	0.5
3. Cast to <b>HIP CIRCLE</b> .	0.6	<ul style="list-style-type: none"> <li>• Cast horizontal.</li> <li>• Straight arms and body during hip circle.</li> </ul>	Insufficient height in cast	0.1	0.3	0.5
			Bent arms / hips / legs in hip circle.	0.1	0.3	0.5
4. <b>UNDERSWING</b> .	0.4	<ul style="list-style-type: none"> <li>• Hips at bar height.</li> <li>• Body to remain straight.</li> </ul>	Bent arms / hips / legs in underswing	0.1	0.3	
			Insufficient height in underswing	0.1	0.3	0.5
5. <b>SWING BACKWARDS</b> x 4 to land.	0.8 0.8 0.8 0.8	<ul style="list-style-type: none"> <li>• Hips at horizontal during back swings.</li> </ul>	Insufficient height in swings	0.1	0.3	0.5
			Body posture at apex of swing	>0°-15°	>15°-30°	>30°-45°
			Intermediate swing / extra swing		0.3	0.5
			Bent arms / hips / legs in swings	0.1	0.3	0.5
			Fall on or from apparatus			1.0
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				



## Level 5 – Floor Exercise

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Direction A → C:</b>			Bent arms / legs in handspring	0.1	0.3	0.5
<b>1.</b> With a short run-up, <b>HANDSPRING</b> rebound into stretch jump.	1.0	<ul style="list-style-type: none"> <li>• Straight body required during stretch jump.</li> </ul>	Bent hips in handspring	0.1	0.3	
<b>2.</b> Run or jump to <b>FRONT TUCK</b> .	1.0		Insufficient height in front tuck	0.1	0.3	
<b>3.</b> Stretch jump $\frac{3}{8}$ turn.			Non-distinct tucked position	0.1	0.3	
			Lack of extension in preparation for landing	0.1	0.3	
<b>Direction C → B:</b>			Vertical not reached in handstand	>15°-30°	>30°-45°	>45°
<b>4.</b> <b>HANDSTAND FORWARD ROLL</b> with straight legs to straddle stand (hold for 2 seconds).	0.5	<ul style="list-style-type: none"> <li>• Straight arms and legs throughout forward roll.</li> </ul>	Arms / legs bent during forward roll	0.1	0.3	
<b>5.</b> <b>STRADDLE JUMP TO HANDSTAND</b> forward roll to <b>STRETCH JUMP <math>\frac{1}{2}</math> TURN</b> .	0.4		<ul style="list-style-type: none"> <li>• Feet together and body straight when handstand reaches vertical.</li> </ul>	Bent arms / legs in backward roll	>0°-45°	>45°-90°
<b>6.</b> <b>BACKWARD ROLL</b> with straight arms and legs to a push-up position.	0.4	<ul style="list-style-type: none"> <li>• Feet and chest at hip height (horizontal) during scale.</li> </ul>		Scale held less than 2 seconds		<2 secs
<b>7.</b> Jump to pike stand raise torso to stand.	0.5		Insufficient height in scale	>0°-15°	>15°-30°	>30°-45°
<b>8.</b> Step forwards with one leg to <b>FRONT SCALE</b> (2 secs), lower raised leg and $\frac{3}{8}$ turn to stand with feet together.			Body bent in scale	0.1	0.3	
<b>Direction B → D:</b>			Deviation of plane in round off	<15°	>15°	
<b>9.</b> Short run-up, <b>ROUND OFF FLIC FLAC</b> .	0.5	<ul style="list-style-type: none"> <li>• Round off flic flac must be connected.</li> </ul>	Insufficient height in round off	0.1	0.3	
	0.5		Round off and flic flac not connected		0.3	
			Open legs in flic flac	0.1	0.3	
			Bent arm / legs in flic flac	>0°-45°	>45°-90°	>90°
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note: May perform exercise on a strip-floor by modifying step or jump turns before each pass.				

## Level 5 – Pommel Horse

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Pommel Horse (FIG height) (springboard permitted)</b>			Lack of amplitude in single leg- and scissor- swings	0.1		
1. Jump to front support on pommels.			Intermediate / extra swing		0.3	0.5
2. Swing left leg over pommel to <b>SCISSOR SWING</b> right.	0.5	• Leg swings to be horizontal.	Hitting apparatus			0.5
			Bent legs	>0°-45°	>45°-90°	>90°
3. Swing left leg back to front support.			Pausing / stopping during swings	0.1	0.3	
4. Swing right leg over pommel to ½ <b>SCISSOR</b> left to front support.	0.5	• Left foot horizontal.	Hand not placed on pommel before landing on feet		0.3	
5. Swing right leg over pommel to <b>SCISSOR SWING</b> left.	0.5		Fall on or from apparatus			1.0
6. Swing right leg back to front support.			Not letting go of pommel before landing for dismount		0.3	
7. Swing left leg over pommel to ½ <b>SCISSOR</b> right to front support.	0.5	• Right foot horizontal.				
8. Swing left leg over to pick up circle to ½ <b>CIRCLE TO FRONT SUPPORT WITH ¼ TURN</b> right to dismount crossways behind pommel horse.	0.5	• Left hand must be placed on pommel before landing on feet.				
30 second rest allowance between pommel horse and mushroom			Hip breaks during circles	0.1	0.3	
9. <b>Mushroom</b> :-			Lack of amplitude	0.1		
5 x <b>DOUBLE LEG CIRCLES</b> to land behind or next to mushroom.	0.5	• Body to be straight and extended during all circles.	Lack of extension in circles	0.1		
	0.5		Angular deviation during circles	>15°-30°	>30°-45°	>45°
	0.5		Supporting on mushroom during landing		0.3	
	0.5					
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>	Note: The direction of swing may only be changed in its entirety, from start to finish, not partially					



## Level 5 – Still Rings

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Rings (FIG height)</b>			Touching cables / straps with arms in support		0.3	
<b>1. ASSISTED MUSCLE UP to SUPPORT</b> with straight body (hold for 2 seconds).	0.3 0.3	<ul style="list-style-type: none"> <li>Must be executed neatly, as execution deductions are applicable.</li> <li>Rings must be turned straight in support position.</li> </ul>	Lack of flexibility in piked inverted hang	0.1	0.3	
<b>2. Bend arms to REVERSE MUSCLE UP to hang.</b>	0.6	<ul style="list-style-type: none"> <li>Must be executed slowly and with control.</li> </ul>	Hold positions held less than 2 seconds		<2 secs	Not held + NR
<b>3. Lift toes with straight legs to PIKED INVERTED HANG.</b>	0.3	<ul style="list-style-type: none"> <li>Display flexibility in pike inverted hang.</li> </ul>	Bent arms in support	>0°-45°	>45°-90°	>90°
<b>4. Straighten body to inverted hang.</b>			Body piked in back lever position	>0°-15°	>15°-30°	>30°-45°
<b>5. Open legs and lower downwards THROUGH BACK LEVER to DRAG HANG.</b>	0.3 0.3	<ul style="list-style-type: none"> <li>Straight body throughout downwards movement.</li> <li>Must be executed slowly and with control.</li> </ul>	Bent arms during swings	0.1	0.3	
<b>6. Lift body to piked inverted hang. Extend body forwards to SWING BACKWARDS x3.</b>	0.8 0.8 0.8	<ul style="list-style-type: none"> <li>All backwards swings to be horizontal, with feet at shoulder height.</li> </ul>	Body posture in drag hang	0.1	0.3	
<b>7. Swing forwards to inverted hang.</b>			Insufficient height in swings	>15°-30°	>30°-45°	>45°
<b>8. Lower legs to piked inverted hang.</b>			Body posture during swings	0.1	0.3	
<b>9. DISLOCATE to let go of rings to land.</b>	0.5	<ul style="list-style-type: none"> <li>Shoulders must show lift during dislocate and rings must move forwards once released.</li> </ul>	Back lever lowered too fast	0.1	0.3	
			Insufficient lift of shoulders in dismount	0.1		
			Rings not moving forwards once released	0.1		
			Lack of extension in preparation for landing	0.1	0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>	Note:					

## Level 5 – Vault

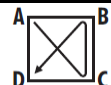
Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Vault Table Height: 1m – 1.35m</b>  <b>HANDSPRING</b> over vaulting table to land on 20cm mat, with 10cm safety mat <b>or</b> <b>YAMASHITA</b> over vaulting table to land on 20cm mat, with 10cm safety mat <b>or</b> <b>HANDSPRING ½ TURN</b> over vaulting table to land on 20cm mat, with 10cm safety mat.	9.5	<ul style="list-style-type: none"> <li>• Body tension during all three phases.</li> <li>• Show distinct rise in off-flight while keeping body tension.</li> </ul>	<b>Handspring. Yamashita &amp; Handspring ½ turn:</b>			
			Open legs during all phases	0.1	0.3	
			Bent legs during all phases	0.1	0.3	0.5
			Bent arms during support phase	0.1	0.3	
			Shoulders over hands in support phase	0.1	0.3	
			Insufficient body tension (piked / arched) during all three phases	0.1	0.3	0.5
			Insufficient height during off-flight	0.1	0.3	0.5
			Landing with legs apart	0.1	0.3	
			Technical error in flight	0.1	0.3	0.5
			<b>Yamashita:</b>			
			Piking too early	0.1	0.3	
			Non distinct pike position	0.1	0.3	
			Lack of extension in preparation before landing	0.1	0.3	
			<b>Handspring ½ turn:</b>			
			Turning prior to off-flight	0.1	0.3	0.5
			Incomplete turn	Up to 30°	30°-60°	60°-90°
						>90+NR
			Lack of extension in preparation for landing	0.1	0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 5 – Parallel Bars

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Parallel Bars (Bar height): Height to suit gymnast (not exceeding FIG height)(springboard permitted)</b>  <b>1.</b> Jump to glide swing forwards.			Bent legs in glide swing		0.3	
			Bent arms in kip	>0°-45°	>45°-90°	>90°+NR
<b>2.</b> KIP to support.	1.0	<ul style="list-style-type: none"> <li>• Straight arms in kip.</li> </ul>	Insufficient height in back-up rise to support	Feet bar height	Feet below bar height	Feet & legs below bar height
			Bent arms at end of back-up rise to support	0.1	0.3	0.5+NR
<b>3.</b> Swing backwards layaway to upper arm.		<ul style="list-style-type: none"> <li>• No height requirement</li> </ul>	Insufficient height in swings	0.1	0.3	0.5
			Body posture in front swings	>15°-30°	>30°-45°	>45°
<b>4.</b> Swing forwards in upper arm.		<ul style="list-style-type: none"> <li>• Hips and feet at bar height.</li> </ul>	Hips / legs bent in swings	0.1	0.3	0.5
			Additional hand placement/s	0.1		
<b>5.</b> Swing backwards in upper arm to <b>BACK-UP RISE</b> to support.	1.0	<ul style="list-style-type: none"> <li>• Feet must be above bar height.</li> <li>• Arms straight at the end of the back-up rise.</li> </ul>	Insufficient height in dismount	0.1	0.3	
			Touching / hitting apparatus	0.1		0.5
<b>6.</b> Swing forwards.		<ul style="list-style-type: none"> <li>• Hips horizontal.</li> </ul>	Intermediate swing / extra swing		0.3	0.5
			Fall on or from apparatus			1.0
<b>7.</b> SWING BACKWARDS x 3.	1.0 1.0 1.0	<ul style="list-style-type: none"> <li>• Back swings at 45° above horizontal.</li> <li>• Forward swings to be at horizontal.</li> </ul>	Not letting go of bars upon landing		0.3	
<b>8.</b> Dismount on 3 <sup>rd</sup> back swing to land next to bars.		<ul style="list-style-type: none"> <li>• Dismount at 45° above horizontal.</li> </ul>				
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			Note:			

## Level 5 – Horizontal Bar

Prescribed exercise	DV	Expectations	Error	S	M	L	
<b>Horizontal Bar (FIG height)</b> <b>Additional 20cm – 40cm mats permitted</b>  <b>1.</b> Jump to hang (coach may assist gymnast).  <b>2.</b> Whip start.  <b>3.</b> Swing backwards.  <b>4.</b> Swing forwards to <b>LONG KIP</b> through support.  <b>5.</b> Cast to <b>HIP CIRCLE</b> .  <b>6. UNDERSWING.</b>  <b>7. SWING BACKWARDS</b> x 4.  <b>8.</b> Swing forwards to $\frac{1}{2}$ <b>TURN</b> to mixed grip.  <b>9.</b> Push off bar to land.			Insufficient height in first swing	0.1	0.3		
			Touching / hitting apparatus	0.1		0.5	
			Stopping / pause after long kip			0.5	
			Intermediate swing / extra swing		0.3	0.5	
			• Lift legs forwards and upwards, whip legs back to arched body and shoot out forwards.	Bent arms / hips / legs in apex of cast	0.1	0.3	0.5
				Insufficient height in cast	0.1	0.3	0.5
			• Hips at 45° below horizontal.	Bent arms / hips / legs in hip circle.	0.1	0.3	0.5
			• Complete swing before preparing for kip.	Insufficient height in underswing	0.1	0.3	0.5
		1.0		Bent arms / hips / legs in underswing	0.1	0.3	0.5
	0.4	• Cast horizontal.	Insufficient height in swings	0.1	0.3	0.5	
		• Straight arms and body during hip circle.	Body posture at apex of swing	>0°-15°	>15°-30°	>30°-45°	
	0.4	• Hips at bar height.	Bent arms / hips / legs in swings	0.1	0.3	0.5	
		• Body to remain straight.	Incomplete turn	0.1	0.3		
	0.7	• Hips at horizontal during all swings.	2 <sup>nd</sup> hand not touching before releasing		0.3		
	0.7		Fall on or from apparatus			1.0	
	0.7						
	0.4	• Turn must be horizontal.					
		• 2 <sup>nd</sup> hand must touch bar.					
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:					



## Level 6 – Floor Exercise

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Direction A → C:</b>			Bent arms / hips / legs	>0°-45°	>45°-90°	>90°
<b>1.</b> With a short run-up, <b>FLY SPRING</b> rebound into stretch jump, step forwards with $\frac{3}{8}$ turn and end with feet together.	0.5	• Straight body required during stretch jump.	Fly spring initiated from one leg		0.3	
			Deviation of plane	<15°	>15°	
			Loss of direction in cartwheel	0.1	0.3	
<b>Direction C → B:</b>			Leg separation less than 90°	<90°-45°	<45°	
<b>2.</b> <b>CARTWHEEL PUSH-OFF</b> to land sideways, $\frac{1}{4}$ turn outwards to stand with feet together.	0.5	• Dynamic push-off required in cartwheel push-off.	Vertical not reached in handstand	>15°-30°	>30°-45°	>45°
<b>3.</b> Step to <b>HANDSTAND <math>\frac{1}{2}</math> TURN</b> pike down to stand raise torso.	0.5	• Show handstand before proceeding with $\frac{1}{2}$ turn.	Incomplete $\frac{1}{2}$ turn	0.1	0.3	
<b>4.</b> <b>BACKWARD ROLL</b> with straight arms and legs <b>TO HANDSTAND.</b>	0.5		Lowering of legs before completing $\frac{1}{2}$ turn	0.1		
<b>5.</b> Straddle legs to <b>STALDER ROLL</b> to candle position.	0.5	• Complete $\frac{1}{2}$ turn before lowering legs.	Touching / hitting feet during Stalder roll	0.1		0.5
<b>6.</b> Roll forwards to stand.			Scale held less than 2 seconds		<2 secs	Not held + NR
<b>7.</b> Step forwards with one leg to <b>FRONT SCALE</b> (hold for 2 seconds), lower raised leg and $\frac{3}{8}$ turn to stand with feet together.	0.5	• Feet must not touch the floor during Stalder roll. • Feet and chest at hip height (horizontal) during scale.	Insufficient height in scale	>0°-15°	>15°-30°	>30°-45°
<b>Direction B → D:</b>			Body bent in scale	0.1	0.3	
<b>8.</b> <b>ROUND OFF, STRETCH JUMP WITH <math>\frac{1}{2}</math> TURN, PUNCH TO FRONT TUCK.</b>	0.3 0.2 0.5	• Round off, stretch jump, $\frac{1}{2}$ turn, punch to front tuck must all be connected.	Insufficient height in acrobatics	0.1	0.3	
Stretch jump with $\frac{1}{2}$ turn to stand.			Non-distinct tucked position	0.1	0.3	
			Lack of extension in preparation for landing	0.1	0.3	
<b>Direction D → B:</b>			Round off flic flac not connected		0.3	
<b>9.</b> Short run-up, <b>ROUND OFF FLIC FLAC.</b>	0.3 0.7	• Round off flic flac must be connected.				
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			Note: May perform exercise on a strip-floor by modifying step or jump turns before each pass.			

## Level 6 – Pommel Horse

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Pommel Horse (FIG height) (springboard permitted)</b>			Lack of amplitude in single leg swings and scissors	0.1		
1. Jump to front support on pommels.			Intermediate / extra swing		0.3	0.5
2. Swing left leg over pommel to ½ <b>SCISSOR</b> right to front support.	0.4	• Leg swings to be horizontal.	Hitting apparatus			0.5
3. Swing left leg over pommel to <b>FULL SCISSOR</b> right.	0.6	• Leg swings to be horizontal.	Bent legs	>0°-45°	>45°-90°	>90°
4. Swing right leg over pommel to ½ <b>SCISSOR</b> left to front support.	0.4	• Leg swings to be horizontal.	Additional hand support	0.1		
5. Swing right leg over pommel to <b>FULL SCISSOR</b> left.	0.6	• Leg swings to be horizontal.	Pausing / stopping during swings	0.1	0.3	
6. Feint swing on right pommel to 3 <b>DOUBLE LEG CIRCLES</b> on pommel.	0.5 0.5 0.5	• Body to be straight and extended during all circles.	Fall on or from apparatus			1.0
7. Flank dismount.			Not letting go of pommel before landing for dismount		0.3	
30 second rest allowance between pommel horse and mushroom						
8. <b>Stand at the end of the Pommel Horse (Crossways) (springboard permitted):-</b> Jump to 3 <b>INWARD FACING, DOUBLE LEG CIRCLES</b> , in cross support to <b>FLANK</b> dismount over pommel to land crossways next to pommel horse.	0.4 0.4 0.4 0.3	• Body to be straight and extended during all circles.	Hip breaks during circles	0.1	0.3	
			Lack of amplitude	0.1		
			Lack of extension in circles	0.1		
			Angular deviation during circles	>15°-30°	>30°-45°	>45°
			Not letting go of pommel horse before landing for dismount		0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note: The direction of swing may only be changed in its entirety, from start to finish, not partially				

## Level 6 – Still Rings

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Rings (FIG height)</b>			Upward movement interrupted during muscle up	0.1	0.3	
<b>1.</b> From hanging, <b>MUSCLE UP</b> to support with straight body.	0.8	<ul style="list-style-type: none"> <li>Action must be smooth.</li> <li>Rings must be turned straight in support position.</li> </ul>	Touching cables / straps with arms in support		0.3	
<b>2.</b> <b>L-SIT</b> (hold for 2 seconds).	0.4		Bent arms in support / L-sit	>0°-45°	>45°-90°	>90°
<b>3.</b> Drop backwards to piked inverted hang.		<ul style="list-style-type: none"> <li>Must be controlled.</li> </ul>	Angular deviation in L-sit	>0°-15°	>15°-30°	>30°-45°
<b>4.</b> Straighten hips to inverted hang.			Uncontrolled drop backwards	0.1		
<b>5.</b> Open legs and lower downwards to <b>STRADDLE BACK LEVER</b> (hold for 2 seconds).	0.8	<ul style="list-style-type: none"> <li>Straight body required.</li> <li>Body horizontal.</li> </ul>	Angular deviation in back lever	>0°-15°	>15°-30°	>30°-45° >45°+NR
<b>6.</b> Lower body to drag hang.			Body piked in back lever position	>0°-15°	>15°-30°	>30°-45° >45°+NR
<b>7.</b> Lift body with straight legs to piked inverted hang.			Body posture in drag hang	0.1	0.3	
<b>8.</b> Extend body forwards to <b>SWING BACKWARDS</b> .	0.4	<ul style="list-style-type: none"> <li>Swing at horizontal.</li> </ul>	Lack of flexibility in piked inverted hang	0.1	0.3	
<b>9.</b> <b>SWING FORWARDS</b> .	0.4	<ul style="list-style-type: none"> <li>Swing at horizontal.</li> </ul>	Bent arms during swings	0.1	0.3	
<b>10.</b> Swing backwards to <b>STRAIGHT BODY IN-LOCATE</b> .	0.8	<ul style="list-style-type: none"> <li>No stopping during in-location.</li> <li>Shoulders must lift during in-location.</li> </ul>	Hold positions held less than 2 seconds		<2 secs	Not held + NR
<b>11.</b> Swing backwards.		<ul style="list-style-type: none"> <li>Swing at horizontal</li> </ul>	Insufficient height in swings	>15°-30°	>30°-45°	>45°
<b>12.</b> Swing forwards to <b>DISLOCATE</b> .	0.8	<ul style="list-style-type: none"> <li>Shoulders must lift during dislocation.</li> </ul>	Body piked during in-locate	>15°-30°	>30°-45°	>45°
<b>13.</b> Swing forwards to <b>LAYOUT</b> dismount.	0.6	<ul style="list-style-type: none"> <li>Hips must be higher than rings.</li> </ul>	Body posture during swings	0.1	0.3	
			Insufficient lift of shoulders in in-locate and dislocate	0.1		
			Insufficient height during layout	0.1	0.3	
			Lack of extension in preparation for landing	0.1	0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## Level 6 – Vault

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Vault Table Height: 1m – 1.35m</b>  <b>HANDSPRING ½ TURN</b> over vaulting table to land on 20cm mat, with 10cm safety mat or  <b>YAMASHITA ½ TURN</b> over vaulting table to land on 20cm mat, with 10cm safety mat or  <b>HANDSPRING FULL TURN</b> over vaulting table to land on 20cm mat, with 10cm safety mat	9.5	<ul style="list-style-type: none"> <li>• ½ turn to be initiated during off-flight.</li> </ul>	<b>Handspring ½ turn, Yamashita ½ turn &amp; Handspring full turn:</b>			
			Open legs during all phases	0.1	0.3	
			Bent legs during all phases	0.1	0.3	0.5
			Bent arms during support phase	0.1	0.3	
			Shoulders in front of hands in support phase	0.1	0.3	
			Insufficient body tension (piked / arched) during all three phases	0.1	0.3	0.5
	10.0	<ul style="list-style-type: none"> <li>• Pike to be initiated during off-flight.</li> <li>• &lt;90° pike.</li> <li>• ½ turn to be performed during off-flight.</li> </ul>	Insufficient height during off-flight	0.1	0.3	0.5
			Landing with legs apart	0.1	0.3	
			Technical error in flight	0.1	0.3	0.5
			<b>Yamashita ½ turn:</b>			
			Piking too early	0.1	0.3	
			Non distinct pike position	0.1	0.3	
	10.0	<ul style="list-style-type: none"> <li>• Full turn to be initiated during off-flight.</li> </ul>	Turning prior to off-flight	0.1	0.3	
			Incomplete turn	Up to 30°	30°-60°	60°-90°
			Lack of extension in preparation before landing	0.1	0.3	
			<b>Handspring full turn:</b>			
			Turning prior to off-flight	0.1	0.3	
			Incomplete turn	Up to 30°	30°-60°	60°-90°
			>90+NR			
			Lack of extension in preparation before landing	0.1	0.3	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				



## Level 6 – Parallel Bars

Prescribed exercise	DV	Expectations	Error	S	M	L	
<b>Parallel Bars (Bar height): Height to suit gymnast (not exceeding FIG height)(springboard permitted)</b>  <b>1.</b> Jump to glide swing forwards.  <b>2. KIP</b> to support.  <b>3.</b> Swing backwards layaway to upper arm.  <b>4.</b> Swing forwards in upper arm to <b>FRONT-UP RISE</b> to support.  <b>5. SWING BACKWARDS IN SUPPORT.</b>  <b>6. SWING FORWARDS IN SUPPORT.</b>  <b>7.</b> Swing backwards to momentary <b>HANDSTAND.</b>  <b>8.</b> Swing forwards, swing backwards to <b>HANDSTAND</b> (hold for 2 seconds).  <b>9.</b> Swing forwards to ½ <b>TURN</b> and dismount next to bars (Stutz dismount).			Bent legs in glide swing		0.3		
			Bent arms in kip	>0°-45°	>45°-90°	>90°+NR	
			Insufficient height in front-up rise to support	0.1	0.3		
		1.0	• Straight arms in kip.	Bent arms at end of front-up rise to support	0.1	0.3	0.5+NR
				Insufficient height in swings	0.1	0.3	0.5
				Body posture in front swings	>15°-30°	>30°-45°	>45°
		0.8	• Hips shoulder height.	Hips / legs bent in swings	0.1	0.3	0.5
				Angular deviation in handstand	>15°-30°	>30°-45°	>45°+NR
		0.3	• Horizontal.	Handstand held for less than 2 seconds		<2 secs	Not held + NR
		0.3	• Horizontal.	Additional hand placement/s	0.1		
				Insufficient height in dismount	0.1	0.3	
		1.0		Hips bent during dismount	0.1	0.3	0.5
		1.0	• Forward swing horizontal.	Insufficient turn during dismount	0.1	0.3	
		0.6	• Dismount must be horizontal.	Touching / hitting apparatus	0.1		0.5
				Intermediate swing / extra swing		0.3	0.5
			Fall on or from apparatus			1.0	
			Not letting go of bars upon landing		0.3		
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			Note:				

## Level 6 – Horizontal Bar

Prescribed exercise	DV	Expectations	Error	S	M	L
<b>Horizontal Bar (FIG height)</b> <b>Additional 20cm – 40cm mats permitted</b>			Touching / hitting apparatus	0.1		0.5
			Insufficient height in all swings	0.1	0.3	0.5
1. Jump to hang (coach may assist gymnast). 2. Whip start.		<ul style="list-style-type: none"> <li>Lift legs forwards, whip legs back to arched body and shoot out forwards.</li> </ul>	Insufficient height in back-up rise	Feet bar height	Feet below bar height	
			Bent arms / hips / legs in back-up rise	0.1	0.3	0.5
3. Swing backwards (optional).		<ul style="list-style-type: none"> <li>Swing horizontal.</li> </ul>	Stopping / pause after back-up rise			0.5
4. Swing forwards (optional).		<ul style="list-style-type: none"> <li>Swing horizontal.</li> </ul>	Intermediate swing / extra swing		0.3	0.5
5. Swing backwards to <b>BACK-UP RISE</b> to support.	1.0	<ul style="list-style-type: none"> <li>Feet above bar height.</li> </ul>	Insufficient height in underswing	0.1	0.3	
6. <b>UNDERSWING.</b>	0.5	<ul style="list-style-type: none"> <li>Hips at bar height.</li> </ul>	Bent arms / hips / legs in underswing	0.1	0.3	0.5
7. Swing backwards.		<ul style="list-style-type: none"> <li>Hips at horizontal during back swing.</li> <li>Complete swing before preparing for kip.</li> </ul>	Bent arms / hips / legs in swings	0.1	0.3	0.5
			Body posture at apex of swing	>0°-15°	>15°-30°	>30°-45°
8. Swing forwards to <b>LONG KIP</b> through support.	1.0		Stopping / pause after long kip			0.5
9. Cast to layaway to long swing forwards to ½ <b>TURN IN OVER-GRIP.</b>	0.5	<ul style="list-style-type: none"> <li>Feet above bar height in cast.</li> <li>Hips at horizontal during ½ turn.</li> </ul>	Bent arms / hips / legs in cast	0.1	0.3	0.5
			Insufficient height in cast	0.1	0.3	0.5
10. <b>SWING FORWARDS.</b>	0.5	<ul style="list-style-type: none"> <li>Hips at horizontal during forward swing.</li> </ul>	Dismount below bar height	0.1	0.3	
			Non-distinct tuck position	0.1	0.3	
11. <b>SWING BACKWARDS.</b>	0.5	<ul style="list-style-type: none"> <li>Hips at horizontal during back swing.</li> </ul>	Lack of preparation on landing	0.1	0.3	
			Fall on or from apparatus			1.0
12. Swing forwards to <b>TUCKED SALTO BACKWARDS.</b>	1.0	<ul style="list-style-type: none"> <li>Hips at bar height during dismount.</li> </ul>				
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		Note:				

## **MAG Optional Exercise Rules for Levels 7-9**

	<b>LEVEL 7</b> (13-18yrs, 19&Over)	<b>LEVEL 8</b> (14-18yrs, 19&Over)	<b>LEVEL 9</b> (15-18yrs, 19&Over)
<b>GENERAL RULES</b>	<p><b>FIG Rules for Juniors</b> with modifications:</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Required Elements</b></div> <p>5-7 Elements + Dismount</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Short Exercise</b></div> <p>ND: -1.0pt per element ND: -1.0pt no dismount</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Dismount Group</b></div> <p>A-part = 0.5pts</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Difficulty</b></div> <p>Max. B-element recognised May repeat ≥ A once only</p>	<p><b>FIG Rules for Juniors</b> with modifications:</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Required Elements</b></div> <p>5-7 Elements + Dismount</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Short Exercise</b></div> <p>ND: -1.0pt per element ND: -1.0pt no dismount</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Dismount Group</b></div> <p>A-part = 0.3pts B-part = 0.5pts</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Difficulty</b></div> <p>Max. C-element recognised May repeat ≥ B once only</p>	<p><b>FIG Rules for Juniors</b> with modifications:</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Required Elements</b></div> <p>5-7 Elements + Dismount</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Short Exercise</b></div> <p>ND: -1.0pt per element ND: -1.0pt no dismount</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Dismount Group</b></div> <p>B-part = 0.3pts C-part = 0.5pts</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Difficulty</b></div> <p>Max. D-element recognised May repeat ≥ C once only</p>
<b>FX</b>	<ul style="list-style-type: none"> <li>• No time limit</li> <li>• No connection bonus</li> <li>• Double salto not permitted</li> </ul>	<ul style="list-style-type: none"> <li>• No time limit</li> <li>• No connection bonus</li> <li>• Double salto not required</li> </ul>	<ul style="list-style-type: none"> <li>• No time limit</li> <li>• No connection bonus</li> <li>• Double salto not required</li> </ul>
<b>PH</b>	<ul style="list-style-type: none"> <li>• Side sup. wende dismount = A</li> <li>• Permit half empty swing</li> <li>• Permit springboard mount</li> </ul>	<ul style="list-style-type: none"> <li>• Loop + Loop = C (EG II)</li> </ul>	<ul style="list-style-type: none"> <li>• Loop + Loop = C (EG II)</li> </ul>
<b>SR</b>	<ul style="list-style-type: none"> <li>• Muscle-up to sup. = A (EG II)</li> <li>• A (EG I) resets EG II &amp; III seq.</li> <li>• Permit half empty swing</li> <li>• Swing h/stand not permitted</li> </ul>	<ul style="list-style-type: none"> <li>• Swing handstand not required</li> </ul>	<ul style="list-style-type: none"> <li>• Swing handstand not required</li> </ul>
<b>VT</b>	<ul style="list-style-type: none"> <li>• Height: 120 to 135cm</li> <li>• Permit salto without twist</li> <li>• CIII = average of two jumps</li> <li>• Permit identical vaults</li> </ul>	<ul style="list-style-type: none"> <li>• Height: 120 to 135cm</li> <li>• Permit salto with half twist</li> <li>• CIII = average of two jumps</li> <li>• Permit vaults in same group</li> </ul>	<ul style="list-style-type: none"> <li>• Height: 135cm</li> <li>• Permit salto with full twist</li> <li>• CIII = average of two jumps</li> </ul>
<b>PB</b>	<ul style="list-style-type: none"> <li>• Back-uprise ≥ hor. = A (EG II)</li> <li>• Moy to upper arm = A (EG III)</li> <li>• Permit half empty swing</li> </ul>		
<b>HB</b>	<ul style="list-style-type: none"> <li>• Kip cast ≥ hor. = A (EG III)</li> <li>• Swing ½ turn ≥ hor. = A (EG I)</li> <li>• Permit half empty swing</li> <li>• No connection bonus</li> </ul>	<ul style="list-style-type: none"> <li>• No connection bonus</li> </ul>	<ul style="list-style-type: none"> <li>• No connection bonus</li> </ul>

**Specialization permitted: 1 event**

## ***Additional Information***

The exercises of the men's participation programme are progressive in the way that the preparation for one level provides the basis for the skills in the next level – high performance exercises are not included in this programme.

The men's participation programme includes elements and progressions that cater for medium to long term recreational gymnasts and is based upon the principals of Long-Term Performance Development (LTPD).

The LTPD model is predicated on the idea that each participant's stage of physiological, mental/cognitive, and emotional development must be identified and taken into account when developing his optimal training, competition and recovery program. The principles which underpin LTPD are equally applicable to people of all ages and abilities whether they are participating in elite sport or recreational physical activity.

There are seven developmental stages in LTPD:

Developmental Stage and Age-Group		Zone Festivals / Inter-Regionals	Gym Games / National Championships
1. Active Start	0-6 years of age	-	-
2. Fundamentals	6-9 years of age	√	√
3. Learn to Train	9-12 years of age	√	√
4. Train to Train	12-16 years of age	-	√
5. Train to Compete	16-18 years of age	-	√
6. Train to Win	18 and up	-	√
7. Active for Life	Enter any time	-	√

Elements and progressions for men's high-performance gymnastics may be found in the GSA MAG High-Performance Programme.

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## ***Long Term Performance Development (LTPD)***

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(Extract from the FIG Age Group Manual)

For the preservation and a lasting acceptance of our sport, a systematic long term preparation of gymnasts is required, that takes into consideration the growth and maturational principles.

To deviate from such preparation system by striving for early specialisation or early high difficulty elements, does not serve the gymnasts and contributes to un-aesthetic performances, injury and a rejection of our sport by the public. Coaches who, for whatever reasons, practise such behaviour, can occasionally achieve good results but in the long run such an approach will not be successful and will lead to severe attrition.

During long term performance development, the load ability in general and the load ability of the support and motor system in particular, have a central position. During his previous and current activity as a coach, Dieter Hofmann has made positive experiences with a common point of view towards the systematic performance development of athletes with coaches, physicians, gymnasts and their caretakers.

This common effort should be concentrated on essential aspects:

- A systematic increase of the loads with the purpose to create a long term and lasting load ability of the support and motor system.
- A high development of the prerequisites (flexibility, power, basic structures) to limit the negative load effects of high repetitions of movement and faulty techniques (inefficient position of the joints);
- To promote and encourage the education of all-around gymnasts in order to guarantee the balance of the loads (dismount, support, hang);
- The systematic and gradual use of the "phase of favourable motor learning" in the long term performance development.
- To coordinate with the high responsibility of the personified chain: gymnast – trainer – physician – physiotherapist.
- To guarantee a safe and continuous proportionality of training, competitions and phases of compensation;
- Extensive use of methodical equipment (auxiliary equipment) in the training process and to pay high attention to this matter in the construction of training halls.

**“Training halls are education centres, not competition halls.”**

This philosophy of gymnastics has once again touched out sport:

**“Gymnastics is complicated, not because it must be difficult, but because it has to be beautiful.”**

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## ***Acknowledgements***

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None of the programme's contributors received payment, their work was voluntary and free-of-charge.

This manual will be available online for the use of GSA and must not be sold for profit.

MAG Management Committee 2024

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## ***Anti-Doping***

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The GSA MTC promotes the use of a program called **CoachTrue**, which is an online learning tool that will allow coaches to learn more about the fight against doping, and thus be more effective in preventing it. This software was developed by WADA, it provides a platform for coaches of elite athletes, and a platform for recreational sports coaches.

The following features are included in the elite-level module of **CoachTrue**:

- **Pre-Test**: Allows coaches to identify current knowledge base
- **Tutorials**: A series of presentations with voice-overs that provide essential information on the following topics:
  - Health consequences of doping, Accountability, Results management, Therapeutic use exemptions, Whereabouts, Decision making
- **Scenario-Based Activities**: Practical application of acquired knowledge to possible real-life scenarios.
- **Who Wants to Play True**: A fun way for coaches to test their knowledge of anti-doping issues.

**Post-Test & Certification**: Once coaches have completed all required elements, including a final assessment of learning (post-test), they are awarded a certificate of completion.

**Important Note**:

All coaches must complete the on-line tutorial and post-test after which they will be awarded a certificate of completion.

Please take the time to complete this task soon.

Available at the WADA website:

<https://www.wada-ama.org/en>

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## *Overview*

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### **1. Performance expectations**

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- 1.1 A gymnast may only enter a competition if he is suitably prepared and it is safe for him to do so.
- 1.2 Participants in levels 1 – 3 perform on floor exercise, vault, parallel bars, and horizontal bar.
- 1.3 Participants in levels 4 – 6 perform on floor exercise, pommel horse, still rings, vault, parallel bars, and horizontal bar.
- 1.4 On average we anticipate that a gymnast will participate in a given level for two years.
  - 1.4.1 First, they should learn the exercises and then perfect them before being promoted to the next level.
- 1.5 It is commonly accepted that good form and clean performances will be successful.
  - 1.5.1 Gymnasts and coaches should pay careful attention to contemporary techniques which should be studied and understood.
  - 1.5.2 Gymnasts and coaches should apply artistic licence to the fine details of their performances to personalise them.
  - 1.5.3 In this regard judges have an enormous impact on the development of correct technique by awarding credit for good performances and deducting appropriately for poor performances.
- 1.6 In the main execution errors are to be deducted as per the FIG rules.
  - 1.6.1 The general deductions and those specific to each apparatus can be found in the FIG MAG Code of Points.
  - 1.6.2 Where special rules apply these will take preference.

### **2. Apparatus**

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- 2.1 The apparatus specifications must be commensurate with each competitive section.
- 2.2 The apparatus set up must comply with the requirements of each competitive section.
  - 2.2.1 Also refer to the FIG MAG Code of Points for more information.
- 2.3 Modified apparatus, supplementary mats and starting aids must be available where specified and may be utilized as permitted.

### **3. Printed format and layout**

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- 3.1 The text shall be considered correct.
- 3.2 The grammar and terminology used to describe the prescribed exercises are as precise as necessary and where applicable it conforms to the descriptions used in the FIG MAG Code of Points.



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## General Rules

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### 4. Exercise construction

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- 4.1 Levels 1–6 include only prescribed exercises specifically developed for recreational gymnasts.
  - 4.1.1 Prescribed exercises are to be choreographed and performed as defined in the exercise description.
- 4.2 In level 7-9 coaches and gymnasts may choreograph their own exercises within the FIG rules for junior & age-group men.
  - 4.2.1 To maximize start value coaches should take into account the maximum number of elements permitted, difficulty value, element groups represented, penalties for short exercises, compositional errors including repetition and special repetition.
  - 4.2.2 For more information regarding the elements permitted and difficulty value please refer to the FIG MAG Code of Points which can be downloaded from <http://www.fig-gymnastics.com>.

### 5. Scoring

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- 5.1 Exercises in levels 1–6 are judged from a maximum of 10.0 points and there is no possibility for bonus points.

**D-score** [Difficulty Value\*: max. 5.0 pts] + **E-score** [5.0 pts – Execution Deductions] – **Neutral Deductions** = **Final Mark**

\* The difficulty values of the elements in each exercise are printed adjacent to the corresponding element in the exercise description

- 5.2 Scoring in level 7-9 is open ended (not limited to a maximum of 10.0 points).
  - 5.2.1 Exercises may only include elements permitted for juniors in the FIG MAG Code of Points.
  - 5.2.2 Special age-group rules may be found in the level 7-9 exercise description.

**D-score** [Difficulty Value + Element Groups] + **E-score** [10.0 pts – Execution Deductions] – **Neutral Deductions** = **Final Mark**

\* The difficulty values and element groups may be found in the FIG MAG Code of Points and in the level 8 exercise description

- 5.3 In order to better rank competitors in levels 1–3 the E-scores should be calculated to 3 decimal places (0.001).
- 5.4 In ranking competitors in levels 4-6 the E-scores should be calculated to 2 decimal places (0.01).

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## 6. Evaluating exercises

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- 6.1 Evaluations should only be made in the context of the FIG MAG Code of Points.
  - 6.1.1 Rules should not be misinterpreted by taking them in isolation, rather they should be read in the context of the complete document.
  - 6.1.2 Competitions should be judged according to the latest edition of the FIG MAG Code of Points.
- 6.2 Special considerations when evaluating prescribed exercises:
  - 6.2.1 Execution deductions for an exercise may not exceed 5.0 points.
  - 6.2.2 Execution deductions for individual elements may exceed the element's assigned difficulty value.
  - 6.2.3 Elements attempted but not recognized may be repeated for value except dismounts.
  - 6.2.4 Elements omitted or not recognized shall have their assigned value deducted from the exercise's difficulty value.
  - 6.2.5 Elements added to the exercise shall be deducted:
    - 6.2.5.1 -0.10 pts for simple steps or transitions (once per transition).
    - 6.2.5.2 -0.30 pts for half intermediate swing or layaway (each time).
    - 6.2.5.3 -0.50 pts for intermediate swing (each time).
    - 6.2.5.4 -0.50 pts for an element (each time).
  - 6.2.6 An exercise may be changed from a left to right bias in totality.
    - 6.2.6.1 -0.30 pts neutral deduction for elements performed in the incorrect exercise pattern (once per exercise).
    - 6.2.6.2 -0.50 pts neutral deduction for elements performed in the incorrect order (once per exercise).
  - 6.2.7 Zero value vaults are defined as per the FIG MAG Code of Points:
    - 6.2.7.1 -2.00 pts neutral deduction for repeating a zero-value vault (may be applied once).
    - 6.2.7.2 -1.00 pts neutral deduction for repeating an interrupted vault run-up in which the participant does not touch or pass the spring-board (may be applied once).
  - 6.2.8 All swings are to be adjudicated at their apex on two technical criteria: Height (angle); and body posture (shape).

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## 7. Ordinary and sanctioned events

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- 7.1 Ordinary events may be hosted by any GSA affiliated club, district, and/or province\*.
  - 7.1.1 Participation rules remain at the discretion of the local organizing committee.
- 7.2 Sanctioned events may be hosted by any GSA affiliated club, district and/or province\*.
  - 7.2.1 Participation rules are pre-determined by GSA and strictly adhered to by the local organizing committee.
  - 7.2.2 Sanctioned events include qualifying events, inter-provincial events, and national events.

\* African Union Sport Council Region 5: Angola, Botswana, Lesotho, Malawi, Mozambique, Namibia, South Africa, Swaziland, Zambia, Zimbabwe

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## Sanctioned Event Rules

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### 8. Gymnasts

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- 8.1 Only gymnasts registered with GSA may compete the exercises in the GSA Participation Programme.
- 8.2 An exception is made for gymnasts registered in AUSC Region 5 countries\*.

\* African Union Sport Council Region 5: Angola, Botswana, Lesotho, Malawi, Mozambique, Namibia, South Africa, Swaziland, Zambia, Zimbabwe

### 9. Age-groups and competitive sections

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- 9.1 Each level of the participation programme is sub-divided into age-groups, each its own unique competitive section.
  - 9.1.1 Levels 1-3: 7-9 years, 10-11 years, 12-15 years
  - 9.1.2 Level 4: 8-10 years, 11-12 years, 13-16 years
  - 9.1.3 Level 5: 9-11 years, 12-13 years, 14-18 years,  $\geq 19$  years
  - 9.1.4 Level 6: 10-14 years, 15-18 years,  $\geq 19$  years
  - 9.1.5 Level 7: 11-14 years, 15-18 years,  $\geq 19$  years
  - 9.1.6 Level 8: 12-18 years,  $\geq 19$  years
  - 9.1.7 Level 9: 12-18 years,  $\geq 19$  years
- 9.2 The gymnast's age is taken as at 31 December in the year of competition.
  - 9.2.1 A gymnast must compete in an age-group that is commensurate with his chronological age.
- 9.3 The level in which a gymnast competes remains entirely at the discretion of his coach, regardless of any previous performances or future expectations.
- 9.4 A gymnast may only compete in one competitive section at an event.

### 10. Competition attire

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- 10.1 In levels 1–3 gymnasts must wear short pants (with or without socks) over a singlet or sleeveless vest.
- 10.2 In levels 4–9 gymnasts must wear long gymnastics pants and socks\* on pommel horse, rings, parallel bars, & horizontal bar.
  - 10.2.1 They have the option of wearing short pants (with or without socks) on floor exercise and vault.
- 10.3 Compression bandages or devices on arms or legs are not permitted.
- 10.4 When awarded at prize giving gymnasts must wear their representative tracksuit (tracksuit top and pants).

\* Black colours or the darker shades of blue, brown, green or grey are not permitted.

## 11. Coaches

- 11.1 Coaches must be formally accredited for the level in which they wish to assist on the competition floor.  
 11.2 Coaches must be dressed neatly in an appropriate tracksuit and foot wear – short pants and open foot wear are not permitted.

MINIMUM COACH'S QUALIFICATION TO ASSIST ON THE FLOOR IN A SANCTIONED COMPETITION		
COMPETITION	COACH'S ACCREDITATION	JUDGING AWARENESS
Levels 1-3	≥ <b>GSA Level 1</b> Coach's certification	Must have attended in this cycle a <b>Category I Judge's Clinic</b>
Levels 4-6	≥ <b>FIG Level 1</b> Coach's certification	Must have attended in this cycle a <b>Category II Judge's Clinic</b>
Level 7-9	≥ <b>FIG Level 2</b> Coach's certification	Must have attended in this cycle a <b>Category III Judge's Course</b>

## 12. Competitions, rankings and awards

- 12.1 All-around (AA) competition for levels 4-9.  
 12.1.1 Rank participants in a competition from highest to lowest according to the sum total of their final mark on each apparatus.  
 12.1.2 Award gold, silver, and bronze medals to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places respectively.  
 12.2 Apparatus (APP) competition for levels 4-9.  
 12.2.1 Rank participants on each apparatus in a competition from highest to lowest according to their final mark.  
 12.2.2 Award gold, silver, and bronze medals to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places respectively.  
 12.3 Ties will not be broken – tied final marks will share the same rank and award.  
 12.3.1 The ensuing rank shall skip 1 place for each tie. Example: 1<sup>st</sup> place; 3-way tie for 2<sup>nd</sup> place; 5<sup>th</sup> place etc.  
 12.4 Participation certificates for levels 1-3:  
 12.4.1 Colour labelled certificates are awarded to each participant in accordance with their average all-around score.  
 12.4.2 Calculate each participant's average all-around score by dividing their all-around score by 4.  
 12.4.3 Medals can be awarded as follows; Gold 36.00 & higher, Silver 33.00 – 35.95 and Bronze 32.95 & lower.  
 12.4.4 Should competition organizers still have stock of medals for levels 1–3 then they may exhaust those stocks in the following year.

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## 13. Qualifying events and scores

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- 13.1 Only results from sanctioned events will be considered when attempting to qualify for inter-provincial or national events.
- 13.1.1 Participants may enter more than one qualifying event in their attempt to qualify for inter-provincial and national events.
- 13.2 Specialists participating in Levels 4-6 may qualify for an inter-provincial or national event.
- 13.3 Specialists participating in Level 7-9 may qualify for an inter-provincial or national event.
- 13.3.1 Level 4-9 specialists must compete on at least one apparatus in a qualifying event.
- 13.3.1.1 The final mark on the apparatus needs to achieve the qualifying mark to qualify for an event.
- 13.3.2 Specialists may only compete on apparatus at national events for which they qualified.
- 13.4 The qualifying scores for an inter-provincial or national event are:
  - 13.4.1 Levels 1-3: All-around score  $\geq$  30.0 points.
  - 13.4.2 Levels 4-6: All-around score  $\geq$  45.0 points | Apparatus specialist score  $\geq$  7.5 points.
  - 13.4.3 Level 7-9: All-Around score  $\geq$  57.0 points | Apparatus specialist score  $\geq$  10.0 points.

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## 14. Enquiries, inquiries and protests

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- 14.1 A performance's D-score may be contested.
  - 14.1.1 A coach may enquire the head judge's assessment of the content of their gymnast's performance.
    - 14.1.1.1 The enquiry takes the form of a brief discussion between the coach and head judge immediately after the score is shown.
  - 14.1.2 If the coach and head judge cannot agree on the performance assessment the coach may lodge a formal inquiry.
    - 14.1.2.1 The coach must submit a written protest, with R200, requesting an inquiry by the superior jury.
      - 14.1.2.1.1 The protest must be submitted before the end of the competition.
      - 14.1.2.1.2 If it is the last rotation then the protest must be submitted within 5 minutes after the end of the competition.
    - 14.1.2.2 The director of judging will notify the coach of the outcome of the inquiry.
      - 14.1.2.2.1 If the inquiry finds in favour of the coach the gymnast's score will be altered and the R200 refunded.
  - 14.1.2.3 A performance's E-score may not be contested.

## 15. Judge's accreditation & assignments

- 15.1 Only judges registered with GSA may adjudicate in the GSA Participation Programme.
- 15.1.1 An exception is made for judges registered in AUSC Region 5 countries\*.
- 15.2 All registered judges must requalify or upgrade their qualification of the previous cycle.
- 15.3 All judges, regardless of Level, must judge at least 6 domestic competitions in a two-year period and 12 competitions each cycle (average of 3 per year) to validate their qualification.
- 15.4 Judges must be dressed neatly and appropriately for competition:
- 15.4.1 Level 1–3 sanctioned events: As per FIG without jacket & tie
- 15.4.2 Level 4–9 sanctioned events: As per FIG

\* African Union Sport Council Region 5: Angola, Botswana, Lesotho, Malawi, Mozambique, Namibia, South Africa, Swaziland, Zambia, Zimbabwe

QUALIFICATION PROCESS			ACCREDITATION & REMUNERATION	JUDGING ASSIGNMENTS		
TRAINING & FREQUENCY	FACILITATOR	E-JURY		D-JURY	DIRECTOR	
Category I Clinic Online	Annually	≥ National Judge (Category III)	<b>Category I Cadet</b> R0.00/session	Levels 1-3	Not permitted	Not permitted
Category I Exam Online	At any time	Not applicable	<b>Category I Judge</b> R100.00/session	Levels 1-3	Not permitted	Not permitted
Category II Clinic Online	Annually	≥ SA Brevet Judge (Category IV)	<b>Category II Cadet</b> R100.00/session	Levels 1-9	Not permitted	Not permitted
Category II Exam Online	At any time	Not applicable	<b>Category II Judge</b> R150.00/session	Levels 1-9	Levels 1-3	Not permitted
Category III Course Hosted by GSA	Biennially	FIG Brevet Judge (Category V)	<b>Category III Judge</b> R200.00/session	Levels 1-9	Levels 1-9	Levels 1-3
Category IV Course Hosted by GSA	Biennially	FIG Brevet Judge (Category V)	<b>Category IV Judge</b> R250.00/session	Levels 1-9	Levels 1-9	Levels 1-9
Category V Course Hosted by FIG	Quadrennially	FIG Men's Technical Committee	<b>Category V Judge</b> R350.00/session	Levels 1-9	Levels 1-9	Levels 1-9

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## 16. Director of judging

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- 16.1 The Director of Judging is responsible for specific functions before, during, and after sanctioned events:
  - 16.1.1 Ensuring the competition programme is prepared in accordance with the planning for sanctioned event.
  - 16.1.2 Confirming the names of duly qualified head judges and judges for each competitive section.
  - 16.1.3 Taking role call before each judge's meeting.
  - 16.1.4 Preparing and delivering the general judge's instruction and implementing judge's assignments.
  - 16.1.5 In-competition monitoring of judging panels.
    - 16.1.5.1 Arbitrating in judge's queries and disputes.
  - 16.1.6 Nominating the superior jury who will adjudicate protests.
    - 16.1.6.1 The superior jury will include the Director of Judging and two of the most experienced and qualified judges at the event.
  - 16.1.7 Ensuring that penalties and sanctions approved by the superior jury are implemented.
  - 16.1.8 Correcting anomalies found on score sheets.
  - 16.1.9 Confirming results sheets prior to their publishing and prize giving.
  - 16.1.10 Submitting an event report to the national convener of judges within 48hrs after the completion of the event.

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## 17. Head judges

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- 17.1 The Head Judge is responsible for specific functions before, during, and after sanctioned events:
  - 17.1.1 Preparing and delivering the exercise specific judge's instruction.
  - 17.1.2 Assigning the individual judge's in the panel their respective seats and judge's numbers.
    - 17.1.2.1 The least experienced judges located nearest the Head Judge.
    - 17.1.2.2 The individual judge's deductions must be captured beneath the respective judge's number for control purposes.
  - 17.1.3 Correctly calculating the D-score.
    - 17.1.3.1 Showing the D-score to the gymnast and coach.
  - 17.1.4 Capturing the individual gymnast's performances writing it in real time using symbols.
    - 17.1.4.1 Keeping a detailed record of each performance for 7 days from the date of completion of the event.
  - 17.1.5 Ensuring that penalties for behavioural, performance, and apparatus violations are implemented.
  - 17.1.6 Addressing coach's inquiries.
  - 17.1.7 Correctly capturing the respective judge's deductions and calculating the final mark.
    - 17.1.7.1 Should a secretary be appointed to assist, the Head Judge shall remain responsible for checking the work of the secretary.
  - 17.1.8 Showing the final mark to the gymnast, coach, and audience.
  - 17.1.9 Submitting an apparatus report to the Director of Judging within 24hrs after the completion of the event.

## 18. Responsibility for supplying judges

- 18.1 The institution, club, district, or province responsible for entering gymnasts in an event is also responsible for sourcing and providing their quota of appropriately qualified judges.
- 18.2 The number of judges one is required to provide is determined by the number of entries in each competition (not in the event).
- 18.2.1 Enter 1 – 3 gymnasts in a competition: Provide a minimum of 1 judge
- 18.2.2 Enter 4 – 6 gymnasts in a competition: Provide a minimum of 2 judges
- 18.2.3 Enter  $\geq 7$  gymnasts in a competition: Provide a minimum of 3 judges
- 18.3 At least 1 judge must be available to judge in every competition at the event, irrespective of the number entries in the event.

**Example:** ABC Championships

Competition 1 (Level 4): Club XYZ entered **3** gymnasts

Competition 2 (Level 5): Club XYZ entered **4** gymnasts

Competition 3 (Level 6-9): Club XYZ entered **0** gymnasts

**Result:** Club XYZ has to source and provide the following judge's:

Competition 1 (Level 4): Minimum 1 judge  $\geq$  Category 1 Cadet

Competition 2 (Level 5): Minimum 2 judges  $\geq$  Category 2 Cadet

Competition 3 (Level 6-9): Minimum 1 judge  $\geq$  Category 2 Cadet

## 19. Penalties for insufficient judges

- 19.1 A penalty will be applied to the gymnasts of an organization which has failed to provide sufficient judges in a competition.
- 19.1.1 The penalty will be applied to each gymnast representing the organization in the competition effected by the missing judge/s.
- 19.2 All-around gymnasts: -0.30 pts penalty (for each judge missing) deducted from the gymnast's all-around total.
- 19.3 Specialist gymnasts: -0.30 pts penalty (for each judge missing) deducted from the gymnast's final mark on each apparatus.

**Example:** ABC Championships

Competition 1 (Level 4): Club XYZ entered **3** gymnasts and 1x Category 2 judge (**correct**)

Competition 2 (Level 5): Club XYZ entered **4** gymnasts and 1x Category 2 judge (**missing 1 judge**)

Competition 3 (Level 6-9): Club XYZ entered **0** gymnasts and 1x Category 2 judge (**correct**)

**Result:** The Director of Judging will deduct -0.30 pts from the all-around total of each gymnast from Club XYZ in Competition 2.



## 20. Sanctions against judges

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- 20.1 Judges may receive sanctions for inappropriate behavior and/or evaluations and in this regard the Director of Judging may:
  - 20.1.1 Issue a warning to the offending judge.
  - 20.1.2 Issue a warning and a fine (not more than the judge's competition honoraria) to the offending judge.
    - 20.1.2.1 The proceeds of which go to the GSA MTC.
  - 20.1.3 Dismiss the offending judge from the remainder of the event without pay.
    - 20.1.3.1 This may also result in a penalty for the gymnasts representing the organization which entered the dismissed judge.
  - 20.1.4 Serial offenders may be barred from judging for up to 1 year by the Men's Technical Committee.
    - 20.1.4.1 A judge returning after a 1 year sanction will have to attend a refresher judge's course commensurate with his qualification.

## 21. Sanctions against coaches

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- 21.1 Coaches may receive sanctions for inappropriate behavior and in this regard the Director of Judging may:
  - 21.1.1 Issue a warning to the offending coach.
  - 21.1.2 Issue a warning to the offending coach and apply a penalty to the coach's gymnast/s.
  - 21.1.3 Dismiss the offending coach from the remainder of the event and apply a penalty to the coach's gymnast/s.
    - 21.1.3.1 In the case where there is no suitably qualified coach to replace the dismissed coach, the dismissed coach shall remain on the competition floor for the safety of his gymnasts but shall be banned from the next event where the same gymnasts are entered.
  - 21.1.4 Serial offenders may be barred from coaching on the competition floor for up to 1 year by the Men's Technical Committee.

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## *Planning Sanctioned Events*

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### 22. The venue and services

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- 22.1 The local organizing committee (LOC) is responsible for:
  - 22.1.1 Ensuring the event venue and apparatus is suitable for each competitive section.
    - 22.1.1.1 Venue back-up electricity supply is available if necessary.
    - 22.1.1.2 Venue cleaning staff are available when necessary.
  - 22.1.2 Appointing a duly qualified paramedic to be on stand-by in the competition venue for the duration of the event.
  - 22.1.3 Appointing a duly qualified Director of Judging.
  - 22.1.4 Appointing an appropriately experienced apparatus manager and as many assistants as may be required.
  - 22.1.5 Appointing a suitably competent competition manager and announcer.
  - 22.1.6 Also appointing suitably competent individuals to group gymnasts, prepare score sheets, capture scores, and publish results.
- 22.2 The LOC must finance, negotiate sponsors and/or levy competition entry fees to ensure costs are covered for:
  - 22.2.1 Venue and furniture hire, honoraria/fees for officials, cleaners, catering, sound system, printing/stationery, awards etc.

### 23. The grouping

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- 23.1 The number of gymnasts in a competition is strictly limited by the maximum number of gymnasts per group:
  - 23.1.1 Levels 1-3 may not exceed **8 gymnasts per group** in maximum 4 groups (a possible 32 gymnasts per competition).
  - 23.1.2 Levels 4-6 may not exceed **6 gymnasts per group** in maximum 6 groups (a possible 36 gymnasts per competition).
  - 23.1.3 Level 7 & up may not exceed **4 gymnasts per group** in maximum 6 groups (a possible 24 gymnasts per competition).
- 23.2 The benefits of adhering to maximum the number of gymnasts per group include:
  - 23.2.1 Competition rotations average 12-16 minutes.
  - 23.2.2 Competitions average 45-90 minutes (excluding apparatus warm-up).
    - 23.2.2.1 Safer and better results for gymnasts, enjoyable for spectators, and consistent performances from officials.

## 24. The pre-competition warm-up

- 24.1 Each competitive section must commence with a **general warm-up**  $\geq$  15 minutes (not including grouping).  
 24.2 An **apparatus warm-up** is to follow the general warm-up and should be calculated as follows:

**Levels 1-3:** 45 seconds x No. of gymnasts in the largest group x No. of apparatus

**Levels 4-6:** 60 seconds x No. of gymnasts in the largest group x No. of apparatus

**Level 7-9:** 90 seconds x No. of gymnasts in the largest group x No. of apparatus

General Note: Add 1 minute per rotation to rotate between apparatus.

- 24.3 Apparatus warm-up for levels 1-6 should be controlled (not free for coaches and gymnasts to warm-up where they please).  
 24.3.1 The apparatus warm-up should commence with each group on the apparatus where they will commence with their competition.  
 24.3.2 The competition manager should announce when groups are to end their warm-up and rotate to their next apparatus.  
 24.4 All the groups in a competition must rotate in Olympic order irrespective of the apparatus at which a group may begin.  
 24.4.1 Levels 1-3 : Floor, Vault, Parallel bars, Horizontal bar...(return to Floor)  
 24.4.2 Levels 4-9 : Floor, Pommel Horse, Rings, Vault, Parallel bars, Horizontal bar...(return to Floor)

## 25. The in-competition warm-up

- 25.1 Each level 7-9 gymnast is entitled to a **one-touch warm-up** immediately prior to the competition on each respective apparatus.  
 25.2 For all events in level 1-6, one-touch warm-up is not permitted.  
 25.3 One touch warm-up should be strictly controlled by the head judge at each apparatus.  
 25.4 One touch warm-up should be calculated as follows:

**Floor & Vault:** 30 seconds per gymnast x No. of gymnasts in the group (to be used for the entire group)

**Pommel Horse, Rings & Horizontal bar:** 30 seconds per gymnast (to be used in 1 turn and in order of competition)

**Parallel bars:** 50 seconds per gymnast (to be used in 1 turn and in order of competition – includes set up of bars)

General Note: The first gymnast to compete after the one-touch warmup has 60 seconds to commence his exercise.

## 26. The Competition

- 26.1 MAG should not run simultaneous competitions with WAG where they may share apparatus.
- 26.2 The competition for levels 1-9 should be controlled (not free for coaches and gymnasts to rotate as they please).
- 26.2.1 The competition should commence with each group on the apparatus where they commenced with their apparatus warm-up.
- 26.3 The competition manager should announce when groups are to rotate to their next apparatus.
- 26.4 All the groups in a competition must rotate in Olympic order irrespective of the apparatus at which a group may begin.
- 26.4.1 Levels 1-3: Floor, Vault, Parallel bars, Horizontal bar...(return to Floor)
- 26.4.2 Levels 4-9: Floor, Pommel Horse, Rings, Vault, Parallel bars, Horizontal bar...(return to Floor)
- 26.5 The competition programme should be calculated as follows:

**Levels 1-3** : 2.0 minutes x No. of gymnasts in the largest group x No. of apparatus

**Levels 4-6** : 2.5 minutes x No. of gymnasts in the largest group x No. of apparatus

**Level 7-9** : 4.0 minutes x No. of gymnasts in the largest group x No. of apparatus  
(includes one-touch warm-up)

**Example** of group rotations during apparatus warm-up and competitions:

Groups in levels 1 – 3				Warm-up & Competition	Groups in levels 4 & up					
FX	VT	PB	HB		FX	PH	SR	VT	PB	HB
A	B	C	D	1 <sup>st</sup> Rotation	A	B	C	D	E	F
D	A	B	C	2 <sup>nd</sup> Rotation	F	A	B	C	D	E
C	D	A	B	3 <sup>rd</sup> Rotation	E	F	A	B	C	D
B	C	D	A	4 <sup>th</sup> Rotation	D	E	F	A	B	C
				5 <sup>th</sup> Rotation	C	D	E	F	A	B
				6 <sup>th</sup> Rotation	B	C	D	E	F	A

## 27. Judge's panels and calculating E-score

- 27.1 Each judge's panel must comprise of a minimum number of judges who each hold a minimum qualification.
- 27.2 The minimum sized judge's panel permissible in levels 1–3: 1x D-Jury ( $\geq$  Category II) + 2x E-Jury ( $\geq$  Category I Cadet).
- 27.2.1 In order to better rank competitors in levels 1–3 the E-scores should be calculated to 3 decimal places (0.001).

### Calculating the average deduction in levels 1-3

If judge's panel = 1x D-Jury + 2x E-Jury:  $(D1/E1 + E2 + E3) \div 3$

If judge's panel = 1x D-Jury + 3x E-Jury:  $(E1 + E2 + E3) \div 3$

If judge's panel = 1x D-Jury + 4x E-Jury:  $(E1 + E2 + E3 + E4) \div 4$

- 27.3 The minimum sized judge's panel permissible in Levels 4 & up: 1x D-Jury ( $\geq$  Category III) + 2x E-Jury ( $\geq$  Category II Cadet).
- 27.3.1 In ranking competitors in levels 4-9 the E-scores should be calculated to 2 decimal places (0.01).

### Calculating the average deduction in levels 4-9

If judge's panel = 1x D-Jury + 2x E-Jury:  $(E1 + E2) \div 2$

If judge's panel = 1x D-Jury + 3x E-Jury: [D1/E1 | E2 | E3 | E4] Drop highest and lowest deductions then average middle two

If judge's panel = 1x D-Jury + 4x E-Jury: [E1 | E2 | E3 | E4] Drop highest and lowest deductions then average middle two

- 27.4 A judge's panel may not exceed the maximum number of judges.
- 27.4.1 The maximum sized judge's panel permissible in levels 1-9: 2x D-Jury + 4x E-Jury

## *Apparatus Specifications*

APPARATUS	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7-9
FLOOR	Performed on floor strip $\geq 2\text{m}$ (w) x $12\text{m}$ (l) Floor may be sprung or high density mats			Performed on floor strip $\geq 2\text{m}$ (w) x $17\text{m}$ (l) OR floor $12\text{m}$ (w) x $12\text{m}$ (l) Floor must be sprung with $1\text{m}$ shoulder at ends			
POMMEL HORSE				Horse $105\text{cm}$ from $10\text{-}20\text{cm}$ mat <u>Permitted</u> springboard for mount Level 5: Mushroom $40\text{-}60\text{cm}$ high, cross marked on diameter			
STILL RINGS				Ring $270\text{cm}$ from $20\text{cm}$ mat <u>Permitted</u> $10\text{-}40\text{cm}$ safety mat			Ring $270\text{cm}$ from $20\text{cm}$ mat <u>Permitted</u> $10\text{-}20\text{cm}$ safety mat
VAULT	Springboard & $20\text{cm}$ landing mats	Springboard with $80\text{cm}$ mats & $20\text{cm}$ landing mats	Springboard with $80\text{cm}\text{-}1\text{m}$ mats & $20\text{cm}$ landing mats	Vaulting table $100\text{cm}$ - $135\text{cm}$ and $20\text{cm}$ landing mats <u>Mandatory</u> $10\text{-}20\text{cm}$ safety mats			
PARALLEL BARS	Rail height to suit gymnast (not exceeding FIG) & $20\text{cm}$ landing mat <u>Permitted</u> block for mount & $10\text{-}20\text{cm}$ safety mats			Rail height to suit gymnast (not exceeding FIG) & $20\text{cm}$ landing mat <u>Permitted</u> springboard for mount & $10\text{-}20\text{cm}$ safety mats			Rail height $180\text{cm}$ from $20\text{cm}$ landing mat <u>Permitted</u> $10\text{-}20\text{cm}$ safety mat
HORIZONTAL BAR	Bar height between $160\text{cm}\text{-}180\text{cm}$ measured from $20\text{cm}$ landing mat <u>Permitted</u> block for mount with $20\text{-}40\text{cm}$ safety mats			Bar height $260\text{cm}$ measured from $20\text{cm}$ landing mat <u>Mandatory</u> $10\text{-}40\text{cm}$ safety mats			Bar height $260\text{cm}$ measured from $20\text{cm}$ landing mat <u>Mandatory</u> $10\text{-}20\text{cm}$ safety mats

## Quick Reference

COMPETITION	AGE GROUPS AGE AS AT 31 DECEMBER in the year of competition	QUALIFYING SCORE	COMPETITION TO QUALIFY FOR
<b>LEVELS 1-3</b> FX, VT, PB, HB	7-9   10-11   12-15	≥ 30.0 pts All-around total (Specialists cannot qualify)	Zone Festival (Inter-provincial)
<b>LEVEL 4</b> FX, VT, PB, HB	8-10   11-12   13-16	≥ 45.0 pts All-around total ≥ 7.5 pts Specialist (1 app)	Gym Games (National Championships)
<b>LEVEL 5</b> FX, PH, SR, VT, PB, HB	9-11   12-13   14-18   ≥19	≥ 45.0 pts All-around total ≥ 7.5 pts Specialist (1 app)	Gym Games (National Championships)
<b>LEVEL 6</b> FX, PH, SR, VT, PB, HB	10-14   15-18   ≥19	≥ 45.0 pts All-around total ≥ 7.5 pts Specialist (1 app)	Gym Games (National Championships)
<b>LEVEL 7-9</b> FX, PH, SR, VT, PB, HB	12-18   ≥19	≥ 57.0 pts All Around total ≥ 10.0 pts Specialist (1 app)	Gym Games (National Championships)