College Sport Auckland Gymsports Championships

2021 WOMEN'S ARTISTIC GYMNASTICS MANUAL

And the Women's Artistic Gymnastics STEP Manual for more specific information relating to routines: WAG National Progamme Manual – GymnasticsNZ

WOMEN'S ARTISTIC GYMNASTICS (WAG) COMPETITION REQUIREMENTS

Women's Artistic Gymnastics Programme – STEPs 4 +

Athletes who are competing in the NZ Women's Artistic Gymnastics (WAG) Programme STEPs 4-10 and International divisions are to enter the grade they have competed in for the current season the as per the WAG Programme Manual (updated 2019).

For all Women's Artistic Gymnastic competition requirements, including specific apparatus, and artistic deductions, and the International and STEPs routines and music refer to the WAG STEP Manual (2019) which is available on the GymSports NZ website at:

WAG National Progamme Manual - GymnasticsNZ

Retired gymnasts (have not competed in the current year) are to compete in the STEP or division as outlined in in this manual.

Novice Grades – Level 1-3

LEVEL 3 Novice	Routines in this manual*
LEVEL 2 Novice	Routines in this manual*
LEVEL 1 Novice	Routines in this manual*

SUMMARY OF DIVISIONS AND REQUIREMENTS

WOMEN'S ARTISTIC GYMNASTICS			
Levels	**Description**	**Categories**	**Uniform requirements**
Senior International	Current Senior International	Team and Individual	Leotard
Junior International	Current Junior International	Team and Individual	Leotard
Sub Junior International	Current Sub-Junior International	Team and Individual	Leotard
WAG STEP 10	Current Step 10 gymnasts and retired international gymnasts * see retirement requirements	Team and Individual Competition	Leotard
STEP 9	Current STEP 9 and; retired STEP 9, 10 and International gymnasts *see retirement requirements	Team and Individual Competition	Leotard
STEP 8	Current STEP 8 and; retired STEP 8, 9, 10 and International gymnasts see retirement requirements	Team and Individual Competition	Leotard
STEP 7	Current STEP 7 and retired STEP 7, 8, 9 and 10 gymnasts see seasons retired requirements	Team and Individual Competition	Leotard
STEP 6	Current STEP 6 and; retired STEP 6, 7 and 8 gymnasts see seasons retired requirements	Team and Individual Competition.	Leotard
STEP 5	Current STEP 5 and; retired STEP 5, 6 and 7 gymnasts see seasons retired requirements	Team and Individual Competition.	Leotard
STEP 4	Current STEP 4 and retired STEP 4, 5 and 6 gymnasts see seasons retired requirements	Team and Individual Competition.	Leotard
LEVEL 3 Novice*	For students and beginners with some gymnastics knowledge (Recreational) Retired STEP 1-3 gymnasts Retired STEP 4 Gymnasts (more than 2 seasons)	Team and Individual Competition. Requirements for Vault, Bars, Beam and Floor detailed in this manual.	Leotard and/or Bike Pants
LEVEL 2 Novice*	For students (recreational gymnastics, novice, dance) No retired competitive gymnasts	Team and Individual Competition. Requirements for Vault, Bars, Beam and Floor detailed in this manual.	Leotard and/or Bike Pants
LEVEL 1 Novice*	For students and beginners learning gymnastics at a school level. No retired competitive gymnasts	Team and Individual Competition. Requirements for Vault, Bars, Beam and Floor detailed in this manual.	Leotard and/or Bike Pants

RETIRED COMPETITIVE GYMNASTS

Retired gymnasts is an athlete who has not competed in the Gymnastics NZ WAG Steps programme in the current year. The STEP that retired athletes can compete in will depend on the level of training they have maintained and should enter the level that they feel they can safely compete.

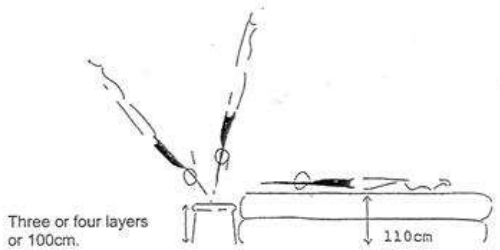
- Only current International and STEP 10 gymnasts can compete in these divisions
- STEP 5 and above gymnasts after retirement from competition;
    - May compete the same or one STEP lower after being retired 12 months (except STEP 4, STEP 10 and International)
    - May compete three levels lower (Step 6-10) after being retired for two seasons.
    - May never compete lower than STEP 4.
- WAG STEP 4 gymnasts must compete at STEP 4 until two seasons (24 months) have passed by which they may then compete in LEVEL 3 Novice.

Retirement months are taken from the last competition competed.

Competition Division before retiring	**Retired for 12 months (retired previous year)**	**Retired for 24 months (2 seasons)**
Senior, Junior, Sub-Junior International	May compete STEPS 8 -10 But not international	May compete STEPS 8-10
STEP 10	May compete STEP 8 or 9 But not STEP 10	May compete STEP 8 or 9
STEP 9	May compete STEP 8 or 9	May compete STEP 7, 8 or 9
STEP 8	May compete STEP 7 or 8	May compete STEP 6, 7 or 8
STEP 7	May compete STEP 6 or 7	May compete STEP 5, 6 or 7
STEP 6	May compete STEP 5 or 6	May compete STEP 4, 5 or 6
STEP 5	May compete STEP 4 or 5	May compete STEP 4 or 5
STEP 4	Must compete STEP 4	May compete STEP 4 or LEVEL 3 Novice
Notes for Novice Levels	**Retired for 12 months (retired previous year)**	**Retired for 24 months (2 seasons)**
LEVEL 3 Novice	Retired competitive Step 1-3 athletes may compete in this division after retiring the previous season. Retired Competitive STEP 4+ athletes may not may not compete in this division if they retired the previous season.	Retired competitive Step 1-3 athletes may compete in this division. Retired Step 4 athletes may compete in Novice Level 3 after two seasons retired.
LEVEL 1-2 Novice	No retired competitive athletes to compete in these levels	No retired competitive athletes to compete in these levels

LEVEL 3

Eligibility: For students and beginners with some gymnastics knowledge (recreational)

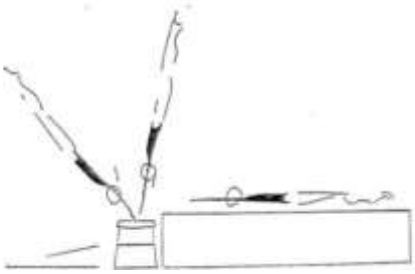
VAULT D Score Value = 5.00	**BARS** D Score Value = 5.00
Vaulting Table Height: 3 or 4 layer box Mats same height or higher than box. 2 Vaults – the best score counting	Composition Requirements: Complete omission incurs a deduction of 1.0
Two feet take-off, Handspring with hands placed on the vaulting box to flat back OR no vaulting box used and hands placed on fat mat to flat back  	Circle up to front support
	Immediately cast and execute a back hip circle
	Cast and squat one leg through to stride support OR alternatively perform a double hip circle (instead of stride support and mill circle (below).
	Change grip and mill circle forwards. Roll over front leg to front support (arm and leg roll over together.
	High cast and push off backwards to dismount.

LEVEL 3 (CONTINUED)

BEAM D Score Value = 5.00	**FLOOR** D Score Value = 5.00
Height: 105 cm Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0	Area: 12 m x 12 m Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0 Music optional: May be performed with or without music (optional). No lyrics.
Mount	2 Acrobatic skills directly connected
A half turn(on two feet)	A full turn on one leg
Balance stand on one leg	Balance stand on one leg
A leap from one leg to land on other leg	A leap from one leg to land on other leg
Acro skill performed on the beam	1 Forward or sideward acrobatic element
Dismount	1 Backward acrobatic element
<u>Acrobatic skill suggestions for Beam</u>: Forward roll Backward roll Headstand Handstand Handstand forward roll Cartwheel Forward walkover Backward walkover	<u>Acrobatic skill suggestions for Floor</u>: Forward roll Backward roll Cartwheel Dive roll Handstand Handstand forward roll Headstand Forward walkover Backward walkover Round-off Flic flac Handspring Note: Round-off flic flac directly connected = 2 skills

LEVEL 2

Eligibility: For students and beginners (recreational gymnastics, novice, dance experience)

VAULT D Score Value = 5.00	**BARS** D Score Value = 5.00
Vaulting Table Height: ***2 layer box***, beatboard Mats same height or higher than box. 2 Vaults – the best score counting	Composition Requirements: Complete omission incurs a deduction of 1.0
From a short run take off from one or two feet and using underarm action, swing to handstand on box top, With extension through shoulders, prop off the box to land on back, body fully extended.  OR no vaulting box used and hands placed on fat mat, swing to handstand, to flat back landing (as described above)	Circle up to front support Immediately cast hips off bar Immediately cast hips off bar and execute a back hip circle High cast and push off backwards to dismount.

LEVEL 3 (CONTINUED)

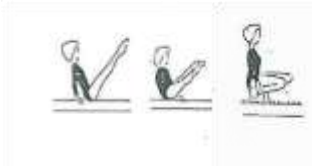
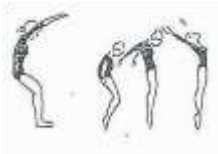
BEAM D Score Value = 5.00	**FLOOR** D Score Value = 5.00
Beam Height: 105 cm Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0	Area: 12 m x 12 m Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0 May be performed with or without music (optional No lyrics
Mount	2 Acrobatic skills directly connected
A half turn (on two feet)	A full turn on one leg
Balance stand on one leg	Balance stand on one leg
A leap from one leg to land on other leg	A leap from one leg to land on other leg
Dismount	1 Backward or Forward or sideward acrobatic element
<u>Mount suggestions for Beam</u>: Jump to front support, lift one leg over beam to come to riding seat. Jump from two feet to land in crouch Leap from one foot to land standing on beam with other leg extended behind. Jump from two feet to forward roll along beam. <u>Dismount suggestions for Beam</u>: Swing to handstand and dismount to side of beam. Straight, tuck or straddle jump from side or end of beam. Jump backwards from side or end of beam. Jump from beam with ½ or full turn in air. Cartwheel or roundoff off end. Round-off off end. Handstand, ½ turn to land.	<u>Acrobatic skill suggestions for Floor</u>: Forward roll Backward roll Cartwheel Dive roll Handstand Handstand forward roll Headstand Round-off

LEVEL 1

Eligibility: For students and beginners learning gymnastics at a school level

VAULT D Score Value = 5.00	**BARS** D Score Value = 5.00
Vaulting Table Height: ***1 layer box***, beatboard Mats same height or higher than box. 2 Vaults – the best score counting	Composition Requirements: Complete omission incurs a deduction of 1.0
From a short run take off from one foot and using underarm action, swing to handstand on box top, With extension through shoulders, prop off the box to land on back, body fully extended. OR no vaulting box used and hands placed on fat mat, swing to handstand, to flat back landing (as described above)	Circle up to front support
	Immediately cast hips off bar
	Immediately cast hips off bar
	Immediately cast hips off bar and push off backwards to dismount.

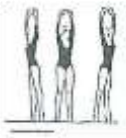
LEVEL 1 (CONTINUED)

BEAM D Score Value = 5.00	**FLOOR** D Score Value = 5.00
Beam Height: 105 cm Composition Requirements: Complete omission incurs a deduction of 1.0	Area: 12 m x 2 m strip of mats Composition Requirements: Complete omission incurs a deduction of 1.0
a. Jump to front support, lift one leg over beam and turn to riding seat. b. Lift legs to V. Balance with hands behind on beam – hold for 2 seconds.  c. Bring hands forward onto beam, swing legs down and up to crouch on beam. d. Stand on high toes with arms in 5th position, then lower to starting position with arms low side oblique. 	a. Starting from a question mark position, execute a body wave to finish on high toes with arms overhead.  b. Step through lunge to handstand forward roll, with straight arms, to come to stand. c. Step through lunge to cartwheel, quarter turn inwards to hold lunge with arms pinned to ears showing straight line of body from finger tips down to back leg.

e. Step and place toe on ankle, thigh turned out – extend leg to low front oblique and step forward. Repeat on other leg. Repeat e. (i.e. execute 4 times)

f. Step and slide back foot to front and raise to high toes, simultaneously lifting arms upwards to 5th position.

g. Execute half turn and, maintaining position, step back and execute another half turn



h. Step and lift back leg forward to lunge with arms pinned to ears – straight body line. Then lower arms to low side oblique.

i. Quarter turn sideways on toes joining feet with arms moving to low front oblique.

j. Lower heels and dismount with hollow chest jump backward with half turn in air to face front, pinning ears. Stick landing.

d. Close feet and circle arms backward and down to deep pike, hands on floor – hold 2 seconds.

e. Stand lifting arms over head, roll forward to sit in wide straddle with arms up and head pinned between arms.

f. Stretch up keeping head pinned between arms and reach forward with hands toward floor – hold 2 seconds.

g. Return through sitting position to lie on back, join legs and bending knees push up to bridge – hold 2 seconds.

h. Lie flat and immediately sit up to crouch with toes on floor and hands around knees.

i. Lift legs to V balancing with arms sideways.

j. Bend one leg under, raising arms forward and upward, come to stand with toe pointed at back. Close feet.