



Welsh Gymnastics
Gymnasteg Cymru

MAG LEVEL 0 GRADES ROUTINES


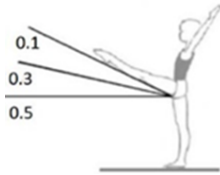
MAY 30, 2022(UPDATED JULY 2023)

WELSH GYMNASTICS

PPP

PPP - Please note these are signposts of some available deductions	
Element	C of P Consideration
All hold elements	No stop is non-recognition
Bridge	Performance expectation - shoulders at least vertical above hands. If shoulders not vertical, away from handstowards feet use angular deviations away from perfect hold positions: $0^{\circ} - 15^{\circ} = 0.1$, $16^{\circ} - 30^{\circ} = 0.3$, $31^{\circ} - 45^{\circ} = 0.5$
Splits, including swim through.	Hips not square: $16^{\circ} - 30^{\circ} = 0.1$, $31^{\circ} - 45^{\circ} = 0.3$, $>45^{\circ} = 0.5 + \text{non-recog.}$ Legs not flat: $0^{\circ} - 15^{\circ} = 0.1$, $16^{\circ} - 30^{\circ} = 0.3$, $31^{\circ} - 45^{\circ} = 0.5$

Level 0 - Physical Preparation Programme

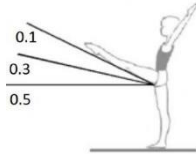

Element	Description <i>(all element values = 1.00)</i>	General Performance Considerations	Specific Technical Expectations
1	From stand using parallettes Present and lower to parallettes, press to straddled $\frac{1}{2}$ handstand (2 sec)	Exercise should be performed fluently and moving towards virtuous presentation	Straddled $\frac{1}{2}$ Handstand expectations 
2	Stoop through to $\frac{1}{2}$ Lever (2 sec)		
3	Lift through with straight legs into straddle lever (2 sec)	End positions to be clearly shown but do not need to be held for excessive amount of time	Element # 5 
4	Lift out to stand with straight legs, move parallettes to the side		
5	Lift leg into kick to handstand (not held), roll forwards into Japana (2 sec)	Coaches should put an emphasis towards artistic performance and clean lines	All other considerations as per the previous page
6	Swim through to front lie, push back to tuck fold rise through slight arch shape immediately into chest roll to bent arm handstand		
7	Press hips towards floor and beat through to front leg splits (2 sec)		
8	Rotate through box splits to opposite front leg splits (2 sec)		
9	Bring back leg round to front, fold down to pike fold, chest to legs, hands past ankles (2 sec)		
10	Sit up and lie back and push to bridge (2 sec) Lower back down, rock to stand, present to finish		

Floor

Floor - Please note these are signposts of some available deductions	
Element	C of P Consideration
All - Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
Dive roll	Non-distinct position: 0.1, 0.3, 0.5
Floor area deductions	Routines performed on a strip will not be penalised for going over the 12 metres. Other routines are judged as per FIG regulations.
Number of steps	Exceeding the number of steps stated will incur a 0.3 deduction regardless of how many extra taken.

* Note that all floor links will have small variations and will be accepted, and judges are instructed to deduct only for poor style and execution.

Level 0 Floor Exercise (12m strip)

Element	Description (<i>values indicated in italics</i>)	Performance considerations
1	Present, 2-3 steps into <u>dive roll</u> (<i>1.00</i>) immediate jump ½ turn to land (<i>1.00</i>)	<ul style="list-style-type: none"> • Technical excellence in each of the individual elements. • Rhythm and artistry throughout the routine. • Landings should be controlled and well presented.
2	Kick to handstand (not held), Forward roll to straddle stand chest horizontal, arms sideways (<i>2.00</i>)	<p style="text-align: center;"><u>Kick step expectations</u></p> 
3	Place hands on floor in front and press to <u>½ handstand</u> (2 sec) (<i>2.00</i>) join feet together, kick step ½ turn (<i>1.00</i>)	<p style="text-align: center;"><u>½ Handstand Expectations</u></p> 
4	Lift leading leg and cartwheel ¼ turn in (<i>1.00</i>) into tucked backward roll with straight arms (<i>1.00</i>), immediate <u>stretch jump to land</u> (<i>1.00</i>)	

Pommel

Pommel Horse – Please note these are signposts of some available deductions	
Element	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
Other deductions	All E Jury deductions – Bent legs, leg separation etc as per FIG COP
Circle elements	Shoulders moving from start direction on mushroom: >15°- 30° = 0.1, >30°- 45° = 0.3, >45° = 0.5

Level 0 Pommel Horse Exercise

Element	Description (<i>values indicated in italics</i>)	Performance considerations
1	<p>On medium height Mushroom</p> <p>From front support, step to the side into</p> <p>5 x double leg circles (<i>2.00</i>)</p> <p><i>Gymnasts must complete 6 circles (1st 5 circles to be judged)</i></p> <p>(Stops will incur a <i>1.00</i> deduction)</p>	<ul style="list-style-type: none">• The circles should be fluent and well extended from the shoulders.• Control should be demonstrated throughout the routine.• Shoulder displacement should be symmetrical through side support positions.• Shoulders should remain in the same direction throughout the routine. <p>If only 5 circles are performed, the gymnast will be subject to landing deductions on the 5th circle. If 6 or more circles are completed, the landing is not judged</p>

Rings

Rings – Please note these are signposts of some available deductions	
Element	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
Swings	Refer to diagrams which show the relevant deductions for height of the hips in swings.
All	Non-distinct body position: 0.1, 0.3, 0.5
All	Strength with swing or vice versa: 0.1, 0.3, 0.5
Arm bending	Note that cast from pike with bent arms into swings is acceptable
Additional full intermediate swings	Given 0.5 deduction for chronological error.

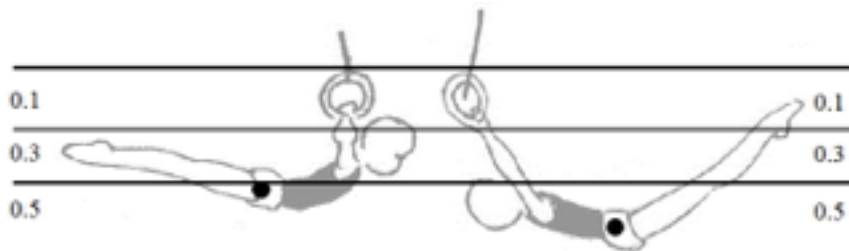


Diagram above shows heavy deduction for hip angle

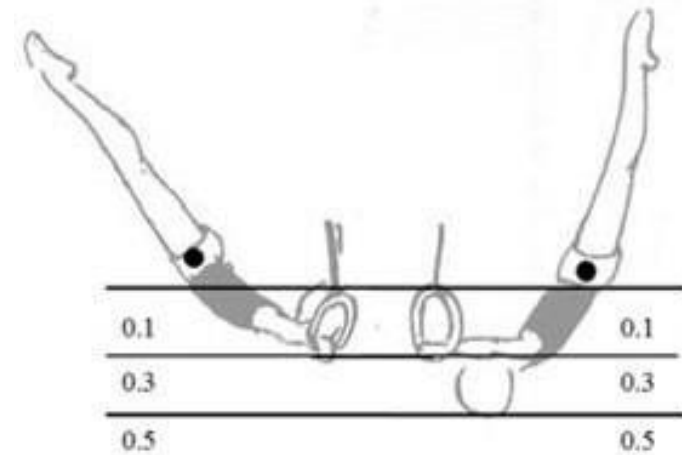


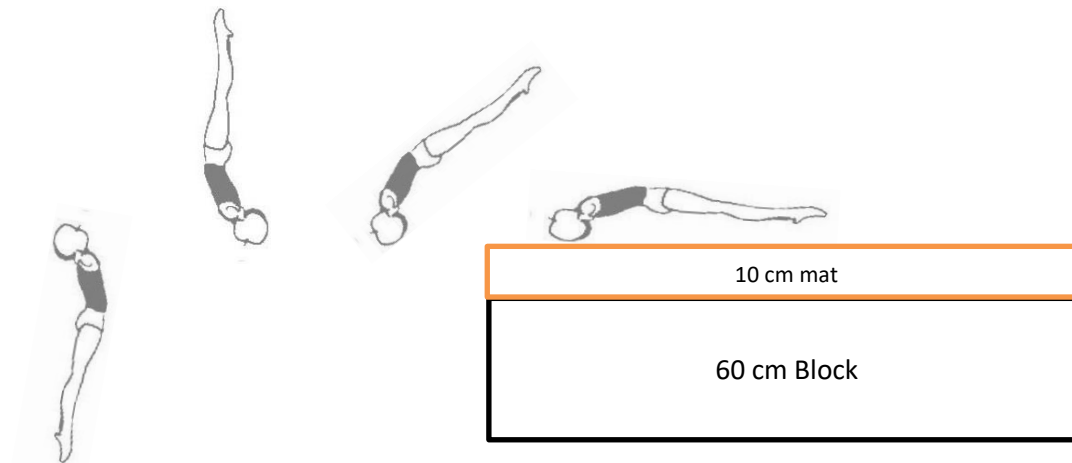
Diagram above shows no deduction hip angle.

Level 0 Rings Exercise

Element	Description (<i>values indicated in italics</i>)	Performance considerations
	<p>Gymnasts to be strapped onto rings with loops</p> <p>Coach lifts gymnasts to support, release then routine starts</p>	<p><u>Swing expectations</u></p>
1	Show <u>support</u> , rings turned out (2 sec) <i>(1.00)</i>	<p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p>
2	Controlled lower through muscle up position to hang <i>(1.0)</i>	
3	Pike legs over to German hang (2 sec) <i>(1.50)</i>	
4	Lift to inverted hang and cast into <i>(0.50)</i>	
5	Swing backwards, swing forwards <i>(2.0)</i>	
6	Swing backwards, swing forwards <i>(2.0)</i>	
7	Swing backwards, swing forwards <i>(2.0)</i>	
8		
9		
10	Judging will stop after 3 rd swing forwards; coach can then assist gymnast to dismount	

Vault

Vault – Please note these are signposts of some available deductions	
Phases	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
All	Non-distinct body position: 0.1, 0.3, 0.5
Flight	Insufficient height, no conspicuous rise of the body: 0.1, 0.3, 0.5
All	An incomplete vault or vault recognised as a different vault to the one denoted in the grade book is deemed an invalid vault, and will score 0.00. For example, straight front salto into immediate dive roll – if no dive roll performed, vault scores 0.00. For example, straight front salto into immediate dive roll – if tucked salto performed, vault scores 0.00.

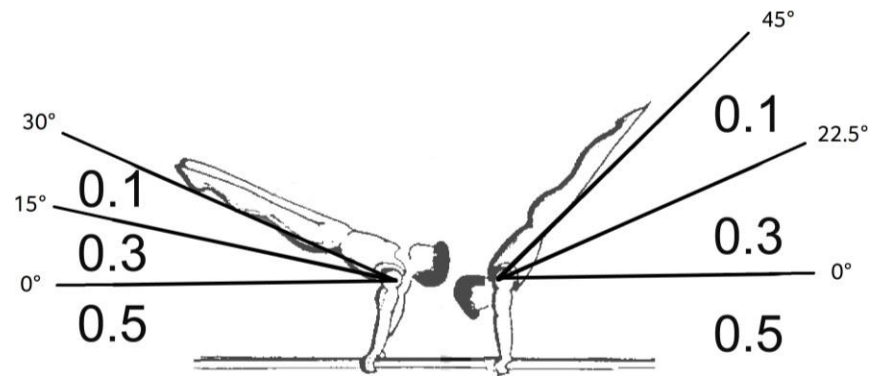


Level 0 Vault

Element	Description (<i>values indicated in italics</i>)	Performance considerations
	<p>Springboard onto 60cm high landing area + 10cm landing mat</p> <p>1 Straight front to flat back_ (<i>10.00</i>)</p>	<ul style="list-style-type: none">• Powerful, dynamic run up.• Distinct body shape on springboard leading to heel acceleration.• Distinct body shape in flight (as per diagram above) and rotation

Parallel Bars

Parallel Bars – Please note these are signposts of some available deductions	
Element	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
Swings	See diagram of general swing deductions: front and back swings.
Angular deviations on perfect held positions	Up to 15° = 0.1 ded 16° - 30° = 0.3 ded 31° - 45° = 0.5 ded >45° = 0.5 ded + non-recognition from D Jury
Additional full intermediate swings	0.50 deduction for the intermediate swing.

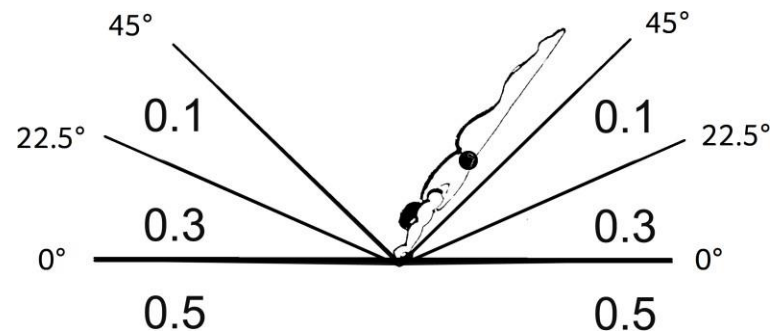


Level 0 Parallel Bars

Element	Description <i>(values indicated in italics)</i>	Performance considerations
	Bar height 140cm + 40cm landing mats	
	Gymnasts' shoulders to be level with bars, Springboards/Block permitted	
1	From stand, jump to <u>support</u> with straight arms (2 sec) <i>(1.00)</i>	<ul style="list-style-type: none"> • Swings in support should be dynamic and extended and achieve good end positions. • Held parts should be clearly shown with distinct line
2	<i>Lift legs (straddled) toward Russian lever (not held) into an immediate cast forward and, (1.00)</i>	
3	Swing backwards, swing Forwards <i>(2.0)</i>	
4	Swing backwards, swing Forwards <i>(2.0)</i>	
5	Swing backwards, swing Forwards <i>(2.0)</i>	
6	Swing backwards <i>(1.00)</i> and step across to one bar and flank dismount <i>(1.00)</i>	

Horizontal Bar

Horizontal Bar – Please note these are signposts of some available deductions	
Element	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5 Well described expectations on Horizontal Bar.
Swings	Performance expectation is above 45° Above horizontal: 22.5°-45°=0.1, 0°- <22.5° = 0.3, Below horizontal = 0.5
	Strength with swing or vice versa: 0.1, 0.3, 0.5
All	Deviation from plane of movement: 0.1, 0.3
Additional full intermediate swings	0.5 deduction for the intermediate swing.



Swings

Element	Description (<i>values indicated in italics</i>)	Performance considerations
1	From hang 1 x leg lift (lower feet to hang) (1.50)	<ul style="list-style-type: none"> Swings should exhibit a hang phase through the bottom of the bar
2.	Chin up circle over into continued under swing and, (1.50)	<ul style="list-style-type: none"> On element #2 – ensure chest and head are fixed in a neutral position
3	Swing Backward, Swing Forward (2.00)	<ul style="list-style-type: none"> Head neutral throughout.
4	Swing Backward, Swing Forward (2.00)	<ul style="list-style-type: none"> No visible kick action – 0.50 each time
5	Swing Backward, Swing Forward (2.00)	
6	Swing Backward, (1.00)	
8	Judging will stop after the 4 th swing backwards; coach may then assist dismount	