



Welsh Gymnastics  
Gymnasteg Cymru

# ABC SERIES 2025



## Gymnastics for All: ABC Competition Series 2025

### Welsh Gymnastics Competition Objective Fun, Friendship & Participation

#### Age Groups

Each level will have opportunities for the following age groups to compete

Please Note: All age groups are "in year"

7 in year for Tin only

8 in

year

9 - 10 in year

11 - 12 in year

13 - 14 in year

15 - 17 in year

18+ (Adult)

#### Competition Set Up

Each competition will be a 2-day event (Saturday and Sunday) however in cases of high entry numbers it will become a 3-day event (Friday evening)

Where possible at a 2-day event, Level 1 and 2 gymnasts will compete on Saturday, and Tin and Zinc gymnasts will compete on Sunday. Disability will compete with L1/L2

#### Competition Categories

At Welsh Gymnastics, we believe in providing opportunities for all, this is why we have categories to suit all levels and abilities.

At any ABC competition, gymnasts can choose the category they enter, gymnasts will compete on 4 apparatus with all 4 scores combined together to make their overall score and position.

#### The ABC Series League

There will be a minimum of 5 ABC competitions each year.

Clubs can enter 1 or all 5.

During each competition, any overall (OA) individual podium position, including overall team positions, will gain points for their club. All points are added together and put towards the overall club of the competition. The club of the competition will receive a trophy which Welsh Gymnastics will engrave. All points are carried over towards the end of year competition (Christmas Showdown), where the overall "Club Champions" will be announced.

1st Place = 10 Points

2nd Place = 8 Points

3rd Place = 5 Points

4th Place = 3 Points

5th Place = 2 Points

6th Place = 1 Point





# Gymnastics for All: ABC Competition Series

## Offering opportunities across the recreational pathway

### Fun, Friendship & Participation

### WAG Disability Level 1

<b>Routines</b>	All routines at level 1 are set and should be completed in the order they are written.			
	Age Categories: 8 in year, 9-10yrs, 11-12yrs, 13-14yrs, 15-17yrs, 18yrs + (ADULT)			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Requirements</b>	<p>Gymnasts must compete 2 vaults.</p> <p>Vault 1: <b>Run, stretch jump</b> from a springboard onto a block (position setting below)</p> <p>Vault 2: <b>Run, stretch jump</b> onto block, walk to the end, stretch jump dismount</p>	<p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> <li>* Jump to front support from a block</li> <li>* 3 x Casts</li> <li>* Stop and hold for 3 seconds</li> <li>* Cast away to land on the block</li> </ul>	<p>The set routine is to be completed in the order written.</p> <p>MOUNT: Jump to front support, lift leg around to sit in straddle</p> <ul style="list-style-type: none"> <li>* Passé balance</li> <li>* Relevé half turn on toes</li> <li>* Bunny hop</li> <li>* Straight jump</li> <li>* DISMOUNT: Star jump</li> </ul> <p><b>The routine should include artistry that moves forward, sideways, and backward.</b></p>	<p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> <li>* Passé balance (Hold for 3 seconds)</li> <li>* Chassé Catleap</li> <li>* L Shape handstand (Kick towards handstand)</li> <li>* Cartwheel 1/4 turn, tucked tuck jump (linked)</li> <li>* Relevé half turn on toes</li> </ul> <p><b>The routine should include artistry that moves forward, sideways, and backward.</b></p>
<b>Apparatus</b>	<p>Vault 1: 60cm Block - length ways</p> <p>Vault 2: 60cm block - width ways</p> <p>Springboard: Where possible a 4 or 5-spring power board will be used but <b>this is</b> not guaranteed</p>	<p>The low bar will be set at any height the gymnast chooses up to 175cm maximum</p> <p>Low bar <b>ONLY</b> to be used</p> <p>The block used to jump to mount the bar should be 60cm MAXIMUM</p>	<p>The beam height will be set at any height the gymnast chooses up to 125cm maximum</p> <p>Additional matting under the beam is allowed</p> <p>Maximum 2 full lengths of the beam allowed</p> <p>A jersey-style mat (depth 10cm) will be available for dismounts</p>	<p>No music to be used</p> <p>A full-sized sprung floor may be used but can not be guaranteed. Tumble strips (sprung or non-sprung) may be used.</p> <p>Maximum 1 length allowed</p>
<b>Judging Notes</b>	<p>Each vault to be judged out of 10.00</p> <p>Judges will average both scores to find the final vault score</p>	<p>Routine to be judged out of 12.00</p> <p>0.5 deducted for missing skill (* = skill)</p>	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill</p> <p>* = skill (mount is not included)</p>	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill (* = skill)</p>
<b>Artistry Awards</b>	N/A	N/A	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity
<b>Maximum Score available</b>	10.00 Marks	12.00 Marks	13.50 Marks	13.50 Marks



**Gymnastics for All: ABC Competition Series**  
Offering opportunities across the recreational pathway  
Fun, Friendship & Participation  
**WAG Disability Level 2**

<b>Routines</b>	All routines at level 2 are set and should be completed in the order they are written.			
	Age Categories: 8 in year, 9-10yrs, 11-12yrs, 13-14yrs, 15-17yrs, 18yrs + (ADULT)			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Requirements</b>	Gymnasts must compete 2 vaults  Vault 1: Squat on, straight jump off  Vault 2: Squat on, star jump off	The set routine is to be completed in the order written.  * Jump to front support from a block * Cast to return to the bar * Cast into a back hip circle * Forward circle down to land	The set routine is to be completed in the order written.  * A jump/leap * A balance on one foot * A half spin on one foot * L Shape handstand (Kick towards handstand) * Round off Dismount  <b>The routine should include artistry that moves forward, sideways, and backward.</b>	The set routine is to be completed in the order written.  * A balance * Chassé Catleap, Chassé Scissor leap (linked) * A half spin * Cartwheel 1/4, backward roll (linked) * Forward roll, star jump (linked)  <b>The routine should include artistry that moves forward, sideways, and backward.</b>
<b>Skill options</b>	N/A	N/A	Jump or Leap * Cat leap * Straight jump * Tuck jump Balance on one foot * Arabesque (must be held for 3 seconds) * Y Balance (must be held for 3 seconds) * Passé balance (must be held for 3 seconds)	A balance * Headstand - tucked (must be held for 3 seconds) * Arabesque (must be held for 3 seconds) * Y Balance (must be held for 3 seconds)
<b>Apparatus</b>	Vault 1 Table Vault: Set at 100cm Springboard: Where possible a 4 or 5-sprung power board will be used but will not be guaranteed  Vault 2 Stack of safety mats: Minimum 90cm - no maximum Springboard: Where possible a 4 or 5-sprung power board will be used but will not be guaranteed  Both vaults: A 60cm block may be used but vaults will be marked out of 10.00	The low bar will be set at any height the gymnast chooses up to 175cm maximum Low bar <b>ONLY</b> to be used The block used to jump to mount the bar should be 60cm MAXIMUM	The beam height will be set at any height the gymnast chooses up to 125cm maximum Additional matting under the beam is allowed Maximum 2 full lengths of the beam allowed A jersey-style mat (depth 10cm) will be available for dismounts	No music to be used A full-sized sprung floor may be used but can not be guaranteed. Tumble strips (sprung or non-sprung) may be used. Maximum 2 lengths allowed
<b>Judging Notes</b>	Each vault to be marked out of 12.50 Both vaults to be averaged to find the final score	Routine to be judged out of 12.00 0.5 deducted for missing skill (* = skill) Routines performed on high bar will be awarded a 0.5 bonus	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill)	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill)
<b>Artistry Awards</b>	N/A	N/A	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity
<b>Maximum Score available</b>	Vault 1: 12.50 Marks Vault 2: 12.50 Marks Judges will average both scores to find the final vault score	12.50 Marks - Low Bar Routine	13.50 Marks	13.50 Marks

ABC  
Offering opportunities across the Recreational Pathway  
Fun, Friendship & Participation  
WAG Disability Competition B

<p>Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted *Dance elements only</p>	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. <b>BARS/BEAM/FLOOR – 6 highest elements including dismount</b> <b>BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional</b> <b>FLOOR No acro lines required</b> Elements higher than a B* are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where any FIG Coded element may be repeated once for Difficulty Value <b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b></p>			
<b>Short Exercises</b>	<p>On Beam &amp; Floor, an exercise with 5 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 4 elements will be deducted 1.00 for each missing element.</p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions.
<b>Requirements</b>	<p><b>DV 3.00</b> ½ on to stand  Or <b>DV 2.50</b> Handspring Flat Back  Both onto Pile of Safety Mattresses at a 60cm, 90cm or 120cm to suit the gymnast.  Or <b>DV 1.00</b></p>	<p>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.5):</p> <ul style="list-style-type: none"> <li>A Float element on LB (uncoded OK)</li> <li>Close bar circle element [non flight] allowed</li> <li>Cast to minimum horizontal</li> <li>Any bar change LB – HB</li> <li>A dismount coded or listed uncoded</li> </ul> <p><b>A elements only allowed B/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><b>Maximum D Score 2.50</b></p>	<p>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> <li>½ spin on one foot</li> <li>Connection 2 Dance elements (can be same or different)</li> <li>Leap or jump with 180° split (cross or side) or straddle</li> <li>Acro element backwards (must be performed on the beam)</li> <li>Acro element forwards / sideways (must be performed on the beam)</li> </ul> <p><b>A elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><b>Maximum D Score 3.00</b></p>	<p>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> <li>Acro line with min 2 elements (non-flighted allowed)</li> <li>Mixed series minimum 2 directly connected elements</li> <li>A dance passage of 2 different leaps / hops – No split required</li> <li>Acro elements forwards / sideways &amp; backwards (non-flighted allowed)</li> <li>Flighted Acro element</li> </ul> <p><b>A elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><b>Maximum D Score 3.00</b></p>
<b>Uncoded Permitted Elements (receive 0.1 DV)</b>	<p>Straight jump on &amp; off 60cm block</p> <p><b>2.00 penalty for coach support. Applies to each vault.</b></p>	<p>Jump to FS on LB (from block) Float swing (from board, back to board) Chin up circle over mount Cast Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB</p> <p><b>Dismounts:</b> Counterswing (HB) Straddle, pike or clear undershoot Squat on LB jump forwards to land Cast circle forwards LB release to stand Cast push off LB to stand</p>	<p>Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap &amp; Stag jump ½ spin on one foot Handstand (not held) Arabesque (2 sec) Releve ½ turn Forward roll</p> <p>Backward roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam) Run rebound 2 feet straight jump dismount</p>	<p>Cat leap ½ Star jump Tuck jump Tuck jump ½ Straight jump ½ W Jump or hop with ½ Changement Stag leap Teddy bear roll</p> <p>Backward walkover Forward walkover Tic-toc Forward roll Handstand forward roll Backward roll with optional exit Backward roll to front support and / or handstand Cartwheel</p>
<b>Notes</b>	No other vaults are permitted at this level.	If using both bars, coach must be present for transition from LB to HB	Any mount may be used and be given value 'A' Coaches must be present for any salto dismount	No Acro line required A cat leap & a scissor kick can both be used and given value
<b>GBR Bonus (in addition to FIG)</b>		<p><b>0.3</b> – Upstart performed without a stop (awarded once) <b>0.3</b> – Cast above 45° <b>0.3</b> – Using both bars <b>0.1</b> – Stuck dismount</p>	<b>0.2</b> – Connection 2 different dance elements one with 180° split leap or jump	<p><b>0.1</b> – Dance passage with 180° split <b>0.2</b> – Acro line minimum 2 connected flighted elements <b>0.2 each</b> – Salto backwards &amp; forwards</p>



# Gymnastics for All: ABC Competition Series

## Offering opportunities across the recreational pathway

### Fun, Friendship & Participation

### MAG Level 1

Routines	All routines at level 1 are set and should be completed in the order they are written.			
	Age Categories: 8 in year, 9-10yrs, 11-12yrs, 13-14yrs, 15-17yrs, 18yrs + (ADULT)			
	Floor	Vault	P Bars	Low Bar
Requirements	<p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> <li>* Tucked headstand</li> <li>* Handstand forward roll, tuck jump (linked)</li> <li>* Straight jump, star jump (linked)</li> <li>* Cartwheel, backward roll (linked)</li> <li>* Half turn jump</li> </ul>	<p>Gymnasts must compete 2 vaults</p> <p>Vault 1: Squat on Stretch Jump Off</p> <p>Vault 2: Squat on Star Jump off      or Straddle Over</p>	<p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> <li>* Jump to front support from block</li> <li>* Hold tuck lever (hold for 3 seconds)</li> <li>* Lift legs to show straddle sit on bars</li> <li>* Pike lever (hold for 3 seconds)</li> <li>* Swing back to land on block</li> </ul>	<p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> <li>* Jump to front support from a block</li> <li>* 3 x Casts</li> <li>* Stop and hold for 3 seconds</li> <li>* Forward circle down</li> <li>* Hold chin up for 3 seconds before landing</li> </ul>
Apparatus	<p>A full-sized sprung floor may be used but can not be guaranteed. Tumble strips (sprung or non-sprung) may be used.</p> <p>Maximum 1 length allowed</p>	<p>Table Vault: Set at 100cm</p> <p>Springboard: Where possible a 4 or 5-spring power board will be used but will not be guaranteed</p>	<p>P Bars will be set at 170cm</p> <p>The block used to jump to mount the bar should be 60cm MAXIMUM</p>	<p>Gymnasts can use a wooden or metal bar to perform this routine.</p> <p>The low bar will be set at 175cm</p> <p>Low bar <b>ONLY</b> to be used</p> <p>The block used to jump to mount the bar should be 60cm MAXIMUM</p>
Judging Notes	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill (* = skill)</p>	<p>Each vault to be judged out of 10.00</p> <p>Vault 2: If a gymnast competes straddle over they will be awarded 1.0 bonus</p>	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill (* = skill)</p>	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill (* = skill)</p>
Artistry Awards	N/A	N/A	N/A	N/A
Maximum Score available	12.50 Marks	<p>Vault 1: 10.00 Marks</p> <p>Vault 2: 11.00 Marks</p>	12.50 Marks	12.50 Marks








# Gymnastics for All: ABC Competition Series


## Offering opportunities across the recreational pathway

### Fun, Friendship & Participation

### MAG Level 2

Routines	All routines at level 1 are set and should be completed in the order they are written.			
	Age Categories: 8 in year, 9-10yrs, 11-12yrs, 13-14yrs, 15-17yrs, 18yrs + (ADULT)			
	<b>Floor</b>	<b>Vault</b>	<b>P Bars</b>	<b>Bars</b>
Requirements	The set routine is to be completed in the order written.  * A balance * Dive roll (2/3 steps entry) * Scissor leap, tuck jump (linked) * Swedish Fall, join feet to show front support, jump feet to hands and stand * Hurdle jump, round off, star jump	Gymnasts must compete 2 vaults  Vault 1: Straddle over  Vault 2: Handstand flatback	The set routine is to be completed in the order written.  * Float swing * Jump from block to show front support * Dip * Swings x 2 * Swing back to land on block	The set routine is to be completed in the order written.  * Chin up circle over * Cast to return to the bar * Cast into a back hip circle * Undershoot
Skill options	A balance * Aarabesque (must be held for 3 seconds) * Y Balance (must be held for 3 seconds) * Tucked headstand (must be held for 3 seconds)	N/A	N/A	N/A
Apparatus	A full-sized sprung floor may be used but can not be guaranteed. Tumble strips (sprung or non-sprung) may be used. Maximum 2 lengths allowed	Vault 1 Table Vault: Set at 100cm Springboard: Where possible a 4 or 5-spring power board will be used but will not be guaranteed  Vault 2 Stack of safety mats: Minimum 90cm - no maximum Springboard: Where possible a 4 or 5-spring power board will be used but will not be guaranteed	P Bars will be set at 170cm The block used to jump to mount the bar should be 60cm MAXIMUM	Routine can be performed on the low bar or high bar Routine can be performed on wooden or metal bar For the low bar will be set at 175cm For the high bar routine the bar will be set at 250cm
Judging Notes	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill)	Each vault to be marked out of 12.50 Both vaults to be averaged to find the final score	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill)	Routines to be judged out of 12.00 0.5 deducted for missing skill (* = skill) Routines performed on high bar will be awarded a 0.5 bonus
Artistry Awards	N/A	N/A	N/A	N/A
Maximum Score available	12.50 Marks	Vault 1: 12.50 Marks Vault 2: 12.50 Marks Judges will average both scores to find the final vault score	12.50 Marks	12.00 Marks - Low Bar Routine 12.50 Marks - High Bar Routine

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Routines	All routines at level 1 are set and should be completed in the order they are written.			
	Age Categories: 8 in year, 9-10yrs, 11-12yrs, 13-14yrs, 15-17yrs, 18yrs + (ADULT)			
	Vault	Bars	Beam	Floor
Requirements	<p>Gymnasts must compete 2 vaults</p> <p>Vault 1: Squat on, Stretch Jump Off</p> <p>Vault 2: Squat on, Star Jump off or Straddle Over</p>	<p>The set routine is to be completed in the order written.</p> <p>* Jump to front support from a block</p> <p>* 3 x Casts</p> <p>* Stop and hold for 3 seconds</p> <p>* Forward circle down</p> <p>* Hold chin up for 3 seconds before landing</p>	<p>The set routine is to be completed in the order written.</p> <p>MOUNT: Jump to front support, lift leg around to sit in straddle</p> <p>* Arabesque or Y Balance</p> <p>* Relevé half turn on toes</p> <p>* L Shape handstand (Kick towards handstand)</p> <p>* Straight jump</p> <p>* DISMOUNT: Star jump</p> <p><b>The routine should include artistry that moves forward, sideways, and backward.</b></p>	<p>The set routine is to be completed in the order written.</p> <p>* Tucked headstand (Hold for 3 seconds)</p> <p>* Chassé Catleap, Chassé Catleap (linked)</p> <p>* Handstand forward roll, tucked jump (linked)</p> <p>* Cartwheel 1/4 turn, tucked backward roll (linked)</p> <p>* Half Spin</p> <p><b>The routine should include artistry that moves forward, sideways, and backward.</b></p>
Apparatus	<p>Table Vault: Set at 100cm</p> <p>Springboard: Where possible a 4 or 5-spring power board will be used but will not be guaranteed</p>	<p>The low bar will be set at 175cm</p> <p>Low bar <b>ONLY</b> to be used</p> <p>The block used to jump to mount the bar should be 60cm MAXIMUM</p>	<p>The beam height will be set at 125cm</p> <p>Maximum 2 full lengths of the beam allowed</p> <p>30cm safety mattress underneath allowed</p> <p>A jersey-style mat (depth 10cm) will be available for dismounts</p>	<p>No music to be used</p> <p>A full-sized sprung floor may be used but can not be guaranteed. Tumble strips (sprung or non-sprung) may be used.</p> <p>Maximum 2 length allowed</p>
Judging Notes	<p>Each vault to be judged out of 10.00</p> <p>Vault 2: If a gymnast competes straddle over they will be awarded 1.0 bonus</p> <p>Judges will average both scores to find the final vault score</p>	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill (* = skill)</p>	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill</p> <p>* = skill (mount is not included)</p>	<p>Routine to be judged out of 12.50</p> <p>0.5 deducted for missing skill (* = skill)</p>
Artistry Awards	N/A	N/A	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity
Maximum Score available	<p>Vault 1: 10.00 Marks</p> <p>Vault 2: 11.00 Marks</p>	12.50 Marks	13.50 Marks	13.50 Marks

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Routines	All routines at level 2 are set and should be completed in the order they are written.			
	Age Categories: 8 in year, 9-10yrs, 11-12yrs, 13-14yrs, 15-17yrs, 18yrs + (ADULT)			
	Vault	Bars	Beam	Floor
Requirements	Gymnasts must compete 2 vaults  Vault 1: Straddle over or squat through. Gymnasts can choose to repeat vault or do one of each vault	The set routine is to be completed in the order written.  * Chin up circle over * Cast to return to the bar * Cast into a back hip circle * Straddle undershoot	The set routine is to be completed in the order written. MOUNT: Jump to front support, lift leg around to sit in straddle * A jump/leap * A balance on one foot * A half spin on one foot * A forward roll or a cartwheel * Round off Dismount  The routine should include artistry that moves forward, sideways, and backward.	The set routine is to be completed in the order written.  * A balance * Chassé Catleap, Chassé Scissor leap (linked) * A full spin * Hurdle jump, round off, star jump (linked) * Dive roll  The routine should include artistry that moves forward, sideways, and backward.
Skill options	N/A	N/A	Jump or Leap * Cat leap * Tuck jump Balance on one foot * Arabesque (must be held for 3 seconds) * Y Balance (must be held for 3 seconds)	A balance * Headstand - tucked (must be held for 3 seconds) * Arabesque (must be held for 3 seconds) * Y Balance (must be held for 3 seconds)
Apparatus	Vault 1 Table Vault: Set at 100cm Springboard: Where possible a 4 or 5-spring power board will be used but will not be guaranteed	Routine can be performed on the low bar or high bar For the low bar will be set at 175cm For the high bar routine the bar will be set at 250cm	The beam height will be set at 125cm Maximum 2 full lengths of the beam allowed 30cm safety mattress underneath allowed A jersey-style mat (depth 10cm) will be available for dismounts	No music to be used A full-sized sprung floor may be used but can not be guaranteed. Tumble strips (sprung or non-sprung) may be used. Maximum 2 lengths allowed
Judging Notes	Vault to be marked out of 12.50 Both vaults to be averaged to find the final score	Routines to be judged out of 12.00 0.5 deducted for missing skill (* = skill) Routines performed on high bar will be awarded a 0.5 bonus	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill)	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill)
Artistry Awards	N/A	N/A	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity
Maximum Score available	Vault : 12.50 Marks  Judges will average both scores to find the final vault score	12.00 Marks - Low Bar Routine 12.50 Marks - High Bar Routine	13.50 Marks	13.50 Marks

For this level ONLY there will be a 7 in year category - as per email circulated 02/03/2025



# ABC

## Offering opportunities across the Recreational Pathway

### Fun, Friendship & Participation

### WAG TIN Level

## WAG CLASSIC CHAMPIONSHIPS 2024

BG WTC  
Updated 22/07/2024

### TIN – 8 Years+ (County / Regional competition only)

<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 15 Code of Points [2022]  Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied.  <b>BARS/BEAM/FLOOR – 5 highest elements including dismount</b>  <b>BEAM/FLOOR – 2 acrobatic + 2 dance + 1 optional</b> <b>FLOOR No acro lines required</b>  Elements higher than a B* are not allowed and no Difficulty Value, CR or bonus will be given if they are performed.  Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise  Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value  <b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b></p>				
<p>On Beam &amp; Floor, an exercise with 4 elements or less will be deducted 1.00 for each missing element.  On Bars, an exercise with less than 4 elements will be deducted 1.00 for each missing element.</p>				
<p><b>Short Exercises</b></p>				
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions.
<b>Requirements</b>	<p><b>DV 2.30</b></p> <p>Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast.</p> <p>2.00 penalty for coach support. Applies to each vault.</p> <p>Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p><b>Low Bar only routine</b></p> <p>A Gymnast should fulfil 3 of the 4 CR's (Maximum awarded 1.5):</p> <ul style="list-style-type: none"> <li>Upstart (no penalty if stop after)</li> <li>Close bar circle element (back hip circle allowed)</li> <li>Cast to minimum horizontal</li> <li>A dismount coded or listed uncoded</li> </ul> <p><b>A elements only allowed</b> B*/C/D or more – no DV or CR</p> <p><b>Maximum D Score 2.00</b></p>	<p>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50):</p> <ul style="list-style-type: none"> <li>½ spin on one foot</li> <li>Connection 2 Dance elements (can be same or different)</li> <li>Leap or jump with 180° split (cross or side) or straddle</li> <li>Acro element backwards (must be performed on the beam)</li> <li>Acro element forwards / sideways (must be performed on the beam)</li> </ul> <p><b>A elements only allowed with the exception of B dance elements</b> B*/C/D or more – no DV or CR</p> <p><b>Maximum D Score 2.30</b></p>	<p>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50):</p> <ul style="list-style-type: none"> <li>Acro line with min 2 elements (non-flighted allowed)</li> <li>Mixed series minimum 2 directly connected elements</li> <li>A dance passage of 2 different leaps / hops – No split required</li> <li>Acro elements forwards / sideways &amp; backwards (non-flighted allowed)</li> <li>Flighted Acro element</li> </ul> <p><b>A elements only allowed with the exception of B dance elements</b> B*/C/D or more – no DV or CR</p> <p><b>Maximum D Score 2.30</b></p>
<b>Uncoded Permitted Elements (receive 0.1 DV)</b>		<p>Chin up circle over mount</p> <p>Cast to within 45° handstand</p> <p>Float swing (from board or floor, back to board or floor)</p> <p>Cast</p> <p>Straddle or pike on undershoot dismount from LB</p> <p>Squat on LB jump forwards to land as dismount</p>	<p>Any mount</p> <p>Tuck jump</p> <p>Stretched or arched jump</p> <p>Stretched jump ½</p> <p>Changement</p> <p>½ spin on one foot</p> <p>Forward roll</p> <p>Backward shoulder roll</p> <p>Cartwheel rebounding</p> <p>straight jump dismount</p> <p>Roundoff Dismount</p> <p>Handspring dismount</p> <p>Cartwheel to handstand drop down dismount (side of beam)</p>	<p>Cat leap ½</p> <p>Tuck jump</p> <p>Changement</p> <p>Stag leap</p> <p>Backward walkover</p> <p>Forward walkover</p> <p>Tic-toc</p> <p>Backward roll to front support and / or handstand</p> <p>Backward roll with optional exit</p> <p>Cartwheel</p>
<b>Notes</b>	No other vaults are permitted at this level.	See clarifications.	Any mount may be used and be given value 'A' Coaches are encouraged to be present for all dismounts, but must be present for any salto dismount	No Saltos are allowed at this level. No Acro line required
<b>Barred Elements</b>		'A' or listed uncoded elements only permitted	Any acro elements above 'A'	No Saltos are permitted at this level.

\*\*\* updated criteria pending in terms of element value in the new CoP



## **Additional Clarifications for Tin Level**

Element recognition and deductions are as per FIG CoP unless the rules specify otherwise. An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised. 'A' value elements only are permitted at this level (**except 'B' dance elements** for CR).

There are no bonus' at this level.

### **Vault:**

- Only the specified vault may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- **This is a low bar only routine.**
- Deductions as per FIG unless stated otherwise
- **4 elements only are required**
- **A routine with less than 4 elements will be deducted 1.00 for each missing element**
- A float swing from board back to board does NOT carry a fall penalty if the gymnast releases the bar
- Gymnasts may start their exercise between the bars and dismount away from the bars
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved if needed, but must not block the judges' view.

### **Beam:**

- 5 elements only are required – 1.00 penalty for each missing element
- A backward roll on one shoulder will class as a backwards element at this level.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- 'B' **dance** elements only are permitted
- Coaches must be present for any salto dismount (or 1.00 penalty).

### **Floor:**

- 5 elements only are required – 1.00 penalty for each missing element
- An acro element may be repeated without DV for purposes of fulfilling a mixed skill set
- 'B' **dance** elements only are permitted

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on **beam & floor**). Any higher value elements will receive NO DV or

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<div><div>0°</div><div>No cast deduction</div><div>90°</div><div>0.10</div></div>	<div><div>Handstand (0°) to 90°</div><div>No cast deduction With value (D Panel)</div></div> <div><div>Below 90°</div><div>0.10 cast deduction With value (D Panel)</div></div>
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ABC  
Offering opportunities across the Recreational Pathway  
Fun, Friendship & Participation  
WAG ZINC Level

Uncoded = 0.10 A = 0.10 B = 0.20 Moves of higher value are not permitted	<p>Elements will be given Difficulty Value according to Rules &amp; Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional FLOOR No acro lines required Elements higher than a B are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. <b>On Bars, Beam &amp; Floor, A or listed uncoded dismounts only permitted. Dismount of B are not allowed and no DV, CV, CR or bonus will be given if they are performed.</b> Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value <b>IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</b></p>			
Short Exercises	<p>On Beam &amp; Floor, an exercise with 5 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with <b>less than 5 elements</b> will be deducted 1.00 for each missing element.</p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
Apparatus	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions.
Requirements	<p><b>DV 2.50</b> Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast. Or <b>DV 3.00</b> ½ on to stand Or <b>DV 3.00</b></p>	<p>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.5):</p> <ul style="list-style-type: none"> <li>Upstart (no penalty if stop after)</li> <li>Close bar circle element (back hip circle allowed)</li> <li>Cast to minimum horizontal</li> <li>Any bar change LB – HB</li> <li>A dismount coded or listed uncoded</li> </ul> <p><b>A/ B elements only allowed C/D or more – no DV</b></p> <p><b>Maximum D Score 2.50</b></p>	<p>A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> <li>½ spin on one foot</li> <li>Connection 2 different Dance elements</li> <li>Leap or jump with 180° split (cross or side) or straddle</li> <li>Acro element backwards (must be performed on the beam)</li> <li>Acro element forwards / sideways (must be performed on the beam)</li> </ul> <p><b>A/ B elements only allowed C/D or more – no DV</b></p> <p><b>Maximum D Score 3.00</b></p>	<p>A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> <li>Acro line with min 2 elements (non-flighted allowed)</li> <li>Mixed series minimum 2 directly connected elements</li> <li>A dance passage of 2 different leaps / hops – No split required</li> <li>Acro elements forwards / sideways &amp; backwards (non-flighted allowed)</li> <li>Flighted Acro element</li> </ul> <p><b>A/ B elements only allowed C/D or more – no DV</b></p> <p><b>Maximum D Score 3.00</b></p>
Uncoded Permitted Elements (receive 0.1 DV)	<p>Yurchenko prep to stand Both onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast. 2.00 penalty for coach support. Applies to each vault. Best score of 2 performed vaults. (No deduction if only 1 vault performed)</p>	<p>Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¼ Giant from LB to HB Straddle or pike on undershoot dismount Chin up circle over mount Cast to within 45° handstand Float swing (from board or floor, back to board or floor) Straddle, pike dismount from LB or HB Squat on LB jump forwards to land as dismount</p>	<p><b>Any mount</b> Tuck jump Stretched or arched jump Stretched jump ½ Changement ½ spin on one foot</p> <p>Forward roll Backward shoulder roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam)</p>	<p>Cat leap ½ Tuck jump Changement Stag leap</p> <p>Backward walkover Forward walkover Tic-toc Backward roll to front support and / or handstand Backward roll with optional exit Cartwheel</p>
Notes	No other vaults are permitted at this level.	See clarifications. If using both bars, the coach must stand between the bars.	Any mount may be used and be given value 'A' Coaches are encouraged to be present for all dismounts, but must be present for any salto dismount	No Acro line required
GBR Bonus (in addition to FIG) Only awarded if performed without a fall		<p>0.3 – Upstart performed without a stop (awarded once) 0.3 – Cast above 45° 0.3 – Using both bars 0.1 – Stuck dismount</p>	<p>0.2 – Connection 2 different dance elements one with 180° split leap or jump</p>	<p>0.1 – Dance passage with 180° split 0.2 – Acro line minimum 2 connected flighted elements 0.2 each – Salto backwards &amp; forwards</p>

## **Additional Clarifications for Zinc Level**

Element recognition and deductions are as per FIG CoP unless the rules specify otherwise.  
An element can be utilised to fulfil more than one CR (unless otherwise stated).  
Listed uncoded elements can be used for DV, CR & Bonus and will be recognised.  
Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if the Maximum D score includes any bonus awarded.

### **Vault:**

- Only the specified vaults may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

### **Bars:**

- Deductions as per FIG unless stated otherwise
- 5 elements only are required
- A routine with less than 5 elements will be deducted 1.00 for each missing element
- There is no penalty for using only the low bar and no requirement to use both bars
- Gymnasts using only the low bar, may start their exercise between the bars and move away from the bars.
- If using both bars, the coach **must** stand between the bars and be present for the entire routine between the bars (or 1.00 penalty).
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle, squat / stoop / straddle on
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved

### **Beam:**

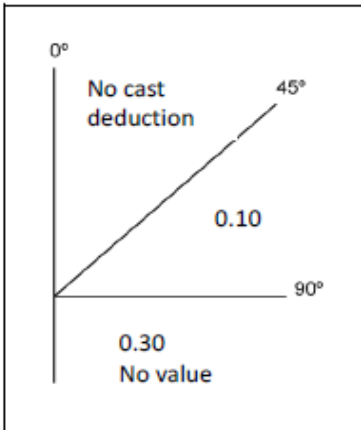
- 6 elements only are required – 1.00 penalty for each missing element
- A backward roll on one shoulder will **count as an acro element, but will not fulfil**
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- Coaches must be present for any salto dismount (or 1.00 penalty).

### **Floor:**

- 6 elements only are required – 1.00 penalty for each missing element
- An acro element may be repeated without DV for purposes of fulfilling a mixed set
- Bonus for backward salto can only be awarded if performed within an acro line or a line for bonus.



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sed with the same value as 'A' elements.  
f performed without a fall.

nent ars. d dismount  he transition  le or from a		Handstand (0°) to 45°    No deduction
		>45° to 90°    0.10 deduction
		Below 90°    0.30 deduction No value (D panel)

ved/placed as needed, but must not block the judges' view.

CR 4. The backward roll in the CoP (4.105) will count for CR.

series  
and without a fall. The front salto can be performed in or out of an acro