



## 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"

8 in year (Ineligible for L3)

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 L3 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 = 6 Points

2nd Place = 5 Points

3rd Place = 4 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 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>	Gymnasts must compete 2 vaults  Vault 1: Squat on, Stretch Jump Off  Vault 2: Squat on, Star Jump off or Straddle Over	The set routine is to be completed in the order written.  * Jump to front support from a block * 3 x Casts * Stop and hold for 3 seconds * Forward circle down * Hold chin up for 3 seconds before landing	The set routine is to be completed in the order written.  MOUNT: Jump to front support, lift leg around to sit in straddle * Arabesque or Y Balance * Relevé half turn on toes * L Shape handstand (Kick towards handstand) * Straight jump * DISMOUNT: Star jump  <b>The routine should include artistry that moves forward, sideways, and backward.</b>	The set routine is to be completed in the order written.  * Tucked headstand (Hold for 3 seconds) * Chassé Catleap, Chassé Catleap (linked) * Handstand forward roll, tucked jump (linked) * Cartwheel 1/4 turn, tucked backward roll (linked) * Half Spin  <b>The routine should include artistry that moves forward, sideways, and backward.</b>
<b>Apparatus</b>	Table Vault: Set at 100cm Springboard: Where possible a 4 or 5-spring power board will be used but will not be guaranteed	The low bar will be set at 175cm 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 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 length allowed
<b>Judging Notes</b>	Each vault to be judged out of 10.00 Vault 2: If a gymnast competes straddle over they will be awarded 1.0 bonus Judges will average both scores to find the final vault score	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, 0.3 deducted per missing artistry requirement (FWD/BWD/SIDE) * = skill (mount is not included)	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: 10.00 Marks Vault 2: 11.00 Marks	12.50 Marks	13.50 Marks	13.50 Marks



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**WAG 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: 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  <b>The routine should include artistry that moves forward, sideways, and backward.</b>	The set routine is to be completed in the order written.  * Balance Scale * Chassé Catleap, Chassé Scissor leap (linked) * A full spin * Hurdle jump, round off, star jump (linked) * Dive Forward Roll  <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 * 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)
<b>Apparatus</b>	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
<b>Judging Notes</b>	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) 0.3 penalty per missing artistry requirement (FWD/BWD/SIDE)	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 : 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

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WAG Level 3

Routines	Bars to be completed as set routine (including order). Beam & Floor to be constructed in the order that best benefits the participant. Age Categories: 9-10yrs, 11-12yrs, 13-14yrs, 15-17yrs, 18yrs + (ADULT) (There is no 8yrs for L3 in line with the WAG Pathway Competitions)			
	Vault	Bars	Beam	Floor
Requirements	Gymnasts must compete 2 vaults  Vault 1: Handspring to flat back  Vault 2: Handspring to flat back	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 * Squat on to catch the high bar, Swing up to support * Straddle or Pike undershoot	The routine must include these skills (in any order). MOUNT: Optional * Two leaps or jumps connected (can be the same of different) * A one foot balance * A half spin on one foot * An acro skill (either forwards, sideways or backwards) * DISMOUNT: Any 'A Value' dismount from the Code of Points  <b>The routine should include artistry that moves forward, sideways, and backward.</b>	The routine MUST include these skills (in any order)  * Dance passage of 2 different leaps or hops connected. Skills to be chosen from th list below. * Acro line with min 2 flighted elements connected * Round off Straddle jump * Non flighted acro skill (forwards/sideways or backwards). Skill to be chosen from the list below. * Full spin  <b>The routine should include artistry that moves forward, sideways, and backward.</b>
Skill options	N/A	N/A	Jump or Leap * Tuck jump * Star jump * Stretched or arched jump * Stretched jump ½ * Changement * Cat leap * Split jump or leap  Acro Skill * Forward roll * Backward roll * Cartwheel * Backward walkover  Balance on one foot * Arabesque (must be held for 3 seconds) * Y Balance (must be held for 3 seconds)	Jumps or leaps * Tuck jump * Star jump * Stretched or arched jump * Stretched jump ½ * Changement * Cat leap * Scissor leap * Split jump or leap  Flighted acro skills * Round off * Flick * Handspring * Tuck Back Somersault * Tuck Front Somersault  Non flighted acro skills * Handstand forward roll * Cartwheel (side to side or 1/4 turn) * Backward walkover * Forward walkover
Apparatus	Piled mats to height of 60cm, 90cm or 120cm Springboard: Where possible a 4 or 5 spring power board will be used but will not be guaranteed	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.	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	Routine and Music to be 90 seconds maximum FIG Floor Apparatus to be used
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 12.50 0.5 deducted for missing skill (* = skill)  No deductions to be taken for an empty the upward circle and the swing after backhip circle  Coaches MUST be present for the bar change and dismount	Routine to be judged out of 12.50 0.5 deducted per missing skill (* = skill) 0.3 penalty per missing artistry requirement (FWD/BWD/SIDE) Coaches MUST be present for any somersault dismounts	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill) Acro skills may be repeated without DV for purposes of fulfilling a mixed series CR
Artistry & Bonus Awards	N/A	0.1 bonus for a stuck dismount landing	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity  0.1 bonus for a stuck dismount landing	Each routine will be awarded up to a 1.0 bonus mark for artistry and creativity  0.3 awarded if a somersault is completed (maximum of 2 somersaults)
Maximum Score available	Both vaults : 2.5 DV Score calculated by average of two vaults.	12.50 Marks - Complete the set routine 13.1 with a bonus	13.6 Marks (12.5 + 1.0 Artistry + 0.1 Stick Bonus)	13.5 Marks 13.8 with 1 somersault & 14.1 with 2 x somersaults



# ABC

## Offering opportunities across the Recreational Pathway

### Fun, Friendship & Participation

### WAG TIN Level

<p>Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted <i>*Dance elements only</i></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. BARS/BEAM/FLOOR – 5 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 1 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. 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>			
<b>Short Exercises</b>	<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>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	<p>Piled mats to height of 60cm, 90cm or 120cm 1 x springboard</p>	<p>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.</p>	<p>A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions.</p>
<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/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><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*/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><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*/C/D or more – no DV or CR</b></p> <p style="text-align: center;"><b>Maximum D Score 2.30</b></p>
<b>Uncoded Permitted Elements (receive 0.1 DV)</b>		<p>Chin up circle over mount Cast to within 45° handstand Float swing (from board or floor, back to board or floor) Cast Straddle or pike on undershoot dismount from LB Squat on LB jump forwards to land as dismount</p>	<p>Any mount 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>
<b>Notes</b>	<p>No other vaults are permitted at this level.</p>	<p>See clarifications.</p>	<p>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</p>	<p>No Saltos are allowed at this level. No Acro line required</p>
<b>Barred Elements</b>		<p>'A' or listed uncoded elements only permitted</p>	<p>Any acro elements above 'A'</p>	<p>No Saltos are permitted at this level.</p>

### Additional Clarifications for Tin Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state 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 with the same value as 'A' elements.

'A' value elements only are permitted at this level (**except 'B' dance elements on beam & floor**). Any higher value elements will receive NO DV or 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:**

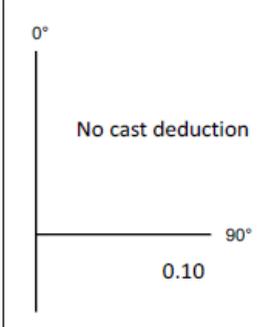
- **This is a low bar only routine.**
- Deductions as per FIG unless stated otherwise
- **4 elements only are required**
- **A routine with less than 4 elements will be deducted 1.00 for each missing element**
- A float swing from board back to board does NOT carry a fall penalty if the gymnast releases 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/placed as 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 series
- 'B' **dance** elements only are permitted

 <p>No cast deduction</p>	<p>Handstand (0°) to 90° No cast deduction With value (D Panel)</p> <p>Below 90° 0.10 cast deduction With value (D Panel)</p>
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**MAG 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>Floor</b>	<b>Vault</b>	<b>P Bars</b>	<b>Low Bar</b>
<b>Requirements</b>	<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>* Piked 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>
<b>Apparatus</b>	A full-sized sprung floor may be used but can not be guaranteed. Tumble strips (sprung or non-sprung) may be used. Maximum 1 length allowed	Table Vault: Set at 100cm 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	Gymnasts can use a wooden or metal bar to perform this routine. The low bar will be set at 175cm Low bar <b>ONLY</b> to be used The block used to jump to mount the bar should be 60cm MAXIMUM
<b>Judging Notes</b>	Routine to be judged out of 12.50 0.5 deducted for missing skill (* = skill)	Each vault to be judged out of 10.00 Vault 2: If a gymnast competes straddle over they will be awarded 1.0 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>Maximum Score available</b>	12.50 Marks	Vault 1: 10.00 Marks Vault 2: 10.00 or 11.00 Marks (Straddle Over)	12.50 Marks	12.50 Marks



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**MAG Level 2**

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)			
	<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.  * From Block Float swing OR Upstart to Upper Arm (0.5 Bonus) * Jump from block to show Support * Dip * Swings x 3 * Swing back to land on block	The set routine is to be completed in the order written.  * Leg Lift * Chin up circle over * Cast to return to the bar * Cast into a back hip circle * Undershoot
Skill options	* Balance Scale Arabesque (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-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	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 12.50 0.5 deducted for missing skill (* = skill) Routines performed on high bar will be awarded a 0.5 bonus
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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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>	Gymnasts must compete 2 vaults.  Vault 1: <b>Run, stretch jump</b> from a springboard onto a block (position setting below)  Vault 2: <b>Run, stretch jump</b> onto block, walk to the end, stretch jump dismount	The set routine is to be completed in the order written.  * Jump to front support from a block * 3 x Casts * Stop and hold for 3 seconds * Cast away to land on the block	The set routine is to be completed in the order written.  MOUNT: Jump to front support, lift leg around to sit in straddle * Passé balance * Relevé half turn on toes * Bunny hop * Straight jump * DISMOUNT: Star jump  <b>The routine should include artistry that moves forward, sideways, and backward.</b>	The set routine is to be completed in the order written.  * Passé balance (Hold for 3 seconds) * Chassé Catleap * L Shape handstand (Kick towards handstand) * Cartwheel 1/4 turn, tucked tuck jump (linked) * Relevé half turn on toes  <b>The routine should include artistry that moves forward, sideways, and backward.</b>
<b>Apparatus</b>	Vault 1: 60cm Block - length ways Vault 2: 60cm block - width ways Springboard: Where possible a 4 or 5-spring power board will be used but <b>this is</b> not guaranteed	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 1 length allowed
<b>Judging Notes</b>	Each vault to be judged out of 10.00 Judges will average both scores to find the final vault score	Routine to be judged out of 12.00 0.5 deducted for missing skill (* = skill)	Routine to be judged out of 12.50 0.5 deducted for missing skill, 0.3 deducted per missing artistry requirement * = skill (mount is not included)	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>	10.00 Marks	12.00 Marks	13.50 Marks	13.50 Marks



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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-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  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), 0.3 deducted per missing artistry requirement (FWD/BWD/SIDE)	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

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<p>Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted <i>*Dance elements only</i></p>	<p style="text-align: center;">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. 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>			
<p><b>Short Exercises</b></p>	<p style="text-align: center;">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>	<p>Piled mats to height of 60cm, 90cm or 120cm 1 x springboard</p>	<p>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.</p>	<p>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).</p>	<p>FIG Floor Regulations except acro lines where no acro line are required. A routine with no acro lines will not incur dismount deductions.</p>
<b>Requirements</b>	<p><b>DV 3.00</b> ½ on to stand <b>Or</b> <b>DV 2.50</b> Handspring Flat Back Both onto Pile of Safety Mattresses at a 60cm, 90cm or 120cm to suit the gymnast. <b>Or</b> <b>DV 1.00</b></p>	<p>A Gymnast should fulfill 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 <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) LB release to stand Cast push off LB to stand ¼ 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>	<p>No other vaults are permitted at this level.</p>	<p>If using both bars, coach must be present for transition from LB to HB</p>	<p><b>Any mount may be used and be given value 'A'</b> Coaches must be present for any salto dismount</p>	<p>No Acro line required <b>A cat leap &amp; a scissor kick can both be used and given value</b></p>
<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>	<p><b>0.2</b> – Connection 2 different dance elements one with 180° split leap or jump</p>	<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>