



Welsh Gymnastics
Gymnasteg Cymru

Llawlyfr Cystadleuaeth
Gymnasteg i Bawb 2026

Gymnastics for All Competition
Handbook 2026

V1.3 (22/03/2026)

Changelog

Version 1.1 - 04/02/2026

Version 1.2 23/02/2026

Version 1.3 (Current) updated & correct as of 22/03/2026

1. Preliminary Championships information updated to reflect correct age groups and eligibility for National Finals,
 - 1.1. Age 6/7 years age category is area competition only,
 - 1.2. Gymnasts must be 8 in year or older to qualify for National Finals.
2. Preliminary Championships Ruling Clarification on FX Bonuses (23/02/2026)
 - 2.1. Level 3 – FX Bonus requires two different skills valued at 0.5 bonus credit be performed in order to receive the full 1.00 difficulty bonus.
 - 2.2. Gymnasts must perform two different skills e.g. RO > Flic > Tucked BWD Somersault would receive 0.5 (Flic) + 0.5 (Tucked BWD Somersault).
 - 2.3. Repeated skills are allowed, however repeating a bonus credited skill will only receive 0.5 once. E.g. RO > Flic > Flic would receive 0.5 bonus. Both flics will still be counted towards skill count requirements.
3. ABC 2026 Corrections & Clarifications
 - 3.1. WAG L1 – Formatting Corrections.
 - 3.2. WAG L3 – Formatting Corrections.
 - 3.3. WAG L3 – Bars Bonus changed from 13.1 to 12.6 to correct error.
 - 3.4. WAG L3 – Floor CR4 (*) changed for clarification to allow either a non-flighted acro skill OR a flighted acrobatic skill to be performed to receive full bonus credit.

Introduction

Our mission as a GFA technical Panel is to provide positive, inclusive and fun competitive opportunities for all participants across Wales.

Please refer to this handbook for general rules, criteria and contact details for all competitions and events throughout the period of January to December, 2026.

Participants who compete in the Bronze membership category competitions will not be permitted to compete in Silver membership category competitions or trial for area squads during that competition year (January – December)

We respect and value the knowledge and experience of our coaches in Wales and therefore it is at the coaches' discretion as to which pathway their gymnasts compete within for that membership year. **Coaches should enter gymnasts into appropriate competitions for the level that they train at.**

All competitions within this handbook are inclusive which allows for competitive opportunities for all individuals. Criteria can be found within each competition.

Contacts

Competition Queries:

competitions@welshgymnastics.org

Generic Development Queries:

Development@welshgymnastics.org

Safeguarding & Welfare Concerns/Queries:

safeguarding@welshgymnastics.org

Gymnastics for All Technical Panel

Welsh Gymnastics Representative: Maria Gaynor

Competition Lead: Kathryn Griffiths

Discipline Lead: Jazz Tredinnick

Judging Lead: Harri Pugh

For any event/competition queries please use the competitions@welshgymnastics.org email address.

Changes for 2026

Judges

New & Updated GFA Generic Judging Guidelines & Rules added to handbook.

Judges are required for each day of competition. Failure to adhere to this will result in a fine issued to the club. Judges could be required on any day, and not necessarily on the day their gymnasts/club are competing.

To judge any GFA event moving forward there will be an expectation of clubs to provide either a club or GFA judge. To help with judging confidence at the Tin Level Sarah Twose (WAG Brevet) has agreed to put on a workshop to develop skill recognition and D Jury knowledge.

Volunteers

Anyone aged 16 and over must have a current DBS on the day of the competition.

Preliminary Championships (Prelims) Criteria

New for 2026, age groups have been changed and new criteria

Late Entries

Moving into 2026 once the final copy of the running order has been sent out no changes (unless withdrawals due to illness or injury) will be accepted.

New Event - GymTastic

The GymTastic Event is an opportunity for gymnasts who train between 45 mins and 90 mins per week. The event was piloted last year (2025) and was a great success. The criteria can be found at the end of the document as Appendix #1. There will be an event in the North, in the West and one in South Central

The GFA Event Calendar 2026 is available via the
[Welsh Gymnastics Website](#)

Information

General Competition Information & Codes of Conduct

All information including codes of conduct, health & safety and general competition information can be found in the Welsh Gymnastics Competition Handbook. (Please see resources sections of the website).

Age Groups

The age groups for all development competitions are consistent categories across all competitions:

- 6 years (Area Competitions Only),
- 7 years (Area Competitions Only; with the exception of ABC Tin, where an age 7 option will remain),
- 8 in year,
- 9 in year,
- 10 in year,
- 11 –12 years,
- 13 – 14 years,
- 15 – 17 years,
- 18 years plus,
- ABC Age Groups: 8yrs, 9-10yrs, 10-11yrs, 13-14yrs, 15-17yrs, 18yrs plus. Where age groups have many entries, age groups will be split randomly to give gymnasts more opportunity to make podium finishes.

Entry Fees

- £10.00 per individual for all GFA Entries,
- Teams to consist of 3-5 individually entered gymnasts,
- Team charge: £10 per team + Individual Entry Fee (across all events),
- Spectator Fees: All GFA events, Adult: £8 Child: £5 ,
- All GFA events will be pre-ticketed events.

Eligibility

- Although all GFA competitions and events require bronze membership, we recognise that gymnasts develop at very different stages. To ensure fairness, any gymnast that has taken part in any of the following will be refused entry to any competition listed within the handbook:
 - Squad trials – Area, Regional and National,
 - Welsh Championships,
 - WAG Area and Prep/Excel Grades, MAG National Development Pathway,
 - Classic Challenge: Zinc and Above

Medals

- Trophies will be awarded to 1st, 2nd, and 3rd positions along with medals, then ribbons for 4th, 5th and 6th. We are also including different medals for apparatus finishes,
- Team medals will be presented to teams in 1st, 2nd and 3rd and ribbons for 4th, 5th and 6th.

Coaches

- All coaches are to remain professional at Welsh Gymnastics GFA Events (Please familiarise yourself with the code of conduct, see Generic Judging Guidelines & Rules),
- All coaches must have a current DBS, SPC and Appropriate Membership Level on the day of competition,
- Coaches must be appropriately qualified to the level of the gymnasts competing,
- Coaches **must not** approach judges. If there are any score query this will be dealt with by the competition organiser who will correspond with judges where applicable.
- All coaches **must** ensure they are wearing appropriate clothing for coaching which is safe and smart,
- No jewellery to be worn, hair must be tied back,
- Only approved coaches submitted either via Sport80 or on a one drive document will be permitted on the competition floor or warm area. Clubs will be notified if coaches that do not reach the above criteria. Please ensure **all coaches names are submitted** prior to the event.
- No babies or toddlers will be allowed access to the competition floor.

Gymnasts

- Participate within the rules and respect coaches, judges and their decisions
- Respect opponents and fellow club members (please ensure you share the code of conduct with your gymnasts)
- Wear suitable attire, keep all long hair tied back and remove all body jewellery,
- Gymnasts will compete age in year (For example, if a gymnast is aged 11 in December they will compete in the 11 in year age category)
- If gymnasts are not competing, they will not be permitted access to the competition floor.

Judges

- All judges are to remain professional at every GFA event
- Judges above the age of 16 must have current membership, DBS, Safeguarding training and appropriate judging qualification
- All judges must be wearing appropriate clothing (Please see Generic Judging Guidelines & Rules),
- Clubs are required to provide a judge for each day that they are competing. Judges are required to stay for the duration of the competition,
- Judge to gymnast ratio is 1:16 per competition, per club, per day.

Volunteers

- Volunteers aged 16 and over must have an up to date and recognised DBS on the day of competition. If over the age of 18, volunteers must also have a current Welsh Gymnastics memberships and current recognised Safeguarding Certification (SPC).

Safeguarding & Welfare

- **Welsh Gymnastics wants everyone to enjoy a fun, positive experience where gymnasts can fulfil their potential in an environment safe from any form of abuse. If you have a worry or concern, please contact safeguarding@welshgymnastics.org**
- At every Welsh Gymnastics sanctioned event, there will be a designed Safeguarding & Welfare Officer (SWO) available to take any reports of immediate safeguarding concerns.

Changes and Amendments

- All clubs will be sent a working version of the running order to check, this will be the clubs opportunity and responsibility to flag required changes in order for the events team to make amendments and corrections.
- Due to the increased number of participants in all GFA events we can not guarantee changes requested on the day of an event can be made.
- **Clubs are responsible for and must share the running order to their involved coaches/judges/volunteers prior to the first day of competition.**

Music

- All music must be uploaded to either the one drive document or to a folder that the competition organiser will direct you to. Bringing music on the day causes delays to competition running times across the entire day.

Opportunities for GFA Gymnasts

Below you will find a list of competitions that GFA gymnasts are eligible to participate in. There are various opportunities from each discipline that GFA gymnasts who have current bronze membership can take part in.

These events all have various levels from low level recreational through to work that can feed into discipline pathways.

In the spirit of Gymnastics for All, all gymnasts should be entered into the correct level for their ability. We trust that coaches will adhere to this advice, for those that constantly and flagrantly abuse this trust we will issue a warning and then clubs will be politely asked not to enter the following GFA competition.

None of the below competitions will be considered part of pathway competitions, and are just for fun, participation and friendship.

Area and National Prelims

Vault & Tumble – GFA Handbook

Annette Brown Classic

L1/L2/L3, Tin

Tumble League – Flic & Cartwheel

[Tumble-League-2024-v1.1.pdf](#)

Area Entry & National Finals Gymspire

Vault, Tumble & Trampoline

MAG – Dragon Cup Floor & Vault

MAG Handbook

TRA/DMT

All Clubs Series Competitions

[tra-technical-requirements-2025-regional-pathway.pdf](#)

AERO

IAC Competitions

[Introductory Aerobics](#)

Generic Judging Guidelines & Rules

This page outlines the basic principles of judging to ensure consistency across development competitions. It should be used in conjunction with Judging Qualifications and referred to as a guide only.

Judging Requirements

1 x Qualified Judge per Sixteen (16) gymnasts,

In some case more experienced judges may be asked to judge on their own with the support of the Head Judge who will be a Regional Judge.

Regional Judges will be selected and offer the Head Judge role in advance of the event.

Declarations

This page outlines the basic principles of judging a competition on the GFA Competitive Scheme.

- It should be used in conjunction with standard FIG Code of Points & Competition Specific rules as set by the Welsh Gymnastics GFA Technical Panel (GFA TP). It should be referred to as a guide only,
- **Where appropriate, competition specific rules should be applied in place of these generic judging guidelines,**
- The GFA TP reserves the right to modify these guidelines if/when it is necessary, appropriate & applicable.
- Sufficient time will be provided to clubs to become compliant with any and all changes. Clubs will be notified via your Development Officers.

Panel Combinations

Where possible, judging panels will consist of at least 2 x Club Judge and/or 1 Club & 2 x Intro to/GFA Judge(s). In some circumstances, a panel may consist of the following combinations:

- 1 x Regional Judge & 1 x Club Judge
- 1 x Regional Judge & 1 x Intro to Judging/GFA Judge
- 2 x Club Judge
- 1 x Club Judge & 1 x Intro to Judging/GFA Judge

Note: Where possible, panels that are required to calculate a Difficulty (D) Score will be supplied with a Regional Judge in the appropriate discipline. However, GFA Competitions do not require Regional Judges to attend competitions.

Expectations of Judges

At all Welsh Gymnastics sanctioned events, judges are expected to uphold a professional code of conduct in line with the expected standards of Welsh Gymnastics.

It is the responsibility of judges to:

- Arrive punctually to events and register with the Lead Judge/Floor Manager 30 minutes prior to competition start (or in accordance with correspondence with Event Manager/Coordinator),
- Supply their own judging equipment (i.e. Paper, stationary),
- Review the scheme of work they will be judging prior to the competition,
- Wear appropriate smart clothing (White Shirt/Blouse, Dark coloured trousers/skirt & smart shoes).

Judges must be impartial towards all competitors and judge all routines objectively in line with these guidelines and competition specific rules.

Judging Guidelines & Competition Rules

1.1. Baseline Scores

- 1.1.1. The baseline score provided at GFA Competitions is 6.00.
- 1.1.2. A baseline score will be provided where the execution score of an exercise exceeds 4.00 in deductions.
- 1.1.3. An exercise that has 4 or more missing prescribed/recognised elements will be provided with a baseline score.

1.2. Additional/Missing/Held Elements

- 1.2.1. Any missing elements will incur a neutral deduction of 1.00 per missing element(s) from the Start Value (SV).
- 1.2.2. Unrecognised elements will be deducted by the E Jury and will not count towards the SV.
- 1.2.3. Any additional elements to the exercise requirements will be deducted by the E Jury and will not count towards the SV.
- 1.2.4. Any element that incurs a fall deduction and does not receive element credit must be repeated in order to contribute to exercise requirements
- 1.2.5. Exercises that require connected elements will incur a 0.30 deduction if the connection is not made (Example: Large pause/steps between elements)
- 1.2.6. Elements that are prescribed as held elements must be completed for 2 seconds. If an element is held for <2 seconds it will incur a deduction of 0.30. If an element is not held for >1 second it will receive no credit towards SV and incur a deduction of 0.50.

1.3. Incorrect Exercise/Order of Elements

- 1.3.1. Where an exercise deviates from the prescribed order of elements, the exercise will incur a neutral deduction of 0.3.
- 1.3.2. If the incorrect exercise has been performed in relation to the age/level of entry of the competitor, the routine will be judged on what is performed & incur a neutral deduction of 2.00 from the SV. (Example: Age 9, Level 2 competitor completes an Age 8, Level 1 exercise).
- 1.3.3. Where an incorrect vault/trampette exercise is completed, it will be judged as normal and incur a neutral deduction of 2.00 from the SV. (Example: Squat on, Stretch off completed instead of required Squat Through).

1.4. Competitor Attire

- 1.4.1. There are no attire deductions within GFA Events with the exception of any National Finals events where regions must compete in teams with matching attire.
- 1.4.2. In mixed teams, girls and boys are not required to have attire of matching colours but must match their respective gender of entry.
- 1.4.3. Teams that do not have matching attire will incur a neutral deduction of 0.3 per apparatus performed from when the violation is first formally noted.

1.5. Code of Conduct

- 1.5.1. In the event that any person displays behaviour that falls below the standard expected at Welsh Gymnastics events, the violation should be referred to the Lead Judge/Floor Manager for review. Behaviour that falls below the standard expected includes (but is not limited to):
 - 1.5.1.1. Unsportsmanlike conduct,
 - 1.5.1.2. Approaching panel judges (where a disagreement is held),
 - 1.5.1.3. Intentional disruption of order/running of event where not expressly permitted by the Lead Judge/Floor Manager,
 - 1.5.1.4. Unauthorised access to competition floor,
 - 1.5.1.5. Other flagrant, undisciplined and abusive behaviour (Example: foul language, speaking directly to judges regarding a dispute with the exception of the Lead Judges).
- 1.5.2. It is the right of the Competition Organiser, Events Manager, Floor Manager and Lead Judge to award a yellow card (warning) to any person who violates the code of conduct, and further removal from the competition (red card) where necessary.
- 1.5.3. If any person receives two yellow cards during an event, they will subsequently receive a red card and be removed from the competition.
- 1.5.4. Where necessary, Yellow/Red Card violations will be referred to the Welsh Gymnastics Safeguarding team for review.

Generic Judging Guidelines

Deviation from Ideal Execution	Deduction	Example Fault
Minor Deviation	0.1	Small Bend in Arms/Legs, Small Deviation of Shape, Small Step in Landing,
Medium Deviation	0.3	Medium Bend in Arms/Legs, Insufficient Dynamics,
Large Deviation	0.5	Deep Squat in Landing, Large Bend in Arms/Legs, Indistinct Shape
Fall	1.0	Landing off feet, Incomplete skill,
Interference	0.5	Coaching during exercise, Coach present on exercise field where not permitted.
Landings (Max 0.8 or Fall)	0.1, 0.3 & 1.0	Small Step (0.1), Medium Step/Hop (0.3), Fall on Landing (1.0)

Examples are a guide and are not limited to the deviation they are listed in.

Competition Work Schemes

Preliminary Championships 2026

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"

6 and 7 in year (**Area Competition Only**, Ineligible for National Event)

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)

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 (younger) gymnasts will compete on Saturday, and Level 2 (older ages) 3 gymnasts will compete on Sunday. Disability will compete alongside the mainstream competition age group and level.

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 the Preliminary Championships competition, gymnasts can choose the category they enter, gymnasts will compete on 4 apparatus (2 x vaults and 2 x tumbles) with all 4 scores combined to make the overall score.

Judging

All vaults and tumbles are judged out of 10.00

Tumble – Each missing skill will incur 1.00 from the SV (1 missing skill = 9.0 SV etc.)

Preliminary Championships 2026

	LEVEL 1 - CORE CRITERIA				
	Gymnasts 6 and 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Mini Springboard 60cm block – lengthways, 20cm landing mat	Mini Springboard 60cm block – lengthways, 20cm landing mat	Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat	Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat	Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat
Vault 1	Run, squat onto a 60cm block from springboard, walk to end, straight jump off	Run, squat onto a 60cm block from springboard, walk to end, star jump off	Run, Squat on to table vault, immediate star jump	Run, Squat on to table vault, immediate star jump	Run, Squat on to table vault, immediate star jump
Apparatus	Mini Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, Straight jump from the springboard	Run, Star jump from the springboard	Run, Tuck jump from the springboard	Run, Tuck jump from the springboard	Run, Tuck jump from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1	Forward roll, straight Jump, forward roll, half turn jump, backward roll	Straight jump, forward roll, forward roll, straight jump to one foot, cartwheel (finish in a star shape)	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2	Backward roll, half turn straight jump, forward roll, forward roll, star jump	Backward roll, half turn straight jump, forward roll to one foot, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)

	LEVEL 2 - CORE CRITERIA				
	Gymnasts 6 and 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Large Springboard 60cm Block – Widthways, 20cm landing mat	Large Springboard 60cm Block – Widthways, 20cm landing mat	Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat	Large Springboard Table vault set at 105cm height, 20cm + 10cm landing mat	Large Springboard Table vault set at 105cm height, 20cm + 10cm landing mat
Vault 1	Run, Straight jump onto a 60cm block, immediate star jump off	Run, Straight jump onto a 60cm block, immediate straight jump off	Run, squat on, immediate straight jump	Straddle Over	Straddle over
Apparatus	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, straight jump from the springboard	Run, Tuck jump from the springboard	Run, Straddle jump from the springboard	Run, Dive roll from the springboard	Run, Dive roll from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1	Straight jump, forward roll, forward roll, straight jump to one foot, cartwheel (finish in a star shape)	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Handstand forward roll, forward roll to one foot, cartwheel, cartwheel 1/4 turn, backward roll	Handstand forward roll, forward roll to one foot, cartwheel, cartwheel 1/4 turn, backward roll	Handstand forward roll, forward roll to one foot, cartwheel, cartwheel 1/4 turn, backward roll
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2	Backward roll, half turn straight jump, forward roll, forward roll to one foot, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Hurdle jump round off, backward roll, half turn jump, forward roll to one foot, cartwheel (finish in star shape)	Hurdle jump round off, backward roll, half turn jump, forward roll, cartwheel (finish in star shape)	Hurdle jump round off, backward roll, half turn jump, forward roll, cartwheel (finish in star shape)

LEVEL 3 – CORE CRITERIA

	Gymnasts 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	60cm Block – Widthways, 20cm landing mat	Large Springboard, Table Vault set at 100cm Height, 20cm + 10cm landing mat	Large Springboard, Pile of landing mats set at 100cm Height	Large Springboard Table vault set at 110cm height, 20cm + 10cm landing mat	Large Springboard Table vault set at 110cm height, 20cm + 10cm landing mat
Vault 1	Run, Straight jump onto a 60cm block, immediate straight jump off	Straddle over	Handstand flat back	Handspring	Handspring
Apparatus	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, Straight jump from the springboard	Run, Tuck jump from the springboard	Run, Straddle jump from the springboard	Run, Front Somersault from the springboard	Run, Front Somersault from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1	Forward roll, forward roll, jump to one foot, cartwheel, cartwheel (finish in a star shape)	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Handstand forward roll, straight jump to one foot, cartwheel, cartwheel, round off	Handstand forward roll, straight jump to one foot, cartwheel, cartwheel, round off	Handstand forward roll, straight jump to one foot, cartwheel, cartwheel, round off
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2	Cartwheel 1/4 turn, backward roll, half turn jump, forward roll, tuck jump	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)

Level 3 - Voluntary Routine

This routine must include 5 skills from the skills list

The routine MUST be different from the set routine

Skills can only be repeated a maximum of twice (eg. cartwheel, cartwheel)

Skills List:

Straight jump from springboard to one foot

Half-turn straight jump (to one or two feet)

Tucked forward roll

Tucked backward roll

Handstand forward roll

Cartwheel

Roundoff

Handspring to 1 or 2 (0.5 bonus)

Flic (0.5 bonus)

Tuck front somersault step out (0.5 bonus) - with or without a springboard

Tuck back somersault (0.5 bonus)

Notes

A half-turn straight jump can be to 1 foot and complete within during the tumble or to two feet at the end

Some skills will be credited a 0.5 bonus if completed without a fall

In order to receive full 1.0 bonus, two different bonus credited skills are required to be performed.

Each routine can ONLY credited a maximum of 1.0 bonus

Preliminary Disability Championships 2026

LEVEL 1					
	Gymnasts 6 and 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Mini springboard, 20cm block (minimum) lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat
Vault 1	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land
Apparatus	Mini Springboard, 20cm of landing mats	Large Springboard, 20cm landing mat	Large Springboard, 20cm landing mat	Large Springboard, 20cm landing mat	Large Springboard, 20cm landing mat
Vault 2	Run or start on springboard, Straight jump from the springboard	Run or start on springboard, Straight jump from the springboard	Run or start on springboard, Star jump from the springboard	Run or start on springboard, Star jump from the springboard	Run or start on springboard, Star jump from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1 3 Skills	Straight jump, jump to side egg roll, stand and turn forward, star jump	Straight jump, sit in tuck, rock and roll to stand	(Start in tuck) Rock and roll to stand, straight jump, star jump	(Start in tuck) Rock and roll to stand, straight jump, star jump	(Start in tuck) Rock and roll to stand, straight jump, star jump
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2 3 skills	(Start laying on back) Log roll, rock and roll to stand, straight jump	(Start lying on your back) Log roll, rock and roll to stand, Straight jump	Balance in tuck shape, log roll, rock and roll to stand	Balance in tuck shape, log roll, rock and roll to stand	Balance in tuck shape, log roll, rock and roll to stand

DISABILITY LEVEL 2					
	Gymnasts 6 and 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Large Springboard, 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats
Vault 1	Run, any jump onto 60cm block, walk to the end, Star Jump to land	Run, jump onto 60cm block, walk to the end, star jump to land	Run, jump onto 60cm block, walk to the end, tuck jump to land	Run, jump onto 60cm block, walk to the end, tuck jump to land	Run, jump onto 60cm block, walk to the end, Straight jump to land
Apparatus	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, Straight Jump from Springboard	Run, straight jump from the springboard	Run, star jump from the springboard	Run, tuck jump from the springboard	Run, tuck jump from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1 5 Skills	Straight jump, forward roll to straddle sit, show pike sit (2s), rock and roll to stand, Star Jump	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2 5 Skills	Rock and roll to stand, half turn straight jump, forward roll, bunny hop x 2	Rock and roll to stand, half turn straight jump, forward roll, bunny hops x 2	Side to side bunny hops x 2, forward roll to pike kit, rock and roll to stand, forward roll, forward roll	Rock and roll to stand, half turn straight jump, forward roll, forward roll, cartwheel to finish in star shape	Rock and roll to stand, half turn straight jump, forward roll, forward roll, cartwheel to finish in star shape

DISABILITY LEVEL 3					
	Gymnasts 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Large Springboard, 60cm block widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats
Vault 1	Run, Straight Jump onto block, immediate Star Jump off	Run, Straight jump onto a block, immediately Straight jump off	Run, Straight jump onto a block, immediately straddle jump jump off	Run, Straight jump onto a block, immediately ANY*** jump jump off	Run, Straight jump onto a block, immediately ANY*** jump off
Apparatus	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, Straight Jump off Springboard	Tuck jump from the springboard	Tuck jump from the springboard	Straddle jump from the springboard	Straddle jump from the springboard
Apparatus	One Length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1 5 Skills	Straight Jump, Forward Roll, Forward Roll, Star Jump, Tuck Jump	Straight jump, forward roll, forward roll, star jump, tuck jump	Side to side cartwheel, cartwheel, round off, half turn jump, forward roll	Side to side cartwheel, cartwheel, round off, half turn jump, forward roll	Side to side cartwheel, cartwheel, round off, half turn jump, forward roll
Apparatus	One Length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2 5 Skills	Cartwheel ¼ turn in, Half Turn Jump, Forward Roll, Forward Roll, Tuck Jump	Side to side cartwheel, cartwheel 1/4, half turn jump, forward roll, tuck jump	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)

Level 3 - Voluntary Routine

This routine must include 5 skills from the skills list

The routine MUST be different from the set routine

**Skills can only be repeated a maximum of twice (eg. cartwheel,
cartwheel)**

Skills List:

Straight jump

Star jump

Tuck jump

Straddle jump

Straight jump from springboard to one foot

Half-turn straight jump (to one or two feet)

Tucked forward roll

Tucked backward roll

Handstand forward roll

Cartwheel

Roundoff

Handspring to 1 or 2 (0.5 bonus)

Flic (0.5 bonus)

Tuck front somersault step out (0.5 bonus) - with or without a springboard

Tuck back somersault (0.5 bonus)

Notes

**A half-turn straight jump can be to 1 foot and complete within during the
tumble or to two feet at the end**

**Some skills will be credited a 0.5 bonus if completed without a fall
In order to receive full 1.0 bonus, two different bonus credited skills are
required to be performed.**

Each routine can ONLY credited a maximum of 1.0 bonus

ABC Series 2026

Age Groups

- 7 in years (Tin Only, Ineligible for L3),
- 8 in year (Ineligible for L3),
- 9-10 in year,
- 11-12 in year,
- 13-14 in year,
- 15-17 in year,
- 18+,

Criteria

- Competitions run through 2026 in a league format. All will be a competition within itself, but points gained by individual members will be added to the Clubs total to determine an annual winner,
- Open to all affiliated clubs,
- Four-piece competition.
- WAG & MAG can compete on any piece of apparatus available, VT, BRS, BM, Pbars, FX,
- Criteria WAG - Overall positions scored out of the best four scores,
- Criteria MAG - Overall positions scored out of the best three scores,
- There is also a team options available to clubs. Team score will be calculated from the best 3 overall scores from the team individuals,
- Gymnasts MUST be entered as an individual before being entered as a team member, anyone not entered into an individual competition first, but into a team will be subject to late charge.

Entry Fee

- £10.00 per individual gymnast,
- Team - £10.00 per team + Individual Gymnast Entry.



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

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	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 The routine should include artistry that moves forward, sideways, and backward.	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 The routine should include artistry that moves forward, sideways, and backward.
Apparatus	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 ONLY 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
Judging Notes	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)
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 1: 10.00 Marks Vault 2: 11.00 Marks	12.50 Marks	13.50 Marks	13.50 Marks



Gymnastics for All: ABC Competition Series
Offering opportunities across the recreational pathway
Fun, Friendship & Participation
WAG 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)			
	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. * Balance Scale * Chassé Catleap, Chassé Scissor leap (linked) * A full spin * Hurdle jump, round off, star jump (linked) * Dive Forward 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) 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)
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

Gymnastics for All: ABC Competition Series
Offering opportunities across the recreational pathway
Fun, Friendship & Participation
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 The routine should include artistry that moves forward, sideways, and backward.	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 or flighted acro skill (forwards/sideways or backwards). Skill to be chosen from the list below. * Full spin The routine should include artistry that moves forward, sideways, and backward.
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 = 0.6)
Maximum Score available	Both vaults : 2.5 DV Score calculated by average of two vaults.	12.50 Marks - Complete the set routine 12.60 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 & 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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<p>On Beam & 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>			
	Vault	Bars	Beam	Floor
Apparatus	<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>
Requirements	<p>DV 2.30</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>Low Bar only routine</p> <p>A Gymnast should fulfil 3 of the 4 CR's (Maximum awarded 1.5):</p> <ul style="list-style-type: none"> ▪ Upstart (no penalty if stop after) ▪ Close bar circle element (back hip circle allowed) ▪ Cast to minimum horizontal ▪ A dismount coded or listed uncoded <p>A elements only allowed B/C/D or more – no DV or CR</p> <p style="text-align: center;">Maximum D Score 2.00</p>	<p>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50):</p> <ul style="list-style-type: none"> ▪ ½ spin on one foot ▪ Connection 2 Dance elements (can be same or different) ▪ Leap or jump with 180° split (cross or side) or straddle ▪ Acro element backwards (must be performed on the beam) ▪ Acro element forwards / sideways (must be performed on the beam) <p>A elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</p> <p style="text-align: center;">Maximum D Score 2.30</p>	<p>A Gymnast should fulfil 3 of the 5 CR's (Maximum awarded 1.50):</p> <ul style="list-style-type: none"> ▪ Acro line with min 2 elements (non-flighted allowed) ▪ Mixed series minimum 2 directly connected elements ▪ A dance passage of 2 different leaps / hops – No split required ▪ Acro elements forwards / sideways & backwards (non-flighted allowed) ▪ Flighted Acro element <p>A elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</p> <p style="text-align: center;">Maximum D Score 2.30</p>
Uncoded Permitted Elements (receive 0.1 DV)		<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>
Notes	<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>
Barred Elements		<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:

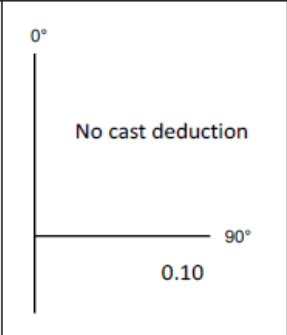
- **This is a low bar only routine.**
- Deductions as per FIG unless stated otherwise
- **4 elements only are required**
- **A routine with less than 4 elements will be deducted 1.00 for each missing element**
- A float swing from board back to board does NOT carry a fall penalty if the gymnast releases 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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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)			
Requirements	<p style="text-align: center;">Floor</p> <p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> * Tucked headstand * Handstand forward roll, tuck jump (linked) * Straight jump, star jump (linked) * Cartwheel, backward roll (linked) * Half turn jump 	<p style="text-align: center;">Vault</p> <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 style="text-align: center;">P Bars</p> <p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> * Jump to front support from block * Hold tuck lever (hold for 3 seconds) * Lift legs to show straddle sit on bars * Piked Lever (hold for 3 seconds) * Swing back to land on block 	<p style="text-align: center;">Low Bar</p> <p>The set routine is to be completed in the order written.</p> <ul style="list-style-type: none"> * 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
Apparatus	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 ONLY to be used The block used to jump to mount the bar should be 60cm MAXIMUM
Judging Notes	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)
Maximum Score available	12.50 Marks	Vault 1: 10.00 Marks Vault 2: 10.00 or 11.00 Marks (Straddle Over)	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 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)			
	Floor	Vault	P Bars	Bars
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



Gymnastics for All: ABC Competition Series
Offering opportunities across the recreational pathway
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WAG Disability 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)			
	Vault	Bars	Beam	Floor
Requirements	Gymnasts must compete 2 vaults. Vault 1: Run, stretch jump from a springboard onto a block (position setting below) Vault 2: Run, stretch jump 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 The routine should include artistry that moves forward, sideways, and backward.	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 The routine should include artistry that moves forward, sideways, and backward.
Apparatus	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 this is not guaranteed	The low bar will be set at any height the gymnast chooses up to 175cm maximum Low bar ONLY 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
Judging Notes	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)
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	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

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: 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 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 half spin * Cartwheel 1/4, backward roll (linked) * Forward roll, star jump (linked) The routine should include artistry that moves forward, sideways, and backward.
Skill options	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)
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 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 ONLY 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
Judging Notes	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)
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 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 <i>*Dance elements only</i></p>	<p style="text-align: center;">Elements will be given Difficulty Value according to Rules & 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 IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
<p>Short Exercises</p>	<p style="text-align: center;">On Beam & 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>			
	Vault	Bars	Beam	Floor
Apparatus	<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>
Requirements	<p>DV 3.00 ½ on to stand Or DV 2.50 Handspring Flat Back Both onto Pile of Safety Mattresses at a 60cm, 90cm or 120cm to suit the gymnast. Or DV 1.00</p>	<p>A Gymnast should fulfill 3 of the 5 CR's (Maximum awarded 1.5):</p> <ul style="list-style-type: none"> ▪ A Float element on LB (uncoded OK) ▪ Close bar circle element [non flight] allowed ▪ Cast to minimum horizontal ▪ Any bar change LB – HB ▪ A dismount coded or listed uncoded <p>A elements only allowed B/C/D or more – no DV or CR</p> <p style="text-align: center;">Maximum D Score 2.50</p>	<p>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> ▪ ½ spin on one foot ▪ Connection 2 Dance elements (can be same or different) ▪ Leap or jump with 180° split (cross or side) or straddle ▪ Acro element backwards (must be performed on the beam) ▪ Acro element forwards / sideways (must be performed on the beam) <p>A elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</p> <p style="text-align: center;">Maximum D Score 3.00</p>	<p>A Gymnast should fulfill 4 of the 5 CR's (Maximum awarded 2.00):</p> <ul style="list-style-type: none"> ▪ Acro line with min 2 elements (non-flighted allowed) ▪ Mixed series minimum 2 directly connected elements ▪ A dance passage of 2 different leaps / hops – No split required ▪ Acro elements forwards / sideways & backwards (non-flighted allowed) ▪ Flighted Acro element <p>A elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR</p> <p style="text-align: center;">Maximum D Score 3.00</p>
Uncoded Permitted Elements (receive 0.1 DV)	<p>Straight jump on & off 60cm block 2.00 penalty for coach support. Applies to each vault.</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>Dismounts: 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 & 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 Tic-toc Tuck jump Forward roll Handstand forward roll Backward roll with optional exit Backward roll to front support and / or handstand Cartwheel</p>
Notes	<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>Any mount may be used and be given value 'A' Coaches must be present for any salto dismount</p>	<p>No Acro line required A cat leap & a scissor kick can both be used and given value</p>
GBR Bonus (in addition to FIG)		<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 & forwards</p>

Area & National Finals Gymspire Championships 2026

Gymspire Championships 2026

General

- Each area will host a regional competition open to all affiliated clubs,
- The top 6 overall competitors in each category will qualify for the National Final Competition (There is **no fee** per Regional team age group and level),
- Regional Teams are to consist of 3 – 5 gymnasts, with the top 3 overall scores being calculated for the team score,
- Phase 3 has been added to the 7 in year category catering for those moving into the artistic pathway the following year,
- There is no 6 – 7 in years category at Gymspire National Finals.

Competition Specific Rules

- Each gymnast is to perform 1 vault, 1 floor routine and 1 trampette.
- Floor routines will be performed on a 12x12 surface.
- Floor skills that are performed with a connection are indicated with the word 'linked' next to the passage.
- Trampette set up, using a block, 60cm matted area, with trampette sloping upwards towards landing.



All Trampette skills are to be performed from a step off the block. No Run or Hurdle is permitted on entry to the trampette.

6&7 yrs	Phase 1	Info
Trampette	Straight Jump	
Floor	Stork Balance (2s) Forward Roll to Straddle Sit Pike Sit Tuck Sit Tuck Rock x 2 Stand Chasse Step Straight Jump	Set Routine. All skills should be performed in the order written. Start Value of 10.00
Vault	Squat On, Walk to End, Star Jump Off	60cm Block, lengthways Baby Board (7yrs have the option of using a full sized springboard)

6&7 yrs	Phase 2	Info
Trampette	Tuck Jump	
Floor	Stork Balance (2s) Forward Roll to Pike Sit Pike Fold Tuck Sit Supported Shoulder Stand Chasse Step Jump ½ Turn, Backward Roll, Star Jump (linked)	Set Routine. All skills should be performed in the order written. Start value of 10.00 Supported Shoulder Stand – Gymnasts may use their hands on their hips and elbows on the floor when performing this skill.
Vault	Squat On, Star Jump Off	60cm Block, widthways Full Sized Springboard

7 yrs only	Phase 3	Info
Trampette	Straddle Jump	
Floor	Arabesque/Y Balance (2s) Chasse Scissor Kick (linked) Hurdle Step Round Off Cartwheel, Backward Roll (linked) Straight Jump, Star Jump (linked)	Set Routine. All skills should be performed in the order written. Start value of 10.00
Vault	Straight Jump, Kick to Handstand, Flatback.	60cm Block, lengthways. Mat Stack to meet Block Height. Full Sized Springboard Hands to be placed on the end of the block for the handstand, not on the mats.

8 yrs	Phase 1	Info
Trampette	Star Jump OR Straddle Jump (0.5 Bonus)	
Floor	Star Jump Backward Roll Jump ½ Turn Forward Roll, Tuck Jump (linked) Arabesque/Y Balance (2s) Step, Catleap	Set Routine. All skills should be performed in the order written. Start value of 10.00 No chasse steps into the catleap.
Vault	Squat On, Star Jump Off	60cm Block, widthways Full Sized Springboard

8 yrs	Phase 2	Info
Trampette	Straddle Jump OR Straight Jump ½ Turn (0.5 Bonus)	
Floor	Forward Roll, Jump ½ Turn (linked) OR 3 Steps, Dive Roll, Jump ½ Turn (linked, 0.5 Bonus) Arabesque/Y Balance (2s) Tuck Jump, Star Jump (linked) Cartwheel, Backward Roll (linked) Step, Catleap, Scissor Kick (linked)	Set Routine. All skills should be performed in the order written. Start value of 10.00. Maximum start value of 10.5 with dive roll bonus. No chasse steps into or between leaps.
Vault	Squat On, Straight Jump Off	100cm Table Vault

9 & 10 yrs	Phase 1	Info
Trampette	Straddle Jump	
Floor	Forward Roll, Cartwheel (linked) Jump ½ Turn ½ Handstand Catleap, Scissor Kick(linked) Arabesque/Y Balance (2s)	Set Routine. All skills should be performed in the order written. Start value of 10.00. ½ Handstand AKA L-Handstand/Teeter Totter No chasse steps into or between leaps.
Vault	Squat On, Straight Jump OR Squat Through (0.5 Bonus) OR Straddle Over (0.5 Bonus)	100cm Table Vault

9 & 10 yrs	Phase 2	Info
Trampette	Straight Jump ½ Turn	
Floor	Cartwheel, Round Off (linked) Jump Full Turn Handstand Catleap, Scissor Kick (linked) Arabesque/Y Balance (2s)	Set Routine. All skills should be performed in the order written. Start value of 10.00 Handstand – no hold required, but a clear demonstration of Handstand shape. No chasse steps into or between leaps.
Vault	Squat Through OR Straddle Over	100cm Table Vault

11-12 yrs	Phase 1		Info
Trampoline	Dive Roll OR Tuck Front Somersault (0.5 Bonus)		
Floor	Balance	Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)	<p>Voluntary Routine (max 60s) with or without music (no bonus for artistry).</p> <p>Routines to have 8 elements to include a minimum of 1 from each category.</p> <p>Skills can only be performed once and not repeated.</p> <p>Each skill holds a value of 0.1, with the maximum start score being 10.8.</p>
	Forward Acro	Forward Roll Dive Roll Handstand Roll	
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand, front support) Cartwheel Round Off	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn Catleap Scissor Kick Split Leap ½ Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
Vault	Flatback		100cm Mat Stack

11-12 yrs	Phase 2		Info
Trampette	Tuck Front Somersault		
Floor	Balance		Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)
Floor Vault	Forward Acro	Forward Roll Dive Roll Handstand Roll Handspring (0.5 bonus) Tuck/Pike Front Somersault	Voluntary Routine (max 60s) with or without music (no bonus for artistry). Routines to have 8 elements to include a minimum of 1 from each category. Skills can only be performed once and not repeated. Each skill holds a value of 0.1 and a maximum of 1.00 bonus may be awarded per gymnast. Making the highest start score 11.8.
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand) Cartwheel Round Off Flic (0.5 bonus) Tuck Back Somersault (0.5 bonus)	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn/Full Turn Catleap Scissor Kick Split Leap Full Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
	Flatback	100cm Mat Stack	

13+	Phase 1		Info
Trampoline	Dive Roll OR Tuck Front Somersault (0.5 Bonus)		
Floor	Balance		Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)
Floor Vault	Forward Acro	Forward Roll Dive Roll Handstand Roll	Voluntary Routine (max 60s) with or without music (no bonus for artistry). Routines to have 8 elements to include a minimum of 1 from each category. Skills can only be performed once and not repeated. Each skill holds a value of 0.1, with the maximum start score being 10.8.
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand, front support) Cartwheel Round Off	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn Catleap Scissor Kick Split Leap ½ Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
	Flatback	100cm Table Vault with Mat Stack	

13+	Phase 2		Info
Trampette	Tuck Front Somersault OR Pike Front Somersault (0.5 bonus)		
Floor	Balance		Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)
Floor Vault	Forward Acro	Forward Roll Dive Roll Handstand Roll Handspring (0.5 bonus) Tuck/Pike Front Somersault	Voluntary Routine (max 60s) with or without music (no bonus for artistry). Routines to have 8 elements to include a minimum of 1 from each category. Skills can only be performed once and not repeated. Each skill holds a value of 0.1 and a maximum of 1.00 bonus may be awarded per gymnast. Making the highest start score 11.8.
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand) Cartwheel Round Off Flic (0.5 bonus) Tuck Back Somersault (0.5 bonus)	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn/Full Turn Catleap Scissor Kick Split Leap Full Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
	Handspring	110cm Table Vault	

Inclusive Criteria

Phase 1	
Trampette	Straight Jump onto mats from 3 x bounces/step off block
Floor	Straddle Sit Pike Sit Tuck Sit Lie back into a Straight Shape
Vault	Squat on (from standing on top of board), Walk to end, Star Jump Off Full Sized Springboard & 60cm Block, lengthways
Phase 2	
Trampette	Tuck Jump from 3 x bounces/step off block
Floor	Stork Balance Forward Roll to Pike Sit Tuck Sit Tuck Rock x 2 to stand Chasse Step
Vault	Squat on, Star Jump Off Full Sized Springboard & 60cm Block, widthways
Phase 3	
Trampette	Jump 1/2 Turn from 3x bounces/step off block
Floor	Straight Jump Forward Roll Star Jump Backward Roll Step, Catleap (no chasse) Arabesque
Vault	Squat On, Straight Jump Off Table Vault 100cm
Phase 4	
Trampette	Dive Roll Jump 1/2 Turn
Floor	Forward Roll, Cartwheel (linked) Step Catleap, Scissor Kick (linked) (no chasse) Arabesque Straight Jump, Star Jump (linked)
Vault	Flatback 100cm Mat Stack