

2009 SOUTH ISLAND MASTERS GAMES

ARTISTIC GYMNASTICS REQUIREMENTS

There will be a Team Competition for both Novice and Advanced Levels. A team can be comprised of entrants in any of the age groups.

The Individual Competition will be for both Novice and Advanced Levels in each age group.

COMPETITION RULES

Novice – each competitor will do 2 compulsory apparatus – Floor and Conditioning and 2 or more apparatus of their choice from vault, low bar, horizontal bar, beam, parallel bars, rings and pommel

Advanced – each competitor will do a compulsory floor and 2 or more apparatus of their choice from vault, asymmetric bars, beam, pommel, parallel bars, horizontal bar, and rings.

All entrants must have been out of competitive gymnastics for a minimum of 2 years.

INDIVIDUAL COMPETITION

The top four scores for novice and top three for advanced will be added together to give the overall score and to decide on the winner in each age group.

Medals will be awarded to the top three competitors in each age group. Certificates will be awarded to the top three competitors in each age group on each apparatus.

Entry as a team member automatically qualifies you for the individual competition.

TEAM COMPETITION

A team must have a minimum of 3 competitors and a maximum of 4 competitors.

A novice team must produce 15 scores from their participation in the 9 events.

An advanced team must produce 11 scores from their participation in the 11 events.

Bonus points for age are added to the team score at the completion of the competition, e.g. A competitor who is 35 will have 3.5 added to their team score.

JUDGING

All levels- (A score) execution will be marked out of 10 and will be performance based.

All routines will have a start value of 5 with bonus points added to this (B score).

The 2 scores A and B will be added together to give the final score.

ATTIRE

Men – singlet and shorts

Women – form-fitting clothing. Bike shorts or $\frac{3}{4}$ pants are OK.

MASTERS GYMNASTICS

NOVICE ROUTINES

Floor:

Performed across the diagonal

Swing to handstand; step down to lunge position; roll forwards to stand – or handstand forward roll-step into a cartwheel followed immediately by a second cartwheel with a quarter turn inwards; step into a balance; 2 or 3 steps – run or a chasse – to leap(s) or jump(s); ½ turn; using elements of own choice return along the diagonal.

Handspring, tinsica or forward or backward walkover .3 bonus
(no flic-flacs or saltos)

Conditioning:

Beginning in lunge roll forwards to dish position hold for 2 secs; maintaining dish shape roll sideways 180°; push up to front support; (split of own choice and return to front support .3 bonus); jump to crouch; roll backwards to candle (hands on hips or with arms on the floor); roll forwards to stand; step forwards raise on toes of one leg, other leg bent foot to knee hold for 2 sec; step forwards feet together.

Vault

Two vaults with the highest score counting.

Any 2 vaults from level 1-4 WAG or MAG or incentive award routines. The two vaults can be the same or different.

If a min-tramp is used the vault will have a start value of 4

If a beatboard is used the vault will have a start value of 5

Low Bar

Circle over; 3 elements of own choice (e.g. Cast back hip circle, mill circle) own choice of dismount.

Beam

Own choice of mount – come to stand facing along the beam; 2 high leg swings forward; chasse, step forwards to step hop; ½ turn on toes; optional leap or jump; remaining content of the routine optional.

Handstand, cartwheel, forward or backward roll, headstand .3 bonus

Pommel

Optional routine 4-5 different elements up to MAG level 4

Horizontal Bar

Optional routine 4-5 different elements up to MAG level 4

Parallel Bars

Low: Optional routine 4-7 different elements up to MAG level 4

Rings

Shoulder height or high rings:

Optional routine 4-5 different elements up to MAG level 4

NOTE: A swing on any apparatus counts as 1 element.

MASTERS GYMNASTICS ADVANCED ROUTINES

All apparatus

Exercise requirements are as per the code of points and National Levels programme 5 or above.
There will be a deduction of 1 point from the start value for each missing element.
Minimum of 6 moves on all apparatus.

Difficulty bonuses:

	Men	Women
B moves	.2	.4
C moves	.4	.6
D moves	.6	.8