

KNOX MASTERS 2021 – Details

HOW TO ENTER?

1. How are you going to be involved?

Participant - gymnasts that have either competed at a (non-adults) competition THIS year,

- unable to perform on at least 4 apparatus or
- just wish to join in the fun but not compete.

Competitor – gymnasts that want to and are willing to put their skills to the test.

2. What apparatus and levels are you going to do?

- **Participants** - please notify us what apparatus you want to do so we can plan accordingly.
- **Competitors** - are required to choose at least 4 apparatus, your 4 best scores will contribute to your All-Around score.

APPARATUS; *(Composition requirements and rules are provided, on the following pages)*

Vault	Floor	Parallel Bars	Uneven Bars	Pommel
Mini-Tramp	Rings	Horizontal Bar	Beam	

The table below provides a rough comparison. But if you are un-sure of your level, please speak with your coach, as they should be able to help you choose a suitable level.

Masters Level:	ALP equivalent:	Adult equivalent:
Beginner	1 - 3	None to limited gymnastics experience
Intermediate	4 - 6	Low to intermediate level ex-gymnast or adult with some experience
Advanced	7 - 10	Ex high level gymnast or seasoned adult gymnast

Note: age categories may be used depending on the number of athletes in a level.

***You will need to choose a level for each apparatus you want to compete on.**

Example gymnast; Name: Shawn East. D.O.D: *um yeap* Club: OGA

Apparatus	Floor	Vault	Beam	Rings	Mini-tramp	Pommel
Level	Int	Int	Adv	Int	Adv	Beg

The average of your levels will determine your All-Around level. In this example the gymnast would be Intermediate. You will be notified of your All-Around level before the competition.

Depending on the number of entries, if required we will split the level by age.

3. Time to Register

Go to either our website (knoxgymnastics.org.au) or our facebook page ([knox eagles adult gymnastics](https://www.facebook.com/knox.eagles.adult.gymnastics)), and complete the online registration;

4. Lastly

Have FUN! Yes this is a competition, but is also a celebration of the hard work you have put in, enjoy it and make it enjoyable for others (including the judges, because they have the boring job)!

We look forward to seeing you soon.

RULINGS, CLARIFICATIONS and DEFINITIONS

Like any competition there's always some rules and requirements that we have to adhere to, please read through carefully. If you have any questions, speak with your coach or please contact us.

- **ATTIRE** – Comfortable clothes you can move in. Outfits/costumes are welcome.
BUT PLEASE avoid any clothing which may damage the equipment such as buckles, studs or zips.
- A routine should consist of at least 6 Skills and/or Elements. For a start score out of 10 marks.
Except Vault & Mini-tramp (Start Scores are listed below).
- Standard execution deductions will apply;
0.1 - small error, 0.3 - medium error, 0.5 - large error, 1.0 - fall
- Each Apparatus Composition Requirement (CR) is worth 0.5 marks, max 2.5
- 1 skill (or element) may fulfil multiple requirements.
- 1 crash mat (up to 30cm) is allowed for any apparatus dismount without deduction.
(*We have a variety of mat thicknesses.*)
- 'Elements' from the Code of Points (CoP) will be paid double their normal value. ie: A = 0.2, B = 0.4, etc.
 - No Elements will be awarded in the Beginner Level.
 - Only '**A**' value elements will be awarded at an Intermediate Level.
 - All Elements will be awarded at an Advanced Level
- **Bonus Points** - Judges may reward 0.3 bonus points at any time for any of the following reasons;
 - Creativity
 - Courage
 - Original or unique movements
 - Costume
 - Effort
 - Expressions of enjoyment
 - Or anything else they deem worth rewarding
- Any Apparatus requirement, calling for 'x2' will count as 2 skills.
- '2 consecutive swings' requirement, this will count as 1 requirement and 2 skills.
- Skills such as 'Jump to Support' or 'Straight support or Hang' on all Bars & Rings apparatus, will count towards your number of skills only at the **Beginner's Level.**)
- In several cases the Apparatus Requirements will list multiple skills under the 1 requirement;
*eg; Beginner Floor – **Jump/Leap***
The gymnast is required to do at least a Jump or a leap, but may do both to fill out a routine.
- **REQUIREMENT AMBIGUITY** – several requirements are a little ambiguous. This is to allow athletes to explore creativity and ingenuity in their routines
- **SKILL** - an action performed by the gymnast on the apparatus; eg; swing, roll, hold, balance, dance, flip, etc...
- **ELEMENT** - a skill that has been designated a value 'A', 'B', 'C', etc and is listed in the Code of Points (CoP).
- **NON-ACRO** - a skill (or element) that is either non-inverted or doesn't leave the floor/beam
eg; holds & balances (scales), breakdance variations (incl. butterfly), turns, leaps, jumps, hops, circles & flairs.
- **ACRO** - a skill (or element) involving rotation, passing through an inverted position.
eg; roll, cartwheel, round-off, handstand, etc..
- **ACRO with FLIGHT** - acro skill (or element) which involved the gymnast entirely leaving the floor.
eg; dive roll, hand-spring, flip, salto, etc..
- **HOLD** - skill (or element) performed in either a hang or support position. It may be inverted or right way up.
It should be held for 2 seconds unless otherwise specified.

APPARATUS COMPOSITION REQUIREMENTS

FLOOR

- Maximum 90sec in length
- 0.3 Choreography bonus (if routine choreographed to music)
- Words are allowed (no explicit language or innuendo)
- *Please keep in mind that we may have children spectators, when you're selecting music and creating your routine.
- Props, costumes may be used if don't present a safety risk to you or others.

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • 1/2 Turn (jump or pivot) • Jump or Leap • 1st Acro Skill • 2nd Acro Skill • Either a Strength, Flexibility or Non-Acro skill 	<ul style="list-style-type: none"> • Turn 1/1 (jump or pivot) • Jump or Leap x2 • 1st Acro Skill • 2nd Acro Skill - Forwards or Backwards Flight Element • Strength / Flexibility skill 	<ul style="list-style-type: none"> • 1 ½ Turn or greater or 2x different Full Turns. • Jump / Leap series • Strength / Flexibility Element • Acro Series, with Forwards Flight Element (min. 2 skills or 1 element minimum B value) • Acro Series, (min. 2 skills) with Backwards Flight Element
<p><i>* A Round-off will count as Acro skill/element (A value) but not flight element.</i></p>		

PARALLEL BARS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Mount • 2 second Hold x2 • 2 Consecutive Swings • Animal Movement (<i>bear, crab, monkey, etc..</i>) • Dismount (<i>a distinct action</i>) 	<ul style="list-style-type: none"> • 2 second Hold x2 • 2 Consecutive Swings (<i>above bar height</i>) • Inverted Skill (<i>this includes rolls</i>) • Transition between any two Positions; Above Bar, Below Bar, Upper Arm. • Dismount 	<ul style="list-style-type: none"> • 2 second Hold • 2 Consecutive Swings (<i>above Horizontal</i>) • Handstand (momentary) • Show skills: <ul style="list-style-type: none"> - below and above the bar, - and in upper-arm support. • Salto or Interesting/Entertaining Dismount

RINGS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Mount • 2 second Hold x2 • 2 Consecutive Swings • Inverted Skill x2 (<i>Candle, Basket, Tuck, etc...</i>) • Dismount 	<ul style="list-style-type: none"> • Mount • 2 second Hold x2 • 2 Consecutive Swings • Inverted Skills x2 (<i>includes Dorsal hang</i>) • Salto Dismount 	<ul style="list-style-type: none"> • 2 second Hold x2 • Swings • Support Skills x2 • Inlocate / Dislocate / Lever • Element Dismount (<i>Pike Salto minimum</i>)

UNEVEN BARS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • 2 second Hold x2 • Going Upside-down • Cast • 2 Consecutive Swings (<i>Tuck, Glide, Long Swing</i>) • Controlled Dismount <p><i>Gymnast may dismount & re-mount the apparatus without penalty.</i></p>	<ul style="list-style-type: none"> • Pull-over and or Kip (<i>maximum 1 kip per routine</i>) • Hip Circle (either way) • Bar Change • 2 Consecutive Swings • Dismount 	<ul style="list-style-type: none"> • Bar Change • Elements from CoP • Elements from CoP • Elements from CoP • Dismount (<i>minimum 'A' value</i>)

HIGH BAR

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Mount • 2 second Hold x2 • Tension Swing • 2 Consecutive Swings (<i>not including Tension swing</i>) • Dismount (may just drop) 	<ul style="list-style-type: none"> • 2 second Hold • 2 Consecutive Swings (to above 45 degrees) • Below to above bar skill. (<i>Kip, Pull-over, Back uprise, etc.</i>) • Skill starting above the Bar; (Hip Circle, Under-swing, etc..) • Swing into a Dismount 	<ul style="list-style-type: none"> • Below to above bar skill. (<i>Kip, Pull-over, Back uprise, etc.</i>) • Swings above bar height or 2 consecutive Giant Swings • Skill starting above the Bar; (Hip Circle, Under-swing, etc..) • ½ turn or more (Swing ½, Top/Blind Change, Vault-over, etc...) • Dismount (<i>minimum 'A' value</i>) (<i>* tucked flyaway acceptable</i>)

BEAM

Beginner	Intermediate	Advanced
Gymnasts should be using at least 1 length of the beam.		
<ul style="list-style-type: none"> • 1/2 turn (either 1 or 2 feet) • Jump or Leap • 2sec Balance or a Close to Beam • Acro (May include a Roll or Tucked / Half Handstand) • Dismount <p>* Controlled walks (on tip-toes, point steps, etc..) may count as a skill, at this level.</p>	<ul style="list-style-type: none"> • Full Turn or Half-Half • Jump or Leap x2 • 2sec Balance or a Close to Beam • Acro (separate from Dismount) <i>May include a ½ Handstand</i> • Dismount (can be Acro or Jump) 	<ul style="list-style-type: none"> • Full Turn • Jump or Leap Series • Close to Beam • Acro Skill (can be connected to dismount) • Dismount (<i>minimum 'A' value</i>) <p>* 1/2 turns don't count as skills, only 1/1 turn or greater.</p>

POMMEL

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Mount • Support Hold (Tuck, L, etc.), other than front/back support. • Support Swings • Stride Swings • Flank or Entertaining dismount 	<ul style="list-style-type: none"> • False or full scissor • Swings (<i>Support / Stride</i>) • Routine must be continuous • 1/2 Circle or Loop. (May be part of Mount or Dismount) (<i>More than a ½ will still count</i>) • Use 2 parts of the Pommel (<i>Ends, Center, Handles</i>) 	<ul style="list-style-type: none"> • False / Full Scissor(s) • Circle(s) • Loop(s) • Use all 3 parts of pommel • Dismount (<i>minimum 'A' value</i>)

MINI TRAMP

- Gymnasts can perform 2 jumps, with the best score counting.

Beginner	
Non-sault Jumps.	
<ul style="list-style-type: none"> • Straight Jump 9.0 • Tuck or Star Jump 9.2 • Straddle or (Forward) Split Jump 9.4 • Dive roll 10.0 	<ul style="list-style-type: none"> • * 0.5 Bonus for each ½ twist added

Intermediate	Advanced
<ul style="list-style-type: none"> • Skill that completes a Full twist or Full Rotation. eg; Front sault, layout, <i>Barany</i>. 	<ul style="list-style-type: none"> • Skill that equals or exceeds at least 2 full rotations eg; Double Front Sault, Layout 1/1, Tsukahara
<ul style="list-style-type: none"> • Single somersault to feet landing = 11.00 Start Score • Double Sault = 13 Start score • 0.5 bonus for every ½ twist • 0.3 bonus if Pike position, .0 bonus if stretched 	

VAULT

- Gymnasts can perform 2 vaults with the best score counting
- Vault Table (Height 100cm+) - Landing surface provided (No pit landing).
- Mini tramp can be used for Table vaults, but will incur a 0.5 point deduction

Beginner	Intermediate	Advanced
• Non-table Vaults	• Non-table & Table Vaults	• Table Vaults with Salto

Beginner (Non-table Vaults)		
Skill	Start Score	Bonuses
Straight Jump	9.0	* 0.5 Bonus for each ½ twist added
Tuck or Star Jump	9.2	
Straddle or (Forward) Split Jump	9.4	
Dive roll	10.0	
Handstand Flat Back (single Mat – 30cm)	10.0	
Handstand Flat Back (3 Mats – 90cm) with Mini-tramp	10.9	

Intermediate			
Non-table Vaults		Table Vaults	
Skill	Start Score	Skill	Start Score
Superman Dive roll (single Mat 30cm)	11.0	Handstand Flat Back (vault table)	12.0
Front Sault (single Mat 30cm)	11.0	Handspring Flat Back (vault table)	12.3
Front Sault (double Mat 60cm)	11.5	Stoop Tucked	12.2
Layout (single Mat 30cm)	11.5	Stoop Straddled	12.4
Layout (double Mat 60cm)	12.0	Stooped Piked	12.6
Handstand Flat Back (3 Mats – 90cm)	11.0	Stoop Stretched (Hecht)	13.0
Handspring Flat Back (3 Mats – 90cm)	11.5	Handspring or Round-off	12.8
		Handspring ½ or Round-off 1/2	13.1
		Handspring 1/1	13.5
		Handspring 3/2	13.9
		Handspring 2/2	14.2
		Handspring 1/2 on	12.7
		Handspring 1/4 on 1/4 off	12.7
		Handspring 1/2 on 1/2 off	13.2
		Handspring 1/2 on 1/1 off	13.5

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Advanced	Start Score
Handspring Front (Tucked) Sault	14.2
Handspring Front (Tucked) Sault w 1/2 twist	14.6
Handspring Front (Tucked) Sault w 1/1 twist	15.0
Handspring Front (Piked) Sault	14.5
Handspring Front (Piked) Sault w 1/2 twist	14.9
Handspring Front (Piked) Sault w 1/1 twist	15.3
Handspring Front (Stretched) Sault	15.1
Handspring Front (Stretched) Sault w 1/2 twist	15.5
Handspring Front (Stretched) Sault w 1/1 twist	15.9
Tsukahara (Tucked)	13.9
Tsukahara (Tucked) with 1/2 twist	14.1
Tsukahara (Tucked) with 1/1 twist (Kasamatsu)	14.5
Tsukahara (Piked)	14.1
Tsukahara (Stretched)	14.7
Tsukahara (Stretched) with 1/2 twist	15.0
Tsukahara (Stretched) with 1/1 twist	15.4
Kasamatsu – Handspring sideways 1/4 twist outwards Front Salto 1/2 twist or Tsuk w 1/1 twist	14.5
Kasamatsu 1/2 or Tsuk 3/2	14.8
Rnd-Off Bk Flip	13.1
Yurchenko (Rnd-Off Bk Flip, Bk Sault)	13.8
Yurchenko (Rnd-Off Bk Flip, Bk Sault (Pike))	14.0
Yurchenko 1/2 Twist	14.0
Yurchenko 1/1 Twist	14.4
Yurchenko 3/2 Twist	14.7
Yurchenko 2/1 Twist	15.4
Yurchenko (Stretched)	14.6
Yurchenko (Stretched) 1/2 Twist	14.9
Yurchenko (Stretched) 1/1 Twist	15.3
Rnd Off, 1/2 t Front Handspring	13.2
Rnd Off, 1/2 t Front Handspring 1/2 t	13.5
Rnd Off, 1/2 t Front Handspring 1/1 t	13.8
Rnd Off, 1/2 t Front Handspring 3/2 t	14.1
Rnd Off, 1/2 t Front Handspring , Front sault (Tuck)	14.4
Rnd Off, 1/2 t Front Handspring , Front sault (Tuck) 1/2 t	14.8
Rnd Off, 1/2 t Front Handspring , Front sault (Pike)	14.7
Rnd Off, 1/2 t Front Handspring , Front sault (Pike) 1/2 t "Nemov"	15.1
Rnd Off, 1/2 t Front Handspring , Front sault (Stretch)	15.3
Rnd Off, 1/2 t Front Handspring , Front sault (Stretch) 1/2 t	15.7