



2024 KNOX Masters Competition

Sunday 4th August

(1pm start – TO BE CONFIRMED)

291 George Street, Wantirna South, Victoria 3152

(State Basketball Center)

Entries close (Monday 15th July)

Cost: \$70 per athlete

Entries

From our website you can enter using either;

- **online form** or

- **downloadable form** , then email to: andrew@knoxgymnastics.org.au

Judges

If you know a judge that could help out for the event, that would be greatly appreciated. Having enough judges is a big part of keeping the event running smoothly and finishing in a timely manner!

Judges will be reimbursed for the session.

Please email details to the club at; andrew@knoxgymnastics.org.au

Event Details

Category

All athletes must be affiliated with a club as an athlete to enter.

Participator - gymnasts that have either competed at a (non-adults) competition THIS year,
- or just wishes to join in the fun but not compete.

Competitor - gymnasts willing to put their skills to the test.

Age categories may be used depending on the number of entries.

Apparatus

Competitors - need to choose a minimum of 4 apparatus,
as your 4 best scores will contribute to your All-Around score.

Participants - tick which apparatus you intend to do. *(so we can plan accordingly)*.

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

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

Level

The table below provides a rough comparison. But if you are un-sure of your level, 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

****Make sure to choose a level for each apparatus you want to compete on.***

Example gymnast; Name: Shawn East. D.O.D: 1992 Club: CGDI

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.

Lastly

Have FUN! While this is a competition, it is also a celebration of the hard work you have put in!
We look forward to seeing you soon.

RULINGS, CLARIFICATIONS and DEFINITIONS

Please review 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.
- 6+ Skills and/or Elements. For a start score out of 10 marks. -1.0 per missing skill
Except Vault and Mini-tramp. Start values are provided.
- Apparatus Composition Requirement (CR) is worth 0.5 marks, max 2.5
- 1 skill / element may fulfil multiple composition requirements.
- Standard execution deductions will apply;
0.1 - small error, 0.3 - medium error, 0.5 - large error, 1.0 – fall
- Minor assist (gymnast does most of the work) -1.0 and skill & requirement is still paid
Major assist (coach does most of the work) -1.0, plus skill & requirement won't be paid
- 1 crash mat (up to 30cm) is allowed for any apparatus dismount without deduction.
- 'Elements' from the Code of Points (CoP) will be paid double their normal value. ie: A = 0.2, B = 0.4, etc.
 - Beginner: Elements can be performed and will count but won't be awarded a value.
 - Intermediate: Only '**A**' value elements will be awarded.
 - Advanced: All elements will be awarded
- **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.
- An apparatus requirement, calling for 'x2' will count as 2 skills.
eg. '2 consecutive swings' requirement, this will count as 1 requirement and 2 skills.
- A Jump or Lift to Straight Hang/Support mount won't count as a skill for Bars & Rings apparatus.
BUT skills such as: Jump to immediate Tuck Support or Jump to immediate front hip circle would be count.
- A requirement lists multiple skills under the 1 requirement - eg; *Beginner Floor – Jump/Leap*
The gymnast is required to do either a Jump or a leap, but may do both to fill out a routine
- **REQUIREMENT AMBIGUITY** – several requirements have been left a little ambiguous.
This is to allow athletes to explore creativity and ingenuity in their routines
- **SKILL** - an action performed 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** - skill / 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** - skill / element involving rotation, passing through an inverted position.
eg; roll, cartwheel, round-off, handstand, etc...
- **ACRO with FLIGHT** - acro skill / element which involves the gymnasts entirely leaving the floor.
eg; dive roll, hand-spring, flip, salto, etc...
- **HOLD** – skill / element performed in either a hang or supported position. It may be inverted or right way up.
It should be held for a minimum 2 seconds unless otherwise specified.
- **STRENGTH skill/element** – a skill demonstrating strength, such as a;
handstand hold (min 2 sec), press, L / V support, planche, push-ups, etc...
- **FLEXIBILITY skill/element** – a skill demonstrating flexibility, such as a;
splits, bridge, walk-over, Y-scale, Split Leap, etc...

APPARATUS COMPOSITION REQUIREMENTS

FLOOR

- Maximum 90sec in length (no minimum length)
- 0.3 Choreography bonus (if routine choreographed to music)
- Words are allowed (no explicit language or innuendo)
 - *Be mindful 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"> ● Pivot or Jump turn (min ½ turn) ● Jump or Leap ● 1st Acro Skill ● 2nd Acro Skill ● Either a Strength, Flexibility or Non-Acro skill 	<ul style="list-style-type: none"> ● Pivot / Jump turn (min full turn) ● 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 Pivot/Twist/Turn or greater or 2 different Pivot/Twist/Turns. ● Jump / Leap series (min 2 skills) ● Strength / Flexibility Element ● 1st Acro Series, with Flight Element (minimum 2x A or 1x B element or higher) ● 2nd Acro Series, (min. 2 skills) with Flight Element (minimum 2x A or 1x B element or higher)
<p>Note - A Round-off will count as Acro skill/element (A value) but not flight element.</p>		

PARALLEL BARS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> ● 1st 2 second Hold ● 2nd 2 second Hold ● 2 Consecutive Swings ● Animal Movement <i>(bear, crab, monkey, etc..)</i> ● Dismount <i>(a distinct action)</i> 	<ul style="list-style-type: none"> ● 2 Holds ● Swings <i>(above bar height)</i> ● Inverted Skill <i>(this includes rolls)</i> ● Transition between above and below the bar ● Dismount 	<ul style="list-style-type: none"> ● 2 second Hold ● Swings <i>(above Horizontal)</i> ● Handstand (momentary) ● Show skills: - below and above the bar. ● Salto or Interesting/Entertaining Dismount

RINGS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> ● 1st Hold ● 2nd Hold ● 2 Consecutive Swings ● 2 Inverted skills <i>(Candle, Basket, Tuck, etc...)</i> ● Dismount 	<ul style="list-style-type: none"> ● 1st Hold ● 2nd Hold ● 2 Consecutive Swings ● 2 Inverted skills <i>(includes Dorsal hang)</i> ● Salto Dismount 	<ul style="list-style-type: none"> ● Hold ● Swing or Swinging Skill/Element ● 2 Support Skills ● Inlocate / Dislocate / Lever ● Element Dismount <i>(Pike Salto minimum)</i>

UNEVEN BARS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> ● 2 Holds ● Passing through inverted ● 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 ● Hip circle (either way) ● Bar change ● 2 consecutive Swings ● Dismount 	<ul style="list-style-type: none"> ● Bar change ● Element from CoP ● Element from CoP ● Element from CoP ● Dismount <i>(minimum 'A' value)</i>

HIGH BAR

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> ● 1st Hold ● 2nd Hold ● Tension Swing ● 2 consecutive Swings <i>(not including Tension swing)</i> ● Dismount <i>(can just drop in controlled manor)</i> 	<ul style="list-style-type: none"> ● 2 second Hold ● 2 consecutive Swings <i>(at or above 45 degrees)</i> ● Below to above bar skill. <i>(Kip, Pull-over, Back uprise, etc.)</i> ● Skill starting above the Bar; <i>(Hip Circle, Under-swing, etc...)</i> ● 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; <i>(Hip Circle, Under-swing, etc...)</i> ● ½ turn or more <i>(Swing ½, Top/Blind Change, Vault-over, etc...)</i> ● Dismount* <i>(minimum 'A' value)</i> <i>(* tucked flyaway will count)</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 tiptoes, 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>* <i>Relevé or Passé ½ turns won't count as a skill</i></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 any 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.

NON-INVERTED JUMPS

Level:	Beginner		Intermediate
Skill	Base value	½ Twist value	1/1 Twist value
Straight Jump	9.0	9.5	10.0
Tuck or Star Jump	9.3	9.8	10.3
Straddle or Forward Split Jump	9.6	10.0	10.6

INVERTED JUMPS

Skill	Tuck	Pike	Stretch	
Dive roll	10.0			Beginner
Front sault	11	11.4	11.8	Intermediate
Front ½ (Barani)	11.2	11.6	12	
Front 1/1	11.4	11.8	12.2	Advanced
Front 3/2 (Rudy)	11.7	12.1	12.5	
Front 2/1	12	12.4	12.8	
Double Front	14	14.8	15.6	
Double Front ½	14.4	15.2	16	
Double Front 1/1	14.8	15.6	16.4	
Double Front 3/2	15.4	16.2	17	
Double Front 2/1	16	16.8	17.6	
Tsuk (Barani +Back)	14.4	15.2	16	

VAULT

- Gymnasts can perform 2 vaults, with the best score counting
- Vault Table (Height 100cm+) - Landing surface provided (No pit landing).
- 0.5 deduction for crash mat in pit landing
- 1.0 deduction for pit landing.
- Mini tramp can be used for Table vaults, but will incur a 0.5 point deduction
- If a vault isn't on the list, please let us know in advance and we will assign a start value

Beginner - Non-table Vaults			
Skill	Start Score	½ Twist	1/1 Twist
Straight Jump	9.0	9.6	10.2
Tuck or Star Jump	9.3	9.9	10.5
Straddle or (Forward) Split Jump	9.6	10.2	10.8
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 & Table Vaults			
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

Knox Masters 2024 – Event details

Advanced - Table Vaults with Salto	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
Round-Off Bk Flip	13.1
Yurchenko (Round-Off Bk Flip, Bk Sault)	13.8
Yurchenko (Round-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
Round-Off, 1/2 t Front Handspring	13.2
Round-Off, 1/2 t Front Handspring 1/2 t	13.5
Round-Off, 1/2 t Front Handspring 1/1 t	13.8
Round-Off, 1/2 t Front Handspring 3/2 t	14.1
Round-Off, 1/2 t Front Handspring, Front sault (Tuck)	14.4
Round-Off, 1/2 t Front Handspring, Front sault (Tuck) 1/2 t	14.8
Round-Off, 1/2 t Front Handspring, Front sault (Pike)	14.7
Round-Off, 1/2 t Front Handspring, Front sault (Pike) 1/2 t "Nemov"	15.1
Round-Off, 1/2 t Front Handspring, Front sault (Stretch)	15.3
Round-Off, 1/2 t Front Handspring, Front sault (Stretch) 1/2 t	15.7