



# **2026 Masters**

## **Competition Manual**



## LOCATION:

State Basketball Centre (to the right inside the main entrance by the tower)  
 291 George Street, Wantirna South, Victoria 3152

## WARM UP

A 30minute warm-up will be provided

This time can be used to stretch and warm-up and a brief apparatus warm-up

*(note we are looking to options to start the event earlier)*

## COMPETITION START

Athletes will line up and be presented to the spectators

Athletes will then move to their first apparatus to begin the competition.

You will get a one-touch warm-up and then compete, except floor where you will have a 3minute group warm-up.

## SCORING

Start score	10.0	(if you have 6 or more skills)
+ Difficulty		(Elements A's, B's, etc)
+ Awarded Bonus's		(Choreography + 0.3, Judges +0.3)
- Deductions		
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	= Final Score	

## AWARDS

Apparatus Ribbon	1 <sup>st</sup> – 6 <sup>th</sup>	Awarded to Top scores per level Novice, Intermediate, Advanced
All-Around Medal	1 <sup>st</sup> – 3 <sup>rd</sup>	Awarded to Top scores per level Novice, Intermediate, Advanced <i>Must compete on at least 4 apparatus to be eligible.</i>
Judges Choice Certificate	-	Effect, courage, wow factor, etc

## Apparatus Selection

- To compete, athletes must be registered with an affiliated Gymnastics Australia club. Please reach out if you need assistance with insurance or finding a club.
- You must be aged 18+ at time of competition.

### Apparatus Selection

A minimum of 4 apparatus is required, as your top 4 scores will contribute to your All-Around score.

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

### Level Selection

You can choose what level you compete at for each apparatus:

Beginner – Intermediate – Advanced

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:
<b>Beginner</b>	1 - 3	None to limited gymnastics experience
<b>Intermediate</b>	4 - 6	Low to intermediate level ex-gymnast or adult with some experience
<b>Advanced</b>	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 when the work-order is released prior to the competition.

### Age Divisions

Age brackets are determined dependant on number and age of entries.

## RULINGS, CLARIFICATIONS and DEFINITIONS

Please review carefully. If you have any questions, speak with your coach or please contact us.

### GENERAL RULES

- Open to any adult over the age of 18 and affiliated with a Gymnastics Club
- Where possible all athletes should be accompanied by an accredited coach for the duration of the competition. If you are unable to have a coach, please let us know and we will arrange a 'buddy' club for the event.
- Attire/costumes - Wear comfortable clothes you can move in. Outfits/costumes are welcome. Please no buckles, studs or zips which can damage the equipment.
- Floor music: words/lyrics are allowed, but no explicit language or innuendo. We may have child spectators and want all involved to feel comfortable.
- For safety a landing mat or crash mat (up to 30cm) is allowed for any apparatus dismount without deduction.

### REQUIREMENTS

- Apparatus **Composition Requirement (CR)** is worth 0.5 marks each, max 2.5. Added to your start score.  
1 skill / element may fulfil multiple composition requirements.
- Routine should have 6+ Skills and/or Elements, this includes the dismount. For a start score out of 10 marks.  
-1.0 per missing skill  
Except on Vault and Mini-tramp. Start values are provided.  
a fall will count as a no vault 0.0. (*You have 2 attempts*)
- 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
- **SKILL** - any performed action; eg; swing, roll, hold, balance, dance, flip, etc...
- **ELEMENT** – a skill that has been recognised and designated a difficulty value 'A', 'B', 'C', etc and is listed in the F.I.G. Code of Points (CoP). These skills will be awarded double their normal value. ie: A = 0.2, B = 0.4, C = 0.6, etc.

- **ELEMENT (Part 2)** – Speak to your coach should help you determine suitable skills.
  - Beginner: Elements may be performed and will count towards requirements but won't be awarded the 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
  - Original or unique movements
  - Costume
  - Enthusiasm
  - Courage
  - Effort
  - Or anything else they deem worth rewarding
- Any 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 requirement that lists multiple skills under the 1 requirement  
- eg; *Beginner Floor – Jump/Leap*  
Then the gymnast is required to do either a Jump or a leap.  
They may do both to fill out a routine
- **Apparatus mount** (Bars, Rings & P-bars): A simple Jump to support or Straight hang will not count as a skill. Only the skills proceeding this, will count. For the mount skill to count, it should be: a pull-over, a kip, jump into swing.
- **REQUIREMENT AMBIGUITY** – several requirements have been left intentionally ambiguous. This is to allow athletes to explore creativity and ingenuity in their routines.
- **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, aerial, 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"> <li>• Pivot or Jump turn (min ½ turn)</li> <li>• Jump or Leap</li> <li>• 1st Acro Skill</li> <li>• 2nd Acro Skill</li> <li>• Either a Strength, Flexibility or Non-Acro skill</li> </ul>	<ul style="list-style-type: none"> <li>• Pivot / Jump turn (min full turn)</li> <li>• Jump or Leap x2</li> <li>• 1st Acro Skill</li> <li>• 2nd Acro Skill - Forwards or Backwards Flight Element</li> <li>• Strength / Flexibility skill</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ Pivot/Twist/Turn or greater or 2 different Pivot/Twist/Turns.</li> <li>• Jump / Leap series (min 2 skills)</li> <li>• Strength / Flexibility Element</li> <li>• 1<sup>st</sup> Acro Series, with Flight Element (minimum 2x A or 1x B element or higher)</li> <li>• 2<sup>nd</sup> Acro Series, (min. 2 skills) with Flight Element (minimum 2x A or 1x B element or higher)</li> </ul>
<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"> <li>• 1st 2 second Hold</li> <li>• 2nd 2 second Hold</li> <li>• 2 Consecutive Swings</li> <li>• Animal Movement <i>(bear, crab, monkey, etc..)</i></li> <li>• Dismount <i>(a distinct action)</i></li> </ul>	<ul style="list-style-type: none"> <li>• 2 Holds</li> <li>• Swings <i>(above bar height)</i></li> <li>• Inverted Skill <i>(this includes rolls)</i></li> <li>• Transition between above and below the bar</li> <li>• Dismount</li> </ul>	<ul style="list-style-type: none"> <li>• 2 second Hold</li> <li>• Swings <i>(above Horizontal)</i></li> <li>• Handstand (momentary)</li> <li>• Show skills: - below and above the bar.</li> <li>• Salto or Interesting/Entertaining Dismount</li> </ul>

### RINGS

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

## UNEVEN BARS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> <li>• 2 Holds</li> <li>• Passing through inverted</li> <li>• Cast</li> <li>• 2 consecutive Swings <i>(Tuck, Glide, Long Swing)</i></li> <li>• Controlled dismount</li> </ul> <p><i>Gymnast may dismount &amp; re-mount the apparatus without penalty.</i></p>	<ul style="list-style-type: none"> <li>• Pull-over and or Kip</li> <li>• Hip circle (either way)</li> <li>• Bar change</li> <li>• 2 consecutive Swings</li> <li>• Dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Bar change</li> <li>• Element from CoP</li> <li>• Element from CoP</li> <li>• Element from CoP</li> <li>• Dismount <i>(minimum 'A' value)</i></li> </ul>

## HIGH BAR

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

## BEAM

Beginner	Intermediate	Advanced
Gymnasts should be using at least 1 length of the beam.		
<ul style="list-style-type: none"> <li>• 1/2 turn (either 1 or 2 feet)</li> <li>• Jump or Leap</li> <li>• 2sec Balance or a Close to Beam</li> <li>• Acro (May include a Roll or Tucked / Half Handstand)</li> <li>• Dismount</li> </ul> <p>* Controlled walks (on tiptoes, point steps, etc..) may count as a skill, at this level.</p>	<ul style="list-style-type: none"> <li>• Full Turn or Half-Half</li> <li>• Jump or Leap x2</li> <li>• 2sec Balance or a Close to Beam</li> <li>• Acro (separate from Dismount) <i>May include a ½ Handstand</i></li> <li>• Dismount (can be Acro or Jump)</li> </ul>	<ul style="list-style-type: none"> <li>• Full Turn</li> <li>• Jump or Leap Series</li> <li>• Close to Beam</li> <li>• Acro Skill (can be connected to dismount)</li> <li>• Dismount <i>(minimum 'A' value)</i></li> </ul> <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"> <li>• Mount</li> <li>• Support Hold (Tuck, L, etc..), other than front/back support.</li> <li>• Support Swings</li> <li>• Stride Swings</li> <li>• Flank or Entertaining dismount</li> </ul>	<ul style="list-style-type: none"> <li>• False or full scissor</li> <li>• Swings (<i>Support / Stride</i>)</li> <li>• Routine must be continuous</li> <li>• 1/2 Circle or Loop. (May be part of Mount or Dismount) (<i>More than a ½ will still count</i>)</li> <li>• Use any 2 parts of the Pommel (<i>Ends, Center, Handles</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• False / Full Scissor(s)</li> <li>• Circle(s)</li> <li>• Loop(s)</li> <li>• Use all 3 parts of pommel</li> <li>• Dismount (<i>minimum 'A' value</i>)</li> </ul>

## 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
- 1.0 deduction for crash mat in 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

<b>Beginner</b> - Non-table Vaults			
<b>Skill</b>	<b>Start Score</b>	<b>½ Twist</b>	<b>1/1 Twist</b>
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		

<b>Intermediate</b> - Non-table & Table Vaults			
<b>Non-table Vaults</b>		<b>Table Vaults</b>	
<b>Skill</b>	<b>Start Score</b>	<b>Skill</b>	<b>Start Score</b>
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

<b>Advanced</b> - Table Vaults with Salto	<b>Start Score</b>
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

## Other Details

### COMPETITON ENTRY:

All entrants need to complete an entry form, it can be either the google form or a paper form emailed through. Links to these can be found on our website.

If you have any queries or issues, please email: [andrew@knoxgymnastics.org.au](mailto:andrew@knoxgymnastics.org.au)

### PAYMENT PROCESS:

Direct Debit payment can be made to Knox Gymnastics.

Please include; '**Masters**' and your **Name** in the description, so we can identify your payment and confirm your entry.

**BSB :**           **063-239**

**Account :**   **1025 4655**

### JUDGES

Clubs if you are able to provide a judge for the event that would be of great help, the more we have the smaller the groups and faster we move and finish!

Judges will be reimbursed \$100 (*above award given the length of the event*)

Email details to; [andrew@knoxgymnastics.org.au](mailto:andrew@knoxgymnastics.org.au)

### SPECTATORS

Spectators are welcome to come watch and cheer on the athletes we have a large seated mezzanine

### WITHDRAWAL

If you need to withdraw from the event, please contact us by email and include all relevant information in your message.