

ALP Masters

Exercise Evaluation

Difficulty	Add	The value of the best 7 elements plus the value of the dismount
Element Groups	Add	+ 0.5 each SR + Dismount (up to + 0.5)
Bonus Points	Add	FIG Connection bonus + 0.1 bonus for stuck dismount landing Special bonus 0.3 as per bonus table
Presentation	Subtract	'E' jury deductions taken from a start score of 10
Total		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed SR + Bonus points

Element Value The difficulty value of the elements

A	B	C	D	E	F	G	H	I
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Bonus

- Connection bonus based on Code of Points for each apparatus (performed without a fall or large error)
- 0.1 for stuck dismount landing
- 0.3 bonus for each 'B' value element or higher (max 3), not including the dismount, as per specific bonus table (awarded if performed without a fall or large error).

Dismount

- Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups. (The dismount on Floor must be a "salto to feet" element from Element Group II or III.)
- Dismount from additional element list = 0.0, 'A' value = + 0.3, 'B' value (or higher) = + 0.5

Elements

- 8 elements in a routine to be made up of 7 elements PLUS the dismount
- Short routine penalty will be applied as follows:

5 or more elements	-0.0 pts	4 elements	-1.5 pts
3 elements	-2.0 pts	2 elements	-2.5 pts
1 element	-3.0 pts		
- Additional elements awarded 'A' value as per the additional elements list
- **Each 'A' element will be recognised up to 2 times in a routine**

Special Requirements (Must be performed within the 8 counting elements)

Apparatus	Element Groups	Value
Floor	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 dismount
Pommels	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 dismount
Rings	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 dismount
Vault	FIG value for all vaults	
Parallel Bars	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 dismount
Horizontal Bar	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 dismount

Exceptions

Rings, P-Bars, H-Bar	One half intermediate swing is acceptable
H-Bar	One additional half intermediate swing for the mount is acceptable

FIG Code of Points Exceptions

- There is no requirement to perform a double salto element on Floor as per FIG Code of Points
- There is no requirement to perform a 'swing to handstand' on Rings as per the FIG Code of Points

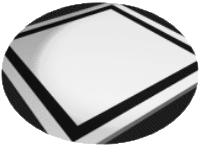
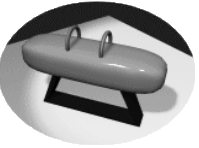
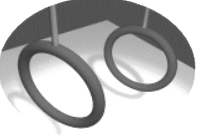
Specific Bonus Elements for Level 8 Open


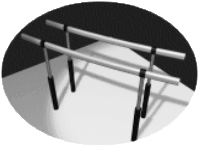
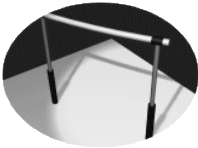
Apparatus	Bonus Element
Floor	<ul style="list-style-type: none"> • Any 'B' (or higher) value element (max 3) not including the dismount
Pommels	<ul style="list-style-type: none"> • Any 'B' (or higher) value element (max 3) not including the dismount
Rings	<ul style="list-style-type: none"> • Any 'B' (or higher) value element (max 3) not including the dismount
Vault	<ul style="list-style-type: none"> • Any salto in post-flight phase (0.3) • Any salto with 1/2 twist (or greater) in post flight phase (0.6) <i>(Bonus will not be awarded if a fall occurs on landing due to under rotation)</i>
Parallel Bars	<ul style="list-style-type: none"> • Any 'B' (or higher) value element (max 3) not including the dismount
Horizontal Bar	<ul style="list-style-type: none"> • Any 'B' (or higher) value element (max 3) not including the dismount

Note: A maximum of 0.9 per apparatus (0.6 for Vault) will be allowed.

Additional Elements List	Group	Value
FLOOR		
<ul style="list-style-type: none"> • Cartwheel 	I	A
POMMELS		
<ul style="list-style-type: none"> • False scissor • Any flair in side support (separate to DLC) • DLC in side support on outer zone 	I II II	A A A
RINGS		
<ul style="list-style-type: none"> • Beat dislocate from piked hang (different skill to stretched) • Vertical pull up with bent arms to support (muscle up) 	I II	A A
VAULT		
<ul style="list-style-type: none"> • Nil 		
PARALLEL BARS		
<ul style="list-style-type: none"> • Back uprise to horizontal support • Moy to upper arm • Salto dismount forward tucked or backward tucked (side or end) 	II III IV	A A A
HORIZONTAL BAR		
<ul style="list-style-type: none"> • Back uprise to horizontal • Double handed hop to top grip at least 45° above horizontal • Swing ½ turn at least 45° above horizontal • Kip to support (same element as CoP III.1) • Backward clear hip circle to horizontal • Salto backward tucked or piked • Salto forward tucked or piked 	I I I III III IV IV	A A A A A A A

2017 – 2020 Optional Requirements – General Notes

<p style="text-align: center;">General</p>	<ul style="list-style-type: none"> • No junior athlete (i.e. any athlete not competing level 10 or Senior International requirements) is permitted to compete interdicted (prohibited) elements identified in the 2017 CoP. Such elements will not be recognised by the D jury • At levels 7-8 & Masters all dismounts that are performed without steps, hops or a fall (stuck landing) will receive a 0.1 bonus (including vault). • At levels 7-9 a spotter is required to be present at Rings, Vault, Parallel Bars and Horizontal Bar. • Masters athletes may repeat 'A' value elements once for recognition and value.
<p style="text-align: center;">Floor Exercise</p> 	<ul style="list-style-type: none"> • At level 7-8 & Masters only there is no requirement to perform a double salto element on Floor as per FIG Code of Points. • Minimum of 3 passes required for levels 7-8: <ul style="list-style-type: none"> - A pass must contain at least one recognised element and involve locomotion along a diagonal or side axis of the floor. - The gymnast must use both diagonals. Deduction = 0.3 points by the D jury • The dismount must be a salto element that lands on 2 feet. The dismount may come from either Element Groups II or III. • At all levels a forward roll executed directly after a landing a salto element will be treated as part of no value = 0.3 points deduction. • Strength press to handstand must show a definite stop (before any hand movement) in order to be recognised for difficulty. It must be held for 2 seconds for no presentation deduction. • Simple steps or transitions to the corner = 0.1 deduction each time. A transition to the corner must be of an artistic nature and must include a minimum 180° turn for no deduction to be taken.
<p style="text-align: center;">Pommel Horse</p> 	<ul style="list-style-type: none"> • At level 7 & Masters only, at least 2 parts of the horse must be utilised. At all other levels 3 part of the horse must be utilised. • At level 7 & Masters only, double leg circles and flairs in side support on the handles and double leg circles and flairs in side support on the outer zone will be recognised as different skills in Element Group II. • All variations of double leg circles in side support on either outer zone will be treated as the same element, i.e. whether on leather or on one handle and leather.
<p style="text-align: center;">Rings</p> 	<ul style="list-style-type: none"> • At level 7-8 & Masters only, there is no requirement to perform a 'swing to handstand' on Rings as per the FIG Code of Points • At level 7 & Masters only, a beat dislocate from inverted hang will be recognised as an 'A' value element in addition to a 'stretched (swinging) dislocate in Element Group I. • At level 7-8 & Masters only, one ½ intermediate swing will be permitted without deduction. • At level 7-8 & Masters only, a sequence of EGII and EGIII elements (maximum 3 in direct succession) can be broken by any 'A' value swinging element, including kips from EGI.

<p style="text-align: center;">Vault</p> 	<ul style="list-style-type: none"> • At level 7-8 & Masters only, the bonus will not be awarded for vaults with under rotation that results in a fall. • Treatment of invalid vaults for level 7-8 The FIG rules pertaining to the treatment of invalid vaults will not apply in Australia at levels 7-8 under the following conditions. <ul style="list-style-type: none"> - When the vault was so poorly executed it cannot be recognised - Pushing off with his feet from the table - If on landing the feet do not hit first before any other body part - When the vault was executed without the hands touching the table - Intentional sideways landing Under these conditions the gymnast will be allowed to repeat the vault. The 'D' jury will apply a 2.0 points technical penalty to the 2nd attempt. Execution deductions will be based only on the 2nd vault performed. • At all levels, running related errors will be treated as per the FIG CoP. i.e. one (1) additional run approach will be permitted with 1.0 points deduction from the 'D' score
<p style="text-align: center;">Parallel Bars</p> 	<ul style="list-style-type: none"> • At level 7-8 & Masters only, one ½ intermediate swing will be permitted without deduction. A layaway may be recognised as the allowable ½ intermediate swing. • Moy elements commenced from more than 15° from handstand out of a swing backward will be treated as a layaway and receive a 0.3 points deduction (if not an allowable ½ intermediate swing).
<p style="text-align: center;">Horizontal Bar</p> 	<ul style="list-style-type: none"> • At level 7-9, a coach must be present at or under the apparatus before the routine commences. • At level 7-8 & Masters only, one ½ intermediate swing will be permitted without deduction in case of a mount and also within the body of the routine. Layaways will be recognised as the allowable ½ intermediate swing. • At level 7 & Masters only, cast has no amplitude requirement. Normal presentation errors still apply.

Updated from the 2018 MAG Technical Regulations

5.4 National Clubs Carnival

Draft schedule and entry forms for the National Club Carnival will be available on the Gymnastics Australia website www.gymnastics.org.au > Events.

5.4.1 Competition Format

Refer to Appendix 3.

The Men's Gymnastics National Clubs Carnival comprises two rounds of competition:

- Gymnasts in all divisions will be judged on the requirements for their respective level.

Gymnasts may compete at or above the level they are currently qualified for this event only (i.e. they will not be restricted to the new level if competing in a higher level at this event).

Division	Competition Requirements
E	Gymnasts must compete at their respective level and be judged using level 3 compulsory routines.
D	Gymnasts must compete at their respective level and be judged using level 4 or 5 compulsory routines. Gymnasts cannot change levels from one apparatus to the next.
C	Gymnasts must compete at their respective level and be judged using level 6 or 7 compulsory routines. Gymnasts cannot change levels from one apparatus to the next. <i>*Level 7 U/13 gymnasts will perform Pommel Horse routine 1 only</i>
B	All gymnasts in this division will be judged on Level 7 or 8 Open optional requirements. <i>*Special bonus applies *Level 8 U14 gymnasts are eligible to compete in division B at level 8 Open requirements</i>
A	Gymnasts must compete at their respective level and be judged using level 9 or 10 optional requirements. Gymnasts cannot change levels from one apparatus to the next.
M	<ul style="list-style-type: none">• Open to both male and female gymnasts• Male gymnasts must be 20yrs or older in 2018• Female gymnasts must be 17yrs or older in 2018• Gymnasts will be judged based on Division B (Level 7 Open) with modified requirements• Only 1 round of competition• Team award will be based on the 4 highest scoring apparatus• Individual All Around awards will be based on 6 apparatus• Masters athletes may repeat 'A' value elements once for recognition and value.

5.4.2 Eligibility

- Each gymnast must be registered with GA.
- All gymnasts within a team must be registered with the same club, even if training at a HPC program.
- All coaches and judges must be registered with GA.

Appendix 4

The following table is a summary of the MAG Technical Regulations that apply to the 2018 National Clubs Carnival (section 5.4 National Clubs Carnival) and encompasses the following sections of the Technical Regulations:

5.4.7 Awards

Division	Team	Individual	Team	Individual	Team AA		Team Apparatus		Individual AA		Individual Apparatus			
	All Around	All Around			Apparatus	Apparatus	Awards		Awards		Awards		Awards	
							1 st – 3 rd	4 th – 6 th	1 st	2 nd – 6 th	1 st – 3 rd	4 th – 6 th	1 st – 3 rd	4 th – 6 th
Division E	Round 1	Round 1	Round 2	Round 2	Trophy	Certificate	Trophy	Certificate	Medals	Ribbons	Medals	Ribbons		
Division D	Round 1	Round 1	Round 2	Round 2	Trophy	Certificate	Trophy	Certificate	Medals	Ribbons	Medals	Ribbons		
Division C	Round 1	Round 1	Round 2	Round 2	Trophy	Certificate	Trophy	Certificate	Medals	Ribbons	Medals	Ribbons		
Division B	Round 1	Round 1	Round 2	Round 2	Trophy	Certificate	Trophy	Certificate	Medals	Ribbons	Medals	Ribbons		
Division A	Round 1	Round 1	Round 2	Round 2	Trophy	Certificate	Trophy	Certificate	Medals	Ribbons	Medals	Ribbons		
Division M	Round 1	Round 1			Trophy				Medals					

NB. Ribbons will be awarded to individual team members for Team Apparatus awards for each division

Overall Champion Club Award		Overall Champion Club - Tie Breaking Rules	
1 st Place	Trophy	Ref 5.4.6 Tie breaking rules for overall champion club awards will be determined as follows;	
2 nd Place	Trophy		
3 rd Place	Trophy		
Junior* / Senior** Champion Club Award		In the event of a tie, the higher ranked club will be awarded to the club with the highest total team score over the 4 divisions	
1 st Place	Trophy		

Team AA Points - Per Division			
1 st	20	6 th	10
2 nd	18	7 th	8
3 rd	16	8 th	6
4 th	14	9 th	4
5 th	12	10 th	2
Teams placing 11 th and lower receive 1pt minimum 3 counting scores on each apparatus			

* The Junior Champion Club will be determined by points calculation of Divisions C, D & E

** The Senior Champion Club will be determined by points calculation of Divisions A, B & M

Team Apparatus Points - Per Division			
1 st	6	4 th	3
2 nd	5	5 th	2
3 rd	4	6 th	1