



KNOX MASTERS 2018

COMPETITION DETAILS

WHEN:

Sunday 19th August 2018, Afternoon ~1pm (TBC)

WHERE:

Knox Gymnastics Centre
4 Mossfield Avenue, Ferntree Gully 3156
(on-site parking available)

ELIGIBILITY:

Competitors must be 18+, registered with Gymnastics Australia and be affiliated with a club. You must also have an accredited coach with you or on the team.

ANY ENQUIRIES:

Andrew Dean – info@knoxgymnastics.org.au

LEVELS:

In the past you compete at a single level. But we realise that most of us aren't at the same skill level on every apparatus so this year we're mixing it up and splitting the event into 3 ability levels. A rough comparison to the National Levels Program has been provided as a guide.

Level	Approximate National Level equivalent
Beginner	1 - 3
Intermediate	4 - 6
Advanced	7 - 10

If you want to join in the fun, but don't want to compete you can still be a participant.

Note any gymnast that has competed at a National level this year, cannot compete at 'Masters' but may be a participant.

APPARATUS:

Competing gymnasts will need to choose a minimum of **4** apparatus they wish to compete on and the level they want to compete at for each apparatus. Example a gymnast may do an Advanced Floor, an Intermediate Uneven Bars and a Beginner Rings and Beam.

We hope this will encourage people to try new apparatus and skills.

In the spirit of a fair and interesting competition, please choose your levels appropriately.

ALL-AROUND:

Based on the top 3 scores from your level, plus the next highest score from the remaining apparatus will contribute to your All-around score.

PROCEEDINGS

GENERAL and APPARATUS WARM UP:

45 minutes.

APPARATUS WARM-UP:

Floor - 5 minutes.

Vault & Mini-Tramp - 2 attempts

All other apparatus - Canadian style where appropriate.

AWARDS:

Awards will be presented at the end of competition. There are several up for grabs;

- Apparatus Placings for Beginner, Intermediate & Advanced
- All-Around for each level.
- Judges Choice Awards;
 - o Best Costume,
 - o Best Attitude,
 - o Most Entertaining Routine,
 - o etc....
- Participation Gymnasts will receive a Participation award
- Score Certificate

DINNER:

After the event we will be heading ~3mins walk down the road to 'The Club Hotel' to grab a bite to eat. (848 Burwood Hwy, Ferntree Gully)

ANY ENQUIRIES:

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Continue over page for Rules and Apparatus Requirements . . .

RULINGS

Like any competition there's always some rules and requirements that we have to adhere to;

Please read through the Apparatus requirements carefully.

Speak with your coach or contact us if you have any questions.

The new guidelines should help make routine construction easier.

- **ATTIRE** - Outfits are welcome, but please avoid any clothing which may damage the equipment such as Buckles, studs or zips.
- We understand the many gymnasts skills are lop-sided as such we will allow a gymnast to compete **1 skill** that would be considered above their level. eg;
 - Beginner doing a Front sault on floor.
Competing multiple skills above their level will most likely have their Level upgraded and will be subject to the rules of that level (harder requirements).
- A Routine should have a minimum of 6 skills or elements
- Execution (E-score) out of 10 Marks.
- Difficulty (D-score) – gymnasts competing elements from the Code of Points will receive double the value of the skill. A = 0.2, B = 0.4, etc..
- Standard Deductions; 0.1 - small error, 0.3 - medium error, 0.5 - large error, 1.0 - fall
- A short routine and/or Apparatus Requirement will both result in a 1.0 mark Technical Deduction (TD).
- 1 skill or element **cannot** fulfil multiple requirements (unless otherwise stated)
- Skills/Elements such as 'Jump to Support' or 'Straight Hold or Hang' on Bars apparatus, will only count as a 'skill' in the **Beginner's Level.**)
- 1 crash mat is allowed for any apparatus dismount with no deductions.
(*We have a variety of thicknesses.*)
- **Extra Points** - Judges may reward bonus points at any time for the following
 - Creativity
 - Costume
 - Courage
 - Effort
 - Original or unique movements
 - Expressions of enjoyment
 - Or anything else they deem rewarding

APPARATUS REQUIREMENTS

FLOOR

- Maximum 90sec in length
- 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"> • Turn 1/2 • Jump/Leap • 1st Acro Skill • 2nd Acro Skill • Strength / Flexibility / Non-Acro element 	<ul style="list-style-type: none"> • Turn 1/1 • Jump/Leap x2 • 1st Acro Skill • 2nd Acro Skill - Forwards or Backwards Flight Element • Strength / Flexibility Element 	<ul style="list-style-type: none"> • 1 ½ Turn or greater or 2x Full Turn. • Jump / Leap series • Strength / Flexibility Element • 1st Acro Series (min. 2 skills) with Forwards Flight Element • 2nd Acro Series (min. 2 skills) with Backwards Flight Element <p>* Round-off will count as an Acro but not a flight element.</p>

PARALLEL BARS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Mount • 2sec Hold x2 • 2 Consecutive Swings • Animal Movement. (Bear/Crab/Penguin Walk, etc.) • Controlled Dismount 	<ul style="list-style-type: none"> • 2sec Hold x2 • 2 Consecutive Swings (<i>above bar height</i>) • Inverted Skill • Transition between any two Positions; Above Bar, Below Bar, Upper Arm. 	<ul style="list-style-type: none"> • 2sec Hold x2 • 2 Consecutive Swings (<i>at or above Horizontal</i>) • Handstand (momentary) • Show skills: below and above the bar, and in upper-arm support. • Salto or Interesting Dismount

RINGS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • 2sec Hold x2 • 2 Consecutive Swings • an Inverted Skill 	<ul style="list-style-type: none"> • 2sec Hold x2 • 2 Consecutive Swings • 2 Inverted Skills (<i>transition either to or from Dorsal hang counts as 1 skill</i>) • Salto Dismount 	<ul style="list-style-type: none"> • 2sec Hold x2 • Swings • 2 Support Skills • Inlocate / Dislocate / Lever • CoP Dismount (<i>above a Piked Sault</i>)

APPARATUS REQUIREMENTS

UNEVEN BARS

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • 2sec Hold x2 • Going Upside-down • Cast • 2 Consecutive Swings • Swinging Dismount <p><i>*Gymnasts may dismount and 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 or Mill Circle • Bar Change • 2 Consecutive Swings • Dismount 	<ul style="list-style-type: none"> • Bar Change • Minimum 3 elements from CoP • A Grip Change or Change of direction. • Dismount from CoP <i>(at least Full twist or Sault)</i>

HIGH BAR

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • 2sec Hold x2 • Tension Swing • 2 Consecutive Swings • Dismount (may just drop) 	<ul style="list-style-type: none"> • 2sec Hold x2 • 2 Consecutive Swings <i>(to Bar Height)</i> • Below to above bar skill. <i>(Kip, Pull-over, Back uprise, etc.)</i> • Skill Round the Bar; <i>(Hip Circle, Under-swing, Toe-shoot, etc..)</i> • Swing into Dismount 	<ul style="list-style-type: none"> • 2sec Hold • 2 consecutive Giant Swings • 2 Above bar skills <i>(Swing ½, Top/Blind Change, Vault-over, etc...)</i> • Grip Change or Change of direction <i>(can count as above bar requirement)</i> • CoP Dismount <i>(At least a Piked Sault)</i>

BEAM

** All Gymnasts must use at least 1 length of the beam.*

Beginner	Intermediate	Advanced
<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 	<ul style="list-style-type: none"> • Full Turn (includes Half-Half) • Jump or Leap x2 • Minimum 1/2 Handstand • 2sec Balance or a Close to Beam • Acro (separate from Dismount) • Dismount (can be Acro or Jump) 	<ul style="list-style-type: none"> • Full Turn • Jump or Leap Series • Full Handstand • 2sec Balance or a Close to Beam • Acro Skill (can be connected to dismount) • Dismount from CoP <i>(Aerial or Sault)</i> <i>(Must be an Acro skill)</i> <p><i>* 1/2 turns won't count as skills</i></p>

APPARATUS REQUIREMENTS

POMMEL or

Choose either Pommel or Mushroom as it counts as one score.

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Tuck or L-support • Support Swings • Stride Swings 	<ul style="list-style-type: none"> • False or full scissor • Swings • Routine must be continuous • 1/2 Circle or Loop. (May be part of Mount or Dismount) • Use 2 parts of the Pommel 	<ul style="list-style-type: none"> • False / Full Scissor(s) • Circle(s) • Loop(s) • Must use 2 parts of the pommel • Dismount from CoP or a Circle ¼ turn Outward.

MUSHROOM

Beginner	Intermediate	Advanced (Buck)
<ul style="list-style-type: none"> • 1/2 Circle from Front support to Back support, then turn over to Front support. x 5 <p><i>* Can be performed on either a Mushroom or a large / small Floor Mushroom.</i></p>	<ul style="list-style-type: none"> • 6 circles on standard Mushroom (minimum 3 continuous circles for skills to count) 	<ul style="list-style-type: none"> • 3 Loops • 1/4 turn • 3 Circles • Controlled Dismount

MINI TRAMP

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Non-Inverted jump, or Dive Roll 	<ul style="list-style-type: none"> • Skill that completes a Full twist or Full Rotation. <p><i>* includes Barany.</i></p>	<ul style="list-style-type: none"> • Skill that exceeds a single Twist and/or Full Rotation

- Gymnasts can perform 2 jumps with the best score counting

- Landing surface will be Crashmat over the pit

- Any non-inverted jump – 9.0 SV (*start value*)

- Dive roll or jump 1/1 turn 9.5 SV

- Front sault = 10.0 SV

- Side Sault = 10.3 SV

- Double Sault = 11.0 SV

- Tucked Position + 0.0 per sault

- Piked + 0.1 per sault

- Stretched + 0.2 per sault

- Each 1/2 twist + 0.3

Common Jumps;

• Layout = 10.2

• Barani (tucked) = 10.3

• Layout Full twist = 10.8

• Double Front (tuck) = 11.0

• Tsuk = 11.3

• Layout Double = 11.4

• Lay 1/2, Tuck Back = 11.5

APPARATUS REQUIREMENTS

VAULT

- Gymnasts can perform 2 vaults with the best score counting
- Vault Table (Height minimum 100cm+) 10.00 SV - No pit landing, but a landing surface provided.
- Mini tramp can be used for Table vaults, but will incur a 1.0 point deduction

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> • Non-Table Vaults 	<ul style="list-style-type: none"> • Table Vault or Salto Vault 	<ul style="list-style-type: none"> • Inverted Table Vault

Beginner (Non-Table Vaults)	
Skill	Start Value
Straight Jump and variations (Tuck, Star, etc...) * Bonus 0.5 for each ½ twist added	8.0
Dive roll	9.0
Handstand Flat Back (Single mat : 30cm)	9.0
Handstand Flat Back (3 Mats : 80 - 90cm) With Mini-tramp (<i>no deduction</i>)	10.0

Note Intermediate & Advanced Start Values have been adjusted to try balance this apparatus.

Intermediate			
Non-Table Vaults		Table Vaults	
Skill	Start Value	Skill	Start Value
Superman Dive roll	8.0	Handstand Flat Back (vault table)	10.0
Front Sault (single Mat 30cm)	9.0	Stoop Tucked	10.2
Front Sault (double Mat 60cm)	9.5	Stoop Straddled	10.4
Layout (single Mat 30cm)	9.5	Stooped Piked	10.6
Layout (double Mat 60cm)	10.0	Stoop Stretched (Hecht)	11.0
Handstand Flat Back (1 Mats – 30cm)	8.5	Round-off	10.4
Handstand Flat Back (3 Mats – 90cm)	9.0	Handspring	10.8
Handspring Flat Back (3 Mats – 90cm)	9.5	Handspring 1/2	11.1
		Handspring 1/1	11.5
		Handspring 3/2	11.9
		Handspring 2/2	12.2
		Handspring 1/2 on	11.7
		Handspring 1/2 on 1/2 off	11.2
		Handspring 1/2 on 1/1 off	11.5

APPARATUS REQUIREMENTS

Advanced	
Skill	Start Value
Handspring Front (Tucked) Sault	11.2
Handspring Front (Tucked) Sault w 1/2 twist	11.6
Handspring Front (Tucked) Sault w 1/1 twist	12.0
Handspring Front (Piked) Sault	11.5
Handspring Front (Piked) Sault w 1/2 twist	11.9
Handspring Front (Piked) Sault w 1/1 twist	12.3
Handspring Front (Stretched) Sault	12.1
Handspring Front (Stretched) Sault w 1/2 twist	12.5
Handspring Front (Stretched) Sault w 1/1 twist	12.9
Handspring Sideways w ¼ twist	9.9
Handspring Sideways w ¼ twist	10.1
Handspring Sideways w ¼ twist	10.3
Handspring Sideways w ¼ twist, Front Sault (Tucked)	10.7
Handspring Sideways w ¼ twist, Front Sault (Piked)	11.1
Tsukahara (Handspring Sideways with ¼ twist into Back Sault) (Tucked)	10.9
Tsukahara (Tucked) with 1/2 twist	11.1
Tsukahara (Tucked) with 1/1 twist (Kasamatsu) or Handspring with 1/4 turn entry, into Front Salto with 1/2 twist	11.5
Tsukahara (Piked)	11.1
Tsukahara (Stretched)	11.7
Tsukahara (Stretched) with 1/2 twist	12.0
Tsukahara (Stretched) with 1/1 twist	12.4
Kasamatsu 1/2 or Tsuk 3/2	11.8
Round-Off Back Handspring	10.1
Yurchenko (Round-Off Back Handspring, Back Tuck Sault)	10.8
Yurchenko (Pike)	11.0
Yurchenko 1/2 Twist	11.0
Yurchenko 1/1 Twist	11.4
Yurchenko 3/2 Twist	11.8
Yurchenko 2/1 Twist	12.4
Yurchenko (Stretched)	11.6
Yurchenko (Stretched) 1/2 Twist	11.9
Yurchenko (Stretched) 1/1 Twist	12.3
Round-Off, ½ twist, Front Handspring	10.2
Round-Off, ½ twist, Front Handspring, 1/2 twist	10.5
Round-Off, ½ twist, Front Handspring, 1/1 twist	10.8
Round-Off, ½ twist, Front Handspring, 3/2 twist	11.1
Round-Off, ½ twist, Front Handspring into Front sault (Tuck)	11.4
Round-Off, ½ twist, Front Handspring into Front sault (Tuck) 1/2 twist	11.8
Round-Off, ½ twist, Front Handspring into Front sault (Pike)	11.7
Round-Off, ½ twist, Front Handspring into Front sault (Pike) 1/2 twist "Nemov"	12.1
Round-Off, ½ twist, Front Handspring into Front sault (Stretch)	12.3
Round-Off, ½ twist, Front Handspring into Front sault (Stretch) 1/2 twist	12.7

I look forward to seeing you at the Comp!