



INTERIM ARTISTIC ROUTINES FOR 2021

A handbook for the NZ Secondary Schools competitions is currently under development. As at time of entries for the Waikato Secondary Schools Regional GymSport Festival, this was not available, HCG have adapted the below levels and routines from:

- School Gymsports Festival Handbook 2021
- NZ Secondary Schools WAG Manual 2018 (this is the last time it was updated).

WAG LEVELS OFFERED FOR 2021

Level	Requirements	Eligibility	Modifications	Apparatus
Level 1	As per this document	Gymnasts learning gymnastics at school or current recreational gymnasts	N/A	Beam Bar Vault Floor
Level 2	As per this document	Current recreational gymnasts	N/A	
Level 3	As per this document	Current recreational gymnasts and Ex competitive gymnasts who have not competed since 2019. Current competitive gymnasts in Steps 1 & 2.	N/A	
Open Junior	Requirements for Step 3 or 4 (gymnasts compete their club competition routine).	Any current WAG Step 3 or 4 gymnasts or retired WAG Step 3+ gymnasts who competed in 2020.	Performance judged out of 10.	
Open Junior Advanced	Requirements for Step 5 or 6 (gymnasts compete their club competition routine).	Any current WAG Step 5 or 6 gymnasts.	Performance judged out of 10.	
Open Senior	Requirements for Step 7+ (gymnasts compete their club competition routine).	Any current WAG Step 7+ gymnasts	Performance judged out of 10.	

MAG LEVELS OFFERED FOR 2021

Level	Requirements	Eligibility	Modifications	Apparatus
Novice	As per Level 2 or 3 (can choose) for: <ul style="list-style-type: none">- Bar- Vault- Floor P-bar routine provided	Current recreational gymnasts and Ex competitive gymnasts who have not competed since 2019. Competitive members in Levels 1 or 2.	N/A	Floor Bar P-bar Vault
Open Junior	Requirements for Step 3 or 4 (gymnasts compete their club competition routine).	Any current MAG Level 3 or 4 gymnasts or retired MAG Level 3+ gymnasts who competed in 2020.	Performance judged out of 10.	Floor High Bar Vault P-bar
Open Junior Advanced	Requirements for Step 5 or 6 (gymnasts compete their club competition routine).	Any current MAG Level 5 or 6 gymnast.	Performance judged out of 10.	Floor High Bar Vault P-bar Rings
Open Senior	Requirements for Step 7+ (gymnasts compete their club competition routine).	Any current MAG Level 7+ gymnasts	Performance judged out of 10.	Floor High Bar Vault P-bar Rings Pommel

Gymnasts should only enter levels where they are competent and can safely perform skills.

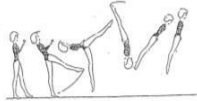

For safety, all gymnasts must wear clothing suitable for gymnastics that is close fitting. This means:

- No baggy shorts or t-shirts
- No zips, buttons or buckles
- No pockets

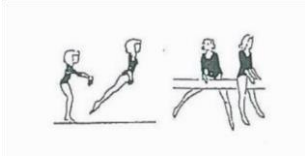
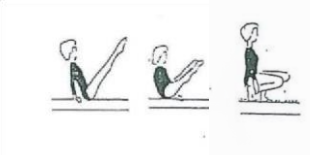
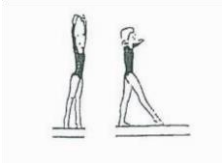
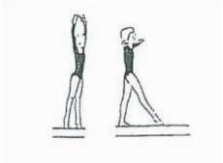
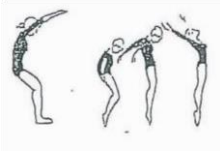


All gymnasts entering competitive levels must have a qualified gymnastics coach present.

LEVEL 1

Eligibility: For students and beginners learning gymnastics at a school level

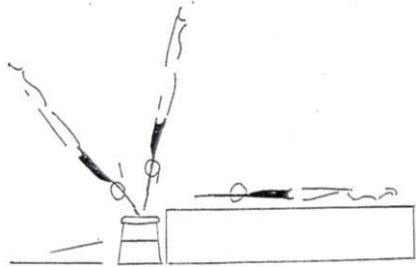
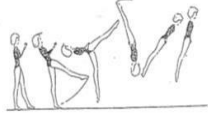
VAULT Performance judged out of 10.	BARS Performance judge out of 10.
60cm mat/box and beatboard Mats same height or higher than box.	Composition Requirements: Complete omission incurs a deduction of 1.0
From a run straight jump onto 60cm high mat or box.	Circle up to front support 
	Immediately cast hips off bar
	Immediately cast hips off bar
	Immediately cast hips off bar and push off backwards to dismount. 

LEVEL 1 (CONTINUED)

BEAM Performance judged out of 10.	FLOOR Performance judged out of 10.
Composition Requirements:	Area: 12 m x 2 m strip of mats Composition Requirements:
<p>a. Jump to front support, lift one leg over beam and turn to riding seat.</p>  <p>b. Lift legs to V. Balance with hands behind on beam – hold for 2 seconds.</p>  <p>c. Bring hands forward onto beam, swing legs down and up to crouch on beam.</p>  <p>d. Stand on high toes with arms up then out to the sides to begin.</p>  <p>Complete:</p> <ol style="list-style-type: none"> a balance a jump 4 x high kicks Walk to end on toes and a straight jump dismount. 	<p>a. Starting from a question mark position, execute a body wave to finish on high toes with arms overhead.</p>  <p>b. Step through lunge to handstand and back to stand.</p>  <p>c. Step through lunge to cartwheel, quarter turn inwards to hold lunge with arms pinned to ears showing straight line of body from finger tips down to back leg.</p>  <p>d. Complete any jump (i.e. straight jump, tuck jump, star jump and land.</p> <p>e. Choose one additional optional skill from the list for Level 2 Floor to finish.</p>

LEVEL 2

Eligibility: For students and recreation gymnasts (novice level). Ex competitive gymnasts must enter Level 3 or higher.

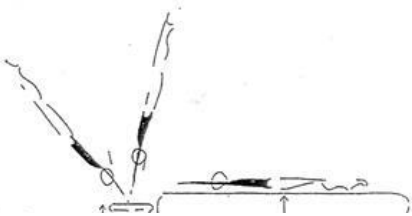
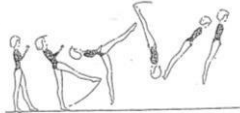


VAULT Performance judged out of 10.	BARS Performance judged out of 10.
Vaulting Mats Height: 60 cm Vault is performed once. Run two foot take-off to handstand flat back.	Composition Requirements: Complete omission incurs a deduction of 1.0
<p>From a short run take off from one or two feet and using underarm action, swing to handstand on mats, With extension through shoulders, prop to land on back, body fully extended.</p>  <p>P-BARS (Novice) Performance judged out of 10.</p> <ol style="list-style-type: none"> 1. Jump to front support 2. Stride L 3. Stride R 4. tuck hold 2 secs 5. L hold 2 secs 6. 2 - 3 small swings to dismount at the back. 	Circle up to front support 
	cast to 45
	Forward circle to L hang - hold 2 secs.

LEVEL 2 (CONTINUED)

BEAM Performance judged out of 10.	FLOOR Performance judged out of 10.
Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0	Area: 12 m x 12 m Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0 No Music.
Mount	2 Acrobatic skills directly connected
A half turn (on two feet)	A full turn on one leg
Balance stand on one leg	Balance stand on one leg
A leap from one leg to land on other leg or a jump.	A leap from one leg to land on other leg
Dismount	1 Backward or Forward or sideward acrobatic element
<u>Mount suggestions for Beam:</u> Jump to front support, lift one leg over beam to come to riding seat. Jump from two feet to land in crouch Leap from one foot to land standing on beam with other leg extended behind. Jump from two feet to forward roll along beam. <u>Dismount suggestions for Beam:</u> Swing to handstand and dismount to side of beam. Straight, tuck or straddle jump from side or end of beam. Jump backwards from side or end of beam. Jump from beam with ½ or full turn in air. Cartwheel or roundoff off end. Round-off off end. Handstand, ½ turn to land.	<u>Acrobatic skill suggestions for Floor:</u> Forward roll Backward roll Cartwheel Walkover Handstand Handstand forward roll Round-off Handspring

LEVEL 3

Eligibility: Ex competitive gymnasts and recreational club gymnasts.

VAULT Performance judged out of 10	BARS Performance judged out of 10
Vaulting Mats Height: 90cm Vault is performed once. Run two foot take-off to handstand flat back.	Composition Requirements: Complete omission incurs a deduction of 1.0
	Circle up to front support 
	Immediately cast and execute a back hip circle 
	High cast and push off backwards to dismount. 

LEVEL 3 (CONTINUED)

BEAM Performance Judged out of 10	FLOOR Performance judged out of 10.
Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0	Area: 12 m x 12 m Time Limit: 50 seconds Composition Requirements: Complete omission incurs a deduction of 1.0 Performed without music.
Mount	2 Acrobatic skills directly connected
A half turn(on two feet or one foot)	A full turn on one leg
Balance stand on one leg	Balance stand on one leg
A leap from one leg to land on other leg or a jump.	A leap from one leg to land on other leg or a jump
Acro skill performed on the beam	1 Forward or sideward acrobatic element
Dismount	1 Backward acrobatic element
<u>Acrobatic skill suggestions for Beam:</u> Forward roll Backward roll Headstand Handstand Handstand forward roll Cartwheel Forward walkover Backward walkover	<u>Acrobatic skill suggestions for Floor:</u> Forward roll Backward roll Cartwheel Handstand Handstand forward roll Forward walkover Backward walkover Round-off Flic flac Handspring Note: Round-off flic flac directly connected = 2 skills