



COMPETITION MANUAL

2024

JOIN THE POSITIVE GYMNASTICS MOVEMENT

Our five leagues promote a fun, positive, team feel, fostering progression and providing the opportunity for all gymnasts to aspire to reach the "paid pro" level. We aim to create a positive competition environment that will keep more high-level gymnasts in the sport of gymnastics for longer through Australia's first Professional Gymnastics League where gymnasts are paid to compete and young gymnasts can aspire to be.

SELECT YOUR LEAGUE

Use the "Composition Requirements" (CR) throughout this manual to select your gymnasts' league. Remember if in doubt always choose what is best for the gymnast to have a positive comp experience.





AGC CRITERIA

General

- It is encouraged to enter gymnasts who can fulfil all requirements.
- Gymnasts outperforming their peers will be encouraged to move up. If it is clear they could easily fulfil the requirements and bonuses for the next level, their scores will not be eligible for that competition.
- Larger Leagues will be split into divisions at State Champs and Nationals.
- Training Hours are not enforced, but between 5 and 12 is recommended.
- Recommended minimum age: turning 9 in the year of competing.

Equipment

- All leagues will use FIG Vault, Uneven Bars, Beam and Floor.
- Landing mats may be used for safety reasons on any apparatus.
- Bars can be adjusted to any height and width with no restrictions. No permission request is required.
- Vault height options are as follows. No permission request is required to change the height
 - Development and Junior League: 105 cm, 115 cm and 125 cm
 - Variation in vault heights (110 cm and 120 cm) may be used as long as all gymnasts in the same rotation at competition is doing the same height
 - Club, Rep and Pro League: 125 cm

Judging

- All judges are professional and provided by AGC, clubs do not need to provide Judges.
- All judges calculate their own score out of 10 based on D Score (7.5), CR (4 at 0.5 each), Bonus (up to 0.3) and Wow factor (up to 0.2). Deductions are then taken from the total.
- After each judge has calculated their independent score they will be averaged together for the final score.
- Judges are encouraged to award 10s for outstanding routines.



AGC CRITERIA

Start Value - Development League to Rep League

- D Score will be awarded as 7.5 if gymnasts compete. Minimum 5 skills on Bars, Beam and Floor.
- Composition Requirements (CR) are awarded at 0.5 each as per below. A maximum of 2.0 will be awarded for CR.
- A maximum of 3 bonuses (at 0.1 each) is awarded per routine. The same bonus can be awarded multiple times for different skills. Multiple bonuses can be awarded for one skill or series.
- A WOW factor of up to 0.2 can be awarded (can be in factors of 0.01) at Judge's discretion based on higher than required skill level, showing off, having fun or similar impressive routine elements.
- A gymnast with 3 bonuses will automatically receive 0.1 toward their WOW factor.

Start Value - Pro League

- D Score will be awarded as 7.5 if gymnasts compete. Minimum 5 skills on Bars, Beam and Floor.
- Composition Requirements (CR) are awarded at 0.5 each as per below. A maximum of 2.0 will be awarded for CR.
- A maximum of 4 bonuses (at 0.1 each) is awarded per routine. The same bonus can be awarded multiple times for different skills. Multiple bonuses can be awarded for one skill or series unless otherwise stated.
- A WOW factor of up to 0.1 can be awarded (can be in factors of 0.01) at Judge's discretion based on higher than required skill level, showing off, having fun or similar impressive routine elements.



AGC CRITERIA

Start Value - Continued

- WOW Factor can also be added to Vault (max score of 10) if the Vault is particularly impressive.
- Round-off flips may be repeated to fulfil requirements.
- Skills may be repeated to fulfil series requirements.
- Skills can not be repeated to fulfil the same bonus more than once unless in a unique series.
- An attempted CR will receive full marks but can be deducted in execution, not exceeding the value of the skill. This does not apply to bonuses
- A broken connection will still be paid as a CR including a fall
- Bonus connection cannot be broken to be paid (a small pause or wobble is not a break in connection).
- Any skill of similar or harder difficulty will also be awarded
- For a full list of bonus skills please refer to the AGC Skill Guide available on the website
- If a harder-than-listed skill is performed, the skill will be added to the AGC Skill Guide and named after the gymnast.



AGC CRITERIA

Execution

- Execution is taken from the total Start Value using the following guide:
 - Minor faults 0.05
 - Major faults 0.1
 - Falls 0.3
- Controlled lunges and rebounds do not incur any deductions.
- Execution for Mats
 - 5cm: do not incur any deductions
 - Over 5cm: will receive a deduction at the judge's discretion
- Whenever unsure a judge should always make the decision for the benefit of the gymnast.

Competition Structure

- Warm Up
 - 15-minute general warm-up
 - Development and Junior League: 5-minute group apparatus warm-up beginning on the second apparatus
 - Club, Rep and Pro League: 7-minute group apparatus warm-up beginning on the second apparatus
 - Gymnasts in Club, Rep or Pro can ask for an additional touch during competition time if needed after the first rotation (this touch is a maximum of 2 skills performed)
- Teams of up to 6, with 3 scores to count.
- Teams can be made up of gymnasts competing only certain apparatus.
- Awards will be presented for 1st to 6th for each apparatus and individual overall, and 1st to 3rd for teams.



VAULT REQUIREMENTS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

COMPULSORY FIRST VAULT

	VALUE		VALUE
Front Sault	9.6	Handspring	9.6

OPTIONAL SECOND VAULT

Tsukahara Timer*	9.5	Front Layout	9.5
Front Pike	9.6	Front Layout 1/1	9.7
Front Layout	9.7	Handspring 1/2	9.7
Handspring	9.8	Yurchenko/ Tsukahara Timer*	9.7
		Front Layout 1 1/2	9.8
		Handspring 1/1	9.8

Half Ons (including twisting) vaults can be performed and will be awarded the same value as a handspring.

*Yurchenko and Tsukahara Timers must be performed to feet over vault table at 125cm with the exception of Tsukahara Timer in Development League

TWO OPTIONAL VAULTS

	VALUE		VALUE		VALUE
Front Layout	9.3	Handspring	9.2	Handspring	9.0
Handspring	9.3	Front Layout 1/1	9.3	Yurchenko/ Tsukahara Timer*	9.2
Handspring 1/2 (exc. Round-off)	9.4	Handspring 1/2 (exc. Round-off)	9.3	Front Layout 1 1/2	9.3
Front Layout 1/1	9.5	Yurchenko/ Tsukahara Timer*	9.3	Handspring 1/1	9.3
Yurchenko/ Tsukahara Timer*	9.5	Front Layout 1 1/2	9.4	Yurchenko Timer 1/2	9.4
Handspring 1/1	9.6	Handspring 1/1	9.4	Handspring 1 1/2	9.6
Front Layout 1 1/2	9.7	Yurchenko Timer 1/2	9.5	Yurchenko Timer 1/1	9.6
Handspring 1 1/2	9.8	Handspring 1 1/2	9.7	Handspring 2/1	9.7
		Yurchenko Timer 1/1	9.7	Yurchenko Timer 1 1/2	9.7
		Handspring 2/1	9.8	Any Salto Vault Over Table	9.8
		Any Salto Vault Over Table	9.8		

*Club, Rep and Pro League: vault height must be 125 cm



BARS REQUIREMENTS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

COMPOSITION REQUIREMENTS

Cast to 45° within Horizontal	Cast to Horizontal	Cast to 45° Above Horizontal	Handstand Element (within 20°)	Handstand Element (within 10°)
Any Circle Skill	Any Circle Skill	Any Circle Skill	Circle Skill to Horizontal	Circle Skill to Horizontal
Bar Change	Bar Change	Bar Change	Bar Change	Giant or Flight Element
Dismount	Dismount**	Dismount**	Dismount**	Dismount**

BONUS

Cast to Horizontal	Cast to 45° Above Horizontal	Handstand Element (within 20°)	Giant	Giant AND Flight Element
Kip	2 Different Kips	Kip Cast Immediate Connection to Dismount	Connection Bonus* (not including dismount)	Connection Bonus* (not including dismount)
Sole Circle	Circle Skill to Horizontal	Circle Skill to Above Horizontal	Circle Skill to Handstand (within 20°)	Bonus Skill (not including dismount)*
Tuck On to High Bar	Pike On	Bar Change with Flight	Bar Change with Flight	LA Turn (must be above bar, not including mt/dismt)
Flyaway	Flyaway	Dismount Bonus*	Dismount Bonus*	Dismount Bonus*

**Dismount does not include dropping at the back of a swing

*Please refer to AGC Skill Guide for skill lists



BEAM REQUIREMENTS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

COMPOSITION REQUIREMENTS

Passé 1/2, 1/2 On Two Feet Turn	Any 1/1 Turn	Any 1/1 Turn	Any 1/1 Turn	Any 1/1 Turn
Full Handstand and 1 Other Non-Static Acro	2 Different Acro Elements	Acro Series	Acro Series AND 1 Flight Element	Acro Series with Flight AND A Second Acro
Leap or Jump Series (2 different leaps or jumps, 1 with 135° split)	Leap or Jump Series (2 different leaps or jumps, 1 with 180° split)	Leap or Jump Series (2 different leaps or jumps, 1 with 180° split)	Leap or Jump Series (2 different leaps or jumps, 1 with 180° split)	Leap or Jump Series (2 different leaps or jumps, 1 with 180° split)
Dismount	Salto Dismount	Dismount Requirement*	Dismount Requirement*	Dismount Requirement*

BONUS

Any Walkover	Any Acro with Flight**	Acro Bonus*	Acro Bonus*	Acro Bonus*
Acro Series	Acro Series	Acro with Flight** (can be in series)	Acro Series (including 1 Flight Element)	Acro Series with 2 Flight
Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*	Turn Bonus*
Any 1/1 Turn (also fills requirement)	Turn Bonus*	Turn Connection*	Turn Connection*	Turn Connection*
Salto Dismount	Acro Connected to Salto Dismount	Dismount Bonus*	Dismount Bonus*	Dismount Bonus*
		Mixed Series Bonus*	Mixed Series Bonus*	Series Bonus (can include mount)*
		Mount Bonus*	Mount Bonus*	Mount Bonus*
			Leap or Jump Series Bonus*	

**Flight acro includes mounts

*Please refer to AGC Skill Guide for skill lists



FLOOR REQUIREMENTS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

COMPOSITION REQUIREMENTS

2 Tumbling Lines - 1 with minimum 2 directly connected flight elements	2 Tumbling Lines with minimum 2 directly connected flight elements	2 Tumbling Lines with minimum 2 directly connected flight elements (both must include a salto)	2 Tumbling Lines with minimum 2 directly connected flight elements (both must include a salto)	2 Tumbling Lines with minimum 2 directly connected flight elements (both must include a salto)
Front Tumble with Flight	At least 1 Salto	Front and Back Salto	Any Layout Salto	Any Layout with Minimum 1/2 Twist
Leap Series (2 leaps or 1 leap and 1 jump - 1 with 135° split)	Leap Series (2 different leaps or 1 leap and 1 jump - 1 with 180° split)	Leap Series (2 different leaps or 1 leap and 1 jump - 1 with 180° split)	Leap Series (2 different leaps or 1 leap and 1 jump - 1 with 180° split)	Leap Series (2 different leaps or 1 leap and 1 jump - 1 with 180° split)
Any 1/1 Turn on One Foot	Any 1/1 Turn on One Foot	Any 1/1 Turn on One Foot	Any 1/1 Turn on One Foot	Turn on One Foot*

BONUS

Front OR Back Salto	Front AND Back Salto	2 Saltos in the Same Tumbling Line	Salto Connection Bonus*	Salto Connection Bonus*
Any Layout Salto	Any Layout Salto**	Any Layout Salto**	Acro Bonus (can replace tumbling line)*	Acro Bonus (can replace tumbling line)*
Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*
Turn Bonus*	Turn Bonus*	Turn Connection Bonus*	Turn Connection Bonus*	Turn Connection Bonus* (can only be performed once)
Round-off flip flip		1/1 Twisting Salto	1/1 Twisting (or higher) Layout	Additional Turn Bonus*

**Front layout can replace 1 tumbling line

*Please refer to AGC Skill Guide for skill lists