



AGC

COMPETITION MANUAL

2025

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 some bonuses for the next level, their scores will not be eligible for that competition.
- Larger Leagues may 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.
- It is okay and expected that gymnasts spend multiple seasons in the same league.

Equipment

- All leagues will use FIG Vault, Uneven Bars, Beam and Floor.
- Any board-to-mat vaults will be performed to a 30cm mat.
- 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 are doing the same height
 - Club and Rep 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. 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 the Judge's discretion based on higher than already rewarded 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. 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 0.2 can be awarded (can be in factors of 0.01) at the Judge's discretion based on higher than already rewarded skill level, showing off, having fun or similar impressive routine elements.



AGC CRITERIA

Start Value - All Leagues

- WOW Factor can also be added to Vault.
- 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 connections cannot be broken to be paid (a small pause or wobble is not a break in connection).
- Any skill not listed in the AGC Skill Guide of similar or harder difficulty may 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 may be added to the AGC Skill Guide and named after the gymnast.
- Safety Deduction: judges may take safety deductions up to a whole mark off the start value of the routine if they think it is unsafe for a gymnast to be performing a skill. This must be approved by an Event Manager at the competition.



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 on floor.
- There may be deductions for mats based on the judge's decision based on the circumstance.
- There are no deductions for coach on podium (coaches standing in). However, there may be a deduction for blocking the judge's view unnecessarily.
- Spotting the gymnasts will incur a fall per skill (deduction of 0.3).
- Whenever unsure a judge will 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

Round-off	9.5	Round-off	9.3
Front Pike	9.6	Front Layout	9.5
Front Layout	9.7	Front Layout 1/1	9.7
Handspring	9.8	Handspring 1/2	9.7
		Yurchenko Timer*	9.7
		Front Layout 1 1/2	9.8
		Handspring 1/1	9.8

Half On, Half Off vaults can be performed and will be awarded the same value as a handspring.

*Yurchenko Timers must be performed to feet over vault table at 125cm.

TWO OPTIONAL VAULTS

	VALUE		VALUE		VALUE
Round-off	9.0	Front Layout	9.2	Yurchenko Timer*	9.2
Front Layout	9.3	Handspring	9.2	Front Layout 1 1/2	9.3
Handspring	9.3	Front Layout 1/1	9.3	Handspring 1/1	9.4
Handspring 1/2 (exc. Round-off)	9.4	Handspring 1/2 (exc. Round-off)	9.3	Yurchenko Timer 1/2	9.4
Front Layout 1/1	9.5	Yurchenko Timer*	9.3	The Gen (Handspring board entry)	9.4
Yurchenko Timer*	9.5	Front Layout 1 1/2	9.4	Yurchenko Timer 1/1	9.6
Handspring 1/1	9.6	Handspring 1/1	9.5	Handspring 1 1/2	9.7
Front Layout 1 1/2	9.7	Yurchenko Timer 1/2	9.5	Yurchenko Timer 1 1/2	9.7
Handspring 1 1/2	9.8	Yurchenko Timer 1/1	9.7	Handspring 2/1	9.8
		Handspring 1 1/2	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°)	Bonus Skill (not including dismount)*	Bonus Skill (not including dismount)*
Kip	2 Different Kips	Kip Cast Immediate Connection to Dismount	Circle Skill to Handstand (includes giant)(within 20°)	Any two different circle skills to handstand
Sole Circle	Circle Skill to Horizontal	Circle Skill to Above Horizontal	Bar Change with Flight	Giant AND Flight Element
Tuck On to High Bar	Pike On	Bar Change with Flight	Dismount Bonus*	Dismount Bonus*
Flyaway	Flyaway	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 Turn On Two Feet	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 An Additional Acro (must include a flight acro)	Acro Series with Flight AND An Additional Acro
Leap or Jump Series (2 different leaps or jumps, 1 with 135° split)	Leap or Jump Series (2 different leaps or jumps, 1 within 20° of full 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**	Mount Bonus*	Mount Bonus*	Mount Bonus*
Any 1/1 Turn (also fills requirement)	Turn Bonus*	Turn Bonus*	Turn Bonus*	Turn Bonus*
Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*	Leap or Jump Bonus*
Acro Series	Acro Series	Acro Bonus*	Acro Bonus*	Acro Bonus*
Salto Dismount	Acro Connected to Salto Dismount	Acro with Flight** (can be in series)	Acro Series (including 1 Flight Element)	Acro Series with 2 Flight
		Mixed Series Bonus*	Mixed Series Bonus*	Mixed Series Bonus*
		Dismount Bonus*	Dismount Bonus*	Dismount 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)*
Round-off flip flip	Leap or Jump Bonus*	1/1 Twisting Salto	Leap or Jump Bonus*	Leap or Jump Bonus*
Leap or Jump Bonus*	Turn Bonus*	Leap or Jump Bonus*	Turn Bonus*	Turn Bonus*
Turn Bonus*		Turn Bonus*		

**Front layout can replace 1 tumbling line

*Please refer to AGC Skill Guide for skill lists