AGC

COMP MANUAL

2023

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 and Vault can be adjusted to any height and width with no restrictions. No permission request is required.

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 10's 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.

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.
- Whenever unsure a judge should always make the decision for the benefit of the gymnast.

Competition Structure

- Teams of up to 8, with 6 routines to be performed per apparatus, 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	VALUE	JUNIOR LEAGUE	VALUE		CLUB LEAGUE	VALUE	REP LEAGUE	VALUE	PRO LEAGUE	VALUE
COMPULSORY FIRST VAULT	Front Sault	9.7	Handspring	9.8	**TWO OPTIONAL VAULTS (CLUB, REP & PRO)**	Front Layout	9.5	Handspring	9.4	Handspring	9.2
						Handspring	9.5	Front Layout 1/1	9.5	Half On, Half Off	9.3
						Handspring 1/2 (exc. Round-off)	9.6	Handspring 1/2 (exc. Round-off)	9.5	Round Off Repulsion**	9.4
	Round Off Over Vault	9.7	Round Off Over Vault	9.5		Front Layout 1/1	9.7	Round Off Repulsion**	9.5	Front Layout 1 1/2	9.5
	Front Pike	9.8	Front Layout	9.7		Front Layout 1 1/2	?	Front Layout 1 1/2	9.6	Handspring 1/1	9.5
						Round Off Repulsion**	9.7	Handspring 1/1	9.6	Round Off Repulsion* 1/2	9.6
OPTIONAL SECOND VAULT	Front Layout	9.9	Front Layout 1/1	9.9		Handspring 1/1	9.8	Round Off Repulsion* 1/2	9.7	Handspring 1 1/2	9.8
	Front Sault 1/1	10	Handspring 1/2	9.9		Handspring 1 1/2	10	Handspring 1 1/2	9.9	Round Off Repulsion* 1/1	9.8
	Handspring	10	Front Layout 1 1/2	10		Any Salto Vault Over Table	10	Round Off Repulsion* 1/1	9.9	Handspring 2/1	9.9
			Handspring 1/1*	10				Handspring 2/1	10	Round Off Repulsion* 1 1/2	9.9
			Round Off Repulsion**	10				Any Salto Vault Over Table	10	Any Salto Vault Over Table	10

*Handspring 1/1 includes Half On, Half Off as it is a 1/1 rotation

**Round Off Repulsion is a yurchenko drill round off on to board repulsion over horse

BARS REQUIREMENTS

	DEVELOPMENT LEAGUE	JUNIOR LEAGUE	CLUB LEAGUE	REP LEAGUE	PRO LEAGUE
COMPOSITION REQUIREMENT	Cast to 45° within Horizontal	Cast to Horizontal	Cast to 45° Above Horizontal	Handstand Element (within 20°)	Handstand Element (within 20°)
	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* *B + B*	Connection Bonus* *B + B*
	Cast to Tuck	Circle Skill to Horizontal	Circle Skill to Above Horizontal	Circle Skill to Handstand (within 20°)	Bonus Skill (not including dismount)* *C*
	Flyaway	Flyaway	Bar Change with Flight	Bar Change with Flight	LA Turn (must be above bar, not including mt/dismt)
			Dismount Bonus* *B*	Dismount Bonus* *B*	Dismount Bonus* *B*

*Please refer to AGC Skill Guide for skill lists

BEAM REQUIREMENTS

	DEVELOPMENT LEAGUE	JUNIOR LEAGUE	CLUB LEAGUE	REP LEAGUE	PRO LEAGUE
COMPOSITION REQUIREMENT	Passé 1/2, 1/2 Turn	Any 1/1 Turn	Any 1/1 Turn	Any 1/1 Turn	Any 1/1 Turn
	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* _B_	Dismount Requirement* _B_	Dismount Requirement* _B_
BONUS	Any Walkover	Any Acro with Flight**	Acro Bonus* _C_	Acro Bonus* _C_	Acro Bonus* _C_
	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* _B_	Leap or Jump Bonus* _C_	Leap or Jump Bonus* _C_	Leap or Jump Bonus* _D_	Series Bonus (can include mnt)* _C + B_
	Any 1/1 Turn (also fills requirement)	Turn Bonus* _B_	Turn Connection* _B + A_	Turn Connection* _B + A_	Turn Connection* _B + A_
	Salto Dismount	Any Mixed Series	Any Mixed Series	Mixed Series Bonus* _B + A_	Turn Bonus* _C_
		Acro Connected to Salto Dismount	Acro with Flight Connected to Salto Dismount	Leap or Jump Series Bonus* _C + B_	Acro Connected to Salto Dismount Bonus* _B_
				Acro with Flight Connected to Salto Dismount	Acro with Flight Connected to Salto Dismount

**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 REQUIREMENT	2 Tumbling Lines - one 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)
	Leap Series (2 different 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)
	Front Tumble with Flight - as other tumble line	At least 1 Salto	Front and Back Salto	Any Layout Salto	Any Layout with Minimum 1/2 Twist
	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* _B_
BONUS	Front or Back Salto	Front and Back Salto	2 Saltos in the Same Tumbling Line	Salto Connection Bonus* _C_	Salto Connection Bonus* _A + B_
	Any Layout Salto	Any Layout Salto	Any Layout Salto	Acro Bonus (can replace tumbling line)* _C_	Acro Bonus (can replace tumbling line)* _C_
	Leap or Jump Bonus* _B_	Leap or Jump Bonus* _C_	Leap or Jump Bonus* _C_	Leap or Jump Bonus* _D_	Leap or Jump Bonus* _D_
	Turn Bonus* _B_	Turn Bonus* _B_	Turn Connection Bonus* _A + B_	Turn Connection Bonus* _A + B_	Turn Connection Bonus* _A + B_
			1/1 Twisting Salto	1/1 Twisting (or higher) Layout	Additional Turn Bonus* _C_

*Please refer to AGC Skill Guide for skill lists