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.

DEVELOPMENT LEAGUE
AGC

JUNIOR LEAGUE
AGC

CLUB LEAGUE
AGC

REP LEAGUE
AGC

PRO LEAGUE
AGC

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.
- Training Hours are not enforced, but between 5 and 12 is recommended.

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.

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
- Attempted connections are always paid with breaks in connections taken in deductions, including falls, not exceeding the value of the skill.
- “Valued” skills use the current F.I.G Code of Points. *AGC will soon be releasing its own skill bonus guide.
- Skills do not need to be listed in the code of points unless they require a value eg. “C salto” must be from the Code of Points.

AGC CRITERIA

Execution

- Execution is taken from 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.
- Maximum deductions of 1.0 can be taken for any routine.

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
COMPULSORY FIRST VAULT	Front Sault	9.7	Handspring	9.8
	Round Off Over Vault	9.7	Round Off Over Vault	9.5
OPTIONAL SECOND VAULT	Front Pike	9.8	Front Layout	9.7
	Front Layout	9.9	Front Layout 1/1	9.9
	Front Sault 1/1	10	Handspring 1/2	9.9
	Handspring	10	Front Layout 1 1/2	10
			Handspring 1/1*	10
			Round Off Repulsion*	10

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

TWO OPTIONAL VAULTS (CLUB, REP & PRO)	CLUB LEAGUE	VALUE	REP LEAGUE	VALUE	PRO LEAGUE	VALUE
	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
	Front Layout 1/1	9.7	Round Off Repulsion*	9.5	Front Layout 1 1/2	9.5
	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
	Handspring 1/1	9.8	Round Off Repulsion* 1/2	9.7	Handspring 1 1/2	9.8
	Handspring 1 1/2	10	Handspring 1 1/2	9.9	Round Off Repulsion* 1/1	9.8
	Any Salto Vault Over Table	10	Round Off Repulsion* 1/1	9.9	Handspring 2/1	9.9
			Handspring 2/1	10	Round Off Repulsion* 1 1/2	9.9
			Any Salto Vault Over Table	10	Any Salto Vault Over Table	10

*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	B + B Connection	B+B Connection (can include dismount)
	Cast to Tuck	Bar Circle Skill to Horizontal	Circle Skill to Above Horizontal	Circle Skill to Handstand (within 20°)	C or Higher Skill
	Flyaway	Flyaway	Bar Change with Flight	Bar Change with Flight	LA Turn (must be above bar, not including mt/dismt)
			Any B or Higher Dismount OR Layout Flyaway Dismount	Any B or Higher Dismount OR Layout Flyaway Dismount from a Giant	B or Higher Dismount

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	Acro Connected to Salto Dismount or B Dismount	Acro Connected to Salto Dismount or B Dismount	Acro Connected to Salto Dismount OR B or Higher Dismount
BONUS	Any Walkover	Any Acro with Flight	1 Flight element	C or Higher Acro	C or Higher Acro or Turn
	Acro Series	Acro Series	Any C or Higher Acro	Acro Series (including 1 Flight Element)	Acro Series with 2 Flight
	Any B or Higher Jump or Leap	Any C or Higher Jump or Leap	Any C or Higher Jump or Leap	Any D or Higher Jump or Leap	C + B Series (acro, mixed, leaps)(can include mnt)
	Any 1/1 Turn (also fills requirement)	B or Higher Turn	B + A Turn Connection	B + A Turn Connection	B + A Turn Connection
	Salto Dismount	Any Mixed Series	Any Mixed Series	B + A Mixed Series	Acro Connected to B or Higher Dismount
		Acro Connected to Salto Dismount	Acro with Flight Connected to Salto Dismount	C + B Leap Series	Acro with Flight Connected to Salto Dismount
				Acro with Flight Connected to Salto Dismount	

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 Salto - 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	B or Higher Turn on One Foot
BONUS	Back Salto	Front and Back Salto	Any Layout Salto	C or Higher Acro (can count as a tumbling line)	D or Higher Acro (2 Bonuses)
	Any Layout Salto	Any Layout Salto	1/1 Twisting Salto	1/1 Twisting (or higher) Layout	1/1 Twisting (or higher) Layout
	B or Higher Leap or Jump	C or Higher Leap or Jump	C or Higher Leap or Jump	D or Higher Leap or Jump	D or Higher Leap or Jump
	B or Higher Turn	B or Higher Turn	Minimum A + B Turn Connection	Minimum A + B Turn Connection	Minimum A + B Turn Connection
			2 Saltos in the Same Tumbling Line	Minimum A + B Salto in the Same Tumbling Line	Minimum A + B Salto in the Same Tumbling Line
					C or Higher Acro (Not awarded as well as 1/1 twist)
					C or Higher Turn (eg. Double Wolf)