

AGGC



## VISION

**To create a positive competitive gymnastics league that supports gymnasts to become great people.**

## MISSION

**Provide a league that promotes a fun, positive, team feel, fostering progression and providing opportunity for all gymnasts to aspire to reach club level. Ultimately allowing high level gymnasts to reach a Professional League where gymnasts are paid to compete.**





## **AGC CRITERIA**

### **General**

- It is encouraged to enter gymnasts who can fulfill all requirements.
- Gymnasts outperforming their peers will be encouraged to move up. If it is clear they could easily fulfill the requirements and bonus for the next level, their scores will not be eligible for that competition.
- Larger Leagues will be split into divisions.
- 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 required.

### **Judging**

- All Judges are professional and provided by AGC, clubs do not need to provide Judges.
- Where there is more than one judge an individual table will be setup so each person can judge independently.
- 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.

### **Start Value**

- D Score will be awarded as 7.5 if gymnasts compete. Minimum 5 skills on Bars, Beam and Floor .
- Composition Requirements 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) awarded per routine. Multiple of the same bonus can be awarded with different skills. Multiple bonuses can be awarded for one skill or series.
- A Wow factor of up to 0.1 can be awarded (can be in factors of 0.01) at Judges 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 Cont.**

- 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 fulfill requirements.
- Skills may be repeated to fulfill series requirements and bonuses.
- An attempted requirement will receive full marks but can be deducted in execution. Not exceeding the value of the skill.
- Attempted connections are always paid with brakes in connections taken in deductions, including falls, not exceeding the value of the skill.
- An attempted requirement will receive full marks but can be deducted in execution, not exceeding the value of the skill.
- “Valued” skills use the current F.I.G Code of Points.
- 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.

### **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 per apparatus with 3 scores to count.
- Blind Teams of up to 10 are allowed.
- Teams can be made up of gymnasts competing only certain apparatus, with 8 routines per apparatus to count.
- Awards will be presented for 1<sup>st</sup> to 6<sup>th</sup> for each apparatus and individual overall and 1<sup>st</sup> to 3<sup>rd</sup> for teams.



## Skill Requirements

### DEVELOPMENT LEAGUE

### JUNIOR LEAGUE

### CLUB LEAGUE

### REP LEAGUE

**PRO LEAGUE**  
By Selection in 2022. Same as  
Rep League for 2022.

*Layout Vaults are performed from a board to a mat - all other vaults performed over standard horse with a board*

Vault	Compulsory First Vault		Compulsory First Vault		2 Optional Vaults		2 Optional Vaults			
	Vault Start Values	Front Sault	9.8	Handspring	9.8	Handspring	9.5	Handspring 1/2	9.5	
<i>Optional Second Vault</i>		<i>Optional Second Vault</i>		Handspring 1/2	9.6	Handspring 1/1	9.6			
Front Sault 1/1		9.9	Layout	9.6	Handspring 1/1	9.8	Handspring 1 1/2	9.9		
Front Layout		9.8	Front Layout 1/1	9.9	Front Layout	9.5	Handspring 2/1	10		
Front Layout 1/1		10	Front Layout 1 1/2	10	Front Layout 1/1	9.7	Round Off Repulsion*	9.5		
Handspring		9.8	Handspring 1/2	9.9	Round Off Repulsion*	9.7	Round Off Repulsion* 1/2	9.7		
Handspring 1/2		10	Handspring 1/1	10	Any Tsukahara Vault	10	Round Off Repulsion* 1/1	9.9		
Round Off over Vault		9.6	Round Off Over Vault	9.5	*Round Off Repulsion is a yurchenko drill round off on to board repulsion over horse		Any Tsukahara Vault	10		
			Round Off Repulsion*	9.9						

Bars	CR (0.5 marks awarded for each)	Cast to 45° within Horizontal	Cast to Horizontal	Cast to 45° above Horizontal	Handstand Element (within 20°)	
		Any Circle Skill	Any Circle Skill	Any Circle Skill	Circle skill to Horizontal	
		Bar Change	Bar Change	Bar Change	Bar Change	
		Dismount	Dismount	Dismount	Dismount	
	Bonus (0.1 each max 0.3)	Cast to Horizontal	Cast to 45° above Horizontal	Handstand element	Circle Skill to Handstand	
		Kip	2 different kips	Circle skill to above Horizontal	Bar Change with Flight	
		Flyaway	Circle skill to horizontal	Giant	Giant	
			Flyaway	Bar Change with Flight	B + B Connection	
		Any B or Higher Dismount OR Layout Flyaway dismount	Any B or Higher Dismount OR Layout Flyaway dismount from a Giant			



Beam	CR (0.5 marks awarded for each)	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 element with flight	
		Gym Series (2 different leaps or jumps 1 within 45° of full split)	Gym Series (2 different leaps or jumps 1 with 180° split)	Gym Series (2 different leaps or jumps 1 with 180° split)	Gym 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	
	Bonus (0.1 each max 0.3)	Any Walkover	Any acro with flight	1 flight element	C or higher Acro	
		Any B or higher jump or leap	Any C or higher jump or leap	Any C or higher jump or leap	Acro Series, 1 element with flight and 1 other non static acro	
		Any acro with flight	Acro Series	Any Mixed Series	Any C or higher jump or leap	
		Salto Dismount	Any Mixed Series	Any C or Higher Acro	C + B Gym Series	
			Acro connected to Salto Dismount	Acro with flight connected to Salto Dismount	B + A Mixed Series	
					Acro with flight connected to Salto Dismount	

Floor	CR (0.5 marks awarded for each)	Tumbling Lines with minimum 2 directly connected flight elements	2 Different Tumbling Lines with minimum 2 directly connected flight elements	2 Different Tumbling Lines with minimum 2 directly connected flight elements (both must include a salto)	2 Different 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 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 second tumbling line	At least 1 Salto	Front and Back Salto	Any Layout Salto	
		Any 1/1 turn	Any 1/1 turn	Any 1/1 Turn	Any 1/1 turn	
	Bonus (0.1 each max 0.3)	Back Salto	Front and Back Salto	Any Layout Salto	1/1 twisting (or higher) layout	
		Any Layout Salto	Any Layout Salto	1/1 Twisting Salto	minimum A + B salto in same tumbling line	
		B or higher jump or leap	C or higher jump or leap	2 salto's in same tumbling line	minimum A + B turn connection	
		B or higher turn	B or higher turn	C or higher jump or leap	D or Higher Leap or Jump	
					C or Higher Acro (can count as a tumbling line)	