



AGC

COMP MANUAL
2022

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 "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 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 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

- 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.
- 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 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.



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

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

	VALUE		VALUE		VALUE		VALUE		VALUE		
COMPULSORY FIRST VAULT	9.8	Front Sault	9.8	Handspring	9.5	Front Layout	9.5	Handspring 1/2	9.5		
	9.9	Front Sault 1/1	9.6	Layout	9.7	Front Layout 1/1	9.6	Handspring 1/1	9.6		
	9.8	Front Layout	9.9	Front Layout 1/1	9.5	Handspring	9.9	Handspring 1 1/2	9.9		
	10	Front Layout 1/1	10	Front Layout 1 1/2	9.6	Handspring 1/2	10	Handspring 2/1	10		
OPTIONAL SECOND VAULT	9.8	Handspring	9.9	Handspring 1/2	9.8	Handspring 1/1	9.5	Round Off Repulsion*	9.5		
	10	Handspring 1/2	10	Handspring 1/1	10	Handspring 1 1/2	9.7	Round Off Repulsion* 1/2	9.7		
	9.6	Round Off Over Vault	9.5	Round Off Over Vault	9.7	Round Off Repulsion*	9.9	Round Off Repulsion* 1/1	9.9		
			9.9	Round Off Repulsion*	10	Any Salto Vault	10	Any Salto Vault	10		

TWO OPTIONAL VAULTS (CLUB, REP & PRO)

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

By Selection in 2022.
Same as Rep League for 2022



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°)	
	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	Cast to Horizontal	Cast to 45° above Horizontal	Handstand Element	Circle Skill to Handstand	
	Kip	2 Different Kips	Kip Cast Immediate connection to Dismount	Bar Change with Flight	
	Flyaway	Bar Circle Skill to Horizontal	Circle Skill to above Horizontal	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	

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BEAM REQUIREMENTS

	DEVELOPMENT LEAGUE	JUNIOR LEAGUE	CLUB LEAGUE	REP LEAGUE	PRO LEAGUE
COMPOSITION REQUIREMENT	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	
	Gym Series (2 different leaps or jumps 1 with 135° 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	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 (including 1 Flight Element)	
	Any Acro with Flight	Acro Series	Any C or Higher Acro	Any C or Higher Jump or Leap	
	Salto Dismount	Any Mixed Series	Any Mixed Series	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	

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FLOOR REQUIREMENTS

	DEVELOPMENT LEAGUE	JUNIOR LEAGUE	CLUB LEAGUE	REP LEAGUE	PRO LEAGUE
COMPOSITION REQUIREMENT	Tumbling Line 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 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)	
	Front Salto - as second tumble 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	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 the same Tumbling Line	
	B or Higher Jump or Leap	C or Higher Jump or Leap	2 Saultos 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)	

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