

WAG Club Levels Routines 3-6: CHEAT SHEETS



Gymnastics
Western Australia

***2015 Club levels routines are based on NLP routines with some small modifications. *Refer to 2015 NLP routines and choreography**

It is essential that all judges know beam and floor compulsory choreography for Club 3-6

**Level 3-6 have specific apparatus deductions that do not necessarily apply to 7-10.
It is essential that these deductions are applied by all E panel judges.**

Start Score

The start score for Level 3-6 is **10.00**

All elements in routine have an assigned value

There is no omission deduction, if a element has not been performed, the value of the element will be deducted from 10.00

The head judge will always recognise the difficulty of the element when it is performed in the routine

Spotting assistance – deduct value of the skill from start score + 1.00 from final score

Determination of final Score for Club 3-6

All routines out of 10.00 (unless skills are completely omitted)

Specific deductions will be applied from National levels general table of faults and specific apparatus deductions for levels 3-6

Execution deductions (Execution, Exactness of text and Presentation) will be subtracted from 10.00.

The E panel will divide their total deductions by 2 (except vault) before submitting their E deductions

Recognition of compulsory skills and elements

If an element is omitted, then the value of the element is deducted from the start score (10.00)

Example – Walkover is omitted from level 6 routine. The value of the walkover is 1.00 – therefore start score for the routine is 9.00

Example- Full pivot is incomplete - the skill is still performed and recognised as an incomplete full pivot. **There is no skill omitted so no change to the start score.** E panel judges will deduct appropriate execution deductions for incomplete pivot. (0.3)

Choreography Requirements

There is set choreography for Beam and Floor (Club 6 allowed optional choreography or may use set choreography). The gymnast must follow the text as written in the manual. Floor routines may be reversed– but it must be totally reversed in its entirety. The gymnast must start exactly as prescribed in relation to judges – if not, a 0.3 deduction Applies

Changes to choreography will incur specific deductions.

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Club 6

Club 6 may use the NLP set choreography OR optional choreography with set skills

If compulsory choreography is performed it must follow text as written in manual

If optional choreography is performed it must use set skills (order optional). Skills must still finish in prescribed position ie lunge or step in landing.

NLP 7-10 artistry deductions will apply on beam and floor

Gymnastic Australia's music and set choreography from levels 3-6 **MUST NOT** be used in any part

E panel Judging Responsibilities

Situation	Deduction
Skills not finished in prescribed position ie lunge/step in	0.30
Break in series	0.30
Incomplete turn	0.30
Failure to reach handstand (within 10deg of vertical)	0.30
Element NOT HELD for 2 secs when specified	0.30

Specific dance movements/passes within choreography NOT PERFORMED	0.30
Variations in text	0.10/0.30
Level 5 & 6 incorrect floor pattern	0.30

Level 3-6 Beam Connections

If the gymnast falls off in the first element of a series (mixed or gym), they can get up and repeat the first element again, in order to connect the series.

- As they are compulsory routines, they will be permitted to repeat the first skill in order to connect the series. There is no such concept as "repeated elements not being recognised" in level 3-6.

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Club 3

*Additional 30cm mat is allowed

VAULT

Handspring Flatback 60cm (2 crashmats)	10.00
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BARS

0.3 deductions <ul style="list-style-type: none"> Glide swing performed from jump Legs straddling on back swing Gymnast may use a board or box for glide and pullover. Gymnasts shoulders must not be above the height of the bar 	<ul style="list-style-type: none"> From dish hold, Glide swing 	1.00
	<ul style="list-style-type: none"> Pullover/kickover to front support 	1.00
	<ul style="list-style-type: none"> Cast, toes to bar height 	1.00
	<ul style="list-style-type: none"> Back hip circle 	1.00
	<ul style="list-style-type: none"> Underswing OR Toeshoot 	1.00
	<ul style="list-style-type: none"> Jump from a box OR Kickstart 3 x long swings to release at the back of 3rd swing *No landing deductions from swings 	3 x 1.00

BEAM

BEAM 90cm <ul style="list-style-type: none"> Landing min 30cm mat Time:60secs 0.3 deductions Incomplete turn Break in series Failure to reach handstand Element not held Skill not finished in prescribed position Variations in text 0.1/0.3 	<ul style="list-style-type: none"> Jump to front support, lift leg over to straddle sit Lift to mark clear straddle position, back to straddle sit, swing legs back to squat, stand 	1.00 + 0.5
	<ul style="list-style-type: none"> 2 x forward kicks 	2 x 0.5
	<ul style="list-style-type: none"> 2 x backward kicks 	2 x 0.5
	<ul style="list-style-type: none"> 2 x straight jumps (series) 	2 x 1.0
	<ul style="list-style-type: none"> Forward entry to "L" handstand. Lunge landing 	1.00
	<ul style="list-style-type: none"> Passe ½ turn on one foot, ½ turn on 2 feet, releve (Hold 2 secs) 	2 x 0.5
	<ul style="list-style-type: none"> 2-3 steps to punch jump off the end 	1.00

FLOOR

<ul style="list-style-type: none"> Straight line on floor 0.3 deductions Incomplete turn Break in series Skill not finished in prescribed position Insufficient split 0.1/0.3 Variation from text 0.1/0.3 90° split required 	<ul style="list-style-type: none"> Forward contraction 	0.5
	<ul style="list-style-type: none"> 2 x cartwheel to step in 	2 x 1.00
	<ul style="list-style-type: none"> Stride jump 	1.00
	<ul style="list-style-type: none"> Backward roll to squat on feet 	1.00
	<ul style="list-style-type: none"> Bridge kickover 	1.00
	<ul style="list-style-type: none"> Handstand roll 	1.00
	<ul style="list-style-type: none"> 2 x step kicks forwards 	2 x 0.5
	<ul style="list-style-type: none"> 2 x step hops 	2 x 0.5
	<ul style="list-style-type: none"> 2 x springs 	2 x 0.5
	<ul style="list-style-type: none"> ½ turn one foot + ½ turn 2 feet – start in lunge 	2 x 0.5

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Club 4

*Additional 30cm mat is allowed

VAULT

Handspring Flatback 90cm (no vault table)

10.00

BARS

Gymnast may use a board or box for glide and pullover. Gymnasts shoulders must not be above the height of the bar

0.3 deductions

- Legs straddling on backward swing

- Glide swing x2 (legs may be straddled)

2 x 0.5

- Pullover/kickover to front support

1.00

- Cast, **horizontal**

1.00

- Back hip circle

1.00

- Climb to squat on OR Cast to squat on, jump to HB bar

NO VALUE

- 2 x long swings to release at back of swing to land

2 x 1.00

BEAM

BEAM 100cm

- Landing min 40cm mat

- Time:60secs

0.3 deductions

- Incomplete turn
- Break in series
- Failure to reach handstand
- Element not held
- Skill not finished in prescribed position
- Variations from text 0.1/0.3

- Jump to front support, lift leg over to straddle sit. Lift to hold clear straddle position (**2 secs**), back to straddle sit, swing legs back to squat, stand

1.00 + 0.5

- Leap lead up drill (dominant leg only)

0.5 hop
0.5 leap

- 2 x Passe ½ turns (same leg), releve hold (**Hold 2 secs**)

2 x 0.5

- Straight jump + split jump (**90deg**) (**series**)

2 x 1.0

- Kick to handstand (may be ¾) **Step in landing**

1.00

- Straight jump backwards from end of beam

1.00

FLOOR

- Straight line on floor OR

- Set Floor pattern

0.3 deductions

- Incomplete turn
- Break in series
- Skill not finished in prescribed position
- Insufficient split 0.1/0.3
- Variation from text 0.1/0.3

135° split required

- 2 x backward rolls to tuck

2 x 0.5

- Roundoff **rebound**

1.00

- Full pivot (**Start in lunge**)

1.00

- Split leap

1.00

- Handspring to 2 feet **rebound**

1.00

- Straight jump + split jump (**Series**)

2 x 1.00

- Backwalkover or Tic toc (**lunge**)

1.00

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Club 5

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VAULT		
Handspring Flatback 100-125cm with Vault table OR to 3 crashmats		10.00
BARS		
0.3 deductions <ul style="list-style-type: none"> Hands leaving the bar in swing pullover Legs straddling on backward swing 	• Kip OR 2 x Glides	1.00
	• Cast to horizontal	1.00
	• Back hip circle	1.00
	• Squat or Pike on to catch high bar	0.5
	• 2 x long swings to pullover on 3 rd swing	3 x 1.00
	• Underswing to land	2 x 1.00
BEAM		
BEAM 110cm Time:75secs 0.3 deductions <ul style="list-style-type: none"> Incomplete turn Break in series Failure to reach handstand Element not held Skill not finished in prescribed position Variations from text 0.1/0.3 135°split required	• Jump to front support, lift leg over to straddle sit. Lift to hold clear straddle position (hold 2 secs), swing legs back to front support, kneel and stand	1.00+ 0.50
	• 1 x Acro skill Backwards walkover or Tic toc (Lunge) or Cartwheel ¼ turn (lunge or step in) or Forwards walkover (free leg point in front) or Kick to handstand (hold 2 secs). Step in landing	1.00
	• 2 x Passe ½ turns (same leg), releve hold (Hold 2 secs)	2 x 0.5
	• Straight jump + split jump * May be reversed	2 x 1.0
	• Split leap	1.00
	• Dismount: Cartwheel straight jump or Front salto	0.5+0.5 1.00
FLOOR		
Floor Pattern 0.3 deductions <ul style="list-style-type: none"> Incomplete turn Break in series Skill not finished in prescribed position Incorrect floor pattern Insufficient split 0.1/0.3 Variation from text 0.1/0.3 135°split required	• Full pivot	1.00
	• Roundoff flip rebound OR roundoff rebound	0.5+ 1.00
	• Backwards walkover or Tic toc (Lunge) or Forwards walkover (free leg point in front)	1.00
	• 2 x split leaps	2 x 1.00
	• Split jump + Sissone	2 x 1.00
	• Tucked front salto	1.00
	• Backwards roll to front support	1.00

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Club 6 *Additional 30cm mat is allowed

VAULT		
Handspring to feet 100-125cm		10.00
BARS		
<ul style="list-style-type: none"> All casts throughout routine must show amplitude 0.1/0.3 0.3 deductions Hands leaving the bar in swing pullover Legs straddling on backward swing 	• Kip	1.00
	• Cast to above horizontal	1.00
	• Clear hip circle to horizontal	1.00
	• Kip	1.00
	• Squat or Pike or Sole circle on to catch high bar	0.5
	• Long kip, cast or Long swing	1.00
	• Long swing pullover (baby giant)	1.00
	• Underswing (to finish at top of backward swing) + long swing (forward and back)	2 x 1.00
	• Swing ½ turn and release (minimum height 45° below horizontal)	1.00
BEAM		
<p>BEAM 120cm+ Time:75secs (130sec if compulsory)</p> <p>0.3 deductions</p> <ul style="list-style-type: none"> Incomplete turn Break in series Failure to reach handstand Element not held Skill not finished in prescribed position Variations from text 0.1/0.3 <p>180 °split required</p>	• Press to handstand (optional end position on beam) or Tuck through to sit or Jump on the end of beam	1.00
	• Backwards walkover or Tic toc or Flip (Lunge) or Cartwheel ¼ turn (lunge or step in) or Forwards walkover (free leg point in front)	1.00
	• Full pivot	1.00
	• Handstand (2secs) + straight jump (series)	1.00 + 0.5
	• Tuck jump + split jump (series) * May be reversed	2 x 1.0
	• Split leap	1.00
	• Dismount: Cartwheel/Roundoff/Flip+ straight jump or Cartwheel/Roundoff/Flip+ salto or Front salto	0.5+0.5 0.5+0.5 1.00
FLOOR		
<p>Floor Pattern (Compulsory)</p> <p>0.3 deductions</p> <ul style="list-style-type: none"> Incomplete turn Break in series Skill not finished in prescribed position Incorrect floor pattern Insufficient split 0.1/0.3 Variation from text 0.1/0.3 <p>180 °split required</p>	• Backwards walkover or Tic toc (step in) or forwards walkover (free leg point in front)	1.00
	• Roundoff Flip rebound or Roundoff Flip, Flip rebound or Roundoff, flip, tuck salto	3 x 0.5 3 x 0.5
	• Passage of dance (2 different leaps, 1 with 180deg split)	2 x 1.00
	• Full pivot	1.00
	• Backward roll to handstand (lunge)	1.00
	• Jump ½ turn + split jump	0.5+1.00
	• Tucked front salto or front layout or handspring front salto/layout or front salto step out roundoff	1.00