

# GYMSTAR

Gymnastics

# Manual 2022



**Gymnastics**  
Victoria



**Gymnastics Victoria**  
Gymnastics For All

*Updated 20 February 2022*

**Trade Mark GYMSTAR GYMNASTICS™ 2022**

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**Warning:**

This manual is not intended to replace knowledge obtained from coaching accreditation courses or workshops. It is anticipated that users of this manual understand the philosophy, concepts and ideas contained within and have the necessary competence to use the manual as an aid to teaching.

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# GYMSTAR

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## INTRODUCTION

Gymstar aims to provide recreational events that are enjoyable for gymnasts, coaches, judges and spectators. The program's main objective is for all participants to enjoy the experience of participating to their full potential.

Gymstar provides the opportunity for participants to take part in a fun and fair environment. The emphasis is on the execution of skills and routines rather than difficulty, scores and results.

This program has been designed to be used within clubs as a complete program for all genders and abilities, not just a talented few. The design of the program may also allow gymnasts to move across to the Australian Levels Program at level 6 or 7 after competing at Gymstar 10.

The Gymstar Gymnastics program has been designed and developed for gymnasts who train limited hours or gymnasts who prefer a less competitive environment.

As a guide, gymnasts who train the following hours will be best suited to enter events in the following divisions. The following training hours can be used as a guide:

- Levels 1-3 train approximately once a week.
- Levels 4-5 training less than 4 hours in total per week are best suited to Halos events. Gymnasts training 4-5 hours are best suited to Titans events.
- Levels 6+ gymnasts who are training less than 5 hours a week are best suited to Halos events. Gymnasts who train 5-7 hours are best suited to Titans events.

Gymnastics Victoria recognizes that this does not apply to all gymnasts and is intended as a guide only.

The Gymstar program is not intended for developmental squad gymnasts.

## REGISTRATION

Gymnastics Victoria asks clubs to register each year to take part in the Gymstar program.

To complete Gymstar Registration – See link on the [Gymstar Clubs](#) page of the Gymnastics Victoria website.

Registration and Event enquiries may be directed to the Events Officer.



# GYMSTAR

## Gymnastics

### EVENTS

#### Gymstar Neutrons (Meet)

- Gymstar Neutrons events are for gymnasts in Gymstar levels 1-3. Participation is the focus of Neutrons and all gymnasts will receive a medal
- Clubs are required to provide one judge for 1-10 gymnasts and two judges for 11 or more gymnasts at each level
- Base event entry Cost: \$40.00 per gymnast plus GST

#### Gymstar 1 & 2 presentations

Gymnasts will receive a certificate with a banded star for each apparatus:

Gold star	14.0 and above
Silver star	13.5 – 13.9
Bronze star	12.9 – 13.4
Red star	12.0 – 12.8
Green star	10.5 – 11.9
Blue star	10.4 and below

Gymnasts in **level 2** will also receive an individual medal based on their overall score (calculated from their top 5 apparatus scores):

Gold	69.0 and above
Silver	66.3 – 68.9
Bronze/blue ribbon	62.7 – 66.3
Bronze /red ribbon	57.0 – 62.6
Bronze/green ribbon	51.5 – 53.4
Bronze/black ribbon	51.4 and below

Gymnasts in **level 1** will also receive a participation medal.

#### Gymstar 3 presentations

Gymnasts will receive a certificate with their scores listed and an individual medal based on the above bandings. At Gymstar 3, 1<sup>st</sup>-6<sup>th</sup> teams will also be awarded.

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### Gymstar Halos (Challenge)

- Gymstar Halos events will also have a strong emphasis on participation and will cater for gymnasts in Gymstar 4-8. Please note that Gymstar 4 Halos sessions will usually run alongside selected Gymstar 1-3 Neutron events, while Gymstar 5-8 Halos events will be run separately.
- These events are designed for gymnasts training limited hours and for gymnasts, coaches and clubs who prefer a less competitive event
  - As a guide, Levels 4-5 are generally suitable for gymnasts training less than 4 hours in total per week
  - As a guide, Levels 6+ are generally suitable for gymnasts training no more than 5 Hours per week
- Clubs are required to provide one judge for 1-10 gymnasts
- There will be one judge per apparatus
- Base event entry cost: \$45.00 per gymnast plus GST

### Gymstar Halo additional rules

- Gymnasts are required to compete on a minimum of 5 apparatus (one of which must be beam or uneven bars), with 5 scores to count for individual all-around. These will also count towards the makeup of team scores.
- All routines that meet skill and composition requirements will be judged out of 15.00.
- Gymnasts may choose to nominate one 'Challenge skill' to perform in their routine that will not be judged – this skill is something that the gymnast is working towards competing but in which they have not yet reached a competition standard of presentation. Note – the skill must be able to be performed safely and will not count towards the routine requirements or total elements.
- Star skills will not be awarded any bonus (maximum of 15.00 start score) however any routines that include star skills will be awarded a star on the gymnast's certificate to indicate a 'Star Routine'.
- Each Host club is required to nominate their own 'Challenge Award' (such as least amount of falls on beam, best team spirit, most stuck dismounts etc.). This award will need to be approved by the Events Officer / Gymstar Coordinator.

### Gymstar Halo presentations

- Gymnasts will receive a certificate with scores for each apparatus
- Medals will be awarded for 1<sup>st</sup>-3<sup>rd</sup> and ribbons will be awarded for 4<sup>th</sup>-6<sup>th</sup> on apparatus and individual overall, as well as 1<sup>st</sup>-3<sup>rd</sup> for teams
- The host club Challenge Award will be awarded at each session
- In the event of a level having 1-3 competitors, 1<sup>st</sup> place apparatus and 1<sup>st</sup>-3<sup>rd</sup> overall will be awarded
- In the event of a level having 4-6 competitors, only 1<sup>st</sup>-3<sup>rd</sup> places will be awarded
- Each club will only receive results for their gymnasts if requested from the event Floor Manager, **prior to the event start**

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## Gymnastics

### Gymstar Titans (Competition)

- Gymstar Titans events are designed for gymnasts, coaches and clubs who prefer a more competitive event
- These events are likely to suit clubs that select gymnasts into their Gymstar classes and/or select gymnasts to compete
- These events are not suitable for squad gymnasts or gymnasts that should be competing in the ALP, and gymnasts that are felt to not be suitable for Gymstar will not be permitted to compete (at the discretion of the GfA Coordinator)
  - As a guide, Level 4-5 gymnasts training 4-5 hours per week in total per week are best suited to Titans events
  - As a guide, Level 6+ gymnasts training 5-7 hours a week are best suited to Titans events
- Please note that Gymstar 4 Titans sessions will usually run alongside selected Gymstar 1-3 Neutrons events, while Gymstar 5-10 Titans events will be run separately
- Clubs are required to provide one judge for 1-10 gymnasts, two judges for 11-20 gymnasts, and three judges for 20 or more gymnasts at each level
- Each apparatus will aim to have a two-judge panel, with the average score between the two judges to be awarded
- Base event entry Cost: \$50.00 per gymnast plus GST

### Gymstar Titans additional rules

- Gymnasts are required to compete on a minimum of 5 apparatus (one of which must be beam or uneven bars), with 5 scores to count for individual all-around. These will also count towards the makeup of team scores.
- All routines that fulfil skill and composition requirements will have a start score of 14.00 with .50 awarded per star skill paid
  - At Gymstar 4-8 a maximum of 2 star skills will be awarded the bonus for a maximum start score of 15.00
  - At Gymstar 9 a maximum of 3 star skills will be awarded the bonus for a maximum start score of 15.50
  - At Gymstar 10 a maximum of 4 star skills will be awarded the bonus for a maximum start score of 16.00

### Gymstar Titans presentations

- Gymnasts will receive a certificate with scores for each apparatus
- Medals will be awarded for 1<sup>st</sup>-3<sup>rd</sup> and ribbons will be awarded for 4<sup>th</sup>-6<sup>th</sup> on apparatus and individual overall, as well as 1<sup>st</sup>-3<sup>rd</sup> for teams
- In the event of a level having 1-3 competitors, 1<sup>st</sup> place apparatus and 1<sup>st</sup>-3<sup>rd</sup> overall will be awarded
- In the event of a level having 4-6 competitors, only 1<sup>st</sup>-3<sup>rd</sup> places will be awarded
- Each club will only receive results for their gymnasts if requested from the event Floor Manager, **prior to the event start**

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### Gymstar Open

- Gymstar Open events are recreational events for gymnasts who are turning 17 or older in the year of competition (please note: gymnasts over 17 years may still enter regular Gymstar Events if they wish to participate in a more structured environment)
- Gymstar Open events will have an emphasis on participation and will rely heavily on the honesty of participants
- The aim of these events is to give older gymnasts more opportunities to enjoy competing in a fun recreational environment
- Gymnasts currently competing in the ALP are not eligible to compete at Gymstar Open events
- Clubs are required to provide one judge for 1-10 gymnasts and two judges for 11 or more gymnasts at each level, with one judge per apparatus
- Base entry cost: \$50.00 per gymnast plus GST

### Gymstar Open additional rules

- Gymnasts are required to compete on a minimum of 5 apparatus (one of which must be beam or uneven bars), with 5 scores to count for individual all-around. These will also count towards the makeup of team scores.
- Gymnasts are required to indicate which division they wish to compete in (Open Halos or Open Titans) when entering.
- **Open Halos:** Gymnasts are able to nominate a different level for each apparatus that they choose to compete on. Gymnasts will be judged at their nominated level and follow all other rules outlined under the Gymstar Halo event guide.
- All Gymstar Open Halos gymnasts compete against each other regardless of level.
- **Open Titans:** Gymnasts nominate one Gymstar level at the start of the event and are required to compete at that level for all apparatus during that event and follow all other rules outlined under the Gymstar Titan event guide.
- All Gymstar Open Titans gymnasts compete against each other regardless of level.
- Teams need to be comprised of gymnasts who are competing in the same division.
- Depending on the amount of event and division entries, age categories maybe implemented.

### Gymstar Open presentations

- Gymnasts will receive a certificate with scores for each apparatus
- Medals will be awarded for 1<sup>st</sup>-3<sup>rd</sup> and ribbons will be awarded for 4<sup>th</sup>-6<sup>th</sup> on apparatus and individual overall, as well as 1<sup>st</sup>-3<sup>rd</sup> for teams in both Open Halos and Open Titans events
- Challenge awards may be awarded at each session by judges
- No Results will be distributed at open events



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## Event Entry

Event entries must be received by the Events Officer **three weeks** prior to the competition date. Late entries will only be considered if numbers permit.

**Method:** Event entries can be submitted via the Gymnastics Victoria website by clicking on the links found under the [Gymstar Events](#) page.

**The following base charges will apply per entry:**

Gymstar Neutrons = \$40.00 + GST

Gymstar Halos = \$45.00 + GST

Gymstar Titans = \$50.00 + GST

Gymstar Open = \$50.00 + GST

**Gymstar Host clubs may choose to increase the entry cost by up to an additional \$10.**

Entry costs for each competition must be displayed on the Gymstar event calendar.

## Additional Fees

**\$15.00 + any increase in the Host club fee (up to an additional \$10) + GST for gymnasts who are medically withdrawn after the closing date.**

**\$10.00 + GST fee (additional to entry fee) for gymnasts who are entered after the closing date (i.e. \$60 for Gymstar Titans entry after the closing date - \$50 entry plus \$10 late entry fee). Late entries will only be accepted if there is availability.**

## Payment, Administration and Late Levies

Payment can be made via Credit Card, Cheque, or Direct Debit and must accompany all entries and be received by GV prior to close of business on the advertised closing date. Entries will be considered late if full payment is not received by GV prior to close of business on the advertised closing date.

**\$10.00 + GST fee (over and above the advertised entry fee) for gymnasts who are entered after the closing date (i.e.: \$60 for Gymstar Titans entry after the closing date, \$50 entry plus \$10 late entry fee). Late entries will only be accepted if there is availability.** Failure to pay late entry and administration levies will result in withdrawal from the event.



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### Withdrawals

- If an athlete is unable to compete due to injury/illness Member Clubs may apply for a refund of the entry fee, less an administration fee of \$15.00 + any increase in the Host club fee (up to \$10) + GST for gymnasts who are medically withdrawn after the closing date.
- Member clubs wishing to apply for a refund are required to complete and submit a withdrawal form within 5 working days of the completion of the competition.
- Withdrawal forms received by GV after the advertised closing date will be processed only if accompanied by a medical certificate and received within 5 working days of the end of the competition.
- Withdrawal forms will **not** be processed after 5 working days past the event date.
- All refunds will be provided to the club in the form of a credit note.
- Withdrawal forms received before the advertised closing date will receive a full refund in the form of a credit note.

### TEAM SIZES

- 3-5 gymnasts with 3 gymnasts' scores to count.
- Teams consist of gymnasts of any gender.
- Gymnasts may compete on all available apparatus if they wish but must compete on a minimum of 5 apparatus (one of which must be beam or uneven bars) to be eligible for individual overall and team awards.
- Mixed-club teams will not be permitted at Gymstar events.
- Clubs who enter one or more teams at any level cannot enter individuals at that same level, as the team sizes are structured so that if clubs have three or more gymnasts all participants can be part of a team.
- **Clubs are required to nominate judges for all levels they enter. Failure to do so may result in a fine equivalent to (WAG or MAG events) or non-acceptance of entries.**



## Duties of the Coach

- Coaches must be in uniform and are expected to look presentable.
- **PROTESTS ARE NOT PERMITTED** – they are not within the spirit of the Gymstar program. Coaches are permitted to ask a judge for advice or feedback on some routines and scores, however judges are not required to discuss their score with coaches and may choose not to give feedback or may be unable to due to issues such as time constraints.
- Spotting is permitted for gymnasts' safety however actively spotting a gymnast **will** result in deductions. Coaches must keep in mind that safety is an important factor in the Gymstar program.
- Coaches are responsible for preparing the apparatus for their gymnasts and must at all times check the safety of the apparatus and the mats around the apparatus. If gymnasts require spotting due to apparatus limitations, please speak to the Gymstar Floor Manager so that an agreement can be reached regarding the judging of the routine.
- **Only listed equipment may be used** (beat boards for mounts are permitted).
- Ensure that gymnasts' full names and teams are correct on master score sheets when they are submitted at the start of each session.
- Ensure that gymnasts' full names and teams are correct on apparatus score sheets when they are submitted to the judge. Any "Challenge Skills" should also be written on apparatus score sheets.
- Coaches should confirm start scores, star skills and challenge skills with the judge prior to starting each apparatus.
- Coaches must ensure that gymnasts are aware of competition etiquette before attending a competition.
- *Gymnasts must present themselves as a group to the judge before commencing apparatus warm-up* along with complete apparatus score sheet
- Coaches must seek permission from the Judge/Floor Manager before allowing any gymnast to leave the competition floor.
- Gymnasts should be advised by the coach that contact with spectators is not permitted once the general warm-up has commenced, and that they must conduct themselves in a manner that reflects well on their club and does not in any way distract any other gymnast who is competing.
- Level 1 gymnasts are not required to memorize routines and as such coaches may prompt competitors or talk them through their routines. Coaches are not permitted to correct skill technique by either verbal or nonverbal cues (e.g. gestures).
- Level 2: No prompting is allowed. Any coach interaction during routine will incur a once off execution deduction of 0.5.
- Level 3+: No prompting is allowed. Any coach interaction during routine will incur an execution deduction of 0.5 for each prompt
- Coaches must attend the Coaches meeting which will be held **10 minutes** prior to the session start time. Completed Master Score Sheet and Apparatus Score Sheets are to be handed to the floor manager. Apparatus Score Sheets are to be handed to the appropriate judge at the start of each rotation.
- No Apparatus warm up for level 1
- General Warm-Up will be 15 minutes.
- Generally Apparatus warm up will be as follows;
  - 2min whole rotation group on floor
  - 3 skill + dismount on Beam

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- 2 vaults per Gymnast levels 3+
- Canadian warm up on Bars, Rings and P-bars

\*Apparatus warm-up will differ per event, and coaches will be notified during the coaches meeting on what the warm-up procedures are for that event.

## Understanding Gymstar Event Rules and Requirements

- Gymnasts cannot compete in both Australian Levels Program and Gymstar in the same year. No ALP routines are to be performed.
- **PROTESTS ARE NOT PERMITTED** –they are not within the spirit of the Gymstar Program.
- After general warm-up gymnasts will then be presented to the audience prior to moving to the first apparatus.
- Once all gymnasts in a team have competed on their first apparatus they may move with their coach to the next apparatus if it is free.
- The entire group rotates around the apparatus, regardless of whether or not they are competing on that apparatus.
- The order of apparatus rotations will be detailed on the competition work order and confirmed at the coaches meeting.
- Any club, coach or gymnast not acting within the philosophy of the event will be asked to leave the competition floor immediately.
- Gymnasts who have achieved their full potential at their current Gymstar level must be promoted to the next level by their club coach.
- Whilst it is up to the individual clubs and coaches to ensure gymnasts are entered into the appropriate level of events, it is recommended that gymnasts be able to perform the majority of the skill and composition requirements competently prior to entering the competition. Judges and Floor managers will make recommendations to the GfA coordinator if they feel a gymnast/team is competing in the wrong level or division. *Gymstar reserves the right to refuse entries for gymnasts who are competing at what Gymnastics Victoria believes to be the wrong level or event.*
- All gymnasts must be accompanied by a coach, with a maximum of 10 gymnasts per coach. Entries with more than 10 gymnasts and only one coach will not be accepted. A substitute coach on the day of competition is acceptable.
- Event attire: leotards, bike pants, leggings, fitted t-shirt or singlet. **No midriffs will be allowed.**
- No club uniform is required for gymnasts. They are expected to look presentable.
- Scores will not be displayed during the competition.
- Coaches are to operate the gymnasts' floor music. **No** floor music for levels 1 or 2.
- Coaches are permitted to ask a judge for advice or feedback on some routines and scores, however Judges are not required to discuss their score with coaches and may choose not to give feedback or may be unable to due to issues such as time constraints.
- **D and E Scores:** There are two scores that are combined to give the gymnast's total apparatus score. The D-Score = Value/Difficulty score. The E-Score = Execution score (10 minus execution deductions). ***The final score is calculated by adding the D score and the E score together.***
- A gymnast's total apparatus score shall be no lower than 8.0 for Gymstar 4-10, or 10.0 for Gymstar 1-3.



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## Gymnastics

- **All skills performed (with the exception of nominated Challenge skills) count towards elements.** Gymstar recognizes all skills at all levels as elements regardless of whether or not they are contained within the FIG code of points. A skill recognized as an element in the lower levels of Gymstar are still recognized as an element in the higher levels unless otherwise stipulated.
  - Casts and swings count as elements
  - Any controlled dismount or mount is counted as an element and fulfils the dismount or mount requirement (i.e. jump to front support on bars and cast away to land dismount on bars) as long as it is completed as stipulated (i.e. Gymstar 8 beam dismount must show flight)
  - Climb up on low bar to catch high bar counts as an element at Gymstar 4-6

On occasion some elements combine to form one skill. This new skill will only be counted as one element. To determine whether a skill should be counted as one element or two simply ask “Can the skill be performed individually?”. For example: A cast is a required skill for level 2 bars, and is therefore also recognized as a skill/element in Gymstar 4-10. A cast back hip circle is recognized as only one skill as the back hip circle cannot be performed correctly without the cast, however if the gymnast performs a cast and then utilizes another cast into the back hip circle then this would count as two elements. Likewise, a swing is also counted as one element. A swing pullover (half giant) is counted as one element because you cannot perform a swing pullover without a swing, however two swings with the second swing going into a swing pullover will count as two elements.

**When determining if the skill counts as one or two elements consider if the skill can be performed in isolation.** Examples below:

- **Floor** – Handstand forward roll is one element. Splitting up the skill makes it a different skill (a handstand and a forward roll)
  - **Bars** – Cast back hip circle is one skill because the back hip circle cannot be performed without the cast so the cast becomes the start of the skill, however the cast can also be performed on its own and count as a separate skill
- All Gymstar 1-3 Neutrons routines will have a D-Score of 5.0 with no bonus points awarded.
  - At Gymstar 4-10 Titans events routines have a base D-Score of 4.0. Bonus of 0.5 is awarded for skills from the star skills list with the maximum bonus being 1.0 for Gymstar 4-8, 1.5 for Gymstar 9 and **2.0 for Gymstar 10**. All attempted star skills will be awarded a bonus with deductions taken.
  - At Gymstar 4-10 Titans events if a star skill can be clearly recognised as a skill in the star skills list it will receive a bonus and deductions will be taken for any execution faults (which may be more than the 0.5 bonus awarded). If a star skill is performed following which the gymnast falls, it shall still receive a bonus and deductions taken. A star skill performed with non-permitted spotting assistance shall not receive a bonus. A skill will only count once as a star skill even if the skill is repeated.
  - At Gymstar 4-8 Halos events routines have a base D-score of 5.0, with no bonus awarded for star skills. Any routines that include a paid star skill will be awarded a star to signify a ‘Star routine’.
  - Omission of a core skill will result in a 1.5 deduction from the D-score. Any attempted skill which can be clearly recognised as a skill requirement will be counted for that requirement with execution deductions taken. The 0.5 deduction for failing to meet the technical requirements of a skill will apply if the gymnast does not fulfill a minimum technical requirement (not amplitude based), such as if a gymnast performing a scorpion kick did not have both feet leave the floor.

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- A skill requirement performed with spotting assistance will receive no D score **value** and a deduction of 1.0 will be applied, unless specified as per manual.
- Omission of a composition requirement will result in a 0.5 deduction from the D-score.
- A break-in-series will incur a 0.3 deduction from the D score for each instance.
- One element can fulfill a maximum of two requirements.
- A skill may be performed twice in any given routine and will count for required elements both times. The third time the same skill is performed it will not count as an element and will not fulfill any requirement.
- Acro skills include all rolls, handstands, cartwheels, round-offs, walkovers, front handsprings, back flips, and saltos.
- At Gymstar 6 and 7 one gym element on beam must be a large leap or jump. This means it cannot be a straight jump, flutter jump or cat leap. The other gym element can be any leap or jump including a straight jump, flutter jump or cat leap.
- On Floor in Gymstar 5-10 gymnasts may perform either a gym series or a passage of dance.
  - A gym series is two directly connected leaps or jumps
  - A passage of dance is two leaps connected by dance
- Gymstar 4-10 gymnasts may perform two vaults with the best score to count. They may be the same or different vaults.
- Vaults must be performed from a board unless otherwise stipulated.
- Floor music is optional; gymnasts may use music with words, instrumental music or no music. It is the coaches' responsibility to ensure music is suitable with no inappropriate language etc.
- Time limits for floor routines are: 30-60 sec for Gymstar 3-6 and 45-70 sec for Gymstar 7-10.
- Clarification of acro series requirements: There is no break-in-series deduction for Round-off or handspring to two feet or front sault to two feet, rebound or rebound half turn to step out into another skill such as cartwheel.
- Where two acro series are required the acro lines can be performed in any order to fulfill either of the two skill requirements. A skill can only be performed twice in the whole routine to receive value, however in Gymstar 8-10 round-offs and backflips can be utilised multiple times to fulfil requirements. The two acro lines cannot be identical.

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### Glossary

Some of the terms used in Gymstar may have a different interpretation compared to other gymnastics programs. Please read the following definitions for clarification.

<b>Alternate direction</b>	Movement in a direction other than forwards.
<b>Locomotive Activity</b>	Continual repetitive movement along the beam. At least half of the length of the beam must be covered or 4 repetitions of the skill (i.e. four step kicks).
<b>Change of Direction (bars)</b>	1/2 turn or more – may be performed in mount, dismount or during the routine.
<b>Low to Beam</b>	A move or static position where the torso (hip to shoulder) comes into contact with the beam (Full front or side split will be counted but stride support will NOT be paid as a low to beam move).
<b>Close to Floor</b>	A move or static position where the torso (hip to shoulder) comes into contact with the floor.
<b>Bar Change (uneven bars)</b>	Where a gymnast moves from one bar to the other bar.
<b>Change of Grip (bars)</b>	Using a grip other than over grip during the execution of a skill.
<b>Acro Skills</b>	Include all rolls, handstands, cartwheels, round-offs, walkovers, front handsprings, back flips, and saltos
<b>Acro element with flight</b>	Dive roll and round off (unless otherwise stipulated) will be counted as an acrobatic element with flight provided a flight phase is demonstrated.
<b>Gym element (beam)</b>	At Gymstar 6 and 7 one gym element on beam must be a large leap or jump. This means it cannot be a straight jump, flutter jump or cat leap. The other gym element can be any leap or jump including a straight jump, flutter jump or cat leap.
<b>Gym series or dance (floor)</b>	Gymstar 5-10 gymnasts may perform either a gym series or a passage of dance. <ul style="list-style-type: none"><li>• A gym series is two directly connected leaps or jumps</li><li>• A passage of dance is two leaps connected by dance</li></ul>

# GYMSTAR

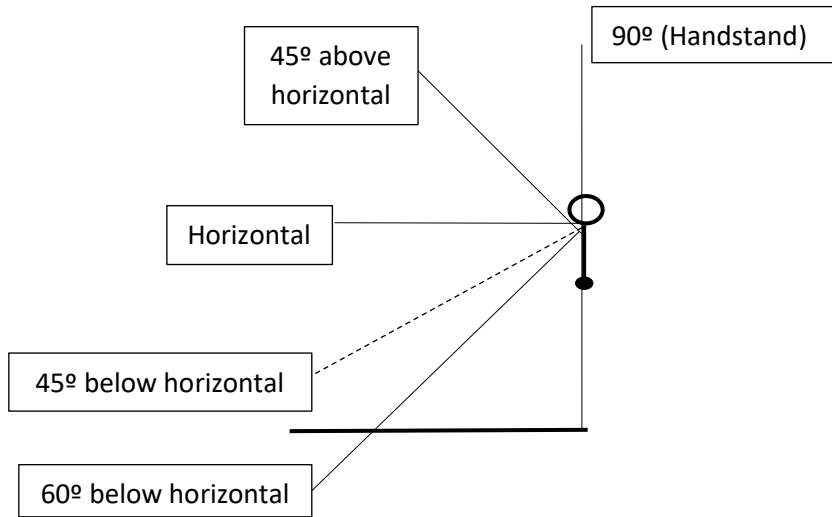
## Gymnastics

<b>Dorsal Hang</b>	Skin the cat. From inverted pike position (basket hang) turn backwards feet over head. Feet should point towards floor, open hips (straight position) and arms behind. Gymstar 4 demonstrate controlled entry to position and hold (2 sec), exit is optional. Gymstar 5 & 6 must return to inverted pike position (basket hang) and Gymstar 7 must return to inverted hang.
<b>Scorpion</b>	For Gymstar 2 Floor and Gymstar 3 Beam, from lunge position place hands on beam and kick legs slightly into air (back lunge leg higher than front lunge leg). Feet only need to leave the beam/floor – they are not required to reach any set height (mini, mini handstand).
<b>Glide kip with spot</b>	At Gymstar 8 gymnasts are permitted to have assistance to complete a glide kip mount (no bonus will be paid). No deductions will be taken for the spot unless it is obvious that the coach is performing the majority of the work, in which case there will be a deduction of <b>1.0</b>
<b>Inverted hang</b>	Candlestick (basket hang is a piked inverted hang)
<b>Muscle up with spot</b>	At Gymstar 8-10 gymnasts are permitted to have assistance to complete a muscle up to get above the rings (no bonus is awarded). Boxes and other equipment cannot be used to get above the rings.
<b>Peach dismount (P-Bars)</b>	Start in cross support. Holding onto rails, fall backwards with straight arms through piked inverted hang (basket hang). Continue rotating backwards, release the bar and land.
<b>½ / ½ turn (Beam)</b>	Half turn on one foot, after completing half turn while still in relevé on one foot immediately place lifted leg foot on beam in front so gymnast is now in 2 foot relevé, immediate half turn on 2 feet.
<b>Tornado (P-Bars)</b>	Starting in stride support place both hands on one rail and roll sideways in straddle with back on other rail completing a half turn to finish in stride support facing where the skill started.
<b>Hecht style dive roll (Vault)</b>	Dive roll that demonstrates a superman/arch position during the flight phase (please refer to FIG code of points 3.102 for illustration).

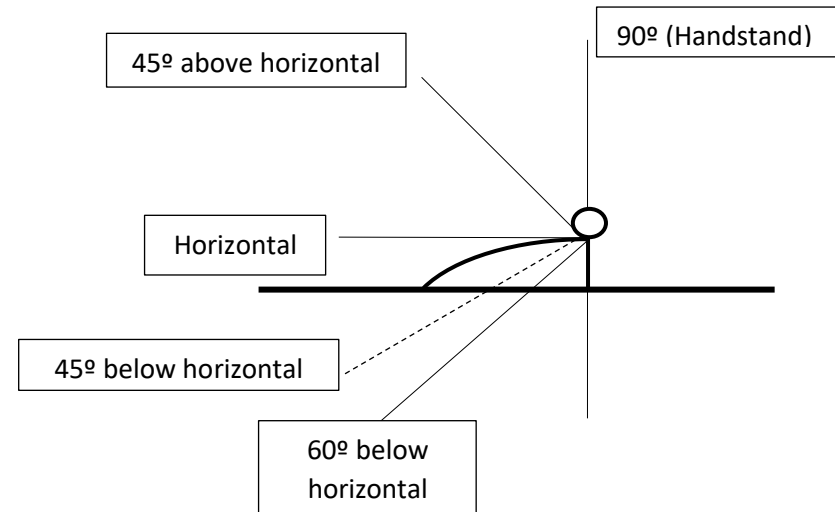


## Clarification of Cast and Swing Requirements

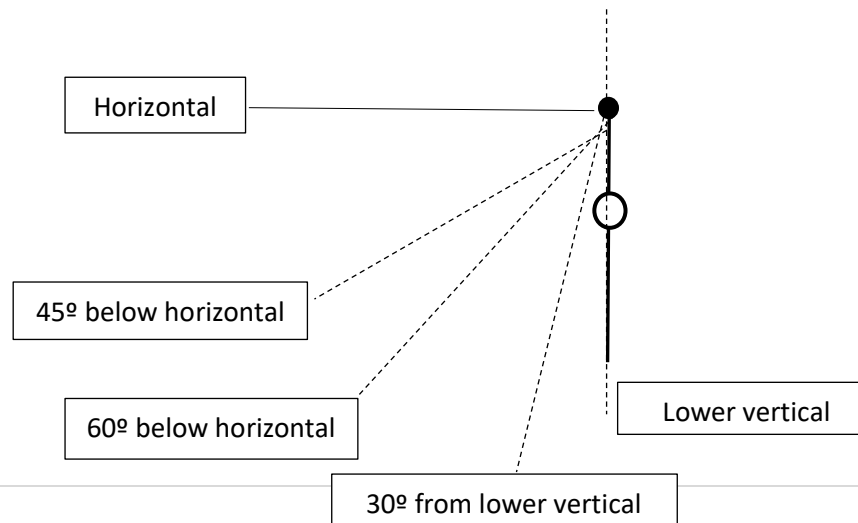
**BARS – Cast height (taken from shoulders to feet height)**



**P-BARS – Swing height (taken from shoulders to feet height)**

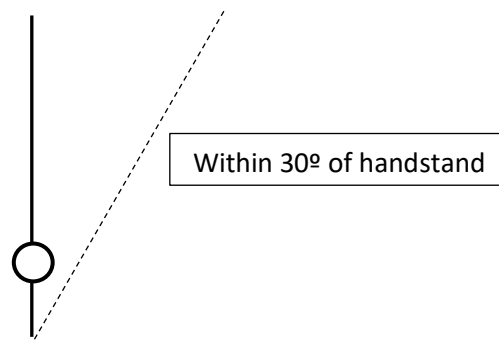


**RINGS – Swing height (taken as ankle height from lower vertical)**

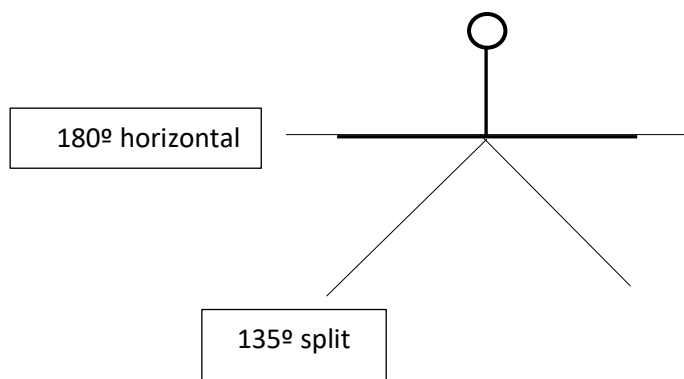


## Clarification of Floor Skill Amplitude Requirements

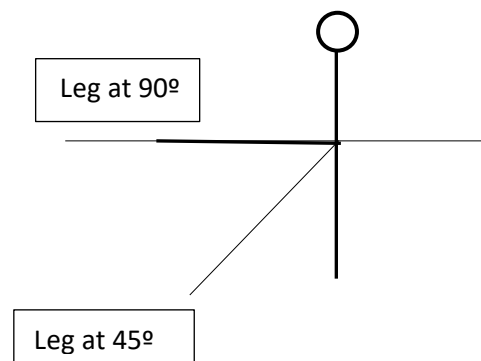
### Backwards roll towards handstand



### Leap requirements



### Arabesque height



# GYMSTAR

## Gymnastics

### Level 1 Requirements

#### Vault

	<b>Skill Requirement</b>	<b>Details</b>
1	Rebounding on board x 3 with straight jump off	Gymnasts may circle arms or hold arms still above head. Stretched jump with a held landing
2	Walk feet up wall (Handstand against wall)	Body position with toes only touching the wall, chest in and straight arms. Straight line from shoulder to feet. Shape held for 3 seconds. Entry and exit are not judged.

#### Bars

	<b>Skill Requirement</b>	<b>Details</b>
1	3 x bent knee swings (knees bent, hips open)	Gymnasts must re-grip the bar on each swing.
2	Jump to front support (3 sec)	Straight arms. Rounded shoulders.
3	Tuck hang (3 sec)	Knees to chest.

#### Beam

	<b>Skill Requirement</b>	<b>Details</b>
1	Optional Mount (not judged)	
2	Walk Forwards	On toes. Straight legs.
3	Walk Sideways	May be flat foot or on toes.
4	Small step kicks x 4	Straight legs.
5	Front Passé hold	One foot balance on flat foot and other foot has toe next to knee.
6	Straight jump dismount	Body vertical and straight during jump, held landing.

# GYMSTAR

## Gymnastics

### **P-Bars**

	<b>Skill Requirement</b>	<b>Details</b>
1	Cross Support	Arms straight, hold 2 seconds
2	Bear Walk	Tummy down, hands leading
3	Swing feet through to	Arms Straight and open hips
4	Crab Walk	Tummy up, feet leading
5	2 <sup>nd</sup> Cross Support	Arms Straight, hold 2 seconds

### **Rings**

	<b>Skill Requirement</b>	<b>Details</b>
1	Long hang	Hold 2 seconds
2	Tuck hang	Hold 2 seconds
3	2 small swings	Good body position and tension
4	Dismount at back swing	

### **Floor**

	<b>Skill Requirement</b>	<b>Details</b>
1	Straight Jump	Must demonstrate motor bike landing
2	Forward roll	Optional entry and exit
4	Scorpion	Straight arms
5	Static positions – Tuck sit, L sit & Pike sit	Each position held 2 seconds
6	Small step kicks x 2	Legs straight, flat foot (base foot)
7	Step hops x 2	Optional arm position

# GYMSTAR

## Gymnastics

### Level 2 Requirements

#### Vault

	<b>Skill Requirement</b>	<b>Details</b>
1	Run, rebound from board, land on landing mat	Under arm action into rebound off board. Held landing.
2	Handstand on board (minimum 2 sec) Please note: Exit is NOT judged.	Under arm entry into handstand. Exit is optional. Coaches are encouraged to assist gymnasts (i.e. catch at top of handstand). Entry into handstand and position of handstand will be judged.

#### Bars

	<b>Skill Requirement</b>	<b>Details</b>
1	Glide with no deduction for tuck return	Swing forwards under the bar with straight arms and body in a hollow position with toes in front
2	Pull over	No deduction for assistance.
3	2 x small casts	Straight arms. Hips must clear bar.
4	Cast away dismount (no height requirement) (3rd cast off the bar)	Straight arms. Held landing. May be performed to a box.

# GYMSTAR

## Gymnastics

### Beam

	Skill Requirement	Details
1	Jump to front support mount, feet behind to stand	Arms straight.
2	Walk backwards	Minimum 4 steps may be flat foot or on toes.
3	Step Kicks x 2	Straight legs, flat foot (base foot).
4	1/2 Turn	On two feet, with strait legs
5	Balance on one foot	Optional leg position. Hold for 2 seconds.
6	Small tuck handstand	Straight arms with feet touching bottom. Hips do not need to reach vertical.
7	Straight Jump	Body vertical and straight during jump
8	Dismount – Star Jump	Body vertical and legs stretched out, held landing

### P-Bars

	Skill Requirement	Details
1	Jump to Cross Support	At end of bar with straight arms. Hold 2 seconds.
2	Tuck Support	Knees to chest (hold 2 seconds). Kick out from tuck position through L position into swings.
3	Small swings x 2 – 45 degrees below horizontal bar height (2 full swings).	Arms Straight. Please note: as swings start at front and dismount is at back gymnasts perform 2.5 swings. (If swing does not reach required height, the skill will be paid but deductions will be taken.)
4	Dismount at back of swing	

# GYMSTAR

## Gymnastics

### Rings

	Skill Requirement	Details
1	Tuck hang	Hold 2 seconds
2	2x swings – 30 degrees from lower vertical to inverted hang	May use sides to balance
3	Tuck inverted hang	Good body position and tension
4	Lower down and drop to land	

### Floor

	Skill Requirement	Details
1	Forward roll to stand	No use of hands to stand up
2	Half handstand	One leg must be higher than the other. Amplitude is not judged.
3	Cartwheel	Optional start and finish (lunge or star)
4	Front support turn to Back support	Each position held 2 seconds
5	Tuck Jump or Star jump	Good body tension and amplitude
6	Jump ½ turn or half turn on one foot	180° degrees
7	Pike sit (held 2 sec)	Good body tension

# GYMSTAR

## Gymnastics

### Level 3 Requirements

#### Vault

	<b><i>Skill Requirement</i></b>	<b><i>Details</i></b>
<b>1</b>	Handstand flat back	Under arm entry into handstand. Handstand performed on beat board with landing on back onto a 30cm crash mat

#### Bars

	<b><i>Skill Requirement</i></b>	<b><i>Details</i></b>
<b>1</b>	Glide swing	Swing forwards under the bar with straight arms and body in a hollow position with toes in front
<b>2</b>	Pull over	Pull over the bar to front support, arms straight in front support
<b>3</b>	Cast to 60 degrees below horizontal	Straight arms. Correct body position with chest in and hips open. If cast does not reach required height, the skill will be paid but deductions will be taken
<b>4</b>	Forward roll to tuck hang (held 2 sec)	Straight arms. Knees to chest in tuck position. Maintain over grip throughout



# GYMSTAR

## Gymnastics

### Beam

	Skill Requirement	Details
1	Optional mount	Not judged
2	4 steps backward on toes	Straight legs
3	Low to beam	A move or static position where the torso (hip to shoulder) comes into contact with the beam (Full front or side split will be counted but stride support will NOT be paid as a low to beam move).
4	1/2 Turn	On two feet.
5	Balance on one foot	Optional leg position. Hold for 2 seconds.
6	Scorpion	From lunge position place hands on beam and then kick legs slightly into air (back lunge leg higher than front lunge leg). Feet only need to leave the beam – they are not required to reach any set height. Scorpion can be performed from stand with no pause.
7	Straight Jump	Body vertical and straight during jump
8	Dismount – Tuck Jump	At height of the jump, knees lift to tuck position with body upright, held landing

# GYMSTAR

## Gymnastics

### P-Bars

	Skill Requirement	Details
1	Jump to cross Support	At end of bar with straight arms. Hold 2 seconds.
2	Tuck support	Knees to chest (hold 2 seconds). Kick out from tuck position through L position into swings.
3	3 x swings – feet at bar height at front and back of swing.	Arms Straight. Finish final swing at front and straddle legs onto rails. (If swing does not reach required height, the skill will be paid but deductions will be taken)
4	Swing to stride support, move hands in front of legs and hold support shape for 2 seconds, move hands behind body	Hands should lift off P-bars to move from behind legs to in front. Lift up hips in held stride support shape so hips are open in star shape.
5	Lift legs up and together and swing 1.5 full swings (backward, forward, backward)	Arms Straight
6	Dismount at back of final swing	

### Rings

	Skill Requirement	Details
1	Tuck hang	Hold 2 seconds
2	Swing to basket hang	Hold 2 seconds
3	From basket hang, open to inverted hang	Hold 2 seconds
4	From inverted hang return to basket then lower to swings	Good control throughout whole sequences
5	Swings x 3 – 45 degrees from lower vertical	Skill paid if swing does not reach required height and deductions will be taken.
6	Dismount on 3 <sup>rd</sup> back swing	

# GYMSTAR

## Gymnastics

### Floor

	Skill Requirement	Details
1	Forward roll to stand immediate straight jump	Good body control and tension
2	Backward roll	Optional entry and exit
3	Half handstand (one leg at vertical, other leg at or above horizontal) OR Handstand (feet together)	Straight arms and legs
4	Cartwheel	Optional start and finish (star or lunge). Good rhythm
5	Front support turn to Back support	Each position held 2 seconds
6	Tuck Jump, Star jump in series	Good body tension and amplitude
7	Full turn (half/half, on one foot, jump ½ ½ connected, jump 1/1 turn)	Body vertical during turn and landing.
8	Balance on one foot.	Held for 2 seconds

# GYMSTAR

## Gymnastics

### Level 4 Requirements

#### Vault

Gymnasts perform two of either of the following Vaults	
Hecht style dive roll from beat board to 60cm crash mat (refer to Glossary)	Handspring flat back on 60cm – 90cm crash mats

#### Bars

Skill Requirement	Composition Requirements	Star Skills
Mount	Minimum 5 elements	Stride support with straight legs for 2 sec
Swing or swinging skill		Glide swings x 2 connected
Cast toes to 60 degrees below horizontal (Straight arms. If cast does not reach required height, the skill will be paid but deductions will be taken.)		Back hip circle. Straight arms and straight body position
Dismount		Toe shoot or undershoot from low bar

#### Beam

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum one full length of beam	Push up to 2 sec front support from prone
Gym/Dance skill (Jump or Leap)	Locomotive activity (see glossary)	Tuck jump
Half turn	Alternate direction (see glossary) *Direction other than forwards	1/2 turn on one foot
Lunge towards handstand (both feet must leave the beam)	Low to beam (see glossary) *Front support on side of beam and stride support will not be counted.	Lunge towards handstand one leg at vertical and the other at horizontal (Half handstand)
Arabesque (minimum 2 seconds)		



# GYMSTAR

## Gymnastics

Dismount		Round off dismount
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### P-Bars

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum 6 elements	
Static Hold		L-Hold (feet at hip height, pause in L shape)
3 x support swings to land in straddle		3x swings feet above bar height
Straddle travel (from straddle on bar, place hands in front of legs, lift legs together at back and swing back through to straddle)		Penguin walk (minimum 4 steps)
Dismount		Swing dismount to side, feet to back

### Rings

Skill Requirement	Composition Requirement	Star Skills
Static hold (2 sec)	Minimum 6 elements	L-Hang (feet at hip height, held 2 seconds)
Swings x 2 Swings at 45 degrees from lower vertical to inverted hang (If swing does not reach required height, the skill will be paid but deductions will be taken)		Dorsal hang (held 2 sec) exit optional
Dismount		Pull chest to rings and hold 2 sec (starting in long hang, chin up and hold)

# GYMSTAR

## Gymnastics

### Floor

Skill Requirement	Composition Requirement	Star Skills
Acro Series (At least 2 different elements)	Close to floor element (see glossary)	Jump full turn
2 x Gym elements (2 different jumps or leaps. Do not need to be in series)	Balance: Arabesque with chest up and leg at minimum 45° (hold 2 seconds) or scale with leg at minimum 45° (hold 2 seconds)	Handstand forward roll with straight arms
Full turn (on one foot, half/half and jump 1/1)		
Handstand (optional entry and exit)	Time limit: 30-60 sec	Jump or leap with 135° split
	**Round off rebound ½ turn into another acro skill will count as an acro series	Backward roll with straight arms (optional exit)

### Level 5 Requirements

#### Vault

Gymnasts perform two of either of the following Vaults	
Hecht style dive roll from beat board to 30cm crash mat (refer to Glossary)	Handspring flat back on 3 crash mats (90cm)

#### Bars

Skill Requirement	Composition Requirements	Star Skills
Mount	Minimum 5 elements	Glide swings x 2 connected
Skill starting from support (note: all casts need to reach 60 degrees below horizontal or deductions will be taken)		Cast above 45 degrees below horizontal. Straight arms and straight body position
Swinging skill		Toe shoot or undershoot
Dismount		Bar change: Cast feet on, to catch high bar OR

# GYMSTAR

## Gymnastics

		Climb up on low bar to catch high bar
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### **Beam**

Skill Requirement	Composition Requirement	Star Skills
Mount	Locomotive activity (see glossary)	Full push up on beam (front support – hands and feet on beam, lower to prone with legs together and straight, then push back up to front support).
Two different jumps or leaps (do not need to be in series)	Low to beam (see glossary) *Front support on side of beam and stride support will not be counted.	Jump half turn
Lunge towards handstand one leg at vertical and the other at horizontal (Half handstand)	Minimum one full length of beam	Handstand within 30 degrees of vertical (Can replace lunge towards handstand)
Half turn on one foot		Backward roll
Dismount		Passé ½, ½ turn OR ½ / ½ turn
		Dismount with flight

### **P-Bars**

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum 6 elements	Shoulder roll / forward roll
Static Hold	Hand/Body travel along or between bars. Minimum 4 steps or half-length of bars	L-Hold. Feet at hip height (2 sec)
2 x support swings – swing feet to bar height at front and back. If swing does not reach required height, the skill will be paid but deductions will be taken.		Support turn (Half turn on hands)
Dismount		Swing dismount to side, feet to back at horizontal

# GYMSTAR

## Gymnastics

### Rings

Skill Requirement	Composition Requirement	Star Skills
Static Hold (2 sec)	Minimum 6 elements	L-Hang (Feet at hip height 2 sec)
Swings x 2 to inverted hang (held 2 seconds) & return to swing x 1 – Swings at 45 degrees from lower vertical. If swing does not reach required height, the skill will be paid but deductions will be taken. NOTE – cast into swing is optional and gymnasts may choose to lower to basket and then swing		Dorsal hang return to basket
Dismount		Pull chest to rings and hold 2 sec (starting in long hang, chin up and hold)

### Floor

Skill Requirement	Composition Requirement	Star Skills
Acro series with 2 different elements	Close to floor element (see glossary)	Round off with flight
Gym series (2 different jumps /Leaps) or Passage of dance (2 leaps – may be the same).	Time limit: 30-60 sec	Forward or Back Walkover
Full turn		Splits no hands
Handstand (feet joined at vertical). Must show handstand position but does not need to be held.	**Round off rebound ½ turn into another acro skill will count as an acro series	Back roll to front support with straight arms
Acro skill other than handstand (must be different from skills in acro series)	**No Backflips allowed	Different full turn than requirement. (i.e. a full turn on one foot and a jump full turn)
		Jump or leap with 135° Split





# GYMSTAR

## Gymnastics

### Level 6 Requirements

#### **Vault**

<b>Gymnasts may perform any two Vaults – All Vaults use beat/spring board unless stipulated otherwise</b>	
<b>D Score</b>	<b>Vault</b>
3.5	Handspring flat back on 3 crash mats (90cm)
4.0	Handspring flat back over vault using a mini tramp
4.5	Front Salto
5.0	Handspring flat back over vault

#### **Bars**

<b>Skill Requirement</b>	<b>Composition Requirements</b>	<b>Star Skills</b>
Mount	Minimum 5 elements	Cast above 45 degrees below horizontal
Skill starting from support (note: all casts need to reach 60 degrees below horizontal or deductions will be taken)		Bar change: Cast feet on to low bar in tuck, pike or straddle and immediate jump to catch and hang or swing on High Bar
Swinging skill		Long swing pullover from swing or cast
Dismount		Forward or backward mill circle with straight legs
		Toe shoot or undershoot dismount from high bar

# GYMSTAR

## Gymnastics

### Beam

Skill Requirement	Composition Requirement	Star Skills
Mount	Locomotive activity (see glossary)	Jump half turn
Large Leap or Jump (First Gym element) - cannot be straight jump, flutter jump or cat leap	Low to beam (see glossary) *Front support on side of beam and stride support will not be counted.	Handstand
Handstand (Handstand within 30 degrees of vertical is allowed)		Cartwheel
Second Gym element	Minimum one full length of beam	Backward roll
Half turn on one foot		Passé ½, ½ turn OR ½ / ½ turn
Dismount		Split jump or split leap (no minimum split requirement)
		Dismount with flight (round off excluded)

### P-Bars

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum 6 elements	Shoulder roll/Forward roll
Static Hold	Hand/Body travel along or between bars. Minimum 4 steps or half-length of bars.	L-hold (2 sec) then bounce legs on rail in straddle into swings (legs must be kept straight).
2 x support swings – swing to horizontal at front and back. If swing does not reach required height, the skill will be paid but deductions will be taken.		2 x swings above horizontal
Dismount		Swing dismount to side, feet to back 30 degrees above horizontal

# GYMSTAR

## Gymnastics

### Rings

Skill Requirement	Composition Requirement	Star Skills
Static Hold (2 sec)	Minimum 6 elements	L-Hang (Feet at hip height 2 sec)
2x connected swings at 60 degrees from lower vertical. If swing does not reach required height, the skill will be paid but deductions will be taken.		Dorsal hang return to basket
Cast from basket hang (pike inverted hang) into swing		Chin Up to inverted hang (candlestick) with straight legs (No swing)
Dismount		Backwards roll dismount from swing

### Floor

Skill Requirement	Composition Requirement	Star Skills
Acro series. 3 different elements (one may be a cartwheel)	Close to floor element (see glossary)	Any acro element with flight (only one will count as bonus) – EXCLUDES ROUND OFF
Gym series (2 different jumps /Leaps) or Passage of dance (2 leaps – may be the same).	Time limit: 30-60 sec	Jump or leap with 135° Split
Full turn (on one foot or jump)		Different full turn than requirement. (i.e. do a full turn on one foot and a jump full turn)
Handstand (feet joined at vertical) held for 2sec. If handstand is performed but not held for 2 seconds the skill requirement will be paid and a 0.5 deduction taken		Back roll towards handstand (within 30 degrees of handstand)
Cartwheel, cartwheel series		**Round off rebound ½ turn into another acro skill will count as an acro series

## Level 7 Requirements

### Vault

Gymnasts may perform any two Vaults. All Vaults use beat/spring board unless stated otherwise.	
D Score	Vault
4.0	Front Sault
4.0	Handspring over vault using mini trampoline
4.0	Handspring flat back
4.5	Front Sault half turn
5.0	Layout Front Salto (board to crash mat)
5.0	Handspring over vault

### Bars

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum 6 elements	Cast to horizontal
Cast 45 degrees below horizontal (Straight arms. Skill will be paid if cast does not reach required height and deductions will be taken.)		Cast feet on bar in tuck or pike followed by jump to catch high bar Front hip circle
Swinging skill	One Bar Change (Uneven Bars only). Climb up on low bar to catch high bar will fulfill composition requirement but will not count as an element.	Cast away, swing pullover on high bar
Dismount	One Grip Change (High Bar only)	Pike toe shoot from high bar

# GYMSTAR

## Gymnastics

### Beam

Skill Requirement	Composition Requirement	Star Skills
Mount		Cartwheel or backwards walkover (bonus will only be awarded for one skill if both performed)
Handstand (Half handstand and handstand within 30 degrees of vertical not allowed)	Low to beam (see glossary) *Front support on side of beam and stride support will not be counted.	Forward roll to stride support Handstand held for 2 seconds
Gym Series (2 different jumps/ leaps )		Jump or leap with 135° split OR Wolf Jump
Full turn (½ / ½ or Passé ½ / ½ turn allowed)		Full turn on one foot
Dismount		Acro dismount with flight (Round off excluded)

### P-Bars

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum 6 elements	Back uprise to upper arm support
Static Hold	Hand/Body travel along or between bars. Minimum 4 steps or half-length of bars	Shoulderstand 2 x swings 30 degrees above horizontal
2 x support swings – swing above horizontal at front and back. If swing does not reach required height, the skill will be paid but deductions will be taken.		L-hold (2 sec) then bounce legs on rail in straddle into swings (legs must be kept straight).
Dismount		Cast away to swing on hands under/between bars (from cross support)

# GYMSTAR

## Gymnastics

### Rings

Skill Requirement	Composition Requirement	Star Skills
2 x Static hold (2 seconds each)	Minimum 6 elements	
Cast from basket hang (pike inverted hang), swing, return to inverted hang		Inverted hang, chin swing return to inverted hang
2 x connected swings at 60 degrees from lower vertical. If swing does not reach required height, the skill will be paid but deductions will be taken.		Dorsal hang return to inverted hang (candlestick) (May pass through basket hang)
Dismount		Back Salto dismount

# GYMSTAR

## Gymnastics

### Floor

Skill Requirement	Composition Requirement	Star Skills
1 <sup>st</sup> Acro series – 2 directly connected acro elements, minimum 1 flight element	Close to floor element (see glossary)	Second acro element with flight. Different to skill requirement flight element. Bonus acro skill can be completed in either acro series or on its own.
2 <sup>nd</sup> Acro series (must be different to 1 <sup>st</sup> Acro series) – 2 directly connected acro elements, (at least one element in series must be different from the first acro series) OR Forward acro element with flight	Time limit: 45-70 sec	Tic Toc
		Handstand half turn
Gym series (2 different jumps /Leaps) or Passage of dance (2 leaps – may be the same) – no straight jumps, flutter jumps or star jumps		Backward roll to handstand
		1 1/2 turn (Jump or on one foot)
Mixed series. 1 jump or leap and 1 acro skill		Jump or leap over 135° split
1/1 turn (on toe or jump)		Side leap with feet above hips
Handstand skill	**Round off rebound ½ turn into another acro skill will count as an acro series	Wolf jump
Round off		Coffee Grinder to finish in front support

## Level 8 Requirements

### Vault

Gymnasts may perform any two Vaults.	
All Vaults use beat/spring board unless stated otherwise.	
D Score	Vault
4.0	Front Sault
4.5	Front Sault half turn (board to crash mat)
5.0	Handspring vault
5.0	Layout Front Salto (board to crash mat)
5.0	Half on Half off (use of mini tramp allowed but will receive a 0.5 deduction)
5.0	Handspring with half twist in post flight (use of mini tramp allowed but will receive a 0.5 deduction)

### Bars

#### GYMSTAR 8

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum 6 elements	Kip (Long Kip or Glide Kip- only one kip awarded bonus)
Cast to horizontal. Skill will be paid if cast does not reach required height and deductions will be taken.	One Bar Change (Uneven Bars only). Climb up on low bar to catch high bar will fulfill composition requirement but will not count as an element.	Cast feet on in pike position
		Cast above horizontal
Swinging skill	One Grip Change (High Bar only)	Toe shoot half turn dismount
Dismount	Glide kip mount with spot allowed with no deductions for spot (NO BONUS AWARDED)	Under swing half turn dismount, OR Flyaway



# GYMSTAR

## Gymnastics

### Beam

Skill Requirement	Composition Requirement	Star Skills
Mount		BWO
Handstand to vertical		
Second Acro skill (not a handstand)		Handstand to forward roll OR Angel roll
Gym Series (two different jumps/leaps )	Low to beam (see glossary) *Front support on side of beam and stride support will not be counted.	Jump or leap with 180° split Tuck jump ½ OR Jump ¾
		Wolf Jump OR Cat leap half turn
Full turn on one foot		1 ½ turn on one foot
Acro dismount with flight (including round-off) Or Cartwheel straight jump dismount		Acro dismount with flight (Round off and Handspring excluded)

# GYMSTAR

## Gymnastics

### P-Bars

Skill Requirement	Composition Requirement	Star Skills
Mount	Minimum 6 elements	Mini kip—kip to upper arm support Back uprise from upper arm to support
Static hold (2 sec)		Shoulderstand (held for 2 seconds into forward roll)
2 x support swings – swing above horizontal at back. If swing does not reach required height, the skill will be paid but deductions will be taken.		Tornado (see Glossary)
1 skill from above to below the bar (or vice versa) – Judged by shoulder position i.e. upper arm swing is above the bar.		L-Hold press to straddle hold (legs behind arms)
Dismount		Backwards roll over P-Bars (start in support and finish in support) Peach dismount Or Forward roll from stride support dismount

# GYMSTAR

## Gymnastics

### Rings

Skill Requirement	Composition Requirement	Star Skills
L-hang (2 sec) or chin up & hold (2 sec) (from hang – no swing)	Minimum 6 elements	Inverted hang, chin swing return to inverted hang
2 <sup>nd</sup> static skill (2 seconds)		Muscle up (no deduction for assistance)
2 x Swings at 60 degrees from lower vertical. If swing does not reach required height, the skill will be paid but deductions will be taken.		Pass through straddle lever to dorsal
Cast from basket hang (pike inverted hang), swing, return to straight inverted hang		L-Hold above the rings
Dismount		Straddle back salto dismount
<p><i>Gymstar 8 gymnasts may have coach assistance to complete a muscle up (no bonus awarded) to get above the rings. Boxes and other equipment cannot be used to get above the rings.</i></p>		

# GYMSTAR

## Gymnastics

### Floor

Skill Requirement	Composition Requirement	Star Skills
1 <sup>st</sup> acro series – Min. 2 directly connected acro elements with flight	Close to the floor element (see glossary)	Backward Salto
		Forward Salto
2 <sup>nd</sup> acro series(must be different to 1 <sup>st</sup> Acro series) – 2 directly connected acro elements, min. 1 flight element	Time limit: 45-70 sec.	Backward roll to handstand
		Handstand full turn
Gym series or passage of dance. 2 different jumps or leaps – no straight jumps, flutter jumps or star jumps		1 1/2 turn (jump or on one foot)
		Jump or leap with 180 <sup>o</sup> split
1/1 turn (on toe or jump)		Change leg leap
Handstand skill. Does not include skills passing through handstand (i.e. BWO, Cartwheel)	PLEASE NOTE: Round off and back flips can be used multiple times to fulfill acro series requirements in Gymstar 8	Straddle or pike jump  Cat leap full turn
Mixed Series	**Round off rebound ½ turn into another acro skill will count as an acro series	2 x coffee grinder to finish in front support

## Level 9 Requirements

### Vault

**Gymnasts may perform any two Vaults.  
All Vaults use beat/spring board unless stated otherwise.**

<b>D Score</b>	<b>Vault</b>
4.0	Front Salto with ½ twist
4.0	Layout
4.5	Handspring Vault
4.5	Layout ½ Twist
5.0	Layout full twist
5.5	Half on Half off (mini trampoline allowed but will receive a 0.5 deduction)
5.5	Handspring half twist (mini trampoline allowed but will receive a 0.5 deduction)

\*Vaults performed other than those listed will result in a no vault score.

# GYMSTAR

## Gymnastics

### Bars

Skill Requirement	Composition Requirement	Star Skills (max 3 star skills)
Mount	Minimum 6 elements	Glide kip
Cast to horizontal (If cast reaches above 45 degrees below horizontal, skill will be paid but deductions will be taken)	One Bar change (Uneven Bars only)	Cast 45 degrees above horizontal
		'Down-up' (From sit, drop to basket and return to sit)
Swinging skill	One Grip Change (High Bar only)	Long kip
Dismount		Toe shoot or under swing with half OR Full turn dismount

# GYMSTAR

## Gymnastics

### Beam

Skill Requirement	Composition Requirement	Star Skills
Mount		
Handstand straight jump		Jump full turn OR Wolf Jump 1/2 turn
Gym Series (two different jumps/leaps )	Low to beam (see glossary) *Front support on side of beam and stride support will not be counted.	Pike Jump OR Change leg leap
Full turn on one foot		1 ½ turn on one foot
Second Acro skill (not a handstand)	Acro skill may NOT be a scorpion	Mixed series (cannot include handstand or straight jump) Handstand forward roll
Jump or leap with forward or backward split (can be in Gym series)		Forward walkover or Tic Toc
Acro dismount with flight (including round-off), OR Cartwheel straight jump dismount		Acro skill connected to sault dismount

# GYMSTAR

## Gymnastics

### **P-Bars**

<b>Skill Requirement</b>	<b>Composition Requirement</b>	<b>Star Skills (max 3 star skills)</b>
Mount	Minimum 6 elements	Half Kip from upper arm to support (Upper arm basket, cast to straddle)
L-hold		L-Hold press to straddle hold (legs behind arms)
2 x support swings – swing 30 degrees above horizontal at back. If swing does not reach required height, the skill will be paid but deductions will be taken.		Swing to 45 degrees above horizontal
1 skill from above to below the bar (or vice versa) – Judged by shoulder position i.e. underarm swing is above the bar.		Backwards roll from upper arm to support
		Shoulderstand held for 2 seconds and then forward roll to upper arm hang or to swing
		Front uprise to support
Dismount		Flyaway



# GYMSTAR

## Gymnastics

### Rings

Skill Requirement	Composition Requirement	Star Skills (max 3 star skills)
L-hang (2 sec) or chin up & hold (2 sec) (from hang – no swing)	Minimum 6 elements	Straddle lever shape to Dorsal hang (hold 2 sec) return to inverted hang (May pass through pike)
2 <sup>nd</sup> static skill (2 seconds)		Muscle up
2 x Swings at 60 degrees from lower vertical. If swing does not reach required height, the skill will be paid but deductions will be taken.		Shoulderstand above rings
Cast from basket hang (pike inverted hang), swing, return to straight inverted hang		L-Hold above the rings
Dismount		Layout Back Salto dismount
<p><i>Gymstar 9 gymnasts may have coach assistance to complete a muscle up (no bonus awarded) to get above the rings. Boxes and other equipment cannot be used to get above the rings.</i></p>		

# GYMSTAR

## Gymnastics

### Floor

Skill Requirement	Composition Requirement	Star Skills (max 3 star skills)
1 <sup>st</sup> acro series – Min. 2 directly connected acro elements with flight	Close to the floor element (see glossary)	Forward and Backward salto in the routine
	Floor pattern must utilize both diagonals	Layout salto
2 <sup>nd</sup> acro series (must be different to 1 <sup>st</sup> Acro series) – 2 directly connected acro elements with flight.	Time limit: 45-70 sec.	Backward roll to handstand ½ turn
		Handstand double turn
		Double turn (on one foot or jump)
Gym series or passage of dance. 2 different jumps or leaps – no straight jumps, flutter jumps, star jumps or tuck jumps	PLEASE NOTE:  Round off and back flips can be used multiple times to fulfill acro series requirements in Gymstar 9	Change leg leap to 180 degrees
		Split jump with ½ turn OR Wolf jump ½ turn
Ring leap		
Straddle/pike jump with half turn		
1/1 turn (on toe or jump)		Schuschunova
Mixed Series		

# GYMSTAR

## Gymnastics

### Level 10 Requirements

#### Vault

**Gymnasts may perform any two Vaults.**

**All Vaults use beat/spring board unless stated otherwise.**

D Score	Vault
4.0	Front Salto with full twist (board to crashmat)
4.5	Layout ½ Twist
4.5	Handspring Vault
5.0	Layout Front Salto with full twist (board to crashmat)
5.5	Half on Half off (mini trampoline allowed but will receive a 0.5 deduction)
5.5	Handspring half twist (mini trampoline allowed but will receive a 0.5 deduction)
6.0	Half on full twist off
6.0	Handspring full twist

\*Vaults performed other than those listed will result in a no vault score.

#### Bars

Skill Requirement	Composition Requirement	Star Skills (max 4 star skills)
Mount	Minimum 6 elements	Sole circle
Cast to horizontal (If cast reaches above 45 degrees below horizontal, skill will be paid but deductions will be taken)	One Bar change (Uneven Bars only)	Cast 45 degrees above horizontal
		Clear Hip circle
Swinging skill	One Grip Change (High Bar only)	Forward or backwards seat circle with straight legs
Dismount		Hiccup
		Cast away immediate kip
		Cast away from high bar immediate Flyaway (no empty swing)

# GYMSTAR

## Gymnastics

### Beam

Skill Requirement	Composition Requirement	Star Skills
Mount		Log roll
Mixed series (directly connected jump/leap with acro skill – jump cannot be straight jump)	Low to beam (see glossary) *Front support on side of beam and stride support will not be counted.	Forward walkover OR Tic Toc
Gym Series (two different jumps/leaps )		Jump full turn OR Wolf Jump ½ turn
Full turn on one foot		Pike Jump OR Change leg leap
Second Acro skill (not static)	Acro skill may NOT be a scorpion	1 ½ turn on one foot
Jump or leap with forward or backward split (can be in Gym series)		Handstand forward roll
Acro dismount with flight (excluding round-off), OR Cartwheel straight jump dismount		Acro skill connected to sault dismount

\*Note: NO on-Beam Acro elements with flight are allowed at any level unless stipulated in the Gymstar manual

# GYMSTAR

## Gymnastics

### **P-Bars**

<b>Skill Requirement</b>	<b>Composition Requirement</b>	<b>Star Skills (max 4 star skills)</b>
Mount	Minimum 6 elements	Kip
L-Hold		Swing to handstand
2 x support swings – swing 45 degrees above horizontal at back. If swing does not reach required height, the skill will be paid but deductions will be taken.		V-sit held for 2 seconds
		Moy to upper arm support
1 skill from above to below the bar (or vice versa) – Judged by shoulder position i.e.: underarm swing is above the bar.		Backwards roll starting in underarm support and finishing in underarm support
		Peach to catch bar
Dismount	Swing forward and dismount off to side at front with ½ turn at horizontal	
	Cast away to immediate Flyaway (no empty swing)	

# GYMSTAR

## Gymnastics

### Rings

Skill Requirement	Composition Requirement	Star Skills (max 4 star skills)
L-hang (2 sec) or chin up & hold (2 sec) (from hang – no swing)	Minimum 6 elements	Straddle lever hold 2 sec – optional exit
2 <sup>nd</sup> static skill (2 seconds)		Muscle up
2 x Swings within 10 degrees of horizontal. Skill will be paid if swing does not reach required height and deductions will be taken.		Shoulderstand above rings
Skill above the rings		Dislocate / Inlocate
Dismount		Stretched dislocate dismount
		Front sault dismount
<p><i>Gymstar 10 gymnasts may have coach assistance to complete a muscle up (no bonus awarded) to get above the rings. Boxes and other equipment cannot be used to get above the rings.</i></p>		

# GYMSTAR

## Gymnastics

### Floor

Skill Requirement	Composition Requirement	Star Skills (max 4 star skills)
1 <sup>st</sup> acro series—Min. 2 directly connected acro elements with flight	Close to the floor element (see glossary)	2 saltos in the same acro series
	Floor pattern must utilize both diagonals	Layout salto or Front salto with half twist
2 <sup>nd</sup> acro series (must be different to 1 <sup>st</sup> Acro series) – 2 directly connected acro elements with flight.	Time limit: 45-70 sec.	Backward roll to handstand full turn
		Handstand double turn
		Double turn (on one foot or jump)
Gym series or passage of dance. 2 different jumps or leaps - no straight jumps, flutter jumps, star jumps or tuck jumps	PLEASE NOTE:	Change leg leap – must show 180 degrees spit to be awarded bonus
		Change leg to side leap – feet must reach above hips
		Split jump with full turn OR Wolf jump Full turn
1/1 turn (on toe or jump)	Round off and back flips can be used multiple times to fulfill acro series requirements in Gymstar 10	Sheep Jump
Mixed Series		Straddle/pike jump with full turn
Salto (may be included in acro series or as a single skill)		Press to handstand (from feet or clear) must show controlled exit to straddle hold
		Full turn with leg at horizontal

# GYMSTAR

Gymnastics

# GYMSTAR

Gymnastics

## MASTER SCORE SHEET

<b>Club Name</b>										
<b>Gymstar Level</b>	1	2	3	4	5	6	7	8	9	10
<b>Event type (please circle)</b>	<i>Neutrons</i>		<i>Halos</i>		<i>Titans</i>			<i>Open</i>		
<b>Date</b>										
<b>Venue</b>										
<b>Coaches Name</b>										
<b>Would your Club like a printed copy of your own results?</b>								YES	NO	

<b>Team Name:</b>	<b>Rotation:</b>
<i>Gymnast first name</i>	<i>Gymnast last name</i>



# GYMSTAR

Gymnastics

# GYMSTAR

Gymnastics

## APPARATUS SCORE SHEET

CLUB NAME:

LEVEL:

TEAM NAME:

APPARATUS:

Gymnast Names	Competing Order	Number of Star skills	Start Score	D Score	Final Score
Name					
Challenge Skill					
Name					
Challenge Skill					
Name					
Challenge Skill					
Name					
Challenge Skill					
Name					
Challenge Skill					