



# 2025 Masters Invitational Rules

Entries must be submitted online at

<https://forms.gle/CTnSFuppus2hRKw26>

# **Masters Criteria**

## **ATTIRE**

Competing athletes are free to choose their attire provided it meets the following guidelines:

- is safe for competing (nothing free flowing that could cause risk of injury whilst competing),
- is 'family friendly',
- is free of buckles, zips, jewellery etc.

## **APPARATUS AVAILABLE**

All athletes can choose to compete on a maximum of 6 apparatus from the following:

- |                |                 |                  |
|----------------|-----------------|------------------|
| • Floor (MAG)  | • Rings         | • Horizontal Bar |
| • Floor (WAG)  | • Vault         | • Uneven Bars    |
| • Pommel Horse | • Parallel Bars | • Beam           |

All around results will be presented based on an athlete's top 4 scores.

## **TIMES**

- 3.00pm Warm up, 3.30pm Competition begins, 6.30pm Presentations end
- Times will be combined following receipt of entries.

## **AWARDS**

- 1st-3rd on each apparatus - certificate
- 1st-6th All-Around - certificate
- All athletes will receive a medal to recognise their performance

## Exercise Evaluation

### Beam, Uneven Bars, Floor (WAG)

<b>Difficulty Value</b>	<b>Add</b>	The value of the best 8 elements including the dismount (on FX - highest value skill in last acro line) Recognisable skills are given an 'A' value
<b>Composition Requirements</b>	<b>Add</b>	0.5 for each CR completed CRs can be fulfilled by FIG value or recognisable skills
<b>Execution</b>	<b>Subtract</b>	Execution deductions are taken from 10.00
<b>Short Routine (Neutral Deduction)</b>	<b>Subtract</b>	Minimum of 5 skills (including repeated elements) 4 skills only -1.5 3 skills only -2.0 2 skills only -2.5 1 skill only -3.0
<b>Total</b>		Difficulty value + Composition Requirements + Bonus + Execution (deductions taken from 10) – any short routine deduction

### Element Values:

<b>A or 'recognisable skill'</b>	<b>B</b>	<b>C</b>	<b>D or higher</b>
<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<b>0.4</b>

Routines will be judged in accordance with the General Table of Faults in MAG and WAG respectively. Deductions will not be halved for this event.

Elements can be repeated and will be counted a maximum of 2 times. If repeated for a 3<sup>rd</sup> time, the element will not be given value or counted towards short routine requirement.

Spotting assistance will result in a 1.0 neutral deduction, but the skill will still be given value and no 'fall' deduction will be taken.

## Vault (MAG & WAG)

- Two warm up vaults are permitted. Additional warm up is at the discretion of the apparatus judge.
- Each vault is given a difficulty score that is added to the execution score.
- The gymnast may perform one or two vaults from the table listed below. The higher vault score will count.
- Run distance is a maximum of 25 metres
- Any vaults to land on feet will be done to 2 mats in the foam pit
- Table height between 105cm and 135cm. A mini tramp may be used instead of a springboard but this will give the vault a lower value.
- The gymnast is permitted three run attempts to perform two vaults.
- A third run attempt is only permitted if the gymnast has not touched the board, table or mats.
- Examples of invalid vaults include:
  - Run approach with touch on board or vault without execution of a vault
  - Vault is performed without hand support (e.g. neither hand touches the vault)
  - Vault is not identifiable as a skill.

	Mini Tramp	Springboard
Straight Jump to any matting	NA	0.5
Kick to handstand Flatback (30cm)	NA	1.0
Handspring Flatback (60-90cm)	1.2	1.5
Handspring Flatback (using vault table)	1.5	1.8
Handspring	2.0	2.5
½ on, ½ off	2.8	3.3
Handspring full twist	3.0	3.5
½ on, 1/1 off	3.0	3.5
Tsukahara tucked	3.5	4.0
Tsukahara piked	3.7	4.2
Handspring front	4.0	4.5

If the athlete wishes to perform a vault that is not listed above, they will need to gain approval from the Vault judge prior to warming up.

## Uneven Bars

- 1 touch warm up. Additional warm up is at the discretion of the apparatus judge.
- On bar, intermediate or empty swings are allowed without incurring deduction.
- The cast requirement is horizontal for both divisions, and amplitude deductions should be applied if this requirement is not met.
- Masters for All gymnasts can dismount and remount the bars without a fall deduction as long as it is intentional (ie dismount low bar, then jump to High Bar from box)

<b>SCORING: MASTERS FOR ALL</b>	<b>MASTERS</b>
<b>Requirements:</b> <ol style="list-style-type: none"> <li>1. Mount (jump to support acceptable)</li> <li>2. Cast</li> <li>3. Swing type skill (long swing/kip, glide swing/kip, etc)</li> <li>4. Skill with inversion (pullover, fwd roll, back hip circle, etc)</li> </ol>	<b>Requirements:</b> <ol style="list-style-type: none"> <li>1. Kip (low or high bar)</li> <li>2. Circle skill (back hip circle, clear hip circle, etc)</li> <li>3. High bar swing type skill (tap swing, giant, etc)</li> <li>4. Cast to above horizontal</li> </ol>

### Masters for All Recognisable Skills - A value

<b>Mount</b>	<b>Swing</b>	<b>Circle Skill</b>	<b>Other</b>
Kickover	Glide swing	Bwd/fwd hip circle	L/tuck hang
Chin up pullover	Bent knee swing	Bwd/fwd mill circle	Cast
Glide kip	Swing pullover		Step on, jump to ground
	Tap swing		Toe shoot
	Swing ½ turn		Cast, feet on
			Drop kip

### Masters Recognisable Skills - A value

<b>Mount</b>	<b>Swing</b>	<b>Skill with inversion</b>	<b>Circle Skill</b>	<b>Other</b>
	Glide swing	Bwd/fwd mill circle		Cast
Chin up pullover	Swing pullover	Bwd/fwd hip circle		Toe shoot
	Tap swing	Underswing	Swing pullover	Cast, feet on
	Swing ½ turn			Drop kip

## Beam

- 115cm or 125cm beam height (30cm crash mat allowed under the beam and/or dismount).
- Time limit is 1:30.
- One 60 second warm up. Additional warm up is at the discretion of the apparatus judge.
- Split requirement is 135° for Masters for All, and 180° for Masters

<b>SCORING: MASTERS FOR ALL</b>	<b>MASTERS</b>
<b>Requirements:</b> <ol style="list-style-type: none"> <li>1. 2x jump, leap, or hop, - do not have to be connected (straight jump, etc)</li> <li>2. Turn on one or two feet or roll</li> <li>3. Acro (can be static or hold element)</li> <li>4. Dismount</li> </ol>	<b>Requirements:</b> <ol style="list-style-type: none"> <li>1. Dance series (2 x jumps, leaps or hops)</li> <li>2. Turn on one leg or roll or flairs</li> <li>3. Acro (e.g. cartwheel, handstand, roll, etc.)</li> <li>4. Salto dismount</li> </ol>

### Masters for All Recognisable Skills - A value

<b>Dance (jumps/leaps/hops)</b>	<b>Turns/rolls</b>	<b>Acro</b>	<b>Dismount</b>	<b>Other</b>
Straight jump	Relevé half turn	Arabesque	Straight jump	Jump to front support, lift leg over to sit in straddle
Tuck jump	Passé half turn	Bunny hop or scorpion kick	Bwd straight jump	Jump to squat mount
Changement jump	Fwd roll	L handstand	Tuck/star/half turn (or other shape)	Fwd kicks x2 Bwd kicks x2 (one skill)
Leap preparation		Handstand	Round off (off beam)	

### Masters Recognisable Skills - A value

<b>Dance (jumps/leaps/hops)</b>	<b>Acro</b>	<b>Dismount</b>
Tuck jump	Handstand	Round off (off beam)
Changement jump		

## Floor (WAG)

- Warm up is 30sec per athlete as a group between 3 and 5 minutes.
- Routine length is a max of 1:30 minutes.
- Music is not mandatory for routines.
- Vocals/lyrics are permitted (family friendly, no explicit language or innuendo).
- Split requirement is 135° for Masters for All, and 180° for Masters

SCORING: MASTERS FOR ALL	MASTERS
<b>Requirements:</b> <ol style="list-style-type: none"> <li>2x jump, Leap, or hop</li> <li>Turn on one or two feet</li> <li>Acro line: 1 or more skills (can be static or hold element)</li> <li>Acro line: 2 or more skills (can be static or hold element)</li> </ol>	<b>Requirements:</b> <ol style="list-style-type: none"> <li>Passage of dance with 2 skills, one of which contains fwd or side split, or straddle</li> <li>Acro line 1: 1 or more skills min. A</li> <li>Acro line 2: 2 skills</li> <li>Fwd &amp; bwd acro skills</li> </ol>

### Masters for All Recognisable Skills - A value

Dance (jumps/leaps/hops)	Turns	Acro Skills
Tuck jump	Relevé half turn	Fwd/bwd roll
Star jump	Passé half turn	L handstand
Wolf jump		Full handstand
Leap preparation		Handstand fwd roll
		Cartwheel
		Bridge kickover
		Fwd/bwd walkover

### Masters Recognisable Skills - A value

Acro Skills
Handstand fwd roll
Cartwheel
Fwd/bwd walkover

## Floor (MAG)

### Exercise Evaluation

<b>Difficulty</b>	<b>Add</b>	The value of the best 7 elements <b>PLUS</b> the value of the dismount (final skill on floor as there is no dismount group)
<b>Element Groups:</b> EG I EG II & III (IV on FX)  EG IV (does not apply to FX)	<b>Add</b>	<b>Maximum 4 per Element Group</b> A or Higher - 0.5 (including from additional elements list) Additional skill - 0.3 A or Higher - 0.5 Value of the dismount (including from additional elements list)
<b>Bonus points</b>	<b>Add</b>	0.1 for stuck dismount landing (including Pommel Horse)
<b>Presentation</b>	<b>Subtract</b>	'E' jury deductions taken from a start score of 10
<b>Total</b>		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed EG + Bonus points

### Masters for All Recognisable Skills - A value

Group I	Group II	Group III	Group IV
Any momentary handstand (optional entry/exit)	Forward roll	Backward roll	Jump 1/1t.
Cartwheel			
Press from prone to stand with straight legs			
Tucked handstand/bunny hop			
Bridge			
Round-off (connected directly to a straight jump, straddle jump, pike jump or any other acrobatic skill)			

### Masters Recognisable Skills - A value

Group I	Group II	Group III	Group IV
Cartwheel	NIL	NIL	Jump 1/1t.
Press from prone to stand with straight legs			
Round-off (connected directly to a straight jump, straddle jump, pike jump or any other acrobatic skill)			



# Pommel

## Exercise Evaluation

<b>Difficulty</b>	<b>Add</b>	The value of the best 7 elements <b>PLUS</b> the value of the dismount (final skill on floor as there is no dismount group)
<b>Element Groups:</b> EG I EG II & III (IV on FX)  EG IV (does not apply to FX)	<b>Add</b>	<b>Maximum 4 per Element Group</b> A or Higher - 0.5 (including from additional elements list) Additional skill - 0.3 A or Higher - 0.5 Value of the dismount (including from additional elements list)
<b>Bonus points</b>	<b>Add</b>	0.1 for stuck dismount landing (including Pommel Horse)
<b>Presentation</b>	<b>Subtract</b>	'E' jury deductions taken from a start score of 10
<b>Total</b>		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed EG + Bonus points

## Masters for All Recognisable Skills - A value

<b>POMMEL</b>	
• Pendulum swing (in front or rear support)	I
• Stride Swing (swing in both directions with 1 leg on either side of the horse)	I
• False Scissor	I
• Front support	I
• Rear support	I
• Tuck support on handles	I
• Any Flair in side support (separate to DLC)	II
• DLC in side support on outer zone	II
• On handles, pick-up circle to front support	II
• On handles, double leg circle with ¼ counter turn dismount	IV
• Flank Dismount from handles over the horse	IV

## Masters for All Recognisable Skills - A value

<b>POMMEL</b>	
• Stride swing	I
• False Scissor	I
• Any Flair in side support (separate to DLC)	II
• DLC in side support on outer zone	II
• On handles, double leg circle with ¼ counter turn dismount	IV
• Flank Dismount from handles over the horse	IV

# Rings

## Exercise Evaluation

<b>Difficulty</b>	<b>Add</b>	The value of the best 7 elements <b>PLUS</b> the value of the dismount (final skill on floor as there is no dismount group)
<b>Element Groups:</b> EG I EG II & III (IV on FX)  EG IV (does not apply to FX)	<b>Add</b>	<b>Maximum 4 per Element Group</b> A or Higher - 0.5 (including from additional elements list) Additional skill - 0.3 A or Higher - 0.5 Value of the dismount (including from additional elements list)
<b>Bonus points</b>	<b>Add</b>	0.1 for stuck dismount landing (including Pommel Horse)
<b>Presentation</b>	<b>Subtract</b>	'E' jury deductions taken from a start score of 10
<b>Total</b>		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed EG + Bonus points

## Masters for All Recognisable Skills - A value

<b>RINGS</b>		
• Inverted hang (2sec)		I
• Dorsal hang (2sec)		I
• Basket in hang (2sec)		I
• Beat dislocate from pike inverted hang (different skill to stretched)		I
• Long hang swing fwd & bwd (or bwd & fwd)		I
• From front support, roll fwd or bwd to inverted hang		I
• Tuck in hang (2sec)		II
• L-sit in hang (2sec)		II
• Chin-up		II
• Vertical pull up with bent arms to support (muscle up)		II
• Press to Bent- arm Handstand (2s)		II
• Rear lever straddled (2s)		II
• From handstand, lower through straddle planche		II

## Masters Recognisable Skills - A value

<b>RINGS</b>		
• Beat Dislocate form pike hang (Different skill to stretched)		I
• Vertical pull up with bent arms to support (Muscle Up)		II
• Press to bent-arm handstand (2sec)		II
• Rear lever straddled (2sec)		II

## Parallel Bars

### Exercise Evaluation

<b>Difficulty</b>	<b>Add</b>	The value of the best 7 elements <b>PLUS</b> the value of the dismount (final skill on floor as there is no dismount group)
<b>Element Groups:</b> EG I EG II & III (IV on FX)  EG IV (does not apply to FX)	<b>Add</b>	<b>Maximum 4 per Element Group</b> A or Higher - 0.5 (including from additional elements list) Additional skill - 0.3 A or Higher - 0.5 Value of the dismount (including from additional elements list)
<b>Bonus points</b>	<b>Add</b>	0.1 for stuck dismount landing (including Pommel Horse)
<b>Presentation</b>	<b>Subtract</b>	'E' jury deductions taken from a start score of 10
<b>Total</b>		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed EG + Bonus points

### Masters for All Recognisable Skills - A value

#### PARALLEL BARS

• Tornado (straddle sit to straddle sit through a cartwheel action)	I
• ½ arm stand or shoulder stand	I
• Swing forward and backward in upper arm hang (or bwd and fwd)	I
• Back uprise to horizontal support (from upper arm support)	I
• Forward uprise to straddle sit (from upper arm support)	I
• Forward shoulder roll	I
• Backward shoulder roll	I
• Tuck in support (2sec)	II
• Support swing forward and backward	II
• Straddle L-sit	II
• Back uprise to upper arm from long hang	III
• Long hang swing forward and backward	III
• Glide kip to straddle sit	III
• Drop kip or drop kip to straddle sit (separate to glide kip)	III
• Moy to upper arm	III
• Swing forward in support to flank dismount over the side to stand	IV
• Swing backwards in support to dismount over the side to stand	IV
• Salto dismount forward or backward in tucked position (side, middle or end), also from hang	IV

### Masters Recognisable Skills - A value

#### RINGS

• Beat Dislocate form pike hang (Different skill to stretched)	I
• Vertical pull up with bent arms to support (Muscle Up)	II
• Press to bent-arm handstand (2sec)	II
• Rear lever straddled (2sec)	II

# Horizontal Bar

## Exercise Evaluation

<b>Difficulty</b>	<b>Add</b>	The value of the best 7 elements <b>PLUS</b> the value of the dismount (final skill on floor as there is no dismount group)
<b>Element Groups:</b> EG I EG II & III (IV on FX)  EG IV (does not apply to FX)	<b>Add</b>	<b>Maximum 4 per Element Group</b> A or Higher - 0.5 (including from additional elements list) Additional skill - 0.3 A or Higher - 0.5 Value of the dismount (including from additional elements list)
<b>Bonus points</b>	<b>Add</b>	0.1 for stuck dismount landing (including Pommel Horse)
<b>Presentation</b>	<b>Subtract</b>	'E' jury deductions taken from a start score of 10
<b>Total</b>		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed EG + Bonus points

## Masters for All Recognisable Skills - A value

<b>HIGH BAR</b>		
• L-sit in hang (2s)		I
• Chin-up pull over to support		I
• Back up rise to support		I
• Double handed hop from under grip to top grip at least 45 degrees above horizontal		I
• Swing ½ turn to at least 45 degrees above horizontal		I
• Backward hip circle		III
• Forward hip circle		III
• Cast to horizontal support		III
• Kip to support (same element as COP III.1)		III
• From support, drop kip to support		III
• From support under swing forward to long hang swing backward		III
• Cast to straddle (feet on bar) under swing fwd to long hang swing bwd		III
• Backward clear hip circle to horizontal		III
• Swing ½ turn push away to stand		IV
• Salto backward tucked		IV
• Salto forward tucked		IV

## Masters Recognisable Skills - A value

<b>HIGH BAR</b>		
• Back up rise to horizontal		I
• Double handed hop from under grip to top grip at least 45 degrees above horizontal		I
• Swing ½ turn to at or above horizontal		I
• Kip to support (same element as COP III.1)		III
• Endo mount to horizontal		III
• Backward clear hip circle to horizontal		III
• Salto backward tucked		IV
• Salto forward tucked		IV