

Clarification Session for the New NSG WAG Competition Programme 2021

16 July 2020 | 2.30 pm – 4.00 pm



Ministry of Education
SINGAPORE

Tips for a quality meeting experience:

- **Session Materials** – Refer to the information document that was emailed to you.
- **Check Your Connection** - Check your connection, camera and microphone.
- **Connection is key** – If you are disconnected or if you can't hear any audio, please exit and rejoin the meeting again.
- **Have a question** – You can type your question into the 'Chat' panel, or click the 'Raise Hand' function under 'Participants' on your Zoom taskbar and wait for the Presenter or Moderator to call for you.
- **Speak Clearly** – Identify yourself before speaking, speak clearly and project your voice
- **A Quiet Place** – Use a quiet place to participate in the meeting.
- **Use Ear-Piece** – Use an ear-piece for better audio clarity
- **Mute Your Mic** – Mute your mic when you are not speaking
- **Noise Discipline** - Avoid typing or eating when your mic is unmuted.

AUDIO CHECK-IN
The music is playing.
Please ensure your
can hear the audio.



NATIONAL SCHOOL GAMES
WOMEN'S ARTISTIC GYMNASTICS
TECHNICAL PROGRAMME AND COMPETITION ROUTINES
Implementation from 2021
for Singapore Primary Schools Sports Council (SPSSC) and
Singapore Schools Sports Council (SSSC)

This document is to be used in conjunction with the SPSSC and SSSC Artistic
Gymnastics Rules and Regulations of the competition year.

WAG



Version 1: 1 July 2020

Session Objectives

Highlight the following changes that will be implemented at the NSG from 2021:

- changes in Division categories
- new routines and routine requirements
- adaptations of Singapore Gymnastics' WAG National Competition Program 2019-2024 specifically for the NSG

Program Outline

1430 Overview of Competitions and Events

- Primary School
- Secondary School and JC/CI

1445 The old and new Levels and progression

1450 Introduction to SG's Level Routines

1500 Adaptations of SG' WAG National Competition Program Specifically for the NSG

- NSG Levels Highlights
- Adjusted Deductions and Bonus Points for the NSG

1530 Q & A

Changes in Division Categories

Is the Junior Elite category going to be called Junior III in 2021?



Is it true that a primary school can field more than 1 Junior team from 2021 onwards?



Are there any Division changes for secondary schools and JC/CI?



Overview of Competitions and Events

New Changes are highlighted in yellow

- PRIMARY SCHOOL

WAG Division / Category	Age Group <small>(conditions as written in the R&R)</small>	Routine	Entries	Apparatus	Individual Placing		TEAM Placing	Division Placing
					IA	AA		
Junior Developmental		Level 2		Floor	IA Score	Summative score of 4 app.	Best 3 scores from each of 4 app.#	n.a.
Junior I	^9	Level 3	1 to 8 pax	Vault	IA Score			
			#Min. 3 pax in ea. app. for JI Team and JII Team)	Beam	IA Score			
				Bars	IA Score			
Junior II	10-11	Level 3		Floor	IA Score	Summative score of 4 app.	Best 3 scores from each of 4 app.#	
				Vault	IA Score			
				Beam	IA Score			
				Bars	IA Score			

Split into 2 cat.

New Division / Competition Name

Min. no. of pax for JI & JII Teams is reduced to 3 due to the split into separate categories.

7-8 year old can participate in JI Level 3

New Routines

Junior Division is split into 2 categories – JI & JII, and each to have separate IA, AA and Team competitions (Previously there was only 1 cat.)

[^]7-8 year olds may participate in the Junior I & III (only) by applying for Age Dispensation.

Overview of Competitions and Events

New Changes are highlighted in yellow

- [PRIMARY SCHOOL](#)

WAG Division / Category	Age Group <small>(conditions as written in the R&R)</small>	Routine	Entries	Apparatus	Individual Placing		TEAM Placing	Division Placing
					IA	AA		

Junior Elite		Stage 2 / 3		Max	Floor	IA Score	Summative score of 4 app.	Best 4 scores from each of 4 app. #	n.a.
Junior III	^9-11	Level 4	(#Min. 4 pax in ea. app. for JIII Team)		Vault	IA Score			
					Beam	IA Score			
					Bars	IA Score			

7-8 year old can participate in JIII Level 4

^7-8 year olds may participate in the Junior I & III (only) by applying for Age Dispensation.
 ^^9-11 years olds may participate in Senior II.

Overview of Competitions and Events

New Changes are highlighted in yellow

- PRIMARY SCHOOL

WAG Division / Category	Age Group (conditions as written in the R&R)	Routine	Entries	Apparatus	Individual Placing		TEAM Placing	Division Placing
					IA	AA		

Team Competition and Division Championship remains for 1 combined Senior Division

Senior Division is split into 2 categories – SI & SII, and each to have separate IA, AA (Previously there was only 1 cat.)

9-11 year old can participate in SII Levels 5&6

Senior Optional

Level 2-4; Stage 3-4; Singapore Junior

Senior I	12-13	Level 3 & 4	(#Min. 4 pax in ea. app. for Ssr Team) Split into 2 cat. (*Sc min. 4 pax in Ssr must comprise at least 2 pax of 12-13 years)	Vault	IA Score	Summative score of 4 app.	Best 4 scores from each of 4 app. #	Team Competition Score Tabulation
				Beam	IA Score			
Senior II	12-13	Level 5 & 6	Vault	IA Score	Summative score of 4 app.			
			Beam Bars	IA Score				

9-11 years olds may participate in Senior II.

Overview of Competitions and Events

New Changes are highlighted in yellow

- PRIMARY SCHOOL**

WAG Division / Category	Age Group <small>(conditions as written in the R&R)</small>	Routine	Entries	Apparatus	Individual Placing		TEAM Placing	Division Placing
					IA	AA		
Junior I	^9	Level 3	1 to 8 pax <i>(*Min. 3 pax in ea. app. for JI Team and JII Team)</i>	Floor	IA Score	Summative score of 4 app.	Best 3 scores from each of 4 app. #	n.a.
				Vault	IA Score			
Junior II	10-11	Level 3		Beam	IA Score	Summative score of 4 app.	Best 3 scores from each of 4 app. #	
				Bars	IA Score			
Junior III	^9-11	Level 4	1 to 8 pax <i>(*Min. 4 pax in ea. app. for JIII Team)</i>	Floor	IA Score	Summative score of 4 app.	Best 4 scores from each of 4 app. #	n.a.
				Vault	IA Score			
				Beam	IA Score			
				Bars	IA Score			
Senior I	12-13	Level 3 & 4	1 to 8 pax <i>(*Min. 4 pax in ea. app. for Snr Team)</i>	Floor	IA Score	Summative score of 4 app.	Best 4 scores from each of 4 app. #	Team Competition Score Tabulation
				Vault	IA Score			
Senior II	^^12-13	Level 5 & 6	<i>(*Sch with min. 4 pax in Snr must comprise at least 2 pax of 12-13 years)</i>	Beam	IA Score	Summative score of 4 app.		
				Bars	IA Score			

^7-8 year olds may participate in the Junior I & III (only) by applying for Age Dispensation.

^^9-11 year olds may participate in Senior II.

Overview of Competitions and Events

New Changes are highlighted in yellow

- SECONDARY SCHOOL AND JC/CI

WAG Division / Category	Age Group <small>(conditions as written in the R&P)</small>	Routine	Entries	Apparatus	Individual Placing		TEAM Placing	Division Placing
					IA	AA		
C Developmental C Novice	13-14	Level 4+	Level 2-4 1 to 11 pax <small>(Max. 8 in CN; max. 5 in CO)</small>	Floor Vault Beam Bars	IA Score IA Score IA Score IA Score	Summative score of 3 app. <i>n.a.</i>	Best 4 scores from each of 3 app. # <i>n.a.</i>	Sum of accumulated points from ranked gymnasts for IA, AA, Team competitions and student entry bonus.
C Optional	13-14	Level 8	FIG Junior <small>in ea. app. for CN Team)</small>	Floor Vault Beam Bars	IA Score IA Score IA Score IA Score	Summative score of 3 app. <i>n.a.</i>	<i>n.a.</i>	
B Optional	15-17	Level 8	FIG Junior <small>(#Min. 4 pax in ea. app. for B Team)</small>	Floor Vault Beam Bars	IA Score IA Score IA Score IA Score	Summative score of 3 app. <i>n.a.</i>	Best 4 scores from each of 3 app. # <i>n.a.</i>	
A Optional	17-20	Level 8	FIG Junior <small>(#Min. 4 pax in ea. app. for A Team)</small>	Floor Vault Beam Bars	IA Score IA Score IA Score IA Score	Summative score of 3 app. <i>n.a.</i>	Best 4 scores from each of 3 app. # <i>n.a.</i>	Team Competition Score Tabulation

New Division / Competition Name

New Routine Requirements

Any questions?

We will be moving on to look at the Level routines shortly

You can type your question into the 'Chat' panel, or click the 'Raise Hand' function under 'Participants' on your Zoom taskbar.



A NOTE about...

- **the old and new Levels**
- **progression at the NSG competitions**
- **helping our students to derive motivation and enjoyment in their continual pursuit of gymnastics**

A NOTE...

Mapping and Transition from Old SG WAG Technical Program to New SG WAG Technical Program at the NSG

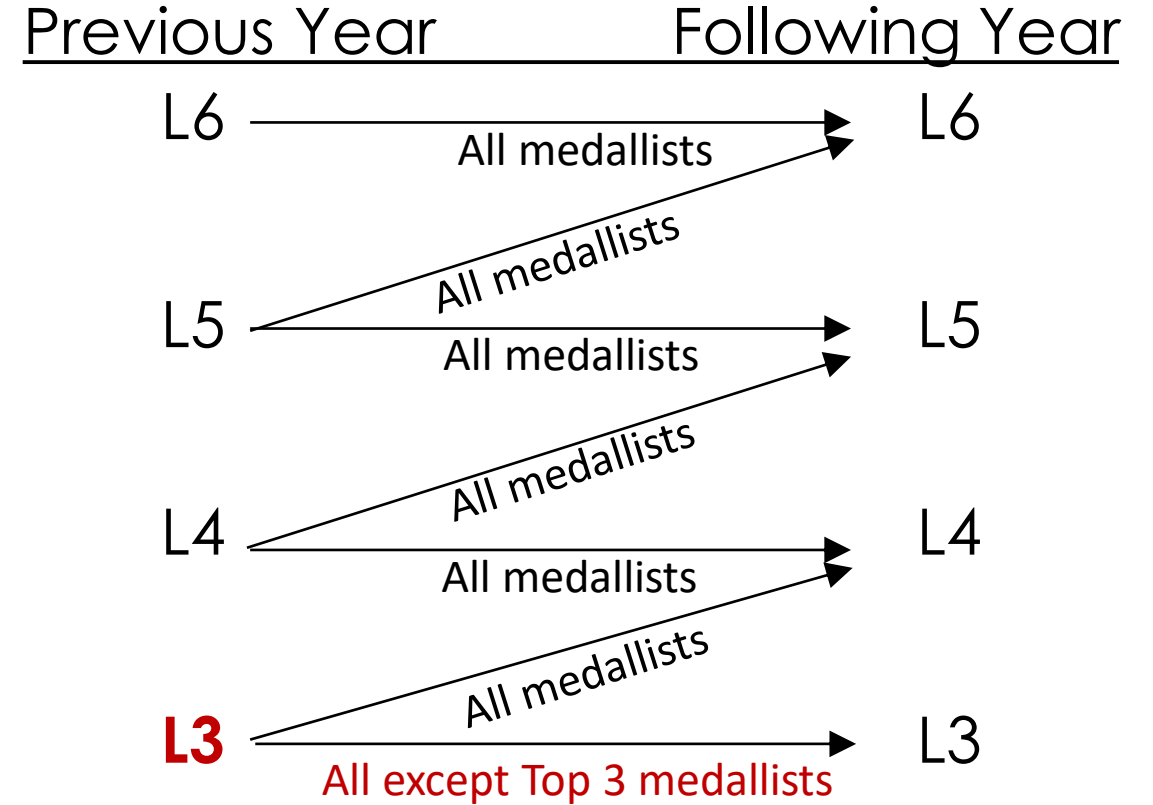
MOE's Recommendations

Old Tech Prog Level		Recommended New Tech Prog Level
L2	→	L3
S2	→	L4
L3	→	L4
L4	→	L5
S3	→	L6
S4	→	L6

Progression Requirement for Registration of Level 3, 4 and 5 Events (Primary School)

Students who are Top 3 medal winners of the previous year for WAG **Level 3** individual events must progress to higher level events (i.e. Level 4). All other medal winners of Levels 3, 4, 5 and 6 may compete in the same level or higher level events, and should not regress to lower levels.

- **Level 3 in WAG is identified as an entry level category.**

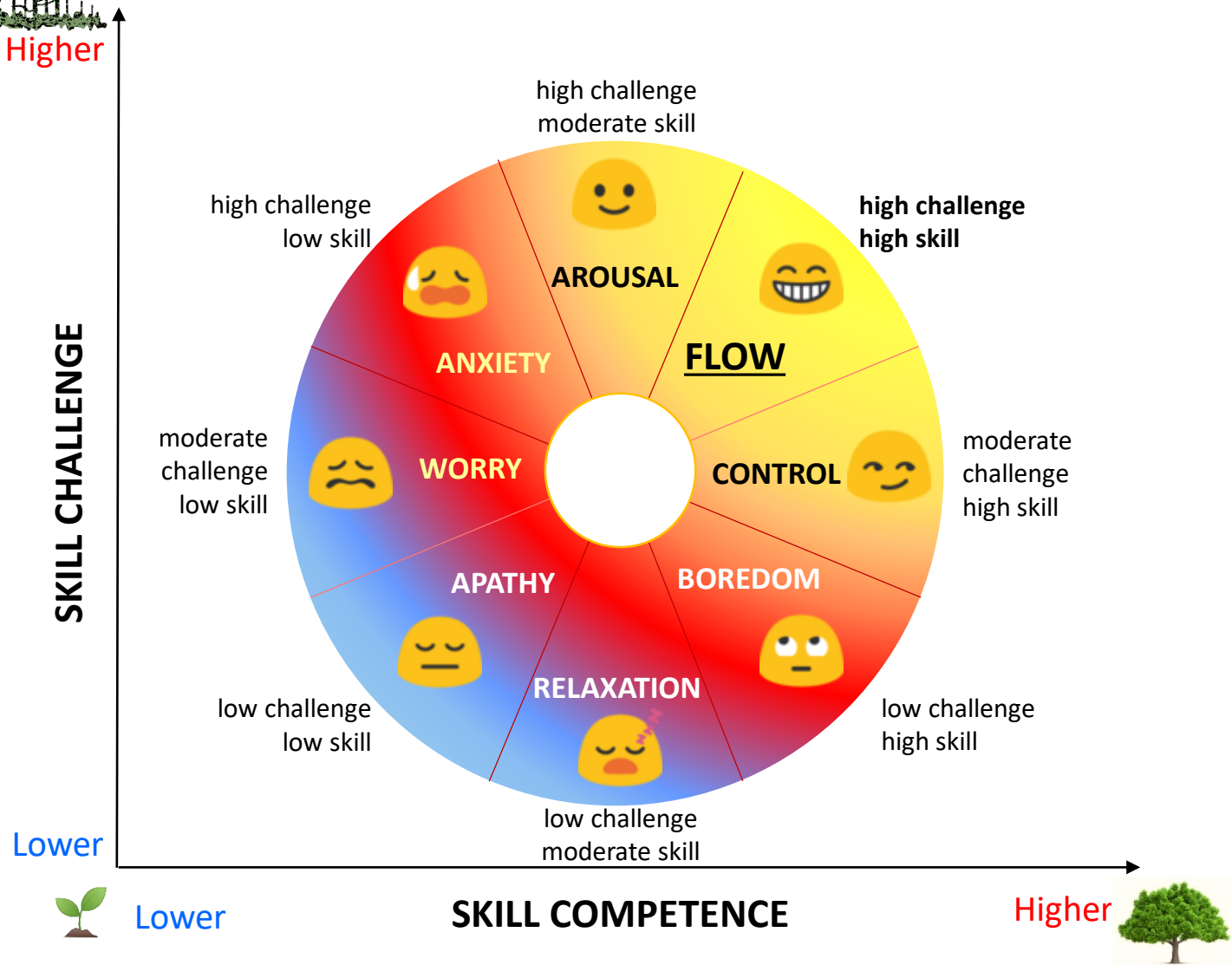


Challenge-Skill Balance



Higher

- ✓ **Recreational athlete**
- ✓ **Talented athlete**
- Character Development
 - Train to win, and to better themselves in competitions
- Sporting Excellence
 - Train and compete with a winning mentality, and are not afraid to take on new challenges
- Quality Competition Experience
 - Compete under safe and conducive environments, and are recognised for their performance.
 - **Through participation, derive motivation and enjoyment in the continual pursuit of sports.**



Adapted from 8-channel model of flow (Massimini and Carli 1988)

New Routines and Routine Requirements

The 'NSG WAG Technical Programme and Competition Routines'

- provides a **gist** of the relevant set skills and routine sequences of SG's WAG National Competition Program for implementation at the NSG;
- lists the **adaptations** made specifically for the NSG.

- Please refer to SG's WAG National Competition Program 2019-2024 documents and addendums for:
 - detailed technical description,
 - choreography notes,
 - general regulations governing gymnastics competitions and gymnasts,
 - regulations governing scores,
 - technical directives,
 - and specific apparatus requirements and deductions

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WAG



Version 1: 1 July 2020

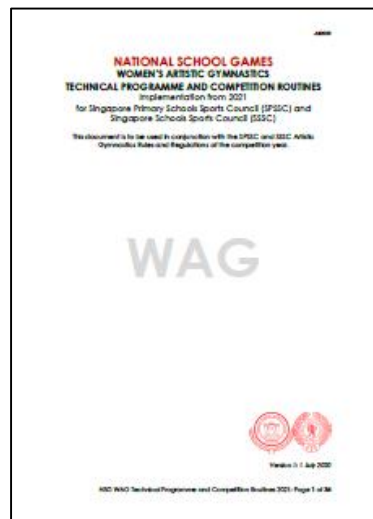
Can I get SG's WAG National Competition Program from MOE ?



Must I buy the compulsory floor music?



Links to Information



SG



NSG Website

- Current Rules and Regulations
- Routines and Technical Programme

Pri Sch Gymnastics

<https://nsg.moe.edu.sg/spssc/gymnastics>

Sec Sch and JC/CI Gymnastics

<https://nsg.moe.edu.sg/sssc/gymnastics>

Singapore Gymnastics' WAG National Competition Program 2019-2024 Manual

- purchase and access to manual, music, videos and updates
 - MOE schools: \$30 (+gst)
- Email to: Art-prm@singaporegymnastics.org.sg

Singapore Gymnastics' Website

- Information

<https://www.singymnastics.org.sg/oursport>

Introduction to SG's Level Routines (and adaptations) for the NSG

Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG

Levels 3 to 6

- Levels 3 to 6 use modified and lower height equipment.
- Levels 3 to 5 are compulsory routines with set skills and set choreography.
- Set floor music are used for Levels 3 to 5.
- Level 6 has compulsory set skills on Vault, compulsory routine with set skills and set choreography on Bars, and compulsory set skills with optional (own) choreography on Beam and Floor. *Additional artistry bonus points are awarded for confidence and expressiveness.
- *Difficulty bonus points are awarded for the specified alternative skill replacement in selected Level 5 and 6 routines.
- All routines are evaluated from a base score of 10.00 points, established by total difficulty (D), execution (E) and penalty/neutral (P) deductions from 10.00 points and addition of any difficulty and artistry bonus points.

Introduction to SG's Level Routines (and adaptations) for the NSG

Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG

*Level 4+

- *Level 4+ is SG's Level 4 compulsory routines augmented with a limited list of alternative skill replacements (with difficulty bonus points) and with additional artistry bonus points for creativity and expression, specifically for the NSG C Division Novice competition.
- Set floor music is used for Level 4.
- *Dance and choreography for Floor may be changed without changing the music and the sequence of set skills.
- *All routines are evaluated from the base score of 10.00 points, established by total difficulty (D), execution (E) and penalty/neutral (P) deductions from 10.00 points and addition of any difficulty and artistry bonus points.

Introduction to SG's Level Routines (and adaptations) for the NSG

Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG

Level 8

- Level 8 uses optional rules that are a modification of the FIG rules, and FIG equipment standards.
- All routines are evaluated for difficulty and execution (and artistry for Beam and Floor).
- The final score of the routine is established by the sum of the execution (E) score (execution and artistry deductions from 10.00 points) and the difficulty (D) score, and any penalty/neutral (P) deductions.

Are Levels 3 to 8 all compulsory routines?



What is Level 4+? Is it only for the NSG?



Adaptations of Singapore Gymnastics' WAG National Competition Program Specifically for the NSG

- NSG Levels Highlights
 - Levels 3 to 6
 - Level 8
- Adjusted Deductions and Bonus Points for the NSG

NSG Levels Highlights – Levels 3 to 6



Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG

VAULT:	Level 3	Level 4	Level 5	Level 6	Level 4+
Compo.	Compulsory V	Compulsory V	Compulsory V	Compulsory V	Compulsory V
Vault 1	Handspring on stacked mats to flat back on stacked mats	Handspring on stacked mats to flat back on stacked mats	Front handspring on vault table to flat back on stacked mats	Front handspring on vault table to land on feet	Handspring on stacked mats to flat back on stacked mats
Vault 2	Run straight jump to land on stacked mats	Run (15-20m) to front tuck to land on 40cm mat	Front handspring on vault table to flat back on stacked mats	Front handspring on vault table to land on feet	Run (15-20m) to front tuck to land on 40cm mat
App. Spec.	<u>Junior I & Junior II</u> 60cm stacked mats <u>Senior</u> 90cm stacked mats	V1: 100cm stacked mats V2: 40cm landing mats	*115cm vault table and stacked mats level with vault height	*120cm VAULT table and 20cm + 10cm landing mat	V1: 100cm stacked mats V2: 40cm landing mats
Event Sc.	Avg both Vs		*Avg both Vs		Avg both Vs

NSG Levels Highlights – Levels 3 to 6



Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG

BARS	Level 3	Level 4	Level 5	Level 6	Level 4+
Compo.	Compulsory R.	Compulsory R.	Compulsory R.	Compulsory R.	Compulsory R.
Alt. Skill R. w/ Bonus			1) Tuck flyaway DMT on the 2nd swing		1) Glide Kip 2) Tuck flyaway DMT on the 3rd swing
*Not Required		Cast squat on (tuck)	Cast squat on (tuck)	Pike on	Cast squat on (tuck)
App. Spec.	Uneven bars (LB: 170cm; HB: 250cm), box, FIG competition mat (20cm)	Uneven bars (LB: 170cm; HB: 250cm), box, FIG competition mat (20cm + 10cm DMT mat)			
Event Sc.	From 10.0	From 10.0	From 10.0	From 10.0	From 10.0

Any questions?

We will be looking at Beam and Floor shortly

You can type your question into the 'Chat' panel, or click the 'Raise Hand' function under 'Participants' on your Zoom taskbar.



NSG Levels Highlights – Levels 3 to 6

Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG



BEAM:	Level 3	Level 4	Level 5	Level 6	Level 4+
Compo.	Compulsory R.	Compulsory R.	Compulsory R.	Compulsory Skill; Optional Choreo.	Compulsory R.
Alt. Skill R. w/ Bonus				1) MT(side): Press to handstand and return to clear straddle support or side splits	1) Step single leg pirouette (360°) in passé 2) Front tuck DMT, <i>or</i> Cartwheel straight jump DMT, <i>or</i> Cartwheel back tuck DMT
Artistry				*BONUS • Confidence	*BONUS • Confidence • Personal Style • Variation in rhythm and tempo in movements

NSG Levels Highlights – Levels 3 to 6

Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG



BEAM:	Level 3	Level 4	Level 5	Level 6	Level 4+
Time	80s	80s	90s	90s	80s
App. Spec.	Beam: 110cm, FIG competition mat (20cm + 10cm DMT mat)		Beam: 120cm, FIG competition mat (20cm + 10cm DMT mat)		*Beam: 125cm, FIG competition mat (20cm + 10cm DMT mat)
Event Sc.	From 10.0	From 10.0	From 10.0	From 10.0	From 10.0

NSG Levels Highlights – Levels 3 to 6



Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG

FLOOR:	Level 3	Level 4	Level 5	Level 6	Level 4+
Compo.	Compulsory R.	Compulsory R.	Compulsory R.	Compulsory Skill ; Optional Choreo. and music	Compulsory R. *(Dance and choreo. may be changed w/o changing music)
Alt. Skill R. w/ Bonus				1) Front handspring, front tuck	1) Switch leg leap to split leap (165° min.) 2) 2-3 steps, roundoff, back handspring, rebound 3) Bwd roll to handstand
Artistry				*BONUS • Expressiveness	*BONUS • Expressiveness • Ability to engage the audience • Synchronization between movement and musical beat (musicality)

NSG Levels Highlights – Levels 3 to 6



Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG

FLOOR:	Level 3	Level 4	Level 5	Level 6	Level 4+
Time	Music: 1:01	Music: 1:03	Music: 1:23	1:30	Music: 1:03
App. Spec.	Floor: *12m x 2m	Floor: *12m x 6m	Floor Area: 12m x 12m		Floor: *12m x 12m
Event Sc.	From 10.0	From 10.0	From 10.0	From 10.0	From 10.0

NSG Levels Highlights – Level 8

VAULT:		BARS:	BEAM:	FLOOR:
Comp.	Optional V.	Compo.	Optional R.	
V1	Any vault from 'FIG CoP' table of elements	Ele.	5+1 counting elements; Value Element from 'FIG CoP'	
V2	Same or different vault from V1	Req.	MT from the 'FIG' Cast as per 'FIG' except for cast before pike on.	MT from the 'FIG' DMT from the 'FIG'
App. Spec.	125cm vault table and 20cm+10cm landing mat	CR	CR1: Any close bar to min 45° CR2: Bar change (pike on not counted, sole circle counted) CR3: Any handstand element (within 10°) CR4: Layout flyaway dismount OR any B-value or more dismount	CR1: Acro series of two elements (excluding holds), one of which has to be a flight/salto CR2: Additional acro element in different dir.s (fwd/swd and bwd); must be separate to skills in acro series; must be flight or salto CR3: Dance series CR4: Any single leg full pirouette (360°)
Event Sc.	E-Score fr 10.0 + D-Score + Penalty *IA: Avg both Vs *AA & Team: V1	CV	No CV	
*D. Bonus	A different 2 nd vault (different vault number)	Artistry	Artistry (as per FIG)	
		Time	90s	90s
		App. Spec.	Uneven bars: LB 170cm; HB 250cm (FIG)	Beam: 125cm (FIG) Floor: 12m x 12m (FIG)
		Evt Sc.	E-Score fr 10.0 + D-Score + Penalty	

Any questions?

We will be looking at 'Adjusted Deductions and Bonus Points' shortly

You can type your question into the 'Chat' panel, or click the 'Raise Hand' function under 'Participants' on your Zoom taskbar.



Adjusted Deductions and Bonus Points for the NSG

(With reference to regulations governing scores, technical directives and specific apparatus requirements and deductions in SG's WAG National Competition Program 2019 and addendums)

	Primary				Secondary and JC/CI	
	Junior I Junior II Senior I	Junior III Senior I	Senior II	Senior II	C Novice	C Optional B Optional A Optional
	Level 3	Level 4	Level 5	Level 6	Level 4+	Level 8
*UB, BB, FX Omission Deduction	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	-
Spotting Deduction	-0.50 (and -DV)	-0.50 (and -DV)	-0.50 (and -DV)	² -0.50 (and -DV)	-0.50 (and -DV)	-1.00 (and -DV, no CR)
Landing Deductions						
- Support on mat/apparatus with 1 or 2 hands	-0.50 (each)	-0.50 (each)	-0.50 (each)	³ -0.50 (each)	-0.50 (each)	-1.00 (each)
- Fall on mat to knees or hip	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
- Fall on or against apparatus	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
Specific Apparatus Deductions (Bars)						
- Brush on mat with feet	-0.30 (each)	-0.30 (each)	-0.30 (each)		-0.30 (each)	
- Hit on apparatus with feet	-0.50 (each)	-0.50 (each)	-0.50 (each)	⁴ -0.50 (each)	-0.50 (each)	⁵ -0.50 (each)
- Hit on mat with feet (fall)	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
*Senior Div. Differentiated Level Bonus	+0.00	*+0.20	*+0.50	*+0.70	-	-
*Difficulty Bonus						
- Vault			*Max. +0.20		*Max. +0.40	*Max. +0.50
- Bars					*Max. +1.00	
- Beam	-	-		*Max. +0.20	*Max. +0.60	
- Floor				*Max. +0.20		
*Artistry Bonus						
- Beam	-	-	-	*Max. +0.10	*Max. +0.30	-
- Floor				*Max. +0.10	*Max. +0.30	

² NSG specific, to align with Levels 3 to 5. SG's program deducts 1.00 for spotting in Level 6.

³ NSG specific, to align with Levels 3 to 5. SG's program deducts 1.00 for landing faults in Level 6.

⁴ NSG specific, to align with Levels 3 to 5. SG's program deducts 1.00 for hit on apparatus/mat with feet in Level 6 Bars.

⁵ NSG specific, to align with RG deductions. SG's program deducts 1.00 for hit on apparatus with feet in Level 6 and up Bars.

Adjusted Deductions and Bonus Points for the NSG

(With reference to regulations governing scores, technical directives and specific apparatus requirements and deductions in SG's WAG National Competition Program 2019 and addendums)

	Primary				Secondary and JC/CI	
	Junior I Junior II Senior I	Junior III Senior I	Senior II	Senior II	C Novice	C Optional B Optional A Optional
	Level 3	Level 4	Level 5	Level 6	Level 4+	Level 8
*UB, BB, FX Omission Deduction	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	-
Spotting Deduction	-0.50 (and -DV)	-0.50 (and -DV)	-0.50 (and -DV)	-0.50 (and -DV)	-0.50 (and -DV)	-1.00 (and -DV, no CR)
Landing Deductions						
- Support on mat/apparatus with 1 or 2 hands	-0.50 (each)	-0.50 (each)	-0.50 (each)	-0.50 (each)	-0.50 (each)	-1.00 (each)
- Fall on mat to knees or hip	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
- Fall on or against apparatus	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
Specific Apparatus Deductions (Bars)						
- Brush on mat with feet	-0.30 (each)	-0.30 (each)	-0.30 (each)	-0.50 (each)	-0.30 (each)	-0.50 (each)
- Hit on apparatus with feet	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
- Hit on mat with feet (fall)						

Adjusted Deductions and Bonus Points for the NSG

(With reference to regulations governing scores, technical directives and specific apparatus requirements and deductions in SG's WAG National Competition Program 2019 and addendums)

		Primary				Secondary and JC/CI	
		Junior I Junior II Senior I	Junior III Senior I	Senior II	Senior II	C Novice	C Optional B Optional A Optional
		Level 3	Level 4	Level 5	Level 6	Level 4+	Level 8
*Senior Div. Differentiated Level Bonus		+0.00	*+0.20	*+0.50	*+0.70	-	-
*Difficulty Bonus	- Vault - Bars - Beam - Floor	-	-	*Max. +0.20	*Max. +0.20 *Max. +0.20	*Max. +0.40 *Max. +1.00 *Max. +0.60	*Max. +0.50
*Artistry Bonus	- Beam - Floor	-	-	-	*Max. +0.10 *Max. +0.10	*Max. +0.30 *Max. +0.30	-

Thank you



Question and Answer

You can type your question into the 'Chat' panel, or click the 'Raise Hand' function under 'Participants' on your Zoom taskbar.

