



**NUNAWADING GYMNASTICS AND SPORTS
CLUB INC.**

**WOMENS ARTISTIC GYMNASTICS (WAG)
SQUAD INFORMATION**

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1. What is Women's Artistic Gymnastics (WAG)

WAG (Women's Artistic Gymnastics) is a powerful sport that builds coordination, boosts confidence and takes creativity to the next level. Gymnasts train on all four of the WAG apparatus – Vault, Bars, Beam and Floor, as well as strength and conditioning training, flexibility, trampoline and dance.

WAG gymnasts can:

- Develop strength, balance and body awareness
- Challenges the mind and body
- Grow in self-confidence and creative expression
- Enhance coordination, agility, mobility and flexibility
- Perform on four different apparatus (floor, vault, uneven bars and beam).

1.1 Class Training Hours Per Week

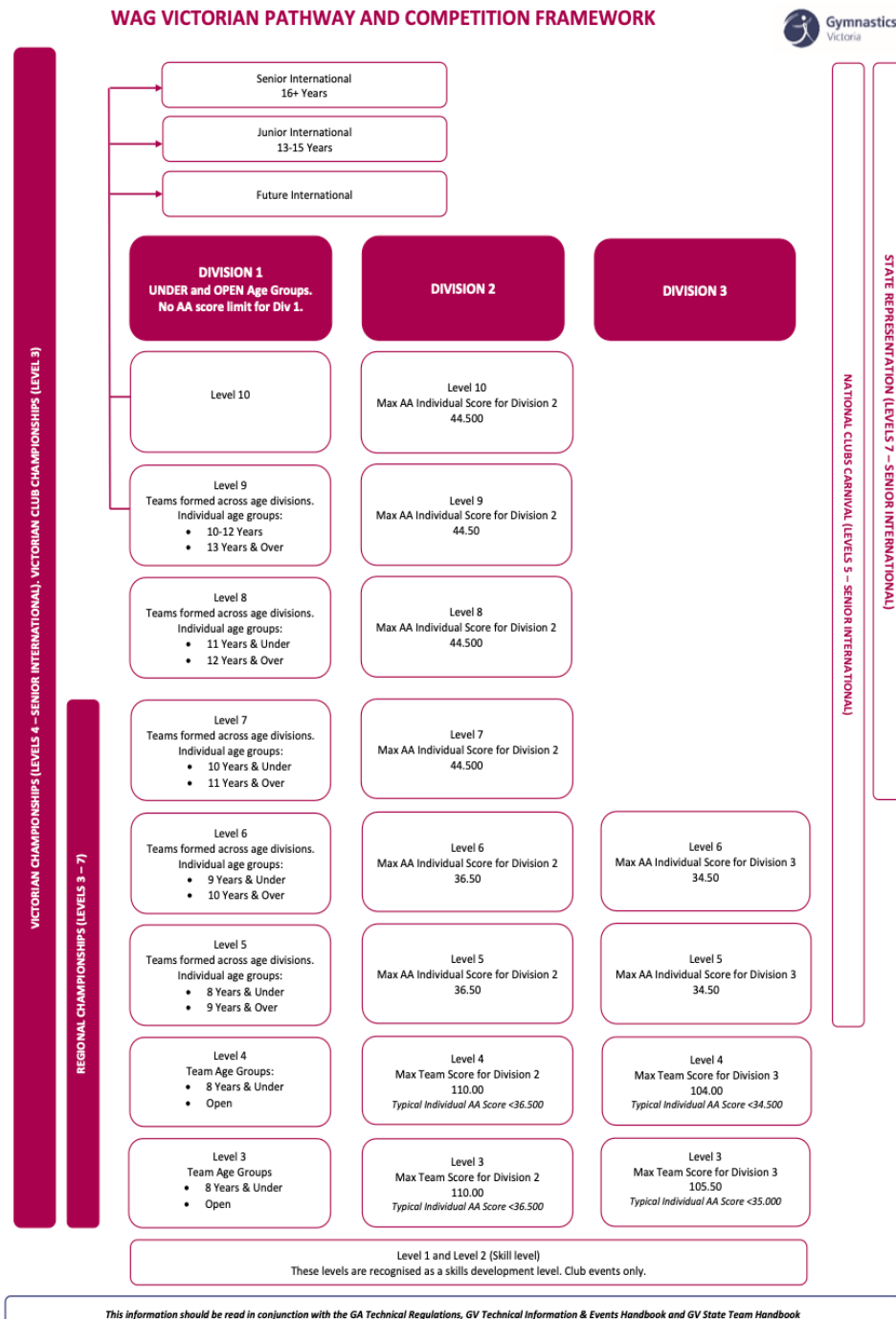
WAG Level	Number of Sessions	Training Hours
1	1	1.5 hours
2	1	2 hours
3	2	2 x 2 hours
4	2	2 x 3 hours
5	3	3 x 2.5 hours
6	3	3 x 2.5 hours
7	3	2 x 3.5 hours 1 x 3 hour

*We ease gymnasts into longer training hours throughout the year as it can be difficult for gymnasts to adjust, and training may finish later at night (we want gymnasts to be comfortable in all aspects of life)

2. Competitions

2.1 Divisions

Womens Artistic Gymnastics (WAG) uses divisions to determine who each gymnast will be competing against at external competitions. NG&SC considers ourselves a division 2&3 club due to the amount of hours we train as well as the typical scores we tend to receive at competitions. The diagram below highlights the structure of divisions within WAG.



2.2 Competition Season

As our WAG program is a competitive program, all gymnasts must attend at least 1 competition throughout the competition season. Please see the tables below that elaborates on the competitions per year for each level.

WAG Level	Average Competitions Per Year
WAG Level 1	2
WAG Level 2	2
WAG Level 3	3-5
WAG Level 4	3-5
WAG Level 5	3-5
WAG Level 6	4-6
WAG Level 7	4-6
WAG Level 8	4-6
WAG Level 9	4-6
WAG Level 10	4-6

Key Competition break down

WAG Level	Stick It Comp	Awesome Spooky Comp	Regional Championships	Victorian Championships	National Clubs Carnival
WAG Level 1	✓	✓	✗	✗	✗
WAG Level 2	✓	✓	✗	✗	✗
WAG Level 3	✓	✗	✗	✗	✗
WAG Level 4	✓	✗	✓	✓	✗
WAG Level 5	✓	✗	✓	✓	✗
WAG Level 6	✓	✗	✓	✓	✗
WAG Level 7	✓	✗	✓	✓	✓
WAG Level 8	✓	✗	✓	✓	✓
WAG Level 9	✓	✗	✓	✓	✓
WAG Level 10	✓	✗	✓	✓	✓

2.3 Competition Teams

Although gymnasts in WAG compete routines individually, they may also enter the competitions in teams. These teams can have a minimum of 3 gymnasts and a maximum of 5 gymnasts per team with the top 3 individual scores to count towards the team score. Here at NG&SC we aim to ensure team allocation is as even as possible in both numbers of gymnasts and average individual scores. However, it is important to note that it is impossible to know exactly what will occur at each competition.

Awards at competitions will only be based off team results while a gymnast is in levels 1-5. It is only once the gymnast is in level 6+ will their individual results be ranked for podium awards at each competition.

2.4 Competition Order

Olympic order for Women's gymnastics is Vault, Bars, Beam, and Floor. In a competition, they will compete on all apparatus in order, starting at the one shown on the Rotation Schedule. This is published 1 - 2 weeks before an event and will be provided to families prior to the event.

2.5 Judging

Foundation Levels

The foundation levels in WAG consists of levels 1&2. These levels are not competition focused. Therefore, gymnasts are instead ranked through the colour system provided below.

Colour Awards	Description
Blue ★★★★★	Excellent or near perfect execution May have small imperfections in posture or landings
Red ★★★★	Very good execution May have a few small errors
Green ★★★	Good execution and satisfactory performance. May have a major error or lots of small errors
White ★★	Satisfactory execution with skill completed but with many errors in execution and poor posture, wobbles, uncontrolled landings etc.
Pink ★	Needs improvement, many major errors, or skills with spot

Compulsory Levels

The compulsory levels in WAG consists of levels 3-6. Within these levels, all gymnasts perform the same routines with the same skills. In these levels a gymnast can get a maximum score of 10.0 on each apparatus. However, factors such as routine requirements, execution, artistry and choreography, and neutral deductions reduce the score.

If a required skill is not performed in a routine, the judge will take away the value of this skill from the routine start value. This deduction is typically between 0.5 and 1.0.

Every time a skill is performed in a routine, the judge evaluates the skill against the ideal model to determine the execution deductions. These deductions typically range from 0.1, 0.3, 0.5 depending on the severity of the fault. If the gymnast falls during a skill/ routine, there will be a deduction of 1.0 from their execution score.

Optional Levels

The optional levels in WAG consists of levels 7+. Within these levels, gymnasts choose the skills they would like to perform but must meet certain requirements for each level. In these levels a gymnast's overall score is determined by adding their start value with the execution score. The start value is calculated from the value of each skill in the routine along with each level criteria requirement the gymnast has achieved. The execution score for each routine starts at 10.0, however, factors such as routine requirements, execution, artistry and choreography, and neutral deductions reduce the score.

Every time a skill is performed in a routine, the judge evaluates the skill against the ideal model to determine the execution deductions. These deductions typically range from 0.1, 0.3, 0.5 depending on the severity of the fault. If the gymnast falls during a skill/ routine, there will be a deduction of 1.0 from their execution score.

Artistry is just as important as the skills for the Floor and Beam routines. Gymnasts will get deductions on their routines if there is not a variety of tempo in the choreography, if the dance before each tumble line is not elaborate enough, if the gymnast's style of dance does not match the music, etc.

2.6 WAG Uniform Requirements

Click on the items below to order via our [Club Shop](#)

WAG Level	Polo Shirt	JNR Leotard Level 1-3	SNR Leotard Level 4 +	Tracksuit Pants	Tracksuit Jacket	Bag – Multiple Options
WAG Level 1	✓	✓	✗	✓	Optional	Optional
WAG Level 2	✓	✓	✗	✓	Optional	Optional
WAG Level 3	✓	✓	✗	✓	Optional	Optional
WAG Level 4	✓	✗	✓	✓	✓	Optional
WAG Level 5	✓	✗	✓	✓	✓	Optional
WAG Level 6	✓	✗	✓	✓	✓	Optional
WAG Level 7	✓	✗	✓	✓	✓	Optional
WAG Level 8	✓	✗	✓	✓	✓	Optional
WAG Level 9	✓	✗	✓	✓	✓	Optional
WAG Level 10	✓	✗	✓	✓	✓	Optional

2.7 Competition Checklist

Gymnasts should use the following checklist to pack their bag / prepare for competitions:

- Competition leotard
- Club polo shirt to wear whilst doing all apparatus warm up
- Club tracksuit (jacket is optional for Levels 1-3)
- If wearing socks – bring a spare pair as per competition requirement
- Apparatus aides – grips, loops, strapping tape
- Drink bottle of water
- Small light and healthy snack – rice crackers, dried fruit etc. (minimise lollies)
- Club bag for holding drink bottle, snack, spare socks, uniform and apparatus aides
- Leave shoes with parents before going onto floor to join Coach before competition
- Label all items as they are easily mixed up with other gymnasts
- Spare hair ties, bun nets, bobby pins, hairspray
- No nail polish, no jewellery
- Blanket – to stay warm during winter months.

2.8 Warm-up at Competitions

The following warm-up is convention for the majority of the competitions:

Level 1-5:

General warm-up: 20 minutes

Vault: 2 vaults

Bars: 1 routine

Beam: 30 seconds per gymnast, this is usually a Canadian warm-up*

Floor: 3-4 minute group warm-up depending on the size of the groups

Level 6+:

General warm-up: 20 - 25 minutes

Vault: 2 vaults

Bars: 2 routines

Beam: 60 - 120 seconds per gymnast, this is usually a Canadian warm-up*

Floor: 4 - 5 minute group warm-up depending on the size of the groups

* Canadian warmups are run in the following manner:

- The first 2 gymnasts in the order warm up
- Then the 1st gymnast competes
- The 3rd gymnast warms up
- Then 2nd gymnast competes and so on until everyone has competed.

**Time allocated for warmups, can vary between competitions

3. Levels Progression Process

Each gymnast is continually assessed throughout the year on the progression and refinement of their skills. This is done with in-house competitions, external competitions and within class time depending on the level. Below is WAG specific levelling information, for general information on this process please refer to the [Squad Handbook](#).

3.1 Level Passing Requirements

Depending on the gymnast's level, there are specific requirements a gymnast must complete prior to them moving up to the next level. Please see the table below that outlines these requirements for each level.

WAG Level	LAT Passing Score	In-Class Assessment
WAG Level 1&2	N/A	Required
WAG Level 3-6	30.000	Required
WAG Level 7	38.000	Required
WAG Level 8	39.000	Required
WAG Level 9	40.000	Required
WAG Level 10	41.000	Required

In-Class Assessments

All gymnasts will go through in-class assessments during term 4 to determine whether or not the gymnast has progressed enough throughout the year to compete in the next level the following year. Throughout this process coaches will be in constant communication with parents/ guardians. Final calls will be made in regards to levelling 3 weeks prior to the end of term 4 classes.

Levels Awards Test (LAT) Requirements

For WAG gymnasts in level 3 or above to pass their level they must obtain a passing score in at least one LAT event throughout the competition season. Once this score has been achieved, then NG&SC will apply for a level pass badge through Gymnastics Victoria.

4. Holiday Training

At NG&SC holiday training is never mandatory for competitive gymnasts, however, we do highly recommend that gymnasts attend as many holiday trainings as they can to ensure they are prepared for upcoming competitions.

Breakdown of suggested holiday training per level

	Dec/Jan	March/April	June/July	Sep/Oct
Level 1	x	x	x	x
Level 2	x	x	x	x
Level 3	x	1 training per week	1 training per week	1 training per week
Level 4	x	1 training per week	1 training per week	1 training per week
Level 5	x	2 training per week	2 training per week	2 training per week
Level 6	Last 2 weeks before Term 1 2 training per week	2 training per week	2 training per week	2 training per week
Level 7	Last 2 weeks before Term 1 2 training per week	2 training per week	2 training per week	2 training per week
Level 8	1 week break over Christmas/New Years 3 training per week	3 training per week	1 training per week	x
Level 9	1 week break over Christmas/New Years 3 training per week	3 training per week	1 training per week	x