

Singapore Gymnastics WAG National Program 2019 and beyond



The WAG National Programme objectives are to unite the community, increase participation and develop identified athletes to achieve Singapore Gymnastics High Performance outcomes.

Introduction

Gymnastics Clubs and Schools in Singapore currently utilise a variety of program and curriculums for training and competition in Women's Artistic Gymnastics (WAG). It is the aim of the new WAG National Program to unite the development and performance of the athletes participating in gymnastics.

The WAG National Program has been developed in consultation with a diverse range of community personnel to identify and establish a program that can be utilised by coaches in a school, program or club. It is targeted at building the grassroots, participation level of the sport from which emerging talent can be developed to build high performance outcomes.

WAG National Program - What is it?

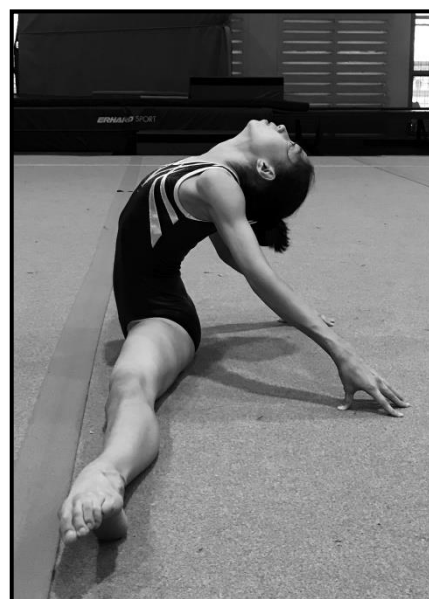
The WAG National Program is a united, developmental pathway and competition program for every WAG gymnast in Singapore. Its flexibility and adaptability will enable the program to be easily implemented in schools and clubs to build both participation and high performance athletes.

The curriculum will guide the coaches to follow progressive developmental steps for competition performance for each athlete. It is the aim of Singapore Gymnastics to develop supplementary resources to support the education of coaches and the potential to build the talent of budding athletes to achieve high performance outcomes.

Aims of the program

The overall goals of the Singapore WAG National Program are:

1. To provide one national system for Women's Artistic Gymnastics in Singapore that can be utilised by all schools, clubs and programs that:
 - Promotes and builds participation
 - Provides a consistent developmental pipeline for talent and
 - Provides a link to International performance programs.
2. To build participation of WAG in Singapore
3. To provide a developmental training and competition program that builds strong foundation gymnastics, underpinned by coach and judge education
4. To increase the overall standards of Women's Artistic Gymnastics in Singapore.



Measurable Outcomes

The following elements have been identified as key measurable outcomes for the success of this program.

1. Increased participation at National Championships and Singapore Open.
2. Increased membership numbers of WAG athletes.
3. Adopted by the Ministry of Education (MOE).
4. Adopted by all clubs in Singapore.
5. Increases number of invitationals conducted in Singapore based on the program.
6. Influence the International Schools to utilise the National Program.
7. Increase the number of identified athletes.

Overarching philosophy

The following principles have provided guidance for the development of the new Singapore WAG National Program:

ATHLETE DEVELOPMENT is the focus.

- **Progressive, achievable** levels for the average developmental athlete.
- **Flexibility** throughout the pathway for participation and performance athletes.
- **Adaptability** to ensure talent can progress quickly through to the performance pathway.
- Aligned with FIG's direction.
- Aligned with other international programs and facilitates development to the USA College system.

COACHING knowledge leads to improved athlete performance.

- **Clear and easy** to understand the skill requirements and rules.
- **Guide coaches** with competition skills and technical coaching points.
- **Supporting coaches** with additional resources and documentation.
- **Practical and flexible** implementation at training and competition.

COMPETITION MANAGEMENT is facilitated and flexible.

- **Adaptable and straightforward** competition management for schools and clubs.
- **Flexible** competition format to accommodate varying participation numbers and levels.
- **Age categories** should be **flexible** to develop increase in participation and **appropriate to**



promote the high performance athlete pathway.

- **Positive and encouraging** atmosphere with increased rewards.

JUDGING is fair, consistent and encouraging.

- **Simple and encouraging** judging system (reduce penalisation).
- **Consistency** with scoring across different competitions.
- **Fair and transparent** decision making.
- Education opportunities for development of judges

GYMNASTICS COMMUNITY is involved and engaged.

- Easily **adopted and implemented** by schools, clubs and programs to manage and apply to each situation.
- **Engaging, entertaining**, and involve the community throughout development and implementation of the resources and program.

PRODUCT is professional.

- **Professional and high-quality** presentation of final product; rolled out in stages to allow 2019 implementation.
- **Easy to use** with access during training in the gym.

The program

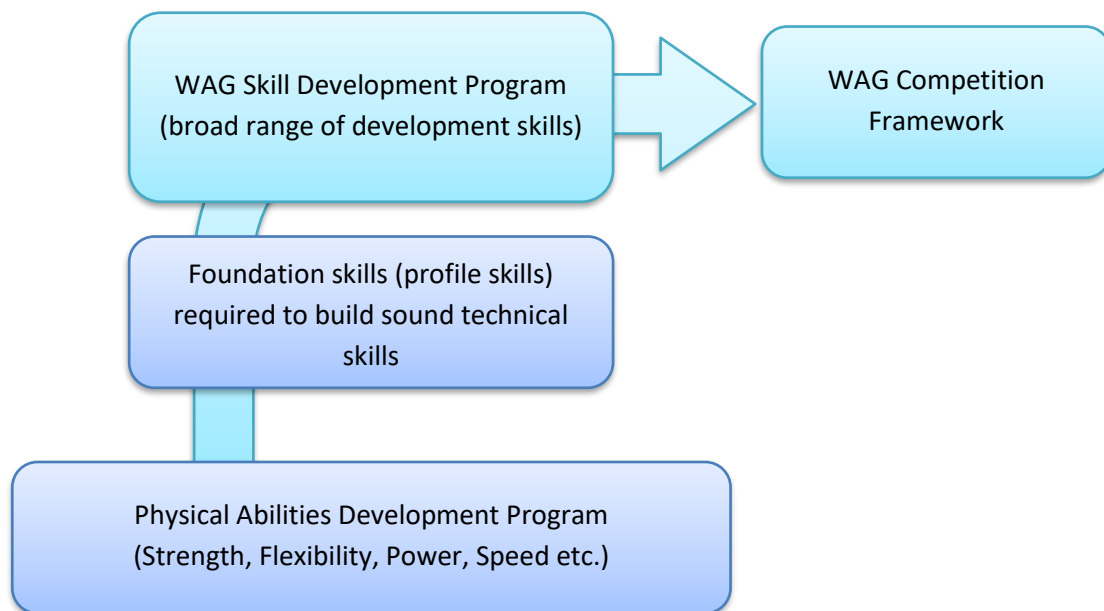
1. The Competition Framework

Young developing gymnasts should be guided in their development by professional and well-educated coaches. They will be able to implement progressive and developmental steps for each individual athlete within their training programs, considering both long term and short-term achievable goals.

A well rounded developmental program will comprise of a physical preparation program (building physical abilities such as strength, flexibility, power etc.) that underpins the skill and technical development. The curriculum (or syllabus) that guides a coach to develop an athlete will be determined by the club, school or program and their philosophy as well as the interests of the athlete and their physical ability.

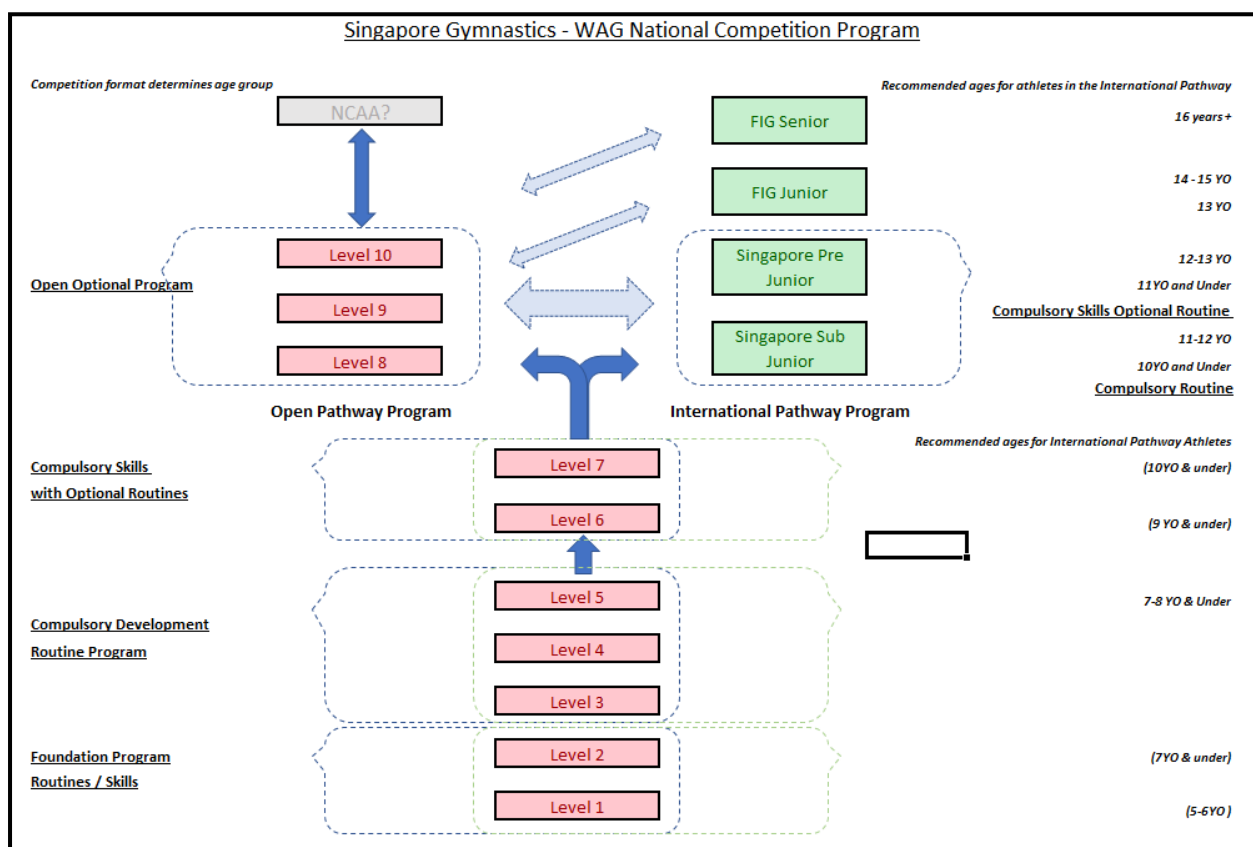
It is important for coaches to understand that the Singapore WAG Competition Framework comprises only part of this curriculum; it simply determines the skills that athletes will compete at competitions in Singapore. Each club and coach will have their own physical ability program and skill training program that prepares the athletes to learn and develop throughout a season (or year) in order to perform the skills required for competition. It is important that developing coaches understand the technical skills to be taught are diverse and varied and those listed within this competition framework are not the only skills a young gymnast is required to learn. ***Refer to the image below.***

Singapore Gymnastics will produce additional coaching resources to assist coaches to implement this competition framework by producing a Skill Development Program.



2. The Athlete pathway

The competition pathway for WAG gymnasts in Singapore is outlined in the graphic below. A single, united pathway at the base forms the foundation for future technical skills and aims to build participation. Identified athletes are able to progress with ease and transition into a formal International Pathway higher up the pathway, designed to prepare gymnasts for success at the high performance level.



The Level 1-10 Competition Program

The athletes competing in this program may be recreational athletes training limited hours a week or competitive athletes who aspire to achieve Level 10. The range of hours and ability is varied and this competition program is designed to be flexible and adaptable without excluding the participation of any athlete. It is an ability based program where the gymnasts can move through the levels at their own pace.

Ages

The ages for competition divisions at each level (Level 1 to 10) will vary greatly with the competition age groups to be determined by the competition organisers of each event. Ideally each age category should have no more than 20 athletes per division to encourage appropriate rewards and incentives for the participants.

The Foundation program – Level 1 and 2

This program comprises of basic foundation skills for a gymnast beginning her gymnastics journey and is designed to be performed as single skills (potentially in a circuit-like activity) or as a basic sequence of skills. Mastering these skills and the underlying physical preparation is critical for the athlete who aims to achieve either Level 10 or who may be identified with potential talent for high performance.

The Compulsory program – Level 3 to 7

The Level 3 to 7 program contains a compulsory set of routines at each level; including specific choreography (on beam and floor) designed to develop artistry and movement abilities. The steps are small and progressive, encouraging school and club participation with flexible age categories, adaptable to the competition format. At Level 6 and 7 the gymnasts have set (compulsory) routines on vault and bars however they are given the opportunity on beam and floor to develop their own choreography. There is no bonus in Level 1 to 7 competition routines and sequences.

The Open Optional Program – Level 8 to 10

The Open Optional Program provides the opportunity for gymnasts to develop and perform their own unique style and artistry by providing them with optional guidelines for skills (modified FIG rules) on each apparatus. The coaches are able to adapt these competition requirements to suit the individual strengths of the gymnasts and the athletes can be any age to compete at this level. It is possible for the athletes in this program to transition into the International Pathway if they have the appropriate skills and are at the required age (ideally they will be at the younger age division for each level).



The Performance Program

The entry to the International Pathway is through the Sub Junior Program, progressing to the Pre-Junior Program into the FIG Junior and Senior categories. Those athletes who have been identified with a strong talent and desire for elite level, competitive gymnastics will move through the Competition Program at a faster rate, sometimes two levels within a calendar year or 18 months. Young athletes who have been identified and selected to participate in a high performance training program will commence in the Foundation and Compulsory Program (Level 1 to 7) and will transition into Singapore Sub Junior, the identified entry level for the International Pathway program. It is important to note that with the flexible transition program the athletes may move between the Level 8 to 10 and International Pathway program at any time.

Ages

Potential high performance athletes **should** follow the recommended ages identified within the Level 1 to 7 Competition Program and once entering the International Pathway program they **must** adhere to the age categories identified. The ideal age pathway for such an athlete is shown in the table below.

Competition program (Level 1-7)

Level	Recommended age for potential International gymnasts
Level 1 and 2	5 to 7 years old
Level 3 to 5	7 to 8 years old and under
Level 6 and 7	8 to 10 years old and under

International Program

Level	Required age for potential International gymnasts
Sub Junior	Division A: 11 to 12 years old Division B: 10 years old and under
Pre Junior	Division A: 12 to 13 years old Division B: 11 years old and under
Junior International	Division A: 14 to 15 years old Division B: 13 years and under
Senior International	16 years or older



Singapore Sub Junior and Pre Junior Program

Aspiring gymnasts who have ability and desire to compete internationally will be required to perform the compulsory set of exercises and routines in the Sub Junior and Pre Junior Program to prepare them for FIG Junior and Senior International Standards. Sub Junior comprises of a compulsory routine on every apparatus whilst Pre Junior provides the opportunity to have optional routine choreography on beam and floor.

It is possible that the gymnasts may take longer than 12 months to achieve the required skills to progress to the next level as it is recommended that the gymnasts be able to perform all the required skills at each level to have the best preparation for international level skills in the future. There are two age groups for each of these divisions. *(In 2019 or 2020 these may be combined due to small numbers of athletes.)*

In 2019 Singapore Gymnastics will release additional support material for coaches who have an interest and talented athletes who may progress through this pathway.

Junior and Senior International

The Junior and Senior International rules are the Federation of International Gymnastics (FIG) rules. The ages and the rules are set and can be found on the FIG website [here](#).

3. Coach Development

Singapore Gymnastics will undertake the following activities and develop additional resources to assist coaches in the transition into the new WAG National Program.

Coach Workshops

Coach Workshops will be held in January and February 2019 (with dates to be confirmed) to assist with the understanding of the new program, its progressions and technical requirements for competition. This is an opportunity for coaches to ask questions and provide any immediate feedback they may have.

Excel Program

The Excel Program is a supplementary program for those gymnasts who have potential to develop into the International Pathway. Further information about this program will be provided in 2019.

Physical Preparation Program

Additional physical preparation resources will be developed for all coaches to enhance the ability for all gymnasts to progress within the new national system and aid in the reduction in repetitive injuries.



4. The Competition principles

The competition principles have been designed to be flexible and adaptable for schools and clubs.

Level 1 & 2

- Ideally at this level the gymnasts should be encouraged to perform the skills in a circuit-like activity format, with a variety of stations set up in a gym. This facilitates larger participant numbers, less waiting time, greater audience appeal and no need for the younger gymnasts to remember sequences or routines.
- Each individual club, school or program can design a circuit that suits their equipment availability and gymnasts' needs.
- The floor exercise has no music at this level and can be easily performed on a single floor strip.
- Any competition at this level should be fun, fast-paced, less waiting time and engaging for the gymnasts. The maximum target time for a session should be 2 hours in length.
- Age groups or divisions should be small with no more than 20 gymnasts in any one division and should be determined by the competition organisers.

Level 3 to 7

- Gymnasts will commence performing routines at this level, however the equipment requirements are low, with modified vault tables or matting, smaller floor area required and additional matting available where necessary.
- The format for competitions should still be focused on engaging participation numbers, ideally no longer than 2 to 2 ½ hours in length.
- The floor exercise is set for Level 3 to 5 with optional floor music available to be used at this level, as determined by organisers. The lower levels can be performed along one strip of the floor allowing for more gymnasts to compete and train at one time. This leads to faster competition and better use of the gym space in training.
- Age groups or divisions should be small with no more than 20 gymnasts in any one division and should be determined by the competition organisers. As the participation numbers increase there will be additional age groups required.
- It is important to note that the age groups will vary greatly in this division and competition organisers will need to ensure the older, recreational athlete is considered along with the very young talented athlete who is on the International pathway. Equipment needs may vary according to size and age.

Level 8-10

- Gymnasts will be performing full competition optional rules that are a modification of the FIG rules. This essentially requires full FIG equipment standards for competition.
- Age groups or divisions should be small with no more than 20 gymnasts in any one division and should be determined by the competition organisers.
- Transition into the International Pathway is encouraged, providing the gymnasts are at the appropriate age to compete



(and have a strong technical and physical foundation to perform these skills).

- The Level 8-10 aligns with the rules for the Singapore Open and provides International competition opportunities for these athletes.
- This system also leads into the USA JO Program and can facilitate transition into the USA College system for the high level athletes.

Sub Junior, Pre Junior, Junior and Senior

- Gymnasts in Sub Junior and Pre Junior will be performing full competition optional rules that are a modification of the FIG rules. This requires full FIG equipment standards for competition. Additional matting is encouraged, particularly in the Sub Junior and Pre Junior programs.
- Junior and Senior International are competition rules exactly as per the FIG.
- Age groups or divisions may be combined if the competition numbers are extremely small, however this will be determined in the best interests of the athletes at all times and gymnasts must not be over age and competing in the Sub Junior, Pre Junior or Junior divisions.
- Transition into the Competition Pathway is encouraged particularly if the athletes are demonstrating lack of progress or are struggling to perform the specific compulsory routines. They can easily transition back into the International Pathway at a later stage. The priority is the wellbeing of the athlete.
- **NOTE:** Singapore Sub Junior competitions will commence after Singapore National Championships in March 2019.



Transition into the new WAG National Program (2019)

Singapore Gymnastics has developed some basic guidelines to assist coaches to make decisions on the transition for athletes within the current program (of which many clubs and coaches utilise a range of programs) to transition into the new WAG National Program. The coach is the best person to make this decision as they know the athletes the best and the direct the training program. It is important to keep in mind that the focus is to build participation and encourage every athlete to enjoy the sport and if they are placed at a level too high or low for them this will not be enjoyable for any athlete. **Refer to Appendix 3 with some recommended guidelines.**

Transition between the International and Competition pathways

There are restrictions to be placed on the transition between the Competition and International Pathway Programs. Ideally a gymnast should compete within one pathway within a calendar year however there may be circumstances that prevent this from happening. An open, welcoming position should be taken to encourage every coach to make decisions about the most appropriate level to compete in.

5. The Judging Program

The WAG Technical Committee are currently working on finalising the judging rules and final competition guidelines for 2019. More information will be released in early 2019 with educational opportunities for judges to build technical knowledge and understanding.

6. The WAG National Program Release dates

The WAG National Program will be released in a four step phase program

- Phase 1: December 2018 - Release of WAG National Program Overview document, including floor music and draft videos of the floor and beam routines. *(There may be some minor changes to the wording around specific skills).*
- Phase 2: January 2019 – Release of Draft WAG National Manual v1, including vault and bars videos and technical descriptions.)
- Phase 3: January 2019 National Launch including National Coach and Judge workshops
- Phase 4: January / February 2019 – Release of final WAG National Manual v2, including music, final videos, and full descriptions of all elements and judging information.)

7. Appendix: Skills

Appendix 1: Level 1 to 7 Program

Appendix 2: Level 8-10 and International Program

Appendix 3: Guidelines for transition of athletes into the new WAG National Program.

Appendix 4: Acknowledgements



Appendix 1 - VAULT: Level 1 to 7

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Difficulty	Compulsory Vault	Compulsory Vault	Compulsory Vault	Compulsory Vault	Compulsory Vault	Compulsory Vault	Compulsory Vault
Vault 1	Run (max.10m) straight jump to land on 20cm stacked mats	Run (max. 10m) straight jump to land on 60cm stacked mats	Handspring on stacked mats to flat back Junior: 60cm Senior: 90cm	Handspring onto 100cm stacked mats to flat back (mat level with VT height)	Front handspring on 105cm / 115cm VT table to flat back stacked mats (mat level with VT height)	Front handspring to feet (VT 110cm / 120cm)	Front handspring to feet on (VT 125cm)
Vault 2	5 continuous rebound jumps to land on 20cm stacked mats	From step handstand flat back from board to 30cm mat	Run straight jump to land on stacked mats Junior: 60cm Senior: 90cm	Run (15-20m) to front tuck to land on 40cm mat (hard surface)			
Apparatus specification	(1) Board, 20cm mat (2) Board, 20cm mat	(1) Board, 60cm mat/box (2) 30cm mat	(1) Board, 60cm / 90cm mats (2) Board, 60cm / 90cm mats	(1) Board, 100cm mat (2) Board, 40cm mat	105cm / 115cm VT table Stacked mat level with vault height	110cm / 120cm VT table FIG landing mats	125cm VT table FIG landing mats
Judging remarks	Average of both vaults	Average of both vaults	Average of both vaults	Average of both vaults	2 attempts of the same vault with the best score to count	2 attempts of the same vault with the best score to count	2 attempts of the same vault with the best score to count
BONUS	NA	NA	NA	NA	NA	NA	NA

Appendix 1 - BARS: Level 1 to 7

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Difficulty	Compulsory Skills / Sequence	Compulsory Skills / Sequence	Compulsory Routine	Compulsory Routine	Compulsory Routine	Compulsory Routine	Compulsory Routine
1	Standing dish hold position at an angle with hands pushing against the UB	Dish hold 2 secs	Glide kip swing	Glide kip swing x 2 (consecutive)	Glide kip	Glide kip	Glide kip
2	With hands on LB perform x 2 tuck lifts	Perform x 2 tuck swings from the dish hold position	Chin up pull over to front support	Chin up pull over to front support	Cast to horizontal	Cast to horizontal	Cast to 45° above horizontal
3	(From box) Jump to front support on LB and hold 2 secs	Chin pull hold 2 secs	Cast (hips clear of the bar and body straight)	Cast to bar height	Back hip circle	Clear hip circle to min. horizontal	Clear hip to 45° above horizontal
4	Perform x 2 shoulder shrugs	(From box) Jump with straight arms to front support on LB	Back hip circle	Back hip circle	Cast squat on (tuck)	Glide kip pike on	Glide kip pike on
5	Small cast push backwards to land on box	x 2 Casts - min 45° below horizontal	Shooting star dismount (Toe shoot dismount)	Cast squat on (tuck)	Long swing x 2	Long kip cast to horizontal	Long kip cast 45° above horizontal
6	On HB - Long hang stationary hold 2 secs with straight body shape	From front support, forward roll to tuck hold 2 secs on LB	On HB long tap swings x 3 (jump from box or coach to lift to HB)	Long swing with tap x 3	Baby giant (swing pullover to front support with straight arms) on the 2nd swing	Immediate baby giant (swing pullover to front support with straight arms)	Immediate baby giant (swing pullover to front support with straight arms)
7					Immediate under swing	Immediate under swing	Alternative for baby giant: Back giant to handstand
					Long swing with tap x 2	Long swing with tap x 2	
8 Dismount				Dismount: Swing 180° turn on the 3rd swing to mixed grip, push away to land	Dismount: Swing 180° turn on the 2nd swing to mixed grip minimum horizontal, push away to land	Dismount: Tuck or straight fly away on 3rd swing	Dismount: Cast flyaway (tuck or straight) from baby giant
9					Alternative dismount: Tuck flyaway dismount on the 2nd swing		Alternative dismount: Immediate flyaway (tuck or straight) from giant

Apparatus specification	Uneven bars, box to stand on for dish hold and jump to support, FIG matting	Uneven bars, box to stand on for dish hold and jump to support, FIG matting	Uneven bars, box to jump to high bar, FIG matting	Uneven bars, FIG matting, Additional matting 10cm matting for swing 180° turn allowed	Uneven bars, FIG matting, Additional matting 10cm matting for dismount allowed	Uneven bars, FIG matting, Additional matting 10cm matting for dismount allowed	Uneven bars, FIG matting, Additional matting 10cm matting for dismount allowed
Judging remarks	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10
					All casts must be min. at bar height except before pike / squat on bar change	All casts must be above horizontal except before pike on bar change	All casts must be min. 45° above horizontal except before pike on bar change.
	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts (TBC)	Elements listed in the table are 0.5 value parts (TBC)
BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS

Appendix 1 - BEAM: Level 1 to 7

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Difficulty	Compulsory Skills / Sequence	Compulsory Skills / Sequence	Compulsory Routine	Compulsory Routine	Compulsory Routine	Compulsory Routine	Compulsory Routine
Video Links			Click for Video	Click for Video	1. Click for Video – No mount or dismount 2. Click for Video – Mount segment 3. Click for Video – Tic Toc segment 4. Click for Video – Back Walk over segment 5. Click for Video – Cartwheel Straight Jump Dismount segment 6. Click for Video – Front Tuck Dismount segment		
1 (Mount)	Jump to front support from the side of the beam, bring one leg over to straddle the beam, 1 poses, small cast to squat onto the beam	Jump to front support from the side of the beam, bring one leg over to straddle the beam, 2 poses, small cast to squat onto the beam	Jump to front support from the side of the beam, bring one leg over to straddle the beam, straddle hold for 2 secs, 1 pose, small cast to squat to front support with straight legs to squat on the beam	From the side of the beam jump to wolf position, 1/4 turn to lunge position, pose, swing the back leg forward to squat then stand, pose.	Jump immediately into straddle support press 2 sec hold.	Press to handstand and return to clear support or side splits OR jump to side straddle split OR tuck through to sit on beam OR jump onto end of the beam to 2 feet	Press to handstand and return to clear support or side splits OR jump to side straddle split OR tuck through to sit on beam OR jump onto end of the beam to 2 feet
2	Front support hold	Arabesque hold 2 secs	2 front kicks, 2 back kicks	Cartwheel (front to side)	Cartwheel 1/4 step in (from front to back)	(Back walkover OR Front walkover OR Tic Toc OR Cartwheel) PLUS connected to straight jump	ACRO SERIES (handstand hold (min. 2 secs) OR back walkover OR tic toc) PLUS back handspring (step out or 2 feet)
3	Forward walk on relevé x 4	Forward walk on relevé x 4	Relevé hold 2 sec to snap relevé and half turn on 2 feet		Back walkover OR front walkover OR tic toc (choose 1)	Back handspring OR front handspring OR roundoff	Additional acro element in different directions (Forward /

							sideward and backward) (Separate to skills in acro series)
4	Front leg hold 2 sec to straight leg snap hold	2 front passé to fwd kick	L handstand	Marked handstand	Handstand 2 seconds to step in		
5 (Leap)	Back leg hold 2 sec to straight leg snap hold	2 side passé to back leg hold (45°minimum)	Stride jump (2 feet) (135° minimum)	Stride leap (135°minimum)	Split leap (165° minimum)	Split leap (180°)	Switch leg leap, landing on single leg
6 (Jump)	Straight jump preparation drill: 1. Stand in 5th position with arms in vertical above the head 2. Swing arms backwards while bending knees 3. Dynamically lift arms to vertical and show a dynamic relevé 4. finish with arms to behind horizontal with knees flexed in small landing squat	Straight jump	Double straight jump with alternate leg landing	Split jump to straight Jump	Straight jump to split jump (165° min.) arm or body movement / sissone to land on 1 foot	Split jump (180°) to sissone	Split leap (180°) to Split jump (180°)
7 (Pirouette)	Relevé hold on 2 feet, half turn in relevé and pause, turn back 1/2 turn in different directions	From stand - passé hold (2 secs) with relevé to close	Step single leg 1/2 pirouette (180°) in passé, close in front on relevé	Step single leg 1/2 pirouette (180°) in passé, close in front on relevé, 1/2 pirouette (180°) on 2 feet to finish (continue turning in the same direction)	Step single leg pirouette (360°) in passé	Step single leg pirouette (360°) in passé	Step single leg pirouette (360°) in passé
8 (Dismount)	Straight jump dismount (fwd)	Straight jump dismount (forward)	Handstand 1/4 turn to land dismount	Side handstand (2 secs) 1/4 turn to land dismount	Front tuck dismount OR cartwheel straight jump dismount	Cartwheel back tuck dismount OR front tuck dismount	Cartwheel back tuck dismount OR front tuck dismount
Choreography		Choreography on beam to include side movement and backward movement	Choreography on beam to include side movement	Choreography on beam to include side movement	Choreography on beam to include side and close to beam elements	Choreography on beam to include side and close to beam elements	Choreography on beam to include side and close to beam elements

Apparatus specification	100cm Landing mat (as per FIG)	100cm Landing mat (as per FIG)	110cm to 120cm Landing mat (as per FIG)	110cm to 120cm Landing mat (as per FIG)	120cm Landing mat (as per FIG)	120cm Landing mat (as per FIG)	125cm Landing mat (as per FIG)
Time Limit	60 secs	60 secs	80 secs	80 secs	80 secs	80 secs (as per FIG)	80 secs (as per FIG)
Judging remarks	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts (TBC)	Elements listed in the table are 0.5 value parts (TBC)
	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10
BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS

Appendix 1 - FLOOR: Level 1 to 7

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Difficulty	Compulsory Skills / Sequence	Compulsory Skills / Sequence	Compulsory Routine	Compulsory Routine	Compulsory Routine	Compulsory Routine, Optional Choreography	Compulsory Routine, Optional Choreography
Video Links			Click for video	Click for Video – Half Floor Click for Video - Strip	Click for Video – Full Routine Click of Video – Dance only		
1	L handstand	Front to side cartwheel	Hurdle cartwheel to side gallop	Front handspring rebound	Front handspring rebound	Front handspring step out, front handspring to 2 feet / OR front handspring, front tuck	Front handspring to front tuck / front handspring to front layout / front layout to front tuck
2	Candle stick to stand (tuck)	Handstand kick up back to lunge	Cartwheel step-in	Hurdle roundoff backward run (multiple steps)	(3-5 step) Run up front tuck salto	Roundoff back handspring, back tuck OR Roundoff back tuck	Roundoff back handspring back layout OR Roundoff layout
3	Front and back support hold (3 secs)	Fwd roll	Handstand fwd roll		Roundoff back handspring, rebound	Roundoff back handspring, back handspring rebound	Roundoff back handspring, back tuck
4	From straddle stand with legs straight and hands on the floor, push hips up to momentary support on hands and return x 2 (travelling forward slightly)	Bridge	Bridge kick over	Back walkover	Forward walkover OR back walkover OR tic toc		
5	Dish hold 3 secs (preference arms at ears), roll (180°) to reverse dish on stomach (Superman hold) 3 secs with arms at ears	Caterpillar walk (from standing reach downwards towards toes and walk hands out to front support with legs straight, hold 2 secs), walk feet in to hands with legs straight to pike stand. Return to stand	Backward roll to angry cat	Backward roll front support		Backward roll to handstand	

6 (Leap)	Step hop x 2 (hands on waist, leg in passé)	Step hop x 2 with forward leg straight at horizontal (arms horizontal / opposite)	Gallop 2 steps to stride leap (135°minimum)	Split leap to split leap (165° minimum) (alternate legs)	Split leap to split leap (180°)	Switch leg leap to split leap	Switch leg leap to tour jeté
7 (Jump)	Straight jump x 2 (rebound)	Straight jump to tuck jump	Straight jump to stride jump (135°minimum)	Split jump (165° minimum) to sissone (165° minimum)	Split jump 1/2 turn (180°)	Tour jeté	Split jump 1/2 turn to sissone
8 (Turn)	Standing - relevé raises x 2 Sitting down - point flex x 2 Leg taps single leg x 2 each Leg taps double leg x 2	Step forward to passé position on 1 leg and balance (2 secs) in relevé, finish in relevé on 2 feet and 180° pirouette on 2 feet to finish	Step pirouette half (180°) on 1 leg finish in relevé on 2 feet (foot placed in front) and 180° pirouette on 2 feet to finish (turning in the same direction)	Step single leg pirouette (360°) in passé	Step single leg pirouette (360°) in passé	Step single leg pirouette (360°) in passé	Step single leg pirouette (360°) in passé or horizontal
Choreography	No music	No music	Music	Music	Music	Music	Artistry requirements (as per FIG)
Apparatus specification	Straight line	Straight line	Straight line	Half carpet (3 strips) or 1 x strip (straight line)	Floor area (as per FIG)	Floor area (as per FIG)	Floor area (as per FIG)
Time Limit	50 secs	50 secs	60 secs	60 secs	80 secs	80 secs	80 secs
Judging remarks	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts (TBC)	Elements listed in the table are 0.5 value parts (TBC)
	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10	Compulsory elements: Score start from 10
BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS	NO BONUS

Appendix 2 - VAULT: Level 8 to 10 and International Pathway Program

	Level 8	Level 9	Level 10	Singapore Sub Junior	Singapore Pre Junior	Junior International	Senior International
Age	Age groups determined by competition format	Age groups determined by competition format	Age groups determined by competition format	11-12 YO 10 YO & Under	12-13 YO 11 YO & Under	13 YO & Under 14-15 YO	16 YO and older
Difficulty	Optional	Optional	Optional	Compulsory Routine	Optional	Optional	Optional
Vault 1	Any VT element from FIG CoP table Gymnast may perform 2 of the SAME VT OR 2 different VTs	Any VT element from FIG CoP table Gymnast may perform 2 of the SAME VT OR 2 different VTs	Any VT element from FIG CoP table Gymnast may perform 2 of the SAME VT OR 2 different VTs	Yurchenko timer to land on feet uphill (with line to mark distance)	Any element from the FIG VT table with a salto	As per FIG CoP	As per FIG CoP
Vault 2				Front hand spring to land on feet uphill (with line to mark distance)			
Apparatus specification	125cm VT table FIG landing mats	125cm VT table FIG landing mats	125cm VT table FIG landing mats	125cm VT table Stacked mat level with vault height	125cm VT table FIG landing mats. Additional landing mat up to 10cm is allowed	125cm VT table FIG landing mats	125cm VT table FIG landing mats
Judging remarks	2 attempts of the same vault with the best score to count	2 attempts of the same vault with the best score to count	2 attempts of the same vault with the best score to count	The average of the two vaults will be counted	2 attempts of the same vault with the best score to count	2 attempts of the same vault with the best score to count	2 attempts of the same vault with the best score to count
				0.5 deduction for landing before line			
BONUS	NA	NA	NA	NA	NA	NA	NA

Appendix 2 - BARS: Level 8 to 10 and International Pathway Program

	Level 8	Level 9	Level 10	Singapore Sub Junior	Singapore Pre Junior	Junior International	Senior International
Age	Age groups determined by competition format	Age groups determined by competition format	Age groups determined by competition format	11-12 YO 10 YO & Under	12-13 YO 11 YO & Under	13 YO & Under 14-15 YO	16 YO and older
Difficulty	Optional routine	Optional routine	Optional routine	Compulsory Routine	Compulsory Routine	Optional	Optional
	5+1 counting elements	6+1 counting elements	7+1 counting elements				
1	Mount (as per FIG)	Mount (as per FIG)	Mount (as per FIG)	Glide kip cast handstand	Glide kip cast handstand	As per FIG CoP	As per FIG CoP
2 CR #1	Any close bar to min 45°	Any close bar element to handstand (within 10°)	Any close bar element to handstand (within 10°)	Any close bar element to handstand (within 10°)	Any close bar element to handstand #1 (within 10°)		
3 CR #2	Bar change (pike on not counted, sole circle counted)	Any bar change with flight	2 different grips OR 360° LA turn	Kip cast to pike on	Any close bar element to handstand #2 (within 10°)		
4 CR #3	Any handstand element (within 10°)	Min. 1 giant circle (forward or backward)	Same bar bar flight OR HB to LB	Long kip cast handstand (within 10°)	Kip cast to pike on		
5 CR #4	Layout flyaway dismount OR any B-value or more dismount	Any 360° LA turn OR 2 different grips OR same bar flight OR HB to LB bar change	An additional min 180° LA turn	Back giant	Long kip cast handstand (within 10°)		
6				Back giant	Giant 1/2 turn blind change (or any skill with 180° turn pirouette to a different grip)		
7				Layout flyaway dismount	Front giant (1) half turn		
8					Back giant		
9					Layout flyaway dismount		

Apparatus specification	Uneven bars, FIG matting, Additional matting 10cm matting for dismount allowed	Uneven bars, FIG matting, Additional matting 10cm matting for dismount allowed	Uneven bars, FIG matting, Additional matting 10cm matting for dismount allowed	Additional supplementary landing mat up to 10cm is allowed	Additional supplementary landing mat up to 10cm is allowed	Uneven bars, FIG matting. Additional landing mat up to 10cm is allowed	Uneven bars, FIG matting. Additional landing mat up to 10cm is allowed
Judging remarks	All casts must be (as per FIG) requirements except for cast before pike on	All casts must be (as per FIG) requirements	All casts must be (as per FIG) requirements	Straddle cast to handstand is allowed	Straddle cast to handstand is allowed		
	No short exercise deductions	Includes 1 of the FIG CR in Level 9	Includes at least 2 of the FIG CR in Level 10	0.5 neutral deduction for each cast not to handstand	0.5 neutral deduction for each cast not to handstand		
	Max. C-value skills allowed	Aim to have 2 out of 4 FIG CR by 2021	Aim to have 3 out of 4 FIG CR by 2021	0.5 neutral deduction for each single leg entry for toe on element(s)	0.5 neutral deduction for each single leg entry for toe on element(s)	NA	NA
	All CR are 0.5 value parts	All CR are 0.5 value parts	All CR are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts		
BONUS	NO BONUS	CV (as per FIG)	CV (as per FIG)	MAXIMUM BONUS 1.0	MAXIMUM BONUS 1.0	As per FIG CoP	As per FIG CoP
				0.4 Additional (2nd) different close bar element to handstand	0.2 Kip cast handstand 1/2 turn to replace Skill #1		
				0.4 Cast to handstand with legs together (each)	0.2 Additional (3rd) different close bar element to handstand (LB/HB)		
					0.2 Cast to handstand with legs together (each)		
					0.2 Giant 1/1 pirouette (360°)		
					0.2 Double tuck dismount (tuck / open)		

Appendix 2 - BEAM: Level 8 to 10 and International Pathway Program

	Level 8	Level 9	Level 10	Singapore Sub Junior	Singapore Sub Junior	Junior International	Senior International
Age	Age groups determined by competition format	Age groups determined by competition format	Age groups determined by competition format	11-12 YO 10 YO & Under	12-13 YO 11 YO & Under	13 YO & Under 14-15 YO	16 YO and older
Difficulty	Optional routines 5+1 counting elements 2 acro, 2 dance, 2 optional	Optional routines 6+1 counting elements 3 acro, 3 dance, 1 optional	Optional routines 7+1 counting elements 3 acro, 3 dance, 2 optional (as per FIG)	Compulsory Routine	Singapore Sub Junior	Optional	Optional
1 Mount	Mount (as per FIG)	Mount (as per FIG)	Mount (as per FIG)	Straddle press to handstand return to beam into clear support	Straddle press to handstand return to beam optional	As per FIG CoP	As per FIG CoP
2 CR #1	Acro series of two elements (excluding holds), one of which has to be a flight/salto	Acro series with minimum of 2 flight elements (flight to flight)	Acro series (as per FIG)	Tic toc OR back walkover to back handspring	Back handspring series (2) Can be any combination of step out or back handspring		
3 CR #2	Additional acro element in different directions (fwd/swd and bwd) (separate to acro series) - must be flight or salto	Additional acro element in different directions (fwd/swd and bwd) (separate to acro series) - must be flight or salto	Acro elements in different directions (fwd/swd and bwd) (as per FIG)	Front walk over to sissone	Side aerial / Front aerial / Side sauto		
4 CR #3	Dance series (as per FIG)	Dance series (as per FIG)	Dance series (as per FIG)	Spit leap to split jump (180°)	Switch leg leap to split jump (180°)		
5 CR #4	Any single leg full pirouette (360°) (as per FIG)	Any single leg full pirouette (360°) (as per FIG)	Any single leg full pirouette (360°) (as per FIG)	Step, single leg pirouette (360°) in passé	Step, single leg pirouette (360°) in passé		
6 Dismount	Any dismount from the table of elements, counted in the 6 highest counting elements	Any dismount from the table of elements, counted in the 7 highest counting elements	Any dismount from the table of elements, counted in the 8 highest counting elements	Switch leg leap	Additional B / C leap OR jump		
				Back tuck	Back tuck		
				Roundoff back tuck dismount OR back handspring (2ft) to back tuck	Roundoff back layout dismount OR back handspring series to back layout dismount		

Choreography	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)
Apparatus specification	125cm Landing mat (as per FIG)	125cm Landing mat (as per FIG)	125cm Landing mat (as per FIG)
Time Limit	90 secs (as per FIG)	90 secs (as per FIG)	90 secs (as per FIG)
Judging remarks	Flight element and non-flight acro must show different directions		
	All CR are 0.5 value parts	All CR are 0.5 value parts	All CR are 0.5 value parts
BONUS	NO BONUS	CV (as per FIG)	CV (as per FIG)

Artistry requirements as Compulsory exercises, in line with FIG	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)
125cm Landing mat (as per FIG)	125cm Landing mat (as per FIG)	125cm VT table FIG landing mats. Additional landing mat up to 10cm is allowed	125cm VT table FIG landing mats. Additional landing mat up to 10cm is allowed
90 secs (as per FIG)	90 secs (as per FIG)	90 secs (as per FIG)	90 secs (as per FIG)
Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts		
		NA	NA
MAXIMUM BONUS 1.0	MAXIMUM BONUS 1.0	As per FIG CoP	As per FIG CoP
0.4 Back handspring series	0.2 Front or side aerial + A dance		
0.4 Back handspring series to back tuck dismount	0.2 BBC Any series connected		
0.4 Roundoff back handspring to back tuck dismount	0.4 Acro series with sauto		
0.2 Any B or C turn	0.2 Any B or C backward dismount		
	0.2 Any B or more turn		

Appendix 2 - FLOOR: Level 8 to 10 and International Pathway Program

	Level 8	Level 9	Level 10	Singapore Sub Junior	Singapore Pre Junior	Junior International	Senior International
Age	Age groups determined by competition format	Age groups determined by competition format	Age groups determined by competition format	11-12 YO 10 YO & Under	12-13 YO 11 YO & Under	13 YO & Under 14-15 YO	16 YO and older
Difficulty	Optional routines	Optional routines	Optional routines	Compulsory Routine	Compulsory Routine, Optional Choreography	Optional	Optional
	5+1 counting elements 3 acro, 3 dance No CV	6+1 counting elements 3 acro, 3 dance, 1 optional	7+1 counting elements 3 acro, 3 dance, 2 optional (as per FIG)				
1 CR #1	Stretched B salto OR salto with min. 360° LA	Salto with minimum 360° LA	Salto with minimum 360° LA	Roundoff back handspring, rebound x 3	Roundoff, back handspring, back layout 1 1/2 (LA 540°) twist OR roundoff 1 1/2 (LA 540°) twist	As per FIG CoP	As per FIG CoP
2 CR #2	2 saltos series and minimum of 3 acro lines	2nd acro line with additional C element or more	2nd acro line with minimum LA 540° OR BA double	Front handspring (2) to front tuck OR front handspring to front layout OR front layout to front tuck	Front handspring, front layout, front tuck		
3 CR #3	Forward and backward direction salto	Forward and backward direction salto	Forward and backward direction salto	Roundoff, back handspring to back layout	Roundoff, back handspring back layout 360° LA turn		
4 CR #4	Dance passage (as per FIG)	Dance passage (as per FIG)	Dance passage (as per FIG)	Split leap to switch leg leap	Switch leg leap to leap of own choice (any order)		
5 Turn	Any single leg full pirouette (360°) (as per FIG) (compositional requirement)	Any single leg full pirouette (360°) (as per FIG) (compositional requirement)	Any single leg full pirouette (360°) (as per FIG) (compositional requirement)	Horizontal full pirouette (360°)	B or more (360°) pirouette		
				360° Split jump			
				Backward roll to handstand			
Choreography	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)	Artistry requirements as Compulsory exercises, in line with FIG	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)	Artistry requirements (as per FIG)

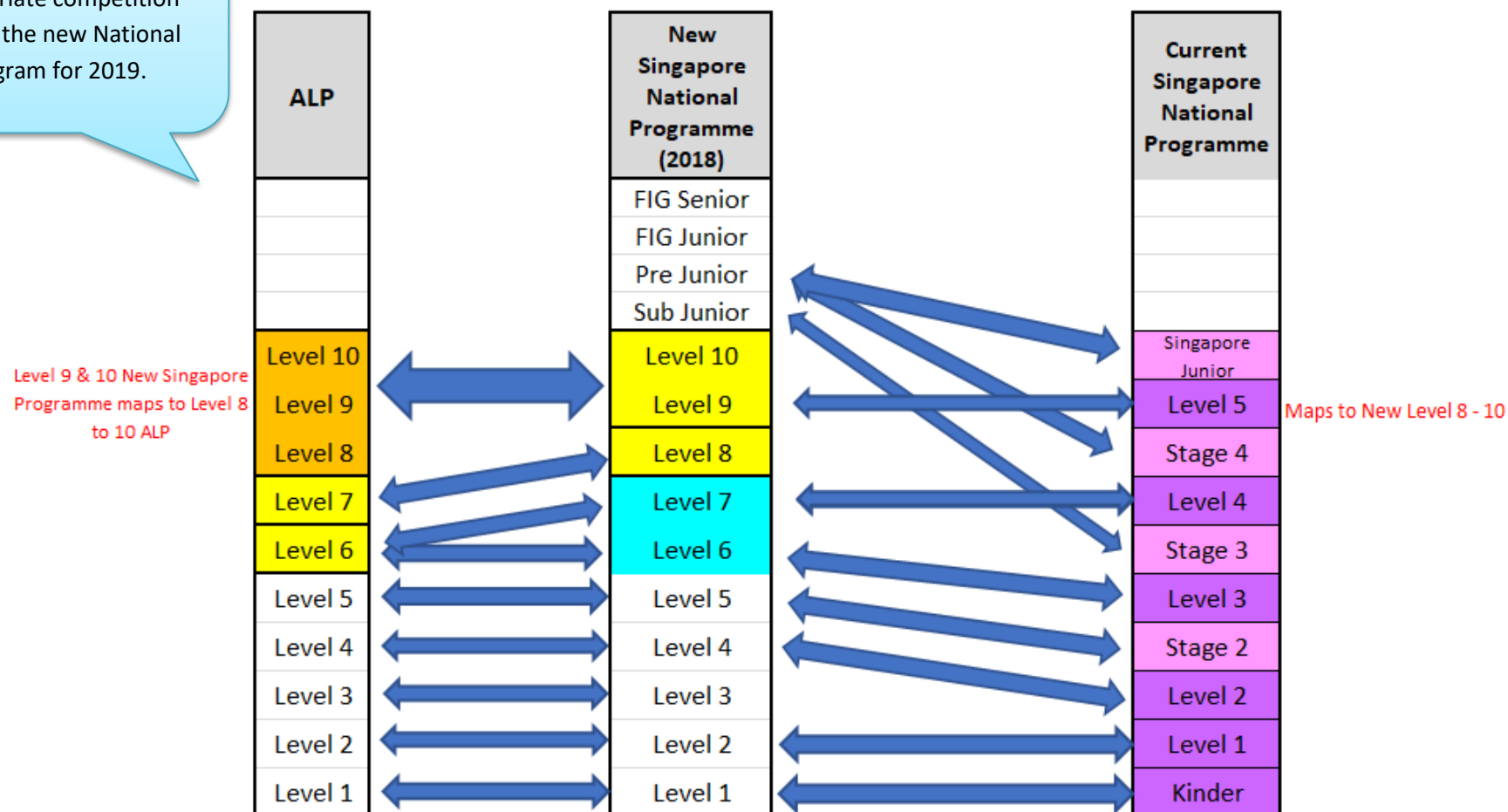
Apparatus specification	Floor area (as per FIG)	Floor area (as per FIG)	Floor area (as per FIG)	Floor area (as per FIG)	Floor area (as per FIG)	Floor area (as per FIG)	Floor area (as per FIG)
Time Limit	90 secs (as per FIG)	90 secs (as per FIG)	90 secs (as per FIG)	90 secs (as per FIG)	90 secs (as per FIG)	As per FIG CoP	As per FIG CoP
Judging remarks	ALL acro CR's must be fulfilled within an acro line.	ALL acro CR's must be fulfilled within an acro line.	ALL acro CR's must be fulfilled within an acro line.	Each tumble pass can be replaced with a bonus pass	Each tumble pass can be replaced with a bonus pass		
	All CR are 0.5 value parts	All CR are 0.5 value parts	All CR are 0.5 value parts	Elements listed in the table are 0.5 value parts	Elements listed in the table are 0.5 value parts		
	One acro line may fulfil 2 different CRs	One acro line may fulfil 2 different CRs	One acro line may fulfil 2 different CRs				
	Acro line is defined (as per FIG) - min. of 2 acro flight elements	Acro line is defined (as per FIG) - min. of 2 acro flight elements	Acro line is defined (as per FIG) - min. of 2 acro flight elements				
BONUS	NO BONUS	CR - (as per FIG)	CR - (as per FIG)	MAXIMUM BONUS 0.6	MAXIMUM BONUS 0.8	As per FIG CoP	As per FIG CoP
				0.2 Alternative 1st pass: RO back handspring x 2 to back tuck	0.2 Alternative 1st pass: Roundoff 1 1/2 twist 540° front tuck		
				0.2 Alternative 2nd pass: Front handspring front LO front tuck	0.2 Alternative 2nd pass: Front handspring, front layout full 360° turn		
				0.2 Alternative 3rd pass: RO back handspring back LO 360° turn	0.2 Alternative 2nd pass: Front layout full twist, front tuck		
					0.2 Alternative 3rd pass: Roundoff back handspring 2/1 (720°) twist		
					0.2 Additional C or D leap or jump or turn (not part of the series)		
					0.4 Double BA salto		

Appendix 3 – Transition guidelines for WAG National Program 2019 and beyond

It is the coaches' and clubs' decision to determine the appropriate competition level in the new National Program for 2019.

Mapping plan and recommendations

Transition into the 2019 Singapore WAG National Program



Appendix 4: Acknowledgements

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