

## 2022 SASK WINTER GAMES MAG SUPPLEMENTAL GUIDE

### Level 5 Floor Exercise

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run, punch dive roll	Dive roll with hollow or tight arch.	
2	Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand	Back extension roll through handstand	<b>Back extension roll with straight arms (+0.1)</b>
3	Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended	Continuous rhythm	
4	Jump to straddle press to handstand with momentary hold, lower with straight legs to stand	Momentary hold	<b>2 second hold (+0.1)</b>
	<b>SB#1: Replace #4 with straddled press to handstand with momentary hold, lower with straight legs to stand (+0.5)</b>	<b>Momentary hold</b>	<b>2 second hold (+0.1)</b>
5	Run, hurdle, forward handspring	Rebound allowed	
6	Step forward and kick to handstand with momentary hold	Momentary hold	
	<b>SB#2: Replace #6 with step forward and kick to handstand with full pirouette (+0.5)</b>	<b>Continuous rhythm Show control of handstand during full pirouette</b>	
7	Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward	Sissone with legs split 45° or greater	<b>Sissone with legs split greater than 90° (+0.1)</b>
8	Run, hurdle, round-off, back handspring, rebound to stand		
	<b>SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5)</b>		

Base routine = 9.5    Special Bonus = 0.5 x 3 = 1.5    Virtuosity = 0.1 x 3 = 0.3    Stick Bonus = 0.2

Total Maximum Value = 11.5

- Each Element box is worth 1.0 (Failure to complete more than half of a numbered element box will result in loss of 1.0 from Start Value)
- Note – For #8, only completing a Round-off with no BHS will result in a 0.5 drop in Start Value

**MAG Vault (Choose 1 vault only)**  
**Front Salto Tucked – Max SV = 9.5**

#	Skill(s) Description	Performance Criteria	Virtuosity
1	<b>Run:</b> From a maximum distance of 60'	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	<b>Acceleration during run to hurdle (+0.1)</b>
2	<b>Hurdle:</b> Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical on board contact Arm swing from back to front during hurdle	<b>Feet in front of hips on board contact (+0.1)</b>
3	<b>Front Salto Tucked</b>	Arms reach upward above shoulders and forward Hands grasp legs in tight tuck	<b>Distinct vertical rise from the board (+0.1)</b>
4	<b>Landing</b>	Open to straight body prior to landing	<b>Stick landing (+0.2)</b>

**Front Salto Piked – Max SV = 10.0**

#	Skill(s) Description	Performance Criteria	Virtuosity
1	<b>Run:</b> From a maximum distance of 60'	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	<b>Acceleration during run to hurdle (+0.1)</b>
2	<b>Hurdle:</b> Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical on board contact Arm swing from back to front during hurdle	<b>Feet in front of hips on board contact (+0.1)</b>
3	<b>Front Salto Tucked</b>	Arms reach upward above shoulders and forward Hands grasp legs in tight tuck	<b>Distinct vertical rise from the board (+0.1)</b>
4	<b>Landing</b>	Open to straight body prior to landing	<b>Stick landing (+0.2)</b>

<p>Base routine = 9.0 or 9.5    Virtuosity = 0.1 x 3 = 0.3    Stick Bonus = 0.2  Total Maximum Score = 9.5 or 10.0 (depending on vault performed)</p>
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## Level 5 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From a hang position in over-grip, pullover to support		
2	Cast to back hip circle to undershoot forward	Cast to horizontal Back hip circle with straight body Undershoot with hollow body and straight arms	Cast to 45° above horizontal (+0.1)
	<b>SB #1: Replace #2 with cast to free hip circle to undershoot forward (+0.5)</b>	<b>Cast to horizontal Free hip with hollow body and hips clear of the bar Undershoot with hollow body and straight arms</b>	
3	Swing backward, tap swing forward with ½ turn to mixed grip	Swing backward and forward to 45° below horizontal Maintain hollow body shape during turn	
4	Tap swing forward, swing backward and change hand to double overgrip		
5	Swing forward and kip to support. Momentary stop in support is allowed.	Spotter assistance (-0.5) Maximum deduction (-0.5) Fall from bar (-1.0)	
6	Cast to undershoot forward	Cast to horizontal Undershoot with hollow body and straight arms	
	<b>SB#2: Following #6, add swing backward, tap swing forward to swinging pullover (¾ giant swing backwards) to undershoot forward (+0.5)</b>	<b>Continuous rhythm</b>	
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward or forward to horizontal (+0.1)
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward or forward to horizontal (+0.1)
9	Swing backward to up-rise and release hands dismounting to stand	Shoulders at bar height	
	<b>SB #3: Replace #9 with swing backward, tap swing forward to salto backward (flyaway) tucked, piked, or stretched dismount (+0.5)</b>	<b>For safety reasons, a spotter is required to follow, but not assist, the gymnast during the execution of the skill</b>	

Base routine = 9.5    Special Bonus = 0.5 x 3 = 1.5    Virtuosity = 0.1 x 3 = 0.3    Stick Bonus = 0.2  
 Total Maximum Value = 11.5

- Each Element box is worth 1.0 (Failure to complete more than half of a numbered element box will result in loss of 1.0 from Start Value)