

Competition format - WAG

Category 1 - 25-29 years old

Start value: 10p

Elements: 4 B + 4 A

Missing: B: -0.2 / A: -0.1

Additional B and higher: B: +0.2 / C: +0.3 / D: +0.4

Category 2 - 30-34 years old

Start value: 10p

Elements: 3 B + 4 A

Missing: B: -0.2 / A: -0.1

Additional B and higher: B: +0.3 / C: +0.4 / D: +0.5

Category 3 - 35-39 years old

Start value: 10p

Elements: 2B + 4 A

Missing: B: -0.2 / A: -0.1

Additional B and higher: B: +0.4 / C: +0.6 / D: +0.8

Category 4 - 40-44 years old

Start value: 10p

Elements: 1B + 4 A

Missing: B: -0.2 / A: -0.1

Additional B and higher: B: +0.5 / C: +0.7 / D: +0.9

Category 5 - 45-49 years old

Start value: 10p

Elements: 5 A

Missing: A: -0.2

Additional A and higher: A: +0.6 / B: +0.8 / C: +1.0

Category 6 - 50-54 years old

Start value: 10p

Elements: 4A

Missing: A: -0.2

Additional A and higher: A: +0.7 / B: +0.9 / C: 1.1

Category 7 - 55-59 years old

Start value: 10p

Elements: 3A

Missing: A: -0.2

Additional A and higher: A: +0.8 / B: 1.0 / C: 1.1

Category 8 - 60 years old or older

Start value: 10p

Elements: 2A

Missing: A: -0.2

Additional A and higher: A: +0.9 / B: +1.1 / C: 1.2

Vault: FIG + 0.6 + (0.5 x Category)

Additional:

- Elements: Code of point
- No rules about compositions and time.
- No rules about competition clothes
- Safety mats are allowed if you do a C element or higher or in agreement with the judge/other gymnasts.
- It is not allowed to have participated in levels or MDC/COP competitions 3 years prior to the masters competition.