



Level Up Rules and Clarifications 2024

Athletes are given the opportunity to showcase and perform skills from the next level without penalty within their own level. They should be able to do the skills safely, successfully and with good technique.

Level Up cannot replace a requirement, but can only substitute a requirement. You can not eliminate other requirements for the Level Up.

Requirements must still be fulfilled for full Start Value.

Specific Level Up requests received from coaches have been listed at the bottom of this document.

Potentially, not all Level-Ups that fit the criteria are listed in this document, if coaches have any further suggestions, requests or ideas for leveling up please email wagteam@kelownagymnastix.ca and we will clarify and update.

Warm-up

The skill should be competition ready and the athlete must be able to warm it up during the regular apparatus warmup time. No extra warm up time allotted. Judges are allowed at their discretion to kindly approach a coach regarding an upgrade if the upgrade does not feel safe.

Level 1-3

All regular required elements are expected to be performed.

Level 1 & 2

1-2 Extra skills can be “showcased” following the routine.

Level 3

Vault

We are unable to accommodate the vault table for this event as a “level up”.

Bars & Beam

Showcase 1-2 skills maximum following completion of the regular bar/beam routine. Anything extra will not be judged.

Floor

If an athlete would like to showcase “round-off two back handsprings or round off back handspring back tuck” they are welcome to during the routine. The additional skill will not be judged.

Level 4-9

Athletes are expected to perform the upgrade within the routine and the upgrade is judged. Skill specific deductions apply. Athletes are expected to warm the skill up in the allotted warm-up time for their level.

Level 4**Vault**

No change.

Bars

Athletes may perform flyaway in replacement of the swing ½ turn dismount.

Beam

Athletes may trade the cartwheel for an allowed level 5 replacement element (i.e. back walkover, front walkover, back handspring or back extension).

Floor

Athletes may perform back tuck at the end of the routine in replacement of the second backhandspring. Athletes could do a switch split in replace of the split leap.

Level 5**Vault**

No change. Not able to accommodate the level 6 vault upgrade.

Bars

No change. Routine must remain the same.

Beam

Athletes could perform a round off on the beam (with the straight jump) in replacement of the cartwheel. Regular deductions apply. Press to handstand mount back to the beam into the regular choreography (extra not judged).

Floor

Athletes are permitted to use a “personal” piece of music with no music deduction. No additional choreography changes allowed. A back layout may be permitted in the last line, a front pike could replace the front tuck. Regular deductions applied.

Level 7

Vault

Athletes who request to perform a salto vault must be given the 2 minute level 8 warmup. Judges will be lenient of time if coaches need to move mats. Landing deductions will apply.

Bars

Beam

Athletes could perform a “C” Acro element. All requirements must be fulfilled.

Floor

Athletes could show a layout with a twist (to a maximum of a Full) to two feet and this will fulfill the regular “layout requirement”. They still show forward and backward.

Level 8 & 9

*Please email requests to wagteam@kelownagymnastix.ca and we will clarify.

Vault

Bars

Beam

Level 8 athletes may perform a “D” Acro element.

Floor

Xcel Bronze - Diamond

Upgraded or added skills will be judged in ALL Xcel categories. Requirements must still be filled.

Vault

Silver - We are unable to accommodate the vault table for this event as a “level up”.

Platinum - May compete a salto vault (as long as it is safe). Start Value of 10.00 will be given.

Bars

Beam

Floor

Specific Coach Requests

Level:	Request:	Answer:	Reason:
Bronze	Extra flight element on floor	Yes	Allowed. No restricted skill penalty but deductions applied for all performed elements.
Silver	Flyaway on bars	Yes	Yes, as this is allowed in Gold
Silver	Extra salto on floor	Yes	Allowed. No restricted skill penalty but deductions applied for all performed elements. (maximum 2 saltos)
Xcel Gold	Can the athlete perform 1 flight acro skill in replace of the second non flight requirement?	Yes	The element can replace a requirement without restricted element deductions
Xcel Gold	Can 1 B element replace 2 A's ?	No	The element can not replacement requirements
2	Level 2 - Beam dismount ¼ turn	Yes (as showcase format)	Athlete must show regular Level 2 dismount and then get back up to show the level 3 dismount.
3	Level 3 - Jump to the HB	Yes (as showcase format)	Athletes should show it after completing the level 3 routine.
3	Level 3 - Beam	Yes	In the routine the skill will be judged, if

	Replacing the handstand with a Cartwheel		performed after the routine the skill is not judged.
3	Floor - upgraded tumbling within the routine. ie) Ro bhs bhs	Yes	Floor skills can be performed during the routine
4	Can a Level 4 do Aerial in replacement of the front handspring tumbling line	No	No - not a fair trade for number of elements
5	Use personal music for level 5 floor routines	Yes	Level 5 athletes may perform the level 5 choreography to optional music (following all music rules from BC Charts).
6	Can they perform a 2 skill pass with a salto and a single salto?	No	No, because they are missing the 3 skill tumbling requirements.