



WAG Masters Start Value Worksheet

Gymnast Name: _____ Gymnast Club: _____ Apparatus: _____ Age Decade: _____

#	Name of Skill	Difficulty (A/B/etc.)	Value (See table at right, depends on age)	Condensed Element Group (I-IV)	EG Bonus (+0.5 per Condensed Group, max 2.0)
1					
2					
3					
4					
5					
6					
Skills used only for EG Bonus (not Difficulty)					

Age Decade		30-39	40-49	50-59	60-69	70+
Number of counting elements		6	6	6	6	6
EG Bonus Skill Level Requirement		≥ Masters Elements	≥ Masters Elements	≥ Misc. +	≥ Misc. +	≥ Misc. +
Routine Length Skill Level Requirement		≥ Masters Elements	≥ Masters Elements	≥ Misc. +	≥ Misc. +	≥ Misc. +
Vault Age Bonus		1.8	2.6	3.4	4.2	5.0
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NAIGC A	0.2	0.3	0.4	0.5	0.6
	FIG/NAIGC B	0.4	0.5	0.6	0.7	0.8
	FIG/NAIGC C	0.6	0.7	0.8	0.9	1.0
	FIG/NAIGC D+	0.8	0.9	1.0	1.1	1.2

Execution					
10.0	+	Total Difficulty:	+	Total EG	- Skills short of 6 = Start Value:

Difficulty Notes: See table above right for values by difficulty and age decade. Only the top 6 most valuable skills count towards difficulty, so only list the 6 most difficult in the "Value" column

Element Group Bonus: For each Element Group that you do a skill in, you get +0.5 bonus. Only one bonus per EG per routine, for a maximum of +2.0

Short routine deduction: for each skill fewer than 6 in the routine, the gymnast will lose 1 point (so a 4 skill routine gets -2.0)

Condensed Element Groups for Each Apparatus (and which FIG/WG Groups They're in)			
	Bars	Beam	Floor
I	1. Mounts	2. Leaps/Jumps/Hops	1. Leaps/Jumps/Hops
II	2. Casts & Clear Hip Circles 4. Stalder Circles 5. Pike Circles	3. Turns	2. Turns
III	3. Giant Circles	4. Holds & Acrobatic Non-flight 5. Acrobatic Flight	3. Hand Support Elements
IV	6. Dismounts	1. Mounts 6. Dismounts	4. Saltos Forward & Sideward 5. Saltos Backward