

FREEG GRAND PRIX SERIES

Ryf Grand Prix Overview

The Gymnastics NSW GfA Gymsport Committee would like to introduce a FreeG event for all FreeG Clubs and athletes called the Release your Freedom Grand Prix Series (RYF). The events focus is the provision of additional development opportunities and the promotion of a friendly competition spirit between clubs as clubs accumulate points and vie for overall club rankings at the Release your Freedom Grand Final event.



Clubs will accumulate points from each RYF Series event. The points will be totalled to determine the overall Release your Freedom champion Club and athlete. Awards will be given at each RYF series event for both the speed run and Freestyle categories, with the club RYF awards presented at the Release your Freedom Grand Final.

Clubs will be given the opportunity to host one of the RYF series event by application submission to the GfA GC. All applications from clubs will be considered with the successful applicants receiving notification in writing.

The agreement to host a RYF event entails a 50/50 split of the total profit from the event between GNSW & the host. The club understands that by accepting a host position, all competition forms and finances are managed by Gymnastics NSW and that at the end of the event, and all invoices being received, profits are split 50/50.

Ryf Grand Prix Pathway



Ryf GP Frequently asked Questions

How many FreeG Release Your Freedom Grand Prix Series can I enter?

Clubs and athletes can attend any or all the FreeG Release Your Freedom Grand Prix Series (RYF Grand Prix). However, to be eligible to compete in the Release your Freedom Grand Final ***you must participate*** in a minimum of 1 FreeG Release Your Freedom Grand Prix Series within that calendar year.

Are the FreeG Release Your Freedom Grand Prix Series sanctioned qualification events for the Release your Freedom Grand Event.

Yes, All RYF Grand Prix series events act as a qualification for the Release your Freedom Grand Final Event.

How will the FreeG RYF Champion club points be calculated?

Start Here, Go Anywhere!

At each RYF Grand Prix Series event – including the RYF Grand Prix Grand Final, points will be allocated, and Clubs will be ranked with prizes awarded at the RYF Grand Final event. The RYF Grand Prix Champion club will be announced during the presentation of Release your Freedom Grand Final Event.

PLACING	POINTS	PLACING	POINTS	PLACING	POINTS
1 st Place Overall	10 points	4 th Place Overall	7 points	7 th Place Overall	4 points
2 nd Place Overall	9 points	5 th Place Overall	6 points	8 th Place Overall	3 points
3 rd Place Overall	8 points	6 th Place Overall	5 points	9 th Place Overall	2 points
				10 th Place Overall	1 point

Responsibilities

GNSW

- RYF GP applications available on the GNSW.
- Inform GNSW GFA Gymsport Committee of event and respond to applicants.
- Add entry form and information pack to GNSW website, Events calendar.
- Send GNSW GFA FreeG coordinator collated event information.
- Event supply box stocked
 - Red Flags
 - Check points and Lava signs
 - Grip mat
 - Score sheets
 - Stop watch
- Supply GFA GC Laptop and iPad with playlist for event.
- Promote RYF GP on Social media and other GNSW marketing portals.
- Collate points and publish results on GNSW marketing portals.
- Confirm Budget and divide the profits with club and GFA GC

GNSW GfA FreeG Coordinator

- Liaise with GNSW ESDO regarding event - design of course & judges.
- Liaise with club and discuss apparatus set up and volunteer roles.
- Liaise with club regarding event structure.
- Collect Event box, Laptop and iPad from GNSW office.
- Organise the event run sheet/ athlete order.

- Run the Event from start to finish.
- Complete risk assessment with club before running the event
- Return the event box, Laptop, iPad to GNSW office with event results.
- Develop a budget for the event with GFA ESDO.

Club

Before the event:

- Complete and return relevant forms to GNSW.
- Complete the Event information sheet and return to GNSW ESDO.
- Supply venue at nil cost to run the event.
- Arrange first aid to attend event.
- Liaise with GNSW GFA FreeG Coordinator:
 - Event set up and apparatus
 - Times
 - Volunteers for the day
 - Prizes
 - Judges

On the day:

- Organize to collect and keep gold coin donation.
- Supply volunteers for the day's event.
- Complete risk assessment with GNSW GC FreeG coordinator before the event
- Run a fundraising BBQ or Canteen – club to keep proceeds
- Purchase prizes/ Awards for the event

Post event

- Supply a news story to GNSW Marketing
- Supply Award costs to GNSW to allocate to the budget expenses

Apply to Host FreeG Grand Prix Series

How can my club hold an FreeG Grand Prix event?

- Go to the GNSW Event [Regional Competitions Calendar](#)
- Complete the [Sanctioned Event Application](#) - **Event type:** Regional / **Gymsport:** GFA / **Available Levels:** Grand Prix / **entry form:** N/A
- Applications will be then sent to the GFA GC for consideration and selection.
- Successful applicants will be sent a formal letter and the event added to the GNSW website.
- Entry forms can be found on the GNSW Event Website.

Start Here, Go Anywhere!