

2024

Gymnastics NSW Technical Regulations

Section 4 - Gymnastics for All



POLICY NAME:

Gymnastics for All Gymnastics Technical Regulations 2024

DATE OF ISSUE:

December 2023

POLICY COVERAGE:

All Gymnastics NSW Gymnastics for All Gymnastics Events & Activities

DATE OF REVIEW:

December 2024

CONTROLLING BODY:

Gymnastics NSW - GfA Gymsport Committee



Table of Contents

GENERAL INFORMATION	4
Technical Regulations Purpose	4
Abbreviations	4
Committees	4
National Commission	4
GNSW GFA Gymsport Committee	5
Key Focuses and Initiatives	5
SPORT SPECIFIC INFORMATION	6
About GfA.....	6
Program Information	7
KinderGym	7
LaunchPad.....	8
Performance or Display Gymnastics	9
GymAbility- Inclusive Gymnastics	9
TeamGym.....	11
FreeG	13
Fitter for Life	14
GENERAL REGULATIONS	15
ADDITIONAL COACH REGULATIONS	15
GFA Coach Accreditation	15
ADDITIONAL JUDGE REGULATIONS	18
TeamGym.....	18
FreeG Judges	18
Judge Attire	18
ADDITIONAL ATHLETE REGULATIONS.....	19
Progression	19
Athlete Attire	19
EVENT INFORMATION -	20
TeamGym Season	20
FreeG Grand Prix Season.....	20
Performance Season	20
Music Requirements	21
Tariff/Routine Sheets.....	21
Specific Event Requirements	21
TeamGym Requirements	21
FreeG Requirements	21
State Festival of Performance Gymnastics Requirements	22
TeamGym State Championships Requirements	23
FreeG State Championships Requirements	24
Awards – 2024 State Championships	28
Country Championships.....	29
SELECTION PROCESS	31
GNSW Junior Performance Team	31
GNSW Senior Performance Team	31
FIG Performance Opportunities.....	32



World Gym for Life Challenge..... 32

RESOURCES..... 33

UPDATES AND CLARIFICATIONS..... 33





General Information

Technical Regulations Purpose

This is to be read in conjunction with the [GNSW General Regulations Section](#).

The FIG Code of Points and Technical Regulations, and the Gymnastics Australia Technical Regulations provide governance for Gymnastics for All (GFA). This handbook provides GFA in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The GFA Gymsport Committee shall be master of its own procedures.

Where any event occurs that is not elsewhere provided in these regulations, any decision or action required shall be decided by a simple majority vote of the Committee, whose determination of the matter shall be final and not to be construed as having set a precedent.

Whereby error or omission any of the foregoing regulations shall require interpretation, the original intent of the Committee in the framing of the subject regulation shall prevail, rather than the letter of the law.

Abbreviations

EPPO	Events, Pathways and Performance Officer
FIG	Federation International Gymnastics
G4L	Gym for Life Challenge
GA	Gymnastics Australia
GFA	Gymnastics for All
GNSW	Gymnastics New South Wales
SMT	Single Mini Tramp
TUM	Tumbling
WG	World Gymnaestrada
WG4L	World Gym for Life Challenge

Committees

National Commission

The Functional Statement for GA National Commissions can be found on the [GA Website](#) and the [Gymnastics Australia GfA Technical Regulations](#).

Contact information for the commission can be found [HERE](#).



GNSW GFA Gymsport Committee

Technical Director	Rebecca Tomkins	Email
FreeG Coordinator	Caedyn Hardy	Email
TeamGym Coordinator	Elizabeth Napoli	Email
Performance Coordinator	Emily Gale	Email
KinderGym Coordinator	Rochelle McGregor	Email
Inclusions Coordinator	Michael Bastion	Email
Fitter for Life Coordinator	Frances Crampton	Email
GNSW Events Pathways and Performance Officer (Ex Officio)	Rory Peters	Email

For more information on the function, specific roles and responsibilities please refer to the GNSW Websites.

LINK: [Committees & Volunteer Policy](#)

LINK: [Committee Roles & Responsibilities](#)

Key Focuses and Initiatives

The GNSW GFA Gymsport Committee (GC) in conjunction with the GNSW GFA Events, Pathways and Performance Officer (EPPO) is committed to the following goals:

Participation	Development	Events
<ul style="list-style-type: none"> • Increase participation and provide support for clubs to continued growth in the sport. • Enhance communication within the GFA community 	<ul style="list-style-type: none"> • Ensure educational programs are provided to train and develop both coaches and judges. 	<ul style="list-style-type: none"> • Coordinate well run and economically viable competitions. • Strive for the premier position in the GFA National arena. • Evaluate dedicated venues for GFA events.

If you have any ideas for future projects please get in touch and submit your idea through the [online form](#).



Sport Specific Information

About GfA

Gymnastics for All is a sport for everybody and a sport for life, regardless of age, gender or ability. GfA encompasses a wide range of Gymsports under one banner. This includes, but is not limited to, Kindergym, Fitter for Life, FreeG, GymAbility, TeamGym, Performance. It is the perfect activity to prepare children for **long term** participation in sport and develops vital life skills.

Gymnastics for All is the foundation for all gymsports and a gymsport in its own right. The Gymnastics for All philosophy is guided by five principles – fun, fitness, fundamentals and friendship that lasts forever.

Gymnastics for All is the foundation of all Gymsports, whilst also a Gymsport of itself. Clubs can utilise Gymnastics for All as a starting point for teaching the fundamentals, before gymnasts specialise in any of the other 6 Gymsports. Alternatively, clubs may focus on developing Gymnasts with diverse skills, adaptable to a variety of movement experiences.

Gymnastics for All has been categorised by the International Federation of Gymnastics (FIG) into the following areas:

- Gymnastics on and with traditional, innovative or creative apparatus.
- Playful apparatus gymnastics.
- Floor exercise and gymnastics.
- Gymnastics with and without hand apparatus.
- Rhythmic gymnastics, Jazz gymnastics and jazz dance.
- Modern dance and Aerobic Gymnastics Activities which contribute to the health and wellbeing of participants.
- KinderGym, TeamGym and FreeG all fall into the above categories and therefore come under the Gymnastics for All Banner.

For more information about GfA and how to get involved please refer to the [GNSW Website](#).



Program Information



KinderGym

Specifically for children under five years to help develop the fundamental movement skills needed for an active, healthy life; learn through exploration, with parents alongside to share the fun.

Born to Move!

[KinderGym](#) is Gymnastics Australia's movement-based learning experience for young children and their caregivers.

Children need as many opportunities as possible to optimise brain development and increase physical potential before they go to school. KinderGym provides a safe environment for children to develop physical skills in a fun and playful way, at their own rate. Educational research tells us that children learn best through exploring and discovering their abilities through physical activity. Gymnastics Australia's KinderGym program offers children a LaunchPad into fundamental movement; ensuring they can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies. While developing co-ordination and self-esteem, KinderGym programs assist in your child's physical, social and cognitive development. The KinderGym program is the first in a series of fundamental movement programs offered by [Gymnastics Australia](#)

Gymnastics Australia's KinderGym program has been founded on child development principles and is steered by the KinderGym Guiding Principles. An Accredited KinderGym Leader guides each program, ensuring that the equipment set-ups are safe, stimulating and provide endless movement opportunities for your child to play and learn. KinderGym promotes the child as the key focal point and involves active participation of the child's mother, father or carer who also benefit from sharing in their children's fun and enjoyment. KinderGym allows parents to share rather than direct, allowing for real benefits from their child's self-initiated play. Parents may also be interested in becoming KinderGym Leaders and can find more information in the GNSW Website Coaching pages.

The [LaunchPad Kinder GymMix manual](#) supports the KinderGym philosophy and covers a vast range of information and activities to help inspire KinderGym coaches and teachers.

Gymnastics Australia provides a KinderGym Passport, an exclusive program benefit for each participant, to clubs who are endorsed as KinderGym providers. The passports are distributed at the start of each year based on the number of KinderGym registrations from the previous year. Clubs who exceed registrations in the program can request additional copies from Gymnastics Australia.



LaunchPad

Covers Recreational fundamental movement activities for children up to 12 years with the support of the GymMix resource. Gym Fun 6-8; Gym Skills 9-12.

[GymMix](#) is a coaching and teaching resource for clubs developed by Gymnastics Australia. [The resource](#) introduces participants to the fundamentals of gymnastics using a challenging, enjoyable and safe approach.

- GymMix is a foundation program for participants of all abilities involved in: Gymnastics for All (GFA) or recreational gymnastics programs, fundamental movement relative to all sports.
- GymMix offers a fusion of all Gymsports: Artistic Gymnastics combined with Rhythmic, Sports Acrobatics, Sport Aerobics, Trampoline Gymnastics, Cheerleading and Display Gymnastics.
- Part A offers Levels 1-3 of GFA National Levels Program, Part B follows with Levels 4 - 6, Part C with Levels 7 – 10.
- GymMix gives ideas on how to teach skills safely whilst having fun by providing a fundamental, sequential gymnastics program. It is an update and combination of Gymnastics Australia's "Introductory Gymnastics" with the "Gym fun" and "Gym skills" manuals.

Who is GymMix for?

- All coaches and clubs involved in Gymnastics for All or recreational programs

GymMix Features:

Series A - Promotion Pack

Including a set of three posters, sticker samples, sample Participant Record Booklet, sample Certificates and CD-ROM

- GymMix Program - an introduction to the teaching of gymnastics activities
- GymMix Activity Cards
- Coaching Tips
- GFA National Levels Program Levels 1-3
- Lesson Plans - Generic, Cheer, Aerobics, Hand Apparatus
- Templates - certificates, assessment and participant records, DIY circuit cards

Series B - CD-ROM

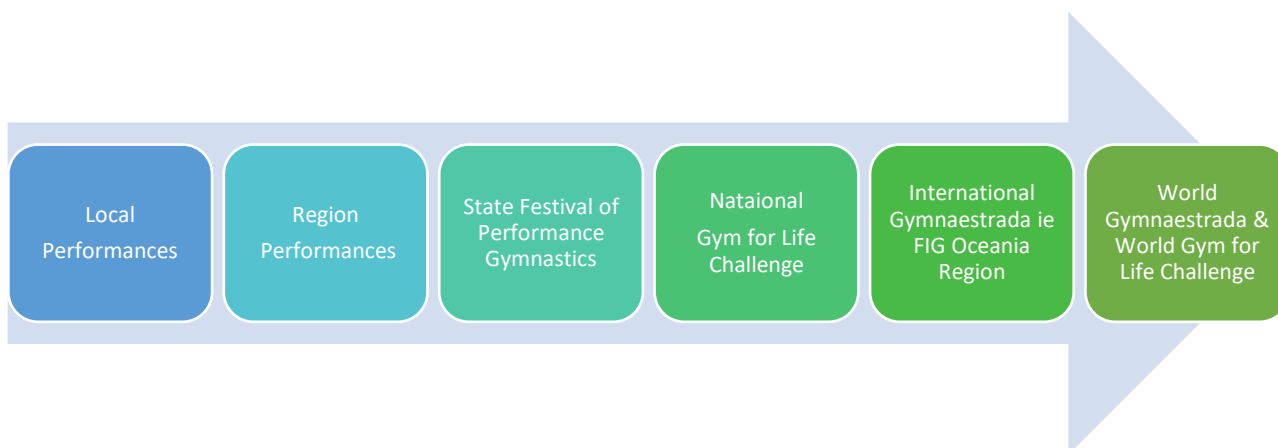
- GymMix Program - Tips on creating displays
- GFA National Levels Program Levels 4 - 6
- Lesson Plans - Trampoline
- Templates - certificates, assessment and participant records



Performance or Display Gymnastics

Is a dynamic part of Gymnastics for All with opportunities for gymnasts to show off their skills in group performances from local to international level. Gymnasts of all styles and levels can perform in display events.

[Performance Gymnastics](#) is part of Gymnastics for All and provides clubs and athletes the opportunity to showcase their gymnastics skills using any style and combination of gymnastics and dance. Skills are artfully arranged with or without music and using any large



or handheld apparatus or no equipment at all. Performance Gymnastics develops leadership and teamwork skills to benefit the individual's health and a potential in life and is a way of engaging young men and women to continue with their sport at any age.



GymAbility- Inclusive Gymnastics

Gymnastics coaches are trained to adapt movements to suit everyone's needs; if you're looking for something more specialised, GymAbility classes offer more specific classes to suit all levels of physical and mental ability.

The GymAbility Philosophy aims to support coaches and teachers to deliver movement programs that are inclusive for all, regardless of level of ability. Participants may or may not have a disability that impacts on participation. It is important to remember that all participants are individuals and any activities undertaken should consider their individual needs with the focus on what participants can do, rather than on what they can't. The *GymAbility* logo denotes clubs that have indicated they provide inclusive programs within mainstream classes or specifically for people with disabilities.

GymAbility's inclusive programs and resources offered by Gymnastics Australia and Gymnastics NSW may include:

1. **GymAbility GymMix** - [Gymnastics for All Coaching Resources](#)

The GymAbility GymMix program provides participants with experiences that will enhance all abilities and target the development of physical abilities. GymAbility GymMix provides an exciting entry point for participants beginning a gymnastics-based movement program and/or for participants who may have a disability that impacts on their physical ability.

Managing Inclusion in Gymnastics (MIG) is Gymnastics Australia's inclusive coaching resource. MIG is an online training course for club personnel including for coaches,



judges and administrators and has been a compulsory requirement for GA Technical Membership since 2010.

2. Sport-specific [National Levels Programs](#)

Modified Routines All existing gymnastics participation and competitive programs can be modified to include participants with a disability. This may include modification of apparatus, rules or judging.

Gymnasts with a disability can compete at club / Region 'friendly' events throughout the year as well as selected state-based competitions. Qualification requirements for the state-based competitions will be determined by the relevant Gymsport.

GNSW have developed an AcroAbility competitive program resource. Further details can be found in the Acro Technical Handbook.

Registration of GymAbility Athletes

When registering your athletes on the National Data Base please follow the procedure:

- **Physical** = amputee, birth defects affecting physical ability, muscular impediments, vision & hearing impairment, Multiple Sclerosis, Cerebral Palsy,
- **Intellectual** = IQ lower than 85, Downs Syndrome, Autism Spectrum Disorder including Asperger's, Brain Injury, **SOA** = Special Olympics Australia Registered Athlete

3. Special Olympics Australia - [Special O](#) - WG, MG & RG

Gymnasts with a disability also can participate and compete in the Special Olympics pathway in Artistic and Rhythmic Gymnastics, from a local through to international level. Special Olympics routines are available to download from www.specialolympics.org.

If you would like more information about Special Olympics, please contact the Inclusions Co-ordinator



TeamGym

An exciting event focusing on performing as a team on floor, tumbling and Single Mini Tramp, with a pathway to compete from local to international events.

[TeamGym](#) is an exciting Gymnastics for All program and competition event for teams of gymnasts, aged 5 years and over, providing an opportunity for performances on 3 different apparatus. Team Gym competitions and championships are held regularly though out the world.

TeamGym competitions exhibit gymnastic skills in three different disciplines: Floor, Tumbling and Single Mini Tramp. The performance should demonstrate effective teamwork, good technique in elements and spectacular acrobatic skills. Characteristics of a TeamGym competition include team spirit and a friendly atmosphere which captivates spectators, media and sponsors.

TeamGym consists of three different disciplines:

1. Floor

Performed on a full floor area to music with emphasis on smooth transitions, formations, teamwork and an expressive presentation. The choice of elements must suit the level and maturity of the team as well as the music.

2. Tumbling

Teams perform a tumbling series with good "streaming" i.e. consecutively and close to each other. The tumbling routine is performed to music. Each team performs two or three different passes. Each pass must consist of at least two different acrobatic elements, without intermediate steps.

3. Single Mini Tramp

Teams perform skills on the Single Mini Tramp (SMT) with good streaming. The Single Mini Tramp routine is performed to music. Each team performs four different passes - 2 single runs and 2 synchronised runs. Open and International divisions include a vaulting pass.

All apparatus is accompanied with music with 6- 12 members in a team.

There are 5 divisions based on difficulty:

- Novice
- Intermediate
- Advance
- Open - Inclusion of Vaulting skills
- National - Inclusion of Vaulting skills

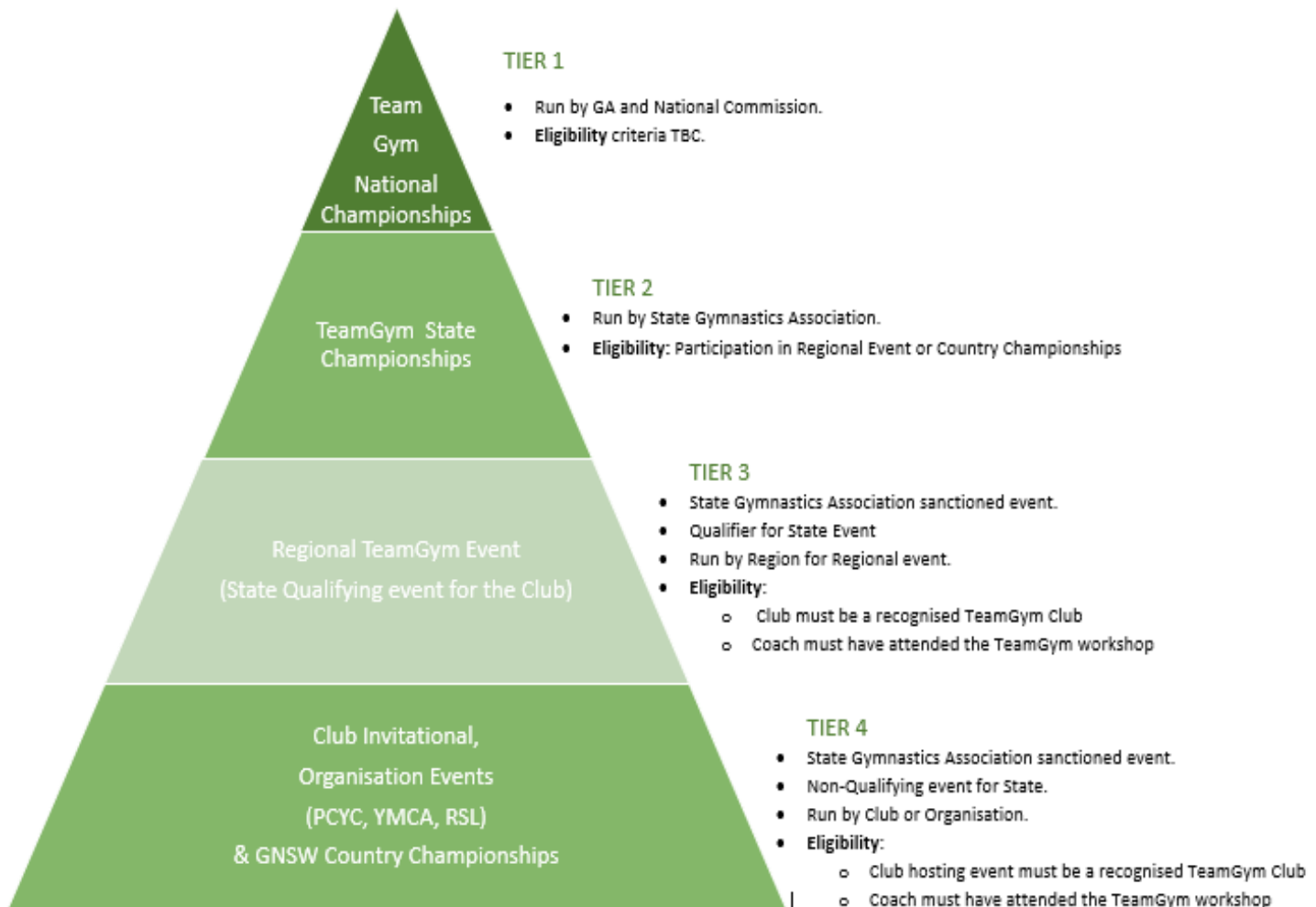
TeamGym provides the opportunity for teams to travel interstate and internationally to participate.

Teams must participate in their allocated Region Event to be eligible to attend State Championships.

Teams can attend other events outside their region and take part in the TeamGym competition circuit. Competition dates can be found on the [GNSW website calendar](#).



TeamGym Event Pathway



Education Workshops

GNSW will be conducting coaching and judging workshops throughout the state.

It is a **compulsory** education requirement that coaches running a TeamGym programs to have attended the TeamGym Coaches workshop. See General Regulations for Workshop Criteria. If you are in an isolated area contact coaches@gymnsw.org.au for assistance.



Free FreeG

Anything you want the movement to be and the safest way to develop your style of aerial manoeuvres.

First developed by British Gymnastics, [FreeG](#) fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performances and stunt actors.

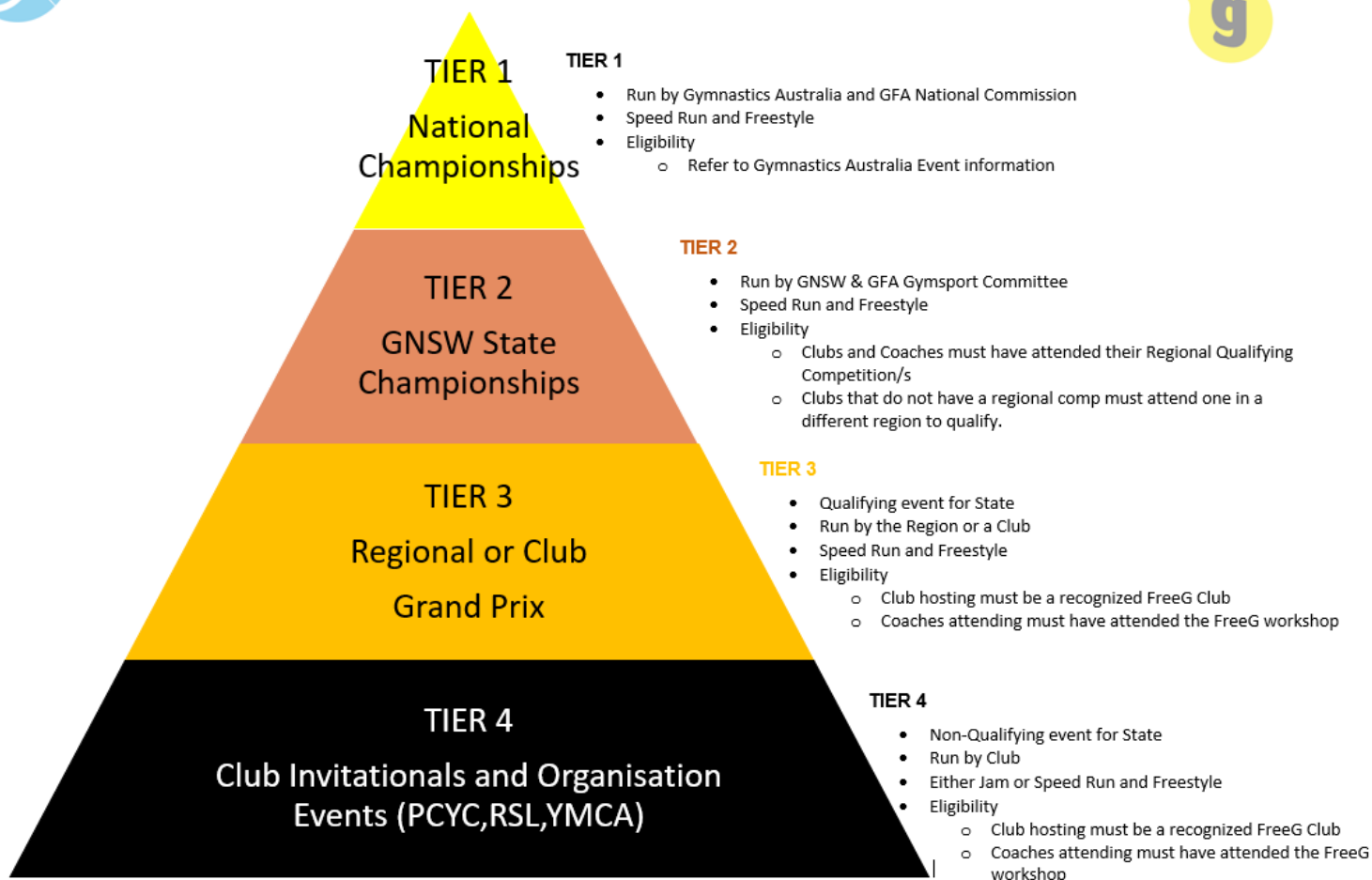
FreeG gets your body moving in ways never thought possible. It will get your heart racing and develop a heightened sense of spatial awareness that can be put to good use in a variety of other sports (including; boarding, biking, skiing, climbing and surfing).

FreeG Events:

Release your Freedom is an obstacle course style event designed as a participation-based activity for GFA FreeG athletes. There are two apparatus or courses - a time trial (Sprint) through a designated series of obstacles, with the fastest athlete named as the winner; and a freestyle run, where athletes are allowed one minute to use any apparatus or skill to impress the judges panel. Judges will be evaluating athletes on Execution and Safety (ES), Creativity and use of Course (CC), and Difficulty (D).



FreeG Event Pathway





RYP Grand Prix Pathway



The Event

2 Categories: Speed Run & Freestyle Course - Athletes can enter 1 or both categories.

1. Speed-run - Fastest Athlete

Competition format consisting of a timed run, where the goal is to go from A to B with efficiency, by using specific Freestyle moves to overcome obstacles.

2. Freestyle – demonstrate a good mix of Creativity, flow and technical skills

Competition format consisting of a run, where the goal is to go from A to B with style, fluidity and mastery, within a maximum time period of 60 seconds, by using:

- specific Freestyle moves to overcome obstacles
- acrobatic moves on specific parts (zones) of the run to show creativity and mastery

Education Workshops

GNSW will be conducting coaching and judging workshops throughout the state.

It is a **compulsory** education requirement that coaches running a FreeG program to have attended the FreeG Coaches workshop. If you are in an isolated area contact coaches@gymnsw.org.au for assistance.



Fitter for Life

Classes for older adults who want to keep the bodies and brains active in a fun environment.

The benefits of Gymnastics are multi-faceted, including the development of flexibility, strength, balance and co-ordination. [Fitter for Life](#) gymnastics aims to incorporate all the benefits of gymnastics into a movement program for older adults which is achievable fun and provides ongoing physical and psychological stimulation.

Fitter for Life programs are based around agility, mobility, strength, flexibility, balance and co-ordination, posture, fitness, fun and friendship. Programs can be delivered for all participants, including those less mobile or with a disability. Activities incorporate the use of handheld apparatus, which participants can also undertake whilst sitting.

For further information regarding the program visit the [GNSW](#) website



General Regulations

To access all club, coach, judge, athlete, volunteer and competition regulations, please visit the [GNSW Technical Regulations Website](#).

Additional Coach Regulations

The onus is on the Coach when delivering GFA programs to make sure that they are coaching within their Accreditation. For information relating to skills within each accreditation, please see the [skills matrix and competencies](#)

It is recommended for TeamGym and Performance that Coaches hold a GFA Intermediate Coaching Accreditation which covers Display/Performance Competencies.

The table below reflects the Accreditation competencies required at the time of publication.

GFA Coach Accreditation

In Addition to the Accreditation Table located on the [General Regulations Website](#), please see below additional information for each level of accreditation. The below are the minimum accreditation requirements for the respective Gymsport and level.

KinderGym - Coach Accreditation required for Program Delivery

KinderGym	Intermediate or Advanced Coaching KinderGym Accreditation
BabyGym	Intermediate or Advanced KinderGym Accreditation <ul style="list-style-type: none"> has attended a BabyGym workshop.

LaunchPad - Coach Accreditation required for Program Delivery

GymFun and GymSkill Recreational Classes	Intermediate / Advanced Coaching GFA Accreditation
---	---

Rebound Therapy - Coach Accreditation required for Program Delivery

Program Delivery	Intermediate or Higher GFA, MG, WG, TRP who has attended a Rebound Therapy workshop.
------------------	---

Fitter for Life - Coach Accreditation required for Program Delivery

Program Delivery	Intermediate Accreditation who has attended a Fitter for Life workshop.
------------------	--

TeamGym - Coach Accreditation for Program Delivery and Events

Novice Division	Intermediate ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop
	Advanced AER/RG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop.
Intermediate Division	Intermediate ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop.



	Advanced AER/RG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop.
Advanced Division	Intermediate ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> +Advanced Tumbling and Spring Module 1 has attended the Novice - Advance TeamGym workshop.
	Advanced AER, RG Coach Accreditation or higher <ul style="list-style-type: none"> +Advanced Tumbling and Spring Module 1 has attended the Novice - Advance TeamGym workshop.
Open Division	Advanced ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & International TeamGym workshop.
	Advanced AER, RG Coach Accreditation or higher + <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & International TeamGym workshop
International Division	Advanced ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & International TeamGym workshop.
	Advanced AER, RG Coach Accreditation or higher + <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & International TeamGym workshop

Coach accreditation requirements are minimum requirements. For divisions and levels where athletes can perform salto/inverted elements, or more advanced skills, coaches will be required to hold a higher level of accreditation in line with the accreditation skill matrix and level of competency. For Additional Coach Accreditation Regulations please refer to the [Part 1 – General Regulations – Coach Regulations](#).

FreeG - Coach Accreditation for Program Delivery and Events

Intermediate Division	Intermediate GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> Has attended a FreeG workshop.
Advanced Division	Intermediate GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> + Advanced Tumbling and Spring Module 1 Has attended a FreeG Workshop
	Or Advanced GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> Has attended a FreeG workshop.
Elite Division	Advanced GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> Has attended a FreeG workshop.

Coach accreditation requirements are minimum requirements. For divisions and levels where athletes can perform salto/inverted elements, or more advanced skills, coaches will be required to hold a higher level of accreditation in line with the accreditation skill matrix and level of competency. For Additional Coach Accreditation Regulations please refer to the GfA Regulations Section.



Performance - Coach Accreditation Program Delivery and Events

All Categories

Intermediate Coaching Accreditation in any Gymnsport





Additional Judge Regulations

TeamGym

- As per Gymnastics Australia TeamGym Code of Points (found in the GA Resource Portal)

FreeG Judges

- As per Gymnastics Australia Code of Points (found in the GA Resource Portal)

Judge Attire

TeamGym

Judges must meet the dress requirements as listed in the TeamGym Judges Workshop.

- Navy blue Jacket
- Knee length navy blue skirt or full-length trousers
- White sweater, shirt or blouse
- Black closed in shoes (not sandals).
- Heels that may damage gymnastics matting must be avoided
- Hair must be neat and not inhibit vision, long hair must be tied back
- Jewellery, if worn, must be professional in appearance

FreeG

Judges must meet the dress requirements as listed in the FreeG Judges Workshop

The following attire is **not** considered appropriate and will **not** be permitted:

- Pants - Jeans, including black jeans or shorts
- Skirts above knee length
- Sandals, ugg boots or thongs
- Hats

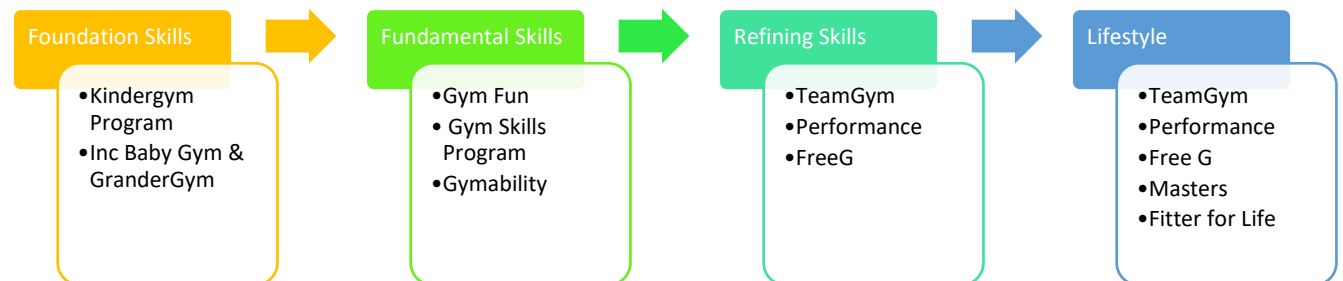
Judges not complying with the dress code may be refused entry onto the competition floor.



Additional Athlete Regulations

Progression

The Table below shows the pathway of a GFA Athlete.



Athlete Attire

Athletes must wear competition attire for start of session march on at State Championships and the awards presentation at all events.

The following is considered competition attire and is therefore permitted:

- Club Track suits
- Club Shorts
- Club T-Shirt/ Club Polo Shirt

The following is **not** considered competition attire and is therefore not permitted:

- Tights, Shoes or slides
- Hats or other accessories





Event Information - Competition Structure

TeamGym Season

Term 2 & 3	Region TeamGym Qualifying Events
Term 4	State Championships
Term 4	National TeamGym Club Championships

FreeG Grand Prix Season

Term 2 & 3	Region/Club Grand Prix Events
Term 3 – 4	National FreeG at National Clubs Carnival
Term 4	State Championships

Performance Season

National Gym for Life Challenge

GNSW Festival of Gymnastics / Gymfest

In addition to the seasons above additional competition opportunities may be:

- Friendly Club
- Gymsport Committee competitions

NB: These competitions are not qualifying events; they are purely for additional participation.



Music Requirements

Please refer to the [General Regulations Website](#) – Club Regulations – Music Submission Section – for all format, labelling and submission dates and any penalties that may apply.

Tariff/Routine Sheets

TeamGym

Tariff & score sheets can be found on the Gymnastics Australia Coach or Club Portals. Tariff sheets are to be handed in by the club coach on the day at the session coaches briefing.

FreeG

Score sheet can be found on the GNSW website under Gymnastics for All [Technical Documents](#).

Specific Event Requirements

TeamGym Requirements

It is compulsory for each Region is to run a TeamGym Competition in 2024.

Each Team MUST participate in one of their Region TeamGym Competition to be eligible to attend State.

Each region will hold a minimum of 2 TeamGym Region competitions.

Regions can select one TeamGym team to represent the region at the State Championships in each of the following divisions:

- Novice
- Intermediate
- Advanced

These Teams will be selected across the 2 TeamGym region competitions. The region team in each division will be the team with the highest average score across the 2 selection competitions.

Selected teams will still represent their club in club attire.

Select teams will remain in their club rotation.

FreeG Requirements

It is compulsory for Athletes to attend a FreeG Grand Prix event to be eligible to qualifying for the State Championship event for 2024.

GNSW has developed resources to assist Regions or Clubs to implement the event.

In addition, GNSW has also developed a speed run resource proving templates for certificates, skills and age groups, an easy guide to run the event.



- 10 single skill assessment programs based on the FreeG National Stages.
- Example speed run set ups and floor plans.
- Templates for certificates, out of bounds, check points.
- Digital Count down timer.
- An easy guide to run the event.

State Festival of Performance Gymnastics Requirements

Team Divisions:

Gymnastics and Dance	small group	3 – 15 people
Gymnastics and Dance	large group	16+ people
Gymnastics on or with large apparatus	small group	3 – 15 people
Gymnastics on or with large apparatus	large group	16+people

Duration of Routines:

Performances must be a maximum of 5 minutes. Performances that extend past 5 minutes may be cut short to ensure the event can continue to run to schedule.

Team Composition: Discretionary (any age, gender or ability)

Music, Dress & Content:

- Discretionary (harmonious and safe).
- Music, dress and content of each display are totally at the discretion of each display team however, all should be harmonious and form a coherent entity.
- **Safety is a major concern and all members within a team must only perform to their ability level. Skills are to be performed safely and technically correct and within the Coaches competency.**
- Music containing explicit or inappropriate language will be stopped.
- Performances are to be spectator friendly and must not contain explicit or inappropriate themes, content or dress.

Eligibility

- **Coach** - must be a current registered technical member with GNSW/GA of a current affiliated club with a minimum Intermediate Accreditation.
- **Athlete** - must be a current registered of athlete GNSW/GA.
- **Club** - must be a current Affiliated Member of GNSW/GA.

Coaches Information

- **Only coaches whose names were entered on the entry form and have completed a Working with Children Check will be permitted onto the competition floor.**
- No cameras, videos cameras, iPads or tablets are allowed on the competition floor.
- It is the coach's responsibility to make sure they sign on the attendance sheet prior to the competition start time.
- **All coaches must be wearing club uniform.** This is club tracksuit pants/club issued shorts and track top, shirt and sports shoes.



Equipment and Props

- If props are needed during warm up, they must be taken into the warmup area.
- All equipment and props are the responsibility of the individual club. It is suggested that clubs label their equipment.
- GNSW and the organising committee will take all possible measures to ensure the safety of these items, but the ultimate responsibility rests with the club. It is the Club / Team's responsibility to ensure the fast and safe set up and removal of all props for their gymnast's display.
- Clubs need to ensure that at the conclusion of their performance, all equipment whole or part is removed from the floor area. This includes streamers and pieces of streamers etc. This is for the safety of the team who is performing next.
- All props must be safe and tasteful to the performers and audience. The organising committee reserves the right to withhold, or not allow equipment, props and activities deemed unsafe or inappropriate at the event.
- The following equipment will be available for teams to use during their performance:
12m x 12m **non-sprung floor**
1 x Mini Tramp
1 x Crash mats

To assist with the festival organisation, clubs should detail what equipment they will be bringing with them for use at the time of entering the team.

- Clubs will need to supply their own equipment handlers.
- See Event Information Booklet on the website for stage specific details.

Recognition:

- The Festival of Performance Gymnastics is a non-competitive event and designed for participation and enjoyment for all.
- All Athletes and coaches will receive recognition.

TeamGym State Championships Requirements

Qualification

To be eligible to compete at State Championships, teams must attend one of their Region TeamGym events.

Divisions: All - Novice, Intermediate, Advance, Open & International

*Final determination of competition divisions will be determined based on the entries received. After the close of entries, categories may be updated.

Awards Novice - Advanced

Overall Scores will be awarded the appropriate colour medal falling within the scores below:

Gold	25.50 - 30.00
Silver	21.00 - 25.49
Bronze	0.00 - 20.99

Awards Open - International

Overall 1st, 2nd, 3rd in each division and/or age group



Equipment

The following equipment will be available for teams to use during their performance:

- 12m x 12m floor
- 2 x Mini Tramps
- 2 x Crash mats
- 1 x Vault
- Tumbling surface - Rod Tumble floor and/or air track

Rules and Regulations

Please refer to the National TeamGym Manual for further information regarding program rules and regulations. Manual is available on from the Gymnastics Australia & Gymnastics NSW website.

FreeG State Championships Requirements

Qualification

To be eligible to compete at State Championships, gymnasts must attend one of the Grand Prix Series events for 2024.

It is compulsory for athletes to participate in a Grand Prix series event to be eligible to attend State.

Categories: Speed Run & Freestyle Course - Athletes can enter 1 or both categories.

Speed Run

The event is a timed sprint through a designated series of obstacles, with the fastest athlete named as the winner.

Freestyle

In the Freestyle event, athletes are allowed one minute to use any apparatus or skill (within a defined area) to impress the judging panel.

Judges will be evaluating athletes on execution and safety (ES); skill selection, creativity, and use of the course (CC); and Difficulty (D). Judging panel composition will be as per [Australian Code of Points](#).

Speed Run Age Divisions:

Division 1	Division 2	Division 3	Division 4	Division 5	Division 6
6-8 yrs	9 - 12 yrs	13 - 16 yrs	17 - 20 yrs	21 – 25 yrs	26 yrs+

- Athletes are entered based on the age they turn in the year of the event/competition.



Freestyle Divisions & Age Groups:

Intermediate No inversion or Salto's (Yellow, Blue & Green banded skills)	Advanced Inverted skills allowed (Black & Red banded skills)	Elite* Twisting skills
Youth Division Age 6-8 yrs		
Pre-Jnr Division Age 9-12 yrs	Pre-Jnr Division Age 8-12 yrs	
Jnr Division Age 13-16 yrs	Jnr Division Age 13-16 yrs	Jnr Division Age 13-16 yrs
Snr Division Age 17-25 yrs	Snr Division Age 17-25 yrs	Snr Division Age 17-25 yrs
Masters Division Minimum 26 yrs	Masters Division Minimum 26 yrs	Masters Minimum 26 yrs

*Final determination of competition categories and divisions will be determined based on the entries received. After the close of entries, categories may be updated from the previously published divisions. Final age divisions will also be determined following the close of entries.

Attire

- Club FreeG T-shirt / singlet and shorts
- General attire must be safe and not loose fitting.
- Bare feet or venue instruction

Safety

Safety is a major concern and all athletes must only perform to their ability level. Skills are to be performed safely, technically correct and within the Supervising Coaches competency. Judges have the right to not allow skills to be performed if deemed unsafe.

Warm up

- Warm up area will consist of full use of the Gym
- The Warmup area will be a secure area with only participants and team officials permitted to enter. This is for safety reasons.
- Teams will only be allowed 15 minutes warmup time.

Equipment

Event organisers will construct a course for Speed run and Freestyle Divisions using equipment that may include but not limited to:

- 10m x 12m floor
- Mini Tramps
- Crash mats
- Air boards
- Boxes and blocks



- Uneven Bars
- Trampolines
- Wall bars
- Other assorted FreeG Equipment

Course Layout

- The course layout will not be advertised prior to the event. Athletes will have a fifteen (15) minute warm up period to trial the course.

Scoring

Points will be awarded in the areas of:

- Technique
- Executions
- Fluidity
- Creativity
- Style

Points will be deducted for:

- Non-performance of required skills
- Time penalties i.e. over time
- Unsafe skill
- Incomplete skill
- Repetition of the same skills
- No creativity
- Falls
- Stopping the fluency of a run

Division A: Speed Run Course

- Will comprise of an assortment of FreeG and Gymnastic equipment.
- Open to all FreeG athletes.
- The course will comprise of components demonstrating speed.
- Athletes will have to touch all checkpoints within the course.
- Athletes may receive time penalties for entering out of bounds areas or not touching checkpoints.
- Athletes will not be given the course plan until the day of the event.
- Athletes will be timed.

Division B: Freestyle Course

- Will comprise of an assortment of FreeG and Gymnastic equipment.
- Open to Intermediate to Elite FreeG athletes.
- The course will comprise of components demonstrating precision, swing, vaulting, wall and floor skills.
- Athletes choose which skills to perform on each apparatus.
- Athletes will have 60 seconds to complete the course.
- It is strongly recommended that coaches be on the floor with the athlete for the duration of their routine to attend to the safety needs of the athlete i.e. box holding.



- Athletes will be judged on Fluency, Technique, Execution, Creativity and Style.
- The Intermediate Category **Must** demonstrate skills *included but not limited to* the Intermediate list included in this document. No Salto skills to be performed in the intermediate Category. Skills performed in competition above level entered will result in routines being immediately stopped and a null score.
- The Advanced Category - **Must** demonstrate skills *included but not limited to* the Advanced list included in this document. Skills performed in competition above level entered will result in routines being immediately stopped and a null score.
- The Elite Category - **Must** demonstrate a variety of skills.

Intermediate Freestyle Skills

- Athletes choose skills which can be performed in any order during the run.
- Intermediate athletes **CAN NOT** perform salto elements. The performing of a salto element will result in routines being immediately stopped and a null score.
- Athletes must show a minimum of the following throughout the routine to secure maximum points:
 - 1 x Roll
 - 2 x Vaulting Skills
 - 1 x Floor Skill
 - 1 x Wall Skill
 - 1 x Bar Skill

Example of Intermediate Skills included but not limited to:

Vaults	Floor	Wall	Bars
Kong Vault Demi Tour Reverse Vault Dash Vault Kash Vault	L Kick / Au Baitdo K Stall Kip Up Butterfly Kick	Cat Variations Wall Pass Kick up	Flag Swing Element

Advanced Freestyle Required Skills

- Athletes to skills which can be performed in any order during the run.
- Advanced athletes **CAN NOT** perform inverted twisting elements. The performing of an inverted twisting element will result in routines being immediately stopped and a null score.
- Athletes must show a minimum of the following throughout the routine to secure maximum points:
 - 3 x Vaulting Skills
 - 1 x Floor Skill
 - 1 x Wall Skill
 - 1 x Bar Skill



Example of Advanced Skills included but not limited to:

Vaults	Floor	Wall	Bars
Kong Vault Demi Tour Reverse Vault Dash Vault Kash Vault Gate Vault	L Kick / Au Baitdo K Stall Kip Up Butterfly Kick Free Cartwheel Static Gainer Dynamic Gainer Kick the Moon Corkscrew	Cat Variations Wall Pass Kick up Wall Flip (Tuck) Wall Spin	Flag Swing Element Vault over Flyaway

Elite Freestyle Required Skills

- Athletes to skills which can be performed in any order during the run.
- Athletes must show a minimum of the following throughout the routine to secure maximum points:
 - 3 x Vaulting Skills
 - 3 x Floor Skill
 - 1 x Wall Skill
 - 1 x Bar Skill

Coaching Accreditation

- Coaches are responsible for the supervision of their athletes and must be available to them for spotting if needed.
- Advanced and Elite athletes will always require an Advanced or higher accredited coach on the floor.
- All athletes require a coach to be on the competition floor regardless of Age or Division i.e. no self-coaching allowed.
- Coaches must coach within their own coaching accreditation matrix and competencies.

Recognition for Grand Prix

Athletes will receive

- Ages 6-8 & 9-12: Banded awards for Speed Run
 - top 1/3 Blue, middle 1/3 Red, bottom 1/3 Green
- Youth & Pre-junior: Banded awards for Freestyle
 - top 1/3 Blue, middle 1/3 Red, bottom 1/3 Green
- Ages 13+ and higher: 1st – 6th awards for Speed run and Freestyle

Awards – 2024 State Championships

Speedrun

1st – 6th place in each division will be awarded at State Championship

FreeStyle

1st – 6th place in each division will be awarded at State Championship



Leader Board

The Leader Board will be reinstated in 2024 and is a tally of points that the Grand Prix Athletes accumulate during the Grand Prix season.

Banded divisions will be ranked from 1st to 6th for point tally.

- Grand Prix Champions will be awarded a *token of recognition* at State Championships.
- Leader Board Club Grand Champions will be awarded the perpetual trophy.

Each Grand Prix series event including the Grand Final, points will be allocated in each division based on the structure below:

Age Division	Speed Run	FreeStyle
1st Place	10 points	10 points
2nd Place	9 points	9 points
3rd Place	8 Points	8 Points
4th Place	7 Points	7 Points
5th Place	6 points	6 points
6th Place	5 points	5 points

There will be a Leader board overall champion in each age division.

Each age division will combine all categories to include Intermediate, Advanced and Elite.

- Youth Champion
- Pre-Junior Champion
- Junior Champion
- Senior Champion
- Masters Champion

Country Championships

Please refer to the Country Championships Handbook for full details of this event. The Handbook can be found on the [GNSW Website](#).





Selection Process

GNSW Junior Performance Team

The Junior Team is aged for athletes aged between 12 - 18 years of age who have a passion for performing. The Team train one day per month, wear the GNSW State uniform and will perform at GNSW events. This is a fantastic opportunity for young athletes to be a part of Team.

Applications to join the team can be found on the GNSW website and are advertised annually between September and November.

The Team will perform at various State and or National events which will be published with the application information.

Selection Committee

The selection committee consists of the GNSW GFA Gymsport Committee Technical Director, GNSW GFA Gymsport Committee Performance Coordinator and EPPO as the ex officio.

Official Selection Criteria and Process

Please refer to the GNSW State Team Website and Selection Policy for information.

State Team Information

Please refer to the GNSW State Team Website for team information

GNSW Senior Performance Team

This is an over 18's team of selected past and present gymnasts that will represent GNSW at a multitude of events, including State, National and International.

The Team train one day per month, wear the GNSW State uniform and will perform at GNSW events. Applications to join the team can be found on the GNSW website and are advertised biennially between September and November.

Past events have included:

- 2009 - The Norwegian National Championships and 12th DGI GymFest, Holbeck, Denmark
- 2010 - The 50th Blume Festival, Canary Islands.
- 2013 - The 13th DGI GymFest, Esbjerg Denmark.
- 2016 - The Swabian Sport Festival in Ulm, Germany.
- 2017 - World Gym for Life, Norway.
- 2019 - GNSW Combined Clubs Team - World Gymnaestrada, Austria

Selection Committee

The selection committee consists of the GNSW GfA Gymsport Committee (unless any individual has a conflict of interest) and EPPO as the ex officio.

Official Selection Criteria and Process

Please refer to the GNSW State Team Website and Selection Policy for information.



State Team Information

Please refer to the GNSW State Team Website for team information.

FIG Performance Opportunities

World Gymnaestrada

The [World Gymnaestrada](#) is an incredible and unique international event for Gymnastics for All teams from around the world. Organised under the auspices of the International Gymnastics Federation (FIG), the World Gymnaestrada is held every 4 years and attracts around 20,000 participants of all ages and abilities from over 50 countries.

The World Gymnaestrada is a non-competitive display event for teams of 10 or more participants. A range of performance opportunities is provided to teams as well as the chance to mix with gymnastic enthusiasts from around the world.

The event programme is held over seven days and includes:

- Opening Ceremony
- Group Performances
- Large Group Performances
- National Afternoon and Evening Presentations
- FIG Gala
- Workshops
- City Performances
- Closing Ceremony

Australia has been represented at the World Gymnaestrada since 1987 and most recently at the 16th World Gymnaestrada in Dornbirn, Austria.

This event is coordinated by Gymnastics Australia and requires teams to be sanctioned at a State or National Performance event.

NOTE: Teams intending on participating in International event must comply by the GA Club Tour Guidelines and complete the [GNSW Application to travel form](#).

World Gym for Life Challenge

To be eligible to be selected to represent Australia at the [World Gym for Life Challenge](#) teams must enter the Australian Gym for Life Challenge - especially for display groups.

All performances are evaluated as teams vie to be named the Australian Gym 4 Life Champion Team.

The event program includes a contest for display groups of all ages and Gymsports plus a gala evening, social function and workshops. The Australian Gym for Life contest encourages groups to create displays which show their gymnastic skills in entertaining and innovative ways.

The Champion team will be given the opportunity to represent Australia in the [World Gym for Life Challenge](#). This event is coordinated by Gymnastics Australia and requires teams to be sanctioned at a State or National Performance event.

NOTE: Teams intending on participating in an International event must comply by the GA Club Tour Guidelines and complete the [GNSW Application to travel form](#).



Resources

All resources will be available on the [GNSW Technical Regulations Website](#). They include but are not limited to;

- GFA Pathway Guide
- How to create a Performance Guide
- How to start a FreeG Program Club Guide
- FreeG JAM fact sheet
- FreeG Grand Prix fact sheet
- Parkour Vs FreeG Fact sheet
- Region Event support Documents

Updates and Clarifications

Any updates or clarifications will be available on the [GNSW Technical Regulations Website](#).

