

# 2025 GNSW Competition Music Guidelines

## [SUBMIT MUSIC HERE](#)

### How to Upload Music

Clubs **MUST** upload music through JotForm, Please follow the steps below. Music files won't be accepted by any other form.

1. Check all music files are named in the correct convention and are in **MP3** format. Music cannot be submitted in another format.
2. Complete club information. (this contact will be notified if there are any issues with your music.).
3. Select which submission this is. Additional submissions and change of music may have fees associated.
4. Complete event name and event date.
5. Upload **ALL** pieces of music for the competition at the same time.

### Uploading Additional Music/Changing Pieces of music

If a piece of music needs to be changed or additional pieces need to be uploaded the following process should be followed:

1. Check that changed pieces of music have V2 at the beginning. Changed pieces without this will not be accepted.  

E.g. WAG Resubmitted music  
V2 First Name Surname Club Level  
V2 Mary Smith Super Gym Club 7N
2. Use the same link above to submit music.
3. Select which submission it is - change of music or Additional Submission. If there are both additional pieces and changed pieces, select the most relevant option.
4. Upload **ALL** pieces that need to be uploaded.

Any music being submitted in between State Trials or State Championships should be listed as additional or changed music only.

### Late Music, Missing Music and Incorrectly Labelled Music - Penalties

All music must be submitted by the entry date for each event. A \$20 penalty per missing piece of music applies to all GNSW competitions for which the music is not submitted and received by the specified deadline.

Incorrectly formatted for labelled music may also incur a \$20 penalty per piece of music.

Pieces of music that get changed or are submitted as additional pieces before the deadline with the correct labelling will not incur a penalty. This also applies where music needs to be changed between trial and state competitions. Any submissions after the deadline will incur the penalty.

### How to convert to MP3 Format

If you already have editing software that you use, simply save the track as an mp3 file.

Another option is to use a free audio editor such as Audacity ([www.audacityteam.org](http://www.audacityteam.org)), which allows for easy editing of the tracks and allows importing of files then exporting the file into mp3 after editing, it also allows you to remove, change or add metadata (properties) to the track when saving.

There are other programs that are batch converters but most of these cost to purchase. An example is Switch which has the ability to convert an entire folder and its sub-folders at the one time.

## Australian Championships

All music will need to be re-submitted for all Athletes/Groups that qualify for the State Team to attend Australian Championships. All music will need to be submitted in **WAV** format and labelled as correctly as per Australian Championships naming convention. Music must be submitted (by email or USB) to the relevant ESDO by the conclusion of Senior State Championships. Late Music will be fined from Gymnastics Australia.

## Questions?

If you are still having trouble, please contact your EPPO for further assistance:

ACRO - [acro@gymnsw.org.au](mailto:acro@gymnsw.org.au)

RG - [rg@gymnsw.org.au](mailto:rg@gymnsw.org.au)

AER - [aer@gymnsw.org.au](mailto:aer@gymnsw.org.au)

WAG - [wg@gymnsw.org.au](mailto:wg@gymnsw.org.au)

GfA - [gfa@gymnsw.org.au](mailto:gfa@gymnsw.org.au)

## Acrobatics

### Naming

Level Category Routine First Names Club

e.g. L10 W3 BAL Jane Sophie Claire Acrotastic

When labelling music please adhere to the following:

- Do not use commas (,), slashes (/), or full stops (.)
  - Do not write the whole word 'Level', use L followed immediately by the level
- Use the following codes to specify the category:
  - W2 - Women's Pair
  - W3 - Women's Group
  - MX - Mixed Pair
  - M2 - Men's Pair
  - M4 - Men's Four
- If submitting music for international stream 'L' is not required for the level, simply state the age category (11-16 not L11-16)
- Do not write the entire routine, use BAL, DYN, or COM in uppercase letters
- Do not write the athletes full name, use first names only in sentence case.

### Submission Dates

Competition	Submission Date
Senior Trial 1	Monday 10 <sup>th</sup> March
Senior Trial 2 (Changes Only)	Monday 21 <sup>st</sup> April
Senior State Championships (Changes Only)	Monday 19 <sup>th</sup> May
Intermediate Trial 1	Monday 30 <sup>th</sup> June
Intermediate Trial 2 (Changes only)	Monday 4 <sup>th</sup> August
Intermediate State Championships (Changes Only)	Monday 18 <sup>th</sup> August
Country Championships	Monday 18 <sup>th</sup> August
Gymsport Invitational	Monday 18 <sup>th</sup> August

## Aerobics

### Naming

First Name Surname\_Club\_Level Division Category

E.g. Wilma Flinstone\_RedRock\_L10 Senior Individual

Eg: Group Name\_RedRock\_AeroDance Senior Team

### Submission Dates

Competition	Submission Date
Senior Trial 1	Monday 3 <sup>rd</sup> March
Senior Trial 2 (Changes only)	Monday 21 <sup>st</sup> April
Senior State Championships (Changes Only)	Monday 12 <sup>th</sup> May
Gymsport Invitational	Monday 18 <sup>th</sup> August

## Gymnastics for All

### Naming

#### Team Gym

Session Number\_Run item Number\_Club Name\_Team Name\_Division\_Apparatus

e.g. S2\_7\_Club ABC\_Superstars\_Nov\_TUM

Length of Music – refer to program manual per division

#### Performance

Run Item Number\_Club Full Name\_Team Name\_Division\_Display Theme

e.g. 1\_Club ABC\_Super Dooper\_Int\_Jungle Book

Refer Information pack re division

When labelling music please adhere to the following:

- Do not write entire division, use abbreviations [Nov, Int, Adv]
- Use abbreviations for SMT, TUM & FLR in uppercase letters

### Submission Dates

Competition	Submission Date
Country Championships	Monday 18 <sup>th</sup> August
Gymsport Invitational	Monday 18 <sup>th</sup> August
Team Gym State Championships	Monday 29 <sup>th</sup> September
Festival of Gymnastics	Monday 22 <sup>nd</sup> September

## Rhythmic

### Naming

#### Individual

First Name Surname, Club, Level/Division, Apparatus

e.g. Samantha Smith, Club Pink, L6Jnr, Hoop

#### Group

First Names, Club Name, Division, Apparatus

e.g. Samantha Jessica Laura Michelle, Club Pink, Cat 3 Group, Hoop

When labelling music please adhere to the following:

- Do not write the whole word 'Level', use L followed immediately by the level
  - Do not write the whole division, use JNR or SNR only
- If clubs have club set music for Levels 5-8, each music file must be labeled for each gymnast/s routines.
- **Club name does not have to be the full name, please use abbreviations.**

### Submission Dates

Competition	Submission Date
Senior Trial 1	Monday 3 <sup>rd</sup> March
Senior Trial 2 (Changes only)	Monday 21 <sup>st</sup> April
Senior State Championships (Changes Only)	Monday 12 <sup>th</sup> May
Level 5-8 Invitational	Monday 26 <sup>th</sup> May
Intermediate State Championships	Monday 30 <sup>th</sup> June
Multiples GP 1	Monday 7 <sup>th</sup> July
Multiples GP 2 (Changes Only)	Monday 18 <sup>th</sup> August
Multiples State Clubs	Monday 11 <sup>th</sup> August
Country Championships	Monday 18 <sup>th</sup> August
Gymsport Invitational	Monday 18 <sup>th</sup> August

## Women's Naming

First Name Surname Club Level

e.g. Mary Smith Super Gym Club 7N

When labelling music please adhere to the following:

- Use the following **N** for National, **S** for State, **FI** for Future, **DI** for Developing, **SI** for Senior, **MA** for Masters for All, **M** for Masters
  - Club name does not have to be the full name, please use abbreviations.

## Submission Dates

Competition	Submission Date
Senior Trial 1	Monday 10 <sup>th</sup> March
Senior Trial 2 (Changes only)	Monday 21 <sup>st</sup> April
Senior State Championships (Changes Only)	Monday 19 <sup>th</sup> May
Border Challenge Trial	Monday 12 <sup>th</sup> May
Level 5-7 State Trials - All Zones	Monday 16 <sup>th</sup> June
Level 5-7 State Trial - Zone 2 & Zone 3 (Changes Only)	Monday 21 <sup>st</sup> July
Level 5-7 State Trial - Zone 1 & Zone 2 (Changes Only)	Monday 4 <sup>th</sup> August
Intermediate State Championships (Changes Only)	Monday 18 <sup>th</sup> August
State Clubs Championships ( L7-10, International & Masters Only)	Monday 11 <sup>th</sup> August
Country Championships (L7-10, SO & Masters Only)	Monday 18 <sup>th</sup> August
Gymsport Invitational (L7-10, SO & Masters Only)	Monday 18 <sup>th</sup> August
State Levels Championships (L7-10 & Masters Only)	Monday 13 <sup>th</sup> October