



2025

Gymnastics NSW Technical Regulations

Section 2 - Acrobatic Gymnastics

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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 Commission Regulations provide governance for Acrobatic Gymnastics (ACRO). This handbook provides ACRO in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The ACRO 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

| | |
|-------------|--------------------------------------|
| ACRO | Acrobatic Gymnastics |
| ALP | Australian Levels Program |
| CoP | Code of Points |
| ESDO | Events and Sport Development Officer |
| FIG | Federation Internaional Gymnastics |
| GA | Gymnastics Australia |
| GNSW | Gymnastics New South Wales |

Committees

National Commission

The Functional Statement for GA ACR National Commission can be found on the [GA Website](#).

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



GNSW ACRO Gymsport Committee

Purpose

Committees exist to promote the technical development of the Gymsports, by furthering and carrying out the purposes and objectives of Gymnastics NSW. The Committee and its members are responsible for providing support to GNSW and other committee members to ensure the organisation meets its goals and objectives.

Committees will develop, implement and administer projects to support and encourage the growth of gymnastics and the technical development of the Gymsport.

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

LINK: [GNSW Website Policy- Committees & Volunteer Policy](#)

LINK: [Committee Purpose, Function and Position Descriptions](#)

LINK: [Technical Regulations Website- Committee Roles & Responsibilities](#)

Key Focuses and Initiatives

In 2025 the Acrobatics Gymsport Committee has a focus on three main areas, Event Enhancement, Participation and Development. If you have any ideas for future projects please get in touch and submit your idea through the [online form](#).

Sport Specific Information

About ACRO

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

Program Information

Acrobatic Gymnastics in Australia is divided into 3 streams:

1. **NSW Acrobatic Inclusions Program:** Junior levels 1-3 for all athletes participating in Gymability/Special O programs.
2. **Australian Levels Program:** Including Junior levels 1-3, Intermediate Levels 4-5, Senior Levels 6-10 and Masters.
3. **International Stream:** 11-16 years, 12-18 years, 13-19 years and Seniors.

Acrobatic Gymnastics 2025 Level Requirements

| | |
|----------------|--|
| ACR Gymability | <ul style="list-style-type: none"> As detailed in the NSW Acrobatic Gymnastics Inclusions Program |
| Level 1 – 3 | <ul style="list-style-type: none"> Set skills detailed in the '2024 and Beyond Acrobatic Gymnastics National Levels Program |
| Level 4 – 5 | <ul style="list-style-type: none"> Set skills and requirements as detailed in the '2024 and Beyond Acrobatic Gymnastics National Levels |



| | |
|----------------------|---|
| | <p>Program Optional skills are detailed in the FIG “Table of Difficulty” manual and “Code of Points” manual.</p> |
| Level 6 – 10 | <ul style="list-style-type: none"> Optional skills to reach difficulty value targets as detailed in the 2024 and Beyond Acrobatic Gymnastics National Levels Program Optional skills are detailed in the FIG “Table of Difficulty” manual and “Code of Points” manual. |
| Masters | <ul style="list-style-type: none"> Routine requirements found in “ACR Masters Program Manual” |
| International Stream | <ul style="list-style-type: none"> Optional requirements set by FIG and detailed in the FIG “Table of Difficulty” and “Code of Points” manuals. International 11-16 should also refer to the FIG “Age Group Competitions, Acrobatic Gymnastics 2022– 2024” manual. for skills and requirements set by FIG |

NB: Please ensure the manuals you are using have **ALL** relevant updates. These updates should be available from Gymnastics Australia.

The “**Acrobatic Gymnastics Inclusions Program**” is available on the [Gymnastics NSW Technical Regulations Website](#).

The “**2024 and Beyond Australian Levels Program**” is available from [Gymnastics Australia](#) with a valid Acrobatics Accreditation. Additional errata or clarification documents will be found on the [Gymnastics NSW Technical Regulations Website](#).

The “**ACR Masters Program Manual**” is available from [Gymnastics Australia](#) with a valid Acrobatics Accreditation.

The “**Acrobatics Table of Difficulty 2025-2028**” and “**Acrobatics Code of Points 2025-2028**” can be found on the [FIG Website](#).

Competition Divisions

Acrobatic Gymnastics Levels 1-3 are comprised of the following categories:

| | |
|------|---|
| Pair | 2 Athletes, any configuration of gender permitted |
| Trio | 3 athletes, any configuration of gender permitted |

Acrobatic Gymnastics Levels 4-10 and International is comprised of the following categories:

| | |
|---------------|--|
| Women’s Pair | 2 Females |
| Men’s Pair | 2 Males |
| Mixed Pair | 1 Male, 1 Female (NB: In levels 1-3 base may be male or female. Base must be male in 4 and above) |
| Women’s Group | 3 Females |
| Men’s Group | 4 Males |



Age Divisions and International Stream

Within Australia Groups are eligible to compete in the Age Stream if they fall into the following age criteria:

| Age Group | Criteria | Max age difference |
|-----------|--|--------------------|
| 11 – 16 | The youngest member of the pair/group is turning 8 years or older in the year of competition. | 6 Years |
| 12 – 18 | The youngest member of the pair/group is turning 9 years or older in the year of competition. | 6 Years |
| 13 – 19 | The youngest member of the pair/group is turning 10 years or older in the year of competition. | 6 Years |
| Senior | All members of the pair/group are 13 years or older in the year of competition. | No maximum |

NB: FIG Age restriction on skills still apply

Other age limitations may be imposed for Australian team and national squad events.

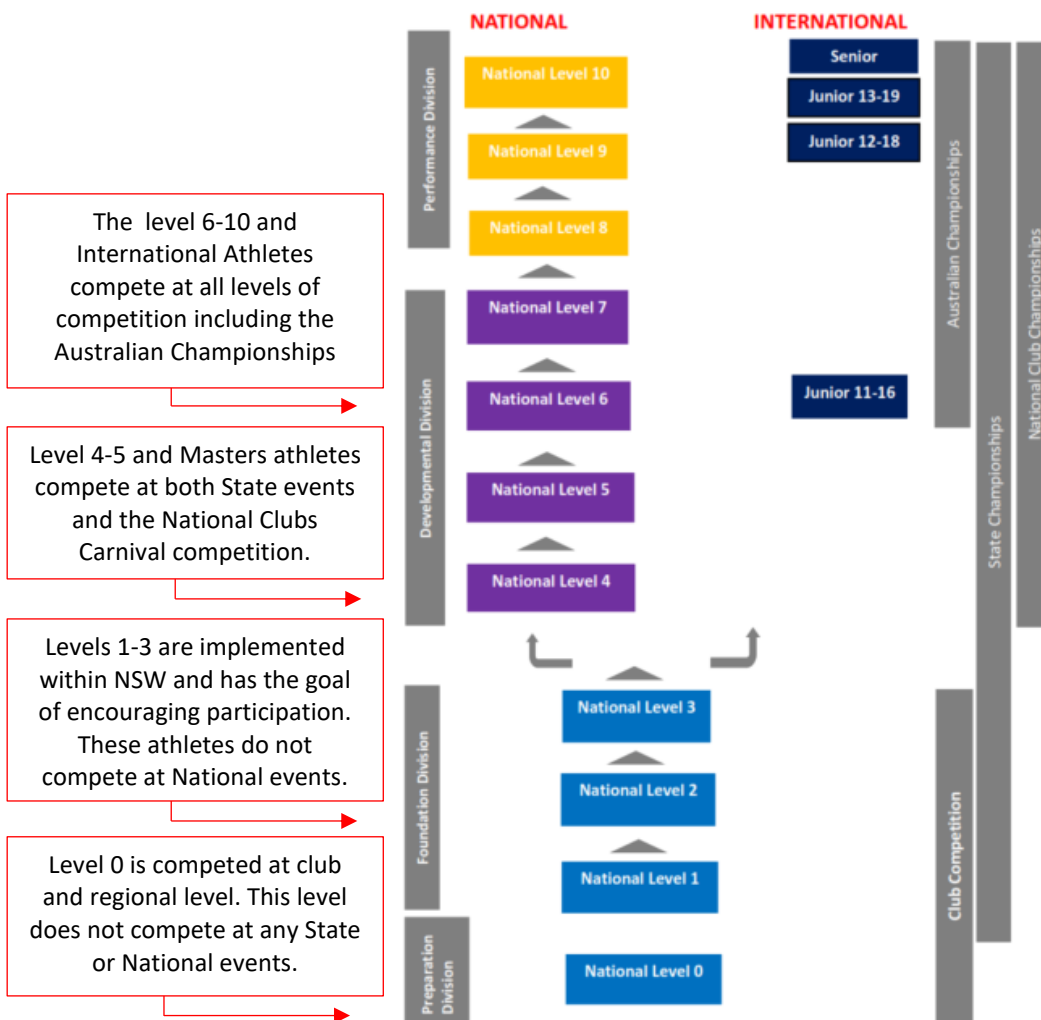
Please refer to the GA ACRO selection policy for age requirements.

<https://www.gymnastics.org.au/by-laws-policies-and-technical-regulations>.



Competition Framework

The competitive stream offers a progression through various levels which aims to nurture gymnasts, build their ability and skills and prepare them for successful representation at national and international events. The current competition framework and pathway diagram are shown below.



General Regulations

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





Additional Judge Regulations

Judge Accreditation

| 2025 ACRO Judge Requirements | | | | |
|------------------------------|------------------------------------|------------------------------------|---------------------|-----------------|
| Accreditation | Execution | Artistry | Difficulty | CJP |
| <i>Beginner</i> | Level 1 - 3 | N/A | <i>Cannot Judge</i> | |
| <i>Intermediate</i> | Level 1 - 5 | Level 1 - 10 | | |
| <i>Advanced</i> | Level 1 - 10 | Level 1 - 10 & International | Level 1 - 6 | Level 1 - 3 |
| <i>Advanced Silver</i> | Level 1 - 10 & International | Level 1 - 10 & International | Level 1 - 10 | Level 1 - 10 |
| <i>FIG</i> | Can judge all levels in all roles | | | |

Judge Succession Plan

In circumstances where a club is unable to provide a judge that is suitably qualified but can provide lower accredited judges to fulfil administration duties, the club may apply to the committee for an exemption from applicable proxy fees. Applications are submitted through the [online form](#). Proxy fees will only be waived if an appropriate succession plan is submitted, detailing the intended training and upskilling of the judge. If this plan is not adhered to, proxy fees will be issued to the club.

Judge Supply

Please see the GNSW Provision of Judges Policy for full details. Part A [Link](#)

Sit Ins

All judges must complete a sit in with a supervising mentor judge, after passing the beginner course. Scores for sit-in judges may be used in the competition. Judges will not be permitted to complete their sit in at State Championship events. A Judge completing their sit in **does not** count towards the club supply of judges.

Judge Attire

Judges not complying with the dress code may be refused entry onto the competition floor. Judges must meet the dress requirements as listed.

- Black or navy Jacket
- Knee length black or navy skirt or full-length trousers
- White, black or navy sweater, shirt or blouse
- Tie (men) or scarf (women)
- Black closed in shoes (no 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



The following attire is not considered appropriate and will not be permitted-

- Jeans, including black jeans
- Skirts above knee length
- Shorts
- Joggers, sandals, ugg boots or thongs
- Hats

Additional Athlete Regulations

Progressions

Progression of Whole Groups

If a group retains the same members, they must comply with the competition rules and guidelines below for future NSW State competition events:

- a. Once a pair or group has competed at a Level, they cannot go down a level within the same year or any year following
- b. In a competition season (Trials & State) groups cannot move between streams
- c. In a competition year groups may move up levels but not down
- d. In a competition year groups can only compete at State Championships if they have met the qualification requirements for that level. If a group has trialed in two different levels then they are only eligible to compete at State Championships if they have met the qualification requirements in the higher level.
- e. No athlete is permitted to compete in more than one state competition season within the one calendar year, with the exception of a Level 6-10 & International Stream top becoming a base.

Progression of Individual Competitors (minimum levels)

| If competed in: | Same year can compete: | In following years can compete:* |
|--|---|--|
| Level 1 – 3 | <ul style="list-style-type: none"> • Ineligible for any other level | <ul style="list-style-type: none"> • Level 1 |
| Level 4 | <ul style="list-style-type: none"> • Ineligible for any other level | <ul style="list-style-type: none"> • Level 3 - Changing from a top to a base • Level 4 - Remaining as a top or base |
| Level 5 | <ul style="list-style-type: none"> • Ineligible for any other level | <ul style="list-style-type: none"> • Level 3 - Changing from a top to a base • Level 4 - Remaining as a top or base |
| Level 6 | <ul style="list-style-type: none"> • Level 4 – Changing from a top to a base | <ul style="list-style-type: none"> • Level 4 - Remaining as a top or base |
| Level 7 | <ul style="list-style-type: none"> • Level 4 – Changing from a top to a base • | <ul style="list-style-type: none"> • Level 4 - Changing from a top to a base. • Level 5 - Remaining as a top • Level 4 - Remaining as a base. |
| International 11-16 | <ul style="list-style-type: none"> • Level 4 – Changing from a top to a base | <ul style="list-style-type: none"> • Level 4 – Changing from a top to a base • Level 6 – Remaining as a top or base |
| Level 8, 9 & 10 | <ul style="list-style-type: none"> • Cannot compete again | <ul style="list-style-type: none"> • Level 7 |
| International 12-18 & 13-19 | <ul style="list-style-type: none"> • Cannot compete again | <ul style="list-style-type: none"> • Level 5 – Changing from a top to a base • Level 7 - Remaining as a top or base |



| | | |
|-----------------------------|--|--|
| Senior International | <ul style="list-style-type: none">• Cannot compete again | <ul style="list-style-type: none">• Level 7 - Changing from a top to a base• Level 8 - Remaining as a top or base |
|-----------------------------|--|--|

***In Following years is based off the highest level an athlete has achieved within the past 3 years**

These level progression regulations are for GNSW events only, additional requirements may apply for National events.

Supply of Volunteers

Please see the GNSW Provision of Judges Policy for full details. Part A [Link](#)



Athlete Attire

For a full explanation on the cut and prohibited accessories of the leotards for males and females refer to “Acrobatic Gymnastics Code of Points [2025-2028](#)”. For additional GNSW athlete attire regulations refer to [GNSW General Technical Regulations](#) – Section 1. These regulations are for GNSW events only, additional requirements may apply for different state or National events.

Females

- Females must compete in a leotard or unitard, sleeveless leotards are permitted. Unitard legs must be broken significantly in colour from, at minimum, the hip to ankle by light coloured decoration or pattern, please refer to the “2025 -2028 [Acrobatic Gymnastics Code of Points 2025-28](#) for the further clarification.
- Skirts that are attached to the leotard are permitted; please refer to the “Acrobatic Gymnastics Code of Points 2025-2028” for the specifications regarding skirt length, material & cut requirements.
- May compete in gym shoes or socks if desired, however these must be flesh toned or white.

Males

- Males must compete in leotard, gymnastic shorts or long gymnastic trousers.
- Black, navy blue, dark brown, dark red or dark green trousers are allowed only if the whole length of colour on the legs is broken significantly from, at minimum, the hip to ankle by light coloured decoration or pattern on both legs.
- If competing in long trousers, must compete in white gym shoes or white socks.
- If competing in shorts gym shoes or socks are not required

General

- Loose clothing is not permitted.
- Jewellery is not permitted (earrings, bracelets, watches etc).
- Body Piercing must be removed/covered by attire or skin tone taping. All ear-piercing objects/jewelry is to be removed (including studs).
- Raised decorations must be either integrated into the fabric of the competition attire, or attached securely, but any injury occurring as a consequence is the responsibility of the coach and athlete.
- All tape and joint supports must be flesh coloured.
- Writing, symbols or logos of any kind, with the exception of the leotard brand/trademark (eg. GK) are not permitted on leotards.
- Club names, logos or symbols of any kind cannot appear on competition attire.

Level 1-3 competitions

- In level 1-3 athletes must compete in club competition leotards not training leotards. Club Competition leotards are not permitted to have skirts. Leotard and uniform options are outlined in Section 1 of the GNSW tech regulations.
- Males and females must wear complimentary attire
- All general rules apply for competition leotards



Ceremony Attire

Athletes must wear competition attire (leotard) for start of session march on (State Championships only).

The following is not considered competition attire and is therefore not permitted-

- Track suits
- T-Shirt/Polo Shirt
- Shorts (Except boys competitions shorts)
- Shoes
- Hats or other accessories

Presentation attire will be communicated within event information.



Event Information

Competition Structure

Competitions for Acrobatics in NSW are split into three seasons:

1. **Senior Season:** which includes National Levels 6-10 and International Stream
 - Senior State Trial 1 & 2
 - Senior State Championships
- **Intermediate Season:** which includes National levels 4-5 & Masters
 - Country Championships
 - Intermediate State Trial 1 & 2
 - Intermediate State Championships
2. **Junior Season:** which includes National levels 1-3 & ACR Inclusions Program
 - Country Championships
 - Junior State Trial 1 & 2
 - Junior State Championships

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

- Friendly Club
- Regional Competitions
- Gymsport Committee competitions

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





Changes to Group Composition and Replacement Athletes

For **Acrobatics**, changes to group composition and replacement athletes' requests must be made on the [online replacement athlete form](#) no later than:

- Levels 4-10 and International – 3 weeks (21 days) prior to competition
- Level 1-3 – 14 days prior to competition

Changes include:

- Changing members within a group
- Reconfiguring from a pair to a group (pair to add a member to become a group, group to drop a member to become a pair)

Submissions should include all supporting information such as medical certificates and videos of skills. Requests to reconfigure groups or replace athletes will be discussed on a case by case basis and decisions will be made without precedence, based on level of the group, safety of the athletes and all other relevant information. All decisions made by the committee are final.

Please note groups that have replaced athletes between trials must reach the qualifying score with the new group to attend State Championships.

Age divisions in Level 1 – 5

Level 1 – 3 is open to athletes 18 years and under. Athletes turning 18 years or older in the year of competition must compete in level 4 or higher. Inclusions athletes and the support athlete may be older than 18 years for these events.

Categories in Level 1 - 3 will be split into Junior and Senior if there are at least 6 groups entered within the age divisions at the close of entries. Categories in Level 4 – 5 will be split into Junior and Senior if there are at least 9 groups entered within the age divisions at the close of entries.

If late entries are received and/or groups withdraw from the event following the close of entries, the split will be based on the number of groups entered at the time entries were due. Junior and Senior age divisions will be decided after close of entries.

NB: A group is only considered as a Junior if all members of the group fall within this age division. If one member of the group falls into the Senior age division, the group is considered Senior.

NB: Athlete ages will be calculated based on the age the athlete will be turning in the year. E.g. an athlete turning 10 will be considered a 10 year old.

Competition Equipment

Level 1 – 3

The competition floor area for Level 1-3 competitions will be divided into multiple competition spaces. There will be multiple groups competing at the same time.

NB: A sprung floor may be provided if available, however routines should not be constructed with this requirement.



Level 4 – 10 & International Stream

Level 4 – 10 and International Stream competitions will be held on a 12x12 metre sprung floor.

Music Requirements

All Levels 1 – 10 & International division routines must be performed to music. Music submission and naming can be found on the [Technical Regulations Website](#).

Level 4-10 & International Stream

Music and lyrics (words) may be used in **all exercise** with respect to the FIG code of ethics. Inappropriate lyrics (ie. sexual, offensive, aggressive, violent) are forbidden. The coach must highlight which exercise is used with words and write it on the tariff sheet.

| Length of Exercise | |
|---|--|
| Level 1 – 3 | Compulsory Music – downloaded from the GNSW Website |
| Level 4 – 5 | Maximum 2 minutes |
| International 11 – 16 | Maximum 2 minutes |
| Level 6 – 10 | Balance maximum 2 minutes 30 seconds Dynamic maximum 2 minutes |
| International 12 – 18, 13 – 19 & Senior | Balance & Combined maximum 2 minutes & 30 seconds Dynamic maximum 2 minutes |

NB: There is no minimum length of an exercise.

Tariff Sheets

Please read all instructions carefully, it is the responsibility of the coaches to ensure that all tariff sheets are written correctly to prevent acrobats from incurring a deduction.

All Tariff Sheets are required to be submitted online through a google drive via [this link](#). Tariff Sheets will not be checked prior to competitions, clubs should have their sheets checked by their own judge before submission. The link will stay the same for every competition in 2025. Tariff Sheets must be submitted in PDF Format.

The FIG Tariff sheet is to be used for all levels (Acro Companion is acceptable). Levels 4-10 sheets should be completed as per Australian ALP and FIG Code of Points and tables of Difficulty, International sheets should be completed as per FIG Code of Points and Tables of Difficulty. **Australian Tariff sheets will not be accepted. Levels 1-3 are not required to have Tariff sheets.**

| 2025 ACRO Tariff Sheet Submission Dates | |
|---|------------------------|
| Competition | Submission Due |
| Senior State Trial 1 | 5pm, Friday 4th April |
| Senior State Trial 2 | 5pm, Friday 25th April |
| Senior State Championships | 5pm Thursday 22nd May |
| Australian Championships | TBC |
| Intermediate Trial 1 | 5pm Friday 25th July |
| Intermediate Trial 2 | 5pm Friday 8th August |



| | |
|----------------------------------|----------------------|
| Intermediate State Championships | Auto Entry |
| Country Championships | 5pm Monday 22nd Sept |
| Acr Junior State Trial 1 | N/A |
| Acr Junior State Trial 2 | N/A |

Only minor changes to a maximum of 2 skills will be accepted. Sheets with minor changes are to be submitted on the day during measuring. Any sheets with major changes need to be supported by medical documentation.

Sheets with changes to page numbers, codes or values etc. will not be accepted. **It is the coach's responsibility to ensure this information is correct prior to the original submission date.** Coaches must highlight the skills which have been changed and label the sheet with V2 clearly in the top right corner so the correct sheet is used during competition. Sheets that have major changes can be submitted to a judge to check before the competition however the coach is still responsible for bringing 3 copies the sheet to the competition to be submitted.

Each routine must be submitted as a separate tariff sheet with the following naming convention: **Files that are not named correctly will not be accepted.**

Group Level - Group Category – Routine Type - First Names of Athletes - Club

Eg. L6 W3 BAL "Stephannie, Emily, Shennei" Acrotastic Sydney

- Do not use commas (,), slashes (/), or full stops (.)
- Do not write the whole word 'Level', use L followed immediately by the level
- 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
- 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
- Do not write the athletes full name, use forenames only in sentence case
- Please use only the first name of athletes and the same name as entry eg: Isobel not Izzy

Spectating Routines

Only two coaches are permitted to stand in the designated area beside the competition floor to spectate routines. Additional coaches and/or athletes must stand away from the competition area.





Specific Event Requirements

Qualification

1. To be eligible to compete at State Championships, a qualifying score must be achieved at any ONE State Trial or a Regional Trial which has been sanctioned as a qualifying trial, by all pairs, women's groups or men's groups. ACT clubs wishing to attend NSW State championships must follow the same qualifying process as NSW clubs and reach the qualifying score below at one NSW State Trial.
2. Level 6-10 and International athletes **MUST** compete all compulsory routines at any ONE State Trial to be eligible to compete at State Championships. Groups withdrawn from the State Trials due to injury may apply to the Committee to attend State Championships as a Display group for the purposes of qualifying for the NSW State Team only. Applications will be assessed on a case-by-case basis. Precedence is not a consideration. Further Information on State Team Special Considerations can be found below in the State Team Selection Criteria.

| 2024 Acrobatic State Championships Qualifying Scores | | | |
|--|---|--|---|
| Level 1 – 3 | 45.00 Overall | International 11-16, 12-18, 13-19 & Senior International | Compete in at least one (1) NSW Trial Competition |
| Level 4 – 5 | 39.00 Overall | | |
| Level 6-10 | Compete in at least one (1) NSW Trial Competition | | |

3. Groups must complete ALL compulsory routines at the ONE Trial (for Levels 1–10 and International 11-16 a balance and dynamic routine, for International 12-18, 13-19 and Seniors a balance, dynamic and combined routine).
4. If all State Trials and Regional Trial which has been sanctioned as a qualifying trial are missed due to illness or injury or any other circumstance, with the exception of point 6 below, this will make a pair or group ineligible to compete at the State Championships.
5. Only pairs or groups with the same members as qualified at a Trial will be eligible to compete at State Championships.
6. Teams participating in an international event sanctioned by GA that causes them to miss both state trials will be permitted to compete at the State Championships at the discretion of the GC.
7. Athletes who have qualified at Trials but sustain an injury/illness prior to the State Championships which prevents them competing at the State Championships must present to the GymNSW EPPO and Physio at the State Championships, with a doctors certificate, for them to be considered for selection onto the NSW State Team. Regional athletes must forward a medical certificate and letter from the Club Manager to the GymNSW EPPO.



Tied Scores

Ties will **not be broken** at NSW events. If ties occur, places will be decided in the following manner:

| Placing | Ties between two pairs/groups | Ties between three or more pairs/groups |
|---|--------------------------------------|---|
| Tie for First place | First & Third places awarded | First place awarded |
| Tie for Second Place | First & Second places awarded | First & Second places awarded |
| Tie for Third Place | First, Second & Third places awarded | First, Second & Third places awarded |
| Ties that must be broken in order to determine the State Team will utilise the Gymnastics Australia tie breaking policy | | |

Protesting Scores

Scores will be shown on the day of competition at Level 4-10 & International Competitions and Level 1-3 State Championships. If coaches wish to protest a score the following regulations apply:

- Protests must be submitted on the protest form provided by Competition organizer or Judging Coordinator (whomever is first available)
- Protests for level 4-10, International Stream and level 1-3 State Championships must be submitted before the presentation commences;
- For level 1-3 trial competitions clubs will receive notification of any reduced difficulty scores and penalties before the end of the competition session. Any enquiries must be submitted before the presentation commences.
- A fee of \$50 will be invoiced to the club after the competition for unsuccessful protests. Protests that are successful do not incur the fee.
- Please refer to club judge for any queries about scores following conclusion of presentation

| Protests must state : | The protest may pertain to: | Protest may not pertain to: |
|---|---|---|
| <ul style="list-style-type: none"> • Athlete's name • Club • Coach's Name • Level • Category • Competition • A succinct explanation of the protest | <ul style="list-style-type: none"> • Difficulty Score • Error in calculation • Equipment malfunction | <ul style="list-style-type: none"> • Execution Score • Artistry Score • Penalties • Comparisons between judges/judging panels • Comparisons between athletes, Pairs/Groups • Comparisons to other events/competitions |



Awards

| Levels 1 – 3 | |
|---|---|
| <p>Trial Events All participants in level 1 – 3 trial competitions will be presented with an award that is banded based on the overall score they receive. Banding scores are as follows:</p> <ul style="list-style-type: none"> • Blue: 53.00 or more • Red: 46.00 – 52.99 • Green: less than 46.00 | <p>State Championships Awards will be issued for the following:</p> <ul style="list-style-type: none"> • Overall 1st – 6th • Banded award based on overall score <p>Banding scores are as follows:</p> <ul style="list-style-type: none"> • Gold: 53.00 or more • Silver: 46.00 – 52.99 • Bronze: less than 46.00 |
| Levels 4 – 10 & International 11 - 16 | |
| <p>Trial Events Awards will be issued for the following:</p> <ul style="list-style-type: none"> • Balance Routine 1st – 3rd • Dynamic Routine 1st – 3rd • Overall 1st – 6th | <p>State Championships Awards will be issued for the following:</p> <ul style="list-style-type: none"> • Balance Routine 1st – 6th • Dynamic Routine 1st – 6th • Overall 1st – 6th |
| International 12 – 18, 13 – 19 & Senior | |
| <p>Trial Events Awards will be issued for the following:</p> <ul style="list-style-type: none"> • Balance Routine 1st – 3rd • Dynamic Routine 1st – 3rd • Combined Routine 1st – 3rd • Overall 1st – 6th | <p>State Championships Awards will be issued for the following:</p> <ul style="list-style-type: none"> • Balance Routine 1st – 6th • Dynamic Routine 1st – 6th • Combined Routine 1st – 6th • Overall 1st – 6th |

NB: To gain an overall placing at any competition the group must compete all compulsory routines.

NB: Groups must reach the following minimum scores to be eligible for routine and overall awards. If a group does not reach the minimum score for one routine they will still be eligible for the routines they have reached the minimum score.

| Level | Routine Minimum Score | Overall Minimum Score |
|-------------------------------------|-----------------------|-----------------------|
| Level 4-5 | 19.50 | 39.00 |
| Level 6-10 | 20.00 | 40.00 |
| International 11-16 | 21.00 | 42.00 |
| International 12-18, 13-19 & Senior | 21.00 | 63.00 |

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

Australian Championships NSW State Team

Selection Committee

The selection committee consists of the NSW Acrobatics Gymsport Committee.

Athlete Selection Criteria

Please refer to the Gymnastics NSW Selection Policy covering eligibility criteria, selection requirements and roles and responsibilities available on the GNSW website and [GNSW State Team Website](#). ACR specific selection criteria can be found below.

All Athletes wishing to attend Australian Championships to represent NSW **must** meet the selection criteria.

In levels 6 & 7 a **maximum of 5 groups per category** will be selected onto the State Team. For levels 8-10 & International, all groups can attend provided they meet the following criteria:

- To be considered for State Team selection groups **must**: Compete in State Championships **plus at least one** State Trial in the level they wish to attend Australian Championships.
1. Achieve the Australian Championships Qualifying score



2025 ACRO Australian Championships qualifying score

| | |
|---------------------------------------|-------|
| Level 6 - 10 | 42.00 |
| International 11 – 16 | 46.00 |
| International 12 – 18, 13-19 & Senior | 70.00 |

NB: Only groups with the same members for the State Trial and the State Championships will be eligible for consideration for the State team.

Athlete Selection Process

- In the event that the GC needs to break a tie to meet the limit of entries allowed by Gymnastics Australia, then the Gymnastics Australia Tie Breaker Policy will apply.
- If a group that has been selected for Australian Championships changes its members, then the group will be withdrawn from the State team.

2025 ACRO Australian Championships Athlete Selection process

| Level | Process |
|----------------------------|---|
| Level 6 & 7 | Top 5 groups in each division (including state champion) based on their State Championships overall score + best State Trial overall score. Overall State Champions for each division automatically qualify if the Australian Championships qualifying score has been achieved |
| Level 8-10 & International | Groups must fulfil all selection criteria to be selected onto the team |

Special Considerations

Groups who have been accepted by the Gymsport Committee to attend State Championships as a display group are able to fulfil the event selection criteria for the State team. Groups that have withdrawn from State Trial events on medical grounds must provide a written report from a Doctor/Physiotherapist which includes the athlete's injury details as well as the projected recovery timelines for consideration. Groups that have been accepted must send through a medical clearance with accompanying video of routine to the GSNW EPPO no later than 72 hours prior to the event. Refer to state championships selection for more information on special considerations to attend State Championships.

Groups competing internationally at a Sanctioned FIG event can apply for special consideration to be eligible for the State Team without attending State Championships. Athletes must still fulfil the other criteria to be considered.

Officials 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 information.



Resources

Additional resources will be available on the [GNSW Technical Regulations Website](#).

| | |
|---|--|
| Federation of International Gymnastics | Website: https://www.gymnastics.sport/site/ |
| 2024 & Beyond Australian Levels Program | Free for Acrobatics Technical Members or Available to purchase from Gymnastics Australia at the link below: https://shop.gymnastics.org.au/collections/tech-members |
| 2025-2028 Code of Points & Tables of Difficulty | Available to download from the FIG Website at the link below: https://www.gymnastics.sport/site/rules/rules.php |
| Gymnastics NSW Event Policies and Forms | Available on the Gymnastics NSW Technical Regulations Website https://www.nswgymnastics.com.au/competition-event-forms |

Updates and Clarifications

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

