



Gymnastics NSW

Section 6 - Rhythmic Gymnastics

Sanctioned Competition Handbook



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How to run a Level 1-4 Event in NSW

Venue Considerations

1. All you need is enough space for the competition floor, warm up floor, judges tables, and spectators if you're having them.
2. Height of ceiling- approximate from 5m (ideal from 6m)
3. Other;
 - Power
 - Bathrooms
 - Carparks or street parking

Equipment Considerations

Required Items

1. Competition Floor Options may include:
 - 3x roll out strip mats
 - Half a matufa floor (RG specific competition floor)
 - Half an Artistic floor (WAG/MAG/ACRO floor)
2. Warm Up Floor
 - 3x roll out strip mats
 - Half a matufa floor (RG specific competition floor)
 - Half a Artistic floor (WAG/MAG/ACRO floor)
3. Velcro Strips (if using roll out strips mats/artistic floor- to stop mats from sliding apart)
4. Sound
 - blue tooth speaker
 - power speaker/cd player
 - sound system
5. Judging Tables
6. Judging Chairs
7. Extension cords and power boards
8. Competition Markings (Red Tape only used to half the Competition Floor for Level 1-2. An alternative option is to use a barrier– but be conscious of potential Health and Safety issues)
9. Music Device
 - Club/Coaches Device (recommended option- to remove responsibility from hosting club)
 - Ipad/Ipod, Computer/Laptop or phone
10. Awards
11. Gaffer Tape (Black/Silver to secure cords)

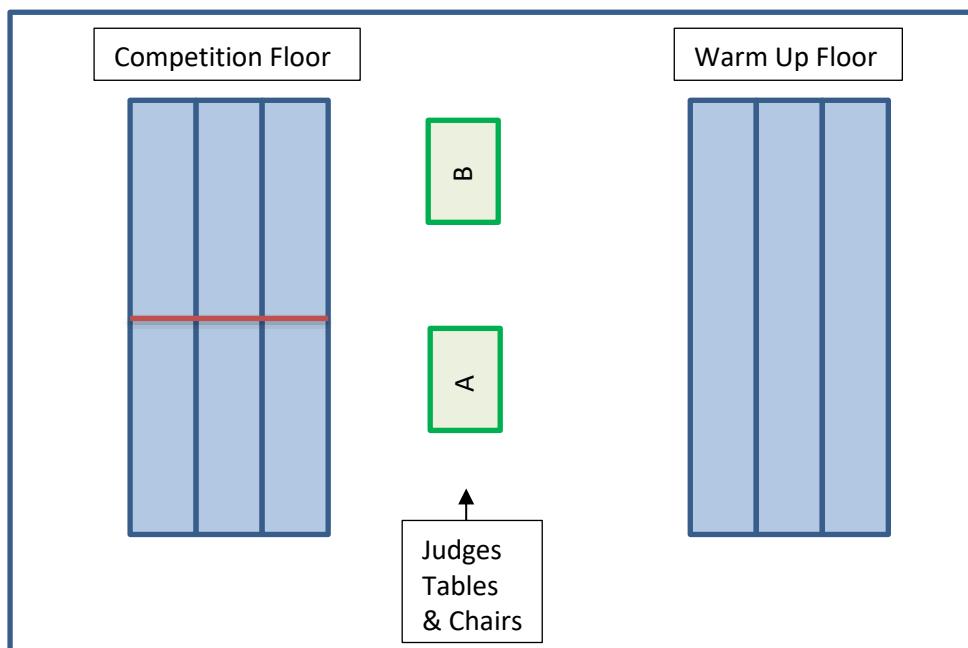
Optional Items

12. Barriers; (boxes, chairs or other equipment to separate any areas; Ballet bars are great in a hall setting for parents, spectators, waiting competitors and other competitions areas.
13. Printer
14. Spectator seating
15. Microphone

Example Floor Layout- Using Roll Out Strip Mats

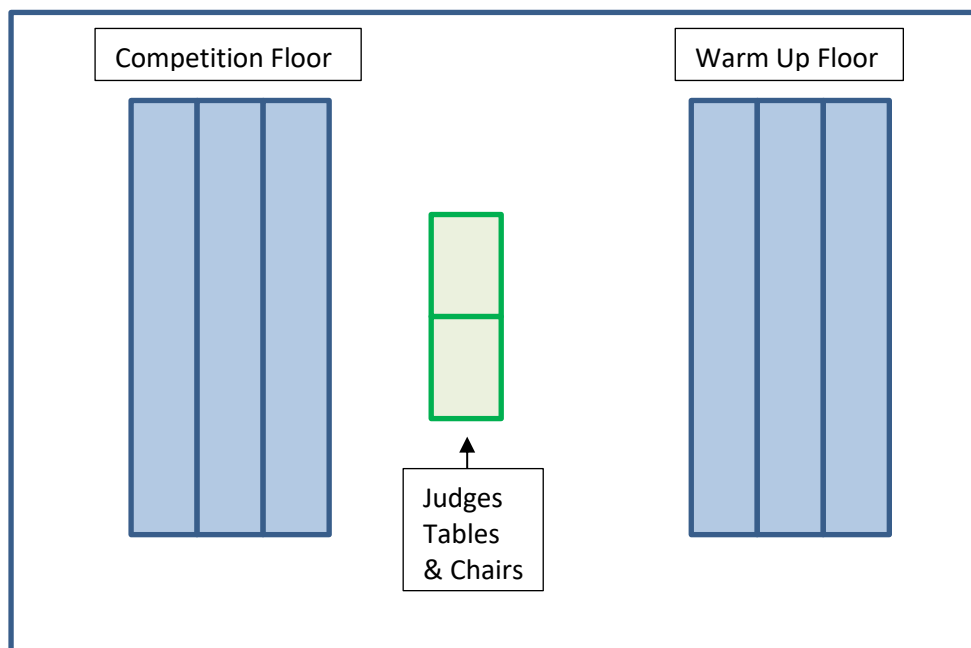
Level 1-2; Two gymnasts competing at the same time

- Competition Floor- 3x mats running longways to judges tables, place red tape down in middle of the floor to separate Panel A and B or you can use boxes/other equipment that you have in the gym. However, be conscious of potential Health and Safety issues.
- Warm up Floor- 3x mats behind the judges tables
- Velcro - all mats must have Velcro (4x in total if using 6x mats)
- Judges Tables- one table for panel A and one table for panel B.
- Sound - place near power or run power to the judges table (you can encourage coaches to press play or you can either use a volunteer or judge to press play)



Level 3-4; One gymnast competing

- Competition Floor - no red tape required and join tables together to form one panel.

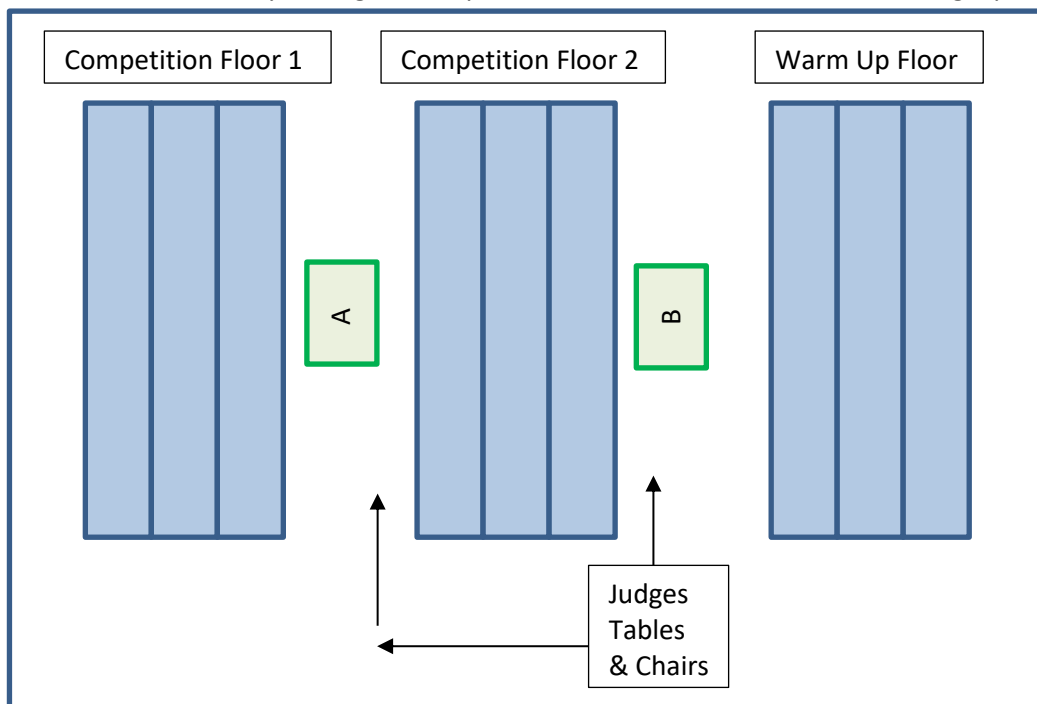


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Level 3-4; Two gymnasts competing at the same time

- Additional mats required for the extra competition floor (Minimum 9 mats).

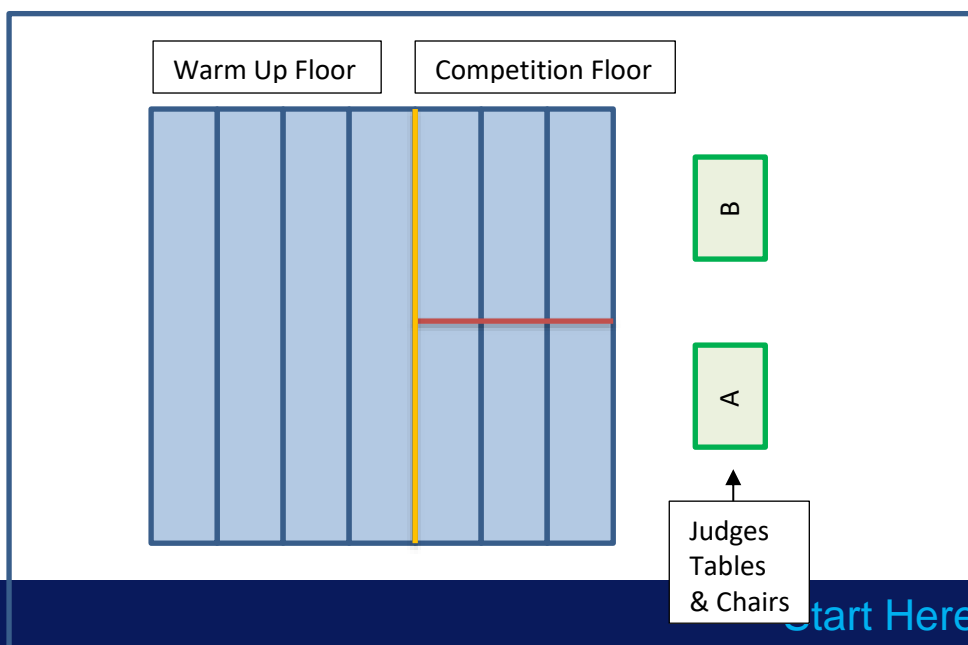
Note; This Structure can accommodate Level 1-2 to have 4 gymnast competing at the same time from the same level by adding a red tape in the middle of both floors and having 4 panels.



Example Floor Layout- Using an Artistic Floor or Matufa Floor

Level 1-2; Two gymnasts competing at the same time

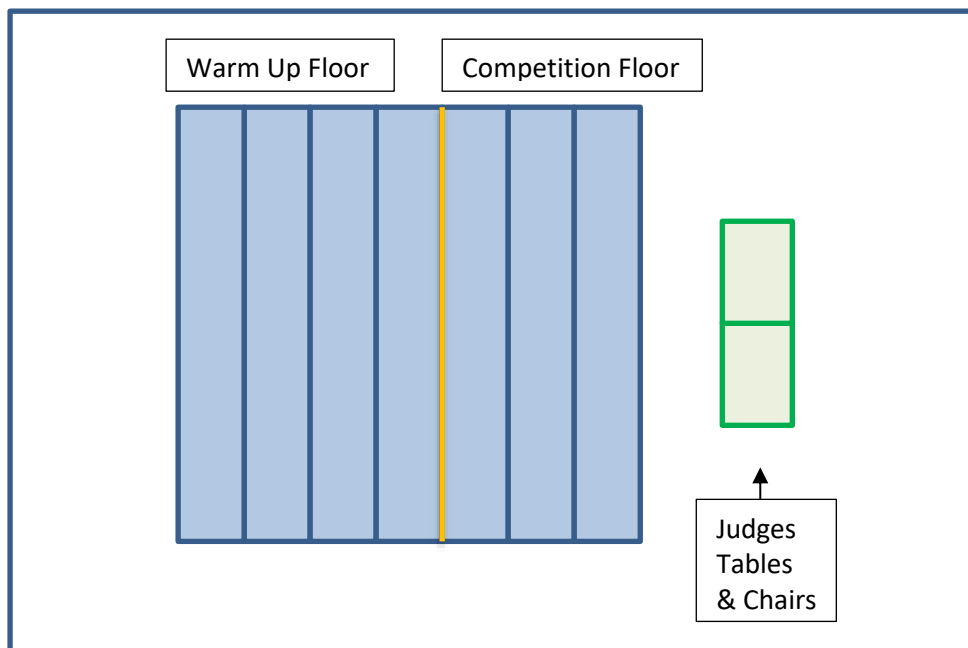
- Competition Floor- artistic/matufa floor, place red tape down in middle of the competition floor to separate Panel A and B or you can use boxes/other equipment that you have in the gym. Also separate the competition floor from the warm up floor by either using any equipment or chairs with seats facing into the warm up area. However, be conscious of potential Health and Safety issues.
- Velcro - all mats
- Judges Tables - one table for panel A and one table for panel B.
- Sound - place near power or run power to the judges table (you can encourage coaches to press play or you can either use a volunteer or judge to press play)



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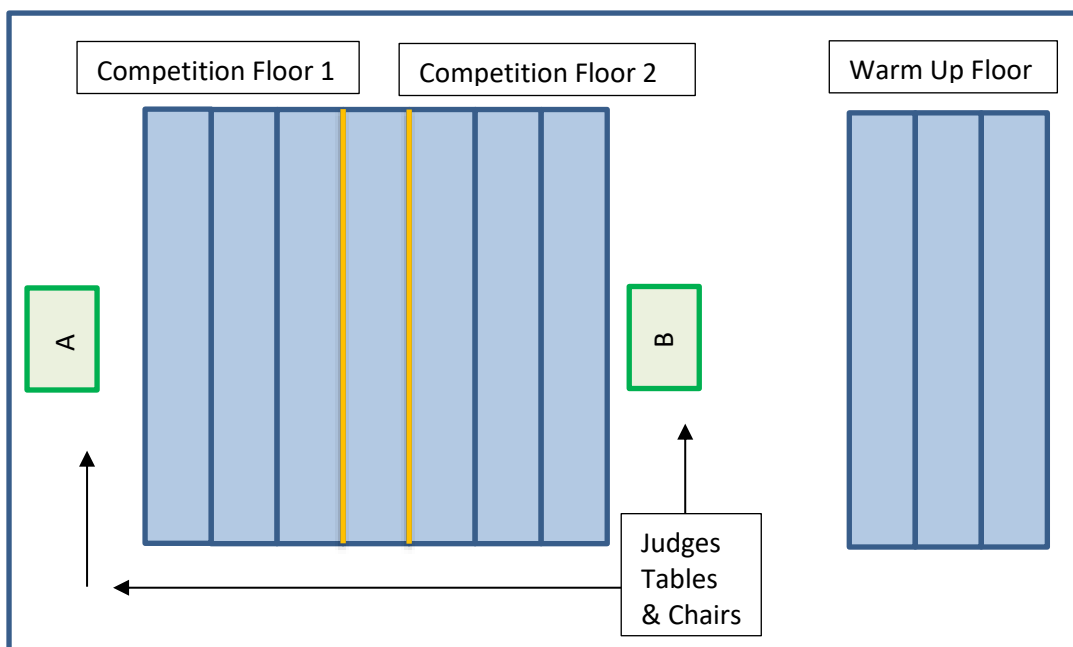
Level 3-4; One gymnast competing

- Competition Floor - no red tape required and join tables together to form one panel. Leave a barrier to separate the competition floor to the warm up floor.



Level 3-4; Two gymnasts competing at the same time

- Additional mats required for warm up floor (Artistic/Matufa floor plus Minimum 3 roll out mat strips). If you have additional mats, it is recommended to be used for additional warm up space.



Awards

There are many options to choose from on to how to award Level 1-4 for your sanctioned event as well as deciding to go with a different scoring option outside of what is listed below however you will need to communicate this well ahead of the closing date for entries.

At State run events, we band Level 1-4 per routine and each gymnast receives a total of two awards for the two routines they performed. We use Blue, Red and Green Ribbons for Invitationals and Gold, Silver, Bronze Medals for State Championships.

You can decide to use different colour ribbons, banding places more than three, medals, trophies, certificates, use an alternative banding structure to determine what award each athlete receives and/or add novelty awards.

Option 1: Follow NSW Events Structure (Recommended as it's the easiest option)

- Three Awards per routine
 - Blue, Red, Green
 - Gold, Silver, BronzeOR
 - Three other Colours
- Use the banding Scores in the RG Technical Regulations to determine what award each athlete receives after each routine
- Awards can be collected after each routine
- Results will not be published with scores. Clubs can request for their club gymnasts only pending each events set-up.

Option 2: Alternative Option

- Increase to more than three awards per routine
- Decide each banding score to determine what award each athlete receives and communicate to clubs participating
- Awards can be collected after each routine
- Results will not be published with scores. Clubs can request for their club gymnasts only pending each events set-up.

Option 3: Alternative Option

- Three Awards per routine/AA OR to increase more than three
- Decide to do an even split into how many awards you have (not score based)
- Awards can only be collected after the entire competition session
- Results will need to be kept manually during the session for each gymnast and routine
- Results will then need to be sorted manually per routine to determine which award each athlete receives OR
- Alternatively, Results will then need to be sorted manually by adding the two routines together for each athlete, then sorted to determine which ONE award for AA each athlete receives
- Results will not be published with scores. Clubs can request for their club gymnasts only pending each events set-up.

How to run a Level 5-6 Event in NSW

Venue Considerations

1. All you need is enough space for the competition floor, warm up floor, judges tables, and spectators if your having them.
2. Height of ceiling- Approximate from 6m (ideal from 7m)
3. Other;
 - Power
 - Bathrooms
 - Carparks or street parking

Equipment Considerations

Required Items

1. Competition Floor
 - 5x roll out strip mats
 - Size of 5 mats equivalent for a matufa floor (RG specific competition floor)
 - Size of 5 mats equivalent for an artistic floor (WAG, MAG, ACRO- least preferred)
2. Warm Up Floor
 - 4x roll out strip mats
 - Size of 4 mats equivalent for a matufa floor (RG specific competition floor)
 - Size of 4 mats equivalent for an artistic floor (WAG, MAG, ACRO- least preferred)
3. Velcro Strips (if using roll out strips mats/artistic floor- to stop mats from sliding apart))
4. Sound
 - blue tooth speaker
 - power speaker/cd player
 - sound system
5. Judging Tables
6. Judging Chairs
7. Extension cords and power boards
8. Competition Markings (Red Tape only used if using a matufa or artistic floor to mark the boundary of 5 mats equivalent for the competition floor space. An alternative option is to use a barrier) However, be conscious of potential Health and Safety issues.
9. Music Device
 - Club/Coaches Device (recommended option- to remove responsibility from hosting club)
 - Ipad/Ipod, Computer/Laptop or phone
10. Awards
11. Gaffer Tape (Black/Silver to secure cords)

Optional Items

12. Barriers; (boxes, chairs or other equipment to separate any areas; Ballet bars are great in a hall setting for parents, spectators, waiting competitors and other competitions areas.
13. Printer
14. Spectator seating
15. Microphone

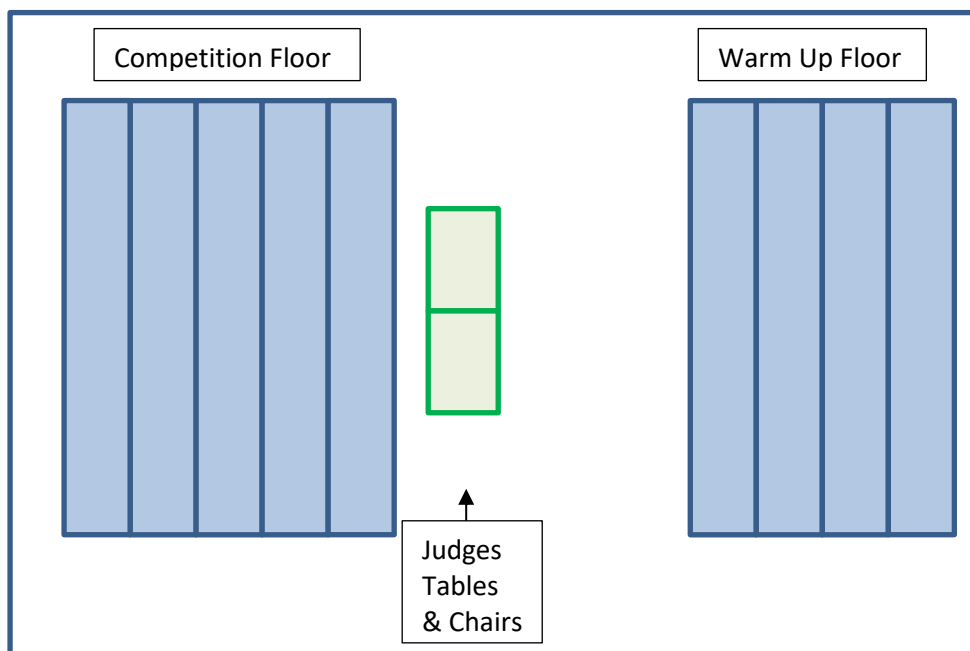
Note: If attending GA/Interstate events please refer to their regulations as requirements may vary.

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Example Floor Layout- Using Roll Out Strip Mats

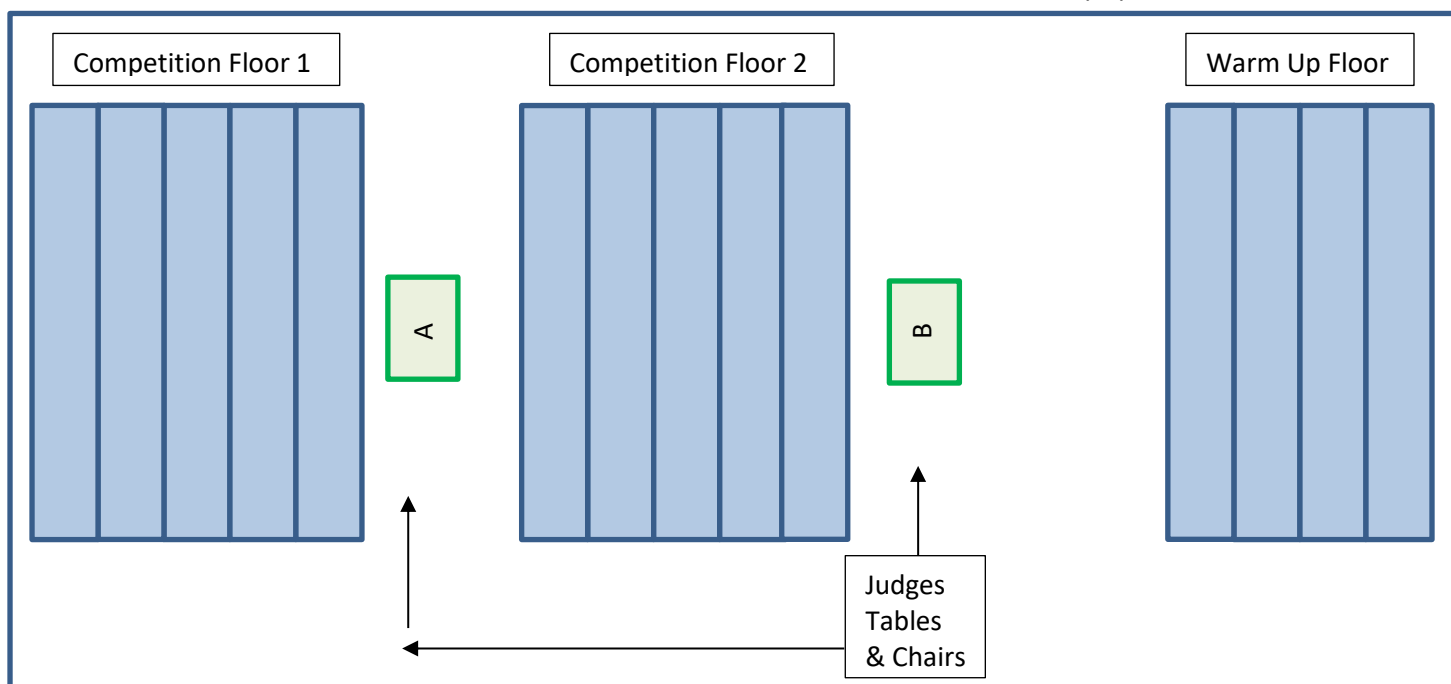
Level 5-6; One gymnast competing

- Competition Floor- 5x mats running longways to judges tables, no red tape required
- Warm up Floor- 4x mats behind the judges tables
- Velcro - all mats must have Velcro (7x in total if using 9x mats)
- Judges Tables- number pending on one or two panels
- Sound - place near power or run power to the judges table (you can encourage coaches to press play or you can either use a volunteer or judge to press play)



Level 5-6; Two gymnasts competing at the same time from the same Level

- Additional mats required for the extra competition floor (Minimum 14 mats). If you have additional mats, it is recommended to be used for additional warm up space.

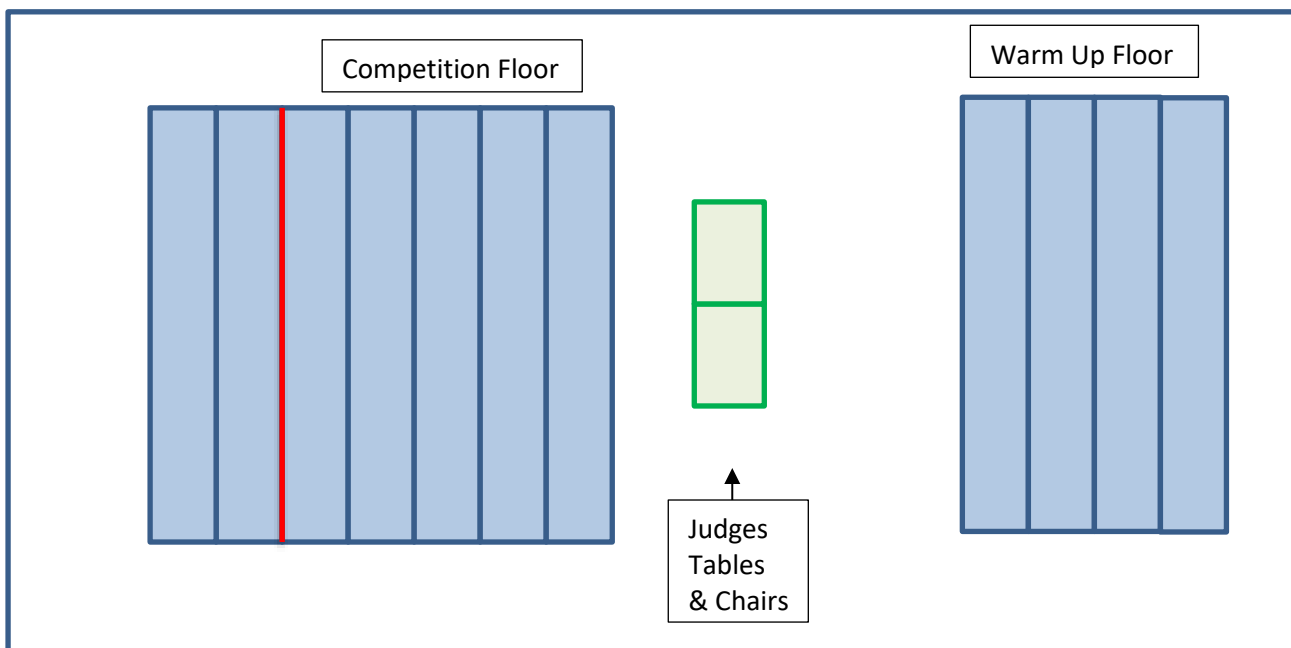


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Example Floor Layout- Using an Artistic Floor or Matufa Floor

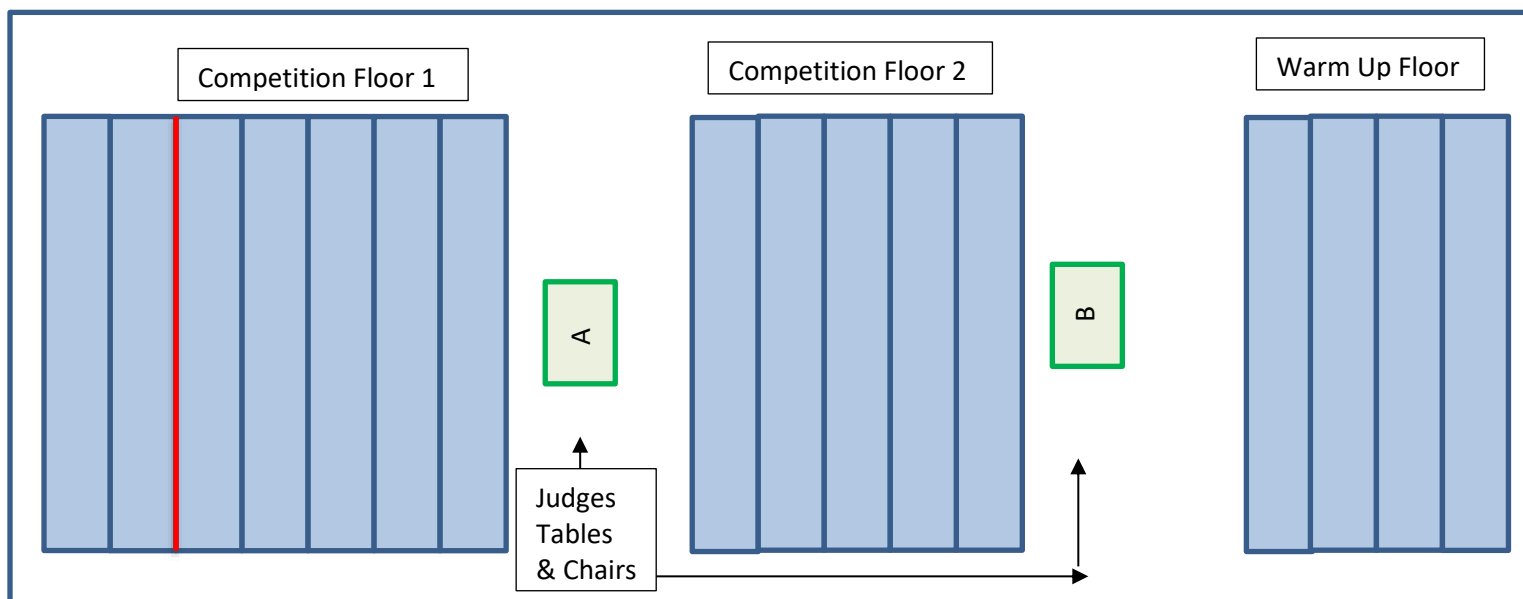
Level 5-6; One gymnast competing

- Competition Floor- artistic floor/matufa floor, place red tape to the size of 5 mats equivalent of the competition floor or you can use boxes/other equipment that you have in the gym. However, be conscious of potential Health and Safety issues.
- Warm up Floor- 4x mats behind the judges tables
- Velcro - all mats on artistic floor and warm up floor
- Judges Tables - number pending on one or two panels
- Sound - place near power or run power to the judges table (you can encourage coaches to press play or you can either use a volunteer or judge to press play)



Level 5-6; Two gymnasts competing at the same time from the same Level

- Additional mats required for the extra competition floor (Matufa/Artistic Floor + 9 roll out mats) If you have additional mats, it is recommended to use 10 roll out strips for the competition floors and use the matufa/artistic floor for the warm up area or potentially just use for additional warm up space.



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Awards

At State run events, we award Level 5-6 individual ranking placings 1st-6th for each routine for each level/division per floor.

ie. Level 5 was split into two divisions at your sanctioned event; Level 5 Division 1 (Floor 1) will be awarded 1st-6th per routine as well as Level 5 Division 2 (Floor 2).

For AA, each athlete receives an AA Award from three banding scores.

You can decide to use different colour ribbons 1st-6th, medals, trophies, certificates, use an alternative award structure to determine what award each athlete receives and/or add novelty awards.

Option 1: Follow NSW Events Structure

- Award 1st-6th for each routine for a level/division per floor
- Award AA using three awards
 - Blue, Red, Green
 - Gold, Silver, BronzeOR
 - Three other Colours
- Use the AA banding Scores in the RG Technical Regulations to determine what AA award each athlete receives
- Awards can only be collected after the entire competition session
- Results will need to be kept during the session for each gymnast and routine
- Results will then need to be sorted per routine and AA to determine which award each athlete receives

Option 2: Alternative Option

- Award 1st-6th for each routine for a level/division per floor
- Award 1st-6th AA for a level/division per floor
- Awards can only be collected after the entire competition session
- Results will need to be kept during the session for each gymnast and routine
- Results will then need to be sorted per routine and AA to determine which award each athlete receives

Note:

- If you have only one competition floor for Level 5-6, you can still split them into smaller sessions and award per session.
 - You can also decide to follow the GA age divisions for Level 5-6 for determining divisions
- OR
- Decide to follow GNSW structure for divisions; Once all entries are in for a level, divisions will be split equally into smaller sessions by using Age/DOB.

ie. If there are in total 40 entries for Level 5;

Division 1 will be the youngest 20 gymnasts sorted by DOB

Division 2 will be the older 20 gymnasts sorted by DOB

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How to run a Level 7-HP & Multiples Event in NSW

Venue Considerations

1. All you need is enough space for the competition floor, warm up floor, judges tables, and spectators if your having them.
2. Height of ceiling- approximate from 7.5m (ideal from 8m)
3. Other;
 - Power
 - Bathrooms
 - Carparks or street parking

Equipment Considerations

Required Items

1. Competition Floor
 - 7x roll out strip mats
 - matufa floor (RG specific competition floor)
 - artistic floor (WAG, MAG, ACRO floor- least preferred)
2. Warm Up Floor
 - 5-7x roll out strip mats
 - matufa floor (RG specific competition floor)
 - artistic floor (WAG, MAG, ACRO floor- least preferred)
16. Velcro Strips (if using roll out strips mats/artistic floor- to stop mats from sliding apart)
3. Sound
 - blue tooth speaker
 - power speaker/cd player
 - sound system
4. Judging Tables
5. Judging Chairs
6. Extension cords and power boards
7. Competition Markings (Red Tape to mark the boundary 13x13)
8. Music Device
 - Club/Coaches Device (recommended option- to remove responsibility from hosting club)
 - Ipad/Ipod, Computer/Laptop or phone
9. Awards
10. Gaffer Tape (Black/Silver to secure cords)

Optional Items

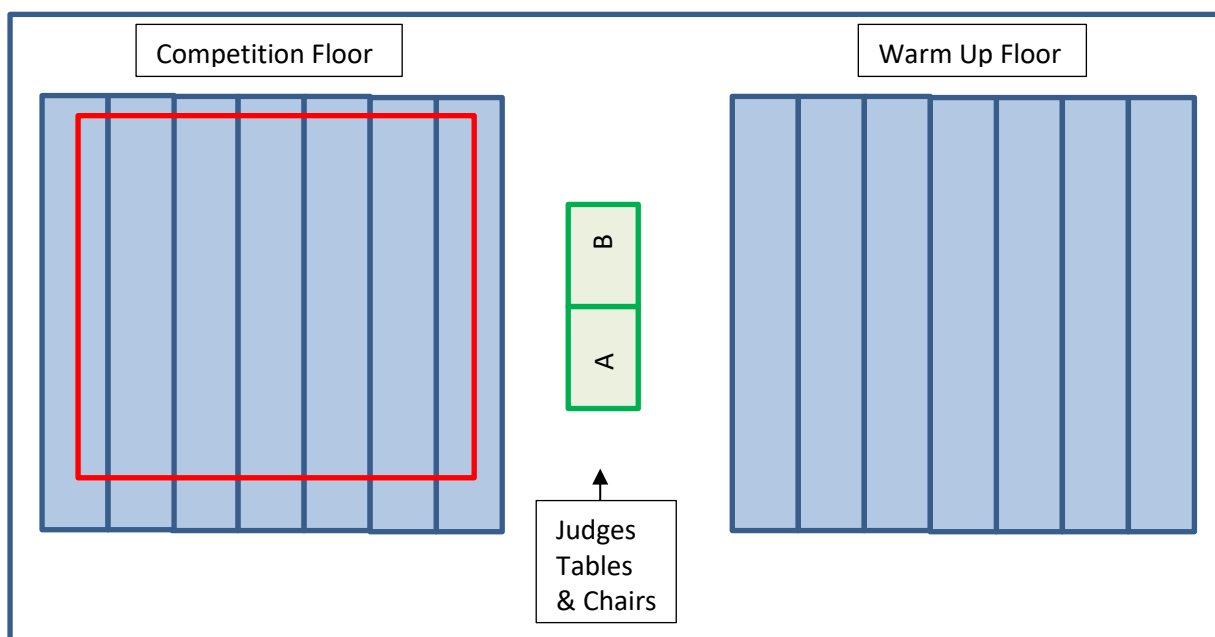
11. Barriers; (boxes, chairs or other equipment to separate any areas; Ballet bars are great in a hall setting for parents, spectators, waiting competitors and other competitions areas.)
12. Printer
13. Spectator seating
14. Microphone

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Example Floor Layout- Using Roll Out Strip Mats, Artistic Floor or Matufa Floor

Level 7-HP & Multiples; One gymnast/Group competing

- Competition Floor- 7x mats running longways to judges tables, red tape required 13x13
- Warm up Floor- 5-7x mats behind the judges tables
- Velcro - all mats must have Velcro roll out mats/artistic floor
- Judges Tables- number pending on one or two panels
- Sound - place near power or run power to the judges table (you can encourage coaches to press play or you can either use a volunteer or judge to press play)
- If you have additional mats, it is recommended to be used for additional warm up space.
- If you have an artistic floor (least preferred) and roll out strips/matufa floor, it is recommended to use the artistic floor for the warm up space.



Awards

At State run events, we award individual ranking placings 1st-6th for each routine as well as AA for each level/division.

For Multiples Categories, we award Cat 1-5 AA 1st-6th and Cat 5 ranking placings 1st-6th for each routine.

You can decide to use different colour ribbons 1st-6th, medals, trophies, certificates and/or add novelty awards.

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General Event Information

Music

Level 1-6 State Compulsory music can be downloaded from the [GNSW Technical Regulations Website](#).

- Save the files onto a device that you will be using to play music
- Use a volunteer/judge/coach to press play

For all other Levels/Divisions there are two options;

- **Option 1;** ask participating clubs to submit music by a due date, sort and order the music to match the competition work order, then organise a volunteer/judge/coach to press play
- **Option 2;** ask participating clubs to bring their music on a device which they will be responsible to connect, and press play for each gymnast/group from their club. If deciding this option, it is recommended to have all gymnasts from the same club competing in a row.

Judges

For all Judge Requirements and Panel Configurations please refer to the [GNSW Technical Regulations](#).

Clubs are responsible to organise and allocate judging panels for their sanctioned event/s. For additional recommendations or advice, you can contact the NSW RG Judging Coordinator, NSW RG Technical Director and/or the GNSW RG ESDO. Contact details are available [HERE](#).

It is recommended to host your judge event briefings prior to your sanctioned event.

Coaches

For all Coach Requirements please refer to the [GNSW Technical Regulations Website](#).

It is recommended to host your coach event briefings prior to your sanctioned event.

Spectators

For all Spectator Requirements please refer to the [GNSW Technical Regulations Website](#).

Clubs may decide if it will be spectator free at their sanctioned event/s. It is recommended to communicate all your event information to clubs participating.

Volunteers

For all Volunteer Requirements please refer to the [GNSW Technical Regulations Website](#).

Clubs may decide to seek volunteers from their own club, clubs participating or no volunteers for their sanctioned event/s.

Scoring

Clubs may decide to purchase the scoring program <https://app.rgscores.com/> for their sanctioned event/s. For information on the features and cost of the program, please contact [Rick Banks](#).

An alternative option is to use manual excel templates.

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Competition Timetable

A benefit of purchasing the scoring program above for your sanctioned event, is that it can calculate the session timings for you which is an easy copy paste into your competition timetable document.

If you decide to go manual, please see below some timings to consider;

- If you have concurrent floors using the same music (this will reduce your timings for a session)
- If you have one, two or more panels (you will need to allow extra time if using one panel, reduce timings slightly if using two panels etc)
- “wobble break” (allow for any technical issues/delays)
- If a session is over 2 hours, allow for a quick judges bathroom break
- Change over (pending current restrictions and venue rules, allow for participants to exit before the next group enters, monitor maximum capacity and conduct any preparation for the next session)
- Warm up, presentation timings

Work Orders

A benefit of purchasing the scoring program above for your sanctioned event, is that it generates the work order for you which you can simply download and share as well as providing live online workorders on the day and many features to withdraw or change an athlete within the order, accommodate for judging online using the live online workorder and provide results instantly.

If you decide to go manual, please see below some points to consider;

- Grouping gymnasts by clubs for L1-6
- Random draw for L7-HP
- Allowing enough space between routines if a gymnast is in multiple routines.
- Panel/floor changes
- Club not consistently first or last across sessions
- Gymnast not consistently first or last across your sanctioned events

Sanctioning Events

Clubs applying to run events have flexible event options offered to encourage and cater to the wider community and their club programs. Flexible dates available to schedule these events throughout the calendar year around state and national competition dates. All RG events are sanctioned by GNSW and advertised on the Club Friendly/Region Calendar. No sanctioning fee will be charged for Club Friendly Events.

For all Competition Sanctioned Information and Application Form please refer to the [GNSW Technical Regulations Website](#).

Resources

All RG Competition Resources and templates will be available once your club sanctioned application has been approved. General Event Resources will also be available.

Please see below RG templates available but not limited to;

- Timings to work out competition timetables
- Competition Timetable
- Work orders
- Manual Scoring Excels
- Judging Panels

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