



# 2025

## Gymnastics NSW Technical Regulations

### *Section 5 - Men's Artistic Gymnastics*

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All Gymnastics NSW Men's Artistic Gymnastics Events & Activities  
December 2025  
Gymnastics NSW – MAG Gymsport Committee



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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 Regulations provide governance for Men's Artistic Gymnastics (MAG). This handbook provides MAG in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The MAG 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. In the event a prompt decision is required at an event, the decision will be made by a simple majority vote of the Committee in attendance. If there is a tie, the MAG Technical Director will receive an additional vote.

Whereby error or omission of 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

ALP	Australian Levels Program
CoP	Code of Points
EPPO	Events, Pathways and Performance Officer
FIG	Federation International Gymnastics
GA	Gymnastics Australia
GC	Gymsport Committee
GNSW	Gymnastics New South Wales
JA	Judges Assembly
MAG	Men's Artistic Gymnastics

## Committees

### National Commission

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

Contact information for the commission can be found on the [GA Website](#).



## GNSW MAG 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

The NSW AER GC is committed to the following goals:

- ) Increase participation and provide support for clubs to ensure continued growth in the sport.
- ) Furthering the objectives of Gymnastics NSW.
- ) Raising awareness of and abiding by Gymnastics NSW policies, procedures, rules and regulations.
- ) Make suggestions to Gymnastics NSW with respect to Gymsport matters.
- ) Develop, implement and administer projects to support the growth and technical development of the Gymsport.
- ) Conduct competitive and participation focused gymnastics events.
- ) Increase participation in Aerobic gymnastics.
- ) Provide support for clubs to ensure continued growth for clubs and athletes in the sport.
- ) Liaise with the Gymnastics NSW Education Officer regarding the education requirements of the Gymsport.
- ) Enhance communication within the NSW Aerobic Gymnastics community
- ) Coordinate the National Levels Program within NSW.
- ) Determine the event calendar, in conjunction with Gymnastics NSW staff.
- ) Determine the selection criteria for the state championships and state team.
- ) Determining the annual Awards Policy criteria for the respective Gymsport.
- ) Determine the awards to be presented at events, in conjunction with Gymnastics NSW staff.
- ) Strive for the premier position in the Aerobic Gymnastics National arena.

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

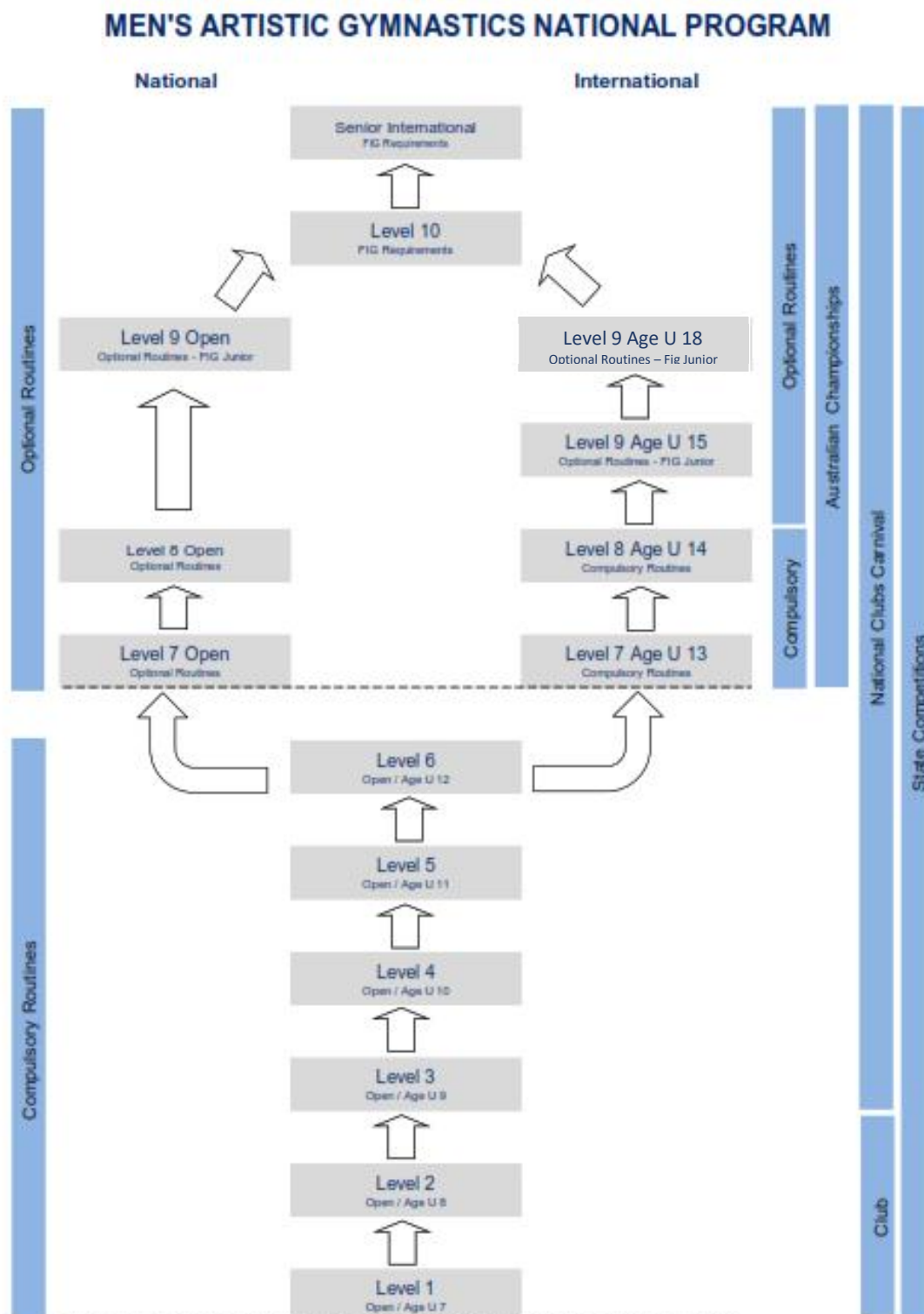


# Sport Specific Information

## About MAG

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

## Competition Framework





## Program Information

Level	Age	Year Born	ALP Rules
Junior			
Level 1 U7	7	2018	Compulsory
Level 1 Open	Open		Compulsory
Level 2 U8	8	2017	Compulsory
Level 2 Open	Open		Compulsory
Level 3 U9	9	2016	Compulsory + Bonus Skills
Level 3 Open	Open		Compulsory + Bonus Skills
Level 4 U10	10	2015	Compulsory + Bonus Skills
Level 4 Open	Open		Compulsory + Bonus Skills
Level 5 U11	11	2014	Compulsory + Bonus Skills
Level 5 Open	Open		Compulsory + Bonus Skills
Level 6 U12	12	2013	Compulsory + Bonus Skills
Level 6 Open	Open		ALP Optional requirements + <a href="#">NSW Specific Bonus</a>
Masters	17	2008	ALP Optional requirements
Masters For All	17	2008	ALP Optional requirements
Senior			
Level 7 U13	13	2012	Compulsory + Bonus Skills
Level 7 Open	Open		ALP Optional requirements
Level 8 U14	14	2011	Compulsory
Level 8 Open	Open		ALP Optional requirements
Level 9 U15	15	2010	FIG Junior Rules
Level 9 U18	18	2007	FIG Junior Rules
Level 9 Open	Open		FIG Junior Rules
Level 10 & SNR	Open		FIG / No Modifications

### 2025 Age Categories

Maximum age limits apply as per MAG Australian Levels Program requirements. Athletes must be born within the specified calendar year or later to compete in the **Age** division.

Athletes who are **Age** eligible must compete in the **Age** division for levels 1-5.

Masters athletes must be born before or in the specified calendar year.

Participation in any GNSW competition or sanctioned event requires the athlete to be attending school and be turning 6 years of age in the calendar year of competition.

All MAG ALP compulsory levels have an age eligibility range for National level events. Athletes eligibility for National level events may be affected if the athlete is competing outside of this range. Please refer to the MAG Australian Levels Program requirements.



## 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

In addition to the Accreditation Table located on the [General Regulations Website](#), Please see below additional information for each level of accreditation.

Comp Level	Head Judge Min. Accreditation	Panel Judge Min Accreditation	Min. # Judges per Panel	Jury Min. Accreditation
1 - 2	Intermediate	Beginner	2	Advanced
3 - 6	Intermediate Bronze	Intermediate	2	Advanced
7 - 9	Advanced	Intermediate Bronze	3	Advanced
10/INT	Advanced Silver / FIG	Advanced	3	Advanced Silver / FIG

\*Variation to panel, composition and accreditation requirements is at the discretion of the MAG Judges Assembly and is relevant and appropriate to the level and format of the competition.

### Judge Attire

Judges must meet the following dress requirements:

- ) Dark Blue Jacket
- ) Dark Blue Trousers/Skirt
- ) Light Coloured Shirt
- ) Tie (for males only)

At Grand Prix and trial events, a tie and jacket are optional.



# Additional Athlete Regulations

## Progression

### **ALP Progression**

Once each level is passed, an athlete will not be permitted to compete at a level below the last level passed, unless the rules specific to an event permit this, or unless approval is gained from the NSW MAG Gymsport Committee. Please refer to Appendix I for the required pass marks.

It is the responsibility of the coaches and club to recognise their athlete's ability and to progress their athletes accordingly to the ALP so as to not knowingly or unknowingly compete within a group where the skill and result of a competitor(s) is disproportionality skewed in their favour due to an overwhelming proficiency of the routines.

If the MAG Gymsport Committee deem that a club has failed to appropriately progress an athlete in level, or that the club has inappropriately moved an athlete back in level, such that the athletes' ability exceeds the level requirements to give them an unfair advantage, the Gymsport Committee may disqualify the athlete from the competition within that level. If an athlete is deemed to be ineligible within a level, the athlete must progress in level the next competition they enter.

### **Voluntary Progression**

Clubs and coaches should progress their athletes through the competition pathway, to reward athletes for their achievement and proficiency, assist athletes in transitioning from one level to another, and create a fairer competitive standard across all levels. Coaches may progress athletes through the program pathway through inhouse assessments in the form of a Levels Test by an appropriately accredited judge. An athlete can achieve success in the test by obtaining a specified minimum all-around score, whilst simultaneously demonstrating at least a minimum standard of proficiency on each individual apparatus. Refer to the current National Technical Regulations accessible on the Gymnastics Australia Website for pass marks for each level. If an athlete is skipping a level their coach may be required to provide supporting evidence that the requirements of testing for all levels have been completed satisfactorily. An athlete can only compete in one Individual State Championships in the same calendar year.





### **Compulsory Upgrade**

Any athlete who achieved the compulsory upgrade score 2024 Junior State Championships, must upgrade to the next level for Regional events, State Trials, Grand Prix's and State Championships for 2025. For compulsory upgrade scores refer to appendix I.

Similarly, any athlete scoring above the compulsory score in the 2025 Junior State Championships, must upgrade to the next level for 2026.

For Open levels 7 to 9, the National upgrading rules apply and may affect qualification for the Australian Championships if the athlete has not progressed to the next level as required by the rules.

The Gymsport Committee may in its absolute discretion make an exception for an athlete. The Committee will aim to be consistent with all applications submitted. All applications must be submitted via the official form. Each matter will be considered on an individual basis and situations evaluated according to merit and circumstance. Precedent is not a consideration.

### **Creating a Supportive Environment**

1. **Levels 1 & 2:** Coaches are permitted to assist athletes in recalling the content of their routines. This assistance should be focused on helping athletes remember 'what to do' rather than 'how to do it.' In practical terms, coaches can proactively remind athletes of the sequence of skills or the number of elements but should avoid providing guidance on execution details such as 'point your toes' or 'counting holds.'
2. **Levels 3-6:** Coaches may provide reactive prompts and reminders if an athlete forgets their routine.

The intention of this is to foster an encouraging environment to support athletes as they transition through the levels program, rather than gaining a competitive advantage. Coaches are to ensure the intent of this principle is followed and all communication from coaches should be positive and supportive.



## Athlete Attire

- ) Club tracksuit and t-shirts (must have the club logo clearly displayed)
- ) Club leotard
- ) Shorts/long pants
- ) Plain white socks
- ) NSW State or Australian uniform (past or current) is not permitted
- ) An athlete must have short hair or if long hair tied back
- ) Jewellery is not permitted (earrings, bracelets, watches etc.)
- ) Body Piercing must be covered / removed by attire or tape
- ) Masters are permitted to compete in a club t-shirt/singlet or leotard and club shorts/longs
- ) Athletes in level 1 & 2 may wear a club t-shirt/singlet and shorts in place of leotard and longs
- ) Athletes must be in matching uniform for presentation at all Championship events
- ) Athletes must wear full club tracksuit in matching uniform for presentation at Senior State Championship

## Event Information

### Competition Equipment

All equipment allowed for competition will be supplied at the apparatus. Additional matting, springboards and other equipment will not be permitted to be moved to or from an apparatus without consent of the MAG EPPO or Event Manager.

### Apparatus Requirements

#### Heights & Settings

All settings for competitions will be in accordance with the Australian Levels Program - or its equivalent publication. For additional permissible matting, please refer to the Gymnastics Australia MAG Technical Regulations - Part B. Variation to height and equipment settings is at the discretion of the MAG Gymsport Committee and is relevant and appropriate to the level and format of the competition.

#### Preparation of the Parallel Bars

Only chalk will be permitted for use on the apparatus by athletes in levels 4 and below. The use of honey, water etc. will **not** be permitted for use on the apparatus. If there is an issue regarding the preparation of the bars this should be raised with the MAG EPPO or Event Manager prior to the commencement of the competition.



## Competition structure and requirements

### Apparatus Warm-Up

Athletes competing at the Senior State Trials and Senior State Championships are required to attend the full apparatus warm-up. Changes to format of warm-up for each level is at the discretion of the MAG Gymsport Committee for each event.

### Vault

The maximum allowable vault run-up may be varied from the allowable run-up as specified in the ALP at different NSW sanctioned competitions at the discretion of the competition executive.

For levels 2-5 that have 2 different Vaults, athletes will be required to compete both Vaults with the E score deductions added together. If an athlete only performs 1 vault, the maximum start score will be 5.00.

Vault			
Level	Vaults	Max Warmups	Additional information
1-5	Both (where applicable)	2 Total	If an athlete only performs 1 vault, the maximum start score will be 5.00
6 U12 7 U13		2	
60		2 (1 additional for athletes performing a salto vault)	
8 U14	Day 1 and Day 2	Athletes competing the <b>base vaults</b> only will have a maximum of <b>2 warm-up vaults</b>	Scores for the two routines will be averaged to give the final vault routine score for apparatus places and overall score calculation, this includes if the athlete is performing the base vault (handspring) for both vaults
		Athletes competing <b>1 bonus vault and 1 base vault</b> or <b>two bonus vaults</b> will have a maximum of <b>3 warm-up vaults</b>	
For athletes in level 9U, 10 & Snr a maximum of 2 warm up vaults will be allowed regardless of whether they are competing 1 or 2 vaults.			

### Pommel

All levels that have 2 pommel routines, (either a buck and a pommel routine or 2 pommel horse routines) will compete both routines at all NSW sanctioned competitions (with the exception of state clubs) and the scores for the two routines will be averaged to give the final pommel routine score for apparatus places and overall score calculation.

Level 7 Under and 8 Under will compete handles only at State Club Championships.



## Specific Event Requirements

### Qualification

Please see below the qualification requirements for Junior and Senior State Championships.

Senior State Championships	
Level	State Qualification Requirement
Level 10 & Senior International	Athletes must compete on the apparatus that they propose to compete on at the State Championships in at least one trial.
Level 9 Open	
Level 9 U15 & 9 U18	
Level 8 Open	
Level 8 U14	
Level 7 Open	
Level 7 U13	
Junior State Championships	
Level	State Qualification Requirement
Masters	Athletes must compete on the apparatus that they propose to compete on at the State Championships.
Level 6 Open	Athletes must compete on the apparatus that they propose to compete on at the State Championships. An individual apparatus qualifying score of 9.0 must be achieved. Competitors wishing to compete in the AA competition must score 54.0.
Level 3 - 6	Athletes must compete in a MAG qualifying event including Grand Prix's, State Clubs or Country Championships.
Level 1 & 2 Special O Level 1-4	Athletes may use a MAG qualifying event or a sanctioned region event to qualify.
Level 3 - 6, excluding 6 Open, athletes seeking qualification to the State Championships must have competed on all apparatus at a MAG qualifying event. Qualifying events include Grand Prix's, State Clubs or Country Championships.	
Level 1, 2 & SO may qualify at either a MAG qualifying event or a sanctioned region event.	
An athletes' competition division will be determined by the athletes' year of birth. To be clear, if an athlete is Age eligible, they must compete in the Age Division in levels 1-5.	



## Tied Scores

Tie breaking rules will not be applied at the 2025 State events. This will be reviewed annually.

## Protesting Scores

- ) Only the nominated coach on the floor at a competition may protest the apparatus start value of their own individual athletes. E-panel deductions disputes or comparison with the performance of other athletes will not be considered and will result in the immediate dismissal.
- ) The nominated coach may approach the apparatus' head judge and ask for clarity/feedback on the difficulty of a routine in the first instance, however if the coach disagrees with the feedback a protest must be lodged with the competition jury and not discussed at the panel further.
- ) The coach may choose to or be requested by competition jury for the protest to be submitted in writing on the official protest form available at the score desk. Protest forms must clearly and concisely state the case for the athlete in question. The protest must be submitted prior to the completion of the last athlete to compete in the event or within 3 minutes of the athletes score being presented.
- ) Protests will be assessed at the conclusion of the competition session being conducted. The decision of the jury is final, and no further discussion will be entered.

## Awards

State Championships Awards		
Level	All-Around Places	Apparatus Places
Level 1-6 and Special Olympics	1 <sup>st</sup> - 3 <sup>rd</sup>	N/A
Level 1-6 and Special Olympics	All athletes will receive a banded award based on their Overall Score. The banded score values can be found in appendix I	
Masters/MFA	1 <sup>st</sup> - 3 <sup>rd</sup>	N/A
Level 7 - SNR	1st - 6th	*1st - 6 <sup>th</sup>
*For athletes in levels 9 Under and 10/Senior International to be eligible for an award on vault athletes must show two vaults, which must be from different Vault groups.		
In the event of an interstate club attending a NSW State Championships event, with the exception of State Clubs, the residential award system will come into place. If a non-NSW athlete receives a placing during the event, subsequent residential places will be awarded for NSW athletes.		
Region Teams – Junior State		
Division	All-Around Places	Apparatus Places
Level 1-6	1 <sup>st</sup> - 3 <sup>rd</sup>	N/A



### **Minimum Standard for Awards**

For All-Around and Apparatus awards, an athlete must achieve the minimum qualification score for that level to receive an award. Qualification score refers to the Australian Championships Qualification score in Levels 7 - SNR.

There is no minimum standard for banded awards.

### **State Club Championships**

The State Club Championships will include all levels 1-SNR. For specific level groupings, rules and teams sizes please refer to the State Club Championships Handbook

### **Country Championships**

Please refer to the Country Championships Handbook for full details of this event.

### **Region Championships**

The Region Championships, to be held in conjunction with the Junior State Championships, provide significant advantages to athletes and the broader competitive arena. Serving as the initial platform for athletes to partake in team selections, which could ultimately lead to future State and Australian team opportunities. The region championships helps cultivate a stronger sense of community and camaraderie within each locality, as athletes unite to represent their respective regions. They also extend an invitation to new or emerging MAG clubs to engage in local competitions, thereby promoting inclusivity and fostering grassroots growth within the sport.

Region representative teams will be selected at region selection competitions. Individual athletes who are selected as part of a region team will compete at the Junior State Championships with their scores contributing to a region team result and ranking. The region teams will accumulate points across the Championships for their region with Champion teams and regions award within each division.

The inclusion of a Region Championships will not change the format, qualification, structure or individual awards of the Junior State Championships as detailed above. Athletes selected to a region team will still represent their club.

To be selected to a Region team, the individual must attend a sanctioned Region team selection event. Each region/zone will select 1 team of 5 athletes (minimum 3 athletes) per level (age and open combined as per the below table).

Region teams will consist of the top 5 (minimum 3) ranked athletes in each division from the Region team selection event.

A score achieved at a Region team selection event is not applicable for qualification to State Championships. Individuals must qualify for State Championships as per normal rules, through GNSW Grand Prix competitions, State Clubs or Country Championships. If an individual is selected to the Region team who has not achieved the State Championships qualification score as an individual, the athlete will not be able to attend the State Championships.



Region Team Divisions	
Level	Division
Level 1-4	Each Level, Combined Open and Under
Level 5 and 6 Under	5 Open, 5 Under and 6 Under Single Team Combined
Level 6	Level 6 Open

### Regions / Zones

Region / Zones		
Hunter Region	Met West Region	Central West and North West Regional NSW Zone
Northern Region	Southern Zone Regions	) Far North Coast Region
Inner City Region	) Outer City Region	) North West Region
	) Southern Region	) Central West Region
	) South Coast Region	) Riverina Region

### Overall Champion Region

Points are allocated to regions based on their teams' all-around results in each division. The men's gymnastics overall champion region will be awarded at the conclusion of the Junior State Championships.

Point Allocation for Champion Region	
Place	Points
1 <sup>st</sup> Place All-Around	10 Points
2 <sup>nd</sup> Place All-Around	8 Points
3 <sup>rd</sup> Place All-Around	5 Points
4 <sup>th</sup> Place All-Around	3 Points
5 <sup>th</sup> Place All-Around	2 Points
6 <sup>th</sup> Place All-Around	1 Points



## Grand Prix Series & Junior State Championships

The 2025 Grand Prix Series will be available for Levels 1 – 6 and Special O. The series' focus is the provision of additional competition opportunities and the promotion of a friendly competition spirit between clubs, as clubs accumulate points for overall club rankings at the Junior State Championships which doubles as the Grand Prix Final.

Awards will be given at each Grand Prix event for individual athlete results in accordance with the competition format for that event. Athletes from clubs in all tiers will still compete against each other, individual results will not be divided into separate groups. The club Grand Prix awards will be presented at the Grand Prix Final / Junior State Championships.

The Grand Prix series will include.

- ) Grand Prix – Apparatus Banding
- ) State Club Championships – Team
- ) Junior State Championships/Grand Prix final – All-Around Places and Banding

For banding scores see appendix I.

### Grand Prix Points

At each Grand Prix event points, as shown below, will be added together to determine the overall Grand Prix Champion Clubs. Points will be awarded for Overall places in each level/division, for competing Masters athletes and for club teams in each level, with age and open combined together for Grand Prix point calculation only.

Points achieved will be allocated based on the ranking of all tiers within a division.

Tiers are predetermined groups, it would be possible for Clubs in a lower tier to rank higher overall than some clubs in a higher tier.

Point Allocation for All-Around Placing & Team All-Around			
Grand Prix	Points	State Clubs & Jnr State	Points
1st Place Overall	10 points	1st Place Overall	15 points
2nd Place Overall	9 points	2nd Place Overall	14 points
3rd Place Overall	8 points	3rd Place Overall	13 points
4th Place Overall	7 points	4th Place Overall	12 points
5th Place Overall	6 points	5th Place Overall	11 points
6th Place Overall	5 points	6th Place Overall	10 points
7th Place Overall	4 points	7th Place Overall	9 points
8th Place Overall	3 points	8th Place Overall	8 points
9th Place Overall	2 points	9th Place Overall	7 points
10th Place Overall	1 point	10th Place Overall	6 points

In addition, clubs in lowest tier will earn participation points for number of athletes entered and number of divisions entered. Athletes need to compete at the event for participation points to be awarded.





Points obtained by athletes who are members of the High Performance Centre program will be allocated to their home club and will be included as part of the home club team. For clubs in the lowest tier no points can be obtained (either by placing or from participation) by athletes who are part of the NSW High Performance Centre program. Clubs in this tier can only earn points towards the Grand Prix Club Champion from athletes who are training and competing as part of their home club program. If a club is elevated to a higher tier the points obtained by the HPC program athletes will be allocated to their home club in accordance with the relevant point structure.

If athletes or teams are tied overall for place, both athletes / teams will receive the same point allocation for their club. The next athlete will receive the point allocation in accordance with their ranking (e.g. if two level 3 athletes tie for 3rd all-around, both athletes will receive 8 points for their clubs, the next highest ranked athlete will be ranked 5th and will be awarded 6 points for their club.

Teams will be combined based on competition level (age and open athletes together) for levels 1 – 5 and are for Grand Prix Champion Club points only. Level 6 U12 and Level 6 Optional will each have their own team divisions. No team points will be awarded for Masters competitors. Teams will consist of 3 counting scores; the 3 highest scores on each apparatus will be used for the calculation of the team score. There is no maximum number of athletes a club can have in each team. Clubs cannot enter more than 1 team in each level and are not required to nominate their team for the purpose of Grand Prix club points. Clubs must have at least the minimum number (3) of athletes competing on all apparatus to comprise a team. Teams are for calculation of Grand Prix championship club points only and no awards or places will be presented.

Point Allocation to Masters Athletes	
Placing	Points
1st Place Overall	10 points
2nd Place Overall	9 points
3rd Place Overall	8 points
4th Place Overall	7 points
5th Place Overall	6 points
Participation*	3 points per athlete
*Awarded in addition to the place points; e.g. an athlete who places 1st AA will receive 10 points for coming 1st AA and 3 participation points = 13 points total.	



In addition to being eligible to achieve placing points for all-around and team results at each Grand Prix competition, the State Club Championships and Junior State Championships, the clubs in lowest tier will earn Participation points for each athlete that is entered and competes at each of the events across the series. The participation points will recognise the number of athletes competing from the club and encourage sensible growth and progression of levels within the club by also rewarding the number of divisions entered. 2 point will be awarded per athlete / per competition. Athletes need to compete in the competition to be awarded points.

### **Club Tier Allocation**

The clubs in tier 1 are determined from the 2024 Grand Prix Series results.

<b>Grand Prix Tier 1 Clubs</b>
Aussie Gems
Australian Academy of Gymnastics
Castle Hill RSL Gymnastics
Hunter Sports Centre
Manly Warringah Gymnastic Club
Sydney Hills Gymnastics
The Y Epping

The club that places last in Tier 1 in 2025 will be relegated to Tier 2 in 2026 and the club that places 1st in Tier 2 in 2025 will be elevated to Tier 1 for 2026. The allocation of the remainder of the clubs participating in lower tiers will be at the discretion of the MAG GC, considering the results and participation within the 2025 Grand Prix series.

N.B. The MAG Gymsport Committee will review the points obtained by each club and the overall club ranking (both tiers combined) in determining the Grand Prix competitive tiers for 2026. Pending this review, the MAG Gymsport Committee may alter the league structure in the interest of fairness and equability for clubs participating in the 2026 Grand Prix series. This may include, but is not limited to, changing the number of clubs in each league/tier, additional elevating or relegating of clubs between Tiers or removing the league/tier structure.



## Selection Process

### **Coach Nomination**

Every club with an athlete or group selected to a team is required to nominate at least one qualified coach for each relevant state team. The nominated coach must meet all team eligibility, selection and team requirements. Clubs must ensure they have nominated enough coaches to suitably manage and prepare athletes for optimal performance. If a club has athletes in more than one team a club should nominate enough coaches to ensure there are no conflicting schedules involving training or competitions.

Clubs who nominate a coach candidate for selection who does not meet the eligibility, selection or team criteria will be asked to provide an alternate candidate for consideration by the Selection Committee. Nominating an eligible coach does not guarantee selection to the NSW State Team and is subject to the selection committee. Should a coach be selected to the team and withdraw the club will be required to nominate an alternative coach.

### **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.

MAG specific selection criteria can be found below.





## Australian Championships NSW State Team

MAG State Team			
Level	Number of Athletes Selected	Team Size	Reserves
7 U13	8	8	2 Non-travelling reserves
8 U14	8	8	2 Non-travelling reserves
7 Open	6	6	2 Non-travelling reserves
8 Open	6	6	2 Non-travelling reserves
9 Open	6	6	2 Non-travelling reserves
9 U15	6	6	2 Non-travelling reserves
9 U18	6		2 Non-travelling reserves
10 Open	6	6	2 Non-travelling reserves
Senior International	6	6	2 Non-travelling reserves

The Selection Panel reserves the right, at all times and in all levels of competition, to select fewer than the allocated number of athletes.

If changes to allowable number of athletes selected and/or team sizes for the Australian Championships is made by the National Commission and GA, the number of positions to be selected onto the NSW State Team will be adjusted accordingly.

In addition to the selected team, reserve athletes may be accepted as part of the NSW State Team to compete at the Australian Championships as Individuals. Individuals selected to the state team are bound by all requirements and obligations of a state team member. The number of Individuals selected in each level may vary and individuals may not be accepted for every level.



## Selection Eligibility

To be eligible for consideration by the Selection Committee for selection onto the state team an athlete must:

- ) Be a registered member of Gymnastics NSW.
- ) Score equal to or higher than the Gymnastics Australia qualification score in the level the athlete seeks selection in, at a NSW State Trial, State Championships or NSW Committee 'Testing Day'.
- ) Selection is based on scores and performances at two (2) NSW State Trials and the NSW State Championships. To be considered for State Team selection an athlete must enter and compete both trials and the State Championships.
- ) Coaches must ensure that athletes seeking selection for the NSW State Team have appropriately progressed from one level to the next so that the athlete's ability is commensurate with the level to which he is credited. An athlete may be deemed ineligible for selection within a level if the MAG Gymsport Committee assess that the club has failed to observe the ability of the athlete to progress in level in the interest of creating the greatest opportunity to attain the best overall placing for the NSW team. If the MAG Gymsport Committee deem that an athlete has failed to appropriately progress in level, the club and athlete will be informed prior to the final selection competition that he is ineligible for selection within their current level and must progress in level prior to the next event to be considered for selection to the NSW State Team.

## Selection Criteria

Selection Criteria – Athletes:

The objective of the selection is to select the best possible combination of athletes to represent NSW on the State Team with the greatest chance of producing podium performances and winning gold medals. The aim of the selection is to select the team in each division with the best opportunity to win at the Australian Championships and secondly to select athletes with the best opportunity to medal individually and on apparatus.

Selection is based on scores and performances at two (2) NSW State Trials and the NSW State Championships. To be considered for State Team selection an athlete must enter and is expected to compete at both trials and the NSW State Championships. If an athlete has not competed in the NSW State Championships on medical grounds, the athlete must provide a written report from a Doctor / Physiotherapist which includes the athletes' injury details as well as the projected recovery timelines for consideration of the selection committee. In accepting selection onto the team, the athlete and/or parent or guardian must agree to incur all financial costs involved in State Team tour in the event that the athlete does not recover in time and is unable to prove routine fitness or does not receive the necessary medical clearance.



For an athlete who has entered all three selection events but has only competed in one selection event to be considered for a position on the state team;

- ) The athlete must have submitted a statement to GNSW as to why they were unable to compete in the selection event(s), accompanied by a medical certificate or relevant supporting information. The statement and supporting information for consideration by the selection committee must be received no later than 72 hours prior to the date of the final selection event.
- ) Any athlete selected for the NSW State Team who has only competed in one selection event will be required to complete a final verification for routine performance at the State Team Training. Athletes who are unable to perform full routines to an acceptable level may be withdrawn from the team.

If an athlete achieves the minimum All-Around score but fails to achieve the minimum Apparatus Score on one or more apparatus they may only compete at the Australian Championships on the apparatus on which they have met the minimum Apparatus Score.

If an athlete fails to achieve the minimum All-Around Score they may only qualify for the Australian Championships as an Apparatus Specialist. Selection of apparatus specialist will be considered on a case by case basis and in accordance with the relevant selection policy for that level.

Athletes seeking selection must submit a State Team Nomination form by the specified due date, nominations received after the final closing date will not be considered.





### **Level 7 U13, 7 Open and Level 8 U14, 8 Open and 9 Open**

- ) The selection of the NSW State Team will be determined from the athlete's scores from State Trial 1, State Trial 2 and the State Championships. An athlete's highest overall score and second highest overall score from these three events will be added together to give a combined overall score. The athletes with the highest combined overall score will be named as the NSW State Team in that particular level. No injury petitions or applications for special consideration will be considered.
- ) To be considered for State Team selection an athlete must enter both trials and the State Championships however the athlete is not required to compete on all six apparatus at all selection events. If they do not compete on all six apparatus the athlete will however be at a disadvantage relative to other athletes in that particular level because the state team is determined by looking at the overall scores only.
- ) If an athlete does not compete on all six apparatus at two selection events and eight or more athletes in that particular level competed on six apparatus at two selection events, the athlete that did not compete on all six apparatus in two selection events will not be eligible for the State Team unless his combined overall score ranks him in the top eight compared with the combined scores of the other athletes in his level. To be clear, if a athlete competes on less than six apparatus his score will not be doubled from previous selection events to make a comparison with the other athletes.
- ) In the event that an athlete has entered all three selection events but only competed in one selection event, and there are one or more vacancies on the State team in that level and less athletes than the number of vacancies competed in only one selection event, the selection committee will consider the overall score obtained by the athlete in the one selection event to fill one of the remaining vacant positions on the team.
- ) In the event that an athlete competes in only one selection event and there is vacancy on the state team, however there are more athletes that competed in only one selection event than there are vacancies on the state team, the athletes with the highest combined overall score from the selection event will be considered for selection into the state team until all spaces are filled.
- ) Two non-travelling reserve athletes will be selected for each level (7U13 and 8U14). The expectation is that the reserve athletes will continue to train and prepare at their home gym until the day of the team competition.



### **Level 9 U15, Level 9 U18, Level 10 and Senior International**

- )] The selection committee will select six (6) athletes in each level in Level 9 U15, Level 9 U18, Level 10 Open and Senior International taking into consideration the results from Trial 1, Trial 2, State Championships and any relevant interstate and international competitions (pending the achievement of the required qualification score).
- )] The selection for athletes in Level 9 U15, 9 U18, Level 10 Open and Senior International will be determined by the Selection Committee, taking into consideration the athlete's ability to contribute to the team. The selection committee will consider the following factors:
  - Present competition form and readiness
    - Combined All-Around results and rankings achieved in the selection events
    - Apparatus results and ranking in the selection events
  - Past State, National and International results
  - Relevant results achieved at Gymnastics Australia or a sanctioned FIG event from November the previous year
  - Possible team composition and possible individual and all-around and/or individual apparatus medals
  - Any accepted special consideration applications. Clubs may submit a petition for athletes in these levels who are unable to compete at the minimum number of events required for selection. The petition will be assessed on the merits of the athlete's performance at these events or any other relevant event. Petitions must be submitted a minimum of 72 hours before the commencement of the final selection event.
- )] All other athletes in these levels who meet the eligibility criteria and achieve the Gymnastics Australia qualifying score will be selected as reserves. Application will be level to compete at the Australian Championships. The number of reserves accepted in each level may vary and may not be accepted for every level.





### Level 9 Under, Level 10, Senior International Team

Selection of each of the combined Level 9 Under, Level 10 and Senior teams will be determined by the Gymsport Committee using the results obtained from all selection trials, and recent, relevant competitions, to determine the greatest opportunity to attain the highest team placing for NSW. The team in each division will be announced following State Team Training. Athletes seeking team selection may be required to complete a final verification and performance test at State Team training. The selection committee reserves the right to alter the team selection until 24 hours prior to the competition based on fitness and competition readiness. Announcements, performance testing and final team selection may be altered in accordance with event regulations and registration deadlines.

If an Athlete selected to a level Team becomes injured and is no longer able to perform one or more routines on which they were, the head coach and relevant team coach must be notified. The selection committee may decide to make changes to the team and individual composition.

### 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.

## NSW Border Challenge Team

MAG State Team			
Level	Number of Athletes Selected	Team Size	Reserves
6 Open	6	6	2 Non-travelling reserves
7 Open	6	6	2 Non-travelling reserves
The Selection Panel reserves the right, at all times and in all levels of competition, to select fewer than the allocated number of athletes.			
If changes to allowable number of athletes selected and/or team sizes for the Border Challenge is made by the event organizer, the number of positions to be selected onto the NSW Team will be adjusted accordingly.			
If an adequate number of athletes, coaches or judges are not selected to the Border Challenge team, the team will be withdrawn from competition.			



### Level 6 Open

The selection of the NSW State Border Challenge Team for level 6 Open will be determined from ranking the athlete's all-around scores from the NSW border challenge trial event. The six athletes with the highest overall score will be named as the NSW Border Challenge Team. No injury petitions or applications for special consideration will be considered.

- ) Two non-travelling reserve athletes will be selected. The expectation is that the reserve athletes will continue to train and prepare at their home gym until the day of the team competition.

### Level 7 Open

- ) The selection of the NSW Border Challenge Team will be determined from the athlete's scores from State Trial 1, State Trial 2 and the State Championships. An athlete's highest overall score and second highest overall score from these three events will be added together to give a combined overall score.
- ) The six athletes selected for the level 7 Open Border Challenge Team will be selected in accordance with the NSW Australian Championships State Team selection rules for Level 7 Open and shall consist of the six best all-around ranked athletes after those athletes selected to the NSW State Team for Australian Championships.
- ) Any athlete who has been selected to the NSW State Team for Australian Championships is no longer eligible for the Border Challenge team in the same year
- ) Athletes from the Border Challenge Team can be selected from their combined all-around result only and cannot be selected to the team based on the benchmark apparatus results.
- ) Any athletes selected to the NSW State Team for Australian Championships are no longer eligible for selection onto the Border Challenge Team in the same year. This include athletes who are selected as a travelling reserve/individual athlete.
- ) Athletes who are selected as a non-travelling reserve for the NSW State Team for Australian Championships reserve are still eligible for Border Challenge Team selection.
- ) If an athlete withdraws from the NSW Australian Championships level 7 Open team, a non-travelling reserve will be eligible for Australian Championship and therefore no longer eligible for the Border Challenge Team.
- ) Two non-travelling reserve athletes will be selected for the Border Challenge team. The expectation is that the reserve athletes will continue to train and prepare at their home gym until the day of the team competition.



## Squad Programs

The GNSW MAG GC runs 3 squads throughout the year. Please see below an overview of these squads. For more information, please refer to the squad handbook which is available on the [GNSW Technical Regulations Website](#) – MAG – Gymsport Documents.

For more information on the GNSW High Performance Program please refer to the [GNSW HP Website](#)

## Resources

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

## Updates and Clarifications

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





## Appendix I – Qualification, Upgrades and Bandings

	State Qualification	Compulsory Upgrade	All-Around Banding			Apparatus Banding				
			Bronze Less than	Silver Greater than	Gold Greater than	Orange Less than	Yellow Greater than	Green Greater than	Red Greater than	Blue Greater than
<b>SO Level 3 &amp; 4</b>	NA	NA	80.00	80.00	90.00	11.00	11.00	12.50	13.50	15.00
<b>SO Level 1 &amp; 2</b>	NA	NA	93.00	93.00	105.00	12.50	12.50	14.50	16.00	17.50
<b>Level 6 Open</b>	54.00	NA	60.00	60.00	66.00	9.00	9.00	10.00	10.50	11.50
<b>Level 5 &amp; 6U</b>	42.00	52.00	52.00	52.00	56.00	7.00	7.00	7.75	8.75	9.50
<b>Level 3 &amp; 4</b>	42.00	51.00	51.00	51.00	55.00	7.00	7.00	7.75	8.50	9.25
<b>Level 1 &amp; 2</b>	45.00	50.00	50.00	50.00	54.00	7.50	7.50	8.25	8.75	9.50