



Gymnastics NSW

Section 5 - Men's Artistic Gymnastics
Sanctioned Competition Handbook



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Region Competitions

Sanctioning

All region competitions need to be sanctioned and run as per Gymnastics NSW guidelines.

Qualifying competitions

Regions should run qualifying competitions for Level 1, 2 and Special O to qualify for the Junior State Championships. Regions are strongly recommended to offer at least 2 sanctioned qualifying events to provide adequate opportunity for athletes to qualify for Junior State Championships.

For an event to be sanctioned as a qualifier for a NSW Junior State Championships, the event application must be conducted and completed prior to the events published closing date. Results from these events will need to be submitted to the MAG ESDO for verification of Junior State entries.

For 2022 **only** these athletes can also qualify for Junior State Championships at a GNSW Grand Prix event or GNSW Country Championships, however in 2023 regions will be required to run a minimum of 2 sanctioned qualifying events for Level 1, 2 and Special O.

Club Competitions

Sanctioning

Clubs are encouraged to provide access to regular grassroots competitions, offered at the local level which are easily accessible to athletes and their families, clubs and officials are essential to the growth and development of gymnastics across the community and the support of local clubs and their businesses. For a grassroots level, a competition at the end of each school term would provide young athletes with consistent growth and development as well as the exposure to

Clubs can get competitions sanctioned which allows access to resources from GNSW and the listing of your event on the GNSW Friendly Competitions Calendar, where other clubs can see the details for your event.

Club competitions are not able to be used for qualifying for any GNSW Events but can provide your gymnasts with competition experience also exposure to other gymnasts, coaches and judges allowing opportunities for improvement and friendship.

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Competition Planning

Date

Ensure that the date that you are looking at doesn't clash with a State or Region event for your region.

You will need to give clubs time to inform their parents about the event and get their entries in before the date that you need to receive their entries to organise the event. This would generally be at least 6 weeks from the notification of the event to the date of the event.

Venue

Ensure that the venue has enough space and the apparatus available required to run that level of event. For a list of equipment needed for a level of event see equipment required below. The apparatus and matting available should meet adequate safety standards for the level of gymnasts competing. Equipment needs to have enough space to allow for the gymnasts at each apparatus and has minimum overlap with the other apparatus.

There also needs to be space for spectators that can be separated from the competition area during the event so that spectators do not accidentally get in the way of competitors.

Awards

Organise any awards needed for the event this can take time so check with your supplier what notice they need for the number of awards you are likely to need.

Don't forget to allow enough for tied places or for banding allow plenty of each band for the event as the ratio is never just a simple proportion spread evenly across the bands.

How to run a Level 1 and 2 Event in NSW

Equipment Required

Recommended Items

1. Warm Up Floor
 - a) Roll out strip mats - number dependant on number of athletes competing
Or
 - b) Artistic (sprung) floor - number of rows dependant on number of athletes competing
2. Competition Floor
 - a) 1x roll out strip mat
Or
 - b) 1x row of an Artistic (sprung) floor
3. Pommel Horse
 - a) Level 1 – 2x2m of strip mat/artistic floor space
 - b) Level 2 – Mushroom with appropriate matting
4. Rings
 - a) Adjustable rings/A frame rings with raised landing area e.g. 2x 30cm crash mats
5. Vault
 - a) 10m length of vault strip
 - b) 1 x Springboard soft/super soft
 - c) 1 x 30cm crash mat
 - d) 1 x 60cm box
6. Parallel Bars
 - a. Parallel bars set to lowest height (optional goose necks)
 - b. 30cm of matting typically 20cm competition matting + 10 cm landing mat or 1 x 30cm landing mat
7. Highbar
 - a. Adjustable Highbar or Highbar with 2 or more additional 30cm mat for raised landing area
8. Judging Tables
9. Judging Chairs
10. Extension cords and power boards
11. Awards
12. Gaffer Tape (Black/Silver to secure cords)

Other Optional Items

13. Barriers; (boxes, chairs or other equipment to separate any areas)
14. Printer
15. Spectator seating
16. Microphone

Apparatus Modifications

Some clubs may not have access to some of the equipment listed above, however Men's Gymnastics allows for safe, sensible modifications of equipment. Some examples of specific modifications are listed below, this is not an exhaustive list, other modifications may be made where it is safe and sensible to do so.

- Vault run may be shorter than listed
- A Women's (wooden) bar may be used in place of a Men's (metal) bar
- A floor (ground level) mushroom may be used in place of a raised mushroom
- Removable rings may be suspended from a bar
- Apparatus heights or matting may be adjusted, however should suit the size and level of gymnast

Gymnastics Australia all offer the MAG 4x4 program which offers modified routines for clubs with limited resources, this is available on the technical member portal under the benefits tab.

Optional Awards

The recommendation for awards for this age group is to use a participation method. Athletes can be awarded a prize for their participation or can be awarded based on their individual performance, using one or more of the methods below, and not ranked against their peers.

All around Banding

Athletes are awarded a ribbon or medal at the end of competition based on the apparatus all around results.

Gold/Blue	54.00 or higher
Silver/Red	50.00 or higher
Bronze/Green	Up to 50.00

All around Banding

Athletes are awarded a ribbon by the judge upon the competition of a routine based on their individual apparatus results.

Blue	9.00 or higher
Red	8.00 or higher
Green	Up to 8.00

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How to run a Level 3 to 6 Event in NSW

Equipment Required

Recommended Items

17. Warm Up Floor
 - c) Artistic (sprung) floor - number of rows dependant on number of athletes competing
18. Competition Floor
 - c) 1x full size artistic floor of an Artistic (sprung) floor
19. Pommel Horse
 - a) Level 3 & 4 – Mushroom with appropriate matting
 - b) Level 5 & 6U – Buck with appropriate matting
 - c) 6U & 6O – Pommel horse with appropriate matting & 20cm box for mount
20. Rings
 - b) Adjustable rings/A frame rings with 1 x 30cm crash mat
21. Vault
 - a) 2 x Springboard 1 x soft & 1 x hard
 - b) 2 x 30cm crash mats
 - c) Level 3 - 10m length of vault strip
 - d) Level 4 - 20m length of vault strip
 - e) Level 5&6 - 25m length of vault strip
 - f) Level 6 - Vault Table 110cm to 135cm
22. Parallel Bars
 - a. Parallel bars set to 180cm from the top of the mat
 - b. 30cm of matting typically 20cm competition matting + 10 cm landing mat or 1 x 30cm landing mat
 - c. 1 x Spring board
 - d.
23. Highbar
 - a. Highbar set to 260cm from the top of the mat
 - b. 2x 30cm landing mats
 - c. 2x 10cm landing mats
24. Judging Tables
25. Judging Chairs
26. Extension cords and power boards
27. Awards
28. Gaffer Tape (Black/Silver to secure cords)

Other Optional Items

29. Barriers (boxes, chairs or other equipment to separate any areas)
30. Printer
31. Spectator seating
32. Microphone

Apparatus Modifications

Some examples of specific modifications are listed below, this is not an exhaustive list, other modifications may be made where it is safe and sensible to do so.

- Vault run may be shorter than listed
- A reduced size sprung floor with as little as a single strip may be used (athletes would need to modify the floor pattern of their routine)
- A floor (ground level) mushroom or bucks may be used in place of a raised mushrooms or bucks
- Apparatus heights or matting may be adjusted, however should suit the size and level of gymnast

Gymnastics Australia all offer the MAG 4x4 program which offers modified routines for clubs with limited resources, this is available on the technical member portal under the benefits tab.

Optional Awards

The recommendation for awards for this age group is to use a participation method. Athletes can be awarded a prize for their participation or can be awarded based on their individual performance, using one or more of the methods below, and not ranked against their peers.

All around Banding

Athletes are awarded a ribbon or medal at the end of competition based on the apparatus all around results.

Level 3-4	Blue	55.50 or higher
	Red	51.50 or higher
	Green	Up to 50.00
Level 5-6	Blue	57.00 or higher
	Red	53.00 or higher
	Green	Up to 53.00
Level 6 Optional	Blue	66.00 or higher
	Red	60.00 or higher
	Green	Up to 60.00

Start Here, Go Anywhere!

Apparatus Banding

Athletes are awarded a ribbon by the judge upon the competition of a routine based on their individual apparatus results.

Level 3-4	Blue	9.25 or higher
	Red	8.25 or higher
	Green	Up to 8.25
Level 5-6	Blue	9.50 or higher
	Red	8.50 or higher
	Green	Up to 8.50
Level 6 Optional	Blue	11.00 or higher
	Red	10.00 or higher
	Green	Up to 10.00

General Event Information

One Touch Warm ups

For most competitions athletes are allowed one warm up pre routine, with the exception of vault where they are allowed two (only 1 per vault for levels with 2 vaults). For smaller groups i.e. 5 or less athletes can each warm up their routine and then compete after the entire group has finished warming up. For larger groups it can be more efficient to have the first 3 athletes warm up, followed by each subsequent athlete warming up between each competition routine.

Please note higher level athletes (level 6 or higher) may require and should be allowed more time to warm up safely for competition.

Work Orders and competition timetable

When timetabling a MAG competition you should start with a 20-minute general warm up, you should then allow for 2 minutes per routine per rotation for your largest group, this time includes one warm up routine for each athlete. For example, a competition with multiple groups where the largest consists of 6 athletes would take 12 minutes per rotation for a total of 1 hour and 12 minutes. Finally include an estimated presentation time and allow for time to perform any calculations of final scores.

Work orders should be circulated before the event to ensure efficiency.

A work order normally states the starting apparatus for each group and the order at which each athlete competes within each group.

Groups would then normally then follow the Olympic order of apparatus; Floor, Pommel, Rings, Vault, Parallel Bars and High Bar i.e. if a group starts on Vault they will then follow the order of apparatus above to finish with their last apparatus on Rings.

A basic example of a work order can be seen below.

Officials Briefing: 8:50 am

General Warm up: 9:00 am

Competition: 9:20 am

Presentation: 10:20 am

Finish: 10:40 am

Floor	Pommel	Rings	Vault	P-Bars	H-Bar
Athlete 1		Athlete 6			
Athlete 2		Athlete 7			
Athlete 3		Athlete 8			
Athlete 4		Athlete 9			
Athlete 5					

Judges

For all Judge Requirements and Panel Configurations please refer to the GNSW MG Technical Regulations.

Clubs are responsible to organise and allocate judging panels for their sanctioned events. A minimum of two judges per panel is recommended to ensure accuracy of results, however more experienced judges e.g. and Intermediate Bronze or Advanced may be adequate to judge and apparatus by themselves. Judging panels may rotate with the athletes where enough judges for 6 panels are not available.

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

Coaches

For all Coach Requirements please refer to the GNSW MG Technical Regulations Website.

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

Start Here, Go Anywhere!

Spectators

For all Spectator Requirements please refer to the GNSW MG 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 MG Technical Regulations Website.

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

Scoring Program

There are a few scoring programs available with all of them having a cost involved in purchasing or using the program.

For smaller events the most cost-effective method is to use a spreadsheet or database to record and calculate the scores for your event.

For a banded event you may decide not to keep records, but to just allocate the awards as the gymnasts progress around the event.