



2021

Gymnastics NSW Technical Regulations

Section 6 - Rhythmic Gymnastics

POLICY NAME: Rhythmic Gymnastics Technical Regulations 2021
DATE OF ISSUE: December 2020
POLICY COVERAGE: All Gymnastics NSW Rhythmic Gymnastics Events & Activities
DATE OF REVIEW: December 2021
CONTROLLING BODY: Gymnastics NSW - RG 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 Rhythmic Gymnastics (RG). This handbook provides RG in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The RG 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

ALP	Australian Levels Program
CoP	Code of Points
ESDO	Events and Sports Development Officer
FIG	Federation International Gymnastics
GA	Gymnastics Australia
GNSW	Gymnastics New South Wales
HP	High Performance
NCC	National Clubs Carnival (GA Event)
RG GC	Rhythmic Gymnastics Gymsport Committee
RG JA	Rhythmic Gymnastics Judge Assembly
RFG	Rhythmic Freehand Group



Committees

National Commission

The GA National Commission consists of the following positions:

- Technical Director
- Judging Coordinator
- Project Officers x3

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

GNSW RG Gymsport Committee

Technical Director	Catherine Western	Email
Judging Coordinator	Magdalena Atcheson	Email
Competition Coordinator	Philip Western	Email
Elite Representative	Danielle Le Ray	Email
Project Officer 1	Jaelle Cohen	Email
Project Officer 2	Amybeth Owen	Email
GNSW Events & Sports Development Officer (ESDO)	Emma Vazquez Borges	Email

GNSW RG Judges Assembly

Judging Coordinator	Magdalena Atcheson	Email
Project Officer 1	Michelle Huo	
Project Officer 2	Virginia Elliott	
Project Officer 3	Brenda Walsh	

Key Focuses and Initiatives

The GNSW RG Committees have identified to develop an online Education Hub for 2021 which will hold information on three key focus areas and initiatives to support our Gymsport Annual Plans. These include but not limited to;

Development	Strategic	Engagement
Coach and Judge Education Courses	HP Squads	Community Zoom Meetings
Resources	Sustainability and Engagement Strategy	Facebook Groups
Community Workshops and Clinics	Mentor Programs	Newsletters/Updates

If you have any suggestions or feedback on the key focuses and initiatives please get in touch via the [online form](#).



Sport Specific Information

About RG

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

Program Information

Rhythmic Gymnastics in Australia is divided into two streams;

Levels Stream/Broad Participation: Individual Levels 1-9, Multiples and Rhythmic Freehand Group (RFG)

High Performance: International and elite individual and group.

For 2021, the Levels Stream and Broad Participation divisions work from the Australian Levels Program 2018-2020 guidelines and ALP Clarifications- June 2020. The High Performance Stream works from the FIG 2017 - 2020 Code of Points.

All errata's or clarification documents will be found on the on the Updates and Clarifications Section on the [GNSW Technical Regulations Website](#).

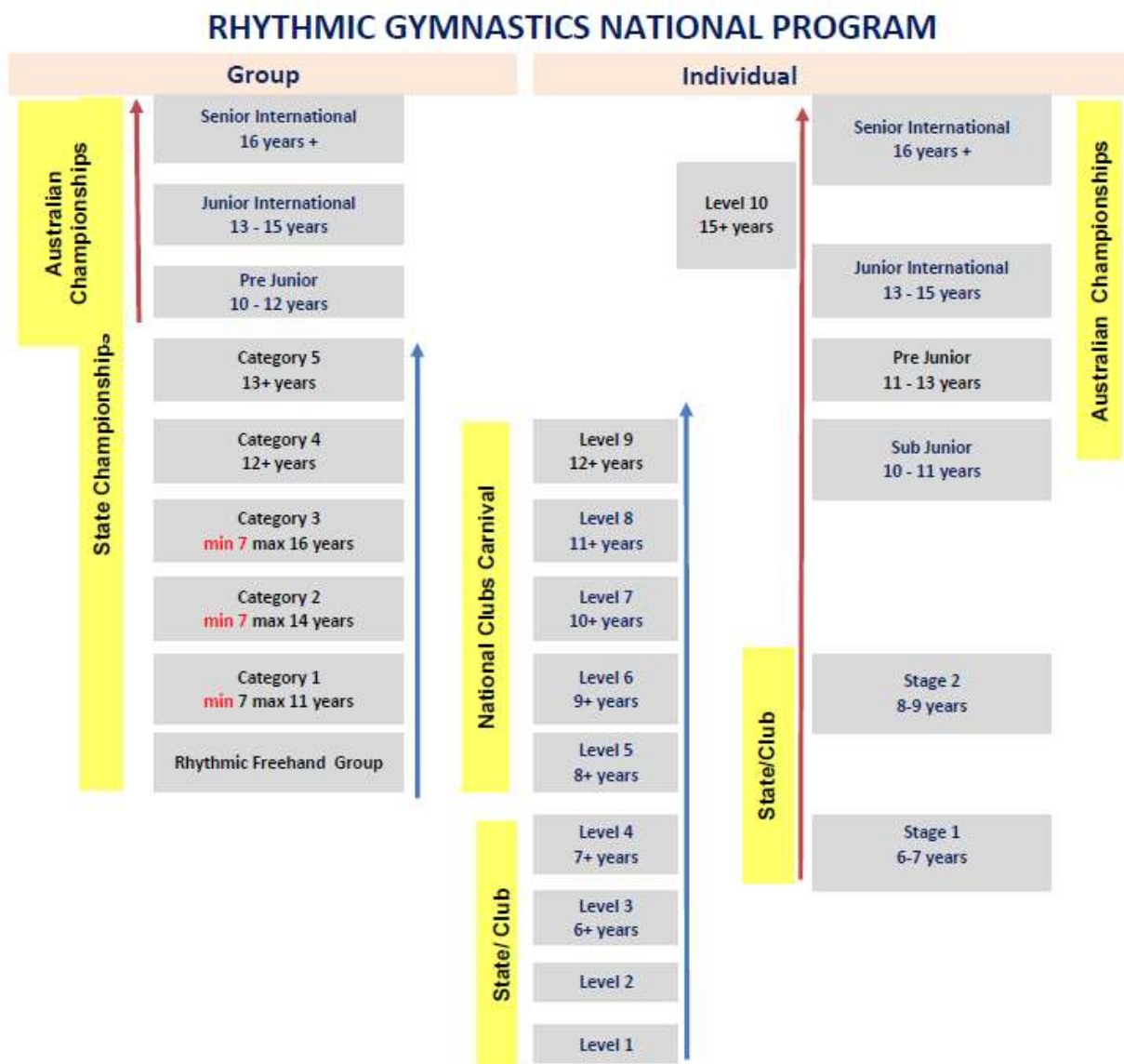
The Australian Levels Program 2018 - 2020 can be downloaded from the [GA Website](#) if you hold an RG accreditation.

The FIG CoP 2018- 2020 can be downloaded from the [FIG Website](#).



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. The decision to maintain flexible age groupings for individual HP athletes will continue until the end of this cycle. Please refer to the [GA Regulations](#) for the final competition framework.



Levels 1-4 and Stages 1-2 are implemented within the states and territories and have the goal of encouraging participation. These gymnasts do not compete at national events, the only exception is stage 2 gymnasts competing at NCC in the level stated in the [GA Technical Regulations](#).



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.

Accreditation in NSW	Difficulty	Artistry	Execution Technical	Double Panelling
Beginner-Brevet	Level 1-2 gymnasts are assessed on a Basic, Better, Best criteria sliding scale for each of 6 elements.			N/A
Beginner	N/A	N/A	Level 3-6	N/A
Intermediate	Level 3-6 Stages 1-2	Level 3-8 Stages 1-2 RFG*	Category 1-2 Stages 1-2 RFG*	N/A
Advanced	Level 7-9 Category 1-5 RFG*	Level 9-10 Category 1-5 HP Groups	Level 7-10 Category 3-5 HP Groups	D1-4
Advanced Silver	HP Groups HP Individuals & L10	HP Individuals	HP Individuals	D1-4
Brevet	All levels all panels			D1-4 Artistry Execution
RFG*	Judges must attend the compulsory RFG judges' meetings prior to the event in order to judge these divisions.			
Double Panelling	Brevet Judges are first preference for double panelling			

Please note; These are recommended accreditation requirements in NSW only and judges must refer to the FIG and GA Technical Regulations when attending as a Judge at any GA or International events. Judges attending events outside of NSW are required to submit a [judging report](#) to the RG JA within 3 weeks of returning from the event.

Sit Ins

- Beginner Judges are permitted to sit in at Junior and Intermediate Trials.
- Intermediate and Advanced Judges are permitted to sit in at all Trial events.

Please note; At any GNSW State Championships sit ins will not be possible.



Line and Time

- Beginner Judges are permitted to judge line and time at GNSW Intermediate Trials and Intermediate State Championships.
- Intermediate, Advanced and Advanced Silver Judges are permitted to judge line and time at all GNSW Trials and State Championships.

Judge Attire

Judges must meet the dress requirements as listed in the [GA Technical Regulations](#).

Judges who do not conform to the competition attire dress code requirements may be asked to leave the competition floor.

Additional Athlete Regulations

Age Divisions

Senior Season: Stages 1-2 and Development Group is a state-based program. All other levels/divisions are listed below as per the [GA Technical Regulations](#).

Level	Age Divisions
Stage 1	Turning 6-7
Stage 2	Turning 8-9
Sub Junior	Turning 10-11
Pre Junior	Turning 11-13
Level 9	Junior - Turning 12-15 Senior - Turning 16 or over
Junior International	Turning 13-15
Level 10	Turning 15 or over
Senior International	Turning 16 or over
Development Group	Turning 6-10- Please refer to the Group Requirements
Pre Junior Group	Turning 10-12
Junior Group	Turning 13-15
Senior Group	Turning 16 or over



Intermediate Season: There are 3 age divisions in Level 5-6 in NSW and two divisions for Level 7-8. Please refer to the [GA Technical Regulations](#) for age divisions for these gymnasts if attending NCC.

Level	Age Divisions
Level 5	Junior- Turning 8-11 Senior A- Turning 12-13 Senior B- Turning 14 or over
Level 6	Junior- Turning 9-12 Senior A- Turning 13-14 Senior B- Turning 15 or over
Level 7	Junior- Turning 10-13 Senior- Turning 14 or over
Level 8	Junior- Turning 11-14 Senior- Turning 15 or over

Junior Season:

Level 1-3 minimum turning 6 and Level 4 minimum turning 7 in year of competition.





Multiples & RFG State Championships:

There are additional categories/divisions offered in NSW. Please refer to the [GA Technical Regulations](#) for NCC categories/divisions. **Gymnasts attending NCC must be minimum of 7 years.**

Category	Age Divisions
Cat 1 Trio	Junior- Turning 6-8 Senior- Turning 9-11 Stage 1 & 2- Turning 6-9
Cat 1 Group*	
Cat 2 Trio	Max age 14 years
Cat 2 Group*	
Cat 3 Trio	Max age 16 years
Cat 3 Group	
Cat 4 Trio	Turning 12 or over
Cat 4 Group	
Cat 5 Trio	Turning 13 or over
Cat 5 Group*	
RFG Division A	Novice; any age, but only if a club is not able to enter any other age grouping 6-8 years 8-10 years 10-12 years 12-14 years
RFG Division B	14-16 years 16+ years
* Cat 1-2 Group can include 1 Stages athlete and Cat 5 Group can include 1 or 2 HP athletes - making up less than 50% of the club's entry.	



Progressions

HP Individuals and Groups

HP Individuals and Groups staying in the HP Pathway must follow the age requirements listed in the FIG CoP/GA Technical Regulations to determine what division to compete in. This includes HP Group gymnasts transitioning to HP Individual divisions.

Levels 1-9 for 2021

There is no mandatory progression for Levels 1-9.

Coaches/Clubs have three options for L1-9 gymnast progressions however must follow the age requirements listed in the [Athlete Regulations Section](#) for each level/division;

1. A Gymnast may stay in the same level/division
2. A Gymnast may progress to the next division within the same level
3. A Gymnast may progress to the next level pending on the level is appropriate for their current skills and training hours required for that progression.

Levels 1-9 for 2022	
Level	Mandatory Progression
Level 1-2	There is no mandatory progression.
Level 3-4	Following the 2021 GNSW State Championships mandatory progression is effective immediately for gymnasts who competed in the 2021 GNSW State Championships and achieved; a gold banding award if age eligible
Level 5-8	Following the 2021 GNSW State Championships mandatory progression is effective immediately for gymnasts who were selected and competed at this event. Gymnasts will be required to move to the next level. Mandatory Progression will be reviewed by the RG GC Post 2021 Season.
Level 9	There is no mandatory progression, however a gymnast may wish to move to the High Performance pathway after achieving a high standard at Level 9.

Please Note; A gymnast can participate, if age eligible, in the [Development Group](#) and compete in their Individual Levels Competition Season in the same calendar year.

Transitions

HP Individual Gymnasts

Movement for HP Individuals returning to Levels Pathway

Stage 1 returning to levels: Minimum Level 4

Stage 2 returning to levels: Minimum Level 5*

Sub Junior returning to levels: Minimum Level 7

Pre Junior returning to levels: Minimum Level 8

Junior International returning to levels: Minimum Level 9

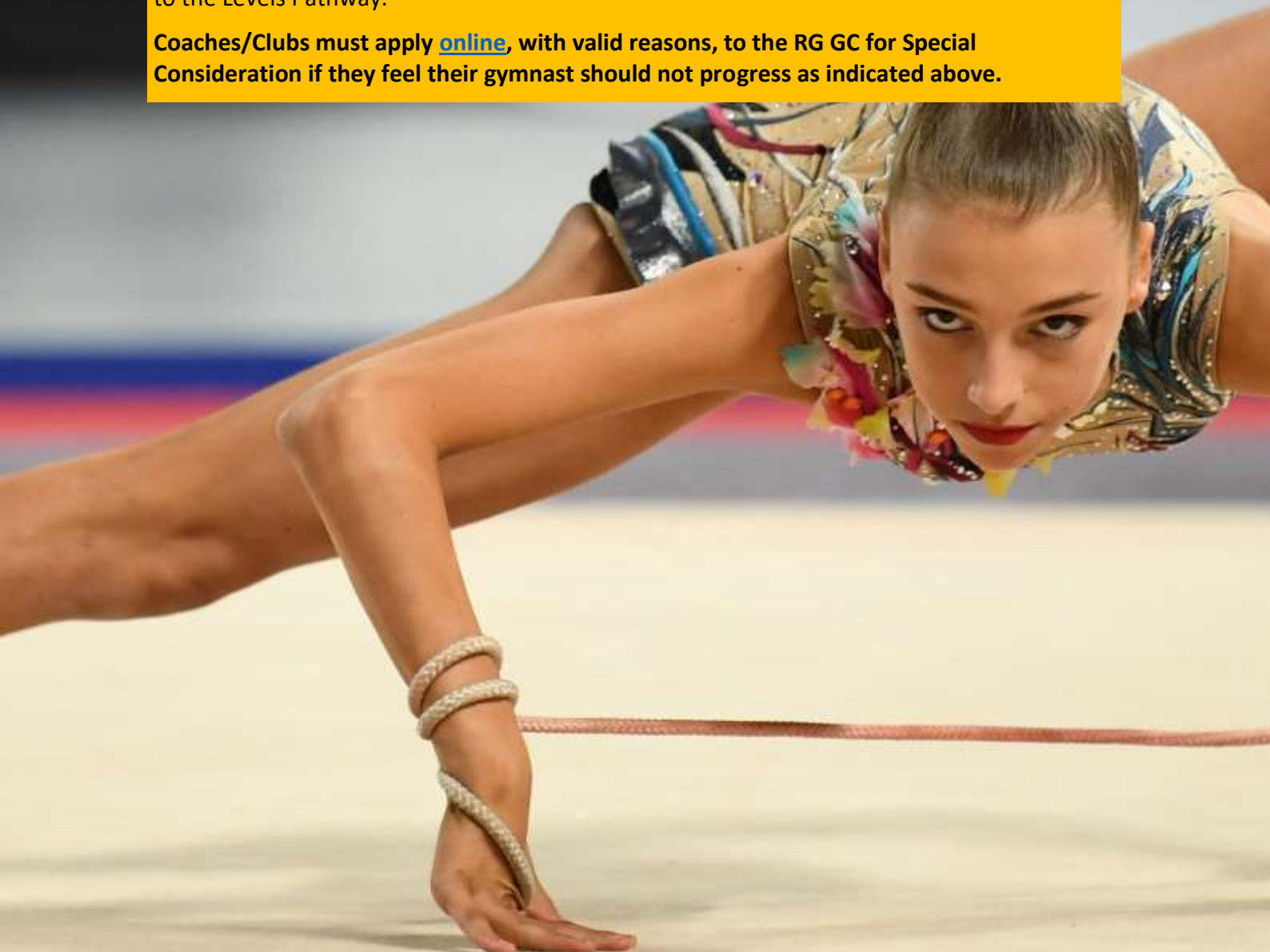
Senior International returning to levels: Minimum Level 10

*If Stage 2 gymnasts are competing at GA National Clubs Carnival, gymnasts must follow the GA Technical Regulations for the required level to compete in for that event.

HP Group Gymnasts *(returning to Levels Pathway- in NSW for 2021 only.)*

Coaches/Clubs determine the best level placement for these gymnasts. For 2021 into 2022, Clubs/Coaches must follow the GA Technical Regulations for HP Group gymnasts returning to the Levels Pathway.

Coaches/Clubs must apply [online](#), with valid reasons, to the RG GC for Special Consideration if they feel their gymnast should not progress as indicated above.





Athlete Attire

Level/Division	Requirements
Senior Season: which includes Stage 1-2, Sub Junior, Pre Junior, Junior, Senior, Level 9, Level 10 Intermediate Season: which includes Levels 5-8.	Optional leotard/unitards for individuals; same material, style, colour and design for groups except for patterned material which may have slight variations.
HP Groups Multiples & RFG	Same material, style, colour and design for group with the exception of patterned material which may have slight variations.
Junior Season: Level 3-4	Level 3-4 compete in Club leotard/unitard, the colours of which are registered with GNSW.
Junior Season: Level 1-2	Level 1-2 compete in a black/navy leotard. Skirts are not permitted however gymnasts may wear plain black/navy bike shorts on top of the leotard.
For presentations, gymnasts wear a leotard unless advised otherwise by the Competition Coordinator or Floor Marshal.	
Clubs need to be aware of requirements for leotard/unitards in the FIG CoP and ALP. Any gymnast who does not adhere to these requirements, without prior approval from the RG GC, may receive a 0.30 penalty per routine at GNSW or sanctioned competitions.	

Event Information

Competition Structure

Competitions for Rhythmic Gymnastics in NSW are split into three seasons:

Senior Season

Which includes **Stage 1-2***, Sub Junior, Pre Junior, Junior, Senior, **Level 9****, Level 10, **Development Group***, Pre-Junior Group, Junior Group and Senior Group.

- Senior Trial 1 & 2
- Senior State Championships

***Please note there is no State Championships for Stage 1-2 and Development Group gymnasts** in NSW. It is recommended that stages attend interstate competitions in addition to the Senior Trials held in NSW. Development Group has been implemented only in NSW (not Nationally) to encourage clubs to participate in groups and develop a pathway into HP Groups.

****Level 9** has been moved out of the Intermediate Season only in NSW (not Nationally) and has been added into the Senior Season for a smoother transition for gymnasts in NSW moving into Level 10. Level 9 will not be included at Australian Championships and will remain in GA National Clubs Carnival.



Intermediate Season

Which includes Levels 5-8.

- Intermediate Trials 1 & 2 (run by Regional Zones)
- Intermediate State Championships

Junior Season

Which includes Levels 1-4.

- Junior Trial
- Junior State Championships

Additional Events

In addition to the three seasons, competitions are offered for;

- Multiples & RFG State Championships
- Country Championships (Levels 1-10 & Multiples)
- Friendly Club and Regional Competitions

Apparatus and Music Requirements

Apparatus with the official markings required by FIG must be used by Junior and Senior athletes at Australian Championships and at FIG sanctioned competitions. GNSW will not be checking these requirements at any of our GNSW events. Please refer to the [GA Technical Regulations](#) for requirements.

Level/Division	2020-2023	Music
Junior Season		
Level 1	FX + Ball	NSW Level 1-4 Compulsory Music can be downloaded from the GNSW Website . New Music for 2021.
Level 2	FX + Hoop	
Level 3	FX + Rope + Clubs	
Level 4	FX + Ball + Ribbon	

Level/Division	2021	Music
Intermediate Season		
Level 5*	Hoop + Ball + Clubs	1:00 - 1:15
Level 6*	Hoop + Ball + Ribbon	
Level 7*	Hoop + Ball + Ribbon	1:15 - 1:30
Level 8*	Rope + Ball + Ribbon	
*GA NCC has the ability to cater for L5-8 gymnasts to perform a FX Routine at this event. In NSW L5-8 FX is not required.		



Level/Division	2021	Music
Senior Season		
Stage 1	FX + Rope + Hoop	1:00 - 1:15
Stage 2	FX + Rope + Ball	
Sub Junior	FX + Rope + Hoop + Ball	1:15 - 1:30
Pre Junior	FX + Hoop + Ball + Clubs	
Level 9	Rope + Ball + Clubs + Ribbon	
Junior International Level 10 Senior International	Hoop + Ball + Clubs + Ribbon	
Development Group	4 Ropes	1:30 - 1:45
Pre Junior Group	5 Balls	1:45 - 2:00
Junior Group	(5 Balls) + (5 Ribbons)	2:15 - 2:30
Senior Group	(5 Balls) + (3 Hoops + 2 Sets of Clubs)	
Multiples and RFG State Championships		
Cat 1 Trio	Hoop	1.00 - 1:15
Cat 1 Group	Ball	
Cat 2 Trio	Ball	1.30 - 2:00
Cat 2 Group	Hoop	
Cat 3 Trio	Hoop	
Cat 3 Group	Clubs	
Cat 4 Trio	Ribbon	1:45 - 2:15
Cat 4 Group	Ball	
Cat 5 Trio	Rope	
Cat 5 Group	(5 Sets of Clubs) + (2 Balls + 3 Hoops)	
RFG Division A	FX	1:45 - 2:00
RFG Division B	FX	2:15 - 2:30

Floor Requirements

Level 1-2 competes on half of 2 or 3 strip mats, Level 3-4 competes on 3 full strip mats and all of the remaining levels/divisions competes on a full competition floor space (13x13m).





Group Number Requirements

Group	Number of Gymnasts Competing
Categories 1-4 Groups	4 gymnasts
Category 5 Groups	5 gymnasts + Reserve
Development Groups	4 gymnasts + Reserve;
Pre Junior, Junior & Senior Groups	5 gymnasts + Reserve
Rhythmic Freehand Groups (RFG)	6-10 gymnasts

Development Groups

This group can be made up of Individual Levels and/or HP gymnasts if age permits. Levels gymnast's may compete in this division and also compete in their Levels Competition Season in the same calendar year however they won't be able to compete in any HP Groups (Pre Junior, Junior, Senior) and compete in the Levels Stream in the same calendar year. A HP Gymnast, if age permits, can compete in both Sub Junior and Pre Junior Group if clubs cannot make a full group in these two group divisions only. The Development Group routine requirements are the same as the Pre Junior Group except for apparatus, music length and number of gymnasts. Please refer back to the [Apparatus and Music Requirements](#) and [Group Number Requirements](#) for details.

Group	Gymnasts	Senior Trial	Senior State	Australian Championships	Multiples, Intermediate & Junior
Development Group (Turning 6-10yr)	Levels Gymnasts (Turning 6-10yr)	Yes- In Development Group only	Not able to attend	Not able to attend	Yes- Individual & Multiples/RFG in the same calendar year
	Stages 1-2 (Turning 6-9yr)	Yes- In Individual & Development Group	Not able to attend	Not able to attend	Yes- RFG & Cat 1 with conditions
	Sub Junior (Turning 10yr)	Yes- In Individual & Development Group	Yes- In Individual	Yes- In Individual	Yes- RFG only
Pre Junior Group (Turning 10-12yr)	Sub Junior (Turning 10-11yr)	Yes- In Individual, Development Group & Pre Junior Group	Yes- In Individual & Pre Junior Group	Yes- In Individual & Pre Junior Group	Yes- RFG & Cat 5 with conditions
	Pre Junior (Turning 11-12yr)				



Specific Event Requirements

Entry and Qualification Requirements

Season	Entry Requirements	State Qualification	
Senior Season	<p>Trials: There are no entry restrictions to attend these events.</p> <p>Senior State: A club may enter as many individual gymnasts* and Groups as they wish in a division, as long as the gymnasts/groups have attained the State qualifying score at either GNSW Senior Trial 1 or 2.</p> <p>Please note; If gymnasts in a Group change from Trial 1 to Trial 2, the new Group of gymnasts competing at Trial 2 must achieve the State qualifying score again to be able to attend Senior State Championships.</p> <p>Reserves for Groups must be nominated on the entry form. Should a club require additional reserves, Clubs must complete the Special Request Form prior to the event with supporting documentation.</p> <p>*Stages and Development Group divisions are not able to attend Senior State Championships.</p>	Sub Junior	25
		Pre Junior	27
		Level 9	27
		Junior Int	29
		Level 10	31
		Senior Int	35
		Pre Junior Group	10
		Junior Group	14
Senior Group	18		
Intermediate Season	<p>Trial 1: A Club may enter as many individual gymnasts as they wish in a level only in their club allocated regional zone. (North/South Zone or Country Championships)</p> <p>Trial 2: There are no entry restrictions to attend this combined regional event.</p> <p>Intermediate State: This event is capped. A club may only enter the selected gymnasts published by GNSW post Trial 2. The number per Level/Division will be finalised once entries are in for the Trial events and will be published prior to Trial 1. Please refer to the Qualification Process below for all details.</p> <p style="text-align: center;">No interstate entries will be accepted into this season.</p>		
<p>Qualification Process: Gymnasts who have attended the GNSW sanctioned Intermediate Trial events will be eligible for State Championships and will be selected from the highest combined ranking points. This includes their T1 result plus their T2 result.</p> <ul style="list-style-type: none"> • Trial 1 (First North/South Zone Trial and Country Championships for Country Clubs) Please note; Country Clubs may attend North Zone T1 however points will only be awarded for Country Championships for the T1 points. • Trial 2 (Combined North/South Zone Trial over two weekends [L5-6 weekend 1, L7-8 weekend 2]) 			



The formula applied to rank individual gymnasts in each level/division for state selection is:

AA Position	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Trial 1 Points	10	9	8	7	6	5	4	3	2	1
Trial 2 Points	20	19	18	17	16	15	14	13	12	11
AA Position	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
Trial 1 Points	Points awarded up to 10 AA places.									
Trial 2 Points	10	9	8	7	6	5	4	3	2	1

Ties

- Where there is a tie after Trial 2 within the same level/division, the Competition Coordinator will review gymnasts' aggregated scores to find the best highest possible result score (initially using Trial 2 score). Where a tie still exists Trial 1 score will be added. If a gymnast didn't compete at both Trials and doesn't have two scores, then they will be ineligible for selection i.e. they will lose the tie.
- If a vacant position remains, it will be at the discretion of the selection committee as to whether a gymnast will be considered for State Championships.
- If a special consideration has been received and approved by the RG GC prior to State Championships, the special consideration will be reviewed against the last position selected for that level/division. The Selection Committee will review the gymnast most recent performances and their readiness for attendance at the GNSW Intermediate State Championships.

Extenuating circumstances

Should a gymnast who has entered Trials and Country Championships be unable to compete at any of the events due to illness, injury or extenuating circumstances, they must follow the procedure for consideration of extenuating circumstances as outlined below.

- If illness or injury, a medical certificate MUST be submitted [online](#) to the ESDO. This certificate should be dated prior to the event or no later than 24 hours after the start of the missed competition.
- [A letter of consideration](#) where the gymnast has been unable to attend the event due to extenuating circumstances. The final decision as to whether the extenuating circumstances are acceptable shall reside with the Selection Committee.
- If for any other reason a gymnast cannot comply with the above, contact the [ESDO](#) via email before leaving the event.



The selected gymnasts to attend the GNSW Intermediate State will be named after the completion of Trial 2 BUT will not be ratified until

- The Competition Coordinator has audited Trial 2 scores
- 24 hours after the entire competition has concluded and the RG GC is in receipt of any special consideration requests

Should there be any changes to the gymnasts selected the RG GC will immediately advise the affected gymnasts.

Season	Entry Requirements
Junior Season	<p>Trial: There are no entry restrictions to attend this event.</p> <p>Junior State: A club may enter as many individual gymnasts as they wish in a level, as long as the gymnasts have attended the one GNSW Junior Trial.</p> <p>No interstate entries will be accepted into this season.</p>
Multiples & RFG State Championships	<p>There are no entry restrictions to attend this event.</p> <ul style="list-style-type: none"> • A gymnast can have a max of 3 entries within Multiples. • A gymnast can register in any one category. They may compete one category higher in either trio or group if age eligible. For example; a Category 2 gymnast competes in both trio and group for their division and in addition could compete in Category 3 trio or group. They would not be eligible for Category 4. • Stages are only permitted to compete in the stage's division in Category 1 and only one stages gymnast in Category 2 Group making up less than 50% of the group. • A gymnast cannot compete against themselves, so can only enter one routine within the same category/sub section. • Substitute gymnasts are permitted if a doctor's certificate for the withdrawal of a gymnast has been submitted.





Mixed Club Entries

- Gymnasts in HP Groups do not have to be from the same club.
- Gymnast in Multiples & RFG can create a mixed club group if the club cannot make a group in that division from their own club.
- For mixed club entries, clubs must complete the additional tab on the entry form confirming the names and clubs in each group. The name of the group will be both club names and full names of all gymnasts.

The GC would like to reinforce how important it is to have arrangements clearly articulated and agreed at the start when forming a mixed club group. Please see below the communication guidelines between clubs when forming a group;

- Seek interest in own club
- Seek interest with other clubs via club owners/managers
- Communication must be between club owners and managers
- Club owners and managers to meet and discuss options
- Club owners/managers to confirm training and logistics
- Clubs owners/managers to contact their own members with training information

Please note; forming a mixed club group doesn't change athlete's registration or program fees with their affiliated club.

Awards

Season	Apparatus 1 st - 6 th	All Around 1 st - 6 th	Teams AA 1 st - 6 th	Banding
Senior	HP Individuals & L9-10 Junior & Senior Groups	HP Individuals & L9-10 HP Groups	At State only for HP Individuals & L9-10	N/A
Intermediate	Level 5-8	Level 5-8	At State & Country Championships only.	N/A
Junior*	N/A	N/A	N/A	Level 1-2 Per App and Level 3-4 AA only
Multiples & RFG	Cat 5 Group	Categories 1-5 RFG	N/A	N/A

*Banding scores for Level 1-4 will be released prior to the Junior Competition Season 2021 on the [GNSW Technical Regulations Website](#)- RG- Updates & Clarifications.



Teams

To be eligible for team awards at Senior and Intermediate State Championships each club may enter a team (min three- maximum six gymnasts) in the below levels/Divisions.

- All Level 5-8 Divisions
- All HP Individual Divisions & Level 9-10

The individual gymnasts scores, for each team, will be ranked and the best ten (10) scores will be used to calculate the overall team score for HP Individual Divisions & Level 9-10 and the best seven (7) for Levels 5-8. If a team member is injured during the competition and doesn't complete all their routines, those scores can still be used to calculate the total team score.

Tied Scores

Where a tie is awarded, the tied recipients each receive the relevant award. The next place is not awarded.

Protesting Scores

There are no enquiries against the score at any GNSW RG events. Apparatus and All Around Ties will not be broken.

Spare Apparatus

The RG GC will provide replacement apparatus as per requirements from FIG for the Senior competition season i.e. along two of the four lines of the floor area (not including the entry point).

For the Intermediate Season and Multiples & RFG State Championships, a coach can put up to two spare apparatus on the competition floor area as per requirements from FIG. Coaches are responsible for placing this around the floor and retrieving it at the end of each routine.

Live Scoring

Live Scoring will be available at all GNSW RG Senior Season competitions, Intermediate State Championships and Multiples & RFG State Championships via the [online](#) app.

For the Junior Season, there are no score displays and only Level 3-4 will have results published.

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 GNSW RG Gymsport Committee (unless any individual has a conflict of interest) and ESDO as the ex officio.

Athlete Selection Criteria

At Australian Championships NSW may enter a maximum of:

- Six (6) athletes in Sub Junior, Pre Junior and Level 10 of the individual competition
- Eight (8) athletes in Junior and Senior individual competition (6 in each team with the three (3) top scores to count).
- Three (3) teams in each division of the group competition.

Only gymnasts who have achieved the National qualifying score in their division at a senior GNSW sanctioned event will be eligible for State team consideration. Please refer to the [GA Regulations](#) for final qualifying scores.

Sub Junior	30
Pre Junior	32
Junior Int	34
Level 10	36
Senior Int	40
Pre Junior Group	12
Junior Group	16
Senior Group	20

The only exception for consideration of a qualifying score at an event other than a GNSW event (and obtained outside Australia), will be at the discretion of the selection committee, prior to the GNSW Senior State Championships. Clubs must complete the [GNSW Travel Sanction Request Form](#) of their intent to travel to an event and seek approval for their participation at least 90 days prior to the anticipated departure date. GNSW events will always take precedence and the application will be denied if it is conflicting with any selection event.

Athlete Selection Process

Gymnasts will be selected from the highest combined ranking points. This includes their best GNSW Senior Trial result, plus their GNSW Senior State Championship result.

The formula applied to rank individual gymnasts and groups for state team consideration is:

AA Position	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Trial Points	14	12	10	9	8	7	6	5	4	3	2	1
State Points	18	15	12	11	10	9	8	7	6	5	4	3



Please note; Points will be only awarded when a gymnast/group achieves the [State qualifying score](#).

Ties

- Where there is a tie at State Championships for a team position, the Competition Coordinator will review gymnasts' aggregated scores to find the best highest possible result score (initially using best State Trial and State Championships aggregated scores). Where a tie still exists the other State Trial score will be added. If a gymnast/group does not have a second trial score, then they will be ineligible for selection i.e. they will lose the tie.
- If a vacant position remains, it will be at the discretion of the selection committee as to whether a gymnast will be considered for the team selection.
- If a special consideration has been received and approved by the RG GC prior to State Championships, the special consideration will be reviewed against the 6th placed position on the team. The Selection Committee will review the gymnast/groups most recent performances, their readiness for attendance at the Australian Championships and their ability to be able to contribute to the overall State Teams performance.

Extenuating circumstances

Should a gymnast who has entered State Trials and Senior State Championships be unable to compete at any of the events due to illness, injury or extenuating circumstances, they must follow the procedure for consideration of extenuating circumstances as outlined below.

- If illness or injury, a medical certificate MUST be submitted [online](#) to the ESDO. This certificate should be dated prior to the event or no later than 24 hours after the start of the missed competition.
- [A letter of consideration](#) where the gymnast has been unable to attend the event due to extenuating circumstances. The final decision as to whether the extenuating circumstances are acceptable shall reside with the Selection Committee.
- If for any other reason a gymnast cannot comply with the above, contact the ESDO before leaving the event.

The GNSW RG State Team will be named after the completion of State Championships BUT will not be ratified until

- The Competition Coordinator has audited the State Championship scores
- 24 hours after the entire competition has concluded and the RG GC is in receipt of any special consideration requests; and
- The GNSW Board of Management has accepted all team members as being suitable to represent their State.

At Senior State Championships one non-traveling reserve in each division will also be named.

Should there be any changes to the team named at State Championships the RG GC will immediately advise the affected gymnasts.

Please note; The following criteria are to be used in conjunction with the Gymnastics NSW Selection Policy. Any gymnast, coach or judge, financially in debt, to GNSW or GA will not be



eligible for selection in a State Team. Any financial difficulties should be referred to the ESDO and a payment plan can be considered.

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.

Squad Programs

Our High Performance programs provide a strong preparation for our athletes and officials aiming for selection onto Australian teams and the wrap around support needed to achieve this.

Please visit the [GNSW HP Website](#) for further information on these squads.

Resources

All resources will be available on the [GNSW Technical Regulations Website](#). They include but are not limited to;

- How to Choreograph Routines
- HP & L5-10 Difficulty Recommendation Tables
- JA Resources Reference
- Judging Pathways Cards
- FIG AGE Group Manual

Updates and Clarifications

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

