



2023

Gymnastics NSW Technical Regulations

Section 6 - Rhythmic Gymnastics

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General Information

Technical Regulations Purpose

This is to be read in conjunction with the [GNSW General Regulations Section](#).

The FIG Code of Points and Technical Regulations, and the Gymnastics Australia Technical 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
EPPO	Events, Pathways and Performance 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



Committees

National Commission

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

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

GNSW RG Gymsport Committee

Technical Director	Catherine Western	Email
Judging Coordinator	Jessie Sellar	Email
Competition Coordinator	Rick Banks	Email
Elite Representative	Nicole Van Gestel	Email
Project Officer 1	Jaelle Cohen	Email
Project Officer 2	Madeleine Cvetanovski	Email
GNSW RG Events, Pathways and Performance Officer (EPPO) Georgia Inwood		Email

GNSW RG Judges Assembly

Judging Coordinator	Jessie Sellar	Email
Project Officer 1	Bao-Tran Nguyen-Phuoc	
Project Officer 2	Virginia Elliott	
Project Officer 3	Michaela Pendleton	

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

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

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

Key Focuses and Initiatives

The GNSW RG GC have identified 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	Working Groups	Facebook Groups
Community Workshops and Clinics	Mentor Programs	Newsletters/Updates

If you have any suggestions, feedback or would like to get involved in 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;

1. Levels Stream/Broad Participation: Individual Levels 1-10 and Multiples

- Works from the Australian Levels Program guidelines. This can be downloaded from the GA Website if you hold an RG accreditation.
- For Level 1-4 clarifications, please refer to the set fundamentals document located on the updates & clarifications section on the GNSW Technical Regulations Website.

2. High Performance Stream: International and Elite Individual and Group.

- Works from the FIG 2022 - 2024 Code of Points. This can be downloaded from the [FIG Website](#).
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All errata's or clarification documents can be found on the on the Updates and Clarifications Section on the [GNSW Technical Regulations 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 competition framework and pathway diagram are shown in the [GA Regulations](#).

Levels 1-4 and Development Individuals are implemented within the states and territories and have the goal of encouraging participation. Level 1-4 gymnasts do not compete at national events. Development Individuals (previously known as Stages) have the opportunity to compete in their own division at NCC, please refer to the [GA Technical Regulations](#) for more information.

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.

NSW Accreditation	Execution Technical	Difficulty of Body	Difficulty of Apparatus	Artistry	Double Panelling Brevet Judges are first preference
Beginner (State and NCC)	<ul style="list-style-type: none"> ALP L1 – 9 Multiples Cat 1 – 5 HP Dev Ind 	N/A	N/A	N/A	N/A
Intermediate (State and NCC)	As above	<ul style="list-style-type: none"> ALP L1 – 9 Multiples Cat 1 – 5 HP Dev Ind 	N/A	N/A	N/A
Advanced (State, NCC, and Australian Championships)	As above PLUS <ul style="list-style-type: none"> L10, SJ, PJ HP Dev Group 	As above	<ul style="list-style-type: none"> ALP L1 – 9 Multiples Cat 1 – 5 HP Dev Ind 	MODIFIED for ALP <ul style="list-style-type: none"> ALP L1 – 9 Multiples Cat 1 – 5 	<ul style="list-style-type: none"> D 1-4
Advanced Silver (State, NCC, and Australian Championships)	As above PLUS <ul style="list-style-type: none"> Jnr, Snr Jnr Snr Group 	As above PLUS <ul style="list-style-type: none"> L10, SJ, PJ, Jnr, Snr HP Dev, Jnr and Snr Group 	As above PLUS <ul style="list-style-type: none"> L10, SJ, PJ, Jnr, Snr HP Dev, Jnr and Snr Group 	As above PLUS <p>FULL FIG REQUIREMENTS</p> <ul style="list-style-type: none"> HP Development Ind L10, SJ, PJ, Jnr, Snr HP Development, Jnr and Snr Group 	<ul style="list-style-type: none"> D1-4
Brevet (State, National and International)	All levels, all panels				<ul style="list-style-type: none"> D1-4 Execution Artistry

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 & Line and Time

All accredited Judges are eligible to judge line and time at GNSW events.

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

Please note; At any GNSW State Championships sit ins will not be possible. Sit ins for club invitationals should be requested through the host club.



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: *Development Individuals is a state-based program. All other levels/divisions are listed below as per the [GA Technical Regulations](#).

Level	Age Divisions
Development Individuals*	Turning 8-10 (2015- 2013)
Sub Junior	Turning 10-11 (2013- 2012)
Pre Junior	Turning 11-13 (2012- 2010)
Level 9	Turning 12 or over (2011) Divisions for L9 may be split equally into smaller sessions by age/DOB. Divisions may vary in the same calendar year as they are pending the competition summary of entries received for each event.
Junior International	Turning 13-15 (2010- 2008)
Level 10	Turning 15 or over (2008) Divisions for L10 may be split equally into smaller sessions by age/DOB. Divisions may vary in the same calendar year as they are pending the competition summary of entries received for each event.
Senior International	Turning 16 or over (2007)
Development Group*	Turning 10-13 (2013- 2010)
Junior Group	Turning 13-15 (2010- 2008)
Senior Group	Turning 16 or over (2007)
<p>*An athlete in Development Group cannot compete at NCC in Development Individuals and will be classified as a HP athlete. A Development Group athlete can only compete in Cat 3-4 FX Group at NCC under the 50% rule and won't be permitted to compete in Development Individuals.</p>	



Multiples Grand Prix Series & State Championships:

The 2023 Grand Prix Series focus is the provision of additional competition opportunities and the promotion of a friendly competition spirit between clubs, as clubs accumulate points across the series for the Overall Multiples Grand Prix Champion Club rankings.

Multiples Categories & Divisions

There are additional categories/divisions offered in NSW. Please refer to the [GA Technical Regulations](#) for NCC categories/divisions.

Category	Age Divisions
Cat 1 Trio (3)	Junior- Turning 6-8 (2017- 2015) Senior- Turning 9-11*** (2014- 2012)
Cat 1 Quad (4)	
Cat 1 Group FX (4-6)	
Cat 2 Trio (3)	Max age 14 years (2009) + Development Individuals will have their own Cat 2 Divisions in NSW- Turning 8-10 (2015- 2013)
Cat 2 Quad (4)	
Cat 2 Group FX (4-6)	
Cat 3 Trio (3)	Max age 16 years (2007)
Cat 3 Quad (4)	
Cat 3 Group FX* (6-8)	
Cat 4 Trio (3)	Turning 12 or over (2011)
Cat 4 Quad (4)	
Cat 4 Group FX* (6-8)	
Cat 5 Trio* (3)	Turning 13 or over (2010)
Cat 5 Group* (5)	
Masters Quad** (4)	18yrs + (Open to all genders)
- Masters Group**FX (6-8)	18yrs + (Open to all genders)
<p>* Cat 3-4 FX Groups, Cat 5 Trio and Cat 5 Group can include HP athletes (Sub Junior, Pre Junior, Junior Int, Senior Int, L10) - making up less than 50% of the club's entry.</p> <p>**Masters Quads and Groups are open to all athletes over the age of 18 regardless of what individual division they are/ have competed in.</p> <p>***Where a club does not have enough athletes to make up a senior cat 1 trio, quad, or group, they may use athletes from the junior age division.</p>	



Grand Prix Series Points & Overall Champion Club

At each Grand Prix and the State Championships, 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 multiples level/division across the competitions in the series. At the conclusion of the Multiples State Championships the top 3 clubs with the highest accumulated points from the series will be awarded.

The following table outlines how points will be awarded to each club at Grand Prix 1 & 2, and State. Points will be awarded for each category.

AA Place	1 st	2 nd	3 rd
Points	3	2	1

Intermediate Season: Divisions for Levels 5-8 will be split equally into smaller divisions by age/DOB, consideration will be given to group clubs together where possible.

Example 1; If there are in total 80 entries for Level 5 or 6;

Division 1 (Session 1- Floor 1) will be the youngest 20 gymnasts sorted by DOB.

Division 2 (Session 1- Floor 2) will be the next youngest 20 gymnasts sorted by DOB.

Division 3 (Session 2- Floor 1) will be the next youngest 20 gymnasts sorted by DOB.

Division 4 (Session 2- Floor 2) will be the oldest 20 gymnasts sorted by DOB.

Example 2; If there are in total 40 entries for Level 7 or 8;

Division 1- Session 1 will be the youngest 20 gymnasts sorted by DOB

Division 2- Session 2 will be the older 20 gymnasts sorted by DOB

Level	Age Divisions*
Level 5	Turning 8 (2015) or over
Level 6	Turning 9 (2014) or over
Level 7	Turning 10 (2013) or over
Level 8	Turning 11 (2012) over

*Divisions at State Championships will be determined after the close of entries. Division sizes above are examples only and will depend on final entries received. GA Divisions will not be implemented at NSW State Championships for 2023. If Attending NCC, please refer to [GA Regulations](#) for age divisions and event requirements.

Junior Season:

Level 1-3 minimum turning 6 (2017) and Level 4 minimum turning 7 (2016) in year of competition.

Divisions: For Level 1-4, entries will be split equally into smaller divisions by DOB. DOB groupings per division will be determined after the close of entries. Consideration will be given to group clubs together where possible.



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 2023

There is no mandatory progression for Levels 1-9. However, the table below outlines the exceptions for gymnasts attending NSW State Championships.

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

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

Levels 1-9 for 2023	
Level	Progression
Level 1-4	There is no mandatory progression.
Level 5-6	Progression is effective immediately for gymnasts who competed in the 2023 GNSW State Championships and achieved AA gold banding awards and if age eligible
Level 7-8	Progression is effective immediately for gymnasts who competed in the 2023 GNSW State Championships and achieved top 3 AA in their Level/Division and if age eligible
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 if age eligible.

Transitions

HP Individual Gymnasts

Movement for HP Individuals returning to Levels Pathway

Development returning to levels: Minimum Level 5

Sub Junior returning to levels: Minimum Level 7

Pre Junior returning to levels: Minimum Level 8

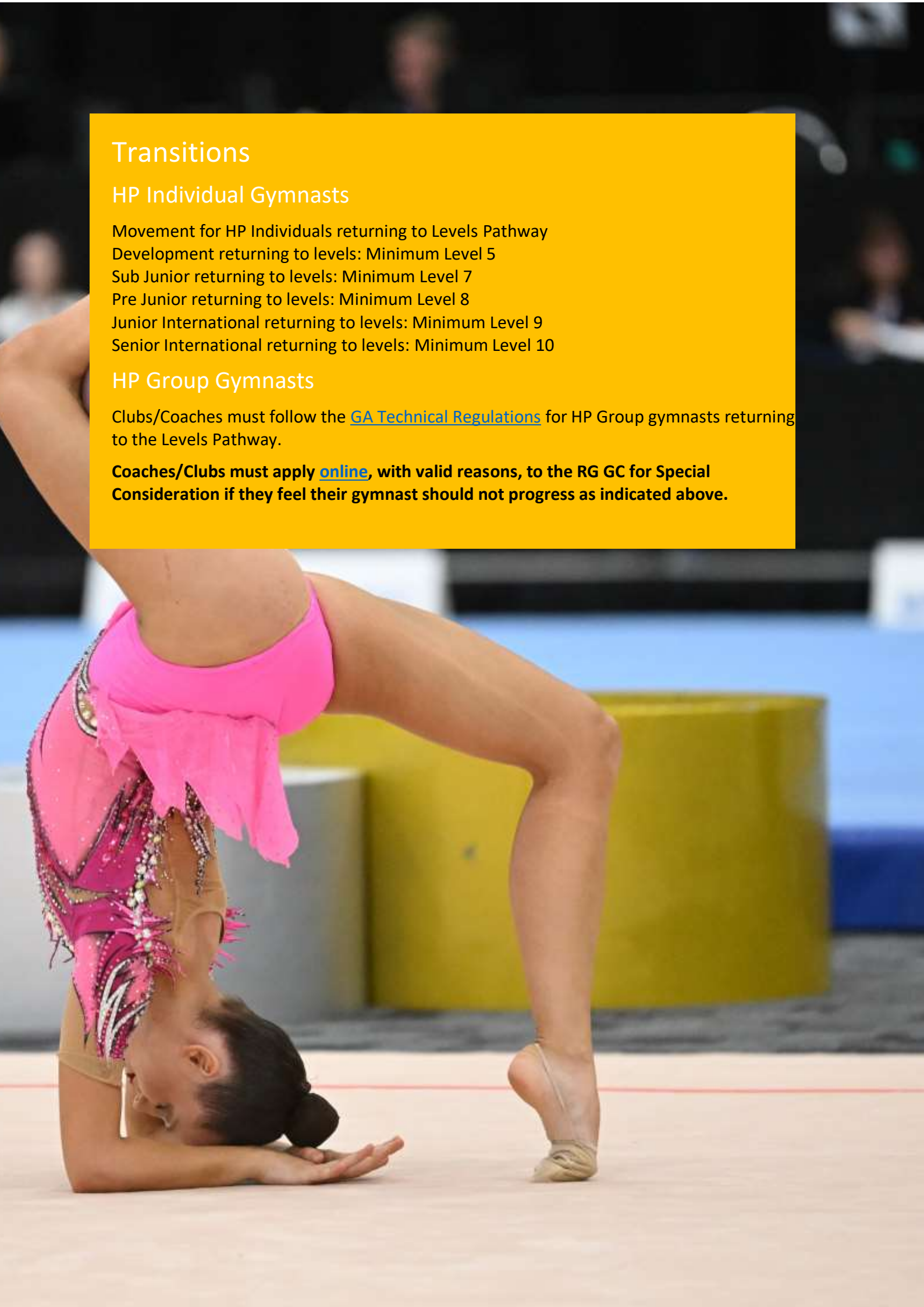
Junior International returning to levels: Minimum Level 9

Senior International returning to levels: Minimum Level 10

HP Group Gymnasts

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

CHANGES for 2023 *For full details on changes of athlete attire please refer to the [GNSW Technical Regulations Website](#).

Level/Division	Requirements
Senior Season: which includes , Sub Junior, Pre Junior, Junior, Senior, Level 9, Level 10 Intermediate Season: which includes Levels 5-8. Development Individuals	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 Cat 1-5	Same material, style, colour and design for group with the exception of patterned material which may have slight variations. *
Masters (Quad & Group)	Comfortable Attire (tights, shorts, singlets, shirts) Please refer to the General Regulations for more information on attire. Note: Torso must be covered. e.g. no crop tops only.
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 leg coverings. *
March on will only be at Championship events. March on will be in leotards and presentations will be in club tracksuits. Please refer to the event briefings for any updates to uniform requirements.	
For selection and qualifying competitions for the NSW State Team, athletes must wear competition attire in accordance with the National Technical Regulations and the FIG CoP. Any gymnast who does not adhere to these requirements, without prior approval from the RG GC, may receive a 0.30 penalty as per the FIG CoP at NSW State Team Qualifying Competitions.	
Please refer to GA Technical Regulations for athlete attire regulations for NCC.	





Event Information

Competition Structure

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

Senior Season

Which includes Sub Junior, Pre Junior, Junior, Senior, **Level 9***, Level 10, Development Group, Junior Group and Senior Group.

- Senior Trial 1 & 2
- Senior State Championships

***Level 9** remains out of the Intermediate Season only in NSW (not Nationally) and continues to be included 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.

NEW in 2023- Multiples and Development Grand Prix Series

Which includes Categories 1-5 (Trios, Quads & Groups), Masters 18+ (Quads & Groups) & **NEW in 2023-** Development Individuals

- Grand Prix 1 & 2 and Development Individuals Invitational 1 & 2
- Multiples & Development State Championships

Intermediate Season

Which includes Levels 5-8.

- Sanctioned Club Invitationals
- Intermediate State Championships

Junior Season

Which includes Levels 1-4.

- Junior Invitational
- Junior State Championships

Additional Events

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

- Country Championships
- Sanctioned Club Invitationals



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	NSW Set Apparatus 2022-2024	Music
Junior Season		
Level 1	FX + Ball	NSW Level 1-4 State Compulsory Music can be downloaded from the GNSW Website . *New music for 2023 L1-2; 0.45 L3-4; 0.45 – 1:00
Level 2	FX + Hoop	
Level 3	*Ball + Clubs	
Level 4	*Hoop + Ribbon	
Level/Division	GA Set Apparatus 2022-2024	Music
Intermediate Season		
Level 5*	Hoop + Clubs	Level 5-6 State Compulsory Music can be downloaded from the GNSW Website . *New music for L6 2023 1.00 – 1:15
Level 6*	Ball + Ribbon	
Level 7*	Ball + Clubs + Ribbon	1:15 – 1:30
Level 8*	Hoop + Clubs + 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	2022-2024	Music
Senior Season		
Development	FX + Rope + Ball	1:00 – 1:15
Sub Junior	FX + Hoop + Ball + Clubs	1:15 – 1:30
Pre Junior	FX + Hoop + Ball + Ribbon	1:15 – 1:30
Level 9 Junior International Level 10 Senior International	Hoop + Ball + Clubs + Ribbon	1:15 – 1:30
Development Group	2022- 2023 (5 Hoops) 2024- 2025 (5 Balls)	2:00 – 2:15
Junior Group	2022- 2023 (5 Ropes) + (5 Balls) 2024-2025 (5 Clubs) + (5 Hoops)	2:15 – 2:30
Senior Group	2022- 2024 (5 Hoops) + (3 Ribbons + 2 Balls)	



Multiples Grand Prix Series & State Championships		
Cat 1 Trio (3)	Hoop	1.00 - 1:15
Cat 1 Quad (4)	Ball	
Cat 1 Group FX (4-6)	FX	
Cat 2 Trio (3)	Ball	1.30 – 1:45
Cat 2 Quad (4)	Hoop	
Cat 2 Group FX (4-6)	FX	
Cat 3 Trio (3)	Rope	
Cat 3 Quad (4)	Clubs	1:45 – 2:15
Cat 3 Group FX* (6-8)	FX	
Cat 4 Trio (3)	Ribbon	
Cat 4 Quad (4)	Ball	2:15 - 2:30
Cat 4 Group FX* (6-8)	FX	
Cat 5 Trio* (3)	2 Hoops + 1 set of Clubs	1:45 – 2:15
Cat 5 Group* (5)	(5 Sets of Clubs) + (3 Hoops + 2 Balls)	
Masters Quad (4)	Ball	1:45 – 2:15
Masters Group FX (6-8)	FX	

Floor Requirements

- Level 1-2 competes on half of 2-3 strip mats, concurrent floors, 2-6 competing at same time
- Level 3-4 competes on 3 full strip mats, concurrent floors, 2-3 competing at same time
- Level 5-6 competes on 5 full strip mats- concurrent floors, 2 competing at same time*
- Development Individuals compete on half a full floor, 1 competing at a time
- All of the remaining levels/divisions compete on a full competition floor space (13x13m).

*Please refer to the [GA Regulations](#) if attending NCC.

Group Number Requirements

Group	Number of Gymnasts Competing
Categories 1-4 & Masters Quads	4 gymnasts
Categories 1-2 Groups (FX)	4-6 gymnasts
Categories 3-4 & Masters Groups (FX)	6-8 gymnasts
Category 5 Groups	5 gymnasts + Reserve
Development, Junior & Senior Groups	5 gymnasts + Reserve





Specific Event Requirements

Entry and Qualification Requirements

Season	Entry Requirements
<p>Senior Season</p> <p>Trial 1 Trial 2 Senior State</p>	<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 attended 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 compete 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>Applications for Interstate Entries can be submitted and will be accepted pending event capacity at Senior State.</p>
<p>Multiples Grand Prix, Development Series & State Championships</p>	<p>There are no entry restrictions to attend either Grand Prix or Development Series.</p> <ul style="list-style-type: none"> • A gymnast can enter in as many routines as they wish if age eligible • 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. <p>To attend State Championships, the group or development individual must attend one of the Grand Prix Events/ Development Invitationals.</p>
<p>Club Invitationals</p>	<p>Clubs are encouraged to apply to host Club Invitationals for Levels 5-8. There are no sanctioned qualifying events to attend Intermediate State Championships. For more information on hosting and applying for a Club Friendly Event please refer to the GNSW Technical Regulations Website.</p>
<p>Intermediate State</p>	<p>Intermediate State: There are no qualifying or entry restrictions to attend Intermediate State.</p>
<p>Junior Season</p>	<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 GNSW Junior Invitational or Country Championships.</p>



Cross and Mixed Club Entries

- Gymnasts in HP Groups do not have to be from the same club.
- Gymnast in Multiples 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 include this information on the entry form confirming the names and clubs in each group. Please refer to the [General Regulations Section](#) for full details.

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 L10 HP Groups	HP Individuals L10 HP Groups	At State only for HP Individuals L10	N/A
Level 9	Per Level/division. ie. If Level 9 was split into two divisions; Level 9 Division 1 will be awarded 1 st -6 th per Apparatus/AA as well as Level 9 Division 2.	Level 9 per Level/division.	At State & Country Championships only.	N/A
Multiples	Cat 5 Group Development Individuals	Categories 2-5 & Masters Development Individuals	N/A	Category 1; Each Division will be evenly split into three banding awards. ie. Using the AA Scores for 30x Cat 1 Junior Trios; <ul style="list-style-type: none"> • Gold/Blue= 10x Trios • Silver/Red= 10x Trios • Bronze/Green= 10x Trios
Intermediate Level 5-6	Per Level/Division & Floor* ie. Level 5 was split into two divisions; Level 5 Division 1 (Floor 1) will be awarded 1st-6th per apparatus as well as Level 5 Division 2 (Floor 2).	N/A	At State & Country Championships only.	Level 5-6 AA*. Three AA Banding Scores to determine what award each athlete receives.
Intermediate Level 7-8	Per Level/division. ie. Level 7 was split into two divisions; Level 7 Division 1 will be awarded 1 st -6 th per Apparatus/AA as well as Level 7 Division 2.	Level 7-8 per Level/division.	At State & Country Championships only.	N/A
Junior	N/A	N/A	At State only.	Level 1-4 Per Routine* L3-4; Three Banding Scores to determine what award each athlete receives for each routine Scoring & banding for L1-2 will be based on the Basic Better Best principle as per previous codes.

*Banding scores for Level 3-6 will be released prior to their 2023 Competition Season on the [GNSW Technical Regulations Website](#)- RG- Updates & Clarifications.



Teams

To be eligible for team awards at Senior, Intermediate, and Junior State Championships each club may enter a team in the below levels/Divisions.

- All Level 5-9 Divisions (determined after entries have closed/athletes allocated to Divisions)
- All HP Individual Divisions & Level 10

A team must have a minimum of three (3) and maximum of five (5) athletes.

The individual athlete scores for each team member, 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 six (6) 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

Any athletes coach may place replacement apparatus as per requirements from FIG for each apparatus if required. i.e. along two of the four lines of the floor area (not including the entry point).

For the Multiples Grand Prix & Development Series and Intermediate 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 Grand Prix & Development Series & State Championships via the [online](#) app.

For the Junior Season, there are no score displays and results will not be 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 EPPO as the ex officio.

Athlete Selection Criteria

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

Selection is based on performances and rankings at two (2) NSW selection Events. One (1) NSW State Trial where the gymnasts best ranking was achieved and the NSW State Championships. To be considered for State Team selection an athlete must enter and compete in both trials and the State Championships.

RG State Team

Level	Number of Athletes Selected	Team Size	Reserves
Sub Junior	6	6	2 Non-travelling reserves
Pre Junior	6	6	2 Non-travelling reserves
Level 10	6	6	2 Non-travelling reserves
Junior International	8	6 (& 2 individuals)	2 Non-travelling reserves
Senior International	8	6 (& 2 individuals)	2 Non-travelling reserves
Development Group	3 Teams	6 gymnasts: 5 + 1 reserve	2 Non-travelling reserves
Junior International Group	3 Teams	6 gymnasts: 5 + 1 reserve	2 Non-travelling reserves
Senior International Group	3 Teams	6 gymnasts: 5 + 1 reserve	2 Non-travelling reserves

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.





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

Sub Junior	55
Pre Junior	60
Junior Int	65
Level 10	70
Senior Int	80
Development Group	23 (Total from 2 performances of one routine)
Junior Group	27 (Total from 1 performance of each routine)
Senior Group	32 (Total from 1 performance of each routine)

The only exception for consideration of a qualifying score at an event other than a GNSW event (and including scores obtained outside Australia), will be at the discretion of the selection committee, prior to the GNSW Senior State Championships. Applications for exemption to the achievement of the qualifying score within a NSW event will only be considered where the athlete is unable to compete in the NSW events due to selection for an Australian team, or where the athlete is a NSW High Performance Squad member, or GA National Squad member who has been sanctioned to train overseas and is unable to return for the NSW competition. International events being used as a qualifier under this clause require approval from GNSW and GA to be considered. With the exception of where an athlete has been selected to an official GA Australian Team, GNSW events will always take precedence and the application will be denied if it is conflicting with any selection event. Individual circumstances of GNSW High Performance Squad members and National Squad members will be considered on a case by case basis, with an expectation that athletes should attend the NSW selection events wherever possible.

Athlete Selection Process

Selection is based on performances and rankings at two (2) 2023 NSW State Trials and the 2023 NSW State Championships. 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.

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	20	17	14	12	11	10	8	7	6	5	4	3

Gymnast/groups are not required to achieve a Q.S in order to be awarded points.

**Ties**

- Where there is a tie in ranking points for a team position, the aggregated scores of the tied gymnasts will be reviewed to find the highest possible combined score (using the best State Trial score and the State Championships score). If a tie still exists, the gymnast with the highest total Execution Score at the State Championships will be selected. If a further tie still exists, the gymnast with the highest total Artistry Score at the State Championships will be selected.
- 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 following video submission. 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. Athletes who are unable to provide the required supporting medical information may not be selected in the team and the next ranked athlete may be considered instead. In accepting selection onto the team, the gymnast unable to participate in the NSW State Championships on medical grounds 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.

Any athlete selected for the NSW State Team who has not competed or is injured during the NSW State Championships 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. Withdrawn athletes will be replaced by the named team reserve(s) as applicable.

Special Considerations

For a gymnast to be eligible for special consideration they must be unavailable for the required NSW selection competitions due to their selection on a GA Australian team, or be a NSW High Performance Squad member, or GA National Squad member who has been sanctioned to train overseas. The gymnast must have a proven track record of international event experience and have relevant results obtained at national and international events approved by the Selection Committee. Special Considerations will only be considered for Junior and Senior International divisions. The Selection Committee will take into consideration the athlete's ability to contribute to the team. The following factors will be considered:

- Present competition form and readiness
- Combined All-Around results and rankings achieved in recent international events
- Past National and International results
- GNSW Trials and State Championships results
- Relevant results achieved at Gymnastics Australia or a sanctioned FIG event in the year of the Australian Championships
- Possible team composition and possible individual and all-around and/or individual apparatus medals.
- Participation at State Team Training



- Satisfaction of all other State Team eligibility selection and participation criteria
- Ability to demonstrate active contribution and participation as a member of the NSW team and contribute positively to performance and the team environment.

A special consideration will be assessed against the team and individual positions in the respective level.

Special Considerations may be accepted in the form of Video selection Activities and International FIG Competition Attendance. Special Considerations can be submitted for three (3) events following the below submission guidelines;

- Event 1 – Submitted prior to Trial 1**
- Event 2 – Submitted prior to Trial 2**
- Event 3 – Submitted prior to NSW Senior State**

*Competition video or international witness to guarantee a “one video take” must be submitted to the GNSW EPPO by 12pm on Friday (Sydney time) prior to the above listed events in order to be evaluated at the relevant event.

**Automatic Acceptance into top 6 if Video selection Activities approved by the selection committee.

- A special consideration for a team position would replace the lowest ranked gymnast selected in the team (the top 6) (e.g. if one special consideration were accepted the gymnast would replace 6th place or if two were accepted, they would replace 5th and 6th for the team etc.).
- If a special consideration for a team position is unsuccessful, a special consideration for an individual position would replace the lowest ranked gymnast selected for the Australian Championships in the Level for Junior & Senior INT (i.e. if one special consideration were accepted the gymnast would replace 8th place or if two were accepted, they would replace 7th and 8th placed gymnasts etc.).
- Gymnasts who are replaced in the team would become the level individual athlete(s) and 1st team reserve. Gymnasts who are replaced as a NSW individual athlete will become the non-travelling reserve(s).

Extenuating circumstances

Extenuating Circumstances will be considered if the gymnast has attended the following two selection events;

1. GNSW Senior Trial 1*
2. GNSW Senior Trial 2*

*A gymnast must rank in the top eight (8) AA (Sub JNR, Pre JNR, L10) or top ten (10) AA (JNR INT & SNR INT) at both Senior Trials to apply for extenuating circumstances if the gymnast is unable to attend GNSW Senior State for the following reasons;

- Illness/emergency resulting in withdrawal from GNSW Senior State. You must notify GNSW prior to the commencement of the gymnast’s session and provide relevant documentation e.g., medical certificate.
- Injury resulting in withdrawal from GNSW Senior State. You must notify GNSW within a week prior to Senior State until the day of the event and provide relevant documentation e.g., medical certificate.



- Death within the family resulting in withdrawal from GNSW Senior State. You must notify GNSW prior to the commencement of the gymnast's session.

Gymnasts may not apply for extenuating circumstances if;

- The gymnast only attended one (1) of the Senior Trials and no Senior State
- The gymnast did not place in the top eight (8) AA (Sub JNR, Pre JNR, L10) at both Senior Trials
- The gymnast did not place in the top ten (10) AA (JNR INT & SNR INT) at both Senior Trials

To determine the score of the gymnast applying for extenuating circumstances, the gymnast's scores from Senior Trial 1 and 2 will be added together to generate a total score.

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.

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 EPPO 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 are available on the [GNSW Technical Regulations Website](#).

Updates and Clarifications

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