

2025

Gymnastics NSW Technical Regulations

Section 4 - Gymnastics for All



POLICY NAME:	Gymnastics for All Gymnastics Technical Regulations 2025 v2
DATE OF ISSUE:	January 2025
POLICY COVERAGE:	All Gymnastics NSW Gymnastics for All Gymnastics Events & Activities
DATE OF REVIEW:	December 2025
CONTROLLING BODY:	Gymnastics NSW - GfA Gymsport Committee



Table of Contents

GENERAL INFORMATION	4
Technical Regulations Purpose	4
Abbreviations	4
Committees	4
National Commission	4
GNSW GFA Gymsport Committee	5
SPORT SPECIFIC INFORMATION	6
About GfA.....	6
Program Information	7
KinderGym.....	7
LaunchPad	8
Performance or Display Gymnastics	9
GymAbility - Inclusive Gymnastics	9
TeamGym	11
FreeG.....	13
Fitter for Life	14
GENERAL REGULATIONS	15
ADDITIONAL COACH REGULATIONS	15
GFA Coach Accreditation.....	15
KinderGym.....	15
LaunchPad	15
Fitter for Life	15
TeamGym	15
FreeG.....	16
Performance	16
ADDITIONAL JUDGE REGULATIONS	18
TeamGym	18
FreeG Judges.....	18
Judge Attire	18
ADDITIONAL ATHLETE REGULATIONS.....	19
Progression.....	19
Athlete Attire.....	19
EVENT SEASON INFORMATION -	20
TeamGym Season	20
FreeG Grand Prix Season	20
Performance Season	20
Additional	20
SPECIFIC EVENT REQUIREMENTS.....	21
TeamGym Requirements	21
FreeG Requirements	23
Festival of Performance Gymnastics Requirements	28
Country Championships	30
SELECTION PROCESS	31
GNSW Junior Performance Team	31
GNSW Senior Performance Team	31



FIG Performance Opportunities..... 32

World Gym for Life Challenge..... 32

RESOURCES..... 33

UPDATES AND CLARIFICATIONS..... 33



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 Gymnastics for All (GFA). This handbook provides GFA in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The GFA 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

EPPO	Events, Pathways and Performance Officer
FIG	Federation International Gymnastics
G4L	Gym for Life Challenge
GA	Gymnastics Australia
GFA	Gymnastics for All
GNSW	Gymnastics New South Wales
SMT	Single Mini Tramp
TUM	Tumbling
WG	World Gymnaestrada
WG4L	World Gym for Life Challenge

Committees

National Commission

The Functional Statement for GA National Commissions can be found on the [GA Website](#) and the [Gymnastics Australia GfA Technical Regulations](#).

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



GNSW GFA 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 GNSW GFA Gymsport Committee (GC) in conjunction with the GNSW GFA Events, Pathways and Performance Officer (EPPO) is committed to the following goals:

Participation	Development	Events
<ul style="list-style-type: none"> • Increase participation and provide support for clubs to continued growth in the sport. • Enhance communication within the GFA community 	<ul style="list-style-type: none"> • Ensure educational programs are provided to train and develop both coaches and judges. 	<ul style="list-style-type: none"> • Coordinate well run and economically viable competitions. • Strive for the premier position in the GFA National arena. • Evaluate dedicated venues for GFA events.

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



Sport Specific Information

About GfA

Gymnastics for All (GfA) is an inclusive and lifelong sport, welcoming participants of all ages, genders, and abilities. It serves as both a foundational discipline for all gymnastics sports and a distinct Gymsport in its own right, encompassing a diverse range of programs under one umbrella. These include, but are not limited to, KinderGym, Fitter for Life, FreeG, GymAbility, TeamGym, and Performance Gymnastics.

As a versatile and engaging activity, Gymnastics for All fosters long-term participation in sports while developing essential physical and cognitive life skills. It provides an excellent foundation for young athletes, equipping them with the fundamental movement skills necessary for future specialization in any of the six competitive Gymsports. Alternatively, clubs may choose to focus on developing well-rounded gymnasts with diverse and adaptable movement experiences.

The philosophy of Gymnastics for All is centred around five core principles: fun, fitness, fundamentals, friendship, and lifelong engagement. These guiding values ensure an inclusive, enjoyable, and developmentally appropriate experience for all participants. The International Gymnastics Federation (FIG) categorizes Gymnastics for All into several key areas, including:

- Gymnastics performed on and with traditional, innovative, or creative apparatus.
- Playful and exploratory apparatus-based gymnastics.
- Floor-based gymnastics and movement activities.
- Gymnastics with and without handheld apparatus.
- Rhythmic gymnastics, jazz gymnastics, and jazz dance.
- Modern dance and aerobic gymnastics activities that contribute to overall health and well-being.

Programs such as KinderGym, TeamGym, and FreeG align with these categories and therefore fall under the Gymnastics for All framework.

For further details on Gymnastics for All and opportunities for involvement, please visit the Gymnastics NSW website.



Program Information



KinderGym

KinderGym is Gymnastics Australia's movement-based learning program designed for children under five years of age, providing them with the fundamental movement skills essential for an active and healthy life. The program offers young children the opportunity to explore movement in a safe and stimulating environment, with the active involvement of parents and caregivers who share in the experience.

The early years are critical for brain development and the establishment of physical potential. Research highlights that children learn best through exploration and discovery, particularly in physically engaging environments. KinderGym provides an ideal setting for children to develop essential movement skills in a fun, playful, and self-paced manner. Through participation in structured and unstructured activities, children enhance their coordination, self-esteem, and cognitive abilities while also building their social skills.

The KinderGym program serves as the first stage in Gymnastics Australia's fundamental movement pathway, known as [LaunchPad](#). This initiative ensures that children are exposed to a broad range of movement experiences, encouraging them to think, create, construct, and solve problems through physical activity.

Gymnastics Australia's KinderGym program is built on child development principles and guided by the KinderGym Guiding Principles. Each session is led by an Accredited KinderGym Leader, who ensures that equipment setups are safe, engaging, and designed to maximise movement opportunities. These leaders play a crucial role in fostering an environment that encourages children to take ownership of their learning through play-based experiences.

A core aspect of KinderGym is the active participation of parents and caregivers. Rather than directing their child's play, parents are encouraged to engage alongside them, supporting their natural curiosity and self-initiated discovery. This shared experience not only strengthens the parent-child bond but also enhances the child's learning outcomes. For those interested in becoming KinderGym Leaders, additional information is available on the Gymnastics NSW website coaching pages.

To support the delivery of high-quality movement experiences, Gymnastics Australia provides the [LaunchPad Kinder GymMix manual](#), a comprehensive resource filled with activities and insights designed to inspire KinderGym coaches and educators.

Additionally, Gymnastics Australia offers the KinderGym Passport, an exclusive benefit for participants enrolled in clubs endorsed as official KinderGym providers. These passports are distributed at the beginning of each year based on the number of KinderGym registrations from the previous year. Clubs exceeding their expected registrations may request additional copies directly from Gymnastics Australia.

For more information on KinderGym programs, coaching opportunities, and how to get involved, please visit the Gymnastics NSW website.



LaunchPad

[LaunchPad](#) is Gymnastics Australia's foundational movement program designed to introduce children up to 12 years old to the essential skills of gymnastics. Through a structured yet enjoyable approach, LaunchPad fosters physical development, coordination, and confidence in young participants while supporting lifelong engagement in sport and movement activities.

The program is delivered through two key components:

- GymFun (Ages 6-8) – A playful introduction to movement patterns that develop fundamental gymnastics skills.
- GymSkills (Ages 9-12) – A progression of movement challenges designed to enhance skill development and overall physical literacy.
- Aero (Ages 5-12) – Focuses on aerobic movement, rhythm, and coordination, integrating elements of aerobics to develop fitness and endurance.
- FreeG (Ages 5-12) – A freestyle gymnastics program that combines traditional gymnastics with creative movement, encouraging agility, strength, and exploration of dynamic skills.

Who Can Participate in LaunchPad

- Coaches and clubs delivering Gymnastics for All (GfA) or recreational gymnastics programs.
- Educators and activity leaders aiming to introduce gymnastics fundamentals into movement-based learning environments.

Benefits of LaunchPad

- Encourages lifelong physical activity by instilling confidence in fundamental movement skills.
- Promotes skill development relevant to all sports, enhancing coordination, strength, and flexibility.
- Provides a safe and engaging environment for young participants to explore movement.
- Fosters creativity, problem-solving, and self-expression through gymnastics-based activities.

LaunchPad offers a fun, structured, and safe approach to learning gymnastics, making it an ideal program for clubs, coaches, and movement educators. It serves as a launchpad for lifelong physical activity, helping young participants build essential movement skills while enjoying the excitement of gymnastics.

For more information on LaunchPad and how to integrate it into your program, visit the [Gymnastics Australia website](#).

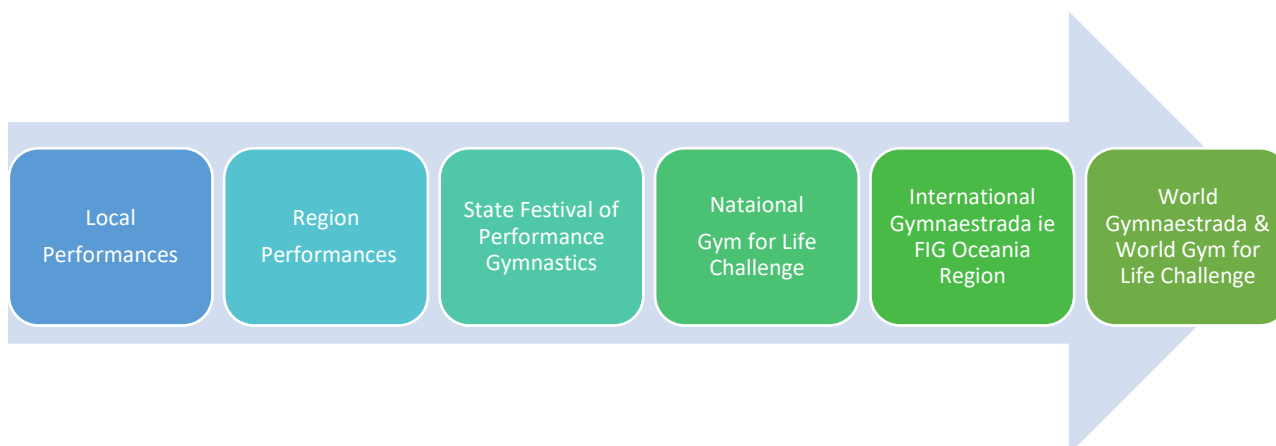


Performance or Display Gymnastics

Performance Gymnastics is an exciting and dynamic discipline within Gymnastics for All, providing gymnasts of all ages, styles, and skill levels with the opportunity to showcase their talents through group performances. These displays range from local exhibitions to international festivals, celebrating creativity, teamwork, and the artistry of gymnastics.

Athletes participating in Performance Gymnastics have the freedom to incorporate various gymnastics styles, seamlessly blending elements of artistic, rhythmic, aerobics, acrobatics, trampoline, and dance. These routines are choreographed to music and may include handheld or large apparatus, or be performed solely through expressive movement.

Beyond skill development, Performance Gymnastics fosters leadership, teamwork, and confidence, equipping athletes with essential life skills that extend far beyond the gym. The inclusive nature of Performance Gymnastics ensures that participants remain engaged in the sport at any stage of life, making it an excellent avenue for continued athletic participation and personal growth.



GymAbility- Inclusive Gymnastics

Gymnastics coaches are trained to adapt movements to accommodate individuals of all abilities. For those seeking more specialized programs, GymAbility offers tailored classes designed to support participants at all levels of physical and cognitive ability.

GymAbility is committed to empowering coaches and educators to deliver inclusive movement programs that welcome all participants, regardless of ability level. While some participants may have disabilities that impact their participation, it is essential to recognize that each individual has unique strengths. Programs should focus on what participants *can* do rather than their limitations.

The GymAbility logo identifies clubs that have committed to offering inclusive gymnastics programs—either integrated within mainstream classes or designed specifically for individuals with disabilities.

GymAbility Programs and Resources

Gymnastics Australia and Gymnastics NSW provide a range of inclusive programs and resources under the GymAbility framework, including:



1. GymAbility GymMix – Gymnastics for All Coaching Resources

GymAbility GymMix offers structured movement experiences designed to enhance physical abilities for all participants. It serves as an engaging introduction to gymnastics-based movement programs and caters to individuals who may have physical disabilities.

Additionally, Managing Inclusion in Gymnastics (MIG) is Gymnastics Australia's online training course for club personnel, including coaches, judges, and administrators. Since 2010, completion of the MIG course has been a mandatory requirement for GA Technical Membership.

2. Sport-Specific National Levels Programs and Modified Routines

All gymnastics participation and competitive programs can be adapted to accommodate athletes with disabilities. Modifications may include adjustments to apparatus, rules, or judging criteria to ensure inclusivity.

Gymnasts with disabilities can participate in club- and regional-level friendly competitions throughout the year, as well as select state-based competitions. Qualification criteria for state-level events are determined by the relevant GymSport.

Gymnastics NSW has also developed the AcroAbility Competitive Program, with further details available in the Acro Technical Handbook.

3. Special Olympics Australia Pathways

Gymnasts with disabilities can also engage in the Special Olympics competition pathway, which offers opportunities in Women's Artistic Gymnastics (WAG), Men's Artistic Gymnastics (MAG), and Rhythmic Gymnastics (RG). Athletes can compete at local, national, and international levels, with Special Olympics routines available for download at www.specialolympics.org.

For further information about Special Olympics gymnastics, please contact the Inclusions Coordinator.

GymAbility Athlete Registration

When registering athletes in the National Database, please use the following classifications:

- Physical Disabilities: Amputations, congenital conditions affecting physical ability, muscular impairments, vision or hearing impairments, Multiple Sclerosis, Cerebral Palsy
- Intellectual Disabilities: IQ below 85, Down Syndrome, Autism Spectrum Disorder (including Asperger's), Brain Injury
- Special Olympics Athletes (SOA): Athletes registered with Special Olympics Australia

GymAbility is dedicated to fostering an inclusive gymnastics environment that ensures all participants have the opportunity to engage, develop, and excel.



TeamGym

TeamGym is an exhilarating Gymnastics for All program and competition format that showcases teamwork, athleticism, and acrobatic excellence. Designed for gymnasts aged 5 and above, TeamGym provides a structured pathway from local to international competition. With performances across three apparatus—Floor, Tumbling, and Single Mini Tramp—this discipline fosters team spirit and captivates audiences, media, and sponsors alike.

TeamGym competitions are held globally and emphasize synchronized teamwork, technical precision, and dynamic acrobatics. Teams perform choreographed routines to music, creating an engaging and high-energy performance environment.

TeamGym Disciplines

Each discipline is performed to music, with teams consisting of 6 to 12 members.

Floor

Performed on a full-sized floor area to music, Floor routines emphasize synchronization, formations, and expressive presentation. The routine should reflect the team's skill level, maturity, and musical interpretation, with smooth transitions and cohesive movement sequences.

Tumbling

Teams execute a series of tumbling passes in a continuous and synchronized manner, maintaining seamless flow ("streaming") between elements. Tumbling is performed to music, with each team executing two to three different passes, each incorporating at least two distinct acrobatic elements without intermediate steps.

Single Mini Tramp (SMT)

Athletes perform dynamic aerial skills using the Single Mini Tramp, ensuring fluid movement and synchronization. Each team completes four passes: two individual and two synchronized. In Open and International divisions, an additional vaulting pass is required.

TeamGym Competition Divisions

Competitions are structured into five divisions, allowing gymnasts of all skill levels to participate:

- Novice
- Intermediate
- Advanced
- Open (*Includes vaulting skills*)
- National (*Includes vaulting skills and highest level of difficulty*)

Pathway to Competition

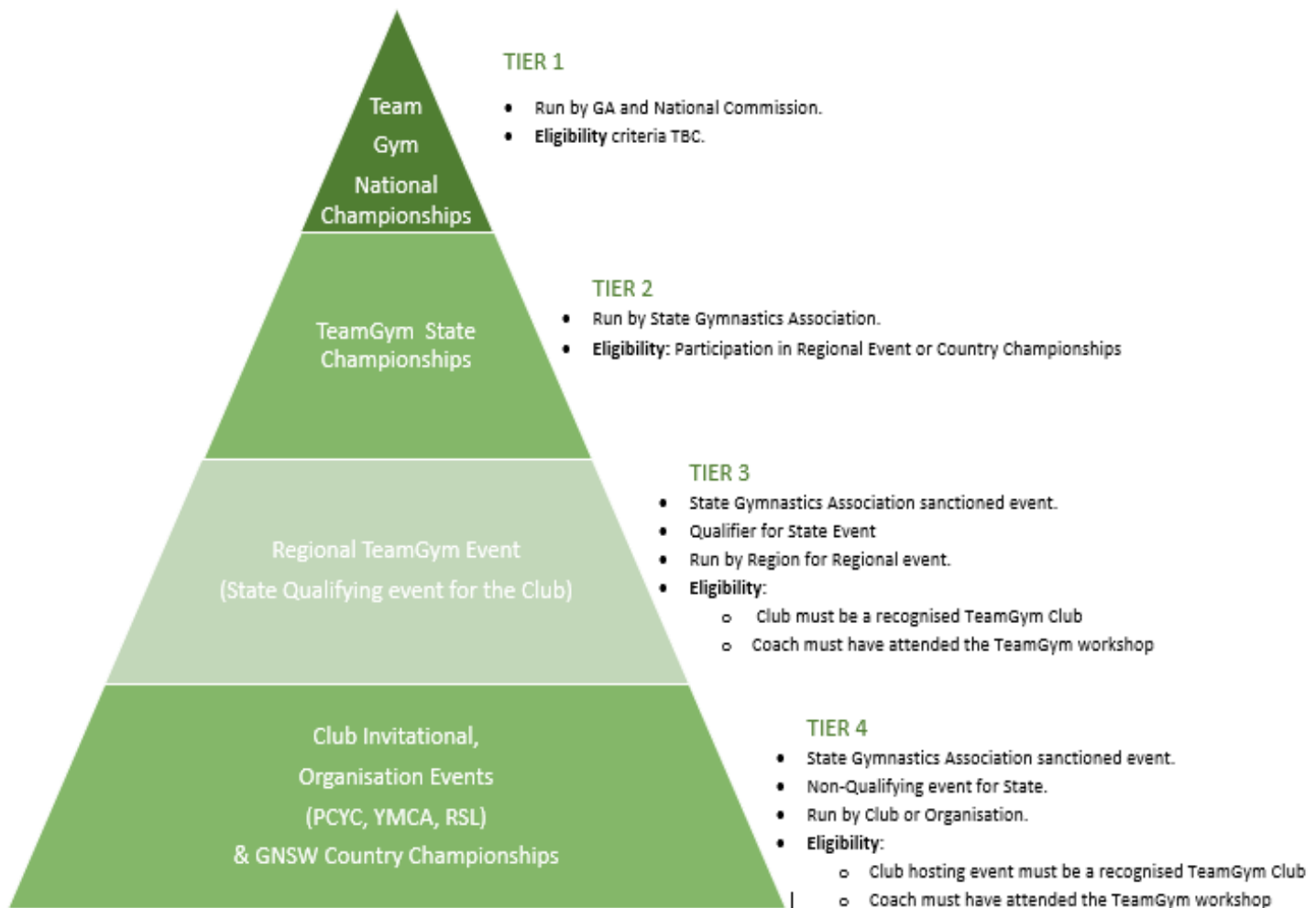
TeamGym offers opportunities for teams to compete at regional/zone, state, national, and international levels. To qualify for the State Championships, teams must first participate in their allocated Regional or Zone Event.

Additionally, teams are encouraged to compete in events outside their region as part of the TeamGym competition circuit. The Gymnastics NSW website calendar provides up-to-date information on competition dates and locations.



With its blend of artistry, athleticism, and teamwork, TeamGym continues to grow in popularity, offering gymnasts a thrilling and rewarding competitive experience.

TeamGym Event Pathway



Education Workshops

GNSW will be conducting coaching and judging workshops throughout the state.

It is a **compulsory** education requirement that coaches running a TeamGym programs to have attended the TeamGym Coaches workshop. See General Regulations for Workshop Criteria. If you are in an isolated area contact coaches@gymnsw.org.au for assistance.



Free FreeG

FreeG is the ultimate expression of movement, combining aerial maneuvers, acrobatic tricks, and martial arts-inspired leaps and kicks to create a unique and dynamic discipline. Originally developed by British Gymnastics, FreeG blends gymnastics, acrobatics, and parkour-style movement, bringing together elements made famous by martial artists, stunt performers, and festival athletes.

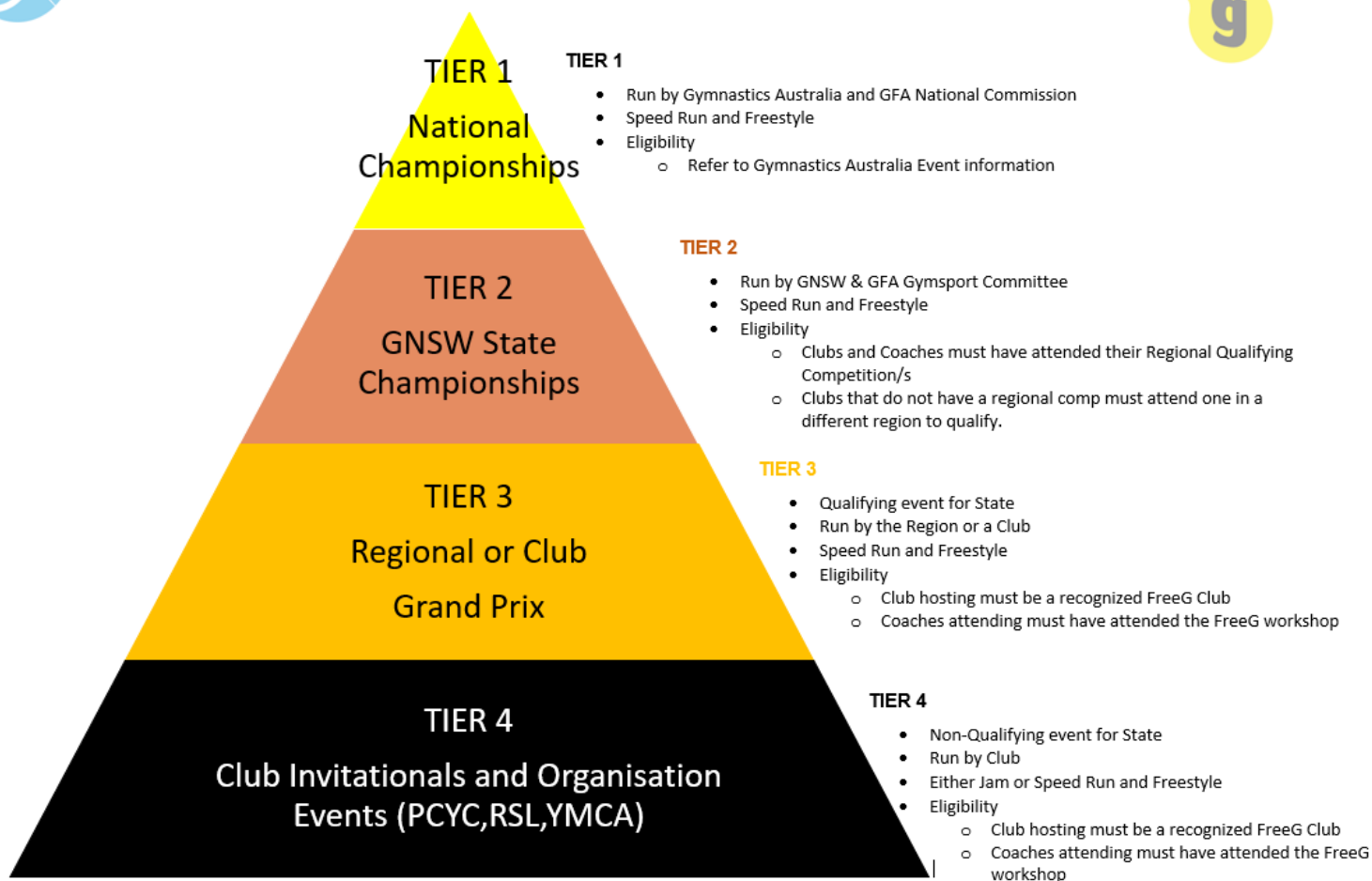
Designed to push physical limits, FreeG enhances agility, strength, and spatial awareness, skills that seamlessly translate to other sports such as skateboarding, BMX, skiing, rock climbing, and surfing.

FreeG Events

Release your Freedom is an obstacle course style event designed as a participation-based activity for GFA FreeG athletes. There are two apparatus or courses - a time trial (Sprint) through a designated series of obstacles, with the fastest athlete named as the winner; and a freestyle run, where athletes are allowed one minute to use any apparatus or skill to impress the judges panel. Judges will be evaluating athletes on Execution and Safety (ES), Creativity and use of Course (CC), and Difficulty (D).



FreeG Event Pathway





RYP Grand Prix Pathway



The Event Categories

2 Categories: Speed Run & Freestyle Course - Athletes can enter 1 or both categories.

1. **Speed-run**

Competition format consisting of a timed run, where the goal is to go from A to B with efficiency, by using specific Freestyle moves to overcome obstacles.

2. **Freestyle**

Competition format consisting of a run, where the goal is to go from A to B with style, fluidity and mastery, within a maximum time period of 60 seconds, by using:

- specific Freestyle moves to overcome obstacles
- acrobatic moves on specific parts (zones) of the run to show creativity and mastery

Education Workshops

GNSW will be conducting coaching and judging workshops throughout the state.

It is a compulsory education requirement that coaches running a FreeG program to have attended the FreeG Coaches workshop. If you are in an isolated area contact coaches@gymnsw.org.au for assistance.



Fitter for Life

Classes for older adults who want to keep the bodies and brains active in a fun environment.

The benefits of Gymnastics are multi-faceted, including the development of flexibility, strength, balance and co-ordination. [Fitter for Life](#) gymnastics aims to incorporate all the benefits of gymnastics into a movement program for older adults which is achievable fun and provides ongoing physical and psychological stimulation.

Fitter for Life programs are based around agility, mobility, strength, flexibility, balance and co-ordination, posture, fitness, fun and friendship. Programs can be delivered for all participants, including those less mobile or with a disability. Activities incorporate the use of handheld apparatus, which participants can also undertake whilst sitting.

For further information regarding the program visit the [GNSW](#) website



General Regulations

To access all club, coach, judge, athlete, volunteer and competition regulations, please visit the [GNSW Technical Regulations Website](#).

Additional Coach Regulations

The onus is on the Coach when delivering GFA programs to make sure that they are coaching within their Accreditation. For information relating to skills within each accreditation, please see the [skills matrix and competencies](#).

It is recommended for TeamGym and Performance that Coaches hold a GFA Intermediate Coaching Accreditation which covers Display/Performance Competencies.

The table below reflects the Accreditation competencies required at the time of publication.

GFA Coach Accreditation

In Addition to the Accreditation Table located on the [General Regulations Website](#), please see below additional information for each level of accreditation. The below are the minimum accreditation requirements for the respective Gymsport and level.

KinderGym - Coach Accreditation required for Program Delivery

KinderGym	Intermediate or Advanced Coaching KinderGym Accreditation
BabyGym	Intermediate or Advanced KinderGym Accreditation <ul style="list-style-type: none"> has attended a BabyGym workshop.

LaunchPad - Coach Accreditation required for Program Delivery

GymFun and GymSkill Recreational Classes	Intermediate / Advanced Coaching GFA Accreditation
---	---

Fitter for Life - Coach Accreditation required for Program Delivery

Program Delivery	Intermediate Accreditation who has attended a Fitter for Life workshop.
------------------	--

TeamGym - Coach Accreditation for Program Delivery and Events

Novice Division	Intermediate ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop
	Advanced AER/RG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop.
Intermediate Division	Intermediate ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop.
	Advanced AER/RG <ul style="list-style-type: none"> has attended the Novice - Advance TeamGym workshop.



Advanced Division	Intermediate ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> +Advanced Tumbling and Spring Module 1 has attended the Novice - Advance TeamGym workshop.
	Advanced AER, RG Coach Accreditation or higher <ul style="list-style-type: none"> +Advanced Tumbling and Spring Module 1 has attended the Novice - Advance TeamGym workshop.
Open Division	Advanced ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & National TeamGym workshop.
	Advanced AER, RG Coach Accreditation or higher + <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & National TeamGym workshop
National Division	Advanced ACR, GfA, MAG, TUM, TRP, WAG <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & National TeamGym workshop.
	Advanced AER, RG Coach Accreditation or higher + <ul style="list-style-type: none"> +Advanced Tumbling and Spring has attended the Novice - Advance TeamGym workshop. has attended the Open & National TeamGym workshop

FreeG - Coach Accreditation for Program Delivery and Events

Intermediate Division	Intermediate GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> Has attended a FreeG workshop.
Advanced Division	Intermediate GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> + Advanced Tumbling and Spring Module 1 Has attended a FreeG Workshop
	Or Advanced GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> Has attended a FreeG workshop.
Elite Division	Advanced GfA, WG, MG, ACR/TUM <ul style="list-style-type: none"> Has attended a FreeG workshop.

Performance - Coach Accreditation Program Delivery and Events

All Categories	Intermediate Coaching Accreditation in any Gymsport
----------------	---

Coach accreditation requirements are minimum requirements. For divisions and levels where athletes can perform salto/inverted elements, or more advanced skills, coaches will be required to hold a higher level of accreditation in line with the accreditation skill matrix and level of competency. For Additional Coach Accreditation Regulations please refer to the [Part 1 – General Regulations – Coach Regulations](#).





Additional Judge Regulations

TeamGym

- As per [Gymnastics Australia TeamGym Code of Points](#)

FreeG Judges

- As per [Gymnastics Australia Code of Points](#)

Judge Attire

TeamGym

Judges must adhere to the dress requirements outlined in the **TeamGym Judges Workshop** to maintain a professional and uniform appearance. The following attire is mandatory:

- **Navy blue jacket** with a **white sweater, shirt, or blouse**
- **Navy blue knee-length skirt or full-length trousers**
- **Black closed-toe shoes** (sandals are not permitted)
- **Avoid heels** that may damage gymnastics matting
- **Hair must be neat and secure** to avoid obstructing vision; long hair must be tied back
- **Jewelry, if worn, must be minimal and professional** in appearance

FreeG

Judges must adhere to the dress requirements outlined in the **FreeG Judges Workshop**. The following attire is strictly **prohibited** and will not be permitted:

- **Jeans** (including black jeans) and shorts
- **Skirts above knee length**
- **Sandals, Ugg boots, or thongs**
- **Hats**

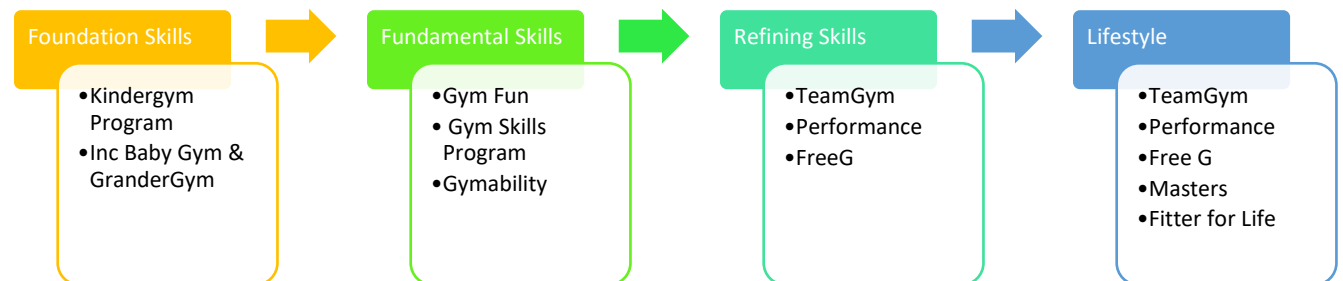
Judges who fail to comply with the **dress code** may be denied entry onto the competition floor.



Additional Athlete Regulations

Progression

The Table below shows the pathway of a GFA Athlete.



Athlete Attire

Athletes must wear competition attire for start of session march on at State Championships and the awards presentation at all events.

The following is considered competition attire and is therefore permitted:

- Club Track suits
- Club Shorts
- Club T-Shirt/ Club Polo Shirt

The following is **not** considered competition attire and is therefore not permitted:

- Tights, Shoes or slides
- Hats or other accessories





Event Season Information - Competition Structure

TeamGym Season

- Region/zone TeamGym Qualifying Events
- Country Championships/ GymSport Invitational
- State Championships
- National TeamGym Club Championships

FreeG Grand Prix Season

- Grand Prix Events 1 - 3
- Country Championships/ GymSport Invitational
- State Championships

Performance Season

- National Gym for Life Challenge
- GNSW Festival of Gymnastics

Additional

- Friendly Club & Gynsport Committee competitions
- National Competitions

NB: These competitions are not qualifying events; they are purely for additional participation



Specific Event Requirements

TeamGym Requirements

It is compulsory for each Region/ Zone is to run a TeamGym Competition in 2025.

Each Team MUST participate in one of their Region/Zone TeamGym Competition to be eligible to attend State.

Each region/ zone will hold a minimum of 2 TeamGym competitions.

Regions can select one TeamGym team to represent the region at the State Championships in each of the following divisions:

- Novice
- Intermediate
- Advanced

These Teams will be selected across the 2 TeamGym region/ zone competitions. The region team in each division will be the team with the highest average score across the 2 selection competitions.

Selected teams will still represent their club in club attire.

Selected teams will remain in their club rotation.

TeamGym Region/ Zone Events

Each Region or Zone is required to organize and conduct a minimum of two TeamGym competitions during the 2025 competition season. The purpose of these regional/ zone events is to provide a structured and competitive platform for teams to develop their skills and prepare for higher-level competitions.

- **Participation Requirement:** Any team that wishes to be eligible for participation in the **State Championships** must first compete in at least **one** of the designated TeamGym regional events within their respective zone or region.
- **Selection Process for State Representation:**
 - Teams will be evaluated based on their performance across both regional competitions.
 - The team with the highest **average score** across the two competitions will be chosen to represent their region at the **State Championships**.
- **Club Representation:**
 - Selected teams will continue to represent their individual gymnastics clubs and must compete in their respective club attire.
 - These teams will remain in their club-assigned rotation schedules throughout the competition.
- **Competition Divisions:** Teams will be categorized into the following competition divisions:
 - Novice



- Intermediate
- Advanced

TeamGym State Championships

The **State Championships** is a high-level competition that serves as the pinnacle of TeamGym events within the state. Participation in this event requires prior qualification through regional competitions.

Tariff Sheets

All required tariff and routine sheets are available through the Gymnastics Australia Coach or Club Portals. It is the responsibility of each participating club to ensure that these documents are printed and submitted to the event organizers by the designated club coach at the session coaches briefing on the day of the competition.

Music Submission

Please refer to the [General Regulations Website](#) – Club Regulations – Music Submission Section – for all format, labelling and submission dates and any penalties that may apply.

Clubs must ensure that all music submissions comply with the General Regulations as outlined in the Club Regulations section of the official website. These regulations include important details regarding the accepted file formats, the appropriate labelling of files, the official submission deadlines, and the penalties that may be imposed for failure to comply with these rules.

Qualification Requirements

- Each team must have competed in at least one of the designated TeamGym regional events.
- Divisions include Novice, Intermediate, Advanced, Open, and National levels.
- The final determination of competition divisions will be made after all entries have been received and processed.

Awards Structure

Medals and awards will be distributed based on the following scoring structure:

Banding	Points Required
Gold Medal	25.50 - 30.00 points
Silver Medal	21.00 - 25.49 points
Bronze Medal	0.00 - 20.99 points

- For Open and National Divisions, awards will be presented to teams placing **1st, 2nd, and 3rd** in their category.

Competition Equipment

- 12m x 12m competition floor
- Mini tramps
- Crash mats



- Vault
- Tumbling surfaces (Rod Tumble Floor or Air Track)

Additional Regulations

Teams should refer to the **National TeamGym Manual**, which is available on the Gymnastics Australia and Gymnastics NSW websites, for more specific rules and competition guidelines.

FreeG Requirements

It is compulsory for Athletes to attend a FreeG Grand Prix event to be eligible to qualifying for the State Championship event for 2025.

GNSW has developed resources to assist Regions or Clubs to implement the event.

In addition, GNSW has also developed a speed run resource providing templates for certificates, skills and age groups, an easy guide to run the event.

- 10 single skill assessment programs based on the FreeG National Stages.
- Example speed run set ups and floor plans.
- Templates for certificates, out of bounds, check points.
- Digital Count down timer.
- An easy guide to run the event.

Competition Categories

Freestyle

- In the Freestyle event, athletes are allowed one minute to use any apparatus or skill (within a defined area) to impress the judging panel.
- Judges will be evaluating athletes on execution and safety (ES); skill selection, creativity, and use of the course (CC); and Difficulty (D). Judging panel composition will be as per [Australian Code of Points](#).
- Will comprise of an assortment of FreeG and Gymnastic equipment.
- The course will comprise of components demonstrating precision, swing, vaulting, wall and floor skills.
- Athletes choose which skills to perform on each apparatus.
- Athletes will have 60 seconds to complete the course.
- It is strongly recommended that coaches be on the floor with the athlete for the duration of their routine to attend to the safety needs of the athlete i.e. box holding.
- Athletes will be judged on Fluency, Technique, Execution, Creativity and Style.
- The Intermediate Category - Must demonstrate skills *included but not limited to* the Intermediate list included in this document. No Salto skills to be performed in the intermediate Category. Skills performed in competition above level entered will result in routines being immediately stopped and a null score.
- The Advanced Category - Must demonstrate skills *included but not limited to* the Advanced list included in this document. Skills performed in competition



above level entered will result in routines being immediately stopped and a null score.

- The Elite Category - Must demonstrate a variety of skills.

Speed Run

- A timed sprint through an obstacle course designed to test agility and speed.
- Will comprise of an assortment of FreeG and Gymnastic equipment.
- The course will comprise of components demonstrating speed.
- Athletes will receive time penalties for entering out of bounds areas or not touching checkpoints.
- Athletes will not be given the course plan until the day of the event.
- Athletes will be timed.

Speed Run Age Divisions

- Athletes are entered based on the age they turn in the year of the event/competition.
- If large numbers are received in any individual division, subdivisions may be utilized

Division 1	Division 2	Division 3	Division 4	Division 5	Division 6
6-8 yrs	9 - 12 yrs	13 - 16 yrs	17 - 20 yrs	21 – 25 yrs	26 yrs+

Freestyle Divisions & Age Groups

Intermediate No inversion or Salto's (Yellow, Blue & Green banded skills)	Advanced Inverted skills allowed (Black & Red banded skills)	Elite* Twisting skills
Youth Division Age 6-8 yrs		
Pre-Jnr Division Age 9-12 yrs	Pre-Jnr Division Age 8-12 yrs	
Jnr Division Age 13-16 yrs	Jnr Division Age 13-16 yrs	Jnr Division Age 13-16 yrs
Snr Division Age 17-25 yrs	Snr Division Age 17-25 yrs	Snr Division Age 17-25 yrs
Masters Division Minimum 26 yrs	Masters Division Minimum 26 yrs	Masters Minimum 26 yrs

**Final determination of competition categories and divisions will be determined based on the entries received. After the close of entries, categories may be updated from the previously published divisions. Final age divisions will also be determined following the close of entries.*

Safety

Safety is a major concern and all athletes must only perform to their ability level. Skills are to be performed safely, technically correct and within the Supervising Coaches competency. Judges have the right to not allow skills to be performed if deemed unsafe.



Inversion Clarification

- Athletes are not permitted to perform skills outside of their division. Athletes performing skills outside of their division will receive a zero score.
 - Intermediate cannot perform inversion skills with point of contact. For example, a handstand or cartwheel is permitted, however a back or front tuck salto is not.
 - Advanced – are allowed to perform up to salto skills without twisting elements
 - Elite – All skills are allowed
- A reminder that it is coaches responsibility to only teach/ spot skills within their accreditation.

Attire

- Club FreeG T-shirt / singlet and shorts
- General attire must be safe and not loose fitting.
- Bare feet or venue instruction
- Performances are to be spectator friendly and must not contain explicit or inappropriate themes, content or dress (this includes the removal of items of clothing). Performances contradicting this will be stopped and receive a zero score.

Warm up

The Warmup area will be a secure area with only participants and team officials permitted to enter. This is for safety reasons.

- Teams will only be allowed 15 minutes warmup time.

Equipment

Event organisers will construct a course for Speed run and Freestyle Divisions using equipment that may include but not limited to:

- | | |
|--------------------|----------------------------------|
| • 10m x 12m floor | • Uneven Bars |
| • Mini Tramps | • Trampolines |
| • Crash mats | • Wall bars |
| • Air boards | • Other assorted FreeG Equipment |
| • Boxes and blocks | |

Course Layout

- The course layout will not be advertised prior to the event. Athletes will have a 10 minute warm up period to trial the course.



Scoring

Points will be awarded in the areas of	Points will be deducted for
<ul style="list-style-type: none"> • Technique • Executions • Fluidity • Creativity • Style 	<ul style="list-style-type: none"> • Non-performance of required skills • Time penalties i.e. over time • Unsafe skill • Incomplete skill • Repetition of the same skills • No creativity • Falls • Stopping the fluency of a run

Intermediate Freestyle Skills

- Athletes choose skills which can be performed in any order during the run.
- Intermediate athletes **CAN NOT** perform salto elements. The performing of a salto element will result in routines being immediately stopped and a null score.
- Athletes must show a minimum of the following throughout the routine to secure maximum points:
 - 1 x Roll
 - 2 x Vaulting Skills
 - 1 x Floor Skill
 - 1 x Wall Skill
 - 1 x Bar Skill

Example of Intermediate Skills included but not limited to:

Vaults	Floor	Wall	Bars
Kong Vault Demi Tour Reverse Vault Dash Vault Kash Vault	L Kick / Au Baitdo K Stall Kip Up Butterfly Kick	Cat Variations Wall Pass Kick up	Flag Swing Element

Advanced Freestyle Required Skills

- Athletes to skills which can be performed in any order during the run.
- Advanced athletes **CAN NOT** perform inverted twisting elements. The performing of an inverted twisting element will result in routines being immediately stopped and a null score.
- Athletes must show a minimum of the following throughout the routine to secure maximum points:
 - 3 x Vaulting Skills
 - 1 x Floor Skill
 - 1 x Wall Skill
 - 1 x Bar Skill



Example of Advanced Skills included but not limited to:

Vaults	Floor	Wall	Bars
Kong Vault Demi Tour Reverse Vault Dash Vault Kash Vault Gate Vault	L Kick / Au Baitdo K Stall Kip Up Butterfly Kick Free Cartwheel Static Gainer Dynamic Gainer Kick the Moon Corkscrew	Cat Variations Wall Pass Kick up Wall Flip (Tuck) Wall Spin	Flag Swing Element Vault over Flyaway

Elite Freestyle Required Skills

- Athletes to skills which can be performed in any order during the run.
- Athletes must show a minimum of the following throughout the routine to secure maximum points:
 - 3 x Vaulting Skills
 - 3 x Floor Skill
 - 1 x Wall Skill
 - 1 x Bar Skill

Coaching Accreditation

- Coaches are responsible for the supervision of their athletes and must be available to them for spotting if needed.
- Advanced and Elite athletes will always require an Advanced or higher accredited coach on the floor.
- All athletes require a coach to be on the competition floor regardless of Age or Division i.e. no self-coaching allowed.
- Coaches must coach within their own coaching accreditation matrix and competencies.

Awards – 2025 State Championships

Speedrun

1st – 6th place in each division will be awarded at State Championship

FreeStyle

1st – 6th place in each division will be awarded at State Championship

Leader Board

The Leader Board will be implemented across the FreeG series in 2025 and is a tally of points that the Grand Prix Athletes accumulate during the Grand Prix season. Banded divisions will be ranked from 1st to 6th for point tally.

- Grand Prix Champions will be awarded a *token of recognition* at State Championships.



- Leaderboard Club Grand Champions will be awarded the perpetual trophy.

Each Grand Prix series event including the Grand Final, points will be allocated in each division based on the structure below

Age Division	Speed Run	FreeStyle
1st Place	10 points	10 points
2nd Place	9 points	9 points
3rd Place	8 Points	8 Points
4th Place	7 Points	7 Points
5th Place	6 points	6 points
6th Place	5 points	5 points

There will be a Leader board overall champion in each age division.

Each age division will combine all categories to include Intermediate, Advanced and Elite.

- Youth Champion
- Pre-Junior Champion
- Junior Champion
- Senior Champion
- Masters Champion

Festival of Performance Gymnastics Requirements

Performance Team Divisions

Participation	Development
Gymnastics and Dance	Small group (3 – 15 people)
Gymnastics and Dance	Large group (16+ people)
Gymnastics on or with large apparatus	Small group (3 – 15 people)
Gymnastics on or with large apparatus	Large group (16+ people)

Duration of Routines

Performances must be a maximum of 5 minutes. Performances that extend past 5 minutes may be cut short to ensure the event can continue to run to schedule.

Team Composition

Discretionary (any age, gender or ability)



Music, Dress & Content

- Discretionary (harmonious and safe).
- Music, dress and content of each display are totally at the discretion of each display team however, all should be harmonious and form a coherent entity.
- Safety is a major concern and all members within a team must only perform to their ability level. Skills are to be performed safely and technically correct and within the Coaches competency.
- Music containing explicit or inappropriate language will be stopped.
- Performances are to be spectator friendly and must not contain explicit or inappropriate themes, content or dress.

Eligibility

- Coach - must be a current registered technical member with GNSW/GA of a current affiliated club with a minimum Intermediate Accreditation.
- Athlete - must be a current registered of athlete GNSW/GA.
- Club - must be a current Affiliated Member of GNSW/GA.

Coaches Information

- Only coaches whose names were entered on the entry form and have completed a Working with Children Check will be permitted onto the competition floor.
- No cameras, videos cameras, iPads or tablets are allowed on the competition floor.
- It is the coach's responsibility to make sure they sign on the attendance sheet prior to the competition start time.
- All coaches must be wearing club uniform. This is club tracksuit pants/club issued shorts and track top, shirt and sports shoes.

Equipment and Props

- If props are needed during warm up, they must be taken into the warmup area.
- All equipment and props are the responsibility of the individual club. It is suggested that clubs label their equipment.
- GNSW and the organising committee will take all possible measures to ensure the safety of these items, but the ultimate responsibility rests with the club. It is the Club / Team's responsibility to ensure the fast and safe set up and removal of all props for their gymnast's display.
- Clubs need to ensure that at the conclusion of their performance, all equipment whole or part is removed from the floor area. This includes streamers and pieces of streamers etc. This is for the safety of the team who is performing next.
- All props must be safe and tasteful to the performers and audience. The organising committee reserves the right to withhold, or not allow equipment, props and activities deemed unsafe or inappropriate at the event.

To assist with the festival organisation, clubs should detail what equipment they will be bringing with them for use at the time of entering the team.

- Clubs will need to supply their own equipment handlers.
- See Event Information Booklet on the website for stage specific details.



Recognition

- The Festival of Performance Gymnastics is a non-competitive event and designed for participation and enjoyment for all.
- All Athletes will receive recognition.

Country Championships/ Gymsport Invitational

Please refer to the Country Championships Handbook for full details of this event. The Handbook can be found on the [GNSW Website](#).





Selection Process

GNSW Junior Performance Team

The Junior Team is for athletes aged between 12 - 18 years of age who have a passion for performing. The Team train one day per month, wear the GNSW State uniform and will perform at GNSW events. This is a fantastic opportunity for young athletes to be a part of Team.

Applications to join the team can be found on the GNSW website and are advertised annually between September and November.

The Team will perform at various State and or National events which will be published with the application information.

Selection Committee

The selection committee consists of the GNSW GFA Gymsport Committee Technical Director, GNSW GFA Gymsport Committee Performance Coordinator and EPPO as the ex officio.

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

GNSW Senior Performance Team

This is an over 18's team of selected past and present gymnasts that will represent GNSW at a multitude of events, including State, National and International.

The Team train one day per month, wear the GNSW State uniform and will perform at GNSW events. Applications to join the team can be found on the GNSW website and are advertised biennially between September and November.

Past events have included:

- 2009 - The Norwegian National Championships and 12th DGI GymFest, Holbeck, Denmark
- 2010 - The 50th Blume Festival, Canary Islands.
- 2013 - The 13th DGI GymFest, Esbjerg Denmark.
- 2016 - The Swabian Sport Festival in Ulm, Germany.
- 2017 - World Gym for Life, Norway.
- 2019 - GNSW Combined Clubs Team - World Gymnaestrada, Austria

Selection Committee

The selection committee consists of the GNSW GfA Gymsport Committee (unless any individual has a conflict of interest) and EPPO as the ex officio.

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.

FIG Performance Opportunities

World Gymnaestrada

The [World Gymnaestrada](#) is an incredible and unique international event for Gymnastics for All teams from around the world. Organised under the auspices of the International Gymnastics Federation (FIG), the World Gymnaestrada is held every 4 years and attracts around 20,000 participants of all ages and abilities from over 50 countries.

The World Gymnaestrada is a non-competitive display event for teams of 10 or more participants. A range of performance opportunities is provided to teams as well as the chance to mix with gymnastic enthusiasts from around the world.

The event programme is held over seven days and includes:

- Opening Ceremony
- Group Performances
- Large Group Performances
- National Afternoon and Evening Presentations
- FIG Gala
- Workshops
- City Performances
- Closing Ceremony

Australia has been represented at the World Gymnaestrada since 1987 and most recently at the 16th World Gymnaestrada in Dornbirn, Austria.

This event is coordinated by Gymnastics Australia and requires teams to be sanctioned at a State or National Performance event.

NOTE: Teams intending on participating in International event must comply by the GA Club Tour Guidelines and complete the [GNSW Application to travel form](#).

World Gym for Life Challenge

To be eligible to be selected to represent Australia at the [World Gym for Life Challenge](#) teams must enter the Australian Gym for Life Challenge - especially for display groups.

All performances are evaluated as teams vie to be named the Australian Gym 4 Life Champion Team.

The event program includes a contest for display groups of all ages and Gymsports plus a gala evening, social function and workshops. The Australian Gym for Life contest encourages groups to create displays which show their gymnastic skills in entertaining and innovative ways.

The Champion team will be given the opportunity to represent Australia in the [World Gym for Life Challenge](#). This event is coordinated by Gymnastics Australia and requires teams to be sanctioned at a State or National Performance event.

NOTE: Teams intending on participating in an International event must comply by the GA Club Tour Guidelines and complete the [GNSW Application to travel form](#).



Resources

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

- GFA Pathway Guide
- How to create a Performance Guide
- How to start a FreeG Program Club Guide
- FreeG JAM fact sheet
- FreeG Grand Prix fact sheet
- Parkour Vs FreeG Fact sheet
- Region Event support Documents

Updates and Clarifications

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

