



Gymnastics NSW

Section 4 - Gymnastics for All
Sanctioned Competition Handbook



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What is GFA

Gymnastics for All is a sport for everybody and a sport for life, regardless of age, gender, or ability. It is the perfect activity to prepare children for **long term** participation in sport and develops vital life skills.

Gymnastics for All:

- Is lots of fun and enjoyable to be a part of.
- Develops balance, co-ordination, and confident body movement.
- Builds self-esteem, strength, and flexibility, preparing the body & mind for life's challenges.
- Provides heaps of variety....so there is something for everyone.
- Is a sport for life.
- Is conducted within a safe environment which caters for personal growth and development.
- Develops healthy minds and bodies for now and later life.

Gymnastics for All is the basis of all Gymsports and a Gymsport in its own right. Clubs can utilise Gymnastics for All as a starting point for teaching the fundamentals before gymnasts specialise in any of the other 6 Gymsports. Alternatively, clubs may focus on developing Gymnasts with diverse skills, adaptable to a variety of movement experiences.

Gymnastics for All has been categorised by the International Federation of Gymnastics (FIG) into the following areas:

- Gymnastics on and with traditional, innovative, or creative apparatus
- Playful apparatus gymnastics
- Floor exercise and gymnastics
- Gymnastics with and without hand apparatus
- Rhythmic gymnastics jazz gymnastics and jazz dance
- Modern dance and Aerobic Gymnastics Activities which contribute to the health and wellbeing of participants.
- KinderGym, TeamGym and FreeG all fall into the above categories and therefore come under the Gymnastics for All Banner.

GFA Region Events

Gymnastics NSW is encouraging each region to hold their own region competitions which will be its own stand-alone competition. This initiative is to provide additional competition opportunities as well as promote a greater sense of community between clubs.

GFA Events can be run as standalone events throughout the year or as a combined event over one or Two days as a festival. The GFA Events consist of the following:

Part 1: KinderFest

Part 2: GymMix Circuit

Part 3: FreeG Speed Run

Part 4: Group Performance Gymnastics

Part 5: TeamGym

Any of these events can be run in any combination over 1 day, 1 weekend or broken up throughout the year and can operate as Region, Club or Club Friendly events. All events are easily adaptable to suite the athlete and are inclusive of age, ability and diversity.

Having a region Festival of Gymnastics is a great way for the region to support all the GFA athletes and is a good financial event for the region.

All resources are available and can be found on the GNSW Region Event website



Resources

Each event has its own set of event support resources from Venue information to presentation certificate Templates. Below outlines what resources are available:

4.1 KinderFest	Event Guide Coaches circuit plan Club Flyer Template Club promotion template
4.2 GymMix Circuits	Event Guide Athlete Certificates Scoring Guide Skills reference card for each Activity
4.3 FreeG Speed Run	Event Guide Athlete certificate Check points and out of bounds signs Sample run sheet Sample data sheet Timer Announcer notes
4.4 Performance	Event Guide Performance Construction Guide Participation Certificate
4.5 TeamGym	Event Guide Athlete Certificate Score program Judges sheet information Routine Tariff sheet information

Additional resources will be available from the website and included Actions lists, Event check lists and more.

Event Guidelines

The event guidelines below are to assist your region to organise your event and prepare for transition to the GNSW Annual Festival of Gymnastics, TeamGym and FreeG Grand Prix / FreeG State Championships.

- The best time to host the events is in Terms 2 & 3.
- Age of the participant will be the age on the day of the event for all athletes.
- Entries close 4 weeks prior to Event
- Entries are submitted via the GNSW website
- Attire is inclusive and not limited to: Club leotard, unitard, T-shirt, shorts, bike pants or tights with optional footwear such as gym shoes.
- Entry fee should cover participant awards i.e., medals certificates or ribbons as well as venue hire.
- Participants must be a member of Gymnastics NSW and IMIS Number must be supplied on the entry forms.
- Clubs must provide a judge to assist on the day:
 - Gym Mix Circuits - Beginner Coach or above
 - TeamGym - as per GNSW Technical handbook requirements
 - FreeG - Intermediate Coach or above
 - Performance - Intermediate Coach or above

Event Management

Event Coordinators must take many things into consideration when organising an event and need an army of helpers to assist with safe and effective management.

Use the Event Management process template supplied in the GNSW support resources to assist you with your event. The following tasks need to be considered and completed.

Before an event

1. Complete the relevant sanctioning forms and send them to Gymnastics NSW
2. Identify if there is anyone else that needs to be involved in the planning of the event.
3. Identify what items of event is being run.
4. Agree where the event will take place (location) and how long it will run for
5. Create a diary / plan of the actions that need to be completed and identify how long the event will take to organise. Identify the costs of the event.
 - a. Facility and equipment hire.
 - b. Sound system hire

- c. Medals / trophies / certificates
 - d. Promotion and marketing
 - e. Printing or photocopying
 - f. Stationary
 - g. Refreshments
 - h. Volunteer expenses
 - i. First aid
 - j. Transport
 - k. Accommodation
6. Identify how the event is going to be paid for and what income is needed (event budget):
- a. Gymnast entry fee
 - b. Spectator fee
 - c. Programme sales
 - d. Donations / sponsorship
7. Allocate tasks to members of the event team.
8. Confirm a date for the event and a closing date for entries.
9. Identify what equipment and facilities are needed and book a suitable venue.
10. Develop entry forms and tickets.
11. Develop promotional information:
- a. Spectator Program
 - b. Posters and flyers
 - c. Website articles
 - d. Newspaper articles
 - e. Twitter feeds
12. Who needs to be invited to the event:
- a. Schools
 - b. Clubs
 - c. Gymnasts
 - d. Parents / families
 - e. Members of the public
 - f. VIPs
 - g. Media
13. Confirm how many volunteers are needed on the day and their roles:
- a. Announcer
 - b. Timekeeper
 - c. Music Operator

- d. Door Marshal
 - e. Stewards
 - f. Registration Assistants
 - g. Refreshment / Catering Assistant
 - h. Merchandise Assistant
 - i. First Aider
 - j. Member Protection Information Officer
 - k. Runners
 - l. Judges
 - m. Scorers
 - n. Score Board Operator
14. Identify who will be the Event Manager and Volunteer Coordinator
 15. Develop role descriptions for the volunteer positions and ask for volunteers through schools / clubs / community groups / businesses.
 16. Input all entries received into a spreadsheet and monitor the income.
 17. After the closing date, produce an event running order.
 18. Print off all score sheets, sign in sheets and other paperwork required.

During an event

1. Arrive at the venue early to set up:
 - a. Equipment
 - b. Sound system
 - c. Judges' tables
 - d. Registration tables
 - e. Promotion
2. Complete a health and safety check of the venue and equipment.
3. Conduct a 'volunteer welcome', ensuring that all volunteers know what they need to do and who to report to on the day.
4. Check that all participants have arrived and make any modifications to the running order if needed.
5. Ensure that all music has been handed in to the Music Operator.
6. Ensure that the event starts on time and that it keeps timing.
7. Provide refreshment breaks for volunteers.
8. Collate any judging scores.
9. Organise a presentation party to present any prizes / awards.
10. Thank all spectators, gymnasts and volunteers.

11. Ensure any income is accounted for.
12. Clear up equipment and venue.

After an event

1. Complete event budget and reconciliation and send to finance@gymnsw.org.au
2. Send Team summary and results to gfa@gymnsw.org.au
3. Produce an article and send to marketing@gymnsw.org.au
4. Send thank you emails to all volunteers involved
5. Ask all involved for feedback
6. Complete a review of the event to identify successes and weaknesses
7. reimbursements summary - judges and out of pocket expenses.

Entry Fee

The following prices are recommended to use as guide and are inclusive of GST

- KinderFest \$11 per athlete (inc GST)
- GymMix Circuits \$11 per athlete (inc GST)
- FreeG Speed Run \$11 per athlete (inc GST)
- TeamGym \$33 per athlete (inc GST)
- Performance \$11 per athlete (inc GST)
- Other options: Or family pass - one price to cover all activities.

Judging

- Judges are required for TeamGym and GymMix Circuits.
- GymMix circuits are a good way of introducing Jr Coaches and Beginner judges under mentor supervision learn the skill of evaluating and assessing athlete performance.
- Please refer to the TeamGym Event Guide regarding Judges credentials.

Volunteers - Roles and Responsibilities

Duty Statements and responsibilities can be found on the [GNSW Website](#)

General Code of Behaviour

Codes of behaviour for athletes, coaches, officials, and spectators can be found on the [GNSW Website](#)



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4.1 KinderFest Event Guide



KinderGym

The KinderGym Philosophy

Positive movement experiences can influence a child's outlook on physical activity for life. It is possible to assist in the development of the whole child by providing an environment where the child may creatively explore and practise skills safely in order to increase self-confidence and self-esteem. The provision of a fun environment in which a child and caregiver may play together is worthwhile

Aims and Objectives

- To promote the KinderGym philosophy of providing experiences through a child-centred program
- To provide facilities in which children of all abilities aged 5 years and under may explore and develop their physical skills at their own rate, in an inclusive and non-competitive atmosphere

Program aims to:

- Structure the environment rather than the child
- Promote a situation of one child to one caregiver, where possible
- Provide safe, stimulating and challenging activities
- To liaise and co-operate with other Education and Health groups interested in the growth and development of all young children

KinderFest

- Is an event for registered GNSW athletes ages 0-5yrs to participate in.
- KinderFest provides an opportunity for children, careers and Leaders from all over the Region to come together and participate or explore in a safe environment.
- Each Club participating is responsible for an activity station.
- The KinderFest can be themed or operate as an activity circuit.
- This is a great opportunity for leaders to learn from each other and Network.
- Promote a situation of one child to one caregiver, where possible.

Resources

You will need the following Resources to run the event:

Athlete permission note	Template for clubs to adapt for their members to enter the event.
Suitable Venue	A Basketball size Venue that is set up/pack A large set up Gym
Participant Numbers	Covid-19 Applicable– capacity to be compliant with NSW Health regulations. Non Covid – numbers to be compliant with venue capacity.
Equipment – Gymnastics and Handmade	Applicable to KG programs focusing on DMPs .
Venue Floor Plan	To plan out where each activity will be located
Club Activity Plan	To let you know what equipment they require/bring themselves and the area of space required
Promotional Flyer Template	To promote the event
Participation Certificate	Found in the Event support resources. Editable template for Club logo, date and Athletes Name.
Sound System	To play music through and announce from
Excel spreadsheet	With Budget, Duties timelines and run order template This will be emailed to the Region Coordinator when sanctioning is approved

Event Specifics

Entry Fee

Recommended Athlete Entry Fee (includes parent) \$11 per athlete Inc GST

Entry form

Athlete entry forms can be found on the GNSW website Region Events tab

Athlete Recognition

Regions can choose their own way to recognise participation in attending KinderFest eg can be a certificate, Ribbon, Medal or gift – the choice is yours!

Age Groups

Targeting Ages 1- 5 years of age accompanied by a parent or career.

Timetable

Durations: 45 minutes to 1 hour

Depending on your venue size the KinderFest can be run along side the GymMix Circuits or as a standalone event.

- The circuit can be decorated to a theme or not.
- It is recommended to have a minimum of 10 activities.

KinderFest Structure

- 10mins Group time to do warm up and stretch.
- 15 mins on the activities
- 5 mins Group time parachute
- 15 mins on the activities
- 5 mins Group time for cool down – participant recognition

Activity Details

Coaches are to provide details of the activities in their selected area. These will be added to the session lesson plan.

Please include the following components when planning your activities and note them within the activity plan.

DMP's

Spring
Landing
Rotation
Locomotion
Static
Swing

Brain Development

Visual Tracking
Vestibular Stimulation
Kinaesthetic
Mid Line crosses over

Physical Abilities

Endurance
Speed
Balance
Flexibility
Strength
Agility

Set up

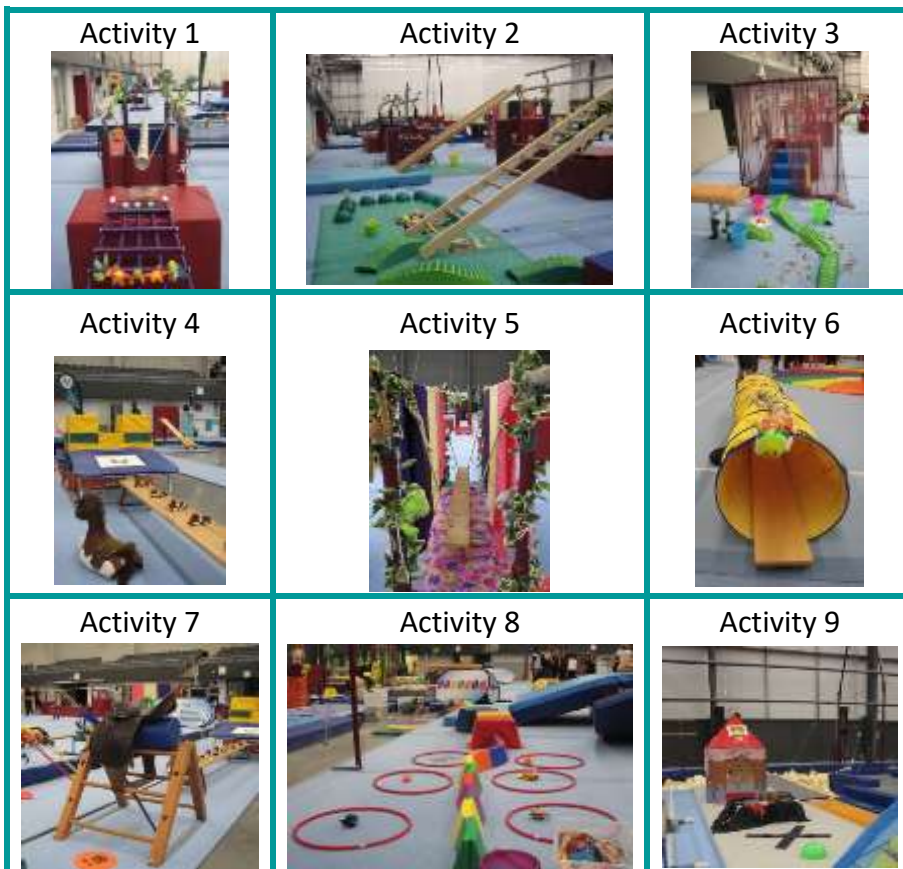
1. Each club will be responsible for setting up their own area eg bars or spring area.
2. When setting up your area be sure that:
 - Manual handling policies are adhered to
 - There is 1 metre spacing out from walls, other mats and other apparatus.
 - All equipment has been checked and logged in the set-up log
 - Overflow matting has been set up if required



Floor Plan

It is a good idea to supply participating clubs with a floor plan and outline the areas that they will be. Also indicate if they need to bring equipment with them or if they can borrow the venues.

Floor plan examples below:





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4.2 GymMix Circuits Event Guide

GymMix Circuit Overview

Skill Set	10 Fundamental skills increasing difficulty in each stage.
Target Group	Beginner to Intermediate skilled Gymnasts
Focus	Fundamental Skills
Operation	Club skill progression or Region Event

GymMix Circuits

The GymMix Circuit skills can be found in the Gymnastics Australia's GymMix National Levels scheme. There are 10 single skill assessments with 3 stages of difficulty.

1. Blue – Entry level
 2. Red – Intermediate level
 3. Green – Advanced level
- The Circuit will consist of 10 activity stations based on Dominant Movement Patterns (DMP's).
 - The circuit can be set up in any order but must be numbered from 1-10 to manage movement for one activity to the next.
 - There are 3 steps in total, each increasing with difficulty as they progress.
 - The order of progression is **Step 1 Blue in colour**, **Step 2 Red in Colour** & **Step 3 Green in Colour**.
 - Each participant will receive a certificate of recognition (or Region equivalent) at completion of circuit.
 - Participants will be judged with a tick if skill is performed correctly and deemed competent or a cross if an incomplete skill, deemed not yet competent.
 - Accredited Beginner (under supervision) coaches can be used to assess the participants.
 - Session times dependant on entries.
 - Clubs must provide volunteer to set up and pack up after the event.

Event Management

Regions are encouraged to run a GymMix event for the Athletes to provide a unique community experience..

To assist with the running of a GymMix region event a description for roles and responsibilities has been established to ensure effective communication and work process for all involved.

Roles and Responsibilities

Region Committee:

- Decides on date and venue.
- Collects and holds all entry fees in region account.
- Provides medals, ribbons, region awards etc.
- Provides payment for judges and officials for the event.
- If done by Personal expenditure – Pays Individual for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.).
- Pays club for hall hire, transport costs, equipment hire.

Region GFA Coordinator:

- Completes sanctioning information and sends to GNSW events admin for processing (complete).
- Liaises with GFA coordinator regarding judges and competition set up.
- Liaise with Clubs regarding event details i.e. time, venue.
- Organises judges for the event.
- Organise the event run sheet.
- Organise the awards.
- Run the event.

Host Club:

- Provides venue to the region to host the event.
- Invoiced region for hall hire.
- Invoice the club for (certificate printing, Medals, Ribbons etc.).
- If done by Club – Pays club for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.).

GNSW

- Approve Competition.

- Develop entry form and post on website.
- Promote competition through social media.

Event Specifics

Entry Fee

Athlete Entry Fee

\$11 per athlete Inc GST

Entry form

Entry forms will be compiled by the GNSW office and posted on the website by GNSW staff.

Athlete Participation Certificate

Each athlete is given a participation certificate which has a check box for each apparatus and score band.

- Certificates are to be printed off in colour onto cardboard 80-100mg in A5 size.
- Templates have been provided or if you choose to make your own, print onto white card and change the border to correspond with the certificate colour ie Blue, Red or Green.
- Insert the Region, Date, and certificate colour where the *Italics* are on the certificate.
- Athletes will receive a certificate in recognition of the skills they have done.
- The front of the certificate will have the age division and will have the tick off boxes for the circuit skills.
- On the back of the card, use the skills summary for each colour, this way the athletes will know what skills they did.

Front of Certificate

GNSW Festival of Gymnastics
Age: 8 & 9 - GREEN

Name: _____

<input type="checkbox"/> Single Bar	<input type="checkbox"/> Cylinder
<input type="checkbox"/> Wedge	<input type="checkbox"/> Parallel Bars
<input type="checkbox"/> Beam	<input type="checkbox"/> Mini Trampoline
<input type="checkbox"/> Cartwheel	<input type="checkbox"/> Beat board and Vault Stack
<input type="checkbox"/> Handstand	<input type="checkbox"/> Spring

Back of Certificate

GymMix - GREEN

SINGLE BAR
7 - Front support or Chignon roll over bar
8+ - Circle swing and kick half off (one)
10+ - 2x casts

BEAM
7 - Bear support hold
8+ - Bear support, hold one leg in the air
10+ - Front support, Hook Fall & third following pommel horse, jump
Angry Cat back

MINI TRAMPOLINE
7 - Back, front, 1/2 turn off
8+ - Back, front, catch ball and land
10+ - Back, front, roll turn off

CARTWHEEL SKILL
7 - Cartwheel and pick up hoop
8+ - Cartwheel to land on a balance on 1 foot for 2 seconds
10+ - 1 arm Cartwheel

BEATBOARD/Vault STACK
8 jumps and 2 squares
7 - Bear fall, hold on, 1/2 turn around on back, pommel jump
8+ - Cartwheel off and land
10+ - front roll, hold on, 1/2 turn around on back, pommel jump
12+ - Squat Thrust

HANDSTAND
7 - Full handstand against the wedge
8+ - 1 handstand on floor
10+ - Full handstand on floor

SPRING
7 - 1/2 skip with 2 feet, 3/4 skip with 1 foot, 1/2 skip with 1 foot
8+ - 1/2 skip with 2 feet, 3/4 skip with 1 foot, 1/2 skip with 1 foot
10+ - 1/2 skip with 2 feet, 3/4 skip with 1 foot, 1/2 skip with 1 foot

Age Groups

Each colour is divided into age groups, athletes will be placed in the age group that they are on the day. It is possible that an athlete can participate for 3-4 yrs. starting at Blue and working their way up to Green.

Timetable

Durations: 1 hour 10 mins

Depending on your venue size the recommended groupings for this event is:

- 10 groups of 5 Athletes - 50 or maximum 10 Groups of 8 Athletes – 80
- 5 mins - Assemble ages 5 and 6/7 on the floor and divide into club teams and groups
- 10mins - General Stretch all athletes on the floor
- 5 mins - Lead each group to their starting point e.g. group 1 on activity no 1, group 2 on activity no 2 and so on.
- 5 mins per activity = 50 mins to complete circuits
- each group has 5 minutes to:
 - Warm up their skill on the apparatus
 - Compete their skill

Once the group has finished, they can all rotate together, this elevates a bank up at one of the activities.

- Once the athlete has finished their last activity, they can collect their Awards or recognitions (if any, sticker, poster etc) and either wait in a designated club location for the others to finish or to their coach for dismissal.
- Repeat this process for the next group



Set up - Circuit

- There are 10 activities.
- Each activity should have a chair with a large number (1-10) taped to it.
- Place the following resources on the chair:
 - A Chair for the judge to sit on
 - A pen
 - A clip boards
 - 1x BLUE skills card – this should be printed off in A4 on Blue card and laminated
 - 1x RED skills card – this should be printed off in A4 on Red card and laminated
 - 1x GREEN skills card – this should be printed off in A4 on Green card and laminated
 - Judges scoring guide card – this should be printed off on white card A5 and laminated
- The Circuit can be set up on 4 strip mats 1.5m x 13m
- When setting up the circuit be sure that:
 - Manual handling policies are adhered to
 - There is 1 metre spacing out from walls, other mats and other apparatus.
 - Each assessor/Judge has adequate supervision of the apparatus
 - All equipment has been checked and logged in the set-up log
 - Overflow matting has been set up if required



Equipment List

- | | |
|---|---|
| <p>1 SINGLE BAR</p> <ul style="list-style-type: none"> 1X Bean Bag 1 x Foam Block 1x Ball 1x Hoop <p>2 CYLINDER</p> <ul style="list-style-type: none"> 1x Hoop 2x Bean Bags <p>3 WEDGE</p> <ul style="list-style-type: none"> 2x Bean Bags <p>4 PARRALELL BARS</p> <ul style="list-style-type: none"> 1X Bean Bag | <p>6 SINGLE MINI TRAMP</p> <ul style="list-style-type: none"> 1X Big box 1x Mini Tramp 1x Ball <p>7 CARTWHEEL</p> <ul style="list-style-type: none"> 1X Small Box 1x Hoop <p>8 VAULT STACK</p> <ul style="list-style-type: none"> 1x Vault Stack 1x Air board or similar <p>9 HANDSTAND</p> <ul style="list-style-type: none"> 2X Hoops 1x Wedge |
|---|---|

- 5 LOW BEAM
- 5X Foam blocks
 - 1x Bean Bag

- 10 SPRING
- 5X Ropes
 - 1x hoop

Floor Plan

1



2



3



5

&

5



4



6



7



10



9



8



here!

Step 1 – Blue Skills

SINGLE BAR

- 5 Tuck hang 5 seconds with bean bag between knees
- 6 / 7 Swing and kick ball off cone
- 8 / 9 Swing and throw b/bag with feet through Hoop
- 10+ Front support or F/support roll over bar

CYLINDER

- 5 Front support hold 5 seconds
- 6 / 7 Roll out to F Support hold 5 seconds, roll back in
- 8 / 9 Roll out to F Support, March on hands 3 times, roll back in
- 10+ Rear support hold

WEDGE

- 5 Log roll, b/bag in hands and feet
- 6 / 7 Egg roll, b/bag under chin
- 8 / 9 Forward roll, b/bag between knees
- 10+ F Roll with b/bag between feet and under chin

PARALLEL BARS

- 5 Pencil hold 5 seconds, b/bag between feet
- 6 / 7 as above add: 3x swings
- 8 / 9 3 swings to tuck hold 3seconds – no b/bag
- 10+ Pencil, 3x swings, tuck hold 3 seconds with b/bag

BEAM Low

- 5 5 x bunny hops over beam
 - 6 / 7 Stepping over cones with b/bag on head
- High
- 8 / 9 Grape vine, pencil jump off
 - 10+ Step triangle L& R feet, star jump off

MINI TRAMPOLINE

- 5 Stand on tramp, pencil jump off, motorbike landing
- 6 / 7 Box, tramp, star jump off
- 8 / 9 Box, tramp, tuck jump off
- 10+ Box, tramp, ½ turn off

CARTWHEEL SKILL

- 5 Bunny hop over small box or cartwheel on floor
- 6 / 7 Bunny hop over small box or cartwheel on floor
- 8 / 9 Cartwheel around hoop or cartwheel on floor
- 10+ Cartwheel and pick up hoop

BEATBOARD & VAULT STACK

2 layers and 2 squares

- 5 Jump on using hands, pencil jump off

3 layers and 2 squares

- 6 / 7 small run, Jump on using hands, tuck jump off
- 8 / 9 Small run, squat on, ½ turn off
- 10+ Small run, squat on, turn ½ around on box, pencil jump backwards off and land.

HANDSTAND

- 5 2x bunny hops 1 in each hoop
- 6 / 7 Reverse handstand against the wedge
- 8 / 9 L Handstand against wedge
- 10+ Full Handstand against the wedge

SPRING

- 5 5 ropes, jump over like a kangaroo and land in motorbike in the last hoop
- 6 / 7 as above but hop

Step 2 Red Skills

SINGLE BAR

- 5 Swing and kick ball off cone
- 6 / 7 Swing and throw b/bag with feet through Hoop
- 8 / 9 Front support or F/support roll over bar
- 10+ Glide swing and kick ball off cone

CYLINDER

- 5 Roll out to F Support hold 5 seconds, roll back in
- 6 / 7 As above add: target throw (hoop and b/bags)
- 8 / 9 Rear support hold
- 10+ Rear Support, hold one leg in the air

WEDGE

- 5 Egg roll, b/bag under chin
- 6 / 7 Forward roll, b/bag between knees
- 8 / 9 F Roll with b/bag between feet and under chin
- 10+ Forward roll, no bean bags

PARALLEL BARS

- 5 In Pencil, 3x swings with bean bag in between feet
- 6 / 7 3 swings to tuck hold 3 seconds – no b/bag
- 8 / 9 Pencil, 3x swings, tuck hold 3 seconds with b/bag
- 10+ Tuck hold 3 seconds. L hold 3seconds

BEAM *Low*

- 5 Stepping over cones with b/bag on head
- High
- 6 / 7 Grape vine, pencil jump off
- 8 / 9 Step triangle L& R feet, star jump off
- 10+ Step, kick, point to end of beam, tuck jump off

MINI TRAMPOLINE

- 5 Box, tramp, star jump off
- 6 / 7 Box, tramp, Tuck jump off
- 8 / 9 Box, tramp, ½ turn off
- 10+ Box, tramp, catch ball and land

CARTWHEEL SKILL

- 5 Bunny hop over small box or cartwheel on floor
- 6 / 7 Cartwheel around hoop or cartwheel on floor
- 8 / 9 Cartwheel and pick up hoop
- 10+ Cartwheel and land and balance on 1 foot for 3 seconds

BEATBOARD/VAULT STACK

3 layers and 2 squares

- 5 Small run, jump on using hands, Tuck jump off
- 6 / 7 Small run, squat on, ½ turn off
- 8 / 9 Small run, squat on, ½ turn around on box, pencil jump backwards off and land.
- 10+ Small run, squat on, ½ turn around on box, tuck jump backwards off and land

HANDSTAND

- 5 Reverse handstand against the wedge
- 6 / 7 L Handstand against wedge
- 8 / 9 Full Handstand against the wedge
- 10+ L handstand on the floor

SPRING

- 5 5 ropes, jump over ropes like a kangaroo and land in motorbike in the last hoop
- 6 / 7 10 x skips, with 2 feet
- 8 / 9 10x skips with 2 feet, 5x hop skips on left leg and then right leg
- 10+ 5 x skips 2 feet with a partner

10+ Step, Kick, triangle, point to end of beam, ½ turn jump off.

Step 3 Green Skills

SINGLE BAR

7 Front support or Front support roll over bar
8/9 Glide and kick ball off cone
10+ 2 x casts

CYLINDER

7 Rear support hold
8/9 Rear Support, hold one leg in the air
10+ Front Support, Rock Fwd. & Bwd 3x (using pointed toes), keep Angry Cat back.

WEDGE

7 F Roll with bean bag between feet and under chin
8/9 Forward roll, no bean bags
10+ Forward roll, Jump ½ turn

PARALLEL BARS

7 Pencil, 3x swings, tucks hold 3seconds with bean bag
8/9 Tuck hold 3 seconds. L hold 3seconds
10+ Swing in pencil 3x, straddle legs over, then back to 3x swings in pencil

BEAM

7 Step Triangle L& R feet, Star jump off
8/9 Step, Kick, point to end of beam, tuck jump off

MINI TRAMPOLINE

7 Box, tramp, ½ turn off
8/9 Box, tramp, catch ball and land
10+ Box, Tramp, full turn off.

CARTWHEEL SKILL

7 Cartwheel and pick up hoop
8/9 Cartwheel to land balanced on 1 foot for 3 seconds
10+ 1 arm Cartwheel

BEATBOARD/VAULT STACK

3 layers and 2 squares

7 small run, squat on, ½ turn around on box, pencil jump backwards off and land.
8/9 small run, squat on, ½ turn around on box, tuck jump backwards off and land.
10+ Squat Through

HANDSTAND

7 Full Handstand against the wedge
8/9 L handstand on floor
10+ Full Handstand on Floor

SPRING

7 10x skips with 2 feet, 5x hop skips on left leg and then right leg
8/9 5 x skips 2 feet with a partner
10+ 1x double



Gymnastics NSW

Section 4 - Gymnastics for All

4.3 Speed Run Event Guide

FreeG – FreeStyle Gymnastics

FreeG is a term used to describe a new and rapidly developing activity which encourages participants to use traditional gymnastics equipment in new ways. It draws on influences from martial arts, free-running, parkour, tricking and breakdance.

The philosophy of FreeG

FreeG classes are about exploring different ways of moving through space. The rules of performance are more flexible and there is less of an emphasis on straight legs and pointed toes. The class should be a supportive space where every participant feels comfortable to give it a go without fear of judgment or ridicule. FreeG encourages the safe use of new and innovative equipment and is not confined by a single apparatus setup or location.

Within a FreeG class, it is not unusual for participants to find new and creative uses for traditional gymnastics apparatus, or to be combining different apparatus into a series of obstacles. Many familiar gymnastics skills have been modified for various reasons such as to increase difficulty or include a new take off technique and a variety of new skills have been developed within this discipline.

FreeG Region Events

FreeG events provide an opportunity for clubs, coaches and athletes to gather and share knowledge, recognise learning and achievement, and make new friends.

Gymnastics NSW will be offering regions the variety of two event formats. These events provide opportunities for both competitive and non-competitive athletes to participate at a local level. They are:

1. FreeG JAM (Jump and Move) – Club run activity

A non-competitive format based on similar events within tricking, breakdance and martial arts communities. A JaM is a social event and learning opportunity for athletes and coaches to come together and learn or demonstrate new skills. It is a chance to develop skills and foster friendships.

2. FreeG Speed Run – Region Competition

The **Speed Run** is a timed sprint through a designated series of obstacles, with the fastest athlete named as the winner.

These events will need to follow the GNSW sanctioning process and can be found on the [GNSW Events Website](#).

For further information regarding Freestyle see FreeG.org.au

JAM – Club Event

The Gymnastics NSW GfA Gymsport Committee would like to support FreeG Clubs and athletes with the opportunity to run a FreeG JaM. The events focus is social with FreeG Coaches and athletes coming to together in a social setting to explore and show the spirit of FreeG.

This is a **Club Friendly run activity** that can promote a come n try opportunity for the club and extend and invite to the community to foster friendships with other FreeG clubs.

FreeG JAM Structure

- The duration of the event will be guided by the age and ability of the participants. For older participants it could be followed by a social event or BBQ.
- Be clear in advertising the event about the skill level of those you would like to attend. Make sure there are appropriate activities for everyone to participate in. It may be necessary to split into sessions or rotations based on age and/or ability.
- Have a policy in place for non-members if you allow them. These events are a good opportunity for athletes to come and try a new sport.
- Ensure you have adequately qualified coaches on site to supervise the skills being performed.
- Allow plenty of time in the second half of the event for athletes to demo skills (i.e. a tricking circle, or a game of 'bigger and better'). These events are a good opportunity for athletes to set new learning goals.
- As with any class, be clear about safety rules. If you intend to use innovative apparatus or setups (i.e. warped wall or slackline), ensure these are demonstrated and spotted or supervised by a coach who understands the common errors and likely interventions.
- There are no compulsory awards for a JAM however the club may have their own fun awards that they would like to hand out i.e. New trick achieved.



FreeG JAM Roles and Responsibilities

GNSW

- JAM sanctioning is available on the GNSW website as a Friendly Event
- Inform GNSW GFA Gymsport Committee of event.
- Promote JAM on social media and other GNSW marketing tools.

GNSW GfA FreeG Coordinator

- Be aware of the event.
- Liaise with club and offer assistance.
- Choose to attend the event.

Club

Before the event:

- Complete and return relevant forms to GNSW including a Risk Assessment.
- Prepare and Complete a JAM Lesson Plan i.e. warmup, General Stretch, Skills to learn including leadups, Cool down)
- Liaise with GNSW GFA FreeG Coordinator
- Liaise with interested Clubs

On the day:

- Supply suitable staff to run the JAM
- Complete risk assessment
- Run the event and supply volunteers
- Run a fundraising BBQ or Canteen
- Prizes for JAM games, speed run, new trick etc.

Post event

- Supply GNSW with the lesson plan.
- Produce an article and send to marketing@gymnsw.org.au
- Send thank you emails to all volunteers involved
- Ask all involved for feedback
- Complete a review of the event to identify successes and weaknesses

Speed Run Event – Reional Event

A Speed Run is when you have to make your way from point A to point B through an obstacle course as fast and as safely as you can.

There are check points and no go zones to add to the difficulty when moving through the courses.

FreeG obstacle courses are comprised of Gymnastic equipment that includes movement styles incorporating Balance, spring, precision, swing and vaulting.

The course is timed and the athlete who makes it through with the fastest time and least amount of penalties is the winner.

Resources

You will need the following resources to run the event:

Venue size	<ul style="list-style-type: none">• Large enough to have at least 10 activity stations ie 20m x 20m
Laptop	<ul style="list-style-type: none">• Laptop for the countdown clock – this can be stopped and started with the task bar
TV Screen	<ul style="list-style-type: none">• TV/Screen and cords to link the countdown clock with the laptop
Certificates	<ul style="list-style-type: none">• Club certificates to hand out for participating• Athlete certificates to hand out with the time marked on it to be handed out at presentation
Check point and Out of Bounds Cards	<ul style="list-style-type: none">• Check Points & Out of Bounds cards - you will need to print out on A4 or A5 the 'check points' and Out of bounds signs in colour and laminated them• Out of bounds flags –available from Bunnings
Decorations	<ul style="list-style-type: none">• Danger or Hazzard tape for decorating the run which is available from Bunnings.• Witches' hats to mark out the run
Volunteers	<ul style="list-style-type: none">• MC to announcer the runners• DJ for background music• Floor Marshall to sort the runner's order• A secretary to write on certificates• Timer to do the clock• Out of bounds flag bearers.
Equipment	<ul style="list-style-type: none">• Assorted equipment to use for swing, balance, vaulting and spring, wall skills and climbing

Event Management

Each Region is encouraged to run a FreeG speed run event to introduce the sport to clubs in the region and include participation activities to GFA registered athletes.

To assist with running the event a description of roles and responsibilities has been established to ensure effective communication and work process for all involved:

The Region Committee duties.

Region Committee:

- Decides on date and venue
- Collects and holds all entry fees in region account
- Provides medals, ribbons, region awards etc.
- Provides payment for judges and officials for the event
- If done by Personal expenditure – Pays Individual for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.)
- Pays club for hall hire, transport costs, equipment hire

Region GFA Coordinator:

- Completes sanctioning information and sends to GNSW events admin for processing (complete).
- Liaises with GFA FG coordinator regarding competition set up.
- Liaise with Clubs regarding event details i.e. time, venue.
- Organises officials for the event.
- Organise the event run sheet
- Organise the awards
- Run the event

Club will be responsible for:

- Provides venue to the region to host the event
- Invoiced region for hall hire.
- Invoice the club for (certificate printing, Medals, Ribbons etc.)
- If done by Club – Pays club for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.)

GNSW will be responsible for:

- Approve Competition
- Develop entry form and post on website.
- Promote competition through social media.
- Assist regions in development of inaugural event.

Task to complete post event

1. Complete event budget to identify any profit / loss and send to finance@gymnsw.org.au
2. Send Team summary and results to gfa@gymnsw.org.au
3. Produce an article and send to marketing@gymnsw.org.au
4. Send thank you emails to all volunteers involved
5. Ask all involved for feedback
6. Complete a review of the event to identify successes and weaknesses

Event Specifics

Age Groups

Athletes must be 5 yrs. and older to participate in the event and are determined as the day they participate. The following age divisions are recommended:

- 5-8yrs
- 9-12yrs
- 13yrs-15yrs
- 16-29yrs
- 30-49yrs
- Age 50+

Entry Fee

- Suggested \$11 per athlete
- Nil cost for Coaches.

Entries

- Entry forms are developed by GNSW and can be found on the Region Events tab
- Entries close 5 weeks prior to Event
- Entries emailed to Event Coordinator

Athlete Attire

- Club uniform (T-shirt & shorts/ bike pant/footless tights) to be worn to the event.
- Clothing should not be baggy or restrictive of movement.
- Optional footwear.

Eligibility

- Participants must be a member of Gymnastics NSW and IMIS No must be supplied on the entry forms.
- Coaches must have attended the FreeG workshop and working with skills within their competency.

Awards

- The style of awards presented is at the discretion of the Event organisers but should be notified to clubs before participant entries are received.
- Awards can be Region branded Ribbons or Medals or in the form of gift vouchers.

Athlete Certificates

- Each athlete is given a participation certificate which has a check box to with the athlete's name and the time that they ran.
- Certificate templates can be found in the Region Resource tab on the website and must be printed offing colour onto white cardboard 80-100mg in A5 size.

Coaches

Coaching Accreditations

Below outlines the Coaching Accreditations that are mapped against the Skills Matrix. In addition, all coaches should have attended a FreeG workshop.

GFA / Acro / MG / WG /Tum - Intermediate or above

Coaches Briefing

A coaches Briefing should be given prior to the event commencing to inform those in the venue of General housekeeping rules and the competition agenda. Below is an example script for use.

FreeG Speed Run Coaches Briefing Script

- Welcome and introductions
- Club rules, emergency exits and bathrooms
- Club Roll Call to make sure everyone is there
- Have you all signed in?
- Have you all collected your event run sheet?
- Do you all understand how to read the event run sheet?
- Advise if there will be a march in and where the children are to go once the event starts.
- Walk through the course and out line where the out of bounds and check points are.
- Identify where the Team Assembly Area is those running and where the waiting area is for those waiting to run.
- Jewellery will need to be either removed or covered with tape or band aids.
- All strapping tape and bandages must always be secured.

Equipment

Athletes and coaches do not need to be informed before the event about the design of the course or what apparatus will be included - that's part of the challenge.

If you are including innovative equipment such as a warped wall, the host is responsible for ensuring that the equipment is secure and safe - and providing a **safety briefing** to coaches and participants as part of the course walkthrough.

Finishing the course is a great moment for participants, so try to have the **finish line near the spectators** and facing towards the crowd.

A Speed Run course should take between 30 and 60 seconds to complete. Test it out prior to the event and adapt if necessary.

A course should contain a **range of different apparatus and movement styles** and include the following elements:

- a) Balance – beams, benches, paracletes
- b) Vaulting - assorted size boxes, benches, blocks, bucks
- c) Swing – bars, ropes
- d) Precision- landings
- e) Spring (assisted and non-assisted)

The course needs to be **easily adapted** to suit different age groups. You can do this by:

- changing the distance of a jump, swing or leap
- changing the height of a climb, vault or jump by adding or removing boxes
- adding or removing supporting rails or boxes in a balance element
- changing the length of a task (i.e. pit crawl or balance element)

Course Design

The zip file contains printable '**Checkpoint**' and '**Out of Bounds**' cards. Check points need to be touched by the athletes hand and out of bounds are not to be touched by any part of the athlete.

Checkpoints and Out of Bounds are useful for ensuring that athletes do not cut corners and perform the required types of movements. For example, a Checkpoint at the top of a ladder will force participants to climb the ladder the whole way. An Out of Bounds zone under a bar will force participants to swing rather than just run the whole way.

Bunnings (or similar) sells yellow/black striped Hazzard tape and red/white checked safety tape. This is recommended to style the course and help direct participants.

NOTE: The athletes will and complete a walk of the course with the designer and have a chance to practice before the event.

Test the course and try to cheat. Use the apparatus, tape and signage to direct the area where athletes can move (it is often necessary to block out a tumbling track or areas where spectators can't see). Extra volunteers or coaches may be required to hold boxes during the event to ensure they don't move.

Work Order & Rotations

Work Order

The work order is the order in which your athletes will compete. It is recommended that each age group run separately with presentation for that age group after the session

Running Order example

9.15am Athlete registration

9.30am General Stretch warm up

9.50am Coach briefing

10.00am ATHLETE GROUP 1: 5-8 yrs Speed Run (1 of 2) - course walk & warm-up

1	Athlete Name	Club
2		
3		
4		
5		
6		
7		
8		
9		
10		

NOTES:

Group athletes in clubs if possible. Try to put a more confident athlete or club first.

Ensure equipment doesn't move between each run.

10.15am ATHLETE GROUP 1: 5-8 yrs Speed Run – as above – COMPETITION

10.30am ATHLETE GROUP 2: 5-8 yrs Speed Run (1 of 2) – course walk & warm-up

11	Athlete Name	Club
12		
13		
14		
15		
16		
17		
18		
19		
20		

10.45am ATHLETE GROUP 2: 5-8 yrs Speed Run (1 of 2 – as above) – COMPETITION

11.05am ATHLETE PRESENTATION 5-8 YEARS SPEED RUN

Session Times

It is recommended that a maximum of 15 in each run rotation.

Templates can be found on the GNSW Region Event tab.

Scoring

Each time an athlete goes out of bounds or does not touch a check point, the flag bear will raise their flag to notify the score table. Each time the flag is raised, add of 5 seconds to the score.

Eg. Athlete Joe does a run in 55 seconds but didn't touch 1 check point. The final score is:

Run Time	Out of bounds 5 seconds per flag raise Add to score	Check point missed 5 seconds per flag raise Add to score	Total runs score
55 seconds	0	1 x 5 seconds	60 seconds

Score sheet templates are available from the GNSW Region Events tab

The Event Team

The work of organising an event is substantial and should be shared across **several motivated team members**. Aim to have the work order compiled and confirmed by clubs in the **fortnight prior**. It is highly likely that in the first season of events mistakes will be made by parents and coaches and amendments are much easier to make before the event.

Always print spare blank certificates for instances where athletes' names have been entered incorrectly.

The design and setup of the course should be led by an **independent person** - this will avoid the suggestion of a 'home court advantage'. A **setup crew of several people** should allow a minimum of one hour to construct and build the course. The setup crew should remain on site to assist with adapting the course for the different age groups and again for the Freestyle event. It is important to clean up and return the venue in a neat and tidy condition.

A floor marshal is essential to ensure that only the correct athletes are on the floor at the right time, and to prevent delays by having that the next competitor ready in a holding zone prior to their announcement.

A dedicated **spectator area for athletes** who are not in the current competing group should be clearly defined. It is best if it has a clear view of the course and does not contain boxes, bars or trampolines. Encourage participants to support each other.

The panel of volunteers should be drawn from several clubs. Checkpoint judges can be selected from coaches who do not have athletes running in that age group.

A separate **data entry person** should be assigned to manage the scoring.

If you are using the **timers on a projector** or plasma screen, a volunteer should be assigned to operate this computer. A backup clock/timer should always be kept by the event coordinator or timekeeper. The timing clock will announce 'Ready, Set, Go' so it is important that both the crowd and the participants can see it.

An enthusiastic **host or MC** can help the crowd to support the athletes. Prizes, raffles and short games can also help spectators stay interested throughout the event. The MC can also help set a supportive tone and encourage fans to recognise achievement of all types.

A **DJ** can be used to involve the crowd and add an element of hype for the athletes. Make sure that the music used is family friendly and age appropriate. Music can be run from a phone, tablet or sound system however check the content and playlist before playing to a crowd.

The event team duties.

GFA Coordinator

- Main contact for the event
- Coordinate with Committee members to run the event
- On the day make sure all items are accounted for to run the event
- Oversee the event for the day by conducting the coaches and volunteer briefing
- Complete the Risk assessment etc. (refer to action plan for further details)

Announcer

- Announces the athletes who are running
- Provides information to the spectators about the event, housekeeping etc.
- Coordinates with the floor Marshall and GFA FreeG coordinator on the day.
- Call out any missed check point deductions or out of bounds for recording.

Floor Marshall

- organize the warmup group
- organize the athletes in run order
- communicate with the MC/announcer if there are any withdrawals from the run order.

Check point/Out of Bounds Marshalls

- raise the flag if an athlete does not hit the check point or lands in an out of bounds area.

DJ

- Plays the play list whilst the athletes are doing group warm up, competition run and presentation of awards.

Timer

- Using the laptop, press play or spacebar to start and stop the count clock,

Secretary / Data entry

- Using the provided excel sorer or printed paper spreadsheet, record the original time, any deductions occurred by out of bounds or missed checkpoints, the program will add this on and provide the final time.
- Please note that time is in seconds e.g. 75 seconds.
- If you remove an athlete from the program the formula will need to be re formatted, it is better to put a red line through the withdrawn athletes.
- Record the times on the athlete's certificate.

Available Resources

Clubs have access to the GNSW event portal which contains:

- HD video timer for Speed Run events - this can be played off a laptop connected to a projector.
- Printable 'Checkpoint' and 'Out of Bounds' posters.
- Excel spreadsheet scoring template which calculates and ranks participants in each division.
- Sample Task List for committee members or club owners to assist in organising an event
- Participant and Club certificate template (Microsoft Word).





Gymnastics NSW

Section 4 - Gymnastics for All

4.4 Performance Event Guide



12th WORLD
GYMNAESTRADA
2019 DORNBIHN
VORARLBERG
AUSTRIA

Performance Gymnastics

The showing and sharing of gymnastics through movement”.

Gymnastics for all has been categorised by the International Federation of Gymnastics (FIG) into the following areas:

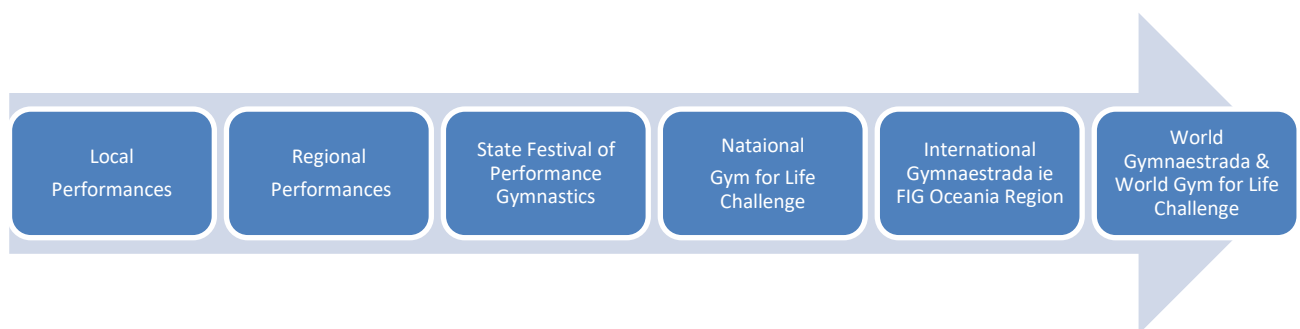
- Gymnastics on and with traditional, innovative or creative apparatus
- Playful apparatus gymnastics Floor exercise and gymnastics
- Gymnastics with and without hand apparatus
- Rhythmic gymnastics Jazz gymnastics and jazz dance
- Modern dance Aerobic gymnastics activities which contribute to the health and wellbeing of participants.

[Performance Gymnastics](#) is part of Gymnastics for All and provides clubs and athletes the opportunity to showcase their gymnastics skills using any style and combination of gymnastics and dance. Skills are artfully arranged with or without music and using any large or handheld apparatus or no equipment at all.

Performance Gymnastics develops leadership and teamwork skills to benefit the individual's health and potential in life and is a way of engaging young men and women to continue with their sport at any age.

Festivals provide the opportunity for teams to travel interstate, nationally and internationally to perform for Fun, Fitness and Friendship.

Performance Pathway:



Resources

You will need the following Resources to run the event:

Venue size	At least 1 basketball size to fit a full floor Look for a venue that has a drop-down Curtin to divide a 12 x 12m warmup space as well as a 12x12m floor area space
Floor area	Non-Sprung Floor Minimum 6m x 12m (4 x roll mats at 1.5 m) Max 12m x 12m full floor area
Extra Equipment	1 x Single Mini Tramp 1 x Crash Mat
Scoring Program & Laptop	TeamGym has developed its own score program which will be sent to the region Coordinator when sanctioning is approved.
Participation Recognition	Region Choice Certificate, medallion, gift
Sound System	To play music through and announce from
Excel spreadsheet	With Budget, Duties timelines and run order template This will be emailed to the Region Coordinator when sanctioning is approved
Volunteers	Announcer Music Technician Entry Floor Marshal Warm up area Floor Marshal

Event Management

To assist with the running of a Performance Gymfest a region event a description for roles and responsibilities has be established to ensure effective communication and work process for all involved.

Roles and Responsibilities

Region Committee:

- Decides on date and venue.
- Collects and holds all entry fees in region account.
- Provides medals, ribbons, region awards etc.
- Provides payment for judges and officials for the event.
- If done by Personal expenditure – Pays Individual for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.).
- Pays club for hall hire, transport costs, equipment hire.

Region GFA Coordinator:

- Completes sanctioning information and sends to GNSW events admin for processing
- Liaises with GFA TG coordinator regarding judges and competition set up.
- Liaise with Clubs regarding event details i.e. time, venue.
- Organises judges for the event.
- Organise the event run sheet.
- Provide judging sheets.
- Organise the awards.
- Run the event.

Host Club:

- Provides venue to the region to host the event.
- Invoiced region for hall hire.
- Invoice the club for (certificate printing, Medals, Ribbons etc.).
- If done by Club – Pays club for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.).

GNSW

- Approve Competition.
- Develop entry form and post on website.
- Promote competition through social media.

Event Specifics

Entry Fee

Athlete Entry Fee (includes parent)

\$11 per athlete Inc GST

Entry form

Athlete entry forms can be found on the GNSW website Region Events tab

Athlete Recognition

Regions can choose their own way to recognise participation in attending the GymFest Performance Event eg can be a certificate, Ribbon, Medal or gift – the choice is yours!

GymFest Structure

- 20mins All groups do a General Stretch
- All routines have a 5 min routine run through
- Open Doors to the public
- Run performances
- Finale Dance

Eligibility

- **Coaches** 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.
- Imis numbers must be supplied with all entries to be accepted.

Display Format:

- Is Non-competitive so there are no winners, however your committee might like to give out recognition awards of best costuming, Great use of Music, Fan favourite etc.

Team Divisions:

Small Group	4-6 Members	Time Duration: up to 4 minutes
Medium Group	7-20 Members	Time Duration: up to 7 minutes
Large Group	21+ Members	Time Duration: up to 10 minutes

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.*

Warm up and Run order

- Warm up area will consist of a full floor area.
- The Warm up area will be a secure area with only participants, and team officials permitted to enter. This is also for safety reasons.
- Teams will only be allowed to enter during their allocated time. This is to ensure that the area does not get overcrowded, and that all teams are provided adequate space and time to safely prepare for their display.
- Gymnasts are to keep noise to a minimum whilst in the Warm Up area.
- Gymnasts, Coaches and team managers only within the Warm Up area.
- See sample run sheet for times for warmup and performance.

Equipment and Props

Unlike other Gymsports, Performance Gymnastics encourages the use of Costumes and props to suit the theme of the performance.

- If props are needed during warm up, they must be taken into the warm up area.
- All equipment and props are the responsibility of the individual club. It is suggested that clubs label their equipment.
- 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 gymnasts 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.
- Clubs will need to supply their own equipment handlers.

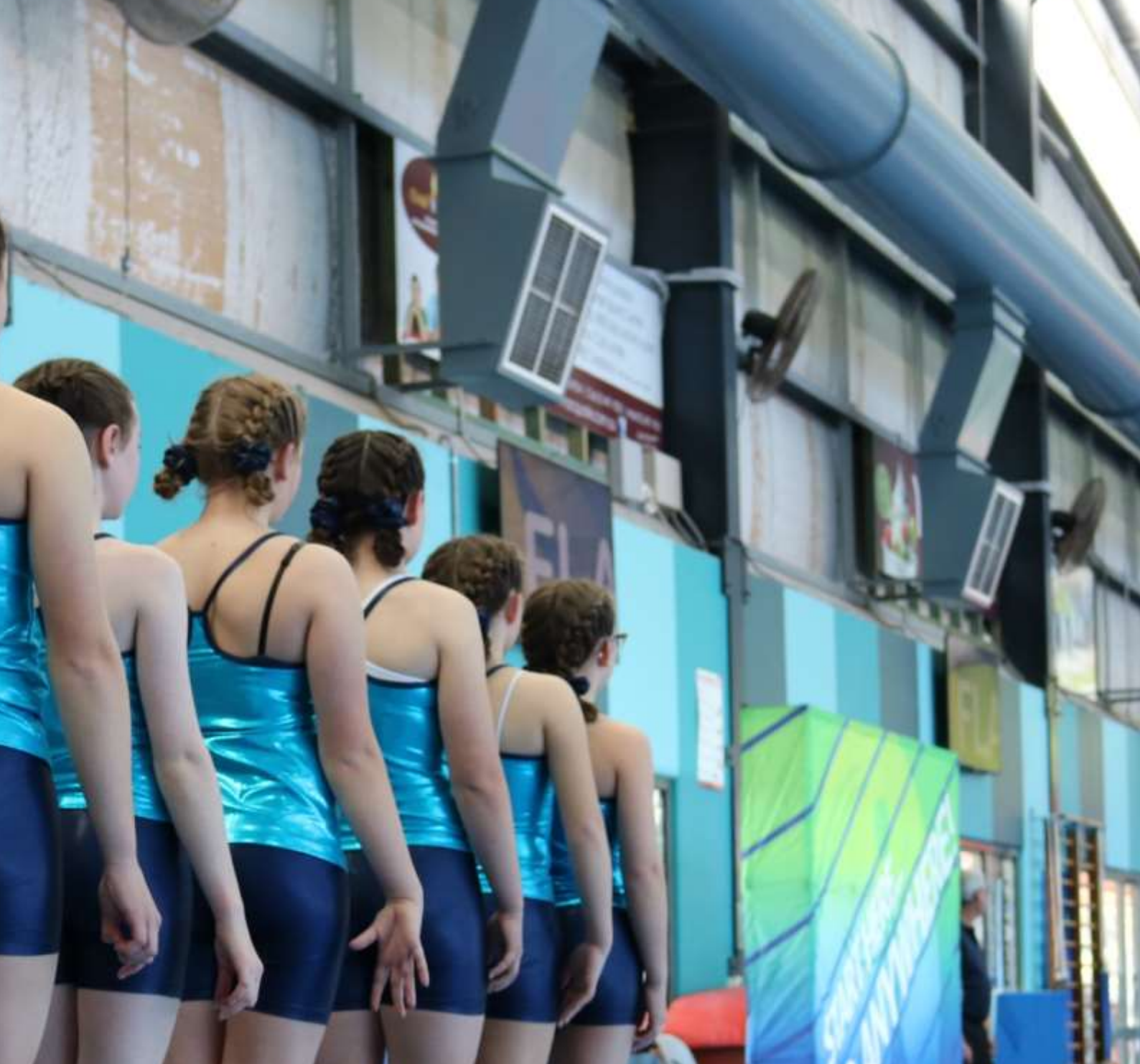
Routine Music Requirements

- Music is used for the Performance and routines should be choreographed to suit the theme of the performance and the Age of the athletes.
- It is best to have the music emailed to the coordinator with the entry form and that the music is of good quality and in MP3 format.
- Regions can choose to play the music through Ipad, lap top or have the clubs play through their devices so have an Aux cord /option available for backup in case there is a problem.
- **Music containing explicit or inappropriate language will be stopped.**

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.





Gymnastics NSW

Section 4 - Gymnastics for All
4.5 TeamGym Event Guide



TeamGym

TeamGym is a national program that falls under the Gymnastics for All (GFA) umbrella and is recognised at EUG level as a competitive sport. The program is designed to be inclusive, flexible and provide opportunities for gymnastics to develop and perform new skills.

There are three apparatus in TeamGym events; Floor, Tumbling, Single Mini Tramp /Vault. Teams compete in divisions based on their ability – Novice, Intermediate, Advanced, Open and International

Resources

You will need the following Resources to run the event:

Venue size	At least 1 basketball size venue to fit 3 rotations in
TeamGym Manual	Found on the GA club or athlete portal
TeamGym Judges Sheets	Found on the GA club or athlete portal
SMT	2 x Single Mini Tramp 2 x Crash Mat Overflow matting Run up of min 12 m in length
Tumbling	Double roll out mat minimum 12 m in length or Air floor minimum 12m in length or Rod Floor minimum 12m in length NB a tumble track (springs/trampoline bed) is not a TeamGym apparatus and is not to be used at an event.
Floor	Minimum 6m x 12m (4 x roll mats at 1.5 m) Max 12m x 12m full floor area Floor is non sprung
Scoring Program & Laptop	Is included in the zip file resources
Participation Certificate	Which has provision for apparatus scores Is included in the zip file resources
Sound System	To play music through and announce from
Excel spreadsheet	With Budget, Duties timelines and run order template Is included in the zip file resources

Event Management

To assist with the running of a TeamGym region event a description for roles and responsibilities has been established to ensure effective communication and work process for all involved.

Roles and Responsibilities

Region Committee:

- Decides on date and venue.
- Collects and holds all entry fees in region account.
- Provides medals, ribbons, region awards etc.
- Provides payment for judges and officials for the event.
- If done by Personal expenditure – Pays Individual for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.).
- Pays club for hall hire, transport costs, equipment hire.

Region GFA Coordinator:

- Completes sanctioning information and sends to GNSW events admin for processing (complete).
- Liaises with GFA TG coordinator regarding judges and competition set up.
- Liaise with Clubs regarding event details i.e. time, venue.
- Organises judges for the event.
- Organise the event run sheet.
- Provide judging sheets.
- Organise the awards.
- Run the event.

Host Club:

- Provides venue to the region to host the event.
- Invoiced region for hall hire.
- Invoice the club for (certificate printing, Medals, Ribbons etc.).
- If done by Club – Pays club for any reimbursements i.e. (certificate printing, Medals, Ribbons etc.).

GNSW

- Approve Competition.
- Develop entry form and post on website.
- Promote competition through social media.

Event Specifics

Entry Fee

1. Region Competition \$33 per athlete (inc GST)

Entry form

1. Entry forms will be compiled by the GNSW office and posted on the website by GNSW staff.

Athlete Participation Certificate

1. Each athlete is given a participation certificate which has a check box for each apparatus and score band. The certificates can be checked off in a few different ways depending on how the competition is run, either:

- a. The Coach hands the certificates to the judging panel at the start of the rotation for the feed backer to complete and the coach is responsible for them throughout the duration competition.
- b. The certificates are completed at the scoring table after their scores have been calculated and distributed with awards during presentation.

MINI TRAMP		FLOOR		TUMBLING	
8.50-9.00	<input type="checkbox"/> GOLD	8.50-9.00	<input type="checkbox"/> GOLD	8.50-9.00	<input type="checkbox"/> GOLD
7.00-8.49	<input type="checkbox"/> SILVER	7.00-8.49	<input type="checkbox"/> SILVER	7.00-8.49	<input type="checkbox"/> SILVER
6.00-6.99	<input type="checkbox"/> BRONZE	6.00-6.99	<input type="checkbox"/> BRONZE	6.00-6.99	<input type="checkbox"/> BRONZE

2. Certificates can be found in the resources tab. Certificates are to be printed off in colour onto white cardboard 80-100mg in A5 size. Original certificates can be emailed to the event coordinator for editing and mail merging.

Awards

1. The style of awards presented is at the discretion of the Event Organiser but should be notified to clubs before participant entries are received. Awards can be Region/Club branded Ribbons or Medals.
2. Ribbon colours must be Blue, Red Green. Medals colours must be Gold, Silver, and Bronze.

Tip: As this is a banded event you will need to account for 1 of each colour to cover the awards i.e. 77 athletes enter the comp, you will need to have 77 Gold medals, 77 Silver medals, 77 Bronze medals on hand. It is financially beneficial if the region uses the same medals for TeamGym competitions as they do for the other discipline's region competitions.

Coaches

Coaching Accreditations

The table below outlines the Coaching Accreditations that are mapped against the Skills Matrix. In addition, all coaches should have attended a TeamGym workshop.

Novice	Intermediate	Advanced	Open	International
Any of the following:			Any of the following:	
Intermediate: GFA MG TUM/TRP WG	Intermediate GFA MG TUM/TRP WG + ADV Tumbling & Spring Module	Intermediate GFA MG TUM/TRP WG + ADV Tumbling & Spring Module	Advanced GFA MG TUM/TRP WG	
Or Intermediate ACR + ADV Tumbling & Spring Module	Or Intermediate ACR + ADV Tumbling & Spring Module	Or Advanced ACR + ADV Tumbling & Spring Module		

Coaches Briefing

A coaches Briefing should be given prior to the event commencing to inform those in the venue of General housekeeping rules and the competition agenda. It is at the briefing that you will collect the Tariff sheets and enquire about any withdrawals from teams. Below is an example script for use.

Team Gym Coaches Briefing Script

- Welcome and introductions
- Club rules, emergency exits and bathrooms
- Club Roll Call to make sure everyone is there
- Have you all signed in?
- Have you all handed in your tariff sheets?
- Have you all collected your event run sheet?
- Do you all understand how to read the event run sheet
- Advise if there will be a march in and where the children are to go once the event starts.
- Who is an Advanced coach?
- Who needs an additional Advanced coach for SMT?
- Can anyone help with another team if need be.
- Identify landing areas for SMT and Tumbling

- Identify where the Team Assembly Areas are for SMT and Tumbling
- Remember you will lose 0.3 on each apparatus if any of your athletes are wearing Jewellery (metal or material), wrist bands, or hair ties on wrists, exercise trackers or watches.
- Jewellery will need to be either removed or covered with tape or band aids including stud or sleeper earrings.
- All strapping tape and bandages must always be secured, or your team will receive a 0.3 deduction on each apparatus

Judging

Panel Composition Novice to Advanced

A judging panel consists of three (3) members:

1x Technical and Composition Judge	1x Execution Judge	1 x Execution Judge
<ul style="list-style-type: none"> - Head Judge - hold a Judging accreditation -Must have attended the TeamGym Judges workshop 	<ul style="list-style-type: none"> - hold an Intermediate Coaching Accreditation - Must have attended the Judges workshop. 	<ul style="list-style-type: none"> - hold an Intermediate Coaching Accreditation - Must have attended the Judges workshop.

- Minimum panel of one Tech/Com Judge and 1 Execution Judge
- In addition, a secretary will be required at the scoring table.
- At larger events, each apparatus may have its own Judging Panel.

Panel Duties

Head Judge - *Technical Deductions, Special Requirements and Performance.*

- Responsible for leading the judges briefing prior to any event.
- Judge for Performance.
- Noting and deducting for Special Requirements where necessary.
- Noting and deducting technical violations where necessary.
- Provide feedback to team coaches if deemed necessary.

Execution Judge - *Execution only*

- Responsible for deductive judging of Execution as per relevant TeamGym Manual.
- Explain and justify deductions to Head Judge where necessary.

Secretary

The secretary is responsible for calculating all scores

Panel Composition Open & International

A judging panel consists of three (3) members:

1 x Composition Judge	1x Execution Judge	1 x Difficulty Judge
<ul style="list-style-type: none"> - Head Judge - hold a Judging accreditation - Must have attended the relevant TeamGym Judges workshop 	<ul style="list-style-type: none"> - hold a Judging accreditation - Must have attended the relevant TeamGym Judges workshop 	<ul style="list-style-type: none"> - hold a Judging accreditation - Must have attended the relevant TeamGym Judges workshop

- Minimum panel of one Tech/Com Judge and 1 Execution Judge
- In addition, a secretary will be required at the scoring table.

Recommended Judges Accreditations for Apparatus

The following Gymsports have the components to judge the following apparatus. Coaches/Judges must not judge outside of their skills matrix

Divisions	FLOOR +GFA Coach Accreditation covers TG Choreography	SMT	Tumbling
Novice and Intermediate	GFA / Acro/ RG	GFA / Tramp / WG / MG	Int GFA / TUM / WG / MG
Advanced	GFA / Acro/ RG	ADV GFA / Tramp / WG / MG	ADV GFA / TUM / WG / MG
Open	GFA / Acro/ RG	WAG or MAG	WAG or MAG
International	GFA / Acro/ RG	WAG or MAG	WAG or MAG

Judges Sheets

1. Judges Sheets can be found on the Gymnastics Australia online portal - GOL
2. Each apparatus is colour coded; this can be found in the excel scoring program.
3. Print each score sheet for each Execution only in the appropriate paper colour. This will alleviate problems when collating score sheets. The apparatus colours are as follows:
 - a. Floor – Yellow
 - b. Single Mini Tramp – Green
 - c. Tumbling – Pink
4. Tariff sheets to be handed in on the day of competition during that session coaches briefing.
5. Label 3 folders with T&C Judge, Execution Judge 1 & Execution Judge 2 for each apparatus (9 folders in total)
6. Pack each score sheet to the corresponding folder i.e. Mini Tramp T&C Judge (green sheet) into the Mini Tramp T&C Judge Folder.
7. On the day allocate each set of folders to the appropriate judging table i.e. all 3 Mini tramp folders to the mini tramp judges table, 3 to Floor and 3 to Tumbling

Judges Briefing

A Judges Briefing should be given prior to the event commencing to inform those in the venue of General housekeeping rules and the competition agenda. Below is an example script for use.

Team Gym Judges Briefing Script:

- Welcome and introductions
- Club rules, emergency exits and bathrooms
- Judge Roll Call to make sure everyone is there
- Have you all signed in?
- Is anyone here is a first-time judge? If yes take the time with them after the briefing to take them to their table and familiarise them with everything or allocate them a buddy to do the same thing.
- Read out the panels to ensure everyone knows what apparatus they are judging, and which judge they are
- One each table there is a manual, your judging sheets, a run sheet, flags and a stapler.
- Technical Judges:
 - Please use your manual to determine the Performance Score for each team
 - Please refer to the manual if you have any questions regarding skill intensification for SMT and Tumbling
 - Please refer to the manual if you have any questions regarding necessary requirements for floor
 - Remember you can upskill for compulsory elements, but you cannot down skill for compulsory elements.
 - For Floor:
 - At least 6 athletes must hold each group or individual balance for 3 seconds, start counting after the last athlete is in the balance

[illegible]

- At least 6 athletes must have both feet off the ground at the same time for the jump or leap to count
 - If you have any other questions, please refer to the manual or ask for assistance
- Execution Judges:
 - Remember only judge what you actually see, don't make assumptions and don't just deduct for the sake of deducting.
 - Be sure which is a once only, once per athlete, or once per pass deduction
 - You will know a gold, silver and bronze performance when you see it. Make sure your scores reflect the colour of the banding the best represents that routine. Do not be afraid to give Gold Medals, if it deserves it make sure your scores reflect that.
- When the first 2 teams arrive welcome them and identify where the Team Assembly Areas are for SMT and Tumbling
- Ensure the first 2 teams warm up before you start judging your apparatus
- Any Questions
- Go and familiarise yourself with your table

Scoring

TeamGym has developed its own scoring system for regions to use at events and will be emailed to clubs on sanctioning approval.

Team Gym Scoring Program – Links

A link means that a cell in one excel worksheet is linked with one or more cells in another worksheet or worksheets. When a link has been established, data entered INTO the 'Master Cell' will automatically appear in the linked cells. This saves a lot of time as the same data on several sheets does not have to be entered repeatedly or copied and pasted several times.

E.g. The Club and Team names for NOVICE teams are entered in the Novice Floor worksheet - Cells A7–A20 (Club) & B7-B20 (Team). These are the 'Master Cells'

These 'Master Cells' are linked to the corresponding cells on the following worksheet

Novice Tramp

Novice Tumbling

Novice Score Sheet

and the Presentation Sheet

Club & Team Names entered in the Novice Floor sheet will automatically appear on the other sheets. Below are tables showing where there are links in the Team Gym Scoring Program

Data Entry – Event Name + Event Date + Club Names + Team Names

WORKSHEET NAME & 'MASTER CELL(s)	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked work-sheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #	Linked worksheet & Cell #
NOV FLR F1-H1 'Event Name'	NOV SMT F1-H1 'Event Name'	NOV TUM F1-H1 'Event Name'	NOV Score sheet E1-G1	INT FLR F1-H1 'Event Name'	INT SMT F1-H1 'Event Name'	INT TUM F1-H1 'Event Name'	INT Score sheet E1-G1	ADV FLR F1-H1 'Event Name'	ADV SMT F1-H1 'Event Name'	ADV TUM F1-H1 'Event Name'	ADV Score sheet E1-G1	Presentation Sheet Pg1- E1-G1& Pg. 2 E44-G44
NOV FLR F2-H2 'Event Date'	NOV SMT F2-H2 'Event Date'	NOV TUM F2-H2 'Event Date'	NOV Score sheet E2-G2	INT FLR F2-H2 'Event Date'	INT SMT F2-H2 'Event Date'	INT TUM F2-H2 'Event Date'	INT Score sheet E2-G2	ADV FLR F2-H2 'Event Date'	ADV SMT F2-H2 'Event Date'	ADV TUM F2-H2 'Event Date'	ADV Score sheet E2-G2	Presentation Sheet Pg1- E2-G2& Pg 2 E45-G45
NOV FLR A7-A20 'Club Name' B7-B20 'Team Name'	NOV SMT A7-A20 'Club Name' B7-B20 Team Name'	NOV TUM A7-A20 'Club Name' B7-B20 'Team Name'	NOV Score sheet A7-A20 B7-B20 Team Name'	Presentation Sheet Pg1- A7-A20 B7-B20 Team Name'								
INT FLR A7-A20 'Club Name' B7-B20 Team Name'	INT SMT A7-A20 'Club Name' B7-B20 Team Name'	INT TUM A7-A20 'Club Name' B7-B20 Team Name'	INT Score sheet A7-A20 B7-B20 Team Name'	Presentation Sheet Pg1- A28-A41 B28-B41								

Start Here, Go Anywhere!

ADV FLR A7-A20 'Club Name' B7-B20 Team Name'	ADV SMT A7-A20 'Club Name' B7-B20 Team Name'	ADV TUM A7-A20 'Club Name' B7-B20 Team Name'	ADV Score sheet A7-A20 B7-B20 Team Name'	Presentation Sheet Pg 2 A50-A63 B50-B63								
--	--	--	---	---	--	--	--	--	--	--	--	--

Score Links

WORKSHEET NAME & 'MASTER CELL	Linked work-sheet & Cell #	Linked work-sheet & Cell #
NOV FLR - Floor Score J7-I20	NOV Score sheet C7-C20	Presentation Sheet Pg1- C7-C20
NOV SMT - Tramp Score J7-I20	NOV Score sheet D7-D20	Presentation Sheet Pg1- D7-D20
NOV TUM – Tumbling Score J7-I20	NOV Score sheet E7-E20	Presentation Sheet Pg1- E7-E20
NOV Score Sheet – Overall Total F7-F20	Presentation Sheet Pg1- F7-F20	
INT FLR - Floor Score J7-J20	INT Score sheet C7-C20	Presentation Sheet Pg1- C28-C41
INT SMT - Tramp Score J7-J20	INT Score sheet D7-D20	Presentation Sheet Pg1- D28-D41
INT TUM - Tumbling Score J7-J20	INT Score sheet E7-E20	Presentation Sheet Pg1- E28-E41
INT Score Sheet – Overall Total F7-F20	Presentation Sheet Pg1- F28-F41	

Start Here, Go Anywhere!

ADV FLR - Floor Score J7-J20	ADV Score sheet C7-C20	Presentation Sheet Pg 2 C50-C63
ADV SMT - Tramp Score J7-J20	ADV Score sheet D7-D20	Presentation Sheet Pg 2 D50-D63
ADV TUM - Tumbling Score J7-J20	ADV Score sheet E7-E20	Presentation Sheet Pg 2 E50-E63
ADV Score Sheet – Overall Total F7-F20	Presentation Sheet Pg 2 F50-F63	

Conditional Formatting

Conditional Formatting means that a cell or group of cells in one or more excel worksheets will change in font colour and / or fill colour/pattern under certain/specific conditions.

E.g. On a work sheet/score sheet where an apparatus score appears – the cell containing to total apparatus score will change colour to either **Bronze**, **Silver** or **Gold** depending on the score.

Below is a table showing where the conditional formatting occurs in the Team Gym Scoring Program

CONDITIONAL FORMATTING DESCRIPTION	work-sheet & Cell # with formatting		
Cell colour will change to Bronze when the score is 0.01-6.99	NOV FLR – Total Score J7-J20 NOV Score sheet C7-E20	NOV SMT - Total Score J7-J20 Presentation Sheet - C7-E20	NOV TUM – Total Score J7-J20
Cell colour will change to Silver when the score is 7.00-8.49	INT FLR – Total Score J7-J20 INT Score sheet - C7-E20	INT SMT- Total Score J7-J20 Presentation Sheet – C28-E41	INT TUM - Total Score J7-J20
Cell colour will change to Gold when the score is 8.50-10.00	ADV FLR - Total Score J7-J20 ADV Score sheet C7-E20	ADV SMT – Total Score J7-J20 Presentation Sheet - C50-E63	ADV TUM - Total Score J7-J20
Cell colour will change to Bronze when the score is 0.01-20.99	NOV Score sheet F7-F20	Presentation Sheet - F7-F20	
Cell colour will change to Silver when the score is 21.00-25.49	INT Score sheet - F7-F20	Presentation Sheet – F28-F41	
Cell colour will change to Gold when the score is 25.50-30.00	ADV Score sheet F7-F20	Presentation Sheet - F50-F63	
<p>The following formatting has also been included to help reduce errors in data entry – i.e. scores</p> <p>If a score <u>greater than 2.5</u> is entered into a Panel Judge or Head Judge Performance Score column the score will appear in RED</p> <p>If a score <u>greater than 5.0</u> appears in the Total Performance Score column the score will appear in RED</p> <p>If a score <u>greater than 7.5</u> is entered into the Execution Score column the score will appear in RED</p> <p>If a score <u>greater than 2.5</u> is entered into the Technical Deductions column the score will appear in RED</p>			

Start Here, Go Anywhere!

Work Order & Rotations

Work Order

The work order is the order in which your teams will compete at each apparatus.

1. Each team routine is allocated an item number – 3 different numbers per team.
2. If there are 10 team and team ABC is first on each apparatus then team ABC will be items 1 on Floor, 11 on mini tramp and 21 on Tumbling.
3. If them XYZ is 10th then they will be items 10 on Floor, 20 on Mini Tramp and 30 on Tumbling.
4. The Music playlist will be listed in this order.

Rotations

1. The rotation is the groupings in which the teams will move from apparatus to apparatus during the event.
2. Depending on the number of panels of judges your event has will be dependent on the way the rotations are organised. For example:

1 panels of judges	2 panels of judges	3 panels of judges
<ul style="list-style-type: none">▪ Up to 10 teams on an apparatus▪ Teams 1 & 2 warm up first, then American warm up for remainder of teams.▪ All rotate to 2nd and 3rd apparatus together as a group.	<ul style="list-style-type: none">▪ Up to 10 teams on an apparatus▪ The same panel judges judge the same teams on all 3 apparatus.▪ Teams 1 & 2 warm up first, then American warm up for the remainder of teams.▪ All rotate to 2nd and 3rd apparatus together as a group.	<ul style="list-style-type: none">▪ Up to 15 Teams per apparatus▪ Judges stay on the one apparatus for the duration of the event.▪ Teams 1 & 2 warm up first, then American warm up for remainder of teams.▪ Once teams have competed, they move straight to their next apparatus, there is not group change rotation.▪ This only works with odd team numbers.

Session Times

It is recommended that a maximum of 15 Teams (45 items) be in one session at a time. This takes 3 hrs from general stretch through to presentation with 3 judges panels.

Running times are recorded below based on 3 panels of judges and include from warmup to presentation

No of Teams	18	17	16	15	14	13	12	11	10	9	8
Exact running time	3hrs 33 mins	3hrs 24 mins	3 hrs 15 min	3 hrs 6 mins	2hrs 57 mins	2hrs 48 mins	2 hrs 44 mins	2hrs 30 mins	2hrs 21mins	2hrs 12 mins	2 hrs 5 mins
Allow	4hrs	3 hrs 45 mins	3hrs 30 mins	3hrs 15 mins	3hrs 15 min	3hrs 5 mins	3hrs	3 hrs	2hrs 40 mins	2 hrs 30 mins	2 hrs 20 mins

Music

1. Music to be submitted in MP3 format after the run sheet has been completed.
2. Clubs are to number their music with session and item run number so that music can automatically be placed in the run order. This saves you time going through labelling each piece
3. Music is to be ladled in the following way:
Session Number_Run Number_Club Name_ Team Name Division_apparatus
Eg S2_6_Club ABC_ Team Gymers_ Novice_FLR
4. Music can be played through an ipad, laptop or usb system.

Set up – Event Management

The following should be set up so it is out of the way of the athletes and foot traffic areas.

Scoring Table

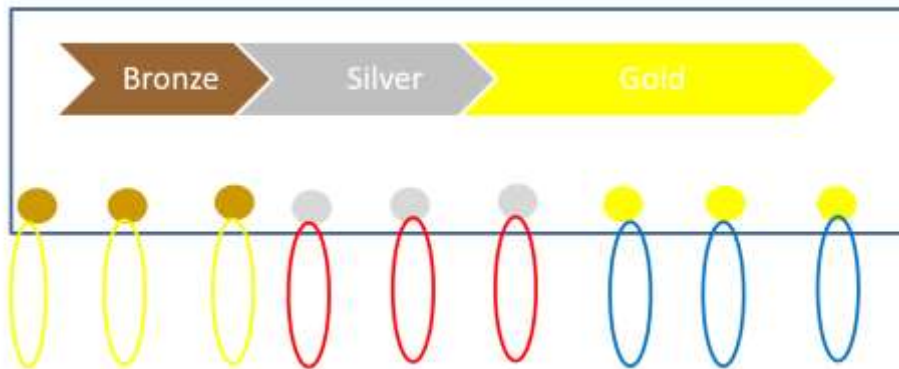
- a. 1 x large Table
- b. 2 x Chairs
- c. Laptop with scoring system on it
- d. Athlete certificates to mark off apparatus score and final score
- e. Run Sheet
- f. Pens and pencils.
- g. Presentation sheet to fill in and hand to the announcer

Presentation Table

- a. A presentation table should be set up out of the way of the athletes.
- b. Awards should be displayed for easy access

Presentation Table set up:

- Lay out the tablecloth, making sure there is over hang at each end and the cloth touches the floor on each end and at the front.
- Medals are to be placed on the front of the table in stacks of 10 with the ribbon hanging over the front of the table.
- Stack Left to Right Bronze Silver Gold.



Music and Announcing

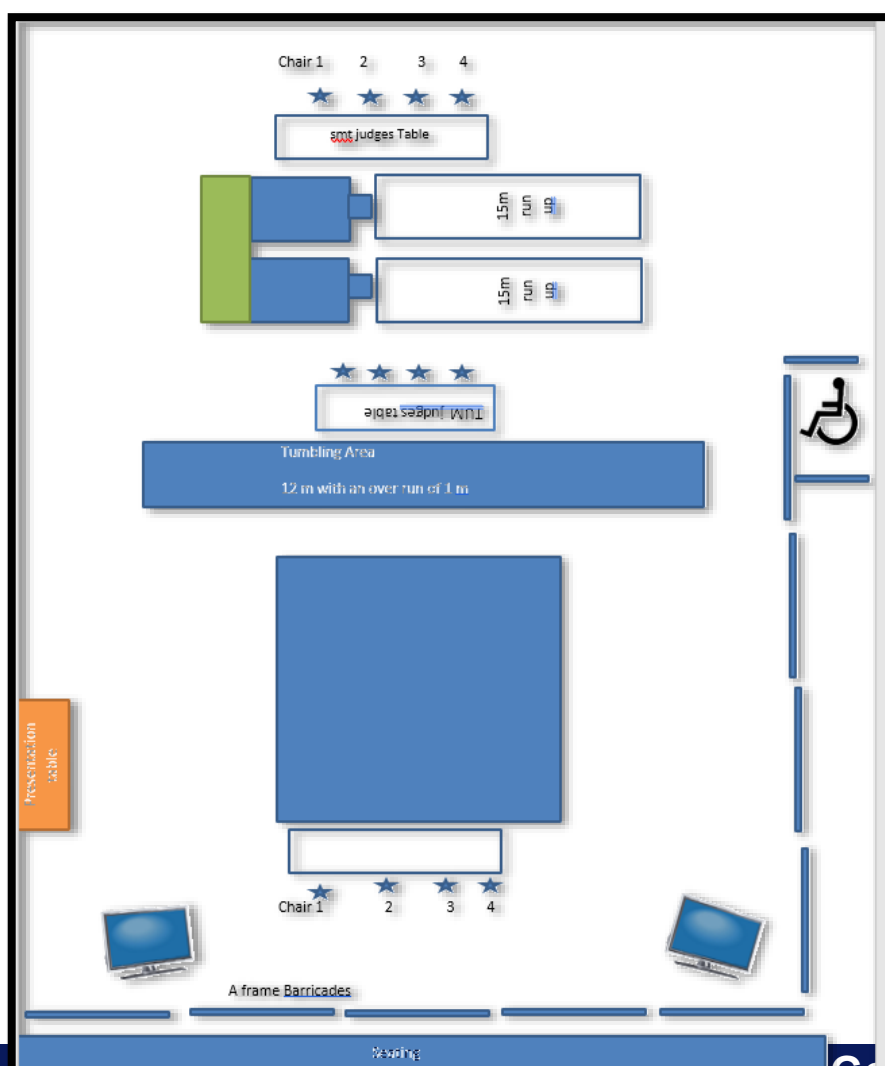
- a. 1 x large Table
- b. 2 x Chairs
- c. Laptop (or similar) with music playlist
- d. Sound system and Microphone
- e. Run Sheet
- f. Announcer's script
- g. Highlighters

Apparatus

Each apparatus should have the following:

- h. 1 x large Judges Table
- i. 3 x Chairs for the judge
- j. Execution Score sheets in the Execution judges' folders
- k. Tariff Sheets in the Technical and Compositions judge's folder
- l. Copy of TeamGym Manual perusal.
- m. Laminated copy of the apparatus performance criteria and skills list.
- n. Equipment as outlined in the Team Gym Manual.
- o. Floor plan as is allocated in the Team Gym Manual.
- p. Optional: Secretary

Set up Examples.



Set up - Equipment

Floor

- a. The floor area provided by Organisers must be no less than 12m x 12m.
- b. The floor area must be covered by no less than 35mm mats, appropriately joined to form a continuous area.
- c. The style of the floor provided by Event Organisers (i.e. sprung / non sprung) must be notified to clubs before participation entries are received. A non-sprung floor is preferred.
- d. See the TeamGym Manual for further specifics.



Tumbling

- a. The performing area for Tumbling must be an appropriate tumbling floor at least 10m x 1.8m, with a matted approach including a short ramp -see TeamGym Manual for specifics.
- b. The style of the tumbling track provided by Event Organisers (i.e. sprung / rod / air track etc.) must be notified to clubs before participation entries are received.
- c. Appropriate safety/overflow matting must be provided and placed by Event Organiser.
- d. Air Floors are to be situated on solid ground is not on top of a sprung floor.



Single Mini Tramp

- a. The performance area for Single Mini Tramp must contain two (2) Mini Tramps and appropriately matted landing areas (300mm crash mats) with overflow matting.
- b. There must be a clear approach to the Single Mini Tramp of at least 12 metres, see TeamGym manual for specific details.
- c. Single Mini Tramps are to be situated on solid ground i.e. not on top of a sprung floor.

