Gymnastics NSW

Section 2 - Acrobatic Gymnastics
Sanctioned Competition Handbook

Contents

Region Event Information

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.

Region Information

What do I need to be able to hold my own region competition?
To be able to hold your own region competition you will need a floor, a date in mind, a venue to hold the competition at, judges and seating.

Are the region competitions sanctioned events?
Yes, region competitions are sanctioned events. To find out more and to sanction your event please visit the Sanction Competition Information on the GNSW website.

Are the region competitions sanctioned qualifying events for State Championships?
Acrobatics Region events will not be sanctioned as qualifying events. All athletes wishing to attend a State Championships must qualify through a NSW State Trial event.

What needs to be organised first?
As the competition organiser you can liaise with your region supervisor to help assist you or if you already have a venue in mind then you need to book this first. Once you have found a venue you will then need to liaise with the venue about what dates are available & book accordingly to your schedule. Make sure your venue has adequate seating or enough room to create seating with chairs or gymnastics equipment.

How do I find out who my region supervisor is?
Please head to the GNSW website to find a list of regional supervisors:

Do I need to invite clubs to my competition?
Regions will communicate as appropriate with clubs within the region and neighbouring regions to invite them to the competition.

What should I do next?
Liaise with your regional supervisor and let them know the date and the venue of the competition. From there your regional supervisor will create an entry form which they will then send out to every club in your region inviting them to your competition.

General Competition Information

Do I need to set a closing date?
No, your region supervisor will do this for you. Once the closing date has happened your regional supervisor will send you all the entries to create a competition schedule.

Do I need to work out a price for each athlete?
No, your region supervisor will have set costs for competitions that they can then tweak & implement for your competition.

Do I need to organize ribbons and medals?
Please liaise with your region supervisor. They generally already have medals and ribbons for regional competitions which you could use for your competition.

Do I need to send a reminder one week before the closing date?
No, this is something your region supervisor will take care of.

Floor Specifications
For level 1-3 competitions athletes must compete with the following minimum requirements:
- Double layer matting i.e. foam layer and carpet layer
- At least an area of 3 strip mats

If a sprung floor is available that can be used for level 1-3 competitions, but routines are not being constructed with this requirement.

Level 1-3 competitions can be set up with two groups competing at the same time in a dual floor system. A floor plan example is below, Judges panels are not required to be in the position below. When using a dual floor an area of 3 strip mats should still be used, if the area is less entries should be informed for routine modification.
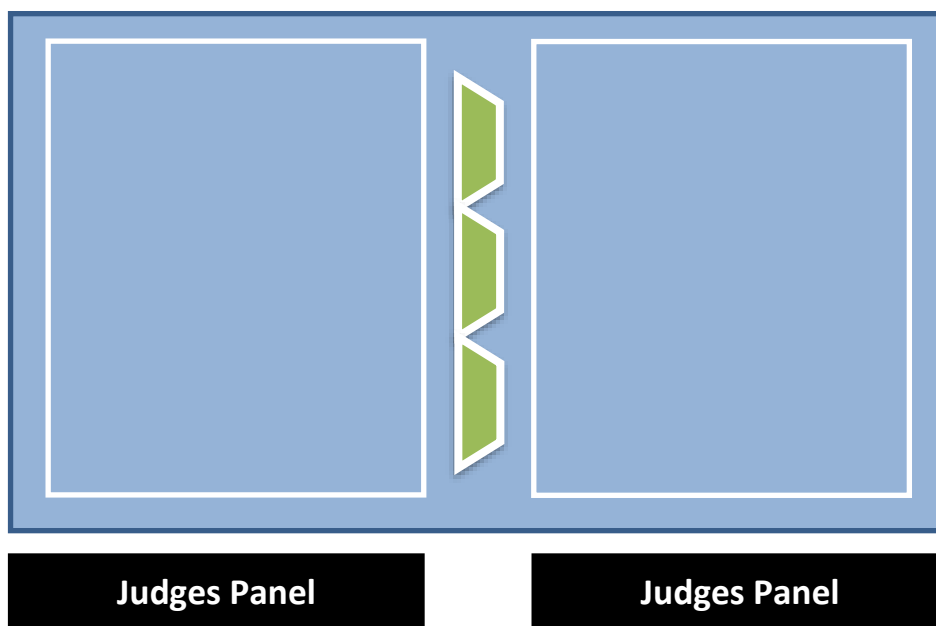
For level 4-10 and international competitions athletes will compete on a 12m x 12m sprung floor.

How do I create a competition schedule?
To create a competition schedule, you can either use a word document or an excel document. Please refer to appendix A for examples of what a competition schedule looks like. For level 1-3 competitions you will need to allow a minimum of 2 minutes per routine. For level 4, 5 & 6 you will need to allow 3 minutes per routine. For levels 7-10 and international you will need to allow 3:30 per routine.

Music submission
Level 1-3 Compulsory music can be found online on the Gymnastics NSW Technical Regulations website.

All other levels use their own music. It would be easiest for a region to request clubs bring their music on the day and play it when their routines are up. It should be suggested that clubs bring their music on a digital form that can be plugged in via an aux cord. All coaches should also bring a backup of their music in case of difficulties.

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PA / music system

Regional supervisors can assist with getting a PA system, they will probably know of a club that may have one they can source. Also ask if the club hosting the competition has a PA system, if they do then you would use that.

Results

The regional / competition coordinator should send results to GNSW, to either of the following email addresses, which then will be published on the Gym NSW website:

acro@gymnsw.org.au
regioncompetition@gymnsw.org.au

Judging Information

How do I organize judges?

The organizing club is required to provide judges either from their own club or from one of the clubs attending your competition. If you are struggling with either of these options you are able to call Amy Duchemin-Nichols, Gymnastics NSW's ACRO Events & Sport Development Officer (ESDO) on 02 8116 4129 or acro@gymnsw.org.au.

What is the minimum number of judges needed to run a competition?

The minimum number of judges required to run a competition is 3.

The following judging requirements are needed for different levels of competition.

Accreditation	Execution	Artistry	Difficulty	CJP
Beginner	Level 1 - 3	N/A	*Cannot Judge*	
Intermediate	Level 1 - 6	Level 1 - 10		
Advanced	Level 1 - 10	Level 1 - 10 & International	Level 1 - 6	Level 1 - 3
Advanced Silver	Level 1 - 10 & International	Level 1 - 10 & International	Level 1 - 10	Level 1 - 10
FIG	Can judge all levels in all roles			

What do the judges need?

1. To be able to judge effectively the judges need 4 different CHIT sheets. These can be sent to you by Amy. Alternatively, please see Appendix A - Judging Chits for images of each CHIT which you can make up yourself or save image and create a new document.

2. The judges will also need a score sheet template. This is for the judge sitting at the computer, when they receive the scores they enter them into this score sheet template and this assists to see the groups final score as well as rank all of the groups once the competition has finished. Please see an example below:

How to get the final score:
Final E score x2 + Final A score + Difficulty - Deductions

3. Judges will need a run sheet to know what groups are competing at what time. This run sheet will give them basic information such as the group number, the level of the acrobats, the configuration e.g. group or pair and what time they are due to compete. (example of run sheet found in Appendix B - Run Sheet Examples)

4. Lastly the judges will need judging panels to know which judge has what role at what time throughout the competition. Please refer to Appendix C - Judging Panels for examples.

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Appendices

Appendix A - Judging Chits

CJP Chit

ACROBATIC GYMNASTICS

Comp Date:

Judge CJP

Comp No:

Routine: B   D   C

Execution:

Artistry:

CJP Deductions:

> Breakdown:
>
> Special Requirement:
>
> Time:
>
> Other:

Judges Name:

Difficulty Chit

ACROBATIC GYMNASTICS

Comp Date:

Judge DJ

Comp No:

Routine: B   D   C

Raw Score:

Difficulty Value:

DJ Deductions:

> Special Requirement:
>
> Time:
>
> Other:

Judges Name:

Artistry Chit

Note - Only used for level 4 and above

ACROBATIC GYMNASTICS

Comp Date:

Judge   1   2   3   4

Comp No:

Routine: B   D   C

Artistry Score:

Judges Name:

Execution Chit

ACROBATIC GYMNASTICS

Comp Date:

Judge   1   2   3   4

Comp No:

Routine: B   D   C

Execution Score:

Judges Name:

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Appendix B - Run Sheet Examples

Level 1-3 Competition Run Sheet Example

			Sunday Session 1 Level 1							
		FLOOR 1				**FLOOR 2**				
		PANEL 1 Mixed & Women's Pairs (Junior) PANEL 2 Men's & Women's Pairs (Senior)				PANEL 3 Women's Trios				
7:55:00 AM		Coaches Meeting				Coaches Meeting				
8:00:00 AM		Balance Rotation 1 to Stretch Floor				Balance Rotation 1 to Stretch Floor				
8:17:30 AM		Balance Rotation 2 to Stretch Floor				Balance Rotation 2 to Stretch Floor				
		Balance Rotation 1				**Balance Rotation 1**				
8:30:00 AM	P1	1502	Maddison, Hamish	L1MX	North Shore	P3	1303	Charlie, Charlotte, Sara	L1W3J	Gladesville
8:32:30 AM	P2	1701	Riley, Calvin	L1MJ	Acrogym					
8:35:00 AM			Balance Rotation 3 to Stretch Floor					Balance Rotation 3 to Stretch Floor		
8:35:00 AM	P1	1501	Amelia, Cooper	L1MX	Gladesville	P3	1305	Harmony, Ayah, Briella	L1W3J	SGAC
8:37:30 AM	P2	1702	Mitch, Nikhil	L1MJ	SGAC					
8:40:00 AM	P1	1503	Joshua, Madison	L1MX	Phoenix	P3	1301	Amelia, Clarissa, Amelia	L1W3J	Acrogym
8:42:30 AM	P3	1011	Kaylene, Tayla	L1W3s	Sydney Hills					
8:45:00 AM	P1	1002	Zara, Evie	L1W2J	Oak Flats	P3	1308	Jasrah, Charlotte, Carolina	L1W3J	Campbelltown
		Balance Rotation 2				**Balance Rotation 2**				
8:47:30 AM	P2	1005	Georgia, Alena	L1W2s	Gladesville					
8:50:00 AM	P1	1012	Zhanna, Sofia	L1W3J	Sydney Hills	P3	1309	Penny, Talia, Isabelle	L1W3J	North Shore
8:52:30 AM			Balance Rotation 4 to Stretch Floor					Balance Rotation 4 to Stretch Floor		
8:52:30 AM	P2	1025	Maya, Robin	L1W2s	Sydney Hills					
8:55:00 AM	P1	1018	Alice, Matilda	L1W2J	SXL	P3	1304	Grace, Katrina, Caoilainn	L1W3J	Gladesville
8:57:30 AM	P2	1024	Sharon, Annabelle	L1W2s	Sydney Hills					
9:00:00 AM	P1	1003	Macey, Summer	L1W2J	Acrogym	P3	1313	Emma, Cindy, Grace	L1W3J	Sydney Hills
9:02:30 AM	P2	1021	Zabel, Demi	L1W2s	SXL					
		Balance Rotation 3				**Balance Rotation 3**				
9:05:00 AM	P1	1026	Amira, Isabella	L1W3J	SGAC	P3	1314	Charlotte, Khloe, Tehachi	L1W3J	Sydney Hills
9:07:30 AM	P2	1001	Mila, Olivia	L1W3s	Oak Flats					
9:10:00 AM	P1	1009	Ana, Brianna	L1W3J	SGAC	P3	1306	Myla, Breanna, Adrean Figueira	L1W3s	Sydney Hills
9:12:30 AM	P2	1007	Eilah, Hassantu	L1W2s	SGAC					

Single Panel Run Sheet Example

This would be used for a level 4+ competition or a level 1-3 competition with only a single panel:

Acrobatic Gymnastics Final Run Sheet
Levels 6 to 10 & International Stream Trial 1
2 & 3 March 2019

		Saturday Session 1 International 11/16			
8:02:00 AM		Competitor Measuring Session 1 (10 minutes)			
8:12:00 AM		Coaches Briefing			
8:17:00 AM		General Stretch Session 1			
		Balance routines			
9:00:00 AM	1431	Erin, Zarie, Aimee		SnrW3 Display	Acrogym
9:04:00 AM	1151	Siobhan, Daniel		11/16mx	Sydney Gymnastics
9:07:00 AM	1103	Olivia, Samantha		11/16w2	SXL
9:10:00 AM	1106	Layla, Raimely		11/16w2	Sydney Gymnastics
9:13:00 AM	1102	Lauren, Danyel		11/16w2	SXL
9:16:00 AM	1104	Heather, Jovana		11/16w2	Sydney Gymnastics
9:19:00 AM	1101	Abbey, Latisha		11/16w2	Oak Flats
9:22:00 AM	1107	Hailey, Charli		11/16w2	Sydney Hills
9:25:00 AM	1105	Alice, Jessica		11/16w2	Sydney Gymnastics
9:28:00 AM	1131	Brooke, Jasmin, Regan		11/16w3	Acrogym
9:31:00 AM	1136	Isabella, Lara, Addison		11/16w3	Sydney Hills
9:34:00 AM	1137	Celine, Demi, Macie		11/16w3	Sydney Hills
9:37:00 AM	1132	Erica, Grace, Amber		11/16w3	Acrogym
9:40:00 AM	1134	Mikayla, Molly, Indianna		11/16w3	Oak Flats
9:43:00 AM	1135	Stella, Jessica, Grace		11/16w3	SXL
9:46:00 AM	1138	Kate, Tylah, Neroli		11/16w3	Sydney Hills
9:49:00 AM	1133	Kangyi, Rachel, Sarah		11/16w3	Gladesville
9:49:00 AM		BREAK			

Double Panel Run Sheet Example

If you can have enough judges to run a full panel then here is an example of what a full panel run sheet looks like:

Saturday Session 3
Level 4

Time					
2:30:00 PM			Competitor Measuring Session 3 (15 minutes)		
2:45:00 PM			Coaches Meeting		
2:50:00 PM			Balance Rotation 1 to Stretch Floor		
3:12:30 PM			Balance Rotation 2 to Stretch Floor		

Balance Rotation 1

Time	Panel	No.	Name	Category	Club
3:30:00 PM	P1	406	Kiara, Ella	L4W2j	Acrogym
3:33:00 PM	P1	425	Bronte Lee, Darci	L4W2j	Gosford
3:34:30 PM			Balance Rotation 3 to Stretch Floor		
3:36:00 PM	P1	403	Grace, Joanne	L4W2j	Acrogym
3:38:45 PM	P2	451	Marko, Emily	L4MX	Gladesville
3:41:30 PM	P1	414	Natasha, Shanice	L4W2j	Sydney Gymnastics
3:44:15 PM	2	452	Ryan, Lucy	L4MX	SXL
3:47:00 PM	P1	413	Caitlin, Jeniffer	L4W2j	Sydney Gymnastics
3:49:45 PM	P2	441	Maddisen, Orabella, Siobhan	L4W3	SXL

Balance Rotation 2

Time	Panel	No.	Name	Category	Club
3:52:30 PM	P1	415	Anjlika, Zahara	L4W2j	Sydney Gymnastics
3:55:15 PM	P2	432	Verity, Abigail, Lily	L4W3	Acrogym
3:56:30 PM			Balance Rotation 4 to Stretch Floor		
3:58:00 PM	P1	411	Alina, Adriana	L4W2j	Sydney Gymnastics
4:00:45 PM	P2	434	Isabella, Nikita, Katia	L4W3	Gladesville
4:03:30 PM	P1	402	Skye, Savannah	L4W2j	A.A.G.I.
4:06:15 PM	P2	443	Jordain, Kiara, Kleo	L4W3	Gladesville
4:09:00 PM	P1	419	Ellie, Annabella	L4W2j	Altitude Gym Sports
4:11:45 PM	P2	440	Nicole, Luna, Evie	L4W3	SXL

Appendix C - Judges Panel Examples

Single Panel Judges Panel Example

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Start Here, Go Anywhere!

ACRO Single Panel Judges Panels

Judge's Panels

Session ___ Judges- Balance

Role	Name
CJP	
DJ1	
DJ2	
E1	
E2	
E3	
A1	
A2	
A3	
Computer/Scores/Runner	

Session ___ Judges- Dynamic

Role	Name
CJP	
DJ1	
DJ2	
E1	
E2	
E3	
A1	
A2	
A3	
Computer/Scores/ Runner	

Session ___ Judges- Combined

Role	Name
CJP	

Double Panel Judges Panel Example

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ACRO Double Panel Judges Panels

Judge's Panels

VENUE

DATE

Session __ Judges- Balance				
Panel 1			**Panel 2**	
Role	Name		Role	Name
CJP			CJP	
DJ			DJ	
E1			E1	
E2			E2	
E3			E3	
A1			A1	
A2			A2	
A3			A3	
Computer/Runner				

Session __ Judges- Dynamic				
Panel 1			**Panel 2**	
Role	Name		Role	Name
CJP			CJP	
DJ			DJ	
E1			E1	
E2			E2	
E3			E3	
A1			A1	
A2			A2	
A3			A3	
Computer/Runner				
Presentation				

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