

2021

Gymnastics NSW Technical Regulations

Section 8 - Women's Artistic Gymnastics

POLICY NAME:	Women's Gymnastics Technical Regulations 2021
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General Information

Technical Regulations Purpose

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

The FIG Code of Points and Technical Regulations, and the Gymnastics Australia Technical Regulations provide governance for Women's Artistic Gymnastics (WAG). This handbook provides WAG in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

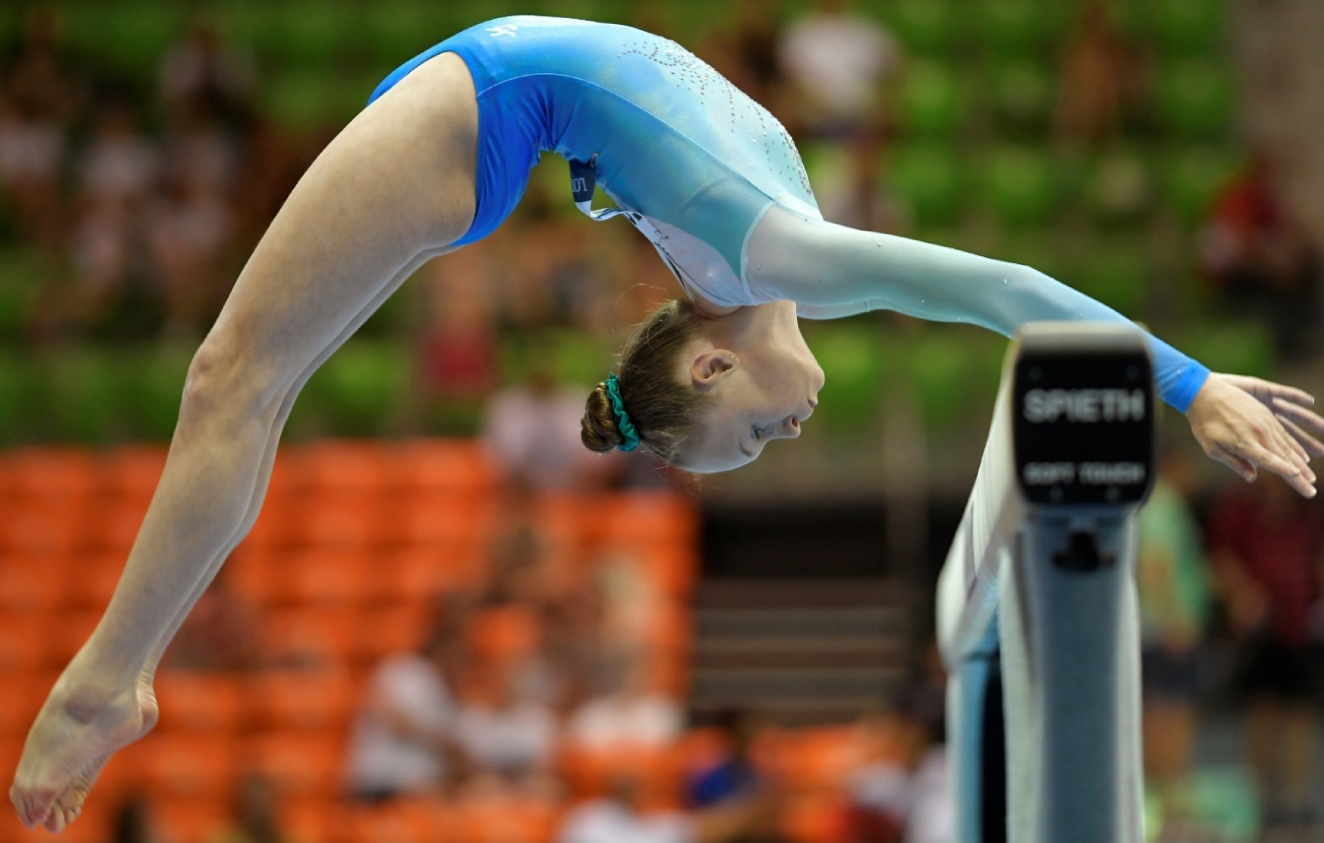
The WAG Gymsport Committee shall be master of its own procedures.

Where any event occurs that is not elsewhere provided in these regulations, any decision or action required shall be decided by a simple majority vote of the Committee, whose determination of the matter shall be final and not to be construed as having set a precedent.

Whereby error or omission any of the foregoing regulations shall require interpretation, the original intent of the Committee in the framing of the subject regulation shall prevail, rather than the letter of the law.

Abbreviations

ALP	Australian Levels Program
CoP	Code of Points
ESDO	Events & Sport Development Officer
GA	Gymnastics Australia
GNSW	Gymnastics New South Wales
JA	Judge's Assembly
WAG	Women's Artistic Gymnastics





Committees

National Commission

The GA National Commission consists of the following positions:

- Technical Director
- Judging Coordinator
- Project Officers

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

GNSW WAG Gymsport Committee

Technical Director	Marie Bannister	Email
Judging Coordinator	Jodie McGinnity	Email
Project Officer 1	Skye Benson	Email
Project Officer 2	Naomi Bruce	Email
Project Officer 3	Zsuzsanna Fabri	Email
Project Officer 4	Antoine Rizzo	Email
Project Officer 5	Cody Moore	Email
GNSW WAG High Performance Manager (ex officio)	Marnie Heming	Email

GNSW WAG Judges Assembly

Judging Coordinator	Jodie McGinnity	Email
Secretary	Sacha Etherington	Email
Treasurer	Barbara Pearson	Email
General Member	Wendy Anderson	Email
General Member	Deborah Greenbaum	Email
WAG Technical Director (ex-officio)	Marie Bannister	Email

Key Focuses and Initiatives

- Increase participation and provide support for clubs so that there is real growth in the sport
- Provide education programs, which will train and develop both coaches and judges at a regional and state level
- Improve communication within the WAG community
- Support the International Program through the development of a strong underpinning program, which will build the numbers of International gymnasts for events
- Achieve the premier position in the National arena
- To broaden the participation in WAG

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



Sport Specific Information

About WAG

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

Program Information

Women's Artistic Gymnastics in Australia follows a nationally developed and supported program that provides appropriate pathways, allowing gymnasts, irrespective of their ability, to develop to their full potential.

The ALP provides one pathway for gymnasts, comprised of 4 sections:

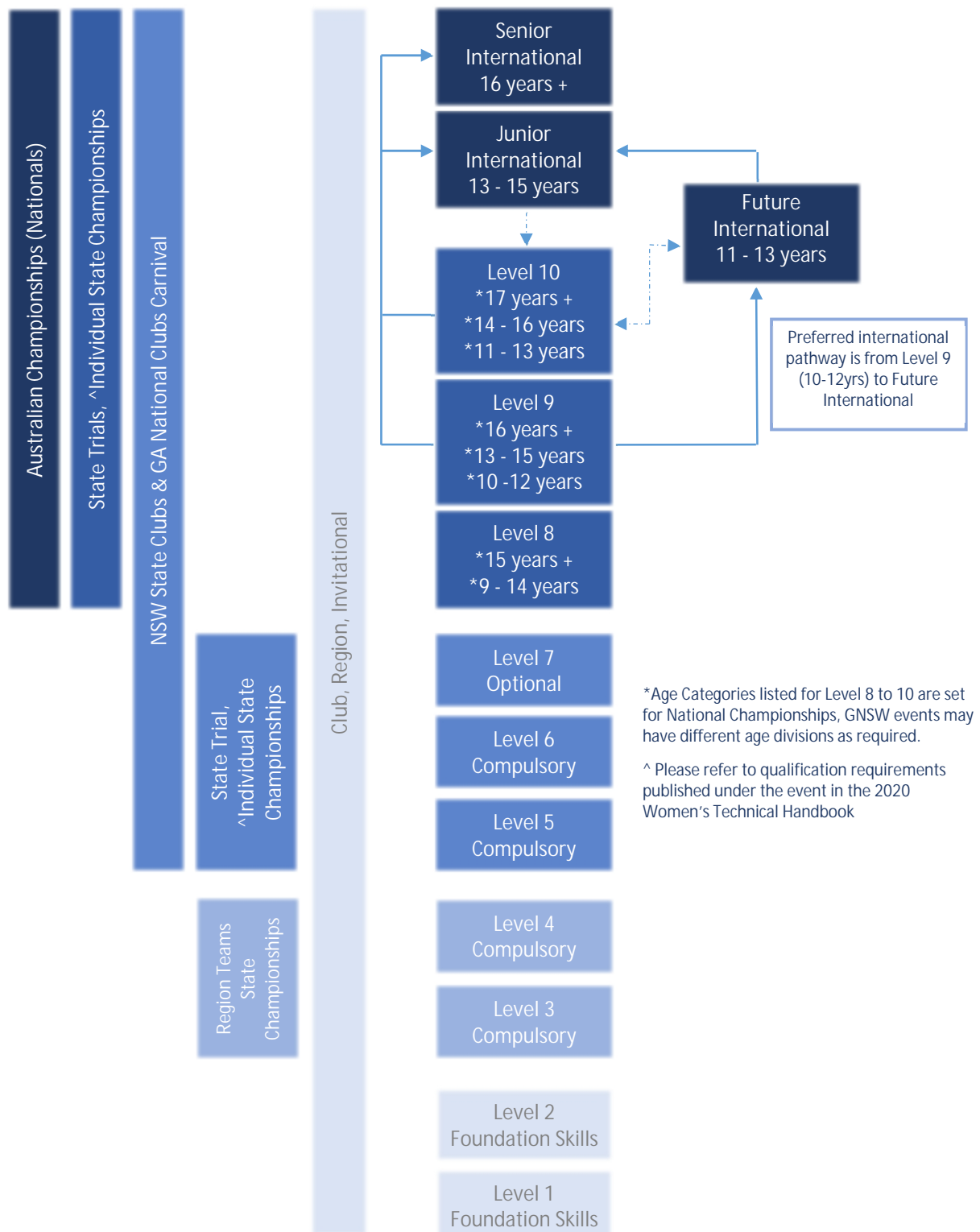
-)] Foundation Program - Levels 1 & 2
-)] Compulsory Levels - Levels 3 - 6
-)] Optional Levels - Levels 7 - 10
-)] Future International - Future International

The progression from Future International leads to the Junior and Senior International levels governed by the FIG Code of Points.

The ALP is currently at Version 3.1 and can be downloaded from the [GA website](#) or Technical members with a WAG accreditation or from the [Gym Shop](#).



NSW Competition Framework





General Regulations

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

Additional Judge Regulations

Judge Attire

Judges must meet the dress requirements as listed in the WAG CoP & ALP.

Additional Athlete Regulations

Progression and Transitions

In 2021 clubs and coaches will have the flexibility to be able to allocate gymnasts into the level they deem most appropriate for the gymnast following the return from COVID-19 shut-down and the athletes individual progress when returning to training. This will mean that in the event it is most appropriate for a gymnast to potentially compete in a level lower than the level they have previously competed this will not require any approval. We trust that coaches will act in the best interest of the gymnast.

Event Information

Competition Equipment

All equipment allowed for competition will be supplied at the apparatus. Additional matting, springboards and other equipment will not be permitted to be moved to or from an apparatus without consent of the WAG ESDO or Event Manager.

Apparatus Requirements

For the current specifications please refer to the latest Australian Levels Program, Gymnastics Australia WAG Technical Regulations and FIG Apparatus Norms.

All beam heights at GNSW events will be set at the minimum stated height. Applications to raise the bars are required to be submitted on the entry form.

Music Requirements

All compulsory music will be provided by GNSW for use at GNSW run competitions.

Music for NL 7 - 10 and Future, Junior and Senior - must be submitted via the [JotForm](#)

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

Warm-up Regulations

- Please refer to Australian Levels Manual and the FIG Code of Points for warm-up regulations.
- Each competing gymnast is entitled to a touch warm-up period immediately prior to the competition on all apparatus in accordance with the Technical Regulations that govern that competition.
- 30 seconds on all apparatus except Uneven Bars, minimum of 2 vaults.
- 50 seconds on Uneven Bars - includes bar preparation.
- In team competitions the entire warm-up time belongs to the team. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.
- In mixed groups the warm-up time belongs personally to the gymnast. The order of warm-up should be the same as the order of competition, unless there are apparatus alterations or other extenuating circumstances.
- If a gymnast is still on the apparatus when the judges signal the end of the warm-up period, they may complete the element or sequence started. Following the warm-up period or during the 'competition pause', the apparatus may be prepared but not used.
- There will be a signal to start from the Head Judge 30 seconds before their exercise is expected to begin.
- Team warm-up and order only apply to the State Club Championships.





Unless otherwise stated prior to competition

Level 3 - Warm Up / Compete

Vault - 2 Vaults

Bars - 1 routine

Beam - 30 seconds per gymnast (may be done on a different beam)

Floor - one routine

Level 4 - Warm Up / Compete

Vault - 2 Vaults

Bars - 1 routine

Beam - 30 seconds per gymnast (may be done on a different beam)

Floor - one routine

Level 5 - Warm Up / Compete

Vault - 2 Vaults

Bars - 1 routine (does not include bar preparation)

Beam - 45 seconds (may be done on a different beam)

Floor - 30 secs per gymnast or up to a maximum of 3 mins

Level 6 - Warm Up / Compete

Vault - 2 Vaults

Bars - 1 routine (does not include bar preparation)

Beam - 45 seconds (may be done on a different beam)

Floor - 30 secs per gymnast or up to a maximum of 3 mins

Level 7 (May be Warmup/compete or Podium warm up depending on competition format and advised when timetable is released). Bars and Beam will have American warm-up (2 warm-up, 1 compete).

Warm-up / Compete

Vault - 2 Vaults

Bars - 1 minute per gymnast (not accumulated where there are multiple gymnasts from one club, can get on and off the apparatus multiple times within the minute)

Beam - 1 Minute per gymnast (not accumulated where there are multiple gymnasts from one club, can get on and off the apparatus multiple times within the minute)

Floor - 30 secs per gymnast or up to a maximum of 3 mins

OR

Podium

One touch warm-up

Vault - 2 Vaults

Bars - 1 Touch (50 seconds max)

Beam - 30 Seconds

Floor - 3 minutes allocated to the group - max 8

Levels 8- 10, Future, Junior and Senior International

Podium

One touch warm-up

Vault - 2 Vaults (Junior and Senior Int if competing 2 vaults - 3 vaults)

Bars - 1 Touch

Beam - 30 Seconds

Floor - 3 minutes allocated to the group - max 8



Coach Assistance

For Levels 3 - 6 coaches must stand in between the bars to spot the routines for Bars. In all other cases, the regulations indicated in the CoP or ALP will apply to coaches on the podium and spotting skills.

Specific Event Requirements

Entry Requirements & Qualification

Level	Qualification Requirements								
Levels 8 - 10	<p>Trials: No qualification for Trials</p> <p>State: The top 80 gymnasts in each level from the GNSW State Trials will qualify for the State Championships. The top 80 gymnasts are determined by taking the gymnasts highest score from either trial and ranking all gymnasts in that level.</p>								
Future International	<p>Trials: No qualification for Trials.</p> <p>State: All gymnasts who competed in this level at a State Trial are eligible for the State Championships</p> <p>Day 1 (Compulsory Only)</p> <p>Day 2 (Optional Only)</p>								
Junior International	<p>Trials: No qualification for Trials.</p> <p>State: All gymnasts who competed in this level at a State Trial are eligible for the State Championships</p>								
Senior International									
Level 5 - 7	<p>Trials: Country athletes must qualify at Country Championships.</p> <p>City clubs/ regions must qualify at their designated Metropolitan Trial.</p> <table border="0"> <tr> <td>Zone 1:</td><td>Zone 2:</td></tr> <tr> <td>Inner City</td><td>Met West</td></tr> <tr> <td>Northern</td><td>Outer City</td></tr> <tr> <td></td><td>Southern</td></tr> </table> <p>State: The top 160 athletes will be selected from the combination of these events upon the weighted average of entries for each event. All selected athletes will be auto entered into the event.</p> <p>The border Challenge Trial cannot be used to qualify for State Championships</p>	Zone 1:	Zone 2:	Inner City	Met West	Northern	Outer City		Southern
Zone 1:	Zone 2:								
Inner City	Met West								
Northern	Outer City								
	Southern								
Level 3 & 4 State Championships	<p>Gymnasts will qualify through regional competitions into Region Teams. Each region will select 8 teams of 5 gymnasts to attend the State Championships.</p> <p>No qualifying score is required, just participation</p>								



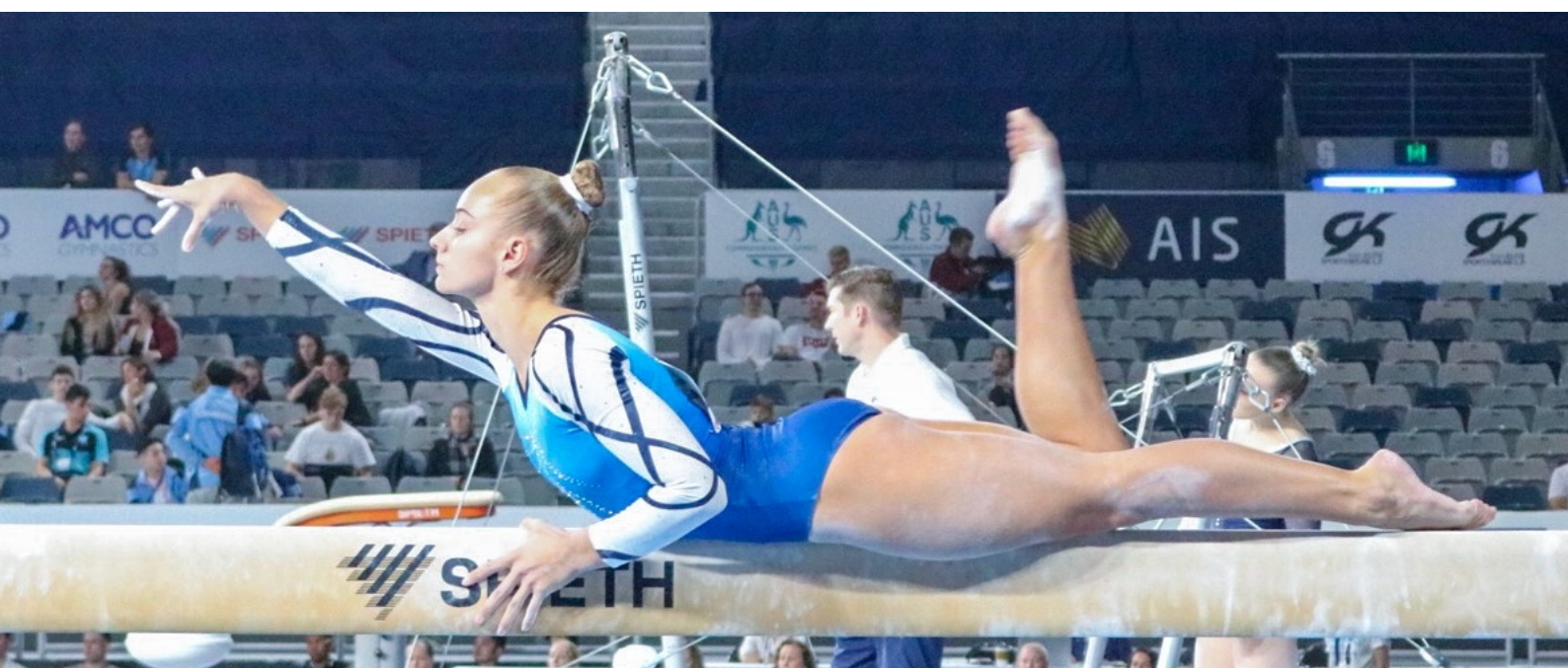
Level	Qualification Requirements
Levels 3 - 10 State Challenge Championships	All gymnasts must have competed in 2021 in a sanctioned GNSW or Regional Competition in this level prior to the closing date for Entries. No qualifying score is required, just participation Gymnasts must not have competed in any individual state championships in the calendar year.
Special Olympics	All gymnasts must have competed in a sanctioned GNSW or Regional Competition in this level prior to the closing date for Entries. No qualifying score is required, just participation

Score Queries

Coaches are allowed to query the D-Score of a gymnast's routine by completing the Query sheet available from the Jury and returning the completed form to them. This must be done in a timely manner after the display of the D-Score.

Age Divisions

Level	Age Divisions
Levels 8 - 10	Age Divisions will be determined after the close of entries. Level 9 (10 - 12) will be one age division
Future International	Future International will be one age division
Junior International	Junior International will be one age division
Senior International	Senior International will be one age division
Level 5 - 7 Metro Trials	Awards will be allocated in both Junior and Senior divisions in each session with age divisions determined after the close of entries
Level 5 - 7 State Championships	Age Divisions will be determined after the close of entries
Level 3 & 4 Challenge Championships	N/A. No age divisions
Special Olympics	





Awards

Level	Apparatus	All Around
State Trials		
National Levels 8-10	1 st - 6 th	1 st - 6 th
Future International	Minimum scores:	Minimum scores:
Junior International	Junior - 11.00	Junior - 42.00
Senior International	Senior - 11.50	Senior - 44.00
State Championships		
National Levels 8-10	1 st - 6 th	1 st - 6 th
Future International	Minimum scores:	Minimum scores:
Junior International	Junior - 11.00	Junior - 42.00
Senior International	Senior - 11.50	Senior - 44.00
Level 7 Border Challenge Trial	1 st - 6 th	1 st - 6 th
Level 5 - 7 Metro Trials		
Level 5 - 7 State Championships	1 st - 6 th	1 st - 6 th
		City vs Country Cup
Level 3 & 4	Banding	Banding
	Blue 9.50 & above	Gold 36.00 & above
	Red 9.00 - 9.49	Silver 35.00 - 35.99
	Green 8.50 - 8.99	Bronze 34.99 & below
	Yellow 8.00 - 8.49	
	Orange 7.99 & below	
	Region Teams	1 st - 3 rd
Challenge Championships		
Levels 3-6	Banding	Banding
	Blue 9.00 & above	Gold 35.00 & above
	Red 8.00 - 8.99	Silver 33.00 - 34.99
	Green 7.50 - 7.99	Bronze 32.99 & below
	Yellow 7.00 - 7.49	
	Orange 6.99 & below	
Levels 7-10	Banding	Banding
	Blue 8.50 & above	Gold 33.50 & above
	Red 7.50 - 8.49	Silver 31.50 - 33.49
	Green 7.00 - 7.49	Bronze 31.49 & below
	Yellow 6.50 - 7.99	
	Orange 6.49 & below	
Special Olympics	Banding	Banding
	Blue 18.00 & above	Gold 65.00 & above
	Red 16.00 - 17.99	Silver 60.00 - 64.99
	Green 15.99 & below	Bronze 59.99 & below



Senior State Trials & State Championships

Future International gymnasts will compete the Day 1 (Compulsory) for Trial 1 and Day 2 (Optional) for Trial 2 and their State Championships will be a 2 day event.

Level 10, Future, Junior and Senior gymnasts who have entered in the State Trial/s but have been injured and are unable to compete in them may apply for special consideration to compete at the State Championships as long as they can provide proof of injury and clearance to compete at the event. Permission must be sought via petition to the Gymsport Committee or High Performance Manager within 24hrs after the 2nd trial.

National Levels 5 - 10, & International State Club Championships

Please refer to State Clubs Handbook for full details for this event. The handbook can be found on the [Gymnastics NSW website](http://www.gymnasticsnsw.com.au).

Level 3 & 4 State Championships

Regions are to select and submit teams for the State Championships based on individual region criteria. Each team must be filled before starting on the next team (exception is if you only have 6 or 7 gymnasts where you can make 2 teams) An overall Champion Region will be awarded for Levels 3 & 4 with points accumulated across the level with the overall Champion Region announced in the final session presentation.

Level 3

Level 4

Friday

Session 1

Vault	Bars	Beam	Floor	Rest
Inner City 7	Metropolitan West 2	Central West / Riverina 5	Southern 8	Hunter 8
North West 4	Outer City 7	Far North Coast 6	Northern 5	South Coast 6

Session 2

Vault	Bars	Beam	Floor	Rest
Far North Coast 5	Outer City 1	Metropolitan West 4	South Coast 5	Hunter 1
Northern 6	Southern 3	Inner City 6	Central West / Riverina 1	North West 3

Session 3

Vault	Bars	Beam	Floor	Rest
North West 2	Hunter 2	Metropolitan West 8	Inner City 5	Central West / Riverina 4
Far North Coast 1	Outer City 4	South Coast 4	Northern 1	Southern 2

Saturday

Session 4

Vault	Bars	Beam	Floor	Rest
North West 5	Central West / Riverina 7	South Coast 1	Metropolitan West 1	Outer City 6
Hunter 3	Northern 7	Far North Coast 2	Southern 4	Inner City 1

Session 5

Vault	Bars	Beam	Floor	Rest
Far North Coast 8	Southern 6	Hunter 5	Metropolitan West 7	Central West / Riverina 6
Inner City 8	South Coast 8	Outer City 2	Northern 4	North West 6

Session 6

Vault	Bars	Beam	Floor	Rest
South Coast 2	Hunter 6	Southern 7	Outer City 5	Metropolitan West 5
Central West / Riverina 8	Northern 2	Inner City 3	Far North Coast 4	North West 8

Session 1

Vault	Bars	Beam	Floor	Rest
South Coast 2	Far North Coast 1	Metropolitan West 5	Central West / Riverina 2	North West 3
Inner City 5	Northern 3	Outer City 6	Hunter 5	Southern 3

Session 2

Vault	Bars	Beam	Floor	Rest
Central West / Riverina 4	North West 8	Metropolitan West 6	Inner City 4	Far North Coast 6
Northern 7	Outer City 3	Southern 6	Hunter 3	South Coast 1

Session 3

Vault	Bars	Beam	Floor	Rest
Hunter 6	North West 4	Southern 1	Northern 4	South Coast 4
Far North Coast 4	Outer City 2	Inner City 2	Central West / Riverina 3	Metropolitan West 3

Session 4

Vault	Bars	Beam	Floor	Rest
Hunter 4	South Coast 6	North West 7	Northern 6	Inner City 3
Southern 4	Far North Coast 8	Metropolitan West 8	Central West / Riverina 6	Outer City 5

Session 5

Vault	Bars	Beam	Floor	Rest
North West 5	Far North Coast 2	Outer City 4	Hunter 7	Inner City 8
Northern 2	South Coast 8	Metropolitan West 7	Central West / Riverina 7	Southern 8

Session 6

Vault	Bars	Beam	Floor	Rest
Hunter 2	Far North Coast 7	Metropolitan West 2	South Coast 3	North West 1
Northern 1	Central West / Riverina 8	Inner City 1	Southern 2	Outer City 7



Level 3

Level 4

Sunday

Session 7

Vault	Bars	Beam	Floor	Rest
South Coast 7	Southern 5	Central West / Riverina 3	Far North Coast 7	Northern 8
North West 7	Inner City 4	Outer City 3	Metropolitan West 3	Hunter 7

Vault	Bars	Beam	Floor	Rest
Outer City 8	Inner City 6	Southern 7	Hunter 1	Metropolitan West 4
Northern 8	North West 6	Far North Coast 3	Central West / Riverina 1	South Coast 7

Session 8

Vault	Bars	Beam	Floor	Rest
Outer City 8	Inner City 2	Southern 1	Metropolitan West 6	Central West / Riverina 2
North West 1	Northern 3	Far North Coast 3	Hunter 4	South Coast 3

Vault	Bars	Beam	Floor	Rest
Northern 5	Inner City 7	South Coast 5	North West 2	Metropolitan West 1
Central West / Riverina 5	Hunter 8	Outer City 1	Southern 5	Far North Coast 5

Country Championships

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

Selection Process

Australian Championships NSW State Team

Selection Committee

National Levels	GNSW WAG Gymsport Committee WAG High Performance Manager (ex officio)
International Levels	GNSW WAG High Performance Manager International Levels Technical Expert/s (up to 2)

Selection Criteria

Any combination of the gymnast's top two (2) All Around scores from Trial 1, Trial 2 or State Championships, will be combined to determine the gymnast's ranking. The qualification scores will be as per the Gymnastics Australia requirements in the 2020 Technical Regulations Part B for all levels apart from Future International.

Level 8 and Level 9 over 13

At the conclusion of the Senior State Championships the top 8 ranked gymnasts in Level 8 and Level 9 (13 years and over) from the above criteria will be announced in the team.

Two non-travelling reserves in Level 8 and 9 (13 years and over) will be named, being the next 2 ranked gymnasts.

Level 9 under (10-12 years) and Level 10

At the conclusion of the Senior State Championships the top 6 gymnasts in Level 9 under and Level 10 from the above criteria will be announced in the team (pending achieving the required qualification score where applicable - please see below).

An injury petition for a Level 10 gymnast only who did not compete in the state trials may be submitted for consideration, however the gymnast must have competed at the State Championships and placed in the top 6 AA for the injury petition to be considered. Injury petition would only be considered in the event the gymnast does not have two counting scores. An accepted injury petition would replace the lowest ranked gymnast (e.g. if one



injury petition were accepted the gymnast would replace 6th place or if two were accepted, they would replace 5th and 6th etc.).

In Level 9 under (10-12 years), Level 10 and International Levels additional athletes may attend as long as they meet the qualifying requirements as detailed in the Gymnastics Australia WAG Technical Regulations Part B and/or Gymnastics NSW state team requirements.

Selection Process - Athletes

Number per team:	Level 8, 9 (13 years and over)	8
	Level 9 (10-12 years), Level 10, Future, Junior/Senior Int	6
Individuals:	In addition to the selected team, individuals in Level 9 (10-12 years), Level 10, Future, Junior and Senior International who achieve the required qualification score set by Gymnastics Australia or Gymnastics NSW will be eligible to attend the 2021 Australian Championships	

NSW Levels 8 - 10 and Junior & Senior International State teams will be selected from the following competitions:

State Trial 1
State Trial 2
State Championships

Future International only

A gymnast's highest Day 1 (compulsory sequences) and the highest Day 2 (optional) All Around score will be combined to determine the gymnast's ranking. Qualification events are as follows:

Trial 1 and State Championships Day 1 - Compulsory Sequences
Trial 2 and State Championships Day 2 - Optional Routines

At the conclusion of the Senior State Championships the top 6 gymnasts in Future International from the above criteria will be announced in the team (pending achieving the required GNSW qualification score). To qualify for the GNSW state team in Future International gymnasts are required to achieve a minimum Day 1 (compulsory) score of 24.0 and Day 2 (optional) score of 32.0.

An injury petition for a Future International gymnast who did not compete in the state trials may be submitted for consideration, however the gymnast must have competed at the State Championships and placed in the top 6 AA for the injury petition to be considered. Injury petition would only be considered in the event the gymnast does not have two counting scores. An accepted injury petition would replace the lowest ranked gymnast (e.g. if one injury petition were accepted the gymnast would replace 6th place or if two were accepted, they would replace 5th and 6th etc.).

In Future International additional athletes may attend as long as they meet the qualifying requirements as detailed in the Gymnastics Australia WAG Technical Regulations Part B and/or Gymnastics NSW state team requirements.



Junior and Senior International

At the conclusion of the Senior State Championships the selection committee will determine the selected teams for Junior and Senior International taking into consideration the results from Trial 1, Trial 2, State Championships and any relevant interstate and international competitions (pending achieving the required qualification score where applicable - see below). Clubs will be notified post event of the teams selected. Clubs may submit a petition for gymnasts in Junior and Senior who are unable to compete at the minimum number of events required for selection. The petition will be assessed on the merits of the athlete's performance at these events or any other relevant event. Petitions must be submitted at or before the final selection event.

The selection for the Junior and Senior International teams will be determined by the Selection Committee, taking into consideration the gymnast's ability to contribute to the team in the following order of priority:

- Contribute to the Team Score
- Gain an Apparatus and/or AA Medal
- Injury Petitions

In Junior and Senior International additional athletes may attend as long as they meet the qualifying requirements as detailed in the Gymnastics Australia WAG Technical Regulations Part B and/or Gymnastics NSW state team requirements.

Where there is a tie for gymnasts eligible to attend Nationals, selection of the final place will be made by the Selection Committee taking into account the gymnast's ability to contribute to the NSW Team in the following areas (in order of priority)

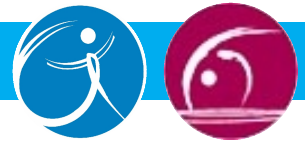
- Contribute to the Team Score
- Gain an All Around Medal
- Gain an Apparatus Medal

Selection Process - Officials

Please refer to the GNSW State Team Website for Information on the Officials selection criteria and process.

Appeals Process for NL10, Junior and Senior International Team Selection

1. Eligibility
 - 1.1. A Club wishing to appeal the decision with regards to the selection of the WAG Level 10, Junior or Senior State Team may only lodge a formal appeal on one or more of the following grounds;
 - a. failure to properly apply a GNSW bylaw, policy or selection process; or
 - b. administrative error;
2. Procedures
 - 2.1. Subject to clause 1, Clubs may lodge an appeal in writing, to the WAG High Performance Manager. The application shall:
 - a. be lodged by the Club and not by a gymnast, parent, or a coach acting without the authority of the Club;
 - b. be lodged by 9.00am on Monday following the Senior State Championships (due to GA entry requirements)



- c. include the name and contact details of the Club and the athlete who is the subject of the appeal; and
 - d. state the nature of the appeal, where the Club believes that an error has been made, and the remedy or resolution sought.
- 2.2. Where an appeal has been received the WAG Technical Director or WAG High Performance Manager, in their complete discretion, may:
- a. refer the matter to the WAG Gymsport Committee for consideration,
 - b. in circumstances where an administrative error is discovered, make a determination to change the composition of the level 10, Junior or Senior State Team to reflect the correct team should any error not have occurred,
 - c. dismiss the matter on the basis that it is:
 -) frivolous,
 -) vexatious,
 -) ineligible,
 -) based upon insufficient grounds, or
 -) without sufficient supporting evidence.
- 2.3. The Gymsport Committee shall act in accordance with meeting operations as set out in the Committees Policy.
- 2.4. The decision by the Technical Director or WAG High Performance Manager (2.2 b, 2.2 c), or Gymsport Committee (2.2 a), shall be binding without any further right of appeal for any parties.

State Team Information

Please refer to the GNSW State Team Website for Team Information.

Resources

All resources will be available on the [GNSW Technical Regulations Website](#).

Updates and Clarifications

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