

# GNSW RG 2020 D1-4 Recommendation Table – HP Individual



Gymnastics  
New South Wales

Competition Divisions	Body Difficulties	Dance Steps	Dynamic Elements of Rotation	Apparatus Difficulty
<b>Sub Junior</b>	<b>Min 3 BD highest 6 count</b> <i>any value</i> 1 X Jump/leap # with split line 1 X Balance # with split line <b>SJ</b> 1 X rotation any type	<b>Minimum 2</b>	<b>Minimum 1</b> <b>Maximum 4</b> <b>(chronological)</b>	<b>No Min/Max</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 6 BD's value min 0.2-0.4	<b>Aim for:</b> X 2	<b>Aim for:</b> X 1-2 DER throws Value 0.2-0.4	<b>Aim for:</b> X 2-4 0.2 X 1 0.3 X 1 0.4
<b>Pre Junior</b>	<b>Min 3 BD highest 6 count</b> <i>any value</i> 1 X Jump/leap # with split line 1 X Balance # with split line <b>PJ</b> 1X rotation # with split line	<b>Minimum 2</b>	<b>Minimum 1</b> <b>Maximum 4</b> <b>(chronological)</b>	<b>No Min/Max</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 6 BD's value min 0.2-0.5	<b>Aim for:</b> X 2	<b>Aim for:</b> X 2-3 DER throws Value 0.3-0.6	<b>Aim for:</b> X 3-5 0.2 X 1 0.3 X 1-2 0.4
<b>Junior International</b>	<b>Min 3 BD highest 7 count</b> <i>any type and value</i> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Minimum 2</b>	<b>Minimum 1</b> <b>Maximum 4</b> <b>(chronological)</b>	<b>No Min/Max</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 7 BD's value min 0.3-0.6 <i>**Build higher value through series of leaps &amp; 720+ rotations in pivots</i>	<b>Aim for:</b> X 2	<b>Aim for:</b> X 2-4 DER throws Value 0.4-0.8	<b>Aim for:</b> X 4-7 0.2 X 1-2 0.3 X 2-4 0.4 <i>**depending on apparatus</i>
<b>Senior International</b>	<b>Min 3 BD highest 9 count any type and value</b> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Minimum 1</b>	<b>Minimum 1</b> <b>Maximum 5</b> <b>(chronological)</b>	<b>Minimum 1</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 9 BD's value min 0.3-0.6 <i>**Build higher value through series of leaps &amp; 720-1080 rotations in pivots</i>	<b>Aim for:</b> X 2	<b>Aim for:</b> X 3-5 DER throws Value 0.5-1.00+	<b>Aim for:</b> X 5-10 0.2 X 1-3 0.3 X 3-6 0.4 <i>**depending on apparatus</i>

# GNSW RG 2020 D1-4 Recommendation Table – L5-10 Individual



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Competition Levels	Body Difficulties	Dance Steps	Dynamic Elements of Rotation	Apparatus Difficulty
<b>Level 5</b>	<b>Min 3 BD highest 4 count</b> <i>any value between 0.1-0.4</i> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Minimum 2</b>	<b>None Required</b>	<b>Max 2</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 4 BD's value min 0.2-0.4	<b>Aim for:</b> X 2	<b>Aim for:</b> X 1-2 DER throws Value 0.2-0.4	<b>Aim for:</b> X 2 between 0.2-0.4
<b>Level 6</b>	<b>Min 3 BD highest 4 count</b> <i>any value between 0.1-0.4</i> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Minimum 2</b>	<b>None Required</b>	<b>Max 2</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 4 BD's value min 0.2-0.4	<b>Aim for:</b> X 2	<b>Aim for:</b> X 1-2 DER throws Value 0.2-0.4	<b>Aim for:</b> X 2 between 0.2-0.4
<b>Level 7</b>	<b>Min 3 BD highest 5 count</b> <i>any value between 0.1-0.6</i> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Minimum 2</b>	<b>Minimum 1 Maximum 3 (chronological)</b>	<b>No Min/Max</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 5 BD's value min 0.2-0.6	<b>Aim for:</b> X 2	<b>Aim for:</b> X 2-3 DER throws Value 0.3-0.7	<b>Aim for:</b> X 2-4 0.2 X 1 0.3 X 1 0.4 <i>**depending on apparatus</i>
<b>Level 8</b>	<b>Min 3 BD highest 5 count</b> <i>any value between 0.1-0.6</i> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Minimum 2</b>	<b>Minimum 1 Maximum 3 (chronological)</b>	<b>No Min/Max</b>
<b>NSW Recommendations</b>	<b>Aim for:</b> X 5 BD's value min 0.2-0.6	<b>Aim for:</b> X 2	<b>Aim for:</b> X 2-3 DER throws Value 0.4-0.8	<b>Aim for:</b> X 3-5 0.2 X 1 0.3 X 1-2 0.4 <i>**depending on apparatus</i>

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<b>Level 9</b>	<p><b>Min 3 BD highest 7 count</b> <i>any type and value</i></p> <p><b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation</p>	<b>Minimum 2</b>	<b>Minimum 1 Maximum 4 (chronological)</b>	<b>No Min/Max</b>
<b>NSW Recommendations</b>	<p><b>Aim for:</b> X 7 BD's value min 0.3-0.6 <i>**Build higher value through series of leaps &amp; 720+ rotations in pivots</i></p>	<b>Aim for:</b> X 2	<b>Aim for:</b> X 2-4 DER throws Value 0.4-0.8	<b>Aim for:</b> X 4-7 0.2 X 1-2 0.3 X 2-4 0.4 <i>**depending on apparatus</i>
<b>Level 10</b>	<p><b>Min 3 BD highest 9 count any type and value</b></p> <p><b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation</p>	<b>Minimum 1</b>	<b>Minimum 1 Maximum 5 (chronological)</b>	<b>Minimum 1</b>
<b>NSW Recommendations</b>	<p><b>Aim for:</b> X 7-9 BD's value min 0.3-0.6 <i>**Build higher value through series of leaps &amp; 720+ rotations in pivots</i></p>	<b>Aim for:</b> X 2	<b>Aim for:</b> X 3-5 DER throws Value 0.5-1.00+	<b>Aim for:</b> X 5-8 0.2 X 1-3 0.3 X 2-5 0.4 <i>**depending on apparatus</i>