



Gymnastics NSW

Acrobatic Gymnastics Inclusions Program

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What is Acrobatic Gymnastics Inclusions Program?

The NSW Acrobatic Gymnastics Gymsport Committee has created a program to allow athletes that regularly participate in Gymability programs the opportunity to participate in clubs and compete Acrobatic Gymnastics.

The Inclusions program uses the Gymnastics Australia Acrobatic Gymnastics Australian Levels Program (ALP) for Foundation levels 1 to 3. The program provides examples of skill modifications for clubs to select or use as a basis for how they can tailor the compulsory skills to the needs of their athletes.

Inclusions Program Competition Opportunities

Clubs that wish to enter Inclusions athletes will enter the NSW Level Junior (Levels 1-3) Competitions. Inclusions athletes will compete in the same categories available to athletes outside the Inclusions space, with some modifications to the judging.

Clubs entering these events can select to have a full group of athletes that are in inclusions programs or have individual inclusions athletes with their partner being an athlete from a higher level or coach.

Competition Rules and Regulations

All competitions will follow the Acrobatic Gymnastics 2020 – 2023 Australian Levels Program using Foundation levels 1 – 3 as well as the NSW ALP Errata and NSW Acrobatic Gymnastics Technical Regulations. Where the ALP and NSW Errata are different the Errata will be the overriding document to follow.

Groups must follow all the rules and regulations as set out above including all deductions except for those listed in the Judges modifications section. Groups competing as inclusions groups should only compete skills they are able to safely compete and include any modifications as necessary. Groups do not need to inform the judges of what skills or modifications they are doing prior to the event.

On the entry form groups must select the category with G at the end so the Event organizer and judges are aware of which routines will have modifications. Categories on the entry form will be:

- Level 1 Pair G
- Level 1 Trio G
- Level 2 Pair G
- Level 2 Trio G
- Level 3 Pair G
- Level 3 Trio G

What are the Judging modifications for Inclusions groups?

A list of Judge modifications is listed below. All other deductions not below listed in the ALP or NSW Errata will be applied as they are written.

Australian Levels Program Deductions	NSW Inclusions Modification
<p>Pg 35, 5.2.2.3 – For each missing compulsory skill row, a 1.0 Special Requirement (SR) penalty is applied. For Example:</p> <ul style="list-style-type: none"> • 1 compulsory skill row missing = 1.0 penalty • 2 compulsory skill rows missing = 2.0 penalty 	<p>Groups must complete a minimum of 50% of the compulsory skill rows. Groups that complete less than this will receive a 1.0 SR penalty. This penalty will only be applied once for less than 50% of skills.</p>
<p>Pg 35, 5.2.3.2 – Each compulsory element row is worth 1.0 difficulty value. For each missing row, the 1.0 difficulty value is lost (in addition to the penalty outlined in Special Requirement 1.1.2)</p> <p>For Example:</p> <ul style="list-style-type: none"> • 1 skill row missing = 1.0 loss in difficulty • 2 skill rows missing = 2.0 loss in difficulty 	<p>No difficulty value will be lost for missing compulsory element rows. Groups will be judged on the skills they compete.</p>
<p>Pg 36, 5.2.3.3 – Each individual skill row is worth 1.0 difficulty value. For each missing individual row, the 1.0 difficulty value is lost (in addition to the penalty outlined in Special Requirement 1.1.2). This is regardless of how many partners do not perform the individual skill in the same row.</p> <p>For Example:</p> <ul style="list-style-type: none"> • 1 skill row missing = 1.0 loss in difficulty • 2 skill rows missing = 2.0 loss in difficulty 	<p>No difficulty value will be lost for missing Individual skill rows. Groups will be judged on the skills they compete.</p>

Start Here, Go Anywhere!

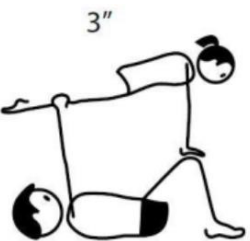
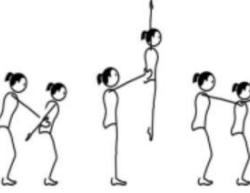
Additional deduction modifications may apply as necessary e.g., 0.3 penalty for talking or coaching will not be applied when necessary to allow athletes the ability to complete skills safely. For specific clarifications about deductions please contact the NSW ACRO ESDO or NSW Judging Coordinator prior to the event.

Skill Modification Examples

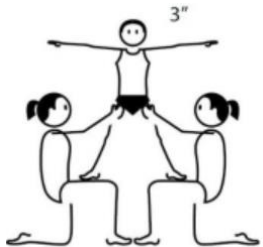
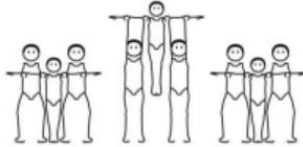
Skill modifications listed below are examples of how each skill can be modified. If applicable clubs can select a modification directly from the list or make amendments as necessary for their athletes.

Clubs can contact the NSW ACRO ESDO or NSW ACR GC Project Officer 2 for assistance modifying other skills in each level.

Level 1 Pair

Balance Skill 3 – Supported Front Support (3 second Hold)			
Original Skill in ALP		<p>Base: Base lying down with knees bent and together, arms straight above shoulders. Shoulders pushed down into floor for stability. Base supports Top with hands on shins or ankles (depending on Tops height)</p> <p>Top: Top places hands on Bases knees and lifts legs one at time into the hands of the Base. Top holds front support. Shoulders above hands, chest slightly rounded, arms and legs straight, toes pointed.</p> <p>Hold 3 Seconds</p>	
Option 1	Option 2	Option 3	Option 4
Complete full skill as listed above	Top does front support fully on a box (or with hands or feet only on a box) or on the floor, base does position on floor separately.	Top does front support with hands on floor and base holds the tops ankles.	Base lays on floor in correct position, top does skill without putting feet in bases hands and leaves them on the floor each side of the bases torso.
Dynamic Skill 1 – Assisted Straight Jump with Release at top of jump, no flight			
Original Skill in ALP		<p>Base: Base holds Top's waist/hips. Synchronised squat with Top, Base assists Top's jump vertically upwards whilst maintaining support on the tops waist/hips. Base to release Top's waist/hips at the highest point. Base to release Top's waist/hips at the highest point. Assist in landing by supporting Top underarms and squatting together.</p> <p>Top: Top facing the same direction as Base. Squat (not deeper than 90°) swing arms down by sides. Jump straight and vertical with feet together, lifting arms above head. Open arms to the sides for landing in squat (not deeper than 90°)</p>	
Option 1	Option 2	Option 3	Option 4
Complete full skill as listed above <i>OR</i> Base does not release top at all	Top does straight jump off a box. (Either with a base supporting or solo.)	Base assists top on the back of the thighs from being seated in a chair.	Top is fully supported by the base and does whole skill with no jump.

Level 1 Group

Balance Skill 1 – Standing in Support on Bases thighs (Hold 3 Sec)			
Original Skill in ALP		<p>Base & Middle: Kneeling on one knee, facing each other. Front leg knee over foot. Rear leg on knee, hip over knee. Shin and foot make a straight line with thigh (not feet turned inwards). Front foot facing forward or slightly turned out (no more than 45°). Back straight. Support Top on legs and/or waist with two hands. Shoulders pushed down (long neck), head straight with chin slightly up.</p> <p>Top: Optional mount. Stands on thighs of Bases. Feet should be close to Bases' hips. Straight legs and a straight, upright body. Arms stretched out to the side. Shoulders pushed down (long neck), head neutral. Optional dismount.</p> <p>Hold 3 Seconds</p>	
Option 1	Option 2	Option 3	Option 4
Complete full skill as listed above <i>OR</i> Top has an additional spotter holding their waist	Top holds the correct position but one or both bases are replaced with boxes. The bases do their position's separately. <i>OR</i> Bases kneel down low to the floor (heels to bottom) and the top steps up onto their thigh in correct position.	Bases hold their position, but the top sits on the bases knees, rather than stands.	Bases sit on the floor and the top stands close to the bases but on the floor.
Dynamic Skill 1 – Assisted Straight Jump			
Original Skill in ALP		<p>Base & Middle: Base and Middle support the Top under arms. One hand near armpit and other on Top's forearm. Bases should be in a straight, stable standing position with feet slightly outside shoulder width apart. Bases assist the Top in a straight jump to land back on the floor. All three bend knees at same time – when top jumps the bases lift together lifting the top vertically. They then assist the landing.</p> <p>Top: Top stands with arms out horizontally to the sides. Arms are tight and pushing down into the bases hands creating tension. Top then bends knees and performs a straight jump. No arch or pike in body. Legs straight and toes pointed.</p>	
Option 1	Option 2	Option 3	Option 4
Complete full skill as listed above	Full skill with an extra spotter holding onto the tops waist.	Top does straight jump off a box. (Either with a base & middle supporting or solo.)	

Frequently Asked Questions

Does my support athlete need to pay an entry fee?

Athletes who are coming to competition purely in the role of support athlete do not need to pay an entry fee. Support athletes will not be eligible for awards at the event and will not receive a participation certificate at State Championships.

Does my support athlete need to be a registered athlete if they are the coach?

Yes, everyone that will be going onto the competition floor in a competitive role must have a current athlete registration.

How do I get additional equipment for my modified skills?

If additional equipment is needed to complete skills email the ACR ESDO after close of entries with what equipment is needed. Coaches will be responsible for putting all additional equipment onto the competition floor where needed.

Does my support athlete have to wear a competition leotard with competition hair?

Support athletes do not have to wear the competition leotard if they do not wish to however, they should be wearing clothing appropriate for a competition floor, e.g., leggings and a singlet top, club shorts and t-shirt. If possible, support athletes should wear complimentary colours or plain black. Support athletes can choose to wear a competition leotard with shorts or leggings over the top as per GNSW policy. Support athletes should have competition hair.

Does my support athlete go on the floor for presentation with the competing athlete/s?

Support athletes can choose whether they go on for presentation. If the competing athlete will need additional support during presentation it is recommended, they participate to assist. If the support athlete does participate in presentation, they will still be ineligible to receive awards.

If extra equipment is needed for the routine, can clubs provide their own or do they have to use GNSW equipment?

Clubs should submit a request for supplementary equipment to the ACRO ESDO at close of entries. Where GNSW has the same equipment available the club will use the GNSW equipment. If GNSW does not have the equipment available, the club may be permitted to bring their own. Each request will be taken on a case-by-case basis, requests for equipment should be accompanied by a photo of the equipment.

More Information

For more information on the program please contact either:

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NSW Acrobatic Gymnastics Project Officer 2	Astrid Fletcher	Email