



Gymnastics
Australia



Gymnastics for All

Gymnastics for All **Technical Regulations**

2023

Version 1.0

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1 Definitions and Interpretations

Association Member	means a Member admitted to GA in accordance with clause 5.2 of the GA Constitution.
Board	means the board of Directors of Gymnastics Australia Ltd.
Calculation of Score	Sum of the score for each technical component – method to reach the final score.
Coach	Person who holds a current and valid coach accreditation and Technical Membership with Gymnastics Australia.
Company	Gymnastics Australia Ltd.
Club	means a Member admitted to GA in accordance with clause 5.6 of the GA Constitution.
Commission	The National Gymsport Commission.
Difficulty	Pertaining to FIG CoP element of judging – ‘D’ – value of elements/connection values or special requirements as per the FIG CoP ie Difficulty.
Evaluator	Individual appointed to a panel to adjudicate a group performance at Gym4Life events.
Event	a nominated, selected or sanctioned competition.
Event Division	Category of competition at an event ie TeamGym Novice, Intermediate.
Execution	Pertaining to the FIG CoP element of judging – ‘E’ – the aesthetic, technical and compositional errors of a routine.
Extenuating Circumstance	Anything outside of a persons’ control which is unavoidable and cannot be changed. This includes, but is not limited to, personal emergencies and a force majeure event.
Gymsports	means a gymnastic sport program or gymsport as defined by FIG an by GA and accepted by GA as a program under its jurisdiction.
International Program	A program in which GfA groups can participate at an International Level ie Gymnaestrada.
National Integrity Framework	means the set of policies by the same name adopted by Gymnastics Australia.
Judge	person who hold a current and valid judging accreditation and for Australian judges are a current Technical Member of Gymnastics Australia.
State Association	means a body corporate that GA recognises as the sole entity controlling Gymnastics in a State of Australia.
Association Member	means a Member admitted to GA in accordance with clause 5.2 of the GA Constitution.
Board	means the board of Directors of Gymnastics Australia Ltd.
Calculation of Score	Sum of the score for each technical component – method to reach the final score.

1.1 Glossary

AIS	Australian Institute of Sport
ALP	Australian Levels Program
COP	Code of Points
CJP	Chair of Judging Panel
FIG	Federation Internationale de Gymnastique
GA	Gymnastics Australia
HP	High Performance
NCM	National Commission Member
NC	National Commission
NSP	National Selection Panel
NCPC	National Commission Project Co-ordinator
NTD	National Technical Director
SMC	State/Territory Sport Management Committee

2 Policies and Rules

2.1 Purpose

The purpose of these Technical Regulations is to provide the broader gymnastics community with an overview of the technical rules, competition formats and general information about Aerobic Gymnastics and its various divisions for use within Australia.

These Technical Regulations also provide guidance and governance to ensure that competitions are carried out in accordance with all relevant FIG rules and policies, as well as the FIG Code of Points for Aerobic Gymnastics in Australia. For a full list of policies and rules which should be read in conjunction with these Technical Regulations, please see the section below.

2.2 Rules

The rules set out in the following documents will be part of the Commission's Technical Regulations:

- GfA National Commission Functional Statement
- National TeamGym manual
- FreeG Code of Points
- KinderGym Delivery Framework
- Event Bulletins

In addition to the above, all individuals involved in our sport are required to comply with all Gymnastics Australia National Policies, procedures and expected behaviours in order to provide a safe, welcoming and empowering environment for all members. These policies, and supporting information, can be found [here](#).

For information regarding expected behaviours when working with children and young people in Gymnastics in Australia, please refer to the following:

- Child Safeguarding Policy,
- Member Protection Policy,
- Social Media Policy, and
- Disordered Eating Prevention and Early Intervention Policy.

Under the National Integrity Framework, any individual involved in the sport of gymnastics is required to raise a concern regarding the welfare of a child or inappropriate behaviour with Sport Integrity Australia. Failure to report such concerns to Sport Integrity Australia is considered a breach of the National Integrity Framework.

Any modification to these will be circulated in writing on the authority of Gymnastics Australia and the National Commission.

2.3 GfA Selection/Sanctioning Policies

Selection/Sanctioning Policies, including the GfA National Selection/Sanctioning Policy can be found on the Gymnastics Australia website [here](#).

3 Commission Structure

3.1 National Commission

- Technical Director
- Project Coordinator - KinderGym
- Project Coordinator – FreeG
- Project Coordinator - TeamGym
- Project Coordinator – Performance (including International events)
- Project Coordinator - Education
- GA Staff Member (*ex-officio, non-voting*)

3.1.1 Position description and desired skills

The GfA National Commission Functional Statement outlines the desired criteria for the National Technical Director and Projector Coordinators.

3.2 National Working Groups

Please refer to the GfA National Commission Functional Statement for the process for creating and operating National Working Groups.

4 Gymsport Awards

National Gymsport Awards are set out in the Gymsport Awards Policy, available on the Gymnastics Australia website [here](#).

The list of State and Club awards presented at National events can be found [here](#).

5 National Program and Pathways

5.1 Overview

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 all participants for long term participation in sport and develops vital life skills. Gymnastics for All is the foundation for all gymsports and a gymsport in its own right. Programs available to support this philosophy include:

5.1.1 *KinderGym*

Children aged from zero to five years are catered for by KinderGym. The KinderGym Guiding Principles are available on the Gymnastics Australia website [here](#).

5.2 Free G

In collaboration with British Gymnastics, GA has produced a coach education and resource pack for freestyle gymnastics, which was launched in 2016 as 'FreeG'. FreeG is a club-based program which brings together traditional gymnastic and acrobatic tricks, with a wide range of kicks and leaps. Inspired by martial arts, free-running and parkour, FreeG includes freestyle specific training techniques and is part of a targeted strategy to broaden the reach of gymnastics amongst young adults. FreeG (for Secondary students) and FreeG Kids (for Primary students) are also available as part of the Sporting Schools initiative, with programs and resources which can be purchased online.

5.2.1 *TeamGym*

TeamGym is a Team gymnastics program, where up to 12 gymnasts compete together on three different apparatus; Floor, Mini-trampoline/Vault, and Tumbling. Routines are choreographed to music, and the team is able to demonstrate a wide range of gymnastics skills and choreography, to suit the theme of the music.

5.2.2 *Performance*

A dynamic element of Gymnastics for All with opportunities for participants of all ages, levels and styles to showcase their skills in a variety of group style performances from local to international level.

6 Event Rules and Regulations

Gymnastics Australia prioritises the health, safety and wellbeing of all involved in National events.

Final decisions on event delivery and operations will be made based on credible evidence and in line with Federal and State guidelines and restrictions with Force Majeure events i.e., COVID-19, extreme weather events or any other extenuating circumstance.

6.1 Applicable Regulations

Competitions and events will be conducted in accordance with the rules as listed in Item 2 of this document unless specific variations are listed.

6.2 Music

1. Music must be submitted using the format and naming protocol and the date set out in the Event Bulletin. Failure to do so will incur a fine of \$60.
2. Any changes to music after the submission date will incur a change fee of \$60.
3. Coaches/athletes must also bring a copy of their music on USB to the event in case of technical difficulties.
4. Selected music must comply with OneMusic regulations. See [here](#) for details.

6.3 Age Restrictions

1. The minimum age for an athlete to compete/participate in the National Club Championships is 6 years of age in the year of the event.

6.4 Competition Attire

As per the Gymnastics Australia Uniform Policy [here](#) and any other applicable Gymnastics Australia policy.

6.5 Australian Gym for Life Challenge – National Clubs Carnival

6.5.1 Introduction

The Australian Gym for Life Challenge is an exciting contest for gymnastic performance teams presented by GA. As per the FIG's World Gym for Life Challenge, gymnastic display performances will be evaluated as teams vie to be named the Australian Gym for Life Champion Team.

The 2023 Australian Gym for Life Challenge will be held during the National Clubs Carnival and is a selection event for teams wishing to nominate for selection to attend the FIG's World Gym for Life Challenge in 2025.

The Australian Gym for Life programme includes a contest for performance teams open to all ages and abilities culminating in a gala finale. The event will include a range of additional performance opportunities such as outdoor performances, social function and GfA workshops.

The Australian Gym for Life Challenge presents a wonderful opportunity to unite, share, learn and make new friends while experiencing entertaining performance gymnastics from Australia and beyond. Teams of all gymnastic styles are welcome at this exhilarating event.

6.5.2 Additional Participation Opportunities

In addition to the contest performance, teams will be able to perform outdoors, participate in workshops and attend the social event. Depending on the amount of time available, there may also be other exhibition performance opportunities.

6.5.3 Workshops

Workshops will be offered for all participants in a range of gymnastics skills. These will encompass the variety of elements that make up Gymnastics for All. Details regarding specific timings and requirements will be communicated prior to the event.

6.5.4 Categories

- The Australian Gym for Life Challenge is a contest for groups of all ages and from all Gymsports. Groups can choose to participate in ONE of the following categories, which are divided by type of performance and size:
 - 1a: Gymnastics and Dance, small group (3 – 15 people)
 - 1b: Gymnastics and Dance, large group (more than 15 people)
 - 2a: Gymnastics on or with large apparatus, small group (3 – 15 people)
 - 2b: Gymnastics on or with large apparatus, large group (more than 15 people)
- To keep a category in the contest, at least four groups must be registered. A category may be incorporated into one of the other categories if fewer than four groups are registered.
- If there are fewer than 20 teams entered across all four events, all categories will be combined into 1 division.
- Gymnastics and dance performances can incorporate any gymnastic and dance elements; with or without small hand-held apparatus and can be accompanied by music.
- Gymnasts are permitted to participate in one (1) entered team/group only.
- Gymnastics on or with large apparatus performances can incorporate any gymnastic and dance elements; with or on large apparatus; with or without hand apparatus and can be accompanied by music.
- It is up to the teams to determine which category best suits their routine.
- Performance time cannot exceed 5 minutes in length. Performances exceeding the maximum time length will be automatically awarded Bronze ranking, and ineligible to be awarded Champion team in the Gala.

6.5.5 Available Equipment

There is a range of equipment provided for teams at the contest. Each team will have a maximum of 2 minutes to prepare the area with their choice of mats or other equipment.

Groups participating in the Category 2a or 2b may request extra time (max additional 5 mins) to prepare and secure their equipment. This is to be requested through the entry process and will only be included in the schedule if accommodations can be made.

Available equipment includes:

- 14m x 14m Sprung floor area marked to 12m x 12m performance area for safety
- 2 x identical single mini-tramps
- 3 x 3000mm x 2000mm x 300mm crashmats
- Air track of a minimum 15m in length

Whilst a 12m x 12m sprung floor performance area is provided for the contest, teams are encouraged to consider expanding the floor space used for their performance beyond this.

Additional or specialised equipment required by teams for their performance, is the responsibility of the team.

For warm up the following will be provided:

- No sprung floor will be provided in the warm up area
- Additional strip mats will be made available where possible

6.5.6 Evaluation

- The Australian Gym for Life Challenge encourages groups to create performances which show their gymnastic skills in interesting and original ways.
- Group Performances will be evaluated on four criteria:
 - Entertainment
 - Innovation, originality and variety
 - Technique, quality and safety
 - Overall impression
- Each criterion has an equal value of 5 points.
- The evaluation will be carried out by a panel of experts (evaluators) from the gymnastics community with experience in artistry, choreography, performance and technique.
- After each performance the evaluators give their scores for each of the four criteria, adding up to a maximum of 20 points. All scores are given independently, and all are counted.
- Team performance scores are not published, with only the Award ranking announced

6.5.7 Results and Awards

- In each category a ranking list is created using the total score from all evaluators. The ranking list is used to determine the Gold, Silver and Bronze award pins. Gold pins will be awarded to groups with the highest scores, with Silver and Bronze pins awarded to the remaining groups based on their overall score.
- The Gold, Silver and Bronze pins are the official results. The awards are presented to the groups in performance order. The ranking list is only used to determine the final result and is not published.
- **Gym for Life Gala and Champion Team**
 - All groups awarded Gold pins will participate in the Australian Gym for Life Gala plus at least two wild card entries. If the contest has fewer than 20 teams entered, organisers may decide to include all teams in the Gym for Life Gala. During the Gala, the evaluators and one representative from each participating group in the Contest

will evaluate. The evaluation criteria will be the same as that used for the Contest.

Each evaluator will identify their first choice (3 points = best group), second choice (2 points = second best group) and third choice (1 point = third best group).

- Teams are not permitted to vote for their own team performance.
- At the conclusion of the Gala performances the group with the highest number of points will be named the “Australian Gym for Life Champion Team”. In case of a tied score, the tie is broken by:
 - The most ‘3 points’ scores received
 - The highest score given by the expert evaluators
- Only Australian teams from affiliated clubs are eligible to be named as Australian Champion Team. International teams may be awarded a non-residential award.

6.5.8 Feedback

- A person with expertise in gymnastics performance will observe all groups. After each category of performances, the Feedbacker will meet with the Evaluators to discuss the performances and prepare the feedback that will be given to the groups. This feedback is optional and if requested will be given verbally to the groups after the award ceremony.

6.6 TeamGym National Championships – National Clubs Carnival

6.6.1 Overview

- The National TeamGym program is based on the European TeamGym structure and has been adapted to offer an additional pathway for the retention of Australian gymnasts. National events will be conducted in accordance with the National TeamGym Manual.

6.6.2 Lead Up Event Opportunities

- Each State Association should be running Regional and/or State TeamGym events. The National TeamGym event will be held as part of the GA National Clubs Carnival each year.

6.6.3 Teams and Divisions

- To be eligible to take part, teams must consist of 6-12 members. Gymnasts cannot be entered in more than 1 team per event. There is no restriction on the number of teams entered by each participating club.
- In 2023, the following divisions will be offered at the event:
 - Novice
 - Intermediate
 - Advanced
 - Open
 - International

6.6.4 Apparatus & Equipment

- National TeamGym competitions will include three apparatus: Floor Exercise, Mini Tramp/Vault and Tumbling. All necessary equipment will be provided for teams participating in the event.
- See the **TeamGym Program Manual** for detailed apparatus information. Event specific equipment standards will be communicated in bulletins produced prior to the specific event.

6.6.5 Qualifying Scores

There is no qualifying score required to be eligible to enter the event. It is recommended however that teams have competed in a regional and/or state event prior to the National Clubs Carnival.

6.6.6 Awards

National events will recognise apparatus achievements and provide overall competition awards. Teams in **Novice, Intermediate and Advanced divisions** are awarded Gold, Silver or Bronze awards depending on which score band they achieve. **Teams in Open and International divisions will be awarded 1st – 3rd placing for apparatus and overall.**

6.6.7 Tariff Sheets

Tariff Sheets available (as available in GA resource portal) must be submitted on the day of competition prior to commencement.

6.7 FreeG

6.7.1 National Clubs Carnival

FreeG consists of an obstacle course style event designed as a participation-based activity for athletes. The Australian Code of Points is via www.freeg.org.au

States are encouraged to develop a local calendar of events to facilitate athlete development and coach education. Information about the event format and guides to assist local organisations are available on the FreeG website.

There are two apparatus/courses:

- **Speed Run (sprint)**
The event is a timed sprint through a designated series of obstacles, with the fastest athlete named as the winner.
- **Freestyle**
In the Freestyle event, athletes are allowed one minute to use any apparatus or skill (within a defined area) to impress the judging panel.

Judges will evaluate athletes on Execution and Technique (ET) as well as Creativity and Difficulty (CD) as per Australian Code of Points.

6.7.2 Equipment and apparatus

Apparatus rules for the National Clubs event will be as per the Australian Code of Points. Information about the variety of equipment will be communicated to clubs prior to the event, however, they will not see the actual course until the session commences.

The course will be designed by an impartial delegate of the event organisers. The course will contain a variety of gymnastics apparatus and equipment (which may include equipment such as wooden boxes, benches and walls) in order to demonstrate technique in vaulting, precision (jumping), balance, speed and agility. The course will be adapted to suit different aged participants and equipment repurposed for the freestyle event setup.

7 Judges/Evaluating

7.1 Requirements

- Free G Judges at the National Clubs Carnival will be appointed by the National Commission.
- Evaluators for Gym4Life Challenge are appointed by the National Commission
- TeamGym: Clubs must nominate a judge for each session the Club is participating in, or another session if the Club's judge is competing.
- All judges/evaluators must attend the relevant briefings and any other meetings as advised in the Event Bulletins. ie Meetings for various disciplines.
- All judges/evaluators must complete all pre-event requirements including but not limited to completion of the Interests register (if required), and event specific online courses, presentations and or webinars.

7.2 Behaviour

Gymnastics Australia takes seriously its responsibility to ensure all National Events are delivered in a safe, inclusive and fair environment.

All individuals attending a National Event in a judging capacity are required to uphold the standards of behaviour as outlined in Gymnastics Australia's National Policies and the Judges Oath. The Judges Oath will be delivered at Judges briefings, and acknowledges the integral role Judges have in the success of National Events, and recognises the importance of acting with honesty, fairness and integrity when judging Gymnastics for All:

'On my word of honour, I declare as a judge, I will be guided by the spirit of fairness and dignity in sport. I pledge to evaluate the exercises shown conscientiously, without regard for the person, Club or State.'

In relation to serious incompetence, displays of inappropriate behaviour not in accordance with Gymnastics Australia's National Policies or the Judge's Oath, the following process must be adhered to:

The Technical Director will give the first warning as verbal. GA's Events and Integrity team must also be notified as soon as practicable.

A second warning for ongoing incompetence or inappropriate behaviour will be provided by GA's Integrity team. The determination of necessary consequences, including, but not limited to, suspension from judging/evaluating for the remainder of the session or event, will be at the discretion of the GM Integrity (or their delegate).

In accordance with the National Integrity Framework, all concerns regarding serious incompetence or displays of inappropriate behaviour must be reported to Sport Integrity Australia.

7.3 Judge Numbers

7.3.1 *National Clubs Carnival*

- See Clause 7.1
- A coach or athlete can be nominated as a club judge but must be able to attend the appropriate judges meeting and judge all the required sessions within a division.
- A judge cannot judge for more than one club in any one division and or session.
- All judges must be nominated at the time of definitive entries. Late judge additions will incur a late fee as per the Event Bulletin.
- Session availability must be nominated through the relevant Project Coordinator or TD prior to competition and must be accurate at time of publishing; any change/absence from these nominated sessions needs a medical certificate, otherwise a fine will be imposed.
- Options or exemptions to the judging requirements can be discussed with the TD and the GA Events Team prior to the submission of definitive entries.

7.3.2 *Fines*

Failure to nominate/provide the required number of judges at definitive entries will result in the relevant organisation being issued a fine by GA event staff as advised in Event Bulletins.

7.3.3 *Judge Allocations*

- Judging/Evaluator panel allocations will be confirmed by the National Commission prior to the commencement of the competition.
- Allocation to judging/evaluator panels will depend on number of judges/evaluators and level of accreditation and management of declared Interests.

8 Inquiry of the score

No inquiries of the score can be made.

For Gym4Life clubs – feedback will be collated and available to be provided verbally at the conclusion of all performances using the process as advised at the event Orientation meeting.

8.1 Jury

8.1.1 *Composition of the Jury*

The Jury will consist of at least two of the following:

- National Technical Director (or nominated representative)
- Project Coordinator – TeamGym
- Project Coordinator – FreeG
- Project Coordinator - Performance
- May also include Technical Advisor appointed if required

8.1.2 Jury Role

- The administration of justice in cases of issues arising from the event is the responsibility of the Jury.
- They are empowered to consider and resolve all matters of judging /evaluating and correctness of arithmetical calculations.
- Issues are discussed at a place away from spectators, coaches, officials and competitors.
- The Jury may request the use of the official video.

9 Event Rules and Procedures

9.1 Rules

See Appendix 1

9.2 Equipment

See section for each program area

9.3 Competition Divisions and Awards

Competition divisions competed, and awards presented at NCC are:

9.3.1 Speed Run

Athletes are entered based on the age they turn in the year of the event/competition.

Division	Age Group	Awards
Division A	6 – 8 yo	1st, 2nd, 3rd place (timed as per COP)
Division B	9 – 12 yo	1st, 2nd, 3rd place (timed as per COP)
Division C	13 – 16 yo	1st, 2nd, 3rd place (timed as per COP)
Division D	17 – 25 yo	1st, 2nd, 3rd place (timed as per COP)
Division E	26 – 49 yo	1st, 2nd, 3rd place (timed as per COP)
Division F	50+ years	1st, 2nd, 3rd place (timed as per COP)

9.3.2 Freestyle

Athletes are entered based on age *and* difficulty of skills.

Division	Age Group	Awards
Intermediate Youth	6 – 8 yo	1st, 2nd, 3rd place (judged as per COP)
Intermediate Junior	9 – 12 yo	1st, 2nd, 3rd place (judged as per COP)
Intermediate Senior	13 – 25 yo	1st, 2nd, 3rd place (judged as per COP)
Intermediate Open	26+ years	1st, 2nd, 3rd place (judged as per COP)

Division	Age Group	Awards
Advanced Youth	6 – 8 yo	1st, 2nd, 3rd place (judged as per COP)
Advanced Junior	9 – 12 yo	1st, 2nd, 3rd place (judged as per COP)
Advanced Senior	13 – 25 yo	1st, 2nd, 3rd place (judged as per COP)
Advanced Open	26+ years	1st, 2nd, 3rd place (judged as per COP)

Division	Age Group	Awards
Elite Youth	6 – 8 yo	1st, 2nd, 3rd place (judged as per COP)
Elite Junior	9 – 12 yo	1st, 2nd, 3rd place (judged as per COP)
Elite Senior	13 – 25 yo	1st, 2nd, 3rd place (judged as per COP)
Elite Open	26+ years	1st, 2nd, 3rd place (judged as per COP)

NOTE: For evaluating Difficulty (DT), skills choice is restricted as follows:

- **Intermediate (all ages):** No saults or unsupported inversions allowed
- **Advanced (all ages):** Single sault elements allowed up to and including ½ twist
- **Elite (all ages):** All skills and innovative variations

9.3.3 Qualification for Finals

In each division, the top 8 athletes from the qualification rounds will progress to the Finals. Tie breaking rules apply as per the code of points (where required). Competition order in the finals is decided based on rankings in qualifications, with the highest scoring athlete competing last.

If there are less than 8 athletes in a division, all athletes will compete in finals.

9.3.4 Form of Awards

At the National Clubs Challenge, awards presented will be:

- Speed Run and Freestyle 3rd Place (Bronze medal, 18 awarded)
- Speed Run and Freestyle 2nd Place (Silver medal, 18 awarded)
- Speed Run and Freestyle 1st Place (Gold medal, 18 awarded)

9.4 International Events & Team Tours

9.4.1 World Gymnaestrada

The next World Gymnaestrada will be hosted in Amsterdam in 2023. Information regarding participation in this event is provided via Event Bulletins, along with the applicable Sanctioning Policy which can be found on the Gymnastics Australia website. This information will be updated ahead of the next Gymnaestrada being held in 2027.

9.4.2 World Gym for Life Challenge Event

The World Gym for Life event will be held in Lisbon, Portugal in 2025. Teams wishing to nominate for sanctioning to represent Australia at this event are required to nominate as per the event sanctioning policy.

9.4.3 International Gymnastics Tours

There are many opportunities for teams to take part in GfA events abroad, and clubs are encouraged to offer these opportunities to their members. Clubs/teams seeking to travel abroad and attend international events are required to gain sanction via GA who will consult with the GfA National Commission before endorsing the tour.

Appendix 1: National Clubs Carnival Summary

GfA Program	Divisions	Team Awards	Individual Awards
Gym for Life Challenge	<ul style="list-style-type: none"> 1a: Gymnastics and Dance, small group (3 – 15 people) 1b: Gymnastics and Dance, large group (more than 15 people) 2a: Gymnastics on or with large apparatus, small group (3 – 15 people) 2b: Gymnastics on or with large apparatus, large group (more than 15 people) 	Gold, Silver or Bronze Team Certificate	<ul style="list-style-type: none"> Gold, silver and bronze pins based on team score Participation certificate
	Gala Performance	Overall Champion Team Trophy	<ul style="list-style-type: none"> N/A
TeamGym	<ul style="list-style-type: none"> Novice Intermediate Advanced Open International 	N/A	<p>Novice, Intermediate & Advanced Teams</p> <ul style="list-style-type: none"> Certificate with team apparatus awards listed (Gold, Silver or Bronze) Gold, Silver or Bronze medal based on overall combined team score <p>Open & International Teams</p> <ul style="list-style-type: none"> Team Apparatus 1st to 3rd medals Team Overall 1st to 3rd medals
FreeG	<p>Speed Run</p> <ul style="list-style-type: none"> Division A (6 - 8yo) Division B (9 - 12yo) Division C (13 - 16yo) Division D (17 - 25yo) Division E (26 - 49yo) Division F (50+ years) 	N/A	<p>Individual Divisions</p> <ul style="list-style-type: none"> 1st to 3rd medals FreeG Participation Certificate
	<p>Freestyle</p> <ul style="list-style-type: none"> Intermediate Youth (6 - 8yo) Intermediate Junior (9 - 12yo) Intermediate Senior (13 - 25yo) Intermediate Open (26+yo) Advanced Youth (6 - 8yo) Advanced Junior (9 - 12yo) Advanced Senior (13-25yo) Advanced Open (26+yo) 	<ul style="list-style-type: none"> Elite Youth (6 - 8yo) Elite Junior (8 - 12yo) Elite Senior (13 - 25yo) Elite Open (26+yo) 	N/A