



2024

Gymnastics NSW Technical Regulations

Section 5 - Men's Artistic Gymnastics

POLICY NAME:
DATE OF ISSUE:
POLICY COVERAGE:
DATE OF NEXT REVIEW:
CONTROLLING BODY:

Men's Artistic Gymnastics Technical Regulations 2024
December 2023
All Gymnastics NSW Men's Artistic Gymnastics Events & Activities
December 2024
Gymnastics NSW – MAG Gymsport Committee



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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 Men's Artistic Gymnastics (MAG). This handbook provides MAG in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The MAG 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. In the event a prompt decision is required at an event, the decision will be made by a simple majority vote of the Committee in attendance. If there is a tie, the MAG Technical Director will receive an additional vote.

Whereby error or omission of 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 |
| EPPO | Events, Pathways and Performance Officer |
| FIG | Federation International Gymnastics |
| GA | Gymnastics Australia |
| GC | Gymsport Committee |
| GNSW | Gymnastics New South Wales |
| JA | Judges Assembly |
| MAG | Men's Artistic Gymnastics |

Committees

National Commission

The Functional Statement for GA MAG National Commission can be found on the [GA Website](#).

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



GNSW MAG Gymsport Committee

| | | |
|--|-----------------|-----------------------|
| Technical Director | Alexander Hunt | Email |
| Judging Coordinator | Matthew Spooner | Email |
| Project Officer 1 | Sam White | Email |
| Project Officer 2 | Vacant Position | Email |
| Project Officer 3 - Squads | Adrian Borazio | Email |
| Project Officer 4 | Yiheng Wang | Email |
| GNSW Events, Pathways and Performance Officer (EPPO) | Ben O'Hara | Email |

GNSW MAG Judges Assembly

| | | |
|---------------------|-----------------|-----------------------|
| Judging Coordinator | Matthew Spooner | Email |
| Project Officer 1 | Yiheng Wang | |
| Project Officer 2 | Rhys Keirle | |

For more information on the function, specific roles and responsibilities please refer to the GNSW Websites.

LINK: [GNSW Website Policy](#)- Committees & Volunteer Policy

LINK: [Technical Regulations Website](#)- Committee Roles & Responsibilities

Key Focuses and Initiatives

- To broaden the participation in MAG
- Increase the number of participating clubs in MAG within NSW
- Increase participation and provide support for regional NSW clubs
- Improve communication within the MAG community
- Hold open forums and workshops at GNSW Squad sessions
- Provide education and resources to NSW MAG Coaches
- Conduct Athlete testing days to create an opportunity to provide feedback to the community
- To continue and enhance squad programs

If you have any ideas for future projects please get in touch and submit your idea through the [online form](#).



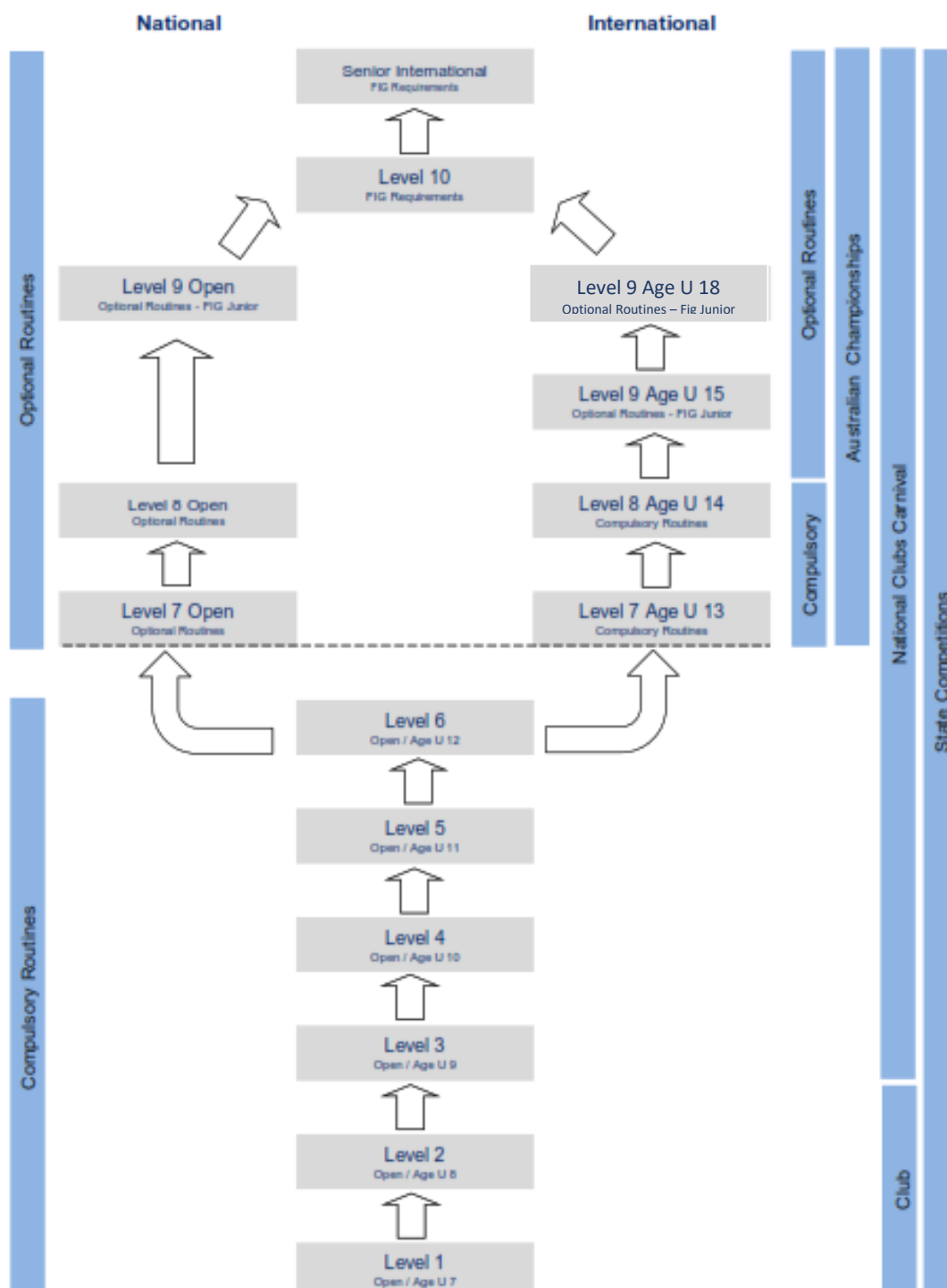
Sport Specific Information

About MAG

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

Competition Framework

MEN'S ARTISTIC GYMNASICS NATIONAL PROGRAM





Program Information

| Level | Age | Year Born | ALP Rules |
|-----------------|------|-----------|--|
| Junior | | | |
| Level 1 U7 | 7 | 2017 | Compulsory |
| Level 1 Open | Open | | Compulsory |
| Level 2 U8 | 8 | 2016 | Compulsory |
| Level 2 Open | Open | | Compulsory |
| Level 3 U9 | 9 | 2015 | Compulsory + Bonus Skills |
| Level 3 Open | Open | | Compulsory + Bonus Skills |
| Level 4 U10 | 10 | 2014 | Compulsory + Bonus Skills |
| Level 4 Open | Open | | Compulsory + Bonus Skills |
| Level 5 U11 | 11 | 2013 | Compulsory + Bonus Skills |
| Level 5 Open | Open | | Compulsory + Bonus Skills |
| Level 6 U12 | 12 | 2012 | Compulsory + Bonus Skills |
| Level 6 Open | Open | | ALP Optional requirements + NSW Specific Bonus |
| Masters | 17 | 2007 | ALP Optional requirements |
| Masters For All | 17 | 2007 | ALP Optional requirements |
| Senior | | | |
| Level 7 U13 | 13 | 2011 | Compulsory + Bonus Skills |
| Level 7 Open | Open | | ALP Optional requirements |
| Level 8 U14 | 14 | 2010 | Compulsory |
| Level 8 Open | Open | | ALP Optional requirements |
| Level 9 U15 | 15 | 2009 | FIG Junior Rules |
| Level 9 U18 | 18 | 2006 | FIG Junior Rules |
| Level 9 Open | Open | | FIG Junior Rules |
| Level 10 & SNR | Open | | FIG / No Modifications |

2024 Age Categories

Maximum age limits apply as per MAG Australian Levels Program requirements. Athletes must be born within the specified calendar year or later to compete in the **Age** division.

Athletes who are **Age** eligible must compete in the **Age** division for levels 1-5.

Masters athletes must be born before or in the specified calendar year.

Participation in any GNSW competition or sanctioned event requires the athlete to be attending school and be turning 6 years of age in the calendar year of competition.

All MAG ALP compulsory levels have an age eligibility range for National level events. Athletes eligibility for National level events may be affected if the athlete is competing outside of this range. Please refer to the MAG Australian Levels Program requirements.

General Regulations

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



Additional Judge Regulations

Judge Accreditation

In addition to the Accreditation Table located on the [General Regulations Website](#), Please see below additional information for each level of accreditation.

| Comp Level | Head Judge Min. Accreditation | Panel Judge Min Accreditation | Min. # Judges per Panel | Jury Min. Accreditation |
|------------|-------------------------------|-------------------------------|-------------------------|-------------------------|
| 1 - 2 | Intermediate | Beginner | 2 | Advanced |
| 3 - 6 | Intermediate Bronze | Intermediate | 2 | Advanced |
| 7 - 9 | Advanced | Intermediate Bronze | 3 | Advanced |
| 10/INT | Advanced Silver / FIG | Advanced | 3 | Advanced Silver / FIG |

*Variation to panel requirements and composition is at the discretion of the MAG Judges Assembly and is relevant and appropriate to the level and format of the competition.

Judge Attire

Judges must meet the following dress requirements:

- Dark Blue Jacket
- Dark Blue Trousers/Skirt
- Light Coloured Shirt
- Tie (for males only)

At Grand Prix and trial events, a tie and jacket are optional.





Additional Athlete Regulations

Progression

ALP Progression

Once each level is passed, an athlete will not be permitted to compete at a level below the last level passed, unless the rules specific to an event permit this, or unless approval is gained from the NSW MAG Gymsport Committee. Please refer to Appendix I for the required pass marks.

It is the responsibility of the coaches and club to recognise their athlete's ability and to progress their athletes accordingly to the ALP so as to not knowingly or unknowingly compete within a group where the skill and result of a competitor(s) is disproportionality skewed in their favour due to an overwhelming proficiency of the routines.

If the MAG Gymsport Committee deem that a club has failed to appropriately progress an athlete in level, or that the club has inappropriately moved an athlete back in level, such that the athletes' ability exceeds the level requirements to give them an unfair advantage, the Gymsport Committee may disqualify the athlete from the competition within that level. If an athlete is deemed to be ineligible within a level, the athlete must progress in level the next competition they enter.

Voluntary Progression

Clubs and coaches should progress their athletes through the competition pathway, to reward athletes for their achievement and proficiency, assist athletes in transitioning from one level to another, and create a fairer competitive standard across all levels. Coaches may progress athletes through the program pathway through inhouse assessments in the form of a Levels Test by an appropriately accredited judge. An athlete can achieve success in the test by obtaining a specified minimum all-around score, whilst simultaneously demonstrating at least a minimum standard of proficiency on each individual apparatus. Refer to the current National Technical Regulations accessible on the Gymnastics Australia Website for pass marks for each level. If an athlete is skipping a level their coach may be required to provide supporting evidence that the requirements of testing for all levels have been completed satisfactorily. An athlete can only compete in one Individual State Championships in the same calendar year.

Compulsory Upgrade

Any athlete who achieved the compulsory upgrade score 2023 Junior State Championships, must upgrade to the next level for Regional Qualifiers, State Trials, Grand Prix's and State Championships for 2024. For compulsory upgrade scores can refer to appendix I.

Similarly, any athlete scoring above the compulsory score in the 2024 Junior State Championships, must upgrade to the next level for 2025.

For Open levels 7 to 9, the National upgrading rules apply and may affect qualification for the Australian Championships if the athlete has not progressed to the next level as required by the rules.

The Gymsport Committee may in its absolute discretion make an exception for an athlete. The Committee will aim to be consistent with all applications submitted. All applications



must be submitted via the official form. Each matter will be considered on an individual basis and situations evaluated according to merit and circumstance. Precedent is not a consideration.

Athlete Attire

- Club tracksuit and t-shirts (must have the club logo clearly displayed)
- Club leotard
- Shorts/long pants
- Plain white socks
- NSW State or Australian uniform (past or current) is not permitted
- An athlete must have short hair or if long hair tied back
- Jewellery is not permitted (earrings, bracelets, watches etc.)
- Body Piercing must be covered / removed by attire or tape
- Masters are permitted to compete in a club t-shirt/singlet or leotard and club shorts/longs
- Athletes in level 1 & 2 may wear a club t-shirt/singlet and shorts in place of leotard and longs
- Athletes must be in matching uniform for presentation at all Championship events
- Athletes must wear full club tracksuit in matching uniform for presentation at Senior State Championship

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 MAG EPPO or Event Manager. For all other competition equipment requirements please refer to the [GNSW General Technical Regulations](#) – Event Information.

Apparatus Requirements

Heights & Settings

All settings for competitions will be in accordance with the Australian Levels Program - or its equivalent publication. For additional permissible matting, please refer to the Gymnastics Australia MAG Technical Regulations - Part B. Variation to height and equipment settings is at the discretion of the MAG Gymsport Committee and is relevant and appropriate to the level and format of the competition.

Preparation of the Parallel Bars

Only chalk will be permitted for use on the apparatus by athletes in levels 4 and below. The use of honey, water etc. will **not** be permitted for use on the apparatus. If there is an issue regarding the preparation of the bars this should be raised with the MAG EPPO or Event Manager prior to the commencement of the competition.



Competition structure and requirements

Apparatus Warm-Up

Athletes competing at the Senior State Trials and Senior State Championships are required to attend the full apparatus warm-up. Changes to format of warm-up for each level is at the discretion of the MAG Gymsport Committee for each event.

Vault

The maximum allowable vault run-up may be varied from the allowable run-up as specified in the ALP at different NSW sanctioned competitions at the discretion of the competition executive.

For levels 2-5 that have 2 different Vaults, athletes will be required to compete both Vaults with the E score deductions added together. If an athlete only performs 1 vault, the maximum start score will be 5.00.

| Vault | | | |
|--|-------------------------|--|---|
| Level | Vaults | Max Warmups | Additional information |
| 1-5 | Both (where applicable) | 2 Total | If an athlete only performs 1 vault, the maximum start score will be 5.00 |
| 6 U12 7 U13 | | 2 | |
| 60 | | 2 (1 additional for athletes performing a salto vault) | |
| 8 U14 | Day 1 and Day 2 | Athletes competing the base vaults only will have a maximum of 2 warm-up vaults | Scores for the two routines will be averaged to give the final vault routine score for apparatus places and overall score calculation, this includes if the athlete is performing the base vault (handspring) for both vaults |
| | | Athletes competing 1 bonus vault and 1 base vault or two bonus vaults will have a maximum of 3 warm-up vaults | |
| For athletes in level 9U, 10 & Snr a maximum of 2 warm up vaults will be allowed regardless of whether they are competing 1 or 2 vaults. | | | |

Pommel

All levels that have 2 pommel routines, (either a buck and a pommel routine or 2 pommel horse routines) will compete both routines at all NSW sanctioned competitions (with the exception of state clubs) and the scores for the two routines will be averaged to give the final pommel routine score for apparatus places and overall score calculation.

Level 7 Under and 8 Under will compete handles only at State Club Championships.



Specific Event Requirements

Qualification

Please see below the qualification requirements for Junior and Senior State Championships.

| Senior State Championships | |
|---|--|
| Level | State Qualification Requirement |
| Level 10 & Senior International | Athletes must compete on the apparatus that they propose to compete on at the State Championships in at least one trial. |
| Level 9 Open | |
| Level 9 U15 & 9 U18 | |
| Level 8 Open | |
| Level 8 U14 | |
| Level 7 Open | |
| Level 7 U13 | |
| Junior State Championships | |
| Level | State Qualification Requirement |
| Masters | Athletes must compete on the apparatus that they propose to compete on at the State Championships. |
| Level 6 Open | Athletes must compete on the apparatus that they propose to compete on at the State Championships. An individual apparatus qualifying score of 9.0 must be achieved. Competitors wishing to compete in the AA competition must score 54.0. |
| Level 1 - 6 | Athletes must compete in a MAG qualifying event including Grand Prix's, State Clubs or Country Championships. |
| Level 1 & 2 Special O Level 1-4 | Athletes may use a MAG qualifying event or a sanctioned region event to qualify. |
| Level 3 - 6, excluding 6 Open, athletes seeking qualification to the State Championships must have competed on all apparatus at a MAG qualifying event. Qualifying events include Grand Prix's, State Clubs or Country Championships. | |
| Level 1, 2 & SO may qualify at either a MAG qualifying event or a sanctioned region event. | |
| An athletes' competition division will be determined by the athletes' year of birth. To be clear, if an athlete is Age eligible, they must compete in the Age Division in levels 1-5. | |



Tied Scores

Tie breaking rules will not be applied at the 2024 State events. This will be reviewed annually.

Protesting Scores

- Only the nominated coach on the floor at a competition may protest the apparatus start value of their own individual athletes. E-panel deductions disputes or comparison with the performance of other athletes will not be considered and will result in the immediate dismissal.
- The nominated coach may approach the apparatus' head judge and ask for clarity/feedback on the difficulty of a routine in the first instance, however if the coach disagrees with the feedback a protest must be lodged with the competition jury and not discussed at the panel further.
- The coach may choose to or be requested by competition jury for the protest to be submitted in writing on the official protest form available at the score desk. Protest forms must clearly and concisely state the case for the athlete in question. The protest must be submitted prior to the completion of the last athlete to compete in the event or within 3 minutes of the athletes score being presented.
- Protests will be assessed at the conclusion of the competition session being conducted. The decision of the jury is final, and no further discussion will be entered.



Awards

| State Championships Awards | | |
|---|---|------------------------|
| Level | All-Around Places | Apparatus Places |
| Level 1-6 and Special Olympics | 1 st - 3 rd | N/A |
| Level 1-6 and Special Olympics | All athletes will receive a banded award based on their Overall Score. The banded score values can be found in appendix I | |
| Masters/MFA? | 1 st - 3 rd | N/A |
| Level 7 - SNR | 1st - 6th | *1st - 6 th |
| *For athletes in levels 9 Under and 10/Senior International to be eligible for an award on vault athletes must show two vaults, which must be from different Vault groups. | | |
| In the event of an interstate club attending a NSW State Championships event, with the exception of State Clubs, the residential award system will come into place. If a non-NSW athlete receives a placing during the event, subsequent residential places will be awarded for NSW athletes. | | |
| Region Teams – Junior State | | |
| Division | All-Around Places | Apparatus Places |
| Level 1-6 | 1 st - 3 rd | N/A |

Minimum Standard for Awards

For All-Around and Apparatus awards, an athlete must achieve the minimum qualification score for that level to receive an award. Qualification score refers to the Australian Championships Qualification score in Levels 7 - SNR.

There is no minimum standard for banded awards.

State Club Championships

The State Club Championships will include all levels 1-SNR. For specific level groupings, rules and teams sizes please refer to the State Club Championships Handbook

Country Championships

Please refer to the Country Championships Handbook for full details of this event.

Region Championships

The Region Championships, to be held in conjunction with the Junior State Championships, provide significant advantages to athletes and the broader competitive arena. These events nurture a heightened spirit of competition and sportsmanship, serving as the initial platform for athletes to partake in team selections, which could ultimately lead to future State and Australian team opportunities, potentially unearthing future champions. Furthermore, the region championships cultivate a stronger sense of community and camaraderie within each locality, as athletes unite to represent their respective regions. They also extend an invitation to new or emerging MAG clubs to engage in local competitions, thereby promoting inclusivity and fostering grassroots growth within the sport.



Region representative teams will be selected at region selection competitions. Individual athletes who are selected as part of a region team will compete at the Junior State Championships with their scores contributing to a region team result and ranking. The region teams will accumulate points across the Championships for their region with Champion teams and regions award within each division.

The inclusion of a Region Championships will not change the format, qualification, structure or individual awards of the Junior State Championships as detailed above. Athletes selected to a region team will still represent their club.

To be selected to a Region team, the individual must attend a sanctioned Region team selection event. Each region/zone will select 1 team of 5 athletes (minimum 3 athletes) per level (age and open combined as per the below table).

Region teams will consist of the top 5 (minimum 3) ranked athletes in each division from the Region team selection event.

A score achieved at a Region team selection event is not applicable for qualification to State Championships. Individuals must qualify for State Championships as per normal rules, through GNSW Grand Prix competitions, State Clubs or Country Championships. If an individual is selected to the Region team who has not achieved the State Championships qualification score as an individual, the athlete will not be able to attend the State Championships.

| Region Team Divisions | |
|-----------------------|--|
| Level | Division |
| Level 1-4 | Each Level, Combined Open and Under |
| Level 5 and 6 Under | 5 Open, 5 Under and 6 Under Single Team Combined |
| Level 6 | Level 6 Open |

Regions / Zones

| Region / Zones | | |
|-------------------|--|---|
| Hunter Region | Met West Region | Central West and North West Regional NSW Zone |
| Northern Region | Southern Zone Regions | <ul style="list-style-type: none"> • Far North Coast Region • North West Region • Central West Region • Riverina Region |
| Inner City Region | <ul style="list-style-type: none"> • Outer City Region • Southern Region • South Coast Region | |

Overall Champion Region

Points are allocated to regions based on their teams' all-around results in each division. The men's gymnastics overall champion region will be awarded at the conclusion of the Junior State Championships.



| Point Allocation for Champion Region | |
|--------------------------------------|-----------|
| Place | Points |
| 1 st Place All-Around | 10 Points |
| 2 nd Place All-Around | 8 Points |
| 3 rd Place All-Around | 5 Points |
| 4 th Place All-Around | 3 Points |
| 5 th Place All-Around | 2 Points |
| 6 th Place All-Around | 1 Points |

Grand Prix Series & Junior State Championships

The 2024 Grand Prix Series will be available for Levels 1 – 6 and Special O. The series' focus is the provision of additional competition opportunities and the promotion of a friendly competition spirit between clubs, as clubs accumulate points for overall club rankings at the Junior State Championships which doubles as the Grand Prix Final.

Awards will be given at each Grand Prix event for individual athlete results in accordance with the competition format for that event. Athletes from clubs in all tiers will still compete against each other, individual results will not be divided into separate groups. The club Grand Prix awards will be presented at the Grand Prix Final / Junior State Championships.

The Grand Prix series will include.

- Grand Prix – Apparatus Banding
- State Club Championships – Team
- Junior State Championships/Grand Prix final – All-Around Places and Banding

For banding scores see appendix I.

Grand Prix Points

At each Grand Prix event points, as shown below, will be added together to determine the overall Grand Prix Champion Clubs. Points will be awarded for Overall places in each level/division, for competing Masters athletes and for club teams in each level, with age and open combined together for Grand Prix point calculation only.

Points achieved will be allocated based on the ranking of all tiers within a division.

Tiers are predetermined groups, it would be possible for Clubs in a lower tier to rank higher overall than some clubs in a higher tier.



Point Allocation for All-Around Placing & Team All-Around

| Grand Prix | Points | State Clubs & Jnr State | Points |
|--------------------|-----------|-------------------------|-----------|
| 1st Place Overall | 10 points | 1st Place Overall | 15 points |
| 2nd Place Overall | 9 points | 2nd Place Overall | 14 points |
| 3rd Place Overall | 8 points | 3rd Place Overall | 13 points |
| 4th Place Overall | 7 points | 4th Place Overall | 12 points |
| 5th Place Overall | 6 points | 5th Place Overall | 11 points |
| 6th Place Overall | 5 points | 6th Place Overall | 10 points |
| 7th Place Overall | 4 points | 7th Place Overall | 9 points |
| 8th Place Overall | 3 points | 8th Place Overall | 8 points |
| 9th Place Overall | 2 points | 9th Place Overall | 7 points |
| 10th Place Overall | 1 point | 10th Place Overall | 6 points |

In addition, clubs in lowest tier will earn participation points for number of athletes entered and number of divisions entered. Athletes need to compete at the event for participation points to be awarded.

Points obtained by athletes who are members of the High Performance Centre program will be allocated to their home club and will be included as part of the home club team. For clubs in the lowest tier no points can be obtained (either by placing or from participation) by athletes who are part of the NSW High Performance Centre program. Clubs in this tier can only earn points towards the Grand Prix Club Champion from athletes who are training and competing as part of their home club program. If a club is elevated to a higher tier the points obtained by the HPC program athletes will be allocated to their home club in accordance with the relevant point structure.

If athletes or teams are tied overall for place, both athletes / teams will receive the same point allocation for their club. The next athlete will receive the point allocation in accordance with their ranking (e.g. if two level 3 athletes tie for 3rd all-around, both athletes will receive 8 points for their clubs, the next highest ranked athlete will be ranked 5th and will be awarded 6 points for their club.

Teams will be combined based on competition level (age and open athletes together) for levels 1 – 5 and are for Grand Prix Champion Club points only. Level 6 U12 and Level 6 Optional will each have their own team divisions. No team points will be awarded for Masters competitors. Teams will consist of 3 counting scores; the 3 highest scores on each apparatus will be used for the calculation of the team score. There is no maximum number of athletes a club can have in each team. Clubs cannot enter more than 1 team in each level and are not required to nominate their team for the purpose of Grand Prix club points. Clubs must have at least the minimum number (3) of athletes competing on all apparatus to comprise a team. Teams are for calculation of Grand Prix championship club points only and no awards or places will be presented.



| Point Allocation to Masters Athletes | |
|--|----------------------|
| Placing | Points |
| 1st Place Overall | 10 points |
| 2nd Place Overall | 9 points |
| 3rd Place Overall | 8 points |
| 4th Place Overall | 7 points |
| 5th Place Overall | 6 points |
| Participation* *Awarded in addition to the place points; e.g. an athlete who places 1st AA will receive 10 points for coming 1st AA and 3 participation points = 13 points total. | 3 points per athlete |

In addition to being eligible to achieve placing points for all-around and team results at each Grand Prix competition, the State Club Championships and Junior State Championships, the clubs in lowest tier will earn Participation points for each athlete that is entered and competes at each of the events across the series. The participation points will recognise the number of athletes competing from the club and encourage sensible growth and progression of levels within the club by also rewarding the number of divisions entered. 2 point will be awarded per athlete / per competition. Athletes need to compete in the competition to be awarded points.

Club Tier Allocation

The clubs in tier 1 are determined from the 2023 Grand Prix Series results.

| Grand Prix Tier 1 Clubs |
|----------------------------------|
| Aussie Gems |
| Australian Academy of Gymnastics |
| Castle Hill RSL Gymnastics |
| Manly Warringah Gymnastic Club |
| Shire Gymnastics |
| Sydney Hills Gymnastics |
| The Y Epping |

The club that places last in Tier 1 in 2024 will be relegated to Tier 2 in 2025 and the club that places 1st in Tier 2 in 2024 will be elevated to Tier 1 for 2025. The allocation of the remainder of the clubs participating in lower tiers will be at the discretion of the MAG GC, considering the results and participation within the 2024 Grand Prix series.

N.B. The MAG Gymsport Committee will review the points obtained by each club and the overall club ranking (both tiers combined) in determining the Grand Prix competitive tiers for 2025. Pending this review, the MAG Gymsport Committee may alter the league structure in the interest of fairness and equability for clubs participating in the 2025 Grand Prix series. This may include, but is not limited to, changing the number of clubs in each league/tier, additional elevating or relegating of clubs between Tiers or removing the league/tier structure.



Selection Process

Coach Nomination

Every club with an athlete or group selected to a team is required to nominate at least one qualified coach for each relevant state team. The nominated coach must meet all team eligibility, selection and team requirements. Clubs must ensure they have nominated enough coaches to suitably manage and prepare athletes for optimal performance. If a club has athletes in more than one team a club should nominate enough coaches to ensure there are no conflicting schedules involving training or competitions.

Clubs who nominate a coach candidate for selection who does not meet the eligibility, selection or team criteria will be asked to provide an alternate candidate for consideration by the Selection Committee. Nominating an eligible coach does not guarantee selection to the NSW State Team and is subject to the selection committee. Should a coach be selected to the team and withdraw the club will be required to nominate an alternative coach.





Athlete Selection Criteria

Please refer to the Gymnastics NSW Selection Policy covering eligibility criteria, selection requirements and roles and responsibilities available on the GNSW website.

MAG specific selection criteria can be found below.

Australian Championships NSW State Team

| MAG State Team | | | |
|---|-----------------------------|-----------|---------------------------|
| Level | Number of Athletes Selected | Team Size | Reserves |
| 7 U13 | 8 | 8 | 2 Non-travelling reserves |
| 8 U14 | 8 | 8 | 2 Non-travelling reserves |
| 7 Open | 6 | 6 | 2 Non-travelling reserves |
| 8 Open | 6 | 6 | 2 Non-travelling reserves |
| 9 Open | 6 | 6 | 2 Non-travelling reserves |
| 9 U15 | 6 | 6 | 2 Non-travelling reserves |
| 9 U18 | 6 | | 2 Non-travelling reserves |
| 10 Open | 6 | 6 | 2 Non-travelling reserves |
| Senior International | 6 | 6 | 2 Non-travelling reserves |
| The Selection Panel reserves the right, at all times and in all levels of competition, to select fewer than the allocated number of athletes. | | | |
| If changes to allowable number of athletes selected and/or team sizes for the Australian Championships is made by the National Commission and GA, the number of positions to be selected onto the NSW State Team will be adjusted accordingly. | | | |
| In addition to the selected team, reserve athletes may be accepted as part of the NSW State Team to compete at the Australian Championships as Individuals. Individuals selected to the state team are bound by all requirements and obligations of a state team member. The number of Individuals selected in each level may vary and individuals may not be accepted for every level. | | | |

Selection Committee

Selection of the State Team will be made by the NSW MAG Gymsport Committee, normally at a committee meeting following the final selection competition. The final decision will be submitted to NSWGA Board for ratification.

The following criterion is used in conjunction with Gymnastics NSW Selection Policy to determine state team selections.



Selection Eligibility

To be eligible for consideration by the Selection Committee for selection onto the state team an athlete must:

- Be a registered member of Gymnastics NSW.
- Score equal to or higher than the Gymnastics Australia qualification score in the level the athlete seeks selection in, at a NSW State Trial, State Championships or NSW Committee 'Testing Day'.
- Selection is based on scores and performances at two (2) NSW State Trials and the NSW State Championships. To be considered for State Team selection an athlete must enter and compete both trials and the State Championships.
- Coaches must ensure that athletes seeking selection for the NSW State Team have appropriately progressed from one level to the next so that the athlete's ability is commensurate with the level to which he is credited. An athlete may be deemed ineligible for selection within a level if the MAG Gymsport Committee assess that the club has failed to observe the ability of the athlete to progress in level in the interest of creating the greatest opportunity to attain the best overall placing for the NSW team. If the MAG Gymsport Committee deem that an athlete has failed to appropriately progress in level, the club and athlete will be informed prior to the final selection competition that he is ineligible for selection within their current level and must progress in level prior to the next event to be considered for selection to the NSW State Team.

Selection Criteria

Selection Criteria – Athletes:

The objective of the selection is to select the best possible combination of athletes to represent NSW on the State Team with the greatest chance of producing podium performances and winning gold medals. The aim of the selection is to select the team in each division with the best opportunity to win at the Australian Championships and secondly to select athletes with the best opportunity to medal individually and on apparatus.

Selection is based on scores and performances at two (2) NSW State Trials and the NSW State Championships. To be considered for State Team selection an athlete must enter and is expected to compete at both trials and the NSW State Championships. If an athlete has not competed in the NSW State Championships on medical grounds, the athlete must provide a written report from a Doctor / Physiotherapist which includes the athletes' injury details as well as the projected recovery timelines for consideration of the selection committee. In accepting selection onto the team, the athlete and/or parent or guardian must agree to incur all financial costs involved in State Team tour in the event that the athlete does not recover in time and is unable to prove routine fitness or does not receive the necessary medical clearance.



For an athlete who has entered all three selection events but has only competed in one selection event to be considered for a position on the state team;

- The athlete must have submitted a statement to GNSW as to why they were unable to compete in the selection event(s), accompanied by a medical certificate or relevant supporting information. The statement and supporting information for consideration by the selection committee must be received no later than 72 hours prior to the date of the final selection event.
- Any athlete selected for the NSW State Team who has only competed in one selection event will be required to complete a final verification for routine performance at the State Team Training. Athletes who are unable to perform full routines to an acceptable level may be withdrawn from the team.

If an athlete achieves the minimum All-Around score but fails to achieve the minimum Apparatus Score on one or more apparatus they may only compete at the Australian Championships on the apparatus on which they have met the minimum Apparatus Score.

If an athlete fails to achieve the minimum All-Around Score they may only qualify for the Australian Championships as an Apparatus Specialist. Selection of apparatus specialist will be considered on a case by case basis and in accordance with the relevant selection policy for that level.

Athletes seeking selection must submit a State Team Nomination form by the specified due date, nominations received after the final closing date will not be considered.





Level 7 U13 and Level 8 U14

- The selection of the NSW State Team will be determined from the athlete's scores from State Trial 1, State Trial 2 and the State Championships. An athlete's highest overall score and second highest overall score from these three events will be added together to give a combined overall score. The eight (8) athletes with the highest combined overall score will be named as the NSW State Team in that particular level. No injury petitions or applications for special consideration will be considered.
- To be considered for State Team selection an athlete must enter both trials and the State Championships however the athlete is not required to compete on all six apparatus at all selection events. If they do not compete on all six apparatus the athlete will however be at a disadvantage relative to other athletes in that particular level because the state team is determined by looking at the overall scores only.
- If an athlete does not compete on all six apparatus at two selection events and eight or more athletes in that particular level competed on six apparatus at two selection events, the athlete that did not compete on all six apparatus in two selection events will not be eligible for the State Team unless his combined overall score ranks him in the top eight compared with the combined scores of the other athletes in his level. To be clear, if a athlete competes on less than six apparatus his score will not be doubled from previous selection events to make a comparison with the other athletes.
- In the event that an athlete has entered all three selection events but only competed in one selection event, and there are one or more vacancies on the State team in that level and less athletes than the number of vacancies competed in only one selection event, the selection committee will consider the overall score obtained by the athlete in the one selection event to fill one of the remaining vacant positions on the team.
- In the event that an athlete competes in only one selection event and there is vacancy on the state team, however there are more athletes that competed in only one selection event than there are vacancies on the state team, the athletes with the highest combined overall score from the selection event will be considered for selection into the state team until all spaces are filled.
- Two non-travelling reserve athletes will be selected for each level (7U13 and 8U14). The expectation is that the reserve athletes will continue to train and prepare at their home gym until the day of the team competition.



Level 7 Open, 8 Open and 9 Open

- The first four (4) positions on the NSW State Team in each level will be determined by the athletes ranking by combining their two (2) highest All-Around scores from State Trial 1, State Trial 2 and the NSW State Championships, in accordance with the selection criteria and process for Level 7 U13 and Level 8 U14 above.
- The final two (2) positions on the NSW State Team in each level will be selected by considering the apparatus results of the ranked athletes in each level. To be considered for selection for one of these positions on the NSW State Team the athlete must:
 - Be ranked 5th-12th overall using their two highest combined All-Around scores from the selection events.
 - Achieve the NSW apparatus specialist benchmark scores on any 2 (or more) apparatus. Athletes must achieve both the Difficulty Score (D-Score) and Final Score from the below table to achieve the benchmark score. The D-score and Final score must be achieved in the same selection event, an athlete cannot use the D-score from one event and the Final score from another selection event to meet this criterion.
 - An athlete must achieve the benchmark score on a minimum of 2 different apparatus.

| | | Benchmark Apparatus Scores | | | | | |
|--------------|-------------|----------------------------|--------|--------|--------|--------|--------|
| | | Floor | Pommel | Rings | Vault | P-Bars | H-Bar |
| Level 7 Open | D-score | 4.5 | 3.7 | 3.7 | 3.5 | 3.7 | 3.7 |
| | Final Score | 13.500 | 12.250 | 12.750 | 12.750 | 12.750 | 12.000 |
| Level 8 Open | D-score | 4.6 | 3.5 | 4.0 | 4.6 | 3.5 | 3.5 |
| | Final Score | 13.250 | 12.000 | 12.500 | 13.250 | 12.500 | 12.000 |
| Level 9 Open | D-score | 4.2 | 3.3 | 3.3 | 4.2 | 3.5 | 3.5 |
| | Final Score | 13.000 | 12.250 | 12.000 | 13.000 | 12.500 | 12.000 |

- Athletes must achieve the benchmark score twice on the same apparatus at a minimum of 2 different selection events for each of the specialist apparatus to be considered. A benchmark which was achieved only once for a particular apparatus will not be considered as a part of the benchmark ranking.
- The apparatus specialist benchmark score can be achieved at any of the selection events. Athletes are not required to achieve the benchmark score for their apparatus in the same event, i.e. the athlete may achieve the benchmark score on one apparatus at the first selection event and then may achieve the benchmark score for a different apparatus at a subsequent selection event.
- Athletes who only achieves the benchmark score on one apparatus will not be considered for these positions on the state team.
- The 5th and 6th position on the State Team in each level will be determined by ranking the eligible athletes who have achieved the apparatus specialist requirements above.



- Athletes will be ranked by adding together the final scores from each of the apparatuses they have achieved the apparatus specialist benchmark score on.
- Only apparatus specialist benchmark scores can be used for the ranking (apparatus scores meeting both the D-score and final score requirements).
- Where an athlete has achieved the benchmark score on one apparatus at multiple selection events, the highest final benchmark apparatus score from the selection events will be used. The scores from apparatuses which do not meet the apparatus specialist benchmark requirements will not be considered in the ranking of the athletes.
- All benchmark apparatus final scores for an athlete will be used, such that an athlete who has achieved the benchmark score on more apparatuses will be ranked higher, e.g. a athlete who has achieved the benchmark score on 3 apparatus will be ranked higher than an athlete who has achieved the benchmark score on 2 apparatus.
- In the event that two athletes have the same combined apparatus specialist final score, the athletes ranking will be determined by the athletes combined All-around score (best 2 of 3 scores All-Around).
- Positions 1-4 on each team will be selected first using the combined All-Around scores. Positions 5-6 will be selected second from amongst the eligible athletes who have not already been selected to a position on the team. An athlete ranked in the top 4 by combined All-Around score cannot be considered for an apparatus specialist position so as to be removed from the All-Around selection and elevate another athlete in consideration for All-Around selection.
- In the event that only one athlete, or no athletes meet the apparatus specialist benchmark criteria, the remaining positions on the team will be determined by the combined All-Around ranking, in accordance with the selection of the first 4 positions on the team.
- Two reserve athletes will be selected for each level. Reserve positions will be determined firstly by the next ranked apparatus specialist and secondly, should there be no more athletes satisfying the apparatus specialist qualifying criteria, the next highest ranked athlete by combined All-Around score. The expectation is that the reserve athletes will continue to train and prepare at their home gym until the day of the team competition.
- No injury petitions or applications for special consideration will be considered.



Level 9 U15, Level 9 U18, Level 10 and Senior International

- The selection committee will select six (6) athletes in each level in Level 9 U15, Level 9 U18, Level 10 Open and Senior International taking into consideration the results from Trial 1, Trial 2, State Championships and any relevant interstate and international competitions (pending the achievement of the required qualification score).
- The selection for athletes in Level 9 U15, 9 U18, Level 10 Open and Senior International will be determined by the Selection Committee, taking into consideration the athlete's ability to contribute to the team. The selection committee will consider the following factors:
 - Present competition form and readiness
 - Combined All-Around results and rankings achieved in the selection events
 - Apparatus results and ranking in the selection events
 - Past State, National and International results
 - Relevant results achieved at Gymnastics Australia or a sanctioned FIG event from November the previous year
 - Possible team composition and possible individual and all-around and/or individual apparatus medals
 - Any accepted special consideration applications. Clubs may submit a petition for athletes in these levels 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 a minimum of 72 hours before the commencement of the final selection event.
- All other athletes in these levels who meet the eligibility criteria and achieve the Gymnastics Australia qualifying score will be selected as reserves. Application will be level to compete at the Australian Championships. The number of reserves accepted in each level may vary and may not be accepted for every level.



Level 9 Under, Level 10, Senior International Team

Selection of each of the combined Level 9 Under, Level 10 and Senior teams will be determined by the Gymsport Committee using the results obtained from all selection trials, and recent, relevant competitions, to determine the greatest opportunity to attain the highest team placing for NSW. The team in each division will be announced following State Team Training. Athletes seeking team selection may be required to complete a final verification and performance test at State Team training. The selection committee reserves the right to alter the team selection until 24 hours prior to the competition based on fitness and competition readiness. Announcements, performance testing and final team selection may be altered in accordance with event regulations and registration deadlines.

If an Athlete selected to a level Team becomes injured and is no longer able to perform one or more routines on which they were, the head coach and relevant team coach must be notified. The selection committee may decide to make changes to the team and individual composition.

Official Selection Criteria and Process

Please refer to the [GNSW State Team Website](#) and Selection Policy for information.

State Team Information

Please refer to the [GNSW State Team Website](#) for team information.

NSW Border Challenge Team

| MAG State Team | | | |
|---|-----------------------------|-----------|---------------------------|
| Level | Number of Athletes Selected | Team Size | Reserves |
| 6 Open* | 6 | 6 | 2 Non-travelling reserves |
| 7 Open | 6 | 6 | 2 Non-travelling reserves |
| As per the national level 6 Optional requirements only athletes between the ages of 12 and 16 can be selected to the Border Challenge Team. | | | |
| The Selection Panel reserves the right, at all times and in all levels of competition, to select fewer than the allocated number of athletes. | | | |
| If changes to allowable number of athletes selected and/or team sizes for the Border Challenge is made by the event organizer, the number of positions to be selected onto the NSW Team will be adjusted accordingly. | | | |
| If an adequate number of athletes, coaches or judges are not selected to the Border Challenge team, the team will be withdrawn from competition. | | | |

| Qualification | |
|---------------|---|
| Level 6 Open | Minimum score of 60.0 with no score less than 8.5 |
| Level 7 Open | Minimum score of 60.0 with no score less than 8.5 |



Level 6 Open

The selection of the NSW State Border Challenge Team for level 6 Open will be determined from ranking the athlete's all-around scores from the NSW border challenge trial event. The six athletes with the highest overall score will be named as the NSW Border Challenge Team. No injury petitions or applications for special consideration will be considered.

- Two non-travelling reserve athletes will be selected. The expectation is that the reserve athletes will continue to train and prepare at their home gym until the day of the team competition.

Level 7 Open

- The selection of the NSW Border Challenge Team will be determined from the athlete's scores from State Trial 1, State Trial 2 and the State Championships. An athlete's highest overall score and second highest overall score from these three events will be added together to give a combined overall score.
- The six athletes selected for the level 7 Open Border Challenge Team will be selected in accordance with the NSW Australian Championships State Team selection rules for Level 7 Open and shall consist of the six best all-around ranked athletes after those athletes selected to the NSW State Team for Australian Championships.
- Any athlete who has been selected to the NSW State Team for Australian Championships is no longer eligible for the Border Challenge team in the same year
- Athletes from the Border Challenge Team can be selected from their combined all-around result only and cannot be selected to the team based on the benchmark apparatus results.
- Any athletes selected to the NSW State Team for Australian Championships are no longer eligible for selection onto the Border Challenge Team in the same year. This include athletes who are selected as a travelling reserve/individual athlete.
- Athletes who are selected as a non-travelling reserve for the NSW State Team for Australian Championships reserve are still eligible for Border Challenge Team selection.
- If an athlete withdraws from the NSW Australian Championships level 7 Open team, a non-travelling reserve will be eligible for Australian Championship and therefore no longer eligible for the Border Challenge Team.
- Two non-travelling reserve athletes will be selected for the Border Challenge team. The expectation is that the reserve athletes will continue to train and prepare at their home gym until the day of the team competition.



Squad Programs

The GNSW MAG GC runs 3 squads throughout the year. Please see below an overview of these squads. For more information, please refer to the squad handbook which is available on the [GNSW Technical Regulations Website](#) – MAG – Gymsport Documents.

For more information on the GNSW High Performance Program please refer to the [GNSW HP Website](#)

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](#).





Appendix I – Qualification, Upgrades and Bandings

| | State Qualification | Compulsory Upgrade | All-Around Banding | | | Apparatus Banding | | | | |
|---------------------------|---------------------|--------------------|---------------------|------------------------|----------------------|---------------------|------------------------|-----------------------|---------------------|----------------------|
| | | | Bronze Less than | Silver Greater than | Gold Greater than | Orange Less than | Yellow Greater than | Green Greater than | Red Greater than | Blue Greater than |
| SO Level 3 & 4 | NA | NA | 80.00 | 80.00 | 90.00 | 11.00 | 11.00 | 12.50 | 13.50 | 15.00 |
| SO Level 1 & 2 | NA | NA | 93.00 | 93.00 | 105.00 | 12.50 | 12.50 | 14.50 | 16.00 | 17.50 |
| Level 6 Open | 54.00 | NA | 60.00 | 60.00 | 66.00 | 9.00 | 9.00 | 10.00 | 10.50 | 11.50 |
| Level 5 & 6U | 42.00 | 52.00 | 52.00 | 52.00 | 56.00 | 7.00 | 7.00 | 7.75 | 8.75 | 9.50 |
| Level 3 & 4 | 42.00 | 51.00 | 51.00 | 51.00 | 55.00 | 7.00 | 7.00 | 7.75 | 8.50 | 9.25 |
| Level 1 & 2 | 45.00 | 50.00 | 50.00 | 50.00 | 54.00 | 7.50 | 7.50 | 8.25 | 8.75 | 9.50 |