



Gymnastics NSW

Section 8 - Women's Artistic Gymnastics
Sanctioned Competition Handbook



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Region Competitions

Sanctioning

All regional competitions need to be sanctioned and run as per Gymnastics NSW guidelines.

Qualifying competitions

Regions need to run qualifying competitions for Level 3 & 4 to select the Regional Teams for the State Championships, also the regions need to run a qualifying event for any Special O gymnasts in the region.

Regions need to decide how the selection of these teams will be made and this information needs to be distributed to the clubs in the region before the events are run.

The composition of the Regional Teams is up to the region to decide, and the teams need to be full before moving to the next team. Regions list the teams so that they are in the sessions that you want the teams to compete in as listed in the Order of Work in the GNSW WAG Technical Regulations eg. Level 3 Outer City 1 - is in session 2, Level 3 Southern 1 is in session 8.

Additional Gymnasts can be placed into the reserve teams and listed on the entry form. These teams will be used to fill up spaces in the competition where regions are unable to send a complete set of teams. The selection of these reserve teams is based on the region's ranking from the previous year's competition for that level and will be allocated to spaces by a random draw.

Regions will be required to allocate 3 judges per session that they have gymnasts competing in.

Other Regional Competitions

Regions are encouraged to run events for the Foundation Levels (Level 1 & 2), look at holding 1 event towards the end of each term, so that these gymnasts have a chance to experience a low-key introduction to competition before they reach level 3.

The Foundation competitions can take many different formats, it is recommended that the format is a skill-based circuit as the beginner judges are only trained to assess single skills on a banded system. Choose appropriate skills from the list for each apparatus, based in the available equipment and space and circulate these to clubs (keep the same skills throughout the year to make it easy for coaches and gymnasts). See the WAG ALP for the list of skills for each level.

Regions are also able to run other events and Regional Championships as decided by the region.

Club Competitions

Sanctioning

Clubs can get competitions sanctioned which allows access to resources from GNSW and the listing of your event on the GNSW Friendly Competitions Calendar, where other clubs can see the details for your event.

Club competitions are not able to be used for qualifying for any GNSW Events but can provide your gymnasts with competition experience also exposure to other gymnasts, coaches and judges allowing opportunities for improvement and friendship.

Start Here, Go Anywhere!

Competition Planning

Date

Ensure that the date that you are looking at doesn't clash with a State or Region event for your region.

You will need to give clubs time to inform their parents about the event and get their entries in before the date that you need to receive their entries to organise the event. This would generally be at least 6 weeks from the notification of the event to the date of the event.

Venue

Ensure that the venue is available for the date you chose and that there are no other events running at the venue that will conflict with your event.

The venue needs to have adequate equipment for the safety of the gymnasts at the level that they are competing. Equipment needs to have enough space to allow for the gymnasts at each apparatus and has minimum overlap with the other apparatus.

There also needs to be space for spectators that can be separated from the competition area during the event so that spectators do not accidentally get in the way of competitors.

Apparatus

The apparatus used needs to be in good working order and meet the requirements for the level of competition (eg. it is not necessary to have the full FIG run-up area for level 3 beam).

It is not necessary for a full floor area for levels 1-4 as these can be done on a single floor strip, which doesn't need to be sprung. It may also be possible to run higher level events with a smaller floor area, as long as clubs are aware of this and can practice beforehand and modifications to floor plans due to the available area are not taken by the judges.

Matting needs to be in good condition and offer adequate cushioning in the case of falls from the equipment.

The landing zones should be clear of obstacles and not have gaps or holes that may lead to injury.

Sound System

Ensure that the sound system allows the competitors and the spectators to hear the music and announcements.

It is possible to hire a sound system for a weekend event if necessary.

Scoring Program

There are a few scoring programs available with all of them having a cost involved in purchasing or using the program, alternately you may choose to use a spreadsheet or database to record and calculate the scores for your event.

For a banded event you may decide not to keep records, but to just allocate the awards as the gymnasts progress around the event.

Awards

Organise any awards needed for the event this can take time so check with your supplier what notice they need for the number of awards you are likely to need.

Start Here, Go Anywhere!

Don't forget to allow enough for tied places or for banding allow plenty of each band for the event as the ratio is never just a simple proportion spread evenly across the bands.

Budget

Organise a budget for the event that includes:

Income

- Entries expected
- Other income expected (door charge for spectators, canteen, etc)

Expenditure

- Awards
- Participation certificates
- Catering
- Venue hire
- Payments or gifts for judges
- Other expenditure

From this budget determine if the event is worthwhile to run.

Personnel

Ensure that you will have enough people available to run the event on the day.

COVID Plan

In these current times it is necessary to have a COVID Plan for your event, make sure that this is done and is based on the latest regulations.

Entries

Organise an entry form for the event with all the information that you will need remember that in these times of COVID events you will need contact details for participants.

Once you receive the entries, collate them, and work out the timetable and order of work for the event.

The timing for the event depends on the levels involved and the format for the competition, as a guide see the table below for approximate event times.

Levels	Warm-up	Apparatus Warm-up	Apparatus time	Presentation
1 & 2	15-20 mins	N/A	Allow 60 mins for 50-80 gymnasts	15 mins
3 & 4	20 mins	N/A	Allow 3 mins per gymnast	15 mins
5	20 mins	N/A	Allow 3-3.25 mins per gymnast	15-20 mins
6	20 mins	N/A	Allow 3.25-3.5 mins per gymnast	15-20 mins
7 w/u compete	20 mins	N/A	Allow 3.5-3.75 mins per gymnast	15-20 mins
7	20 mins	10 - 15 mins	Allow 3 mins per gymnast	15-20 mins
8-10 w/u compete	20 mins	N/A	Allow 3.5-3.75 mins per gymnast	15-20 mins
8-10	20 mins	10 - 15 mins	Allow 3 mins per gymnast	15-20 mins

If you did warm-up on separate apparatus the event times may be reduced as this should speed up the competition

Organise judge's panels if you have the judge availability or request judges from the clubs to fit the timetable.

Send this information to clubs and get clubs to confirm their judges.

Start Here, Go Anywhere!

Data Entry

Enter the data into the Scoring Program and check that age groups if used are correct and the gymnasts are in the correct session and group.

Preparation

Organise and distribute a roster for the volunteers or staff involved in running the event.

Running the Competition

Set-up

Ensure the venue is set-up before the participants and spectators arrive.

Judges are placed in the best available position for the apparatus, judging sheets are on their tables and any electronic scoring equipment is working correctly.

Scoring control is set-up in a suitable position preferably where they have access to the competition area if necessary to check a score that has been submitted.

Running the Event

Get the gymnasts marshalled and warmed up on time.

Ensure that the scoring is working correctly and that the judges are okay during the event.

Make sure that the gymnasts rotate around the apparatus as quickly as possible and if there is a problem fix it early so that the time doesn't blow out and the session run late.

Get the scores collated quickly and ensure that all scores have been entered before organising results.

Presentation

Organise the presentation as quickly as possible, setting up awards and podiums should be done as the results are being checked and printed.

Conduct the presentation and clear the gymnasts and spectators from the venue to allow for the next session to enter.

At the end of the event get the judges to clean off their tables so that they don't leave anything behind.

Pack-up

Pack-up all awards, scoring equipment, chairs and tables, cleaning as you go.

Set the equipment back to normal ready for classes as required.

Post Event

Results

Send the results to clubs and if you want them displayed on the GNSW website send to the GNSW Sanctioning Officer in an electronic format ready for publishing (pdf is best as it is easiest to publish on different platforms).

Acknowledgement

Send a thank you to the judges and volunteers for the assistance with the event.

Sanctioning

Return all sanctioning paperwork to the GNSW Sanctioning Officer.