



# 2025

## Gymnastics NSW Technical Regulations

### *Section 6 - Rhythmic Gymnastics*

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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 Rhythmic Gymnastics (RG). This handbook provides RG in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The RG 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.

Whereby error or omission 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
GNSW	Gymnastics New South Wales
HP	High Performance
NCC	National Clubs Carnival (GA Event)
RG GC	Rhythmic Gymnastics Gymsport Committee

## Committees

### National Commission

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

Contact information for the commission can be found [here](#).

## GNSW RG Gymsport Committee and Judges Assembly

### Purpose

Committees exist to promote the technical development of the Gymsports, by furthering and carrying out the purposes and objectives of Gymnastics NSW. The Committee and its members are responsible for providing support to GNSW and other committee members to ensure the organisation meets its goals and objectives.



Committees will develop, implement and administer projects to support and encourage the growth of gymnastics and the technical development of the Gymsport.

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

LINK: [Committee Purpose, Function and Position Descriptions](#)

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

## Key Focuses and Initiatives

The GNSW RG GC have identified three key focus areas and initiatives to support our Gymsport Annual Plans. These include but not limited to;

Development	Strategic	Engagement
Community Workshops and Clinics	TBC	Community Zoom Meetings
Resources	TBC	Working Groups

If you have any suggestions, feedback or would like to get involved in the key focuses and initiatives please get in touch via the [online form](#).





## Sport Specific Information

### About RG

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

### Program Information

Rhythmic Gymnastics in Australia is divided into two streams;

#### 1. Levels Stream/Broad Participation: Individual Levels 1-10 and Multiples

- For Level 5-10 and Multiples please refer to the Australian Levels Program guidelines. This can be downloaded from the GA Website if you hold an RG accreditation.
- For Level 1-4 clarifications, please refer to the set fundamentals document located on the updates & clarifications section on the GNSW [Technical Regulations Website](#).

#### 2. High Performance Stream: International Individual and Group.

- Works from the FIG 2025 - 2028 Code of Points. This can be downloaded from the [FIG Website](#).

**All errata's or clarification documents can be found on the on the Updates and Clarifications Section on the [GNSW Technical Regulations Website](#).**



## Competition Framework

The competitive stream offers a progression through various levels which aims to nurture gymnasts, build their ability and skills and prepare them for successful representation at national and international events. The competition framework and pathway diagram are shown in the [GA Technical Regulations](#).

Levels 1-4 and Development Individuals are implemented within the states and territories and have the goal of encouraging participation. Level 1-4 gymnasts do not compete at national events.

Development Individuals have the opportunity to compete in their own division at NCC, please refer to the [GA Technical Regulations](#) for more information.

## 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

NSW Accreditation includes a different approach for Levels 1-2 who are assessed on a variety of elements using a 3-tier scale **basic, better, best**.

For Levels 3-10 and multiples, accreditation aligns with the [GA Technical Regulations](#).

### Judges Participation & Development

- All accredited Judges are eligible to judge line and time at GNSW events.
- All Judges are permitted to sit in for shadow judging at Junior, Intermediate, and Multiples Events.
- Judges Briefings held on zoom prior to events are open invite and all are encouraged and welcome to attend.

Please note: At any GNSW State Championships, sit ins will not be possible. Sit ins for club invitationals should be requested through the host club.

### Judge Attire

Judges must meet the dress requirements as listed in the [GA Technical Regulations](#).

Judges who do not conform to the competition attire dress code requirements may be asked to leave the competition floor.





## Additional Athlete Regulations

### Age Divisions

**Senior Season:** \*Development Individuals is a state-based program. All other levels/divisions are listed below as per the [GA Technical Regulations](#).

Level	Age Divisions
Development Individuals*	Turning 8-10 (2017- 2015) Divisions for Development may be split equally into smaller sessions by age/DOB. Divisions may vary in the same calendar year as they are pending the competition summary of entries received for each event.
Sub Junior	Turning 10-11 (2015-2014)
Pre Junior	Turning 12-13 (2013-2012)
Level 9	Turning 14 or over (2011 and older) Divisions for L9 may be split equally into smaller sessions by age/DOB. Divisions may vary in the same calendar year as they are pending the competition summary of entries received for each event.
Junior International	Turning 14 - 15 (2011-2010)
Level 10	Turning 16 or over (2009 and older) L10 may be split equally into smaller sessions. These sessions may vary in the same calendar year as they are pending the competition summary of entries received for each event.
Senior International	Turning 16 or over (2009 and older)
Sub Junior Group	Turning 10-12 (2015-2013)
Pre Junior Group	Turning 12-14 (2013-2011)
Junior Group	Turning 14-15 (2011-2010)
Senior Group	Turning 16 or over (2009 and older)
* If Attending NCC, please refer to <a href="#">GA Regulations</a> for age divisions and event requirements.	





## Multiples Grand Prix Series & State Championships:

The 2025 Grand Prix Series focus is the provision of additional competition opportunities and the promotion of a friendly competition spirit between clubs, as clubs accumulate points across the series for the Overall Multiples Grand Prix Champion Club rankings.

NSW offers additional categories and divisions beyond those outlined in the to [GA Technical Regulations](#), including Masters and Development.

Category	Age Divisions
Cat 1 Trio* (3)	Sub-Junior - Turning 6-7 (2019-2018) Junior - Turning 8-9 (2017-2016) Senior - Turning 10-11*** (2015-2014) +
Cat 1 Quad* (4)	
Cat 1 Group FX* (4-6)	
	Development Individuals will have their own Cat 1 Divisions in NSW-Turning 8-10 (2017- 2015) Development Category 1 can include non-development athletes competing in this division, however development individuals cannot compete outside of the Development Category 1.
Cat 2 Trio* (3)	Max age 13 years (2012) Junior Turning 8-10 yrs (2017-2015) Senior Turning 11-13 yrs (2014-2012)
Cat 2 Quad* (4)	
Cat 2 Group FX* (4-6)	
Cat 3 Trio* (3)	Turning 12-15 (2013-2010)
Cat 3 Quad* (4)	
Cat 3 Group FX* (6-8)	
Cat 4 Trio* (3)	Turning 13 or over (2012)
Cat 4 Quad* (4)	
Cat 4 Group FX* (6-8)	
Cat 5 Trio* (3)	Turning 14 or over (2011)
Cat 5 Group* (5)	
Masters Quad** (4)	18yrs + (Open to all genders)
Masters Group**FX (6-8)	18yrs + (Open to all genders)
<p>* Sub Junior, Pre Junior, Junior, Senior International and Level 10 athletes may enter Multiples as part of their club providing, they make up 50% or less of the group.</p> <p>**Masters Quads and Groups are open to all athletes over the age of 18 regardless of what individual division they are/ have competed in.</p> <p>***Where a club does not have enough athletes to make up a junior or senior cat 1 trio, quad, or group, they may use athletes from the younger age divisions.</p>	



### Grand Prix Series Points & Overall Champion Club

At each Grand Prix and the State Championships, 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 multiples level/division across the competitions in the series. At the conclusion of the Multiples State Championships the top 3 clubs with the highest accumulated points from the series will be awarded.

The following table outlines how points will be awarded to each club at Grand Prix 1 & 2, and State. Points will be awarded for each category.

AA Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Points	3	2	1

### Intermediate Season:

Divisions for Levels 5-8 may be split equally into smaller divisions by age/DOB, consideration will be given to group clubs together where possible.

Example 1; If there are in total 80 entries for Level 5 or 6;

**Division 1 (Session 1- Floor 1)** will be the youngest 20 gymnasts sorted by DOB.

**Division 2 (Session 1- Floor 2)** will be the next youngest 20 gymnasts sorted by DOB.

**Division 3 (Session 2- Floor 1)** will be the next youngest 20 gymnasts sorted by DOB.

**Division 4 (Session 2- Floor 2)** will be the oldest 20 gymnasts sorted by DOB.

Example 2; If there are in total 40 entries for Level 7 or 8;

**Division 1- Session 1** will be the youngest 20 gymnasts sorted by DOB

**Division 2- Session 2** will be the older 20 gymnasts sorted by DOB

Level	Age Divisions
Level 5	Turning 10 (2015) or over
Level 6	Turning 11 (2014) or over
Level 7	Turning 12 (2013) or over
Level 8	Turning 13 (2012) or over

\*Divisions at State Championships will be determined after the close of entries. Division sizes above are examples only and will depend on final entries received. GA Divisions will not be implemented at NSW State Championships for 2025. If Attending NCC, please refer to [GA Regulations](#) for age divisions and event requirements.

### Junior Season:

Level	Age Divisions
Level 1	Turning 6 (2019) or over
Level 2	Turning 7 (2018) or over
Level 3	Turning 8 (2017) or over
Level 4	Turning 9 (2016) or over



\* **Divisions:** For Level 1-4, entries may be split equally into smaller divisions by DOB. DOB groupings per division will be determined after the close of entries. Consideration will be given to group clubs together where possible.

### Level 1-2

Level 1-2 in NSW is assessed using a "1, 2, 3" model of judging where 3 is the highest and 1 is the lowest. 0 is only applied if element being assessed is missing entirely from the routine. Each element is assessed individually then added together to determine the final score. Based on the final score, the athlete is awarded a Gold, Silver, or Bronze placing according to predefined thresholds.

No more than four judges are used per panel at NSW events.

### Level 3-4

Level 3-4 is assessed using FIG Judging Model where DB, DA/ Modified, Artistry/Fundamentals and Execution is assessed then combined to achieve the final score. Based on the final score, the athlete is awarded a Gold, Silver, or Bronze placing according to predefined thresholds.

## Progressions

### HP Individuals and Groups

HP Individuals and Groups staying in the HP Pathway must follow the age requirements listed in the [FIG CoP/GA Technical Regulations](#) to determine what division to compete in. This includes HP Group gymnasts transitioning to HP Individual divisions.

### Levels 1-9 for 2025

For Levels 1-9 Coaches/Clubs have two options for gymnast progressions, but they must follow the age requirements listed in the [Athlete Regulations Section](#) for each level;

1. A gymnast may stay in the same level.
2. A gymnast may progress to the next level if the level is appropriate for their current skills and training hours required for that progression.

Additionally, according to GA Technical Regulations, if an athlete places in the top three all-around (AA) in any individual division at the National Clubs Carnival (NCC), they must progress to the next level in the following year, provided they are age eligible.

Level regression is not permitted without approval from RGGC and Gymnastics NSW (GNSW).



## Transitions

### HP Individual Gymnasts

Movement for HP Individuals returning to Levels Pathway

Development returning to levels: Minimum Level 3

Sub Junior returning to levels: Minimum Level 5

Pre Junior returning to levels: Minimum Level 7

Junior International returning to levels: Minimum Level 9

Senior International returning to levels: Minimum Level 10

### HP Group Gymnasts

Clubs/Coaches must follow the [GA Technical Regulations](#) for HP Group gymnasts returning to the Levels Pathway.

**Coaches/Clubs must apply [online](#), with valid reasons, to the RG GC for Special Consideration if they feel their gymnast should not progress as indicated above.**



## Athlete Attire

For full details on changes of athlete attire please refer to the [GNSW Technical Regulations Website](#).

Level/Division	Requirements
<b>Senior Season:</b> which includes Sub Junior, Pre Junior, Junior, Senior, Level 9, Level 10 <b>Intermediate Season:</b> which includes Levels 5-8. <b>Development Individuals</b>	Optional leotard/unitards for individuals; same material, style, colour, and design for groups except for patterned material which may have slight variations.
<b>HP Groups &amp; Multiples Cat 1-5</b>	Same material, style, colour, and design for group with the exception of patterned material which may have slight variations.
<b>Masters (Quad &amp; Group)</b>	Comfortable Attire (tights, shorts, singlets, shirts) Please refer to the <a href="#">General Regulations</a> for more information on attire. Note: Torso must be covered. e.g., no crop tops only.
<b>Junior Season:</b> Level 3-4	Level 3-4 compete in Club leotard/unitard, the colours of which are registered with GNSW.
<b>Junior Season:</b> Level 1-2	Level 1-2 compete in a black/navy leotard OR a solid block coloured leotard. Skirts are not permitted however gymnasts may wear the same colour as their leotard or plain black/navy leg coverings.
<b>March on</b> will only be at Championship events. March on will be in leotards and presentations will be in club tracksuits. Please refer to the event briefings for any updates to uniform requirements.	
Please refer to the <a href="#">NSW Technical Regulations</a> for athlete attire regulations for NSW Events. Please refer to <a href="#">GA Technical Regulations</a> for athlete competition attire regulations for Australian Championships.	
Please refer to <a href="#">GA Technical Regulations</a> for athlete attire regulations for NCC.	



## Event Information

### Competition Structure

Competitions for Rhythmic Gymnastics in NSW are split into four seasons:

#### Senior Season

Which includes Sub Junior, Pre Junior, Junior, Senior, **Level 9\***, Level 10, Sub Junior group, Pre Junior Group, Junior Group and Senior Group.

- Senior Trial 1 & 2
- Senior State Championships

\***Level 9** remains out of the Intermediate Season only in NSW (not Nationally) and continues to be included into the Senior Season for a smoother transition for gymnasts in NSW moving into Level 10. Level 9 will not be included at Australian Championships and will remain in GA National Clubs Carnival.

#### Intermediate Season

Which includes Levels 5-8.

- Intermediate Invitational
- Intermediate State Championships

#### Multiples and Development Grand Prix Series

Which includes Categories 1-5 (Trios, Quads & Groups), Masters 18+ (Quads & Groups) - Development Individuals & Masters Individuals.

- Grand Prix 1 & 2 and Development Individuals Invitational 1 & 2
- Multiples & Development State Championships

#### Junior Season

Which includes Levels 1-4.

- Junior Invitational
- Junior State Championships

#### Additional Events

In addition to the four seasons, competitions are offered for;

- Country Championships
- Sanctioned Club Invitationals. Please access all Club Sanctioning Information [HERE](#).



## Apparatus and Music Requirements

Junior and Senior athletes competing in Australian Championships and FIG-sanctioned competitions must use apparatus with the official FIG-required markings. The list of RG hand apparatus with valid certifications is regularly updated and published on the [FIG website](#). At GNSW events, random checks of apparatus may be conducted in accordance with FIG rules. For full apparatus requirements, please refer to the [GA Technical Regulations](#) for requirements.

### Individual Season

Level/Division	NSW Set Apparatus 2025-2028	Music
Junior Season		
Level 1	FX + Ball	NSW Level 1-4 State Compulsory Music can be downloaded from the <a href="#">GNSW Website</a> . L1-2;0.45 L3-4; 0.45 – 1:00
Level 2	FX + Hoop	
Level 3	Ball + Clubs	
Level 4	Hoop + Ribbon	
Level/Division	GA Set Apparatus 2025-2028	Music
Intermediate Season		
Level 5	Ball + Clubs	Level 5-6 State Compulsory Music can be downloaded from the <a href="#">GNSW Website</a> . 1.00 – 1:15
Level 6	Hoop + Ribbon	
Level 7	Hoop + Ball + Clubs	1:15 – 1:30
Level 8	Hoop + Clubs + Ribbon	
<p>*GA NCC has the ability to cater for L5-8 gymnasts to perform a FX Routine at this event. In NSW L5-8 FX is not required.</p> <p>* Some music pieces for Levels 1-6 are changing in 2025, please ensure you have the correct ones.</p>		
Level/Division	2025-2028	Music
Senior Season		
Development	FX + Hoop + Ball	1:00 – 1:15 Club Compulsory Music per Routine
Sub Junior	FX + Hoop + Ball + Clubs	1:15 – 1:30
Pre Junior	FX + Hoop + Ball + Ribbon	1:15 – 1:30
Level 9 Junior International Level 10 Senior International	Hoop + Ball + Clubs + Ribbon	1:15 – 1:30
Sub Junior Group	5 FX & 5 Balls	2:00 – 2:15
Pre Junior Group	5 FX & 5 Ribbons	2:00-2:15
Junior Group	5 Hoops & 5 Clubs	2:15-2:30
Senior Group	5 Ribbons & 3 Balls + 2 Hoops	2:15-2:30



## Multiples Grand Prix Series & State Championships

Multiples Grand Prix Series & State Championships		
Development (1)	FX Group + Hoop Trio + Ball Quad	1:15 - 1:45
Cat 1 Trio (3)	Hoop	
Cat 1 Quad (4)	Ball	
Cat 1 Group FX (4-8)	FX	
Cat 2 Trio (3)	Ball	
Cat 2 Quad (4)	Hoop	
Cat 2 Group FX (4-8)	FX	2:00-2:15
Cat 3 Trio (3)	Hoop	
Cat 3 Quad (4)	Clubs	
Cat 3 Group FX* (4-8)	FX	
Cat 4 Trio (3)	Ribbon	
Cat 4 Quad (4)	Ball	
Cat 4 Group FX* (4-8)	FX	2:15-2:30
Cat 5 Group* (5)	2 Hoops + 3 Clubs (1 routine performed twice)	
Masters Quad (4)	Ball	1:45 – 2:15
Masters Group FX (4-8)	FX	
Masters	Hoop + Clubs + Ribbon	1:15 – 1:30

\*To be eligible for Masters, gymnasts must not have competed in the State Individual competitions in the current calendar year. (ie. Compete in level 10 in Senior season, and then compete as Masters in the Multiples season)

**\*Please note that the Music Times have changed for 2025**

## Floor Requirements

- Level 1-2 competes on half of 2-3 strip mats, concurrent floors, 2-6 competing at same time
- Level 3-4 competes on 3 full strip mats, concurrent floors, 2-3 competing at same time
- Level 5-6 competes on 5 full strip mats- concurrent floors, 2 competing at same time\*
- Development Individuals compete on half a full floor, 2 competing at a time from the same club
- All of the remaining levels/divisions compete on a full competition floor space (13x13m).

\*Please refer to the [GA Technical Regulations](#) if attending NCC.

## Group Number Requirements

For group number requirements, please refer to the **ALP** for the official guidelines and specifications.

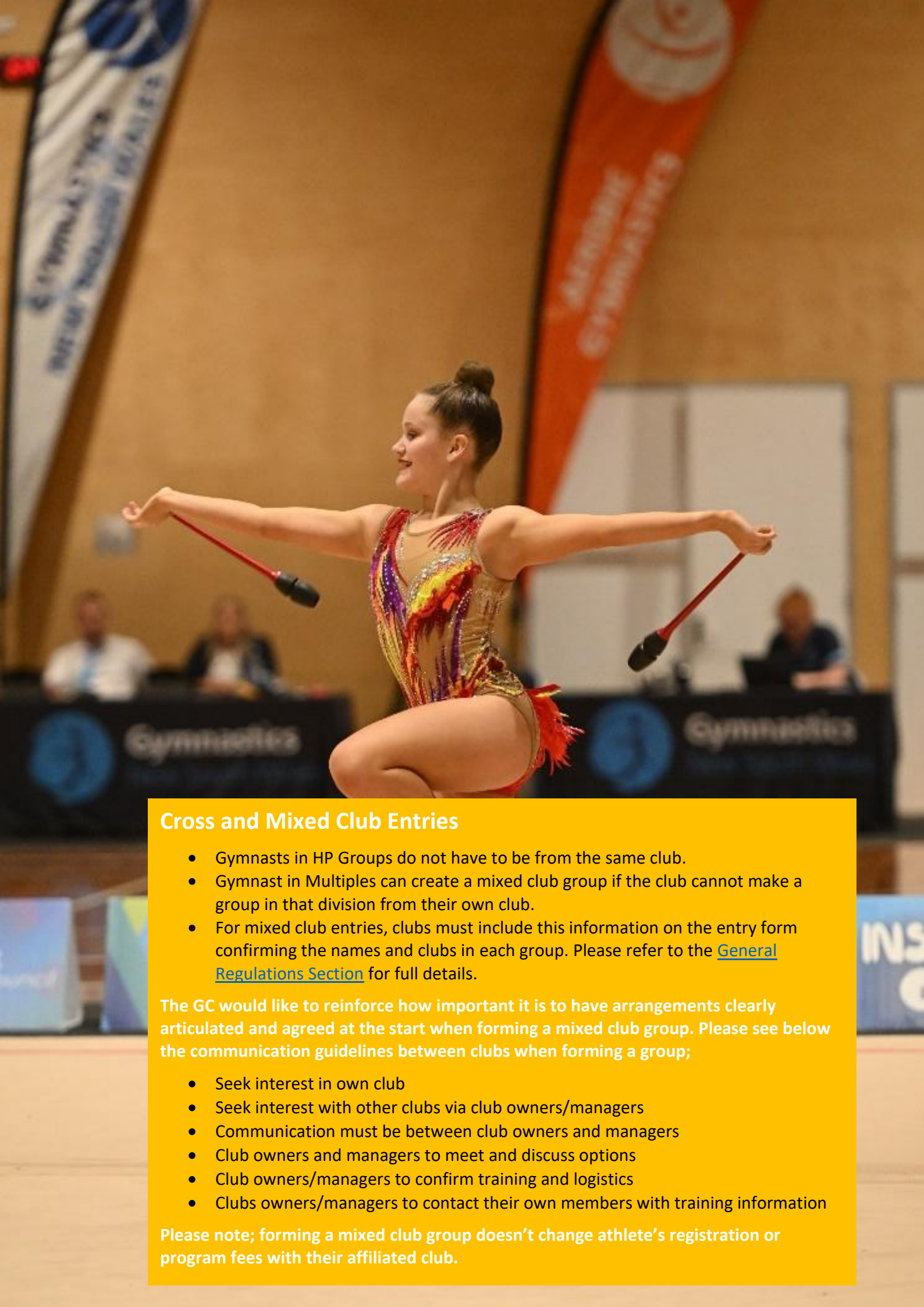




## Specific Event Requirements

### Entry and Qualification Requirements

Season	Entry Requirements
Senior Season  Trial 1 Trial 2 Senior State	<p><b>Trials:</b> There are no entry restrictions to attend these events.</p> <p><b>Senior State:</b> A club may enter as many individual gymnasts and Groups as they wish in a division, as long as the gymnasts/groups have attended either GNSW Senior Trial 1 or 2.</p> <p>Please note; If gymnasts in a Group change from Trial 1 to Trial 2, the new Group of gymnasts competing at Trial 2 must compete to be able to attend Senior State Championships.</p> <p>Reserves for Groups must be nominated on the entry form. Should a club require additional reserves, Clubs must complete the <a href="#">Special Request Form</a> prior to the event with supporting documentation.</p> <p><b>Applications for Interstate Entries can be submitted and may be accepted pending event capacity at Senior State.</b></p>
Multiples Grand Prix, Development Series & State Championships	<ul style="list-style-type: none"> <li>• A gymnast cannot compete against themselves, so can only enter in one routine within the same category/sub section.</li> <li>• Substitute gymnasts are permitted if a doctor's certificate for the withdrawal of a gymnast has been submitted.</li> </ul> <p>To attend State Championships, the group or development individual must attend one of the Grand Prix Events/ Development Invitationals.</p>
Club Invitationals	<p>Clubs are encouraged to apply to host Club Invitationals for Levels 5-8. Athletes must attend the NSW Intermediate Invitational to be eligible to attend the Intermediate State Championships. For more information on hosting and applying for a Club Friendly Event please refer to the <a href="#">GNSW Technical Regulations Website</a>.</p>
Intermediate Season	<p><b>Trial:</b> There are no entry restrictions to attend this event.</p> <p><b>Intermediate State:</b> A club may enter as many individual gymnasts as they wish in a level, as long as the gymnasts have attended the GNSW intermediate Invitational.</p>
Junior Season	<p><b>Trial:</b> There are no entry restrictions to attend this event.</p> <p><b>Junior State:</b> A club may enter as many individual gymnasts as they wish in a level, as long as the gymnasts have attended the GNSW Junior Invitational or Country Championships.</p>



## Cross and Mixed Club Entries

- Gymnasts in HP Groups do not have to be from the same club.
- Gymnast in Multiples can create a mixed club group if the club cannot make a group in that division from their own club.
- For mixed club entries, clubs must include this information on the entry form confirming the names and clubs in each group. Please refer to the [General Regulations Section](#) for full details.

The GC would like to reinforce how important it is to have arrangements clearly articulated and agreed at the start when forming a mixed club group. Please see below the communication guidelines between clubs when forming a group;

- Seek interest in own club
- Seek interest with other clubs via club owners/managers
- Communication must be between club owners and managers
- Club owners and managers to meet and discuss options
- Club owners/managers to confirm training and logistics
- Clubs owners/managers to contact their own members with training information

Please note; forming a mixed club group doesn't change athlete's registration or program fees with their affiliated club.



## Awards

Season	Apparatus 1 <sup>st</sup> – 6 <sup>th</sup>	All Around 1 <sup>st</sup> – 6 <sup>th</sup>	Teams AA 1 <sup>st</sup> – 6 <sup>th</sup>	Banding
<b>Senior</b>	HP Individuals L10 HP Groups	HP Individuals L10 HP Groups	At State only for HP Individuals L10	N/A
<b>Level 9</b>	Per Level/division. i.e.. If Level 9 was split into two divisions; Level 9 Division 1 will be awarded 1 <sup>st</sup> -6 <sup>th</sup> per Apparatus/AA as well as Level 9 Division 2.	Level 9 per Level/division.	At State & Country Championships only.	N/A
<b>Multiples &amp; Development</b>	Cat 5 Group Development Individuals	Categories 2-5 & Masters Development Individuals	At State only for Development Individuals.	Category 1 and 2; Each Division will be split into three banding awards. <ul style="list-style-type: none"> <li>• Gold/Blue= Top 25%</li> <li>• Silver/Red= 50%</li> <li>• Bronze/Green= 25%</li> </ul>
<b>Intermediate Level 5-6</b>	Per Level/Division & Floor* i.e.. Level 5 was split into two divisions; Level 5 Division 1 (Floor 1) will be awarded 1st-6th per apparatus as well as Level 5 Division 2 (Floor 2).	N/A	At State & Country Championships only.	Level 5-6 AA*. Each Division will be split into three banding awards. <ul style="list-style-type: none"> <li>• Gold/Blue= Top 25%</li> <li>• Silver/Red= 50%</li> <li>• Bronze/Green= 25%</li> </ul>
<b>Intermediate Level 7-8</b>	Per Level/division. ie. Level 7 was split into two divisions; Level 7 Division 1 will be awarded 1 <sup>st</sup> -6 <sup>th</sup> per Apparatus/AA as well as Level 7 Division 2.	Level 7-8 per Level/division.	At State & Country Championships only.	N/A
<b>Junior</b>	N/A	N/A	At State only.	Level 1-4 Per Routine* L3-4; Three Banding Scores to determine what award each athlete receives for each routine Scoring & banding for L1-2 will be based on the Basic Better Best principle as per previous codes.
*Banding scores for Level 1-4 will be released prior to their 2025 Competition Season on the <a href="#">GNSW Technical Regulations Website</a> - RG- Updates & Clarifications.				



## Teams

To be eligible for team awards at Senior, Intermediate, and Junior State Championships each club may enter a team in the below levels/Divisions.

- All Level 1-9 Divisions (determined after entries have closed/athletes allocated to Divisions)
- All HP Individual Divisions & Level 10

A team must have a minimum of three (3) and maximum of six (6) athletes.

The individual athlete scores for each team member, will be ranked and the best ten (10) scores will be used to calculate the overall team score for HP Individual Divisions & Level 9-10 and the best six (6) for Levels 1-8. If a team member is injured during the competition and doesn't complete all their routines, those scores can still be used to calculate the total team score.

## Tied Scores

Where a tie is awarded, the tied recipients each receive the relevant award. The next place is not awarded.

## Protesting Scores

There are no enquiries against the score at any GNSW RG events. Apparatus and All-Around Ties will not be broken.

## Spare Apparatus

Any athletes coach may place replacement apparatus as per requirements from FIG for each apparatus if required. i.e. along two of the four lines of the floor area (not including the entry point).

For the Multiples Grand Prix & Development Series and Intermediate State Championships, a coach can put up to two spare apparatus on the competition floor area as per requirements from FIG. Coaches are responsible for placing this around the floor and retrieving it at the end of each routine.

## Live Scoring

Live Scoring may be available at all GNSW RG Senior Season competitions, Intermediate State Championships and Multiples Grand Prix & Development Series & State Championships via the [online](#) app.

Please be aware that all scores displayed on the scoring program and at events are provisional until signed off by the respective committee members.

For the Junior Season, there are no score displays and results will not be published.

## Country Championships

Please refer to the Country Championships Handbook for full details of this event. The Handbook can be found on the [GNSW Website](#).



## Selection Process

### Australian Championships NSW State Team

#### Selection Committee

The selection committee consists of the GNSW RG Gymsport Committee (unless any individual has a conflict of interest) and EPPO as the ex officio.

#### 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 and [GNSW State Team Website](#). RG specific selection criteria can be found below.

Selection is based on performances and rankings at two (2) NSW selection Events. One (1) NSW State Trial where the gymnasts best ranking was achieved and the NSW State Championships. To be considered for State Team selection an athlete must enter and compete in both trials and the State Championships.

RG State Team			
Level	Number of Athletes Selected	Team Size	Reserves
Sub Junior	6	6	2 Non-travelling reserves
Pre Junior	6	6	2 Non-travelling reserves
Level 10	6	6	2 Non-travelling reserves
Junior International	8	6 (& 2 individuals)	2 Non-travelling reserves
Senior International	8	6 (& 2 individuals)	2 Non-travelling reserves
Sub Junior Group	3 Teams	6 gymnasts: 5 + 1 reserve	2 Non-travelling reserves
Pre Junior Group	3 Teams	6 gymnasts: 5 + 1 reserve	2 Non-travelling reserves
Junior International Group	3 Teams	6 gymnasts: 5 + 1 reserve	2 Non-travelling reserves
Senior International Group	3 Teams	6 gymnasts: 5 + 1 reserve	2 Non-travelling reserves
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.			



Only gymnasts who have achieved the Australian Championship qualifying score in their division at a GNSW State Trial or State Championship will be eligible for State team consideration. Please refer to the [GA Regulations](#) for final qualifying scores.

The only exception for consideration of a qualifying score at an event other than a GNSW event (and including scores obtained outside Australia on official representation), will be at the discretion of the selection committee, prior to the GNSW Senior State Championships. Applications for exemption to the achievement of the qualifying score within a NSW event must be submitted in writing to the RG EPPO. Applications will be considered for national team members where the athlete is unable to compete in the NSW events due to selection for an Australian team. International events being used as a qualifier under this clause require approval from GNSW and GA to be considered. With the exception of where an athlete has been selected to an official GA Australian Team, GNSW events will always take precedence, and the application will be denied if it is conflicting with any selection event. Individual circumstances of athletes, including National Squad members will be considered on a case-by-case basis, with an expectation that athletes should attend the NSW selection events wherever possible. Gymnasts selected to the Australia team between January and April in the year of the Australian Championships may be exempt from the qualification requirements but will also be required to fulfil the NSW team selection requirements to be selected to the state team.

### Athlete Selection Process

Selection is based on performances and rankings at two (2) 2025 NSW State Trials and the 2025 NSW State Championships. 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.

Gymnasts will be selected from the highest combined ranking points. This includes their best GNSW Senior Trial result, plus their GNSW Senior State Championship result.

The formula applied to rank individual gymnasts and groups for state team consideration is:

AA Position	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Trial Points	14	12	10	9	8	7	6	5	4	3	2	1
State Points	20	17	14	12	11	10	8	7	6	5	4	3

Gymnast/groups are not required to achieve a Q.S in order to be awarded points.

### Ties

- Where there is a tie in ranking points for a team position, the aggregated scores of the tied gymnasts will be reviewed to find the highest possible combined score (using the best State Trial score and the State Championship score). If a tie still exists, the gymnast with the highest combined total Execution Score at the State Championships will be selected (I.e., This is the gymnast who has the lowest number of execution deductions). If a further tie still exists, the gymnast with the highest combined total Difficulty Score at the State Championships will be selected.

If a special consideration has been received and approved by the RG GC prior to State Championships, the athlete with the special consideration will be reviewed against the lowest ranked gymnast on the team.



The Selection Committee will review the gymnasts/groups most recent performances, their readiness for attendance at the Australian Championships and their ability to be able to contribute to the overall State Team performance.

### Special Considerations

For a gymnast to be eligible for special consideration they must be unavailable for the required NSW selection competitions due to their selection on a GA Australian team or have received special dispensation through application to the Selection Committee via the RG EPPO for individual case-by-case circumstances relating to Australian team preparation or selection. **The gymnast must have a proven track record of international event experience and have relevant results obtained at national and international events approved by the Selection Committee.** Special Considerations will only be considered for Junior and Senior International divisions. The Selection Committee will take into consideration the athlete's ability to contribute to the team. The following factors will be considered:

- Present competition form and readiness
- Combined All-Around results and rankings achieved in recent international events
- Past National and International results
- GNSW Trials and State Championships results
- Relevant results achieved at Gymnastics Australia or a sanctioned FIG event in the year of the Australian Championships
- Possible team composition and possible individual and all-around and/or individual apparatus medals.
- Participation at State Team Training
- Satisfaction of all other State Team eligibility selection and participation criteria
- Ability to demonstrate active contribution and participation as a member of the NSW team and contribute positively to performance and the team environment.

Special consideration will be assessed against the team and individual positions in the respective level.

Athletes must apply for Special Consideration prior to the commencement of the State Team selection process. Special consideration must be received by 5pm 28<sup>th</sup> March 2025. Late applications after the State Team selection process has begun, will only be considered where the athlete is selected to an Australian team after the commencement of the NSW State Team selection process, making them unavailable for the NSW selection activities. An application for Special Consideration will be accepted or denied a week following the submission of application. Acceptance of a special consideration does not mean that the athlete has been selected to the NSW State Team.

Athletes who have been accepted for Special Consideration may submit supporting information for consideration of their selection to the State Team. Supporting information will be accepted in the form of Video Selection Activities and International FIG Competition attendance, as well as current and recent results. Video Selection Activities must be competition video or routines performed in training environment under competition conditions witnessed by an international judge whom will verify a "one video take". Videos must be recorded within the NSW selection window (March-May 2025). Athletes with Special Consideration are not required to submit supporting information, however the selection committee may request video performances from athletes who have no supporting information to support their application.



A special consideration for a team position would replace the lowest ranked gymnast selected in the team (the top 6) (e.g. if one special consideration were accepted the gymnast would replace 6th place or if two were accepted, they would replace 5th and 6th for the team etc.).

- If a special consideration for a team position is unsuccessful, a special consideration for an individual position would replace the lowest ranked gymnast selected for the Australian Championships in the Level for Junior & Senior INT (i.e. if one special consideration were accepted the gymnast would replace 8th place or if two were accepted, they would replace 7th and 8th placed gymnasts etc.).
- Gymnasts who are replaced in the team would become the level individual athlete(s) and 1<sup>st</sup> team reserve. Gymnasts who are replaced as a NSW individual athlete will become the non-travelling reserve(s).

### **Extenuating circumstances**

Extenuating Circumstances will be considered if the gymnast has attended the following two selection events;

1. GNSW Senior Trial 1\*
2. GNSW Senior Trial 2\*

\*A gymnast must rank in the top eight (8) AA (Sub JNR, Pre JNR, L10) or top ten (10) AA (JNR INT & SNR INT) at both Senior Trials to apply for extenuating circumstances if the gymnast is unable to attend GNSW Senior State for the following reasons;

- Illness/emergency resulting in withdrawal from GNSW Senior State. You must notify GNSW prior to the commencement of the competition and provide relevant documentation e.g., medical certificate.
- Injury resulting in withdrawal from GNSW Senior State. You must notify GNSW no later than one week before the Senior State begins and provide relevant documentation e.g., medical certificate.
- Death within the family resulting in withdrawal from GNSW Senior State. You must notify GNSW prior to the commencement of the competition.

Gymnasts may not apply for extenuating circumstances if;

- The gymnast only attended one (1) of the Senior Trials and no Senior State
- The gymnast did not place in the top eight (8) AA (Sub JNR, Pre JNR, L10) at both Senior Trials
- The gymnast did not place in the top ten (10) AA (JNR INT & SNR INT) at both Senior Trials

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. Athletes who are unable to provide the required supporting medical information may not be selected in the team and the next ranked athlete may be considered instead. In accepting selection onto the team, the gymnast unable to participate in the NSW State Championships on medical grounds and/or parent or guardian must agree to incur all financial costs involved in State Team tour if the athlete does not recover in time and is unable to prove routine fitness or does not receive the necessary medical clearance.





Any athlete selected for the NSW State Team who has not competed or is injured during the NSW State Championships 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. Withdrawn athletes will be replaced by the named team reserve(s) as applicable.

**The GNSW RG State Team will be named after the completion of State Championships BUT will not be ratified until**

- The Competition Coordinator has audited the State Championship scores
- 24 hours after the entire competition has concluded and the RG GC is in receipt of any special consideration requests; and
- The GNSW Board of Management has accepted all team members as being suitable to represent their State.

Should there be any changes to the team named at State Championships the RG EPPO will immediately advise the affected gymnasts.

**Please note; The following criteria are to be used in conjunction with the Gymnastics NSW Selection Policy. Any gymnast, coach or judge, financially in debt, to GNSW or GA will not be eligible for selection in a State Team. Any financial difficulties should be referred to the EPPO and a payment plan can be considered.**

#### **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.



## Squad Programs

Our High-Performance programs provide a strong preparation for our athletes and officials aiming for selection onto Australian teams and the wrap around support needed to achieve this.

Please visit the [GNSW Website](#) for further information on these squads.

## Resources

All resources are available on the [GNSW Technical Regulations Website](#).

## Updates and Clarifications

Any updates or clarifications will be available on the [GNSW Technical Regulations Website](#).

