Contents

ABBREVIATIONS ........................................................................................................................................3
GA RG NATIONAL GYMSPORT COMMISSION .......................................................................................3
GNSW RG SPORTS MANAGEMENT COMMITTEE (RG SMC) .................................................................3
GNSW RG JUDGE MANAGEMENT COMMITTEE (RG JMC) ...............................................................3
COMPETITION CALENDAR .......................................................................................................................4
RHYTHMIC GYMNASTICS SPORT POLICIES .........................................................................................5
GYMNAST PATHWAYS ...............................................................................................................................5
COMPETITION INFORMATION ...................................................................................................................5
REGULATIONS FOR GYMNASTS ...............................................................................................................6
REGULATIONS FOR COACHES ................................................................................................................8
LEVEL 3-6 JUNIOR STATE CHAMPIONSHIPS .......................................................................................10
LEVEL 7-INT. & GROUP SENIOR STATE CHAMPIONSHIPS ..............................................................10
STATE MULTIPLES CHAMPIONSHIPS ...................................................................................................12
COUNTRY CHAMPIONSHIPS ...................................................................................................................13
STATE AND COUNTRY ENTRY REQUIREMENTS ...................................................................................13
STATE TEAM SELECTION POLICY .........................................................................................................13
STATE TEAM TRAINING ...........................................................................................................................15
STATE TEAM OFFICIALS SELECTION PROCESS ..................................................................................15
TRAVELLING OVERSEAS .......................................................................................................................16
JUDGES INFORMATION ...........................................................................................................................18
COMPULSORY UPDATES AND JUDGING COURSES .........................................................................19
JUDGING AT GNSW EVENTS ...................................................................................................................19
NSW JUDGE MANAGEMENT COMMITTEE (JMC) ROLES ................................................................21
JUDGING OUT OF STATE ..........................................................................................................................21
TRACKING JUDGING EXPERIENCE .......................................................................................................21
JUDGING COURSES .................................................................................................................................22
APPENDIX 1 – APPLICATION FOR SPECIAL CONSIDERATION (GYMNAST) .......................................23
APPENDIX 2 – NSW APPLICATION FOR SANCTION (GYMNASTS AND COACHES) .............................24
APPENDIX 3 – APPLICATION FOR SANCTION REQUEST (JUDGES) ......................................................25
ABBREVIATIONS

Definitions

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGG</td>
<td>Aesthetic Group Gymnastics</td>
</tr>
<tr>
<td>ALP</td>
<td>Australian Levels Program</td>
</tr>
<tr>
<td>CoP</td>
<td>Code of Points</td>
</tr>
<tr>
<td>RG ESDO</td>
<td>Rhythmic Gymnastics Events and Sports Development Officer</td>
</tr>
<tr>
<td>FIG</td>
<td>International Gymnastics Federation</td>
</tr>
<tr>
<td>F1 &amp; F2</td>
<td>Foundation Levels 1 &amp; 2</td>
</tr>
<tr>
<td>GA</td>
<td>Gymnastics Australia</td>
</tr>
<tr>
<td>GNSW</td>
<td>Gymnastics New South Wales</td>
</tr>
<tr>
<td>RG JMC</td>
<td>Rhythmic Gymnastics Judge Management Committee</td>
</tr>
<tr>
<td>RG SMC</td>
<td>GNSW Rhythmic Gymnastics Sports Management Committee</td>
</tr>
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</table>

GA RG NATIONAL GYMSPORT COMMISSION

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Technical Director</td>
<td>Virginia Elliott</td>
<td><a href="mailto:velli@ozemail.com.au">velli@ozemail.com.au</a></td>
</tr>
<tr>
<td>National Judging Coordinator</td>
<td>Teresa Evans</td>
<td><a href="mailto:tevans@gymnastics.org.au">tevans@gymnastics.org.au</a></td>
</tr>
<tr>
<td>General Member Coaching Development</td>
<td>Krasi Yurukova</td>
<td><a href="mailto:krasi.rg@optusnet.com.au">krasi.rg@optusnet.com.au</a></td>
</tr>
<tr>
<td>General Member Resource &amp; Communication</td>
<td>Stephanie Schahinger</td>
<td><a href="mailto:stephanies@adam.com.au">stephanies@adam.com.au</a></td>
</tr>
<tr>
<td>Gymnastics Australia Sports Program Manager</td>
<td>Emily Rennes</td>
<td><a href="mailto:erennes@gymnastics.org.au">erennes@gymnastics.org.au</a></td>
</tr>
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GNSW RG SPORTS MANAGEMENT COMMITTEE (RG SMC)

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technical Director</td>
<td>Carol Lane</td>
<td><a href="mailto:carol.gymandski@gmail.com">carol.gymandski@gmail.com</a></td>
</tr>
<tr>
<td>Judging Coordinator</td>
<td>Virginia Elliott</td>
<td><a href="mailto:velli@ozemail.com.au">velli@ozemail.com.au</a></td>
</tr>
<tr>
<td>Competition Coordinator</td>
<td>Philip Western</td>
<td><a href="mailto:phil.western18@gmail.com">phil.western18@gmail.com</a></td>
</tr>
<tr>
<td>Project Officer 1</td>
<td>Delia Halmu</td>
<td><a href="mailto:deliahalmu@yahoo.com.au">deliahalmu@yahoo.com.au</a></td>
</tr>
<tr>
<td>Project Officer 2</td>
<td>Amybeth Owen</td>
<td><a href="mailto:amybethowen@y7mail.com">amybethowen@y7mail.com</a></td>
</tr>
<tr>
<td>Elite Representative</td>
<td>Danielle Le Ray</td>
<td><a href="mailto:dani@leraygymnastics.com.au">dani@leraygymnastics.com.au</a></td>
</tr>
<tr>
<td>GNSW Events &amp; Sports Development Officer (ESDO)</td>
<td>Naazmi Johnston</td>
<td><a href="mailto:rg@gymnsw.org.au">rg@gymnsw.org.au</a> 02 8116 4117 02 9763 5158</td>
</tr>
</tbody>
</table>

GNSW RG JUDGE MANAGEMENT COMMITTEE (RG JMC)

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Judging Coordinator</td>
<td>Virginia Elliott</td>
<td><a href="mailto:velli@ozemail.com.au">velli@ozemail.com.au</a></td>
</tr>
<tr>
<td>Project Officer 1</td>
<td>Jessie Sellar</td>
<td><a href="mailto:lelfingymnastics@hotmail.com">lelfingymnastics@hotmail.com</a></td>
</tr>
<tr>
<td>Project Officer 2</td>
<td>Catherine Western</td>
<td><a href="mailto:catherine.western@me.com">catherine.western@me.com</a></td>
</tr>
<tr>
<td>Project Officer 3</td>
<td>Magda Atcheson</td>
<td><a href="mailto:magdatche@yahoo.com.au">magdatche@yahoo.com.au</a></td>
</tr>
</tbody>
</table>
**RG SMC MEETING SCHEDULE**

The GNSW RG SMC meets on a monthly basis.

Any written reports or agenda items should be forwarded to the ESDO at least one week prior to the meeting. These will be distributed to the Committee with the agenda.

Minutes from SMC meetings will be put on the GNSW website in the RG specific section under the sub-heading Management Committee.

**FINAL CONSIDERATION**

The GNSW RG SMC shall be master of its own procedures. Where an event occurs that is not provided for in these regulations, required decisions or actions will be decided by a simple majority vote of the SMC, whose determination will be final and cannot be construed as having set a precedent.

Where by error or omission any of the technical regulations require interpretation, the original intent of the SMC in the framing of the subject regulation shall prevail, rather than the letter of the law.

The GNSW RG SMC Technical Handbook will prevail over any other document or manual.

**COMPETITION CALENDAR**

The Competition Calendar is available on the Gymnastics NSW website at:

Click here to view the ‘Competition Calendar’

OR

Access the page via the GNSW website (http://www.gymnsw.org.au/), clicking on the ‘Our Events’ tab and proceeding to ‘GNSW Events Calendar’.

Information relating to sanctioned competitions can also be accessed here.

**Volunteers**

Each club must supply at least one volunteer for each GNSW and SMC competition entered. Volunteers will be required to assist with scoring, announcing, music, running or marshalling. All volunteers nominated by clubs may not be required for every session but must be provided to the RG ESDO by the requested time prior to the event.

Clubs in their first year of competition or existing clubs with three or less gymnasts competing in the overall competition will be exempt from these duties.

Any issues in regards to volunteers should be directed to the Competition Coordinator.

**NOTE**: Mobile phones are not allowed to be used by volunteers while at the judges’ table during a competition. This includes text messaging or reading texts received. Should volunteers be expecting, for example, an urgent mobile call/text during a competition they should request that the call be sent to the Competition Coordinator or RG ESDO, who will advise the volunteer of the received call/text.
RHYTHMIC GYMNASTICS SPORT POLICIES

The following rules, conditions and procedures apply to all Gymnastics NSW Rhythmic Gymnastics Competitions. These conditions may not be varied without prior approval from the GNSW RG SMC.

GYMNAST PATHWAYS

Individual Pathway

There are three separate streams for individual competition in the current cycle.

Foundation
   Foundation 1 → Foundation 2

National Levels
   Level 3 → Level 4 → Level 5 → Level 6 → Level 7 → Level 8 → Level 9 → Level 10

International Divisions
   Junior International → Senior International

Group Pathway

There are three separate group competition streams in the current cycle.

Multiples Categories
   Category 1 → Category 2 → Category 3 → Category 4

National Groups
   Open Group → Sub-Junior Int. Group → Junior Int. Group → Senior Int. Group

Aesthetic Group Gymnastics (AGG)

AGG is a new concept in Australia. It will be competed for the first time at National Clubs Championships in four age groupings:
   • 9 – 12 years
   • 12 – 14 years
   • 14 – 16 years
   • 16 years and over

COMPETITION INFORMATION

During 2015 both individual and group competitive streams work from either the Australian Levels Program 2014-2017, and/or the FIG 2013-2016 Code of Point (amended for use from 1.1.2015)

1. Australian Levels Program 2014-2017

This document is provided free of charge with Technical Membership. Additional errata or clarification documents will be found on the Gymnastics NSW website on the ‘RG Technical Information’ page. Gymnasts use this competition manual for:
   - Foundation 1 & 2
   - Levels 3-6
   - Multiples Category 1-4
   - AGG
**Foundation 1 & 2**
Foundation provides a fun environment for young gymnasts to explore the body positions and apparatus requirements of the sport. The highest level of competition for these gymnasts is a sanctioned event run by an individual club or the RG SMC. These gymnasts do not compete at a State level.

Progression from F1 to F2 may occur within one calendar year however gymnasts who move to F2 are no longer permitted to perform in F1.

<table>
<thead>
<tr>
<th>Level</th>
<th>Age in Year of Competition</th>
<th>Year</th>
<th>2015 Apparatus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation 1</td>
<td>Minimum turning 6 in year of competition</td>
<td>Min 2009</td>
<td>FX, Rope, N/A</td>
</tr>
<tr>
<td>Foundation 2</td>
<td>Minimum turning 6 in year of competition</td>
<td>Min 2009</td>
<td>FX, Rope, Hoop</td>
</tr>
</tbody>
</table>

**Levels 3-6**
NSW Junior State Championships is the highest level of competition for these gymnasts.

**Multiple Categories**
The NSW State Multiples Championships is the highest level of competition for Category 1-4

**2. FIG 2013-2016 Code of Point**
The highest state competition for these athletes is the NSW Senior State Championships. This manual must be used in conjunction with the ALP. The ALP clarifies further requirements from the FIG CoP for:
- Level 7-10 Junior/Open
- Junior & Senior International
- National Groups: Sub-Junior, Junior, Open and Senior International

Refer to the National Program Grid for more information.
N.B. This table of requirements was amended November 2014

**REGULATIONS FOR GYMNASTS**

**Minimum Age**
A gymnast competing at any GNSW competition must at a minimum be turning 6 in the year of competition. This ruling conforms to the age policy across all disciplines.

**Mandatory Progression Level 3-6**
The requirements for mandatory progression are effective immediately for gymnasts having competed in the 2014 GNSW Junior State Championships.

Gymnasts gaining 1st, 2nd or 3rd placing overall at Junior State Championships will be required to progress to the next level. If a gymnast ranks within the highest 70% of the final overall scores at the Junior State Championships they may progress within the same level, if age permits, to a different age division or they will be expected to move to the next level. The exception to this is Level 6 Sub-Junior; where the athlete is not age eligible to progress to Level 7 Junior they will be permitted to remain in this level for another competition year.
A gymnast who ranks within the lowest 30% of the final overall scores at Junior State Championships can, if they wish, remain in the same level and if need be move to the appropriate age division in that level.

If a gymnast does not attend Junior State Championships they are permitted to remain within the same level and age division at the club’s discretion.

Coaches must apply in writing, with valid reasons, to the RG SMC for special consideration if they feel their gymnast should not progress.

A maximum of 2 consecutive years in total can be completed in any given level at Junior State Championships, across different age divisions or within the same age division, before automatic progression must occur.

**Mandatory Progression Level 7-9 Junior and Open**

Gymnasts in Level 7-9 Junior/Open gaining 1st, 2nd or 3rd placing overall at Senior State Championships will be required to progress to the next level.

Gymnasts selected to represent NSW at the Australian Gymnastics Championships must progress to the next level for the following competition year.

Junior levels are governed by age. Should a Level 7-9 Junior gymnast win an Individual All-Around title at the Australian Gymnastics Championships, and age permits, they must progress to the next level.

Coaches must apply in writing, with valid reasons to the RG SMC for special consideration if they feel their gymnast should not progress.

**Voluntary Progression**

Gymnasts may skip a level, but coaches must advise the RG SMC in writing that they are “progressing” their gymnast past a level. This is required to assist the RG SMC in keeping accurate records on individual gymnasts. Gymnasts may only compete in one individual GNSW State Championship per calendar year.

**Dress Code**

Clubs need to be aware of requirements for leotard/unitards in the FIG CoP and ALP. Any gymnast who does not adhere to these requirements, without prior approval from the RG SMC, may receive a 0.30 penalty per routine at GNSW or sanctioned competitions.

1. **Foundation 1 & 2**: required to wear a plain black leotard with no embellishments; plain black tights or bike shorts are optional. Gymnasts are expected to wear their hair neat and tidy with minimal to no makeup.

2. **Junior State Championships and NSW Country Championships Level 3 - 6**: must compete in Club leotard/unitard, the colours of which are registered with GNSW. All team members will wear a leotard/unitard of the same style and design with the exception of patterned material which may have slight variation. For presentation gymnasts must wear their club tracksuit unless advised otherwise by the Competition Coordinator or Floor Marshal.

3. **Senior State Championships and Country Championships Level 7- International**: compete in optional leotard/unitards. For presentation gymnasts wear a leotard unless advised otherwise by the Competition Coordinator or Floor Marshal.

4. **State Multiples Championships**: leotards/unitards of the same material, style, colour and design with the exception of patterned material which may have slight variations. For presentation gymnasts must wear their club tracksuit unless advised otherwise by the Competition Coordinator or Floor Marshal.
Routine Sheets
The RG ESDO will notify clubs via email with guidelines for routine sheets prior to the event. Sheets can be posted to PO Box 190, Nth Strathfield, NSW, 2137 or dropped into the GNSW Office, Unit 2 / 11-21 Underwood Rd, Homebush. Sheets may also be emailed to the RG ESDO in certain circumstances with prior approval. If sheets are not received before the specified time a 0.5 deduction per sheet may occur.

Music
The RG SMC will provide compulsory music for Foundation 1-2 and Levels 3-4. This music can be downloaded from www.gymnsw.org.au > Our Gymnastics > Rhythmic Gymnastics >Technical Information. GNSW and the RG SMC will provide the compulsory music at their competitions. Clubs hosting a sanctioned or friendly event will be required to provide this music.

For all GNSW and RG SMC events, all music which in not compulsory must be received on a USB or via email by the RG ESDO, at least 14 days prior to the event.

All music files must be submitted as an mp3 labelled with the Name, Club, Level and Apparatus e.g. SARAH SMITH – RG Club – L7 JNR – HOOP. Gymnasts will still be expected to have a backup CD at all events.

NOTE: Gymnasts/Coaches who fail to submit their music correctly or by the date notified may incur a technical deduction of 0.50 at GNSW/RG SMC competitions.

Spare Apparatus
The RG SMC will not provide replacement apparatus. A gymnast is allowed to put up to three spare apparatus on the competition floor area as per requirements from FIG i.e. along three of the four lines of the floor area (not including the entry point). Coaches or the gymnast will be responsible for placing this around the floor and retrieving it at the end of their routine.

Competition Awards
Awards will be made for Individual All Around (1st-6th), Individual Apparatus (1st-6th) and Team (1st-6th) competitions. Individual competitors or teams must reach the qualifying score for awards to be presented. Non-residential gymnasts are eligible for awards at NSW State Championships and RG SMC events.

Gymnasts in the Competition/Warm-up Area
Gymnasts are not allowed to commence warm-up in the warm-up area without their coach present. Gymnasts may leave the warm-up area at the completion of their performance at their coach’s discretion.

REGULATIONS FOR COACHES

Coaching Accreditation
All coaches must maintain their accreditation as outlined in GA and GNSW member policies. To maintain your accreditation updating may be required:

- **Beginner** - no updating points required in first year. After that a minimum of 3 updating points is required each year.
- **Intermediate** - 6 points are required each year
- **Advanced & Advanced Silver Accreditation** - 12 points are required each year
- **FIG/High Performance Accreditation** – 18 points are required each year
Updating activities should be diverse, with no single type of activity contributing more than 50% of the updating points required.

Coaches must keep informed about technical regulations and be aware of any changes as they take place. For information about courses and updating workshops contact either the RG ESDO or the GNSW Education Officer.

All coaches attending competitions must hold a rhythmic specific coaching accreditation at the level of intermediate or higher, be a current Technical Member and be nominated on the competition entry form as the club coach for the event.

Coaches who have completed the beginner coach accreditation may be permitted on the competition floor but will need prior approval from the RG ESDO, have a qualified supervising coach in attendance and be listed on the competition entry form.

Where the coach listed on the entry form is unable to attend, notification of the change to the gymnast’s competition coach must be provided to the RG ESDO and submitted 48hrs prior to the competition. Special consideration due to extenuating circumstances within 48 hours or on the day of the event may be given by the Competition Coordinator.

Clubs are asked to exercise common sense in the ratio of coaches to gymnasts that they have in the warm up area to prevent overcrowding. Only coaches who have been named on the entry form should be in attendance and it will be at the discretion of the RG Technical Director and Competition Co-ordinator to ask clubs to remove ‘surplus’ coaches, either prior to or during the competition.

**Dress Code**

Coaches are on display while at GNSW competitions. To ensure professional presentation to the public, all coaches must be properly attired at GNSW events. Coaches who do not conform to the dress code as listed below can be asked by the Competition Coordinator to leave the competition/warm up floor.

- Tracksuit top and/or club t-shirt
- Appropriate plain black or navy blue pants/tracksuit pants/club branded shorts (not permitted at State Championship events) or 3/4 pants. Leggings or jeans will not be permitted.
- Soft soled shoes i.e. joggers or sneakers (no heels)
- GA Technical Membership lanyard must be worn at all GNSW competitions.

**Conduct**

Coaches are governed by the ‘NSW Coach Code of Behaviour’ policy found on the GNSW website. The Coaches Code of Ethics as per the National Manual must be adhered to by all coaches.

Any coach who is found to be in breach of these rules will be warned by Competition Coordinator/Technical Director. Further infringements will result in the coach being removed from the competition arena (including warm up area) for the duration of the competition.

**NOTE – Babies Accompanying Coaches**

Under no circumstances are coaches with babies allowed to have them present in the gymnast warm up area or within the vicinity of the judge’s table or competition area. This is a duty of care as well as a health and safety requirement. All coaches, with babies have a personal responsibility to ensure that alternative arrangements have been made.
LEVEL 3-6 JUNIOR STATE CHAMPIONSHIPS

Age Division and Apparatus

<table>
<thead>
<tr>
<th>Level</th>
<th>State Qual Score*</th>
<th>Division</th>
<th>Age in Year of Competition</th>
<th>Year</th>
<th>Apparatus</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>25.1</td>
<td>Sub Junior</td>
<td>Turning 6-9</td>
<td>2009-2006</td>
<td>Hoop Ball Clubs</td>
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<tr>
<td></td>
<td></td>
<td>Junior</td>
<td>Turning 10-11</td>
<td>2005-2004</td>
<td>Hoop Ball Clubs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior</td>
<td>Turning 12 or over</td>
<td>2003</td>
<td>Hoop Ball Clubs</td>
</tr>
<tr>
<td>4</td>
<td>25.2</td>
<td>Sub Junior</td>
<td>Turning 7-10</td>
<td>2008-2005</td>
<td>Rope Ball Clubs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Junior</td>
<td>Turning 11-12</td>
<td>2004-2003</td>
<td>Rope Ball Clubs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior</td>
<td>Turning 13 or over</td>
<td>2002</td>
<td>Rope Ball Clubs</td>
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<tr>
<td>5</td>
<td>23.45</td>
<td>Sub Junior</td>
<td>Turning 8-11</td>
<td>2007-2004</td>
<td>Rope Hoop Clubs</td>
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<tr>
<td></td>
<td></td>
<td>Junior</td>
<td>Turning 12-13</td>
<td>2003-2002</td>
<td>Rope Hoop Clubs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior</td>
<td>Turning 14 or over</td>
<td>2001</td>
<td>Rope Hoop Clubs</td>
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<tr>
<td>6</td>
<td>23.55</td>
<td>Sub Junior</td>
<td>Turning 8-11</td>
<td>2007-2004</td>
<td>Hoop Ball Clubs</td>
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<tr>
<td></td>
<td></td>
<td>Junior</td>
<td>Turning 12-14</td>
<td>2003-2001</td>
<td>Hoop Ball Clubs</td>
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<tr>
<td></td>
<td></td>
<td>Senior</td>
<td>Turning 15 or over</td>
<td>2000</td>
<td>Hoop Ball Clubs</td>
</tr>
</tbody>
</table>

*Gymnasts must attain the state qualifying score at a GNSW sanctioned competition to qualify for the Junior State Championships.

Team Requirements

Each club may enter a team of 6 gymnasts plus one non-competing reserve in each division. The 3 best scores from each apparatus rotation will be used to calculate the team score. Should a team member be unable to compete due to medical reasons they must supply a medical certificate to the RG ESDO or Competition Coordinator. Only then can the team member be substituted with the previously nominated reserve.

LEVEL 7-INT. & GROUP SENIOR STATE CHAMPIONSHIPS

Age Division and Apparatus

<table>
<thead>
<tr>
<th>Level</th>
<th>State Qual Score*</th>
<th>National Qual Score</th>
<th>Age Divisions</th>
<th>Apparatus</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>25.2</td>
<td>33</td>
<td>Junior – min 10-max 11 Open – min 12</td>
<td>Rope Ball Clubs Ribbon</td>
</tr>
<tr>
<td>8</td>
<td>27.6</td>
<td>35</td>
<td>Junior – min 11-max 12 Open – min 12</td>
<td>Rope Hoop Ball Ribbon</td>
</tr>
<tr>
<td>9</td>
<td>28.8</td>
<td>37</td>
<td>Open Age</td>
<td>Rope Hoop Clubs Ribbon</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Junior – min 12-max 14</td>
<td>Rope Hoop Ball Clubs</td>
</tr>
<tr>
<td>Jnr Int</td>
<td>35.1</td>
<td>39</td>
<td>min 13-max 15</td>
<td>Rope Hoop Ball Clubs Ribbon</td>
</tr>
<tr>
<td>10</td>
<td>35.5</td>
<td>40</td>
<td>Open Age</td>
<td>Hoop Ball Clubs Ribbon</td>
</tr>
<tr>
<td>Snr Int</td>
<td>38.0</td>
<td>42</td>
<td>Turning 16 or over</td>
<td>Hoop Ball Clubs Ribbon</td>
</tr>
</tbody>
</table>

*Gymnasts must attain the state qualifying score at a GNSW sanctioned competition to qualify for the Senior State Championships.
Team Requirements
Each club may enter a team of 6 gymnasts in each division of each level. The 3 best scores from each apparatus rotation will be used to calculate the team score. Should a team member be unable to compete due to medical reasons they must supply a medical certificate to the RG ESDO or Competition Coordinator. Only then can the team member be substituted with the previously nominated reserve.

Where due to circumstances a medical certificate cannot be provided it will be at the discretion of the Technical Director and Competition Coordinator as to whether a team member can be substituted. Additional individuals are permitted to compete in all divisions.

Group Competition, Division and Apparatus

<table>
<thead>
<tr>
<th>Division</th>
<th>State Qual Score*</th>
<th>National Qual Score</th>
<th>Age</th>
<th>Time</th>
<th>Apparatus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub Junior</td>
<td>12.8</td>
<td>None in 2015</td>
<td>Min turning 10 to Max 12 in year of competition</td>
<td>1min 45 sec - 2 min</td>
<td>4 x Ball</td>
</tr>
<tr>
<td>Junior</td>
<td>13.4</td>
<td></td>
<td>Min turning 13 to Max 15 in year of competition</td>
<td>2 min 15 sec - 2 min 30 sec</td>
<td>5 x Ball</td>
</tr>
<tr>
<td>Open</td>
<td>13.4</td>
<td>Open Age</td>
<td></td>
<td>2 min 15 sec - 2 min 30 sec</td>
<td>10 x Clubs</td>
</tr>
<tr>
<td>Senior</td>
<td>16.0</td>
<td></td>
<td>Min turning 16 in year of competition</td>
<td>2 min 15 sec - 2 min 30 sec</td>
<td>5 x Ribbon AND 3 x Ball + 2 x Ribbon</td>
</tr>
</tbody>
</table>

*Gymnasts must attain the state qualifying score at a GNSW sanctioned competition or during State Trials to qualify for the Senior State Championships.

- **Open, Junior and Sub-Junior Groups** have only one routine so two performances will take place at trials.
- Alternates may be used for one performance only, unless the club supplies a medical certificate or written explanation for the nominated group member being excluded. This explanation will be considered by the Technical Director, Competition Coordinator or ESDO and a decision made on eligibility.
- The qualifying scores are the average score from the two performances. If for any reason there is only one performance allowed this score will be used for the qualifying score.
- These scores may be reviewed by the RG SMC if considered necessary.
- Athletes in a National Group do not have to be from the same club.
- In the case of an entry with a mix of clubs the Group must be identified by a ‘name’ which will be provided at the time of competition entry.
- Reserves for National Groups must be nominated on the entry form.
- Should a club require additional reserves, the Competition Coordinator or RG ESDO must be supplied with a medical certificate or a letter of explanation no later than the commencement of the competition. Where due to circumstances a medical certificate cannot be provided it will be at the discretion of the Technical Director and Competition Coordinator as to whether a team member can be substituted.
STATE MULTIPLES CHAMPIONSHIPS

Multiples are competed in “trios” and “groups of four”. NSW will also include “pairs” for competitions in 2015.

For 2015 Category 1-4 pairs, trios and group will use the guidelines provided in the 2014-2017 ALP for routine requirements. This information must be combined with the GNSW requirements within this handbook which overrides any regulations in the ALP document.

Specific NSW Regulations for 2015

- All gymnasts must be currently registered members of Gymnastics NSW.
- Gymnasts are only permitted to enter in one Group division during any competition event. A gymnast can however work up in a National Group division during Senior State Championships and still compete in their correct division for pairs, trios and groups for State Multiples.
- A gymnast may compete in a different division than their Group division but must stay in that division for one calendar year.
- A gymnast cannot compete against themselves (i.e.: A gymnast can enter only one same trio routine).
- Except for National Groups all other divisions are club based and gymnasts must be registered with the same club.
- Reserves for Categories may be nominated on the entry form. Should a club require using additional reserves, the Competition Coordinator or RG ESDO must be supplied with a medical certificate or a letter of explanation no later than the commencement of the competition. Where due to circumstances a medical certificate cannot be provided it will be at the discretion of the Technical Director and Competition Coordinator as to whether a team member can be substituted.

Group Competition, Division and Apparatus

<table>
<thead>
<tr>
<th>Division</th>
<th>Age</th>
<th>Time (As per ALP)</th>
<th>Pair Same</th>
<th>Trio Same</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category 1</td>
<td>Max. 10</td>
<td>1:00 – 1:30</td>
<td>Ball</td>
<td>Hoop</td>
<td>Hoop</td>
</tr>
<tr>
<td>Category 2</td>
<td>Max. 13</td>
<td>1:00 – 1:30</td>
<td>Hoop</td>
<td>Ball</td>
<td>Ball</td>
</tr>
<tr>
<td>Category 3</td>
<td>Max. 15</td>
<td>1:30 – 2:00</td>
<td>Ball</td>
<td>Hoop</td>
<td>Hoop</td>
</tr>
<tr>
<td>Category 4</td>
<td>Open</td>
<td>1:30 – 2:00</td>
<td>Clubs</td>
<td>Rope</td>
<td>Rope</td>
</tr>
</tbody>
</table>

Aesthetic Group Gymnastics Competition

The highest state competition for these athletes is the NSW State Multiples Championships.

<table>
<thead>
<tr>
<th>AGE</th>
<th>ROUTINE LENGTH</th>
<th>GROUP SIZE</th>
<th>MUSIC TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-12 years</td>
<td>2:00 – 2:15 minutes</td>
<td>5-10 gymnasts</td>
<td>Vocal or Instrumental</td>
</tr>
<tr>
<td>12-16 years</td>
<td>2:00 – 2:15 minutes</td>
<td>5-10 gymnasts</td>
<td>Vocal or Instrumental</td>
</tr>
<tr>
<td>14-16 years</td>
<td>2:15 – 2:30 minutes</td>
<td>5-10 gymnasts</td>
<td>Vocal or Instrumental</td>
</tr>
<tr>
<td>16 years and over</td>
<td>2:15 – 2:30 minutes</td>
<td>5-10 gymnasts</td>
<td>Vocal or Instrumental</td>
</tr>
</tbody>
</table>
COUNTRY CHAMPIONSHIPS

Please see the Country Championships Booklet which can be found on the GNSW website.

STATE AND COUNTRY ENTRY REQUIREMENTS

All competition entries are to be forwarded to the Gymnastics NSW office, via the email stipulated on the entry form. Entries not on the official competition entry form will NOT be accepted.

As per the Gymnastics NSW Events Policy (www.gymnsw.org.au), an entry refund will only be granted if an athlete:

- cannot compete due to illness or injury (minus 15% administration fee).  
  *NOTE: A medical certificate AND request for refund MUST be received within 7 days of the competition to receive the refund.*
- is part of a group where another individual has withdrawn due to illness or injury (100% refund applies for non-injured athletes)
- is selected for an Australian team which prevents them from competing, OR upon special request to the RG ESDO via email rg@gymnsw.org.au

Any other withdrawals received after the closing date will NOT be eligible for a refund. All withdrawals and changes must be communicated to the RG ESDO directly.

Any entries received after the closing date (provided the entries are still accepted by the ESDO in consultation with the RG Competition Coordinator) will incur a $100 late fee, for up to 7 days. After which, NO entries will be accepted.

The ‘Gymnastics NSW Event Policy’ applies to all GNSW sanctioned rhythmic competitions. Please ensure you are familiar with the policy.

STATE TEAM SELECTION POLICY

Selection to NSW State Team for the Australian Gymnastics Championships

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

Selection Committee for Level 7- International:

- Technical Director
- Competition Coordinator
- Judging Coordinator
- RG SMC Project Officer or RG SMC Elite Representative
- RG ESDO (ex officio)

Selection process:

- The maximum number in the NSW team for each individual level is 6.
- The top 6 gymnasts in each division with the highest combined ranking scores from their best State Trial result plus their State Championship result will be nominated as the NSW team at RG Australian Gymnastics Championships.
- To be eligible athletes must compete at one of the two Level 7-10 & International State Trials and Senior State Championships.
- At the Senior State Championships one reserve will also be named.
Only gymnasts who have achieved the qualifying score listed in the Gymnastics Australia RG Technical Regulations for their level will be eligible for State team consideration.

The following formula will be applied to rank individual gymnasts:

<table>
<thead>
<tr>
<th>Position</th>
<th>Trial Points</th>
<th>State Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>14</td>
<td>16</td>
</tr>
<tr>
<td>2nd</td>
<td>12</td>
<td>14</td>
</tr>
<tr>
<td>3rd</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>4th</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>5th</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>6th</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>7th</td>
<td>6</td>
<td>6</td>
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<tr>
<td>8th</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>9th</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>10th</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>11th</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>12th</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

NOTE: Ranking points will be only awarded when a gymnast achieves the state qualifying score.

Where there is a tie for a State team position the Competition Coordinator will go back to the gymnasts’ aggregated scores for the best possible results (initially using best State trial and State Championship aggregated scores. Where a tie still exists then the other State Trial score will be added in as well)

Groups to represent NSW at the Australian Gymnastics Championships will be selected from State Trials and State Championships. Up to 3 groups in each division can be selected onto the State Team.

The following formula will be applied to rank groups:

<table>
<thead>
<tr>
<th>Position</th>
<th>Trial Points</th>
<th>State Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>14</td>
<td>16</td>
</tr>
<tr>
<td>2nd</td>
<td>12</td>
<td>14</td>
</tr>
<tr>
<td>3rd</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>4th</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>5th</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>6th</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>7th</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>8th</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>9th</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>10th</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>11th</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>12th</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

NOTE: Ranking points will be only awarded when the group achieves the state qualifying score.

Overall ranking will be assessed on the groups best ranking scores from one of the State Trials plus Senior State Championships.

**Extenuating circumstances**

Should a gymnast who has entered State trials and Senior State Championships be unable to compete at any of the events due to illness, injury or extenuating circumstances, they must follow the procedure for consideration of extenuating circumstances as outlined below.

- If illness or injury, a medical certificate MUST be provided to the RG ESDO. This certificate should be dated prior to the event or no later than 24 hours after the start of the missed competition. Appendix One – “Application for Special Consideration” form must accompany the medical certificate.

- A letter of consideration where the gymnast has been unable to attend the event due to extenuating circumstances e.g.: gymnast overseas. The final decision as to whether the extenuating circumstances are acceptable shall reside with the Selection Committee. Appendix One – “Application for Special Consideration” form must be completed.

- If for any other reason a gymnast cannot comply with the above then contact the RG ESDO, Competition Coordinator or Technical Director before leaving the event.

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

- 24 hours after the entire competition has concluded and the RG SMC is in receipt of any special consideration requests.

- 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 the Senior State Championships the RG SMC will immediately advise the affected athletes.

**STATE TEAM TRAINING**

Attendance at state team training (if held) is compulsory for all gymnasts who are to attend the RG Australian Gymnastics Championships. Whenever possible the RG SMC will arrange regional training for Country team members who live more than 400 km from Central Sydney.

**STATE TEAM OFFICIALS SELECTION PROCESS**

**Selection of Coaches**
Any coach who wishes to be included in the NSW State Team must return an Officials Application form by the date given by the RG ESDO. These forms will be available from the GNSW website. The Officials Application form must be submitted to the RG ESDO.

This form will serve as an expression of interest and is not binding in any way. Coaches must be current Technical Members and have a minimum Advanced accreditation. Any club that has three or more gymnasts selected in the State Team must provide a coach.

Coaches, who are travelling with the team, will be expected to attend state team training.

**Selection of Support Personnel**
Support Personnel (Team Manager, Chaperones etc.) may either be appointed directly by the RG SMC, or at the discretion of the RG SMC selected through the lodgement of the Officials Application no more than 24 hours following the conclusion of the Senior State Championships. These forms will be available on the GNSW website. The Officials Application form must be submitted to the RG ESDO.

**Selection of Judges**
Any judge who wishes to be included in the NSW State Team must return an Officials Application form by the date given by the RG ESDO. These forms will be available from the GNSW website. The Officials Application form must be submitted to the RG ESDO.

Following the receipt of applications the RG JMC will select a minimum of four judges based on the following criteria:

- current Technical Member of Gymnastics Australia
- completed all updating requirements
- judged a minimum of 50% of sessions at both State Trials, and State Championships (2015 Nationals requirement)*
- maintained a professional approach to judging at all times abiding by the judges Code of Ethics
- be in the top 10 ranked judges as assessed through performance using the jury as the base score.

Judges selected to attend Australian Gymnastics Championships will be required to attend state team training.

*Note: To be considered for selection at 2016 Australian Gymnastics Championships, judges must have judged a minimum of 50% of the total sessions available for all RG SMC competitions, or GNSW events including State Trials, both Junior and Senior State Championships and Multiples. The eligibility period will be from 2015 Nationals to 2016 Nationals. e.g. If all these competitions have a total of say 64 sessions available to judge for the eligibility period, then a judge must have judged at least 32 of these sessions.
Applying to judge at Australian Gymnastics Championships does not mean automatic selection. The numbers of judges participating for each state are restricted and the final decision on the number of judges to attend Nationals will be made by the RG SMC (in conjunction with the RG JMC) and requires ratification by the GNSW Board of Management.

The NSW RG JMC selects judges to represent NSW at the Australian Gymnastics Championships and recommends the final group to the RG SMC for ratification by the Board.

**General State Team Information and Requirements**

Once the NSW State Team has been selected full payment will be required by the date provided, including coaches, unless otherwise advised. This payment must be made to GNSW. If payment is not received, the representatives’ position on the State Team will be revoked. Coaches should make parents, gymnasts and officials aware of this possibility before the first trial.

All necessary forms must be returned to the GNSW prior to departure. Any representative who has not returned all forms will not be allowed to join the team.

The ESDO will notify clubs/coaches when routine sheets and music need to be submitted.

All members of the State Team must stay with the NSW team for the Australian Gymnastics Championships, unless a member has been excluded for a special reason by the RG SMC. It is the preference of the RG SMC that parents who are not part of the NSW State Team do not to stay in the same accommodation complex as the team.

Gymnasts and coaches representing NSW at any Australian Gymnastics Championship event (including training) will be attired in the appropriate NSW uniform as designated by GNSW.

Training attire for all gymnasts will be a black leotard and black bike-pants/tights. Gymnasts who are not correctly attired will not be permitted to train with the NSW team.

All persons selected to represent NSW must comply with a Code of Conduct, which includes a high standard of dress and behaviour. They must be willing to abide by the Code of Conduct as signed prior to the event and follow any guidelines or directives set by the Team Manager or RG ESDO for that event.

Any gymnast, coach or judge who breaches the Code of Conduct or fails to abide by regulations set down by GNSW must be prepared to accept disciplinary action from the GNSW Board of Management or its delegates.

**TRAVELLING OVERSEAS**

Any club or gymnast undertaking international travel must comply with the GA ‘Program/Club International Tour Guideline’:

- Ensure the International event does not conflict with any State/National events, which may be selection trials for State or National Teams, State Championships or Australian Championships. Should this be the case the priority of your Club should be to attend these events unless permission is granted by GNSW or GA.

- Complete Appendix 2 form, “NSW Application for Sanction—Gymnasts and Coaches” which you must send to the RG SMC well before the date of the intended travel
- Once state approval has been gained the GA endorsement form for travel sanctioning will need to be completed and submitted to GA via ausgy@gymnastics.org.au email address. This form can also be accessed through the GA website.

JLT Sport Tour Insurance
Endorsement and Application Form

**Gymnastics Clubs and Associations**

**SECTION A: TOUR ENDORSEMENT**
Please complete Section A and Section B of this form together and submit to Gymnastics Australia.
GA’s Tour Insurance, arranged by JLT Sport, is available to endorsed tours only.
The following information is a requirement for Tour Endorsement.

**Club Details:**
1. Club Name:
2. State Association:
3. GA Club ID:
4. Contact Person:
5. Contact Phone Number:
6. Postal Address:
7. State:
8. Post Code:
9. Email Address:

**Tour Details:**
10. International tour? ☐ YES ☐ NO
11. interstate tour? ☐ YES ☐ NO
12. Event Name:
13. Event Date(s):
14. Location/Destination:
15. More than one location? ☐ YES ☐ NO If "YES", please list additional locations.

**Traveller’s Details:**
16. Please list all travellers below:
17. Level:
18. GA Membership ID:

**Gymnastics Australia Use Only:**
Tour endorsement granted? ☐ YES ☐ NO Date:
If no, for what reason?
GA Authorisation (Name): ☐ GA Authorisation (Signature):

*Recommends Policy: Gymnastics Australia endorses travel insurance where a Tour Insurance Policy is arranged by JLT Sport. This enables Gymnastics Australia to continue to provide a range of services and benefits to their affiliated clubs and associations.*

- Your application will be reviewed by GA with the National Commission.
- GA confirms approval of sanction to tour. Exceptions:
  - Not eligible to represent Australia
  - Not eligible to attend if GA is already sending AUS team
- Upon return from overseas travel, the club is required to provide a report to GA and the RG SMC detailing the tour outcomes. The report will contain, but not be limited to, travel dates, persons competing and support persons, competitions attended, results, and any comments on gymnast performance, issues or considerations that can be made which may assist other clubs when travelling to the particular country or competition.
- Judges should complete Appendix 2 form, “NSW Application for Sanction—Judges (page 2)” which you must send to RG SMC well before the date of the intended travel.
JUDGES INFORMATION

Judges must have a current rhythmic specific judging accreditation and be registered with both GA and GNSW to judge at any GNSW event. Technical membership is paid to GA along with an annual membership fee for GNSW. No judge can work at a National or State event without this technical membership that also covers insurance in case of accident and/or litigation. Gymnastics Australia technical membership lanyard must be worn at all GNSW RG competitions.

The minimum age for judging is 16 years. The RG JMC maintains a database of the judging experience of all NSW judges. Judges are also required to maintain their own records.

No one can be both a competitor and judge in the same competition for any RG event.

Judges Code of Ethics

Judges must behave professionally at all times, and uphold the judges’ code of ethics. In order to present a professional image and to judge objectively and accurately all judges should:

1. In general
   • understand and abide by the Judges Oath
   • be fully conversant with the rules and regulations relevant to the standard of the gymnasts being judged
   • actively maintain accreditation and technical knowledge through ongoing review of publications, codes and gymnasts performances
   • attend all pre-competition Judges meetings
   • dress in a tidy fashion benefiting the status and image of a judge
   • be punctual for all official events
   • avoid the use of derogatory language.

2. When travelling with a team
   • report any significant outcomes from pre-competition meetings
   • be available to attend training sessions to advise on judging matters
   • emphasize the spirit of the sport rather than the errors
   • compliment and encourage all competitors
   • be accountable for one’s own judging performance.

3. At competitions
   • be prepared for competition by having all personal judging equipment readily available and by being conversant with the rules and regulations
   • be co-operative with competition organisers, floor managers, announcers and head judges
   • be quick and accurate in determining scores
   • be co-operative in judges conferences and assist the head judge to arrive at a final score
   • abide by the judges oath
   • be consistent, objective and courteous at all times.

Any Judge found to be in breach of the Judges Code of Ethics will receive a yellow card warning by the Judging Coordinator or Competition Coordinator. Further infringements will result in the Judge being removed from the competition arena for at least the duration of the competition.
Dress Code

Judges must be aware that they are on display to rhythmic community while at GNSW or RG SMC competitions. To ensure professional presentation, all judges must be properly attired at these events. Judges who do not conform to the competition attire requirements as listed below may be asked to leave the competition floor.

- Navy Blue or Black Pants or Skirt (a dress is not considered regulation attire)
- Navy Blue or Black Cardigan, Jacket or Coat
- White Shirt or Top
- Appropriate Navy Blue or Black Shoes
- Navy Blue, black or white scarf (optional).

NOTE – Babies Accompanying Judges

Under no circumstances are judges allowed to have babies present in the gymnast warm up area or within the vicinity of the judge’s table or competition area. This is a duty of care as well as a health and safety requirement. All judges with babies have a personal responsibility to ensure that alternative arrangements are made for baby’s care while they are judging.

COMPULSORY UPDATES AND JUDGING COURSES

To be eligible to judge at GNSW sanctioned events leading to Australian Gymnastics Championships, judges must have completed an updating workshop either at the RG National camp in December 2014 or at the RG JMC workshop in January 2015.

The RG JMC coordinates all judging courses and workshops in NSW. Workshops are offered on a needs basis, including updating and specific aspects of judging e.g. Multiples and Group, and Aesthetic Group Gymnastics.

Judges must keep informed about technical regulations and be aware of any changes as they take place. For information about courses and updating workshops contact either members of the RG JMC or the GNSW Education Officer.

During 2015 Judges will operate from two related codes:
- FIG Code of Points 2013-2016, UPDATED December 2014
- Australian Levels Program, UPDATED December 2014.

JUDGING AT GNSW EVENTS

Each club must supply an appropriately qualified judge for each GNSW event entered. Any club who has difficulty supplying a judge should contact an independent judge to represent their club. The RG JMC has a list of these independent judges but the club is responsible for contacting each judge to see if they are able to meet the request.

All judges nominated by clubs may not be required for every session but must be provided to the RG ESDO, by the requested time, prior to the event.

The RG SMC will abide by the GNSW Judging Fines Policy which can be found on the GNSW website or by email on request to the RG ESDO. This policy includes a $100 fine for each session a club does not provide a judge in which they have gymnasts competing. Clubs in their first year of competition or existing clubs with three or less gymnasts competing in the overall competition will be exempt from these requirements.
All Judges are required to notify the Judging Coordinator of their availability to judge. Judges may not be required for all sessions. In creating the panel, consideration will be given, to ensure equal representation for that session, from any competing clubs.

All judges are expected to be at the venue 30 minutes prior to the start of a session so that they can prepare for the event and participate in any required compulsory meetings. They will also be required to remain at the judging table until the conclusion of the session. Judges who may be late to the venue due to unexpected circumstances must text/call the Competition Coordinator. Experienced judges may be required to provide feedback to the community about competition standards or give information to improve performance for both coaches and gymnasts. It is not up to individual judges to comment or criticise any judging or judges, gymnasts or coaches at or after a GNSW event.

**NOTE:** Mobile phones are not allowed to be used by judges or volunteers while at the judging table during a competition. This includes text messaging or reading texts. Should judges be expecting an urgent mobile call/text during a competition they should request the call be sent to the Competition Coordinator or RG ESDO, who will advise the individual of the received call/text.

**Minimum Level of Accreditation (NSW RG Competitions)**

The following table lists *minimum levels of judging accreditation* required for each panel for all NSW run RG competitions.

<table>
<thead>
<tr>
<th><strong>Competition Level</strong></th>
<th><strong>Panel makeup</strong></th>
<th><strong>Minimum Execution</strong></th>
<th><strong>Minimum Difficulty</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Individual</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foundation 1-2</td>
<td>minimum of 2 judges per panel</td>
<td>Beginner</td>
<td>Beginner</td>
</tr>
<tr>
<td>Level 3-4</td>
<td>minimum 2 judges per panel (2 x execution, 2 x difficulty); 4 judges are recommended if possible</td>
<td>Intermediate</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Level 5-6</td>
<td>Intermediate Bronze</td>
<td>Intermediate Bronze</td>
<td></td>
</tr>
<tr>
<td>Level 7-9 Jnr/Open</td>
<td>minimum 4 execution and 4 difficulty judges</td>
<td>Advanced</td>
<td>Advanced</td>
</tr>
<tr>
<td>Level 10 Jnr/Snr</td>
<td></td>
<td>Advanced Silver</td>
<td>Advanced Silver</td>
</tr>
<tr>
<td>International</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2. Group</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sub-Junior, Junior, Open</td>
<td>minimum 2 judges per panel (2 x execution, 2 x difficulty); 4 judges are recommended if possible</td>
<td>Advanced</td>
<td>Advanced</td>
</tr>
<tr>
<td>Senior International</td>
<td>Advanced Silver</td>
<td>Advanced Silver</td>
<td></td>
</tr>
<tr>
<td><strong>3. Multiples</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Categories 1-2</td>
<td>minimum of 2 judges per panel (2 x execution, 2 x difficulty)</td>
<td>Intermediate</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Categories 3-4</td>
<td>Intermediate Bronze</td>
<td>Intermediate Bronze</td>
<td></td>
</tr>
</tbody>
</table>
**NSW JUDGE MANAGEMENT COMMITTEE (JMC) ROLES**

<table>
<thead>
<tr>
<th>Purpose</th>
<th>Provide leadership and effective communication between GNSW, the RG SMC and all NSW judges who are Technical Members with Gymnastic Australia.</th>
</tr>
</thead>
</table>
| Specific | Promote the development of judging and support all GNSW RG events by:  
- developing, implementing and administering judging projects to support the growth of its membership  
- coordinating the judge’s education program in line with the GA Judges Pathway  
- tracking accreditation and status of judges who participate in GNSW rhythmic competitions  
- raising awareness of and abiding by the judges code of conduct and ethical behaviour |
| Structure | A sub-committee of the SMC and consists of the Judging Coordinator and 3 project officers either elected by the Judging community or appointed by the Judging Coordinator for specific projects and initiatives. |
| Members | **Chairperson:** Judging Coordinator elected as a member of the RG SMC for a two-year appointment.  
**Project Officers:** 3 positions for a 2 year term. |
| Meetings | Meetings will be called by the Judging Coordinator regularly and linked to State-run events where possible. Agendas will include:  
- reports and issues from local and state-run events  
- membership records, tracking pathways and accreditation  
- maintaining records of judges’ education and experience, calendar and ongoing workshops  
- coordinating **Judging Matters** for publication on the GNSW website. |
| Education | Judges Education is the primary role of the RG JMC. This includes tracking judges as they move through the GA Judging Pathway and coordination of judges at GNSW competitions, based on this career pathway. Education must be on-going and regular. By providing workshops prior to events the RG JMC will be responsible for developing a mentoring program for judges as they gain higher credentials. |

**JUDGING OUT OF STATE**

Where a judge is considering judging at an event either outside of NSW or internationally they must first seek the approval of the RG SMC (who will liaise with the RG JMC) before committing to the event. This criterion also applies to any judges who may receive a direct request to judge from either another State/Territory or GA. Judges’ Cards are a well-established process for tracking judging experience and qualification. Before enrolling in any judging course, all judging pre-requisites need to be completed and documented on the judging card. Judging at the required number and type of sessions needs to be verified by a member of the RG JMC in attendance at the competition, and signed off and sent to the NSW RG Judging Coordinator when completed – that way the RG JMC will know when you are ready to be placed on a panel.

**TRACKING JUDGING EXPERIENCE**

New judging cards have been developed for **Beginner, Intermediate, Intermediate Bronze, Advanced and Advanced Silver** - each level has a separate card issued at a judging course. These cards must be brought to competitions so it can be signed by a member of the RG JMC for each of the sessions completed. We want more judges in NSW and we hope that by making the pathway very clear to everyone we will achieve this goal.
For GNSW sanctioned qualifying competitions details of judging panels (once the competition is completed) will be sent to the RG ESDO at rg@gymnsw.org.au so that updating points can be awarded and judging assignments recorded in the GNSW database.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>ACCREDITED TO JUDGE</th>
<th>EXPERIENCE BEFORE PROGRESSING TO NEXT LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Foundation 1 and 2</td>
<td>Minimum 4 sessions at 2 different competitions.</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Level 3 and 4 Execution and Difficulty Category 1 and 2 multiples.</td>
<td>Minimum 6 sessions at State sanctioned competitions: 3 execution and 3 difficulty. PLUS 1 State Championships in individual and/or multiples if available.</td>
</tr>
<tr>
<td>Intermediate Bronze</td>
<td>Level 5 and 6 Execution and Difficulty Category 3 and 4 multiples.</td>
<td>Minimum 6 sessions judging at State sanctioned competitions: 3 execution and 3 difficulty. PLUS 2 State Championships 1 for individuals and 1 for multiples</td>
</tr>
<tr>
<td>Advanced</td>
<td>Level 7, 8 and 9 Difficulty All levels Execution Open and Sub Junior Group</td>
<td>Minimum 8 sessions judging at State sanctioned competitions: 4 execution and 4 difficulty. PLUS 2 State Championships 1 for individual and 1 for group PLUS 2 National Championships</td>
</tr>
<tr>
<td>Advanced Silver (National)</td>
<td>Level 10 Junior and Senior International Execution and Difficulty Junior and Senior Groups</td>
<td>Minimum 8 sessions judging at GNSW /GA competitions: 4 execution and 4 difficulty. PLUS 2 State Championships 1 for individual and 1 for group PLUS 2 National Championships judging both individual and group</td>
</tr>
<tr>
<td>Brevet (International)</td>
<td>All levels</td>
<td>International rules for progression</td>
</tr>
</tbody>
</table>

**JUDGING COURSES**

The content of judging courses changes over four levels adding additional content to increase judging knowledge and skills:

<table>
<thead>
<tr>
<th>Course</th>
<th>Individual</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Foundation 1 and 2</td>
<td>Basic body skills, dance moves, ideal model and the method of assessing bronze, silver or gold level passes.</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Level 3 and 4 Execution and Difficulty Category 1 and 2 multiples.</td>
<td>Difficulty: Set body difficulties, sliding scale, Dynamic elements (simple throw), dance steps, Execution: Modified deductions including artistry. Cat.1 and 2 Multiples. Exchanges, collaborations and formations</td>
</tr>
<tr>
<td>Intermediate Bronze</td>
<td>Level 5 and 6 Execution and Difficulty Category 3 and 4 multiples.</td>
<td>Difficulty: Set body difficulties, sliding scale, optional body difficulties 0.1 – 0.3; multiple rotation difficulties; Dynamic elements (throw with rotations), dance steps, Execution: Modified deductions including artistry. Cat. 3 and 4 Multiples. Exchanges, collaborations and formations</td>
</tr>
<tr>
<td>Advanced</td>
<td>Level 7, 8 and 9 Difficulty All levels Execution Open and Sub Junior Group</td>
<td>Difficulty: body difficulties to 0.5 value, mixed difficulties, addition of rotation or waves; DER, dance steps, FIG Mastery Execution: FIG deductions including artistry. Group at national level. Exchanges, collaborations and formations</td>
</tr>
</tbody>
</table>
APPENDIX 1 – APPLICATION FOR SPECIAL CONSIDERATION (GYMNAST)

Name of Gymnast: __________________________ Level: __________________________

Club: __________________________________________________________________________

Name of Coach: ____________________________________________________________________

Name of Competition for consideration or reason for which the petition applies: __________________________________________________________________________

Reason for Application: __________________________________________________________________________

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Signature of Coach: __________________________ (On behalf of the gymnast)

Date: __________________________

Contact Number: __________________________________________________________________________

Email Address: __________________________________________________________________________

Please attach supporting documentation. Medical Certificate must be provided for injury or illness claims.
APPENDIX 2 – NSW APPLICATION FOR SANCTION (GYMNASTS AND COACHES)

Club Name: ____________________________

Name of Competition/s for which the sanction request applies:

_________________________________

Dates of Travel: __________________________

Name of competing gymnasts:

1. _________________________________  Level: ________
2. _________________________________  Level: ________
3. _________________________________  Level: ________
4. _________________________________  Level: ________
5. _________________________________  Level: ________
6. _________________________________  Level: ________
7. _________________________________  Level: ________
8. _________________________________  Level: ________
9. _________________________________  Level: ________
10. _________________________________ Level: ________

Name of Coaches / Head of Delegation:

1. _________________________________
2. _________________________________
3. _________________________________
4. _________________________________
5. _________________________________
APPENDIX 3 – APPLICATION FOR SANCTION REQUEST (JUDGES)

Name of Judges:
1. __________________________________________________
2. __________________________________________________
3. __________________________________________________

Additional Information: _____________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Signature of Coach / Head of Delegation: ______________________________________________

Date: ____________________________

Contact Number: ____________________________

Email Address: ____________________________

Completed forms must be submitted by the club concerned to both the RG SMC and the GA Sports Commission for approval.

GNSW RG SMC
Naazmi Johnston – Event and Sport Development Officer
Email: rg@gymnsw.org.au
Fax: 02 9763 5158

GA Sports Program Manager
Emily Rennes – GA RG Sports Program Manager
Email: erennes@gymnastics.org.au