

## IGSA Sport Gymnastics Rules and Guidelines 2023

Date	Event
19 September 2023	IGSA Sport Gymnastics Level Entries & Judges Nominations due
16 October 2023	IGSA Sport Gymnastics Complete Individual Entries due
<b>3 November 2023</b>	<b>IGSA Sport Annual Gymnastics Carnival</b>
6 November 2023	IGSA Sport Gymnastics Feedback Forms
15 November 2023	IGSA Sport Gymnastics Post Season Meeting

**Venue:** Abbotsleigh (RG) PLC Sydney (WAG)

### Rules of the Competition

Order of events will be included in the program. Please make sure students are present well ahead of estimated time, as competitors not present when called will be scratched.

Please instruct all students to leave valuables at home. IGSA Sport takes no responsibility for items misplaced or stolen on the day.

### Programs

The full program will be emailed to schools prior to the day for distribution to competitors.

### Photography

Only IGSA Sport approved photographers are allowed in the competition hall.

### School Duties

Staff from each school will conduct regular checks, and ensure that bathrooms and change rooms are kept tidy and clean.

Schools will be notified of duties in advance, which will also appear in the program.

### Marshalls

- Organise students in groups and ensure they are in the correct order as per the run sheet.
- Assist in getting them started with floor managers.
- Marshall Sheets can be obtained from the recording room.

### Specialised Floor Managers – Michelle Oakley (WAG), Dani Le Ray (RG)

### Music

- ✓ Music to be emailed to IGSA Sport to compile an IGSA Sport WAG and RG playlist
- ✓ **Please note in 2023, music must follow Gymnastics NSW format, clearly labelled with name of gymnast, level / apparatus and school. This applies to all Level 7-10 gymnasts.**
- ✓ For Level 4 – 6, please indicate which music by name (e.g. Cha Cha) your gymnast is using.
- ✓ students will be expected to perform without music if their music does not work on the venue PA systems.

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## Judges

Each school entering the WAG / RG competitions should nominate suitably qualified judges and provide COMPLETE contact details. If entering WAG *and* RG a school should nominate both a rhythmic and an artistic judge. IGSA Sport will work to source additional judges if required.

The WAG and RG Conveners will be responsible for working with Gymnastics NSW and organising the judging panels.

A compulsory judges' meeting shall be held prior to the start of competition. (WAG and RG conveners to organise and attend.)

IGSA Sport will advise if tea, coffee & lunch will be provided for all judges. They will be paid for the levels they judge to a maximum daily payment of \$200, provided all required documentation is completed and returned to IGSA Sport.

## Trophies

The trophies listed below were those presented in 2022.

Champion School	PLC Sydney
Division 1 - RG	Ravenswood School
Division 2 - RG	Roseville
Overall - RG	Ravenswood School
Division 1 - WAG	PLC Sydney
Division 2 - WAG	Tara School
Division 3 - WAG	SCEGGS
Overall - WAG	PLC Sydney
Most Improved <i>Donated by Danebank</i>	Danebank

## Coaches

When competing, all students must be accompanied and supervised by a competent/qualified coach, commensurate to the level at which the student is competing. Schools are responsible for ensuring that each of their students are accompanied by a competent/qualified coach.

## Cross Stream Entries

Due to the WAG and RG carnivals being held at separate venues, cross streaming entries is not permitted.

## Dress

Official school leotards must be worn by all competitors. This includes elite gymnasts. Students in rhythmic groups must be dressed identically. Schools who do not currently have an official leotard may apply for special dispensation from IGSA Sport.

Coaches are expected to wear appropriate sports attire also.

All officials on the competition floor MUST supply a relevant WWC number prior to the competition.

## Protests

Any protest must be lodged in writing immediately after the event. Protests may only be lodged by Directors / Heads of Sport or their representative. All protests will be heard by the IGSA Sport Staff, the IGSA Sport WAG and / or RG Convener and Director / Head of Sport from the school involved. The decision will be made during the carnival.

# Women's Artistic Gymnastics Information (WAG)

## Entries

Each school is allowed to enter a maximum of 12 entries. A full line is considered one entry. The line may be anywhere from level 3 and above.

For example, a school could enter 12 full lines in level 3 or 12 full lines in level 10 or any combination they wish as long as the total does not exceed 12. No split entries are allowed. (One line needs to be one level).

Any Future, Junior or Senior International level gymnasts must be entered at Level 10 national as all competitors compete national levels.

## Scoring

Raw scores will be awarded for each competitor and each apparatus, based on NSW Gymnastics Judges code of points.

Level 3 – 10 gymnasts will be judged as per code.

Level 9 and 10 Artistic will be judged as per the code and requirements for their respective levels. However, apparatus point score points will be awarded as combined.

Gymnasts will be ranked in each level and apparatus based on their raw scores awarded by the judges. This final ranking (place) will be the points allocated to the schools point score. For example, if you finish first, one point is added to the schools point score.

Points are tallied and schools who do not have a complete entry (being 12 entries x 4 apparatus) will be allocated the maximum number of points set at 100 for 2024.

An overall school point score will be tallied and the school with the lowest point score will be awarded the Champion School trophy.

## Requirements for Entry

A student must compete at the last level in which she competed. This must be a NSW sanctioned event and verifiable.

If she has not competed at this level in the past 12 months she may drop one level.

If she has not competed in the last two calendar years, she may drop back a maximum of two levels from the highest level at which she has competed. You can only drop a maximum of two levels during your secondary school years.

LEVELS 3 to 6. A coach may elevate a gymnast up a level/s as they see reasonable and safe. The rules concerning dropping a level remain as per the "Progression and Transitions" section below. Level 6 wishing to move to level 7 need to follow level 7 to 10 rules below.

LEVELS 7 to 10. For safety reasons, a student must only compete in the level and apparatus that she last competed in at a Gymnastics NSW Sanctioned Event in 2023.

A gymnast competing up a level in State Clubs or National Clubs is able to use this sanctioned event to then compete at this level for IGSA Sport or if the school wishes for them to compete at the lower level they are also able to do this for IGSA Sport. This is following the Gymnastics NSW ruling regarding moving between levels from only these two NSW Events.

In extenuating circumstances, schools may apply to the IGSA Sport Staff for special consideration.

IGSA Sport will adopt the same rule as Gymnastics NSW for 2023 regarding Progression and Transitions.

## Please note:

- Students compete only against their level.
- No scores are dropped.
- Raw scores from each apparatus in each level will be used and then points will be awarded per place.
- Results are still divided into divisions as well as overall.

## Changes to Entries

- No competitor may be re-entered once removed from the entries.
- Injured or ill competitors cannot be replaced during the event.

Only one WAG change is permitted to entries once they have been received by IGSA Sport. This change can take place any time between the final individual entry due date and before the day of the competition. No changes to entries will be permitted on the day unless accompanied by a medical certificate or letter from the Head of Sport. This must occur prior to the FIRST event and only ONE change per school is permitted.

## Divisions

- Division 1 = TBC once entries are received
- Division 2 = TBC once entries are received
- Division 3 = TBC once entries are received
- IGSA Sport and the WAG Gym Convener will look at creating reasonably equal divisions using previous years' results, quality of the entry and the size of the entry.
- Divisions will be confirmed once entries have been received. Once a school has been allocated to a division, they will remain in that division regardless of any subsequent decrease in team size (due to illness / injury / misadventure). Should a school wish to increase their team size after the due date, consultation with IGSA Sport and the relevant convener will be required and may result in moving up a division(s). This will be dealt with on a case by case basis.

## Routines

- Level 3 – 6: Routines are as per the current **“WAG Australian Levels Program Manual”** available from Gymnastics NSW.
- All start values for Level 3 – 6 will have a start value of 10.00.
- For Level 7 – 10 Nationals Levels, please refer to the manual for all requirements.

## Music

Below are the music options for levels 3 – 6 which must be indicated on the individual entry form.

Level 3	1 = Children	2 = Monserrat
Level 4	1 = Cha Cha Cha	2 = Hunter of Stars (Whistle)
Level 5	1 = Saint	2 = 6 Feet Under
Level 6	1 = Rock Prelude	2 = Argentina

## Rhythmic Gymnastics Information (RG)

Please ensure you have:

- Gymnastics Australia - Rhythmic Gymnastics
  - RG ALP 2022 - 2024 V1.1
- Gymnastics Australia - <https://www.gymnastics.org.au>
  - RG Gymsport Technical Regulations <https://www.gymnastics.org.au/by-laws-policies-and-technical-regulations>
- Gymnastics NSW website – [www.gymnsw.org.au](http://www.gymnsw.org.au)
  - Gymnastics NSW Technical Handbook
  - <https://www.gymnsw.org.au/policies>

### Entries

Gymnasts will compete in the apparatus as per the national rotations, with the exception of level 9 and above where IGSA Sport will randomly select three of the four apparatus from the rotations for each of those levels.

Gymnasts may compete in both individuals and both the Category 3 and Category 4 Quads (if age eligible) being a total of three events.

### Category 3 Quad – 1 entry (4 gymnasts)

**Age** – Maximum of 16 years in the year of competition

Category 3 Quad, optional routine with set requirements, optional music; 1.30s – 1.45s

**Apparatus:** Clubs

RG ALP 2022 - 2024 V1.1 / GNSW Technical Regulations

*\*\*PLEASE NOTE: Age-eligible gymnasts may compete in both the Category 3 and Category 4 Quad.*

### Category 4 Group – 1 entry (4 gymnasts)

**Age** – 12+ years

Category 4 group optional routine with set requirements, optional music; 1.45s – 2.15s

**Apparatus:** Ball

RG ALP 2022 - 2024 V1.1 / GNSW Technical Regulations

*\*\*PLEASE NOTE: Age-eligible gymnasts may compete in both the Category 3 and Category 4 Quad.*

### Level 4 - 10 & International Individuals – 5 entries across all levels

Made up of 3 apparatus (5 – 15 gymnasts)

#### Level 4 – 6:

Note: The same gymnast may enter up to 3 apparatus but may not cross entry with any other gymnast.

A gymnast may only compete in 1 level as an individual (e.g. NOT level 5 & 6), however, a gymnast MAY enter as an individual and in a quad (this applies to Category 3 and Category 4 Quads). Individual gymnasts may compete in both the Category 3 and Category 4 Quads as per the age requirements.

#### Level 7 – 10 + International:

Apparatus rotations will be randomly selected by IGSA Sport with 3 of the 4 apparatus from the rotations chosen for each of those levels.

Note: The same gymnast may enter up to 3 apparatus but may not cross entry with any other gymnast.

A gymnast may only compete in 1 level as an individual (e.g. NOT level 5 & 6), however, a gymnast MAY enter as an individual and in a quad (this applies to Category 3 and Category 4 quads). Individual gymnasts may compete in both the Category 3 and Category 4 Quads as per the age requirements.

### **Rhythmic Gymnastics apparatus for 2023:**

Level 4	Hoop, Freehand, Ribbon (option Freehand music, set NSW apparatus music)
Level 5	Hoop, Clubs, Freehand (option Freehand music, set NSW apparatus music)
Level 6	Ball, Freehand, Ribbon (option Freehand music, set NSW apparatus music)
Pre-Junior	Hoop, Ball, Freehand
Level 7	Ball, Clubs, Ribbon
Level 8	Hoop, Clubs, Ribbon
Level 9	Ball, Clubs, Ribbon
Level 10	Hoop, Ball, Ribbon
Junior Int.	Ball, Clubs, Ribbon
Senior Int.	Ball, Clubs, Ribbon
Category 3	Quad Clubs
Category 4	Quad Ball

### **\*\*\* Multi Class apparatus rotations for 2023**

L1 & L2	Ball, Freehand
L3 & L4	Hoop, Freehand

### **Requirements for Entry**

IGSA Sport will adopt the same rule as Gymnastics NSW for 2023 regarding Progression and Transitions.

Levels 1-9 for 2023 - There is no mandatory progression for Levels 1-9.

Coaches / clubs have three options for level 1 - 9 gymnast progressions however, must follow the age requirements listed in the Athlete Regulations Section for each level/division;

1. A Gymnast may stay in the same level / division
2. A Gymnast may progress to the next division within the same level
3. A Gymnast may progress to the next level pending on the level is appropriate for their current skills and training hours required for that progression.

### **Changes to Entries**

- No competitor may be re-entered once removed from the entries.
- Injured or ill competitors cannot be replaced during the event.
- Only one RG change is permitted to entries once they have been received by IGSA Sport. This change can take place any time between the final individual entry due date and before the day of the competition. No changes to entries will be permitted on the day unless accompanied by a medical certificate or letter from the Head of Sport. This must occur prior to the FIRST event and only ONE change per school is permitted.

### **Please Note: •**

Students compete only against their level.

## Scoring

Raw scores will be awarded for each competitor and each apparatus, based on NSW Gymnastics Judges Code of Points.

Gymnasts will be ranked in each level and apparatus based on their raw scores awarded by the judges. This final ranking (place) will be the points allocated to the schools point score. For example, if you finish first, 1 point is added to the schools point score.

Points are tallied and schools who do not have a complete entry (being 5 entries x 3 apparatus plus 2 groups) will be allocated the maximum number of points set at 100 for 2023.

## Divisions

- Division 1 = schools that complete a full entry (as a guide only)
- Division 2 = schools without full entries (as a guide only)
- IGSA Sport & the RG Gym Convener will look at creating divisions with at least 6 - 8 schools and use the previous year's results, size of the entry, and the quality of the entry as a guide as well.
- Divisions will be confirmed once entries have been received. Once a school has been allocated to a division, they will remain in that division regardless of any subsequent decrease in team size (due to illness / injury / misadventure). Should a school wish to increase their team size after the due date, consultation with IGSA Sport and the relevant convener will be required and may result in moving up a division(s). This will be dealt with on a case-by-case basis.