

## IGSA Sport Gymnastics Rules and Guidelines 2025

Date	Event
25 September 2025	IGSA Sport Gymnastics Level Entries & Judge Nominations due
13 October 2025	IGSA Sport Gymnastics Individual Entries & music due <b>by 5pm</b>
<b>23 October 2025</b>	<b>IGSA Sport Annual Gymnastics Carnival</b>
5 November 2025	IGSA Sport Gymnastics Feedback due
12 November 2025	IGSA Sport Gymnastics Post Season Meeting, 10:30am

**Venue:** Sydney Gymnastic and Aquatic Centre,  
12 N Parade, Rooty Hill

**Date / Time:** Thursday 23<sup>rd</sup> October 2025 / 7:00am – approx. 2:30pm (entry from 6:30am)

**Parking:** Available at the venue.

**Facilities:** Food outlets will be open throughout the day. Change rooms are available for all competitors throughout the competition.

**Seating:** Schools are responsible for ensuring competitors, spectators and parents sit in their allocated school area upstairs. Competitors must return to their allocated seating area when not competing.

### 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 closer 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 must 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.

### Marshals

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

Association of Heads of Independent Girls Schools' New South Wales Inc.  
Trading as Independent Girls' Schools Association (IGSA)  
ABN 81 660 358 175

LG1 56 Delhi Rd  
North Ryde NSW 2113  
<https://igsa.nsw.edu.au/>  
02 9888 9477

## 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: 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 WAG 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.

### 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 will 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 2024:

Champion School	Ravenswood
Division 1 – RG	Ravenswood
Division 2 – RG	Kincoppal – Rose Bay
Overall – RG	Ravenswood
Division 1 – WAG	Pymble Ladies' College
Division 2 – WAG	St Scholastica's College
Division 3 – WAG	Queenwood
Overall – WAG	Pymble Ladies' College
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

Cross-streaming with artistic and rhythmic will be allowed for all WAG levels, so long as it is safe to do so and it can be managed between the WAG and RG programs on the day.

If the cross streaming involves only one level up or down, consultation is not required however schools will be required to indicate the gymnasts who are cross-streaming on their entry forms.

If the cross streaming involves MORE than one level up or down, permission must be sought from IGSA and the RG and WAG conveners before submitting this entry.

## **Dress**

Official school leotards must be worn by all competitors. This includes elite gymnasts. If a school has more than one student, students should have matching leotards. Students in rhythmic groups must be dressed identically. Schools who do not currently have an official leotard should organise matching ones in advance. Club leotards should not be worn. (Plain black leotards can be purchased very cheaply from retail outlets.)

Coaches are expected to wear appropriate school sports clothing (not club attire).

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. Any State Level gymnasts must compete National Levels and appropriate deductions for any missing skills will be applied.

## 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 National Level code.

Level 9 and 10 Artistic will be judged as per the National Level 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 the year of competition.

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 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 National 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:

1. Gymnastics Australia - Rhythmic Gymnastics
  - a. RG ALP 2025-2028 V1
2. Gymnastics NSW - Rhythmic Gymnastics
  - a. RG NSW State Level 1-4 Program  
<https://www.nswgymnastics.com.au/resources>
3. Gymnastics Australia - <https://www.gymnastics.org.au>
  - a. RG Gymsport Technical Regulations V1.1 <https://www.gymnastics.org.au/by-laws-policies-and-technical-regulations>
4. Gymnastics NSW website - [www.gymnsw.org.au](http://www.gymnsw.org.au)
  - a. 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 individuals and both the Category 3 Trio and Category 4 Quad (if level eligible) being a total of three events. (See level eligibility below.)

#### Category 3 Trio – 1 entry (3 gymnasts)

Age 12+ years

Category 3 Trio optional routine with set requirements, optional music; 2:00s-2:15s

The majority of the trio (i.e. at least two of the three students) must be in levels 4-8.

Apparatus: Hoop

RG ALP 2025-2028 V1 / GNSW Technical Regulations

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

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

Age 12+ years

Category 4 Group Optional routine with set requirements, optional music; 2:00s-2:15s

Apparatus: Ball

RG ALP 2025-2028 V1 / GNSW Technical Regulations

*\*\*PLEASE NOTE: Level-eligible gymnasts may compete in both the Category 3 Trio 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 three apparatus but may not cross entry with any other gymnast.

A gymnast may only compete in one level as an individual (e.g. NOT level 5 & 6), however, a gymnast MAY enter as an individual and in a group/s (this applies to Category 3 Trios and Category 4 Quads). Individual gymnasts may compete in both the Category 3 Trios and Category 4 Groups as per the level requirements, so long as the majority of the trio (two of the three students) are in levels 4-8.

## 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 one level as an individual (e.g. NOT level 5 & 6), however, a gymnast MAY enter as an individual and in a group/s (this applies to Category 3 Trios and Category 4 Quads). Individual gymnasts may compete in both the Category 3 Trio and Category 4 Group as per the level requirements, so long as the majority of the trio (two of the three students) are in levels 4-8.

## Rhythmic Gymnastics Apparatus for 2025:

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

## \*\*\* Multi Class apparatus rotations for 2025

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

## Requirements for Entry

IGSA Sport will adopt the same rule as Gymnastics NSW for 2025 regarding Progression and Transitions.

### Levels 1-9 for 2025

For Levels 1-9, coaches/clubs have two options for gymnast progression, 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.

## 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 school's 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 1 trio or group**) will be allocated the maximum number of points, set at 100 for individuals **and 300 for trios and groups.**

The best result of a school's trio or group will be used if they have entries in both the Category 3 trio and Category 4 group.

**Divisions**

- Division 1 = schools that complete 5 entries (x 3 apparatus) plus at least 1 trio or group
- Division 2 = schools with less than 5 entries (x 3 apparatus) and 1 trio/group
- 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.