



**NUNAWADING GYMNASTICS AND
SPORTS CLUB INC**

2019
Squad Athlete Handbook

Acrobatic Gymnastics (ACR)
Women's Artistic Gymnastics (WAG)
Men's Artistic Gymnastics (MAG)
Rhythmic Gymnastics (RG)
Gymstar

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1. Introduction

This Handbook has been provided to advise NG&SC squad athletes and their families of essential information. The Handbook contains both general information and information specific to each squad program.

If you have any questions or require any further information, please contact your gymnasts specific Coach in the first instance. Additional information can be requested from the Program Coordinator, or the Club Manager as per Section 2 of this document.

We have classed a squad where Gymnasts are training in a program that has a Gymnastics Australia Program. These are normally called an Australian Level Program (ALP) and provide a structure from a low level to a high level (1-10).

These cover:

- Acrobatic Gymnastics (ACR)
- Women's Artistic Gymnastics (WAG)
- Men's Artistic Gymnastics (MAG)
- Rhythmic Gymnastics (RG)
- Gymstar

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2. General

2.1. Staff and Committee

NG&SC Gymnastics is a 'committee-run organisation'. The NG&SC Committee of Management meets once per month to look at the strategic and budgeting aspects of the Club. It is vital to maintain a strong Committee to ensure the successful running of our Club. The Committee always aims to have at least one representative from each Program on the Committee.

NG&SC is a 'Not for Profit' sporting Club, and as such, relies heavily on parent involvement and help in a variety of different areas throughout the year. You will receive regular e-mails and notices advising of any assistance sought with competitions, club activities etc.

The following staff are responsible for day-to-day operations at NG&SC:

Program	Role	Name	E-Mail
Staff	Club Manager	Ishoa-Jade Cook	club@nunawadinggymnastics.org.au
	Program Coordinator	Lara Kennedy	program@nunawadinggymnastics.org.au
Committee	President	Bruce Treble	Contact details available on request
	Uniform Officer	Wendy Wandallar	Contact details available on request
ACRO	Coordinator	Wendy Treble	Contact details available on request
WAG	WAG Technical Advisor	Drewe McKay	Contact details available on request
Gymstar	Gymstar Technical Advisor	Wendy Treble	Contact details available on request
RG	RG Technical Advisor	Lani De Jong	Contact details available on request
MAG	MAG Technical Advisor	Bruce Treble	Contact details available on request
MPO	Member Protection Officer		Contact details available on request

The primary contact point for all squad queries is the NG&SC Program Coordinator.

2.2. Policies and Procedures

NG&SC has a number of Club Rules, Policies and Procedures that relate to squads and general operations. This information, along with other valuable information, can be viewed at the NG&SC office or on the NG&SC website: www.nunawadinggymnastics.org.au.

2.3. Communication

A vital key to the success of any program at our Club is 'parents'. From the commencement of the term, we endeavour to establish effective methods of communication between the Club, Coaches and parents. This helps to ensure a clear understanding of Club program expectations, protocols and policies. To achieve this, we hold meetings each year with squads and their Coach to ensure that families are well informed and able to be part of each athlete's learning experience at NG&SC.

Should you need to meet with your Coach, please arrange a time either before or after a training session. Under no circumstances should the Coach be approached during a training session.

NG&SC has a policy to deal with the handling of complaints. In the event that you wish to make a complaint, please speak with your child's Coach in the first instance. If the matter is unable to be resolved, or it's not appropriate to speak with the Coach, the matter should be raised with the Program Coordinator or Club Manager. Options for further escalation can be outlined at this point, if needed.

If the matter relates to Child Protection, and you feel the Program Coordinator or Club Manager are not the first point of contact, you are able to directly contact the Member Protection Officer, as detailed in the Staff and Committee section of this document.

2.4. Discipline

NG&SC has a specific policy which outlines the process in the event that an athlete breaches the Gymnast Code of Conduct. Consequences depend on the severity of the breach and will include, but are not limited to, the following:

- issuing a warning, requiring verbal or written apology
- a letter of reprimand from NG&SC.
- counselling from the Program Manager or Club Manager
- removal / suspension from the Club

Please read both the Gymnast Code of Conduct and the Parent / Carer Code of Conduct, being attachments at the end of this document.

2.5. Medical Conditions

The NG & SC Registration Form requests any information on Medical Conditions, making it a Legal document. It is essential that families advise the Club of any medical conditions prior to commencing training. This would naturally include injuries or other more “visible” conditions such as asthma or allergies, but others that may not be as obvious such as autism, medical anxiety, etc.

This is simply to ensure NG & SC can offer the best environment for the gymnast.

Parents are required to supply a **current** Medical Action Plan to the club for any known condition. These may include but not limited to an Asthma or Anaphylaxis action plan as examples.

Any athlete, who requires medical attention for an injury obtained within or outside of the Club, is required to supply a medical certificate and documentation from their medical practitioner regarding activities that can and cannot be completed by the athlete. NG&SC are accommodating of athletes who are carrying injuries and are happy to modify programs within guidelines by a medical practitioner.

NG & SC also have a signoff process when returning to training from any medical condition or injury. It requires documentation from the treating physician to ensure the correct process is taken when returning to training.

2.6. Uniform – Training & Competition

Please refer to the separate Uniform handbook for comprehensive information specific to each gymnsport.

3. Squad FAQ's

Below are a number of commonly asked questions regarding all Squads.

What type of snack should they have for training?

Coaches allow gymnasts to snack/drink when needed in line with their needs and energy used. These are short 5 min breaks not an all in 10 min meal.

The snack should be a high G.I. food like fruit (apple or a banana) or a hand full of dried biscuits / rice crackers, or a muesli bar. Athletes are not permitted to share food with other athletes.

Please remember that NG & SC has a NO NUT policy.

Am I expected to train on public holidays?

Depending on the proximity of training to competitions, training may take place as directed by the Coaches. These would normally be an additional cost.

NGSC do not normally run squad training sessions on public holidays. Classes that fall on a public holiday are not charged in the term fees.

Am I expected to train during School Holidays?

Training during the school holidays is highly encouraged as it ensures that deconditioning over the holiday period is kept to a minimum. We also understand that it is important to have family time and participate in other activities as well and we will attempt to take this into account when scheduling training.

Costs for this training are a separate charge from term fees.

What is the correct training uniform?

Athletes are encouraged to wear leotards for all training sessions. Crop tops and full-length singlets are permitted. All uniform items need to hug the athlete's body to allow coaches to see the shapes the athletes are making during training. This is also for safety and ensures the athletes clothing does not get caught on apparatus or in the way of coaches.

For the boys, T-shirts are not suitable. Non-gymnastic shorts, like board shorts, restrict movement and catch on hands if they have pockets. A firm fitting singlet/t-shirt is acceptable and suitable shorts. Otherwise wearing a leotard, gym shorts and then longs on the required apparatus is preferred.

Although there is a competition uniform for all competitive athletes, we recommend not to wear this to training to ensure it stays in good condition for competitions.

Please see NG&SC admin about these items.

How are training sessions structured?

Each session includes a number of different apparatus and conditioning aspects to prepare the athletes for competitions. Sessions will also include a general warm up, strengthening activities, as well as some other focus areas such as injury prevention and artistic preparation.

How are Squad's structured?

Squads are comprised of up to 10 athletes with one Coach. This number may change depending on the level and coaching structure in place for that particular group. Athletes are normally of a similar age, level and training commitment. Higher level athletes train more hours each week.

The minimum training hours expectation for each group is specific to what NGSC coaching staff deem to be the best structure for safe and competent skill display at competition for that specific level of gymnastics, based on advice from each gymsports Technical Committee.

What are attendance expectations?

It is imperative that athletes attempt to attend as many classes as possible, as even two weeks out of the gym can lead to significant de-conditioning. Extended time away from the gym may also result in large growth spurts, rather than a graduated rate of growth. Both of these can lead to periods of un-coordination due to de-conditioning or changes in body mechanics due to growth.

It is also important that athletes arrive at training on time, as the warm-up segment of training is a *crucial* part of injury prevention. Athletes who have not had adequate warm-up are more likely to injure themselves. This section of the class is also important for the focus of the athlete as it sets the tone for the entire training session. A disciplined team approach to warm-up will help generate a disciplined team approach to apparatus training.

Can parents / friends watch training?

NGSC allows parents to view squad training sessions. This may be reviewed should we encounter any of the following:

- athletes being distracted by parents (coaching from the sidelines or over-monitoring behaviour)
- lack of athlete concentration that can lead to athletes endangering themselves whilst doing skills
- athletes who feel the need to 'perform' for their parents.

Please remember that you may not always see an improvement in your child if you are watching the whole time.

How / When do gymnasts move to the next level?

New athletes are assessed and placed on trial in the squad that the Program Coordinator (through consultation with coaching staff) feel they are best suited to. Existing athletes are evaluated during Term 3 & 4, after reviewing their competition results and training advancement, to place them in new or existing squads for Term 1 in preparation for the competition season in the next year.

Athletes who train more than 3 sessions per week will benefit more from strength, flexibility and skill development. Athletes training less than this tend not to see similar improvements / advancement.

4. Competitions – General

Below is some general information across all gymsports, with more specific information in each sport individual section.

Competition Expectations

Athletes are provided with a full list of expected competitions for their level prior to the commencement of the competition season. Information is also provided before each competition on things such as arrival time, clothing, attendance etc.

Competition Costs

All competitions have a cost associated with them that is over and above the cost of club and competition uniforms.

Depending on the level of competition it can be a nominal entry fee of for example up to \$50.00 for a small interclub competition, moving up to \$100.00 for a Gymnastics Victoria event or \$150 for a Gymnastics Australia event. This will be invoiced to you through the club.

A State or National competition will incur higher costs, as well as any travel related expenses if it is outside of Melbourne – flights, accommodation etc. Depending on the competition, a State Team Uniform may also need to be purchased.

Level Badges

We discuss in this document what is required to pass a level in the Gymsports, but often there is a cost associated in receiving the Level Badge over and above the competition entry fee. This is set by Gymnastics Victoria and ranges across sports and levels of from under \$10.00 to close to \$35.00.

4.1. Competition Etiquette

General Rules from Gymnastics Victoria Year Book:

Gymnasts and coaches are not permitted to have any contact with spectators during the competition

PENALTY: ***Disqualification***

Those not taking part in the running of the competition must not enter the competition area

PENALTY: ***Removal from the Venue***

Medal Presentations: if gymnasts are fortunate enough to win a medal be it gold, silver, or bronze then once it is presented to them, they ***MUST keep it on until they march from the Presentation/Floor Area.***

PENALTY: ***Loss of medal(s).***

In regards to competition there is a standard of etiquette and rules in which coaches, judges, gymnasts and parents/guardians must comply with. These are:

1. Gymnasts and parents/guardians need to arrive half an hour before their competition sessions starts. If circumstances arise where you could be late please ring and notify the venue of the competition. Alternatively, as a squad you can discuss sharing phone numbers for just such an occasion – coaches and parents. This will be at the discretion of all involved.
2. Sportsmanship attitude and mannerism are to be brought on the day, respectful to other gymnasts, judges, coaches and officials. Supporting and cheering for other clubs is important sportsmanship.
3. There is to be no communication between gymnasts and spectators, parent/guardian during the competition. This can lead to an automatic disqualification of the gymnast. If the parent/guardian needs to speak with the gymnast, they need to ask the coach beforehand and the coach must ask permission from the floor manager or head judge to leave the competition floor.
4. If gymnasts need to go to the toilet, they must ask their coach for permission to go to the toilet. Gymnasts can't just up and leave, it can lead to disqualification. The gymnast must ask the coach then the coach has to ask the floor manager or head judge for permission to go to the toilet.
5. Gymnast must be in full club uniform or as specified in the individual competition handbook, otherwise they cannot compete on the day.
6. Hair needs to be out of face and tightly tied back.
7. Gymnasts are to bring their gym bag and required training aids i.e. grips, sweatbands, strapping tape and additional hair items – hair spray, ties, clips.
8. Water bottles with water only are to be brought to competitions
9. Gymnasts can bring a healthy snack as long as it is not messy i.e. no yogurt, oranges etc.
10. No jewellery is to be worn, no wrist bands. Small studs and sleepers are fine to wear – Some Gymsports are not allowed jewellery
11. Gymnasts MUST present to the judges before and after a routine.
12. Gymnasts must not talk to judges during the competition.
13. Gymnasts must start the routine within 30 secs of presenting to the judges.
14. If gymnasts fall on bars, they have 30 secs to resume the routine and 10 seconds to resume on beam.
15. If parents want to bring a camera, please do not have it on flash. Please be aware at some competitions camera style restrictions apply – no extended lenses.

Please make sure that all parents/guardians and Nunawading spectators maintain the appropriate sportsmanlike behaviour at competitions. We are all there to support the children not put them down.

4.2. General Competition Information

Coaches at competitions

Coaches will meet gymnasts at the competition venue half an hour prior to their session warm up time. Coaches and gymnasts are expected to be in full club competition uniform and girls are to have hair out of face. Coaches are expected to engage with competition meetings and abide by the appropriate sportsman like etiquette at competitions. There is to be no communicating with gymnasts' parent/guardians during the competition, this can be done before or after presentation.

Athlete Withdrawal from a Competition

If the gymnast is sick or injured prior to a competition and must withdraw from a competition, they may be able to receive a partial or full refund for the cost of competition when a medical certificate is supplied.

However, if a gymnast has another event at the same time as the competition and chooses not to attend the competition, no refund can be made. Please keep this in mind when entering competitions.

What are the expectations for Home and Away competitions

Home competitions are ones that our Club hosts. For these competitions, we need our parents to help with the smooth running of the event. This is when we are on show to the gymnastics community, and it is important for our competition to be of the best standard possible.

Away competitions are run by other Clubs or by Gymnastics Victoria or Gymnastics Australia. At these events, parents are supportive spectators, but in some cases can volunteer for specific roles.

Canadian Competition format – WAG and MAG

At most competitions, and some State events for levels 2 - 4, the Canadian competition format is used. This competition format saves time during rotations by having an athlete warming up on an apparatus whilst the Judges are calculating the score for the previous routine. Most athletes wear a Club t-shirt in warm-up so that the spectators and Judges know that they are warming up.

How are awards decided and Awarded?

Scores are entered and tallied on a scoring program that takes the scores that the different Judges award and calculates a final score that must coincide with the final flashed score on the Judges score sheet. Any discrepancies are taken back to the Head Judge to sign off on or to change.

Some events have special rules for how awards are given out – these are published to the Coaches in the event promotional material. It is up to the Coaches to explain / publish any different rules to parents before they consent to attending the event.

Team combinations are published before events, e.g. 5 with 3 to count means that a team can have 5 athletes in it and the top 3 scores on each apparatus count toward that team's score. The team size and counting number can vary from event to event.

Individual awards are given for each apparatus and for the All Around (AA) scores – usually from 1st to 3rd. For some events, tie breaks are decided by All Around score, the higher AA score wins over the lower on that apparatus.

Each competition has its own awards system based on the number of competitors in each age division at each level at the event. Large events separate 'Under' and 'Open' age divisions for awards, whilst small events often combine these divisions. Under and Open age divisions are decided by the age the athlete is at 1st January in the year they are competing.

State stream and Recreational competitions have their own unique awards system that puts more emphasis on participation than winning.

How does my child learn the routines?

It is up to the Coach to teach their class the routines required at each level.

For many of the lower levels, routines for the squad will be the same with minor variations. The higher the level, the more individual the routines. In ACRO, almost every routine is unique due to music selection, skill selection and individual personalities.

In some cases, there will be a cost to having routines constructed, which will be discussed with parents and gymnasts before the process, not after.

5. Acrobatic Gymnastics - ACR

Please ensure you read this section in conjunction with Sections 1, 2, 3 and 4 of this document.

Acrobatic Gymnastics (ACRO) is a dynamic and spectacular gym sport for males and females of all ages and abilities.

- The sport develops team work, courage, strength, stamina, co-ordination and flexibility.
- ACRO unites power and poise, with grace and beauty to create visually stunning routines all choreographed to music.
- The Apparatus or Floor is a 12m x 12m sprung floor and each routine lasts no longer than 2 or 2 1/2 minutes each, depending on the level.
- ACRO works on a 10 level system, where 1 is the introductory stage and level 10 is the highest achievable in the Australian Level Program (ALP).

5.1. Acrobatic Gymnastics disciplines

In *Level 1-3 Acrobats* compete as Pairs, Trios or Quads. There are no rules for combinations of male and females as per the higher levels, so you could have 1 male and 2 female's in a trio.

In *Levels 3A-10* the disciplines for competition are set

- Women's Pair
- Men's Pair
- Mixed Pair (male base and a female top)
- Women's Trio
- Men's Four

5.2. Competitions

Competitions are held at Club, State, National and International Level.

5.3. Age restrictions

The minimum age for the athlete to compete in National events is **6 years** of age in the year of competition and **5 years** of age for State competition.

5.4. Routines

Level 1-3 perform their routines to music but the choreography in the routine is NOT marked by the judges. The music is a training tool for the coaches to help prompt for skills but also pre-train the athletes so that when stepping up into Level 3A the athlete is better prepared as the dance is assessed and marked.

Routines are created for Balance and Dynamic that have basic dance in them to assist with learning the skills into a manageable form. Music used will have a good beat to make it easier to follow.

Level 3A and above perform routines that are competed to music, and the higher the level the higher the expectation that the artistry or dance works with the music. These routines are created-designed specifically for each group/pair with different music for each.

- Balance routine shows static holds and shapes
- Dynamic shows height and flight with rotational salto's in the higher levels
- Combined has both balance and dynamic skills
- Balance – For Levels 1 to 10
- Dynamic – For levels 1 to 10
- Combined – For levels 8 to 10

Level 1-3

Covers the basics of ACRO skills both Balance and Dynamic. The routine is made up of skills from a compulsory skill set, with all artistry being optional. At this level groups/pairs may be made up of any mixture of gymnast (male and female).

State Pennant is an introduction to club competition. There is **one** State Competition per year, as well as some interclub competitions. For this type of competition scores are NOT shown. All acrobats will receive a medal: gold, silver or bronze worked out from their total score and a banding system created by Gymnastics Australia. This way all achieves and work to gaining personal best's while not competing against each other.

There are Club training fees, competition fees, possible holiday training fees, and Uniform requirements as per the separate handbook.

You must train one session per week, and extra trainings may be required leading up to competitions.

Level 3A

It is the stepping stone to Level 4 and covers the basics of ACRO skills both Balance and Dynamic and has the dance / choreography judged as part of the score, as an Artistry mark. At this level all groups/pairs must be in the required grouping formats.

There is **one** State Competition per year, as well as some interclub competitions.

There are Club training fees, competition fees, possible holiday training fees, and Uniform requirements as per the separate handbook.

You may have to train multiple sessions per week and extra trainings may be required leading up to competitions.

Level 4-5

Have a compulsory skill as set out in the Australian Levels Program. Groups perform a Balance and Dynamic routine set to music. There a number of competitions each year.

Be aware that there are term fees and charges for training during term and holiday sessions, competition fees, and Uniform requirements as per the separate handbook.

You will train multiple sessions per week depending on your level.

There will be a number of Club and State based competitions, along with possible Interstate competitions.

Level 6-10

Are skills based on requirements from the International rules as directed by the Australian levels system. Level 6-7 perform Balance and Dynamic routines and level 8-10 perform Balance, Dynamic and Combined routines all set to music.

As per level 4 to 5, fees and uniform requirements are all the same

International Stream

The International Program has 4 categories. Junior 11 – 16, Junior 12-18, Junior 13 – 18 and Senior. The international stream has been structured for elite or advanced athletes. Certain requirements and age limits apply to each category (see your coach GV or GA for more details). Due to extra demands, time and cost, this is not offered at NGSC.

5.5. Commitments of both Gymnasts and Parents

Acrobats need to be aware that when you commit to joining a group/pair, that other people are relying on you and that by not coming to training or pulling out of your group etc you affect their training also.

Skills – group/pair, Individual skill level, artistry ability, personalities, height, size, ability, training days, and training & competition goals are all taken into consideration when forming groups/pairs.

5.6. Hours per week

ACRO Level 1 & 2	1 x 2.5 hr session + Optional 2 hr session
ACRO Level 3	1 x 2.5 hr session & 1 x 2 hr session
ACRO Level 3A – 6	2 sessions 6 - 7 hrs
ACRO Level 7 +	3 sessions 10 hrs

5.7. What to wear for competition

Athletes are encouraged to wear leotards, bike pants or shorts for all training sessions. Crop tops and full-length singlets are permitted. All items need to hug the athlete's body to allow coaches to see the shapes the athletes are making during training.

For competition, acrobats require the following: (Please check Uniform handbook)

- Level 1-3: ACRO DEV Squad competition leotard and matching scrunchie with the club polo ACRO shirt.
- Level 3A +: Club polo ACRO shirt and club tracksuit. Level 3A require one competition leotard that will be used for both routines.
- Level 4 +: Club polo ACRO shirt and club tracksuit. Level 4-7 require two competition leotards to match up with music/dance for each routine. Level 8+ require three competition leotards to match.

Club Uniform is purchased from the NGSC office.

All competition leotards are organised through the senior coaches with Gymwiz, our preferred supplier of all competitive squad clothing.

5.8. Additional Information ACRO

Please request the ACRO information booklet for Parents from NGSC Admin staff. This can be emailed to you.

5.9. How Does Judging Work

On any ACRO Judging panel there will be:

- CJP – head of judge’s panel
- DJ – difficulty judge
- EJ – 1 to 4 execution Judges
- AJ – 1 to 4 artistry judges
- Scorer

The DJ awards the Start score or what mark the routine will be judged out of (Difficulty Score)

The EJ judges the technical merit of the routine out of 10.00, and then it is doubled.

The AJ judges the artistic merit of the routine out of 10:00

Technical errors (for things like going outside the floor area or wearing incorrect competition apparel) are then taken from this score by the Head Judge to give the Final Flashed score.

6. Women's Artistic Gymnastics (WAG)

Please ensure you read this section in conjunction with Sections 1, 2, 3 and 4 of this document.

6.1. Apparatus

Athletes train on all four of the WAG apparatus - Vault, Bars, Beam and Floor, as well as strength and conditioning training, flexibility, trampoline and dance

6.2. Hours per week

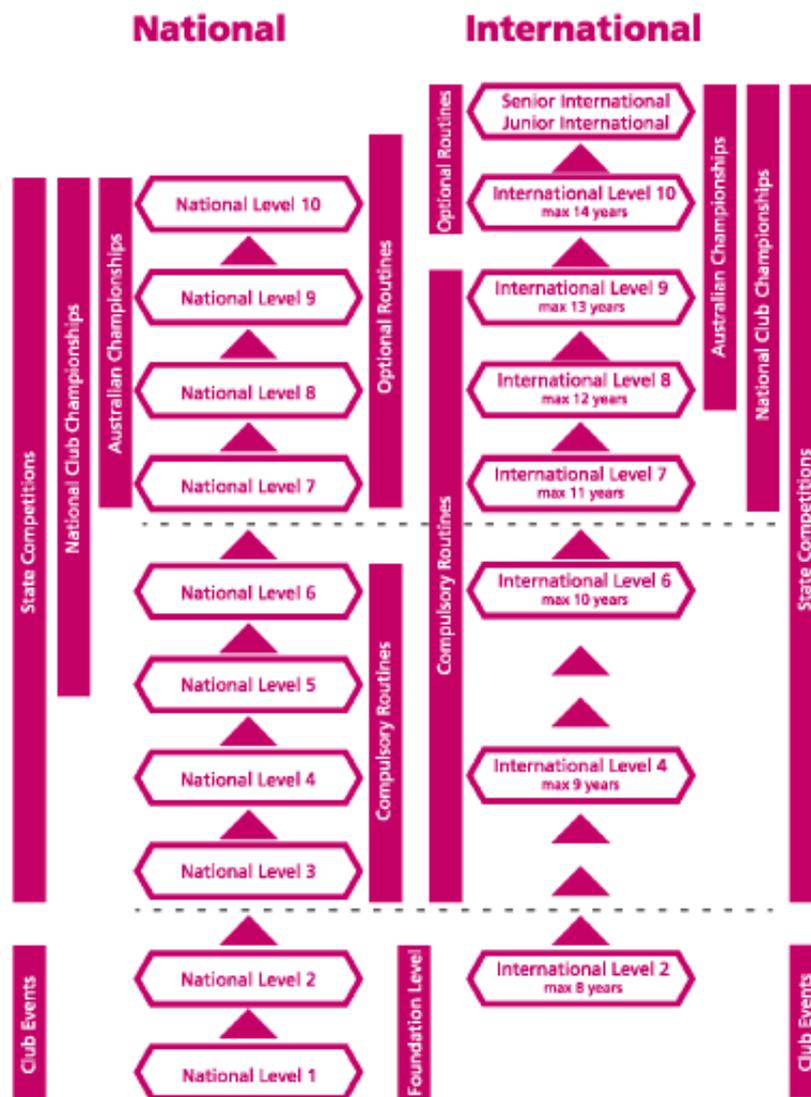
WAG Foundation (Level 1 & 2)	1 x 2 hr session
WAG Level 3	2 sessions totalling 5.5 hours per week
WAG Level 4	Average of 7.5 hours per week
WAG Level 5+	Average of 7.5 to 10 hours per week

6.3. Routines and Levels

Level System

In 2015 the new Australian Levels Program (ALP) for WAG was introduced across Australia, with a major revision in 2017.

This new program was developed by a number of influential members of the extended gymnastics community and aims to have a more holistic approach to gymnastics, offering higher retention rates in the sport as well as providing more opportunities for success at competitions with greater division of athletes across specific levels.



There will be two divisions of the ALP athletes:

- ALP and
- ALP Limited Hours (LH) – not across all levels.

ALP athletes are permitted to train an uncapped number of hours, however the ALP LH athletes are only permitted to train up to a specific number of hours for that level.

Foundation Level's 1 & 2

These levels are designed to prepare the athletes for their future years of training. Attending some club events and invitational's will also help with the mental preparation and awareness whilst in a "fun" environment of learning to deal with competition pressures.

The focus of the program is designed to work on skills and strengths of the athlete and basic routines. During training sessions, athletes will focus predominantly on building their strength, shaping and conditioning and working on the basics that will prepare the athletes for competitions in following years.

Level 3-5

Athletes will compete the compulsory routines as per the ALP. There are no bonus skills within these levels (bonus skills start at Level 9).

Floor routines and music will be set for all athletes, thus no extra charges will be incurred by families at these levels. Teams must be made up of athletes from the same age / hour divisions within the same level.

Level 6 athletes and above

Both the ALP and ALP LH athletes will compete a mix of compulsory and optional elements on each apparatus. Level 6 athletes will compete a set Floor and Beam routine. Athletes in Level 7 and above will have set requirements with optional skills to be included. Level 7 and above athletes will have individual floor routines with optional music.

For level 7 and above the Team element for competitions is slightly different and conducted at a separate event including both limited and unlimited athletes.

Athletes do not have to wait until the end of the year to move up to the next level, in some instance's athletes may be ready to move up before this. These decisions are made with input from both coaches and families and decided around the relevant competition seasons the athletes would be working in or working towards.

LAT Pass Marks (Level Assessment Test)

Level	Overall Score
Level 1-3	30.00 *LAT is done internally at the club competitions
Level 4 - 6	30.00
Level 7 - 10	38.00

6.4. Competition order

Olympic order for Women's gymnastics is Vault, Bars, Beam, and Floor. In a competition, they will compete on all apparatus in order, starting at the one shown on the Rotation Schedule. This is published 1 - 2 weeks before an event and will be provided to families prior to the event.

6.5. How does judging work

Depending on the competition, there will be 1 – 3 Judges at each apparatus. The Head Judge is always the highest-level judge on that apparatus.

The Judges award the Start score or what mark the routine will be judged out of (Difficulty Score), and then they average their deductions (Execution Score). The Execution score is added to the Start score to give the final score. Technical errors are then taken from this score by the Head Judge to give the Final Flashed score.

6.6. Competition and Uniform Checklist

Athletes should use the following checklist to pack their bag / prepare for competitions:

- Competition leotard
- Club Polo shirt to wear whilst doing apparatus warm up
- Club Tracksuit
- If wearing socks – bring a spare pair as per competition requirement
- Apparatus aides – grips, loops, strapping tape
- Drink bottle of water
- Small snack – rice crackers, dried fruit etc. (minimize lollies)
- Club bag for holding drink bottle, snack, spare socks, uniform and apparatus aides
- Leave shoes with parents before going onto floor to join Coach before competition
- Label all items as they are easily mixed up with other athletes
- No nail polish, no jewellery
- Blanket – to stay warm during Winter months

6.7. Warm-up at Competitions

The following warm-up is convention for the majority of the competitions:

General warm-up: 20 – 30 minutes

Vault: 2 vaults

Bars: 1 routine

Beam: Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up

Floor: 3 to 5 minute group warm-up depending on the size of the groups

7. Men's Artistic Gymnastics (MAG)

Please ensure you read this section in conjunction with Sections 1, 2, 3 and 4 of this document.

7.1. Hours per week

MAG Foundation (Level 1 & 2)	1 x 2 hr session
MAG Level 3	1 x 3 hr session & 1 x 2.5 hr session
MAG Level 4	2 x 3 hr sessions
MAG Level 5+	3 x 3 hr sessions

7.2. Competitions

It is expected that all MAG squad athletes enter competitions. The type of competition and the level at which the athlete competes is determined by the Coach, in conjunction with the MAG Program Administration.

Age Division	Age to compete	
2 Under	6 years old	Under 7 at 1 st Jan
3 Under	7 years old	Under 8 at 1 st Jan
4 Under	8 years old	Under 9 at 1 Jan
5 Under	9 years old	Under 10 at 1 Jan
6 Open	10 years old and above	n/a
7 Under	10 & 11 years old	Under 12 at 1 Jan
8 Under	12 & 13 years old	Under 14 at 1 Jan
9 Under	14 & 15 years old	Under 16 at 1 Jan

7.3. Apparatus

Olympic order for Men's gymnastics is:



In a competition, athletes compete on all six apparatus in order, starting at the one shown on the Rotation Schedule, which is published 1 – 2 weeks before an event and given out to show start times etc.

7.4. Competition Attire

For Floor and Vault, athletes wear shorts over their competition leotard. For the other four apparatus (High bar, Parallel bars, Rings and Pommel horse), athletes wear longs over their leotard and plain white socks.

For marching into the arena and for the Awards ceremony, athletes wear the NGSC Club tracksuit.

7.5. Competition and Uniform Checklist

Coaches will measure and organise leotards before competition seasons commence each year. Please refer to the separate Uniform Handbook for this information.

MAG athletes are required to have the following items when they compete:

- Competition leotard, white longs and black shorts (**NOT** training uniform)
- Club Polo shirt to wear whilst doing apparatus warm up
- Apparatus aides – grips etc
- Club Tracksuit
- 2 pairs of plain white cotton socks (no colour bands, logos or coloured heel / toe parts)
- Club bag for holding drink bottle of water, small snack which is not messy (minimize lollies) and their uniform items they are not wearing.

Parents should label all items as they are easily mixed up with other athletes. Grips and other gymnastic equipment should be placed in the competition bag.

Long hair should be kept neatly off the face with gel or tied back with a hair band or head band. Athletes should check which apparatus they are starting on in competitions and wear the appropriate longs / shorts to the competition.

7.6. How does Judging work

Depending on the competition, there will be 1 – 3 Judges at each apparatus. The Head Judge is always the highest-level judge on that apparatus.

The Judges award the Start score or what mark the routine will be judged out of (Difficulty Score), and then they average their deductions (Execution Score). The Execution score is added to the Start score to give the final score. Technical errors are then taken from this score by the Head Judge to give the Final Flashed score.

8. Gymstar Program

Please ensure you read this section in conjunction with Sections 1, 2, 3 and 4 of this document.

8.1. Hours per week

Gymstar Foundation	1 x 2 hr session
Gymstar Level 3	2 x 2 hr sessions
Gymstar Level 4	1 x 2 hr session 1 x 2.5 hr session
Gymstar Level 5 +	3 x 2.5 hr sessions

8.2. Difference between WAG and GYMSTAR

WAG classes are directed by the Victorian and Australian governing bodies for Gymnastics. Athletes in WAG classes compete on four apparatus' – Bars, Vault, Beam and Floor.

Gymstar is a separate program with its own level system. A Gymstar class is more flexible than a WAG class and requires less hours of training. However, it is still a competitive program, with athletes **encouraged** to compete at the competitions that are predominantly in the second half of the year. Athletes in the Gymstar program compete on six apparatus' - Floor, Vault, Beam, Bars, Parallel bars and Rings.

Although we strongly encourage gymnasts to compete at both external and internal competitions, we see this stream as one in which athletes can experience personal achievement without the competition requirement. It is not seen as a simple recreational program with minimal goals.

8.3. Competition Dates / Costs

Competitions start in Term 3, around July or August. They usually run through until early November. Athletes and families are consulted about which competitions they will enter.

8.4. Competition Check List

Coaches will measure and organise leotards before competition seasons commence each year. Please refer to the separate Uniform Handbook for this information.

- A drink bottle containing water (no soft drink allowed on the floor)
- Small snack (i.e. sandwich, fruit, or muesli bar – please limit lollies and chocolate)
- Gymstar leotard appropriate to level
- Small bag to keep belongings in
- Black tracksuit pants or black shorts/bike pants
- Hair brush and hair ties/clips
- Please leave shoes with parents before the competition starts

8.5. Gymstar Judging

Level 2 and 3

All athletes start with a score of 15 to which deductions are applied. The minimum score is 10. When athletes are judged, they get points taken away for things such as bent legs, un-pointed toes, forgetting a skill, falling, bending arms, arching their back too much, not presenting to the Judge and many more little things that all impact on the score they receive for their routine. Each 'fault' can have a different value. For example, a fall off the beam is worth a full mark while a small separation in legs might be only worth 0.1 or 0.3 of a mark.

Gymnastics is all about perfection, so you aim to have as little mistakes and faults as possible. Scores in the 13's and 14's are what we look for, and 12's are pretty good. When we get 11's and 10's, something has gone quite wrong in the routine and we will do our best to fix it for next time. The top 4 scores (out of 6 possible scores) get added together to make their overall score. This determines what colour medal the athlete will receive. We don't put emphasis on the colour of the medal, we think just getting out there and giving it a go is great. We just want them to have fun and do the best routine they can.

Level 4-8

At Level 4-8, the same basic scoring system applies, however the girls can have 'bonus' skills in their routines. Their routines therefore start from 14, and they can have two bonus skills to bring their score to a maximum of 15. A routine with only one bonus skill will have a starting score of 14.50. We try to ensure that the girls have at least one bonus skill in every routine. At this level, only the top 3 scores for each apparatus will receive a medal and the top 4-6 places on each apparatus will receive a ribbon.

Level 9-10

At level 9 & 10, girls are still able to have bonus skills in their routine. The difference from the other levels is they are allowed more than two bonus skills to make up their routine start score. At level 9, you are allowed up to three bonus skills and at level 10, you are allowed up to four bonus skills which means your routine can start from 16.

8.6. Competition Attendance

We know that attending all competitions is often not possible due to family commitments and other activities. However, the more competitions they do, the more comfortable the athletes become which leads to a better performance. Every competition that they participate in will give them experience and confidence for the next competition.

8.7. Competition Venues

Competitions are held in gymnastics Clubs around Melbourne. Some common venues for competitions are Eclipse Gymnastics, Eastern Gymnastics, Footscray City Gymnastics, Endeavour Hills YMCA and BTYC Gymnastics. They are always on a Sunday and run for approximately three and a half hours.

9. Rhythmic Gymnastics – RG

Please ensure you read this section in conjunction with Sections 1, 2, 3 and 4 of this document.

9.1. RG Program

Rhythmic Gymnastics consists of a number of movements: jumps and leaps, balances, pivots and rotations, bends and waves, turns and steps. There are many ways of performing these general skills and movements can be combined with apparatus, creating a high number of variations for gymnasts to perform.

Many steps and movements come from ballet, and have names linked to their French equivalent such as jete' and chasse'. Jete' are springing steps from one foot to another, they can be small or large and even be performed with a turn in the air. Chasse's are typically used as a preparation for a jump or a leap but can also be used as a way to move around the floor or as a part of a dance sequence.

There are many types of jumps and leaps. Most common are cat leap and split leap. Turns are an essential skill not only for changing direction but provide interesting patterns. A simple turn is a half pivot on the toes of one or both feet.

The five apparatus are all hand held and free moving. The most basic elements are skipping through, rolling, rotation and swinging. These movements combined with body positions and skills are the basis of the sport. Having learnt the basic body and apparatus skills gymnasts can combine the movements in routines with music, performing either as an individual or as a member of a group.

9.2. Hours per week

RG Foundation (Level 1 & 2)	1 x 2 hr session
RG Level 3 +	2 x 3 hr sessions

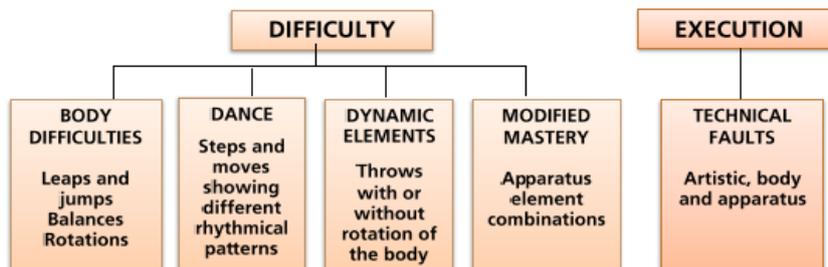
9.3. Competitions – Level / Apparatus Specific

RG starts with LaunchPad basically as a taster to see if RG is for that gymnast. NGSC incorporates some RG activities in their recreation sessions during each year and also on the tiered certificate system.

The Foundation 1 & 2, Level 3 & 4, Level 5 & 6, Level 7, 8 & 9 Senior/Junior, Level 10 and then International Stream

9.4. Competitions

Athletes are provided with a full list of expected competitions for their level prior to the commencement of the competition season. Information is also provided before each competition on things such as arrival time, clothing, attendance etc. The breakdown of the skills/routine is:



9.5. Apparatus Specifics

DETAILS AND TYPICAL MOVEMENTS		COACHING TIPS
<p>Rope</p>  <p>The rope is made of a supple, firm material with a thickness of 8–10mm. The rope should fit the size of the gymnast i.e. with gymnast standing on the middle of the rope the ends should reach between her underarms and her shoulders.</p> <p>Typical movements include leaps or skipping through the rope, swings, throws, circles, rotations and figures of eight.</p>	<ul style="list-style-type: none"> • The rope can be used with or without knots. • The rope should maintain its shape throughout all movements. • During movements the rope should not hit the floor. 	
<p>Hoop</p>  <p>Hoops may be plastic or wood, hollow or solid. The size of the hoop should be relative to the size of the gymnast i.e. the diameter of the hoop when held against the body should be at the gymnast's hip.</p> <p>Typical movements include rotations around the hand or body, rolling, swings, circles, figures of eight, throws, and passing through and over the hoop.</p>	<ul style="list-style-type: none"> • The hoop should be held firmly with forefinger along the rim of the hoop for greater control. • Rotations should be around the palm with thumb held at right angles. • Rotations should maintain a consistent plane at all times. • The hoop should rotate evenly on the axis. • Rolls on the body or floor need to be smooth without bounces. 	
<p>Ball</p>  <p>The ball is made of rubber or synthetic material and should rest comfortably in the palm of the hand.</p> <ul style="list-style-type: none"> - Levels 3–6 ball must measure between 16–20cm in diameter and weigh between 300–400 grams. <p>Typical movements include throwing, bouncing or rolling.</p>	<ul style="list-style-type: none"> • The ball should be held loosely in the palm and not grasped. • In bounces the ball must be pushed not slapped. • Rolls on the body or floor need to be smooth without bounces. • On catching, the ball is absorbed into the hand to maintain control. 	
<p>Clubs</p>  <p>Clubs can be made of plastic, wood or rubber. Generally clubs will measure from the fingertips to just past the elbow of a gymnast.</p> <ul style="list-style-type: none"> - Levels 3–6 clubs must measure between 40–50cm in length and weigh at least 150 grams each. <p>Typical movements include mills, small circles, throwing and catching.</p>	<ul style="list-style-type: none"> • For swings and circles the club is held firmly with forefinger along the neck of the club. • Small rotations involve small movement of the wrist only. • Mills should be with the wrists held closely together. • Clubs should rarely be held in the middle. 	
<p>Ribbon</p>  <p>The ribbon stick is made from wood or fibreglass and must be 50–60cm in length. The swivel should not exceed 7cm in length. The allowed ribbon lengths are:</p> <ul style="list-style-type: none"> - Levels 3 & 4 between 4 and 5 metres, to suit the gymnast - Levels 5 & 6 minimum 5 metres. <p>Typical movements are flowing patterns of snakes and spirals, swings, circles, throwing and catching.</p>	<ul style="list-style-type: none"> • The stick is held firmly in the palm with forefinger along the stick. • The end of the ribbon should remain in motion at all times. • Snakes and spirals must have a minimum of four distinct pattern shapes. • In throws and tosses, the entire ribbon must move freely through the air. 	

Appendix 1 – Gymnast Code of Conduct

ALL gymnasts training at NG&SC are required to abide by the following Code of Conduct:

- Come to training appropriately attired, i.e. leotard, t-shirt, shorts. NO jeans, dresses or shoes. Bare feet required for gym and socks or tramp shoes for trampoline. Long hair must be tied back – Minimal hair pins or clips. No jewellery or items in pockets
- Bring your own drink bottle. Do not consume drinks other than water on the floor area
- Listen and fulfil your Coach's instructions to the best of your ability
- Do not argue with an Official or Coach. If you need clarification, approach your Coach or have your parent approach the Official / Coach after the competition / training session and ask for clarification
- Be a good sport - applaud all good performances from every athlete
- Participate for your own enjoyment and do your best, not just to please others
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- Do not use bad language (swearing) under any circumstances
- Stay with your Coach and squad at all times and seek permission from your Coach to leave the group, e.g. to go to the toilet
- Be safety conscious and look where you are going. No running. Look before walking in front of other equipment, e.g. vault
- Disclose any specific medical conditions you may have via the registration form filled in each year, or before the start of a training session if it is a new injury
- Report any injuries or illnesses to your Coach
- Do not enter the gym area or go on equipment under any circumstances unless supervised by your Coach in a class
- When competing for the Club or participating in Displays, wear the correct Uniform
- Show respect to, and acknowledge opponents and Officials, e.g. shake hands, wish other athletes' good luck and thank the Judges / Officials / Coaches
- Cooperate with your Coach, team and opponents - without them, there would be no competition
- Support your team mates and the athletes from other Clubs
- Enjoy your training!

Appendix 2 – Parent / Carer Code of Conduct

ALL parents/carers who have gymnasts training at NG&SC are required to abide by the following Code of Conduct:

- Remember that children participate in gymnastics for their enjoyment, not yours
- Encourage children to participate, do not force them
- Focus on the child's efforts and performance, rather than medals and scores
- Encourage children to always play according to the rules
- Never ridicule or yell at a child for making a mistake or not completing a skill
- Remember that children learn best by example - appreciate good performances of other athletes
- Respect Officials' decision and teach children to do likewise
- Show appreciation for Coaches, Judges and Officials
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion
- Do not make comments about, or verbally abuse other children. **It is the sole responsibility of the Coach to direct children during training**, with the exception of Kindergym classes where carers assist with their child
- Ensure as a parent/guardian/carers you make your child aware of the Gymnast Code of Conduct and abide by this Code
- Athletes and parent/guardian/carers must wait on seating provided before and after classes. No child is to play on the floor or equipment while waiting before/during classes. Nor should any child wait outside the gym whilst waiting for collection.
- Ensure you keep non-participating children quiet and respect the classes in progress and the other parents viewing
- Ensure that siblings of participating members (especially during Kindergym classes) do not play in the gym area even if they are supervised by an adult. They are not covered by insurance if they are not registered members being supervised by a Coach
- Abide by the Gym Rules at all times
- Do not take food or drink (other than water) into the gymnastics area