



**Gymnastics**  
Australia

**GYMNASTICS FOR ALL  
GYMSPORT TECHNICAL COMMISSIONS  
PART B – TECHNICAL REGULATIONS**

**2018**

**CONTENTS**

ARTICLE 1.	DEFINITIONS AND INTERPRETATION.....	3
ARTICLE 2.	POLICIES AND RULES .....	4
ARTICLE 3.	COMMISSION COMMITTEES.....	4
3.1	Statutory Committees .....	4
3.1.1	General Member – Project Co-ordinator.....	4
3.1.2	National Advisory Committee .....	4
3.2	National Sub-Committees.....	5
ARTICLE 4.	NATIONAL PROGRAM.....	5
4.1	Overview.....	5
ARTICLE 5.	EVENT / COMPETITION GUIDELINES.....	5
5.1	Purpose .....	5
5.2	Australian Gym for Life Challenge .....	5
5.2.1	Categories.....	6
5.2.2	Available Equipment .....	6
5.2.3	Evaluation .....	7
5.2.4	Results and Awards .....	7
5.2.5	Feedback .....	7
5.3	TeamGym National Championships – National Clubs Carnival .....	8
5.3.1	Overview .....	8
5.3.2	Lead Up Event Opportunities .....	8
5.3.3	Teams and Divisions.....	8
5.3.4	Apparatus & Equipment .....	8
5.3.5	Qualifying Scores .....	9
5.3.6	Awards .....	9
5.4	International Events & Team Tours .....	9
5.4.1	World Gymnaestrada .....	9
5.4.2	World Gym 4 Life Challenge Event .....	9
5.4.3	International Gymnastics Tours .....	9
5.5	FreeG – Release Your Freedom & Parkour World Cup .....	9
5.5.1	Release Your Freedom .....	9
5.5.2	Parkour World Cup.....	9
ARTICLE 6.	AWARD GUIDELINES .....	9
6.1	Awards.....	10
6.2	Process.....	10
6.3	Selection Guidelines.....	10
6.3.1	Volunteer of the Year Award .....	10
6.3.2	Coach of the Year Award .....	11
6.3.3	Special Recognition Awards .....	12
6.3.4	Lance Otto Gymnastics for All Award .....	12
6.4	State/Territory Endorsement .....	13
6.5	Commission Endorsement .....	13

**ARTICLE 1. DEFINITIONS AND INTERPRETATION**

The following short terms shall be used and interpreted in the spirit of the following meanings unless specifically defined elsewhere.

<b>Association</b>	An Association Member claiming jurisdiction of the sport over a State or Territory within Australia
<b>Board</b>	Board of Management of the Company, Gymnastics Australia Ltd
<b>Commission</b>	The National Gymsport Technical Commission
<b>Company</b>	Gymnastics Australia Ltd
<b>Regulations</b>	All by-laws and rules that are made within the authority of the Constitution
<b>Simple Majority</b>	More than 50 per cent of those people eligible, voting of the one accord
<b>Gymsport</b>	A gymnastic sport defined by the Fédération Internationale de Gymnastique (FIG) and accepted by the Company as a program under its jurisdiction

**GLOSSARY**

<b>FIG</b>	Fédération Internationale de Gymnastique
<b>GA</b>	Gymnastics Australia
<b>NAC</b>	National Advisory Committee
<b>NCM</b>	National Commission Member
<b>NGTC</b>	National Gymsport Technical Commission
<b>NTD</b>	National Technical Director
<b>SMC</b>	Sport Management Committees
<b>STC</b>	State/Territory Technical Committees

## **ARTICLE 2. POLICIES AND RULES**

The following manuals will be part of the GfA Commission's Technical Regulations:

- By-law 6 Gymsport Technical Commissions
- Part A – Commission Governance
- Part B – Technical Regulations
- Australian Team Gym Manual

Any modification of these will be circulated in writing on the authority of Gymnastics Australia.

## **ARTICLE 3. COMMISSION COMMITTEES**

### **3.1 Statutory Committees**

#### **National Gymnastics for All Commission**

- National Technical Director (NTD)
- General Member – Project Co-ordinator x 4
- GA Staff Member (*ex officio*)

Current priorities and focus areas for the Commission may include; TeamGym, FreeG, Performance and Kindergym.

Please refer below for the Position Description of a Projector Coordinator and GymSport Technical Commissions Part A – Commission Governance for the desired criteria for the National Technical Director.

#### **3.1.1 General Member – Project Co-ordinator**

The Project Coordinator/s, in conjunction with the National Technical Director and GA Staff may:

- Assist in the development and support the implementation of the Australian TeamGym manual and GymSport specific resources
- Liaise with GA staff to assist with developing and enhancing various programs such as; coach and judge education and GymSport specific programs
- Analyse data and gather information from states/territories to improve athlete performance and programs
- Chair Working Groups (Project Groups) as required
- Work with GA staff to communicate technical updates and good news stories to the wider community, including advising of website updates
- Liaise with clubs and states/territories to promote national events
- Provide support to the National Technical Director and GA Staff in the lead-up to national events
- Attend commission meetings and contribute to planning and goal setting

#### **Selection Criteria for General Member - Project Coordinator**

- Current Technical Member - Coach or Judge
- Sound technical knowledge and understanding of the GymSport
- Respected within the GymSport community
- High level organisational, IT, interpersonal and communication skills
- Knowledge of national and international trends
- Ability to liaise with various stakeholders and be a team player

#### **3.1.2 National Advisory Committee**

Please refer to the Technical Regulations Part A for the composition and roles of the National Advisory Committee.

### **3.2 National Sub-Committees**

The GfA Commission has the authority to appoint sub-committees and working groups as required. The process of selection is via either appointment or call for Expressions of Interest from the community.

## **ARTICLE 4. NATIONAL PROGRAM**

### **4.1 Overview**

Children aged from zero to five years are catered for by KinderGym. The KinderGym Guiding Principles are available from the [Gymnastics Australia Website](#).

People over the age of five can follow the progressive skills found in the Gymnastics for All resource GymMix. *GymMix* contains the GfA Australian Levels Program which covers fundamental gymnastics movements across all gymsports. Clubs can choose which skills to cover according to coach competencies, gymnast abilities and available apparatus.

The GfA levels can be used as a development pathway for gymnasts and to promote participation. The abridged version of the GfA Australian Levels Program is available from the [Gymnastics Australia website](#).

A series of participation and group performance events; such as TeamGym and Gym for Life, occur around Australia and cater for teams who wish to develop their skills further. Teams can strive to participate in national and international Gymnastics for All events where the emphasis is on safety, diversity and quality.

In collaboration with British Gymnastics, GA has also produced a coach education and resource pack for freestyle gymnastics, which was launched in 2016 as '*FreeG*'. *FreeG* is a club based program which brings together traditional gymnastic and acrobatic tricks, with a wide range of kicks and leaps. Inspired by martial arts, free-running and parkour, *FreeG* includes freestyle specific training techniques and is part of a targeted strategy to broaden the reach of gymnastics amongst young adults. *FreeG* (Secondary students) and *FreeG Kids* (Primary students) are also now available as part of the Sporting Schools initiative, with programs and resources which can be purchased online. At the international level, the FIG has recognised Parkour as a new independent GymSport, with World Cup events scheduled for 2018.

The overriding philosophy of Gymnastics for All is: fun, fitness, fundamentals and friendship. GfA programs cater for all ages and abilities.

For a complete overview of Gymnastics for All Programs, please visit our website [www.gymnastics.org.au](http://www.gymnastics.org.au) > Gymsports > Gymnastics for All > Resources

## **ARTICLE 5. EVENT / COMPETITION GUIDELINES**

### **5.1 Purpose**

The Gymnastics for All Committee for the Fédération Internationale de Gymnastique (FIG GfA) has determined that there is not to be a GfA Code of Points in order to encourage the development of a broad range of skills within GfA programs.

### **5.2 Australian Gym for Life Challenge**

#### **Introduction**

The Australian Gym for Life Challenge is an exciting contest for gymnastic performance teams presented by GA. As per the FIG's World Gym for Life Challenge, gymnastic display performances will be evaluated as teams vie to be named the Australian Gym for Life Champion Team.

The 2018 Australian Gym for Life Challenge will be held during the National Clubs Carnival, and is a pre-requisite for teams wishing to attend the FIG's World Gym for Life Challenge. The FIG event is held every four years. This event will also be a sanctioning event for the Australian Team to participate in the FIG World Gymnaestrada – Austria 2019.

The Australian Gym for Life programme includes a contest for performance teams open to all ages and abilities culminating in a gala final. The event will include a range of additional performance opportunities such as an opening ceremony, outdoor performances, social functions and GfA workshops.

The Australian Gym for Life Challenge presents a wonderful opportunity to unite, share, learn and make new friends while experiencing entertaining performance gymnastics from Australia and beyond. Teams of all gymnastic styles are welcome at this exhilarating event.

### **Additional Participation Opportunities**

In addition to the contest performance, teams will be able to participate in the Opening Ceremony; perform outdoors; participate in workshops and attend the social event. Depending on the amount of time available, there may also be other exhibition performance opportunities.

### **Workshops**

Workshops will be offered for all participants in a range of gymnastics skills.

#### **5.2.1 Categories**

The Australian Gym for Life Challenge is a contest for groups of all ages and from all gym sports. Groups can choose to participate in ONE of the following categories, which are divided by type of performance and size:

1a: Gymnastics and Dance, small group (3 – 15 people)

1b: Gymnastics and Dance, large group (more than 15 people)

2a: Gymnastics on or with large apparatus, small group (3 – 15 people)

2b: Gymnastics on or with large apparatus, large group (more than 15 people)

To keep a category in the contest, at least four groups must be registered. The category may be incorporated into one of the other categories if fewer than four groups are registered.

If there are fewer than 20 teams entered into the event, all categories may combine into 1 division.

**Gymnastics and dance** performances can incorporate any gymnastic and dance elements; with or without small hand-held apparatus and can be accompanied by music.

**Gymnastics on or with large apparatus** performances can incorporate any gymnastic and dance elements; with or on large apparatus; with or without hand apparatus and can be accompanied by music.

It is up to the teams to determine which category best suits their routine.

Performance must be a maximum of 5 minutes, may incorporate any gymnastic element; with or without apparatus and may be accompanied by music.

Groups participating in the "Gymnastics on or with large apparatus" category will receive extra time to prepare and secure their equipment. This will be included in the schedule.

#### **5.2.2 Available Equipment**

The contest will take place on a wooden floor with strip mats available to use as desired. Each group will have a maximum of 2 minutes to prepare the area with their choice of mats or other equipment.

- Performance Area: 14m x 14m – Clubs will be advised as to whether the floor will be sprung or a single layer of matting in event bulletins
- 2 x single mini-tramps
- 3 x crashmats
- Air track
- Minimal other standard gymnastic equipment may be arranged if indicated upon registration
- Specialised equipment is the responsibility of groups

### 5.2.3 Evaluation

The Australian Gym for Life Challenge encourages groups to create performances which show their gymnastic skills in interesting and original ways.

Group Performances will be evaluated on four different areas:

- Entertainment
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

Each criterion has an equal value of 5 points.

The evaluation will be carried out by a panel of experts from the gymnastic community with experience in artistry, choreography, performance and technique. After each performance the evaluators give their scores for each of the four criteria, adding up to a maximum of 20 points. All scores are given independently and all are counted.

### 5.2.4 Results and Awards

In each category a ranking list is created using the total score from all evaluators. The ranking list is used to determine the Gold, Silver and Bronze awards. The Gold will be awarded to the groups with the highest scores. The Silver and Bronze awards are divided among the remaining groups.

The Gold, Silver and Bronze awards are the official results. The award pins are presented to the groups in alphabetical order. The ranking list is only used to determine the final result and is not published.

### Gym for Life Gala and Champion Team

All groups awarded Gold will participate in the Australian Gym for Life Gala plus at least two wild card entries. During the Gala, the evaluators and one representative from each participating group in the Contest will evaluate. The evaluation criteria will be the same as that used for the Contest. Each evaluator will identify their first choice (3 points = best group), second choice (2 points = second best group) and third choice (1 point = third best group).

At the conclusion of the Gala performances the group with the highest number of points will be named the "Australian Gym for Life Champion Team". In case of a tied score, the tie is broken by:

- The most 3 points received
- The highest score given by the expert evaluators

Only Australian teams from affiliated clubs are eligible to be named as Australian Champion Team. International teams may be awarded a non-residential award.

### 5.2.5 Feedback

A person with expertise in gymnastics performance will observe all groups. After each category of performances, the Feedbacker will meet with the Evaluators to discuss the performances and prepare the feedback that will be given to the groups. This feedback is optional and will be given verbally to the groups after the award ceremony.

## **5.3 TeamGym National Championships – National Clubs Carnival**

### **5.3.1 Overview**

The National Team Gym program is based on the European Team Gym structure, and has been adapted to offer an additional pathway for the retention of Australian gymnasts. Gymnastics NSW built this as a State based program and now, together with the GfA National Commission and Gymnastics Australia, has since been rolled out across Australia.

National events will be conducted in accordance with the National TeamGym Program Manual.

### **5.3.2 Lead Up Event Opportunities**

Each State/Territory Association should be running Regional or State/Territory Team Gym events. The National Team Gym event will be held as part of the GA National Clubs Carnival each year.

### **5.3.3 Teams and Divisions**

To be eligible to take part, teams must consist of 6-12 members. Gymnasts cannot be entered in more than 1 team per event. There is no restriction on the number of teams entered by each participating club.

In 2018, the following divisions will be offered at the event:

- Novice
- Intermediate
- Advanced
- Level 1 (Gymnastics Victoria Program)
- Level 2 (Gymnastics Victoria Program)
- Level 3 (Gymnastics Victoria Program)

### **5.3.4 Apparatus & Equipment**

National Team Gym competitions will include three apparatus; Floor Exercise, Mini Tramp and Tumbling. All necessary equipment will be provided for teams participating in the event. Teams are permitted to utilise their own equipment during the event.

#### **Floor**

- The floor area must be no less than 12m x 12m
- The floor area must be covered by no less than 35mm mats, appropriately joined to form a continuous area
- The style of the floor (i.e. sprung/non sprung) must be notified to clubs before participation entries are received

#### **Single mini tramp**

- The performance area for Single Mini Tramp must contain two (2) Mini Tramps and appropriately matted landing areas (300mm crash mats) with overflow matting
- There must be a clear approach to the Single Mini Tramp of at least 12m
- Clubs can bring their own Mini Tramps

#### **Tumbling**

- The performing area for Tumbling must be an appropriate tumbling floor at least 10m x 1.8m, with a matted approach including a short ramp
- The style of the tumbling track provided by Event Organisers (i.e. sprung/rod/air track etc.) must be notified to clubs before participation entries are received
- Appropriate safety/overflow matting must be provided and placed by Event Organiser



### **5.3.5 Qualifying Scores**

There is no qualifying score to achieve to be eligible to enter the event. It is recommended that teams have competed in a regional or state/territory event prior to the National Clubs Carnival.

All clubs attending the TeamGym Championships will be required to nominate and supply judges to the event. Clubs who fail to provide an appropriate judge may be fined.

### **5.3.6 Awards**

National events will recognise apparatus achievements and provide overall competition awards. Teams are awarded Gold, Silver or Bronze awards depending on which score band they achieve.

## **5.4 International Events & Team Tours**

### **5.4.1 World Gymnaestrada**

The World Gymnaestrada will be hosted in Dornbirn Austria in July 2019. Teams seeking sanction to join the Australian Team must attend an approved Sanctioning event, in the time prior to the event.

For further information about this event, please contact Gymnastics Australia via email; [gymnaestrada@gymnastics.org.au](mailto:gymnaestrada@gymnastics.org.au)

### **5.4.2 World Gym 4 Life Challenge Event**

The next World Gym 4 Life event will be held in 2021. Teams seeking sanction to represent Australia at this event are required to participate at the Australian Gym 4 Life event in the lead up to the world event. Teams are required to achieve a gold pin at the Australian Gym 4 Life event.

### **5.4.3 International Gymnastics Tours**

There are many opportunities for teams to take part in GfA gymnastics events abroad, and clubs are encouraged to offer these opportunities to their members. Clubs/teams seeking sanction to travel abroad and attend international events are required to seek approval/endorsement from Gymnastics Australia.

## **5.5 FreeG – Release Your Freedom & Parkour World Cup**

### **5.5.1 Release Your Freedom**

Release Your Freedom is an obstacle course style event designed as a participation based activity for GFA FreeG athletes. There are two 'apparatus' or 'courses' – a time trial (sprint) through a designated series of obstacles, with the fastest athlete named as the winner; and a freestyle run, where athletes are allowed one minute to use any apparatus or skill to impress the judging panel. Judges will be evaluating athletes on Flow (fluidity of run), Form (technical proficiency), Flair (skill selection, range and originality), and Finish (landings and Ukemi).

From 2018 onwards, Release Your Freedom will be held as part of the National Clubs Carnival. States/territories are encouraged to develop a local calendar of similar events to facilitate athlete development and coach education.

### **5.5.2 Parkour World Cup**

Parkour will be included in the World Cup calendar for the first time in 2018. Information on events and national team selection criteria will be published pending the release of the Parkour COP and technical handbook by FIG.

## **ARTICLE 6. AWARD GUIDELINES**

The annual National Gymnastics for All awards are designed to acknowledge Gymnastics for All coaches, volunteers and officials.

Wherever mentioned through this document, Gymnastics for All encompasses the following programs: Kindergym and Gymnastics for All.

The awards are designed to recognise the efforts of gymnastic members who are committed to the Gymnastics for All goals and philosophy: “**Gymnastics for everybody**” and conduct programs encompassing: **Fun, Fitness, Fundamentals and Friendship**.

GfA programs cover a broad range and combination of gymnastic skills and can include competition and performance.

### **Eligibility**

Nominees must be members of Gymnastics Australia at some level - participant, technical, volunteer or club.

Nominees will be assessed on achievements and/or initiatives developed and implemented over the previous 12 months (January 1 – December 31). Conversely, the Lance Otto Award sees nominees assessed on their contributions at a National level throughout their association with Gymnastics for All over a number of years.

## **6.1 Awards**

- Volunteer of the Year Award
- National Coach of the Year Award – Gymnastics for All; Kindergym
- Special Recognition Award
- Lance Otto Award

## **6.2 Process**

- GA will request nominations from Member Associations
- Member Associations put forward one nomination only per award category
- The Commission will have the ability to nominate a person for an award if a Member Associations fails to nominate a suitably qualified person
- Nominations should include the completed nomination form plus supporting information
- Information supplied may be utilised by Gymnastics Australia for promotional purposes
- The GfA Commission will be the Selection Committee and reserve the right to non-award if nominations don't meet criteria
- The selection panel's decision is final and no correspondence will be entered into
- Representatives may be nominated for one or more categories however a separate nomination form and supporting material is required for each category
- All nominations must be endorsed by the relevant Member Association; nominations from the Commission must be advised to the State/Territory Executive Director
- Gymnastics Australia must receive nominations by the closing date
- Presentations occur at a National Gymnastics for All event

## **6.3 Selection Guidelines**

### **6.3.1 Volunteer of the Year Award**

One Award presented in this Category.

This award is to recognise an individual who has made a significant contribution to Gymnastics for All at any level, through their involvement as a Volunteer. Alternatively, this award may acknowledge outstanding volunteer management practices undertaken by an Association, Committee or Club over the past twelve months specifically related to any area of Gymnastics for All.

A nominee:

- May be an individual, a group of people, or a governing body
- Should be a member of their Affiliated Club, Member Association and/or National Federation
- May be earning an income within Gymnastics but not principally for the activity for which they are being nominated

### **Selection Criteria**

#### **Individual Volunteer:**

- Provide evidence of the contribution that has been made by the individual, and how this has promoted and encouraged participation in Gymnastics and assisted with the development or delivery of Gymnastics for All
- Describe how the contribution links in with the philosophy and goals of Gymnastics for All
- Describe any significant changes that have occurred within Gymnastics as a result of the Volunteer's contributions

#### **Association, Committee or Club:**

- Provide evidence of the contribution that has been made to enhance the area of Gymnastics for All by the group. Specifically describe the outstanding initiative(s) with regards to any of the following:
  - Policy and Planning (how the organisation works with and manages volunteers)
  - Recruitment (strategies to recruit, communication)
  - Training (type and/or process used to determine training requirements)
  - Recognition (how volunteers are recognised)
  - Publicity/Promotion (how volunteers and volunteering are promoted)
  - Describe any significant changes that have occurred within Gymnastics as a result of the Volunteer Management area

There is no limit as to the number of times an individual or group may be nominated and/or receive this award.

### **6.3.2 Coach of the Year Award**

There are two awards presented within this category:

- Gymnastics for All Coach
- Kindergym Coach

This award is to recognise the dedication, achievement and contribution made by an Accredited Coach.

A nominee:

- Should have been an Accredited Gymnastics for All or Kindergym Technical member for at least 3 consecutive years
- Would be working within an Affiliated Club or a governing body
- May be earning an income within Gymnastics
- Would have dedicated enormous time and resources to the development, implementation and delivery of education programs specifically benefiting coaches working within Gymnastics for All
- Would have achieved outstanding results within the field of Gymnastics for All which could relate to:
  - Representation of their athletes at State/Territory, National or International Gymnastics for All events
  - Invitation to lecture at National or International workshops, events, or courses
- Would have contributed to the development of Gymnastics for All via the development and implementation of leading participation programs within the community
  - Improving the standard of participation programs within their club or State/Territory through unique initiatives

- Active involvement at a State/Territory or National level with regards to the development and implementation of participation programs and/or events

### Selection Criteria

- Describe the dedication, achievement or contribution that has been made by the accredited Gymnastics for All or Kindergym Coach. Explain how this has promoted and encouraged participation in Gymnastics and ensured the development and delivery of quality Gymnastics for All and/or Kindergym programs
- Describe how the coach supports and contributes to the philosophy and goals of Gymnastics for All and/or Kindergym
- Describe any significant changes that have occurred as a result of the coach's involvement in Gymnastics for All and/or Kindergym

There is no limit as to the number of times an accredited coach may be nominated and/or receive this award.

### 6.3.3 Special Recognition Awards

This award is to recognise the contribution made by an individual or group to any area of Gymnastics for All. Awardees will:

- Have made a significant contribution to Gymnastics for All or a specific Gymnastics for All project which does not fit into any of the other award categories

There is no limit as to the number of times this award may be awarded to a person or group.

### 6.3.4 Lance Otto Gymnastics for All Award

Lance Otto OAM is a life member of Gymnastics Australia and an Honorary Member of the FIG. Lance was a long-serving member of the World Gymnaestrada committee and then the FIG General Gymnastics committee when it was formed. Lance Otto combined his gymnastics skill with his mechanical engineering profession to found the equipment company, Acromat.

This award is to recognise the outstanding dedication as well as the longstanding service and contribution an individual has made to the Gymnastics for All Sport Program **at a National Level**.

Individuals nominated for this award will be assessed on their contribution to Gymnastics for All throughout their association within the sport, since selection criteria is not limited to achievements made only during the previous 12 months.

This award can be given annually, although it is acceptable that no award be given should the selection panel agree that no nominees reach the required standards. It is also possible that more than one award be presented in the same year due to the calibre of nominees.

A nominee:

- Would have played a major role in the development of any National Gymnastics for All program, resource or event
- Would have played a major role in the implementation or delivery of any National Gymnastics for All program, resource or event
- Would have contributed to the successful growth and direction of Gymnastics for All at club, state/territory or national level through involvement in national programs or events
- Must be a member of their club, state/territory or Gymnastics Australia
- Would have actively contributed to Gymnastics for All at a national level, for a minimum of 5 consecutive years
- May have represented Gymnastics Australia at international Gymnastics for All courses or events
- May be earning an income within gymnastics

- Would have dedicated enormous time and resources to the development, implementation and delivery of Gymnastics for All across Australia (should the nominee be earning an income within Gymnastics this dedication would be well above the 'call of duty')

**Selection Criteria**

- Describe the outstanding dedication, service and contribution that has been made by the individual to the management, development or delivery of Gymnastics for All at a national level
- Describe how the individual has supported and contributed to the philosophy and goals of Gymnastics for All within Australia
- Describe any significant changes that have occurred as a result of the coach's involvement in Gymnastics for All

There is no limit as to the number of times an individual may be nominated for this award; however any individual may only receive the Lance Otto award once.

**6.4 State/Territory Endorsement**

All nominations must be endorsed by the Executive Director of the State/Territory Gymnastics Association.

**6.5 Commission Endorsement**

The award winners selected by the Commission must be ratified by Gymnastics Australia prior to presentation of the awards.