



**Gymnastics**  
Australia

**RHYTHMIC GYMNASTICS**  
**GYMSPORT TECHNICAL COMMISSIONS**  
**PART B – TECHNICAL REGULATIONS**

**2018 VERSION 2.1**

**Update 2.1- after release of additional changes from FIG**  
**- includes changes made in V2 February 2018**

---

**Contents**


---

ARTICLE 1	DEFINITIONS AND INTERPRETATION.....	3
ARTICLE 2	POLICIES AND RULES.....	4
2.1	RG Selection Policies and Nomination Panels.....	4
ARTICLE 3	COMMISSION COMMITTEES.....	4
3.1	Statutory Committees.....	4
3.1.1	National GymSport Commission.....	4
3.2	National Sub Committees.....	5
ARTICLE 4	NATIONAL PROGRAMS AND PATHWAYS.....	5
4.1	Australian Levels Program.....	6
4.1.1	Progression and Transitions.....	6
4.2	Rhythmic Gymnastics Events.....	6
4.2.1	Australian Championships.....	6
4.2.2	National Clubs Carnival.....	6
ARTICLE 5	EVENT RULES AND PROCEDURES.....	6
5.1	Purpose.....	6
5.2	Apparatus Requirements.....	6
5.3	Australian Championships Competitions Rules and Regulations.....	7
5.3.1	Music.....	7
5.3.2	Eligibility.....	7
5.3.3	Qualification Scores.....	8
5.3.4	Protest (Inquiries).....	8
5.3.5	Requirement to Supply Judges.....	8
5.3.6	Judges Draw Procedure for Australian Championships.....	8
5.4	National Judges Subsidy.....	9
5.5	National Clubs Carnival Competition Rules and Regulations.....	9
5.5.1	Music.....	9
5.5.2	Eligibility.....	9
5.5.3	Qualification Scores.....	10
5.5.4	Protest (Inquiries).....	10
5.5.5	Divisions.....	10
5.5.6	Requirement to Supply Judges.....	10
5.5.7	Medals and Overall Awards for National Clubs Carnival.....	10
ARTICLE 6.	AWARD GUIDELINES.....	11
6.1	Awards.....	11
6.2	Process.....	12
Appendix 1	RG Australian Championships Program Australia – Individual.....	13
Appendix 2	RG Australian Championships requirements Australia – Individual.....	14
Appendix 3	RG Australian Championships Program Australia – Group.....	15
Appendix 4	RG Australian Championships Requirements Australia – Group.....	16
Appendix A	RG National Clubs Carnival.....	17
Appendix B	RG National Clubs Carnival – Individual.....	18
Appendix C	RG National Clubs Carnival – Multiples.....	19
Appendix D	RG National Clubs Carnival – AGG Requirements Australia.....	20

---

**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 (GA)
<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 Federation Internationale de Gymnastique (FIG) and accepted by the Company as a program under its jurisdiction.

**GLOSSARY**

<b>AIS</b>	Australian Institute of Sport
<b>ALP</b>	Australian Levels Program
<b>COP</b>	Code of Points
<b>FIG</b>	Federation Internationale de Gymnastique
<b>GA</b>	Gymnastics Australia
<b>HPC</b>	High Performance Centre
<b>NAC</b>	National Advisory Committee
<b>NCM</b>	National Commission Member
<b>NGTC</b>	National Gymsport Technical Commission
<b>NJC</b>	National Judging Co-ordinator
<b>NRGC</b>	National Rhythmic Gymnastics Commission
<b>NNP</b>	National Nomination Panel
<b>NPC</b>	National Projects Co-ordinator
<b>NTD</b>	National Technical Director
<b>RG</b>	Rhythmic Gymnastics
<b>SMC</b>	State/Territory Sport Management Committee

---

## **ARTICLE 2 POLICIES AND RULES**

The rules set out in the following manuals will be part of the Commission's Technical Regulations:

- By-law 6 Gymsport Technical Commissions
- Part A Commission Governance
- RG Australian Levels Program
- FIG Code of Points

Any modification to these will be circulated in writing on the authority of Gymnastics Australia and the National Technical Commission.

### **2.1 RG Selection Policies and Nomination Panels**

Selection Policies, including the RG National Squad Selection Policy and the Open Tour Selection Policy can be found on the Gymnastics Australia website [www.gymnastics.org.au](http://www.gymnastics.org.au) > High Performance > National Team > Selection Policies.

## **ARTICLE 3 COMMISSION COMMITTEES**

### **3.1 Statutory Committees**

#### **3.1.1 National GymSport Commission**

- Technical Director
- Judging Coordinator
- General Member – Project Co-ordinator x 3
- GA Staff Member (*ex-officio*)

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 and National Judging Coordinator.

#### **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 GymSport Australian Levels Program and GymSport specific resources
- Liaise with GA staff to assist with developing and enhancing various programs such as; coach and judge education, GymSport specific programs and high performance
- 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, National Judging Coordinator (except GfA) 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

**3.2 National Sub Committees**

The RG 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.

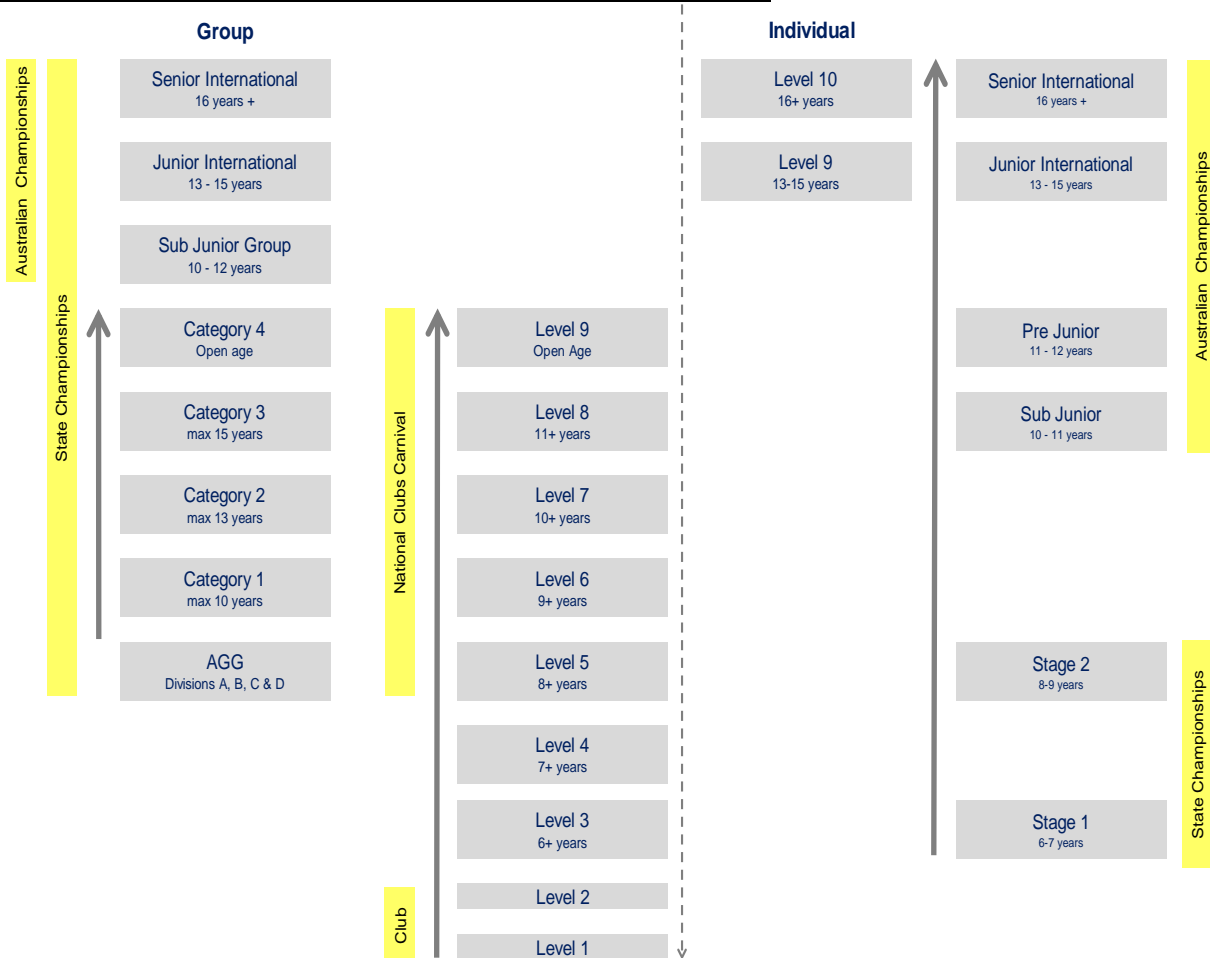
**Project Group - Talent Development**

- Project Coordinator will table proposals for discussion and report back to the Commission
- Create initiatives to develop and retain coaches and judges
- Promote talent pathways for RG athletes and coaches through the Team Future model
- Liaise with the NRG and GA staff as required for development of specific resources which promote talent identification projects
- Undertake specific duties as outlined and appointed by the Commission

**Project Group - Resource Development**

- Project Coordinator will table proposals for discussion and report back to the Commission
- Oversee the development and update of the Australian Levels Program
- Develop video materials to support the new Australian Levels Program App
- Liaise with state committees to identify resource needs and workshops for RG and AGG
- Undertake specific duties as outlined and appointed by the Commission

**ARTICLE 4 NATIONAL PROGRAMS AND PATHWAYS**



## **4.1 Australian Levels Program**

The Australian Levels Program is a comprehensive program covering the development, progression and challenge of RG at many levels. The progression of skills caters for beginner through to international competitive levels. At its beginning **Levels 1 to 4** and **Stages 1 and 2** are implemented within the states and territories and have the goal of encouraging participation.

The program also offers a progression to nurture gymnasts, build their ability and skill levels preparing the most successful for international representation.

### **4.1.1 Progression and Transitions**

- **Mandatory progression**
  - If an athlete is top three All-around at National Clubs Carnival in any individual division, they must move to the next level (age eligible) in the following year
- **Transition between HP and participation streams**
  - SJ returning to Participation should be minimum Level 7
  - PJ returning to Participation should be minimum Level 8
  - Jnr returning to Participation should be minimum Level 9 Open
- **Transition within HP divisions**
  - Junior may transition to **Level 9 if age eligible** (13 -15 yrs)
  - Senior may transition to Level 10

## **4.2 Rhythmic Gymnastics Events**

There are two national events which cater for the various levels and divisions.

### **4.2.1 Australian Championships**

**HP Individual:** Level 9 (13 – 15yrs), Level 10,  
Pre-Junior, Sub Junior, Junior and Senior International

**HP Group:** Sub-Junior, Junior, and Senior

### **4.2.2 National Clubs Carnival**

**Individual:** Levels 5 – 9 Open

**Group:** Categories 1, 2, 3 and 4

**AGG:** Aesthetic Group Gymnastics Divisions A, B, C and D

## **ARTICLE 5 EVENT RULES AND PROCEDURES**

### **5.1 Purpose**

The FIG Code of Points and Part B - Technical Regulations provide governance for RG rules and regulations. This includes Technical Regulations, Competition Rules and general information for use within Australia and should be used in conjunction with:

- FIG Code of Points and
- RG Australian Levels Program.

These documents are regularly reviewed with any clarifications and updates published on the GA website.

### **5.2 Apparatus Requirements**

- Apparatus may be checked against these norms at competition
- Multiples/Group apparatus should be identical in dimension and shape; their colour may be different
- Apparatus will be as per National rotation according to the year

Apparatus	Requirements
<b>ROPE</b>	<ul style="list-style-type: none"> <li>• Supple, firm material, between 8-10mm in thickness</li> <li>• Should fit size of gymnast e.g. with gymnast standing in the middle of the rope, the ends should reach her shoulders</li> </ul>
<b>HOOP</b>	<ul style="list-style-type: none"> <li>• Plastic or wood, hollow and solid</li> <li>• Size 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 diameter measured floor to hip</li> <li>• Minimum weight 300g and internal diameter of 80 to 90cm</li> </ul> <p><b>Exception:</b></p> <ul style="list-style-type: none"> <li>• <b>Sub Junior</b> minimum weight 250g internal diameter minimum 70cm</li> </ul>
<b>BALL</b>	<ul style="list-style-type: none"> <li>• Rubber or synthetic; should sit comfortably in the palm of the hand; too small encourages gripping</li> <li>• Minimum weight 400g and diameter between 18 and 20cm</li> </ul> <p><b>Exception:</b></p> <ul style="list-style-type: none"> <li>• <b>Sub Junior and Pre-Junior</b> minimum weight between 300g and 400g diameter 16 to 20cm</li> </ul>
<b>CLUBS</b>	<ul style="list-style-type: none"> <li>• Length relative to the height of the gymnast; generally measures from the fingertips to just past the elbow</li> <li>• Can plastic, wood or rubber</li> <li>• Must measure between 40 and 50cm in length and be at least 150g</li> </ul>
<b>RIBBON</b>	<ul style="list-style-type: none"> <li>• Wood or fibreglass stick should be measured from fingertips to above the elbow of the gymnast and is generally wood or fibreglass 50 to 60cm</li> <li>• Connecting swivel should not exceed 7cm in length</li> <li>• Ribbon length dictated by the height of the gymnast <ul style="list-style-type: none"> <li>○ <b>Sub Junior &amp; Pre-Junior</b> minimum 4.5m, 5m recommended</li> <li>○ <b>Levels 5 – 9 Open, Level 9 and Junior International</b> minimum 5m</li> <li>○ <b>Level 10 and Senior International</b> minimum 6m</li> </ul> </li> </ul>

### **5.3 Australian Championships Competitions Rules and Regulations**

Appendix 1, 2, 3 and 4 list RG Technical Regulations for the Australian Championships.

#### **5.3.1 Music**

All music for Australian Championships needs to be submitted following published guidelines each year. States/Territories must also ensure a copy of music is available at the event in case of technical difficulties.

Music with words is allowed in TWO individual and ONE group competition as per code. Requirements for music to be used at Australian Championships are as outlined in the Championship Bulletin, published prior to the event.

#### **5.3.2 Eligibility**

An athlete is not able to register to compete in both Australian Championships and National Clubs Carnival (NCC) in the same calendar year for Rhythmic Gymnastics.

Any athlete planning to perform at Australian Championships in divisions for individual and/or group are deemed on the HP pathway. They enter within their state/territory to be eligible for that event and so are not eligible to compete at NCC as an individual or multiples in the RG divisions; **however they may enter an AGG division.**

**NB:** Stage 1 and Stage 2 are not part of Australian Championships and so are eligible to enter NCC at an appropriate level.

Gymnasts must be registered with their member Association and therefore Gymnastics Australia. All coaches and judges are to be registered with Gymnastics Australia.

### **5.3.3 Qualification Scores**

Individual athletes and groups who enter Australian Championships must have achieved a qualifying score for the level or division in which they are competing prior to this competition. This qualifying score can be gained through state/territory sanctioned trials or invitational competitions and approved international events.

### **5.3.4 Protest (Inquiries)**

FIG protest rules apply for Junior and Senior International only. A protest after the completion of the routine will be accepted as per the FIG Technical Regulations.

Inquiries for Difficulty are allowed, provided that they are made verbally immediately after the publication of the score or at the very latest before the score of the following gymnast or group is shown. For the last gymnast or group of a rotation, this limit is one minute after the score is shown.

The person designated to receive the verbal inquiry must note the time of receiving it and this starts the procedure. Only accredited coaches are entitled to submit an inquiry. Late verbal inquiries will be rejected. Inquiries for all other scores (Execution, Artistic) are not allowed.

The inquiry must be confirmed as soon as possible in writing, and requires payment. Should the inquiry not be confirmed in writing within 4 minutes, the procedure becomes obsolete. The video review will take place at the end of the rotation. Should the inquiry prove correct and is accepted, this sum will be reimbursed. The decision of the Jury is final and no discussion will be entered into.

### **5.3.5 Requirement to Supply Judges**

All State and Territory affiliates will be required to nominate and supply judges to the event. The number and qualification level of judges required is determined as:

- FIG Brevet, Advanced or Advanced Silver in the current cycle
- Availability to attend for the judges meeting; if they are not available to attend the meeting they are not eligible to judge at the event
- Available for the entire competition and all sessions
- A judge only; cannot be a coach/athlete as well as a judge at the one competition.

States/Territories who fail to provide an appropriate judge will be fined.

### **5.3.6 Judges Draw Procedure for Australian Championships**

Panels are subject to the number and availability of judges and their level of qualification. Junior and Senior international will be coordinated by the NJC. Brevets will be placed first. Advanced/Advanced Silver will be placed if numbers permit based on previous experience and judging assessment.

The draw for all other levels will be done prior to competition and sent to states so they can allocate judges based on their selection processes. Two judges per State/Territory are eligible for each panel; if a state is drawn on the same panel, they will be assigned the same position on the alternate panel. If the position has already been filled, the draw continues until a suitable position is found. Once all positions have been filled, states/territories submit names of judges to fill these duties, taking into account their level of qualification and ability to judge as required. If vacancies remain and suitably accredited judges are available the NJC may use these judges for related roles to support the competition.



---

## **5.4 National Judges Subsidy**

See Australian Championships Judges Subsidy Policy on Gymnastics Australia's website [www.gymnastics.org.au](http://www.gymnastics.org.au) > About Us > By-laws, Policies and Technical Regulations.

The National Technical Director and Judging Coordinator will consider all or some of the following factors (not listed in any order of priority) when judging numbers exceed the allocated subsidy numbers and they may give such weight to any or all of these factors as they see fit:

- Judging Qualification
- Number of judges per state
- Experience – International, National and State
- Years of service
- Contribution to the sport

The decision of the selectors will be final and judges will not be permitted to appeal the decision.

## **5.5 National Clubs Carnival Competition Rules and Regulations**

Appendix A,B,C and D list RG Technical Regulations for National Clubs Carnival (NCC).

### **5.5.1 Music**

All routines must be performed with music. The music can be interpreted by one or several instruments, including the voice used as an instrument.

- **Levels 5-9 Open:** any routine can use music with voice and words
- **Multiples:** any routine can use music with voice and words

All music for NCC needs to be submitted following the published guidelines each year. Clubs must also ensure a copy of music is available at the event in case of technical difficulties.

### **5.5.2 Eligibility**

An athlete is not able to register to compete in both Australian Championships and NCC in the same calendar year.

**NB:** Stage 1 and Stage 2 are not part of Australian Championships and so are eligible to enter NCC at an appropriate level.

If an athlete is planning to compete at NCC for their pathway they cannot be at Australian Championships. Any athlete planning to perform at the Australian Championships in divisions for individual and/or group are deemed on the HP pathway. They qualify for that event and are not eligible to compete at NCC as an individual or in multiples; however they may enter an AGG division.

Gymnasts must be registered with their Member Association and therefore Gymnastics Australia. All coaches and judges are to be registered with Gymnastics Australia.

A club may enter a maximum of:

- Six (6) athletes in each level of the individual RG competition (max. 30 entries, over five levels)
- Three (3) trios and three (3) groups in each category of the multiples RG competition (max. 24 entries, over four levels)
- Two (2) in each division of the AGG competition (max. 8 entries, over four levels)

In addition:

- A gymnast cannot compete against themselves, so can only enter one routine within the same category/section

- Substitute gymnasts are permitted if a doctor's certificate for the withdrawal of a gymnast has been submitted
- In case of emergency, duly confirmed by an official doctor, a gymnast named for one division who is ill or injured, may be replaced by another gymnast

### 5.5.3 Qualification Scores

**There are no qualifying scores for this event**, however it is recommended that clubs send individual athletes who can achieve at least 50% of the total D scores as listed in the ALP for the level or division in which they are competing.

Level	D SCORE Freehand	RECOMMENDEDQ SCORE FX	D SCORE Apparatus	RECOMMENDED Q SCORE Apparatus
5 & 6	3.00	minimum 1.5 achieved	4.60	minimum 2.3 achieved
7 & 8	4.40	minimum 2.2 achieved	6.00	minimum 3.0 achieved

**Note** Level 9 open is on FIG rules so there are no maximum D score, but it is recommended that for each of the four apparatus athletes are able to achieve at least 3.5 for difficulty at state competitions prior to this event.

### 5.5.4 Protest (Inquiries)

- No protests will be accepted
- The judges' decision is final

### 5.5.5 Divisions

The NCC includes the following divisions:

- **Individuals Level 5, 6, 7, 8 & 9 Open** - If there are more than 12 Junior or Senior entries the level will be split into 2 divisions, Junior and Senior, as per ages in Appendix A
- **Multiples** - Trios of three and groups of four athletes in each of Category 1,2,3 or 4
- **Aesthetic Group Gymnastics (AGG)** - In four age groupings: Divisions A, B, C and D

### 5.5.6 Requirement to Supply Judges

All participating clubs are required to nominate and supply judges according to the level of their athletes. The minimum qualification level required is **Beginner** and the judge must:

- Be available and attend the full judges meeting; if they are not available to attend the meeting they are not eligible to judge at the event
- Be a judge only; you cannot be a coach/athlete as well as a judge in the same discipline. For example, you cannot be a judge in RG and a coach/athlete in RG
- AGG is considered a separate discipline, and any club who enters this division must supply a judge for this discipline

Clubs must provide an appropriate number of judges based on the number of athletes entered from each club in each session:

- 1 appropriately qualified judge 1 – 12 individual/group entries

### 5.5.7 Medals and Overall Awards for National Clubs Carnival

- **Awards for individuals and groups**
  - Participation medals will be awarded for all athletes attending
  - The 6 highest ranked clubs will be recognised at each presentation

**Individuals** Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placing in each level/section  
Ribbons will be awarded for 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> placing in each level/section

**Multiples & AGG Groups** Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placing in each category/division  
Ribbons will be awarded for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> placing in each category/division

- **Overall Champion Club**

The overall champion club is determined by their top 8 placings from the following 17 divisions:

<b>Individuals</b>	AA and individual apparatus in each level:					
	L5	L6	L7	L8	L9 Open	
<b>Multiples</b>	Cat 1 Trio	Cat 1 Group	Cat 2 Trio	Cat 2 Group		
	Cat 3 Trio	Cat 3 Group	Cat 4 Trio	Cat 4 Group		
<b>AGG</b>	DIV A	DIV B	DIV C	DIV D		

Points are awarded in each division as follows:

1 <sup>st</sup> Place	12 Points
2 <sup>nd</sup> Place	10 Points
3 <sup>rd</sup> Place	8 Points
4 <sup>th</sup> Place	6 Points
5 <sup>th</sup> Place	4 Points
6 <sup>th</sup> Place	3 Points
7 <sup>th</sup> Place	2 Points
8 <sup>th</sup> Place	1 Point

After awarding points, the overall Champion Club is determined by adding their top 8 placings.

## **ARTICLE 6. AWARD GUIDELINES**

### **6.1 Awards**

The following RG awards may be awarded each year. The period of evaluation for the award is 12 months from 1 January to 31 December.

<b>Title</b>	<b>Award</b>	<b>Selection</b>
<b>ATHLETE</b>		
Senior	Gymnast of the Year	<ul style="list-style-type: none"> <li>• Results of Australian Championships (Senior)</li> <li>• Results at National Clubs Carnival</li> <li>• Results at International Competitions</li> </ul>
Junior	Gymnast of the Year	<ul style="list-style-type: none"> <li>• Results of Australian Championships (Junior, Clubs)</li> <li>• Results at National Clubs Carnival</li> <li>• Results at International Competitions</li> </ul>
Australian Levels	Gymnast of the Year	<ul style="list-style-type: none"> <li>• Results of Australian Championships (Levels)</li> <li>• Results at National Clubs Carnival</li> </ul>
Retirement Recognition	Gymnast	<ul style="list-style-type: none"> <li>• Senior International Athletes who have officially retired, and have lodged their retirement letter with the Gymnastics Australia High Performance Administration team at least one month prior to the Australian Championships, and who represented Australia at a Commonwealth Games, World Championship and/or Olympic Games</li> </ul>
5 Australian Championships	Gymnast	<ul style="list-style-type: none"> <li>• Current year Australian Championships can be included</li> <li>• If eligible athlete requires current year to meet a 5 or 10 requirement mark as 'pending selection'</li> <li>• Attendance at Australian Championships does not need to be in consecutive years (i.e. 2006, 2007, 2009, 2012 is acceptable)</li> <li>• Attendance can be either or both levels or international streams of competition</li> <li>• Nominees should be verified by States using iMis/ membership database records. Athletes should be current, or retired in the previous year of competition</li> </ul>
10 Australian Championships	Gymnast	

		<ul style="list-style-type: none"> <li>Nominees can be held until definitive entries for State teams are known</li> </ul>
<b>COACH</b>		
Australian Levels (All levels)	Coach of the Year	<ul style="list-style-type: none"> <li>Actively involved in the Rhythmic community in coaching activities</li> <li>Involvement in coaching state teams</li> <li>Gymnast results at Australian Championships</li> <li>Team performance at Australian Championships</li> </ul>
Australian International (One selected from Junior or Senior)	Coach of the Year	<ul style="list-style-type: none"> <li>Must have coached an Australian team representative or represented Australia as a National Coach</li> <li>Actively involved in the Rhythmic community in coaching activities</li> <li>Involvement in coaching State teams</li> <li>Gymnast results at international competitions</li> <li>Team performance at competitions</li> </ul>
<b>JUDGE / VOLUNTEER</b>		
Judging	Official of the Year	<ul style="list-style-type: none"> <li>Actively involved in State/National judging activities</li> <li>Contribution to judging education courses and programs nationally</li> <li>Judging performance at national/international competitions</li> </ul>
Special Recognition Award ANY (eg. Volunteer)		<ul style="list-style-type: none"> <li>Actively involved in the Rhythmic community at a national level</li> <li>A volunteer at national events, courses and / or workshops</li> </ul>





















## **6.2 Process**

- GA will request nominations from State/Territory Associations
- States put forward one nomination only per award category; the only exception is the five or ten year participation
- The Commission will have the ability to nominate a person for an award if a state fails to nominate a suitably qualified person
- Nominations should include the completed nomination form plus supporting information
- Information supplied may be utilised by GA for promotional purposes
- The RG 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 in to
- All nominations must be endorsed by the relevant State Association; nominations from the Commission must be advised to the State Executive Director
- GA must receive nominations by the closing date
- Presentations occur at the Australian Championships

**Appendix 1 RG Australian Championships Program Australia – Individual**

Competition Divisions	Age	Year of birth	State Q scores to qualify for this event	Team Size and number	Max no entrants per State	Number of Finalists	Awards	Tie Breaking Rules	
Sub-Junior	10-11 yrs	2017: born 2007/2006 2018: born 2008/2007 2019: born 2009/2008 2020: born 2010 2009	<b>30 (includes FX)</b>	<b>Max. 1 Team per state / nation per Division</b>  Size: Min 3 – Max 6  3 scores per apparatus count in final total for team score calculation	<b>SJ</b> 6 per state	Decided on first round of competition; varies with number of entrants	<b>All Around (AA)</b> and <b>team</b> first round of competition; 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> medals,  4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> certificates	<ul style="list-style-type: none"> <li>• average of ALL execution scores (highest middle and lowest)</li> <li>• Highest total Difficulty (D) score of respective Apparatus</li> <li>• Highest ranking in first round</li> </ul>	
Pre-Junior	11-12 yrs	2017: born 2006/2005 2018: born 2007/2006 2019: born 2008/2007 2020: born 2009/2008	<b>32 (includes FX)</b>		<b>PJ</b> 6 per state				<b>12 or less:</b> top 4* each apparatus
Level 9 National	13-15 yrs	2017: 2005 and older 2018: 2006 and older 2019: 2007 and older 2020: 2008 and older	<b>Level 9 34</b>		<b>L9</b> 6 per state	<b>13-24:</b> top 6* each apparatus			<b>Apparatus finals</b> second round of competition
Junior International	13-15 yrs	2017: 2004/2003/2002 2018: 2005/2004/2003 2019: 2006/2005/2004 2020: 2007/2006/2005	<b>Junior 36</b>		<b>Junior</b> 6 per state	<b>25+:</b> top 8* each apparatus			
Level 10 National	16+ yrs	2017: 2001 and older 2018: 2002 and older 2019: 2003 and older 2020: 2004 and older	<b>Level 10 36</b>	<b>L10</b> 6 per state	* in addition to the residential finalists, <b>ONE</b> gymnast in each final can be non-residential	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> medals,  4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> certificates			
Senior International				<b>Senior 40</b>		<b>Senior</b> 6 per state	<b>All Around (AA) ties will not be broken</b>		

**Appendix 2 RG Australian Championships requirements Australia – Individual**

Competition Divisions	Apparatus for National Championships	Time	Body Difficulties	Dance Steps	Dynamic Elements of Rotation	Apparatus Difficulty
Sub-Junior *	GA 2017 – 2020: Fx    	1' to 1'30"	<b>Minimum 3 BD highest 6 count</b> <i>any value</i> 1 X Jump/leap # with split line 1 X Balance # with split line 1 X Rotation <b>SJ</b> any type; <b>PJ</b> # with split line	Minimum 2	<b>Minimum 1</b> <b>Maximum 4</b> <b>(chronological)</b>	Not required
Pre-Junior *	GA 2017 – 2020: Fx    					Maximum 1
Level 9 *	FIG 2017 – 2018:    	1'15" to 1'30"	<b>Minimum 3 BD highest 7 count</b> <i>any type and value</i> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation			No Min/Max
Junior * International	FIG 2019 – 2020:    					
Level 10 National	FIG 2017 - 2020:    		<b>Minimum 3 BD highest 9 count</b> <i>any type and value</i> <b>Minimum:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	Minimum 1	<b>Minimum 1</b> <b>Maximum 5</b> <b>(chronological)</b>	Minimum 1
Senior International						

**FUNDAMENTAL APPARATUS REQUIREMENTS:**

- A minimum 1 element from each Fundamental Apparatus Technical Group is required in each exercise.
- Identical apparatus elements during **BD** will not be valid except in the case of series: it is possible to repeat identical apparatus handling during a series of jump/ leaps and pivots.













\* **FIG Junior rules** apply to all divisions except Level 10 and Senior:  
*non-dominant hand must be used to perform a Fundamental Apparatus Technical element during 2 **BD** (Ball and Ribbon) **Penalty 0.3** missing*

# **The split line requirement** matches the FIG age group program HP 2 HP 3 **Penalty 0.3** for each if missing

**Appendix 3 RG Australian Championships Program Australia – Group**

Competition Divisions	Age divisions	2017 State Q scores to qualify for Nationals = total of two performances	Team Size	Routines	No of Entrants per State	Teams per State	Awards
<b>Sub Junior International</b>	<b>10 – 12 yrs</b> 2017: born 2007/2006/2005 2018: born 2008/2007/2006 2019: born 2009/2008/2007 2020: born 2010/2009/2008	<b>10</b>	6 gymnasts: 5 + 1 Reserve	1	18	3	decided first round of competition;  1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> medals  4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> certificates
<b>Junior International</b>	<b>13 - 15 yrs</b> 2017:2004/2003/2002 2018: 2005/2004/2003 2019: 2006/2005/2004 2020: 2007/2006/2005	<b>12</b>	6 gymnasts: 5 + 1 Reserve	2	18	3	
<b>Senior International</b>	<b>16+ yrs</b> 2017: 2001 and older 2018: 2002 and older 2019: 2003 and older 2020: 2004 and older	<b>16</b>	6 gymnasts: 5 + 1 Reserve	2	18	3	

























**Appendix 4 RG Australian Championships Requirements Australia – Group**

Competition Divisions	Apparatus for National Championships	Time	Body Difficulty BD	Exchange Difficulty ED	Dance Steps	Dynamic Element with Rotation	Collaboration
Sub-Junior International	GA 2017 – 2018: 5  GA 2019 – 2020: 5 	1'45" to 2'	<b>Maximum 5 elements: 3 BD + 2 ED</b>		Min 2	Max 1	Min 2
			<b>Max 3</b> 1 X Jump/leap # with split line 1 X Balance 1 X Rotation	Max 2			
Junior International	FIG 2017 – 2018: 5  and 5 pairs  FIG 2019 – 2020: 5  5 	2'15" to 2'30"	<b>Maximum 7 elements: 3 BD + 3 ED + 1 by choice</b>		Min 2	Max 1	Min 4
			<b>Min 3</b> <b>Minimum of:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	Min 3			
Senior International	FIG 2017 – 2018: 5  and 3  2  FIG 2019 – 2020: 5  3  2 pairs 	2'15" to 2'30"	<b>Maximum 9 elements: 4 BD + 4 ED + 1 by choice</b>		Min 1	Max 1	Min 4
			<b>Min 4</b> <b>Minimum of:</b> 1 X Jump/leap 1 X Balance 1 X Rotation	Min 4			

# The **split line requirement SJ Leap** matches the FIG age group program HP 2 HP 3**Penalty 0.3** if missing



**Appendix A RG National Clubs Carnival**

Division	Age divisions * <i>subject to the number of entries exceeding 4 (turning in year of competition)</i>	Apparatus	Max no entrants per Club	Number of gymnasts in multiples	Team and All Around Awards	Tie Breaking Rules
<b>Individuals</b>	<b>Level 5</b> Junior 8 -11 Senior 12+ yrs	Fx    	6 in total		<b>Individuals, Multiples and groups</b> 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place medals, 4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> certificates  <b>Overall Club Champion</b>  An award will be made for the overall champion club based on points awarded as follows:  A club's best eight placings from the divisions listed in 5.6.3	<b>Individual apparatus</b> <ul style="list-style-type: none"> <li>• average of ALL execution scores (highest middle and lowest)</li> <li>• Highest total Difficulty (D)</li> </ul>
	<b>Level 6</b> Junior 9 - 12 Senior 13+ yrs	Fx   	6 in total			
	<b>Level 7</b> Junior 10 - 13 Senior 14+ yrs	Fx    	6 in total			
	<b>Level 8</b> Junior 11-14 Senior 15+ yrs	Fx   	6 in total			
	<b>Level 9</b> <b>Open age</b>	   	6 in total			
<b>Multiples</b>  Trios of three (3)  Groups of four (4)	<b>Cat 1: max 10 yrs</b>	<b>Trio &amp; Group = Fx</b>	3 of each	3 or 4 + one reserve		<b>All Around (AA) ties will not be broken</b>
	<b>Cat 2: max 13 yrs</b>	<b>Trio =  Group - </b>	3 of each			
	<b>Cat 3: max 15 yrs</b>	<b>Trio =  Group = </b>	3 of each			
	<b>Cat 4: open age</b>	<b>Trio =  Group = </b>	3 of each			

**Appendix B RG National Clubs Carnival – Individual**

Division	Length of Routine	Body Difficulty	Dance Steps	Dynamic Elements with Throw	Apparatus Difficulty	Total D Score	Floor Area
Level 5	1:00 to 1:15 mins	<b>Min. 3 – Max. 4</b> <b>Value 0.1 – 0.4</b> X 1 Jump/Leap X 1 Balance X 1 Rotation X 1 Optional (not required)  <b>4 X Set Fundamental apparatus requirements</b> Value 0.80	Minimum 2 required @ 8 seconds  Maximum total value 0.60	<b>Maximum 2 performed:</b>  2 X 2 rotations min. (+ optional two criteria) value 0.20, 0.30 or 0.40  Maximum total value 0.80	Max. 2 value 0.3 or 0.4	<b>Fx:</b> <b>3.00</b>  <b>APP:</b> <b>4.60</b>	<b>13m x 13m</b> (full floor)
Level 6				<b>ONE required</b>  <b>Minimum 1 performed</b> FIG values and criteria  Maximum total value 0.80			
Level 7	<b>Min. 3 – Max. 5</b> <b>Value 0.1 – 0.6</b> X 1 Jump/Leap X 1 Balance X 1 Rotation X 1 or 2 Optional  <b>4 X Set Fundamental requirements</b> Value 0.80	<b>ONE required</b>  <b>Minimum 1 performed</b> FIG values and criteria  Maximum total value 0.80		Minimum 1 performed value 0.3 or 0.4	<b>7.00</b>		
Level 8	<b>Min. 3 – Max. 7</b> <i>any type and value</i> Minimum : 1 x Jump/Leap 1 x Balance 1 x Rotation	Level 9 OPEN					

**Appendix C RG National Clubs Carnival – Multiples**

Category	Routine Length	Difficulty		Dance Steps	Dynamic elements	Collaborations	Max D Score				
<b>Category 1</b> Trio (3) Group (4)	<b>1:00 - 1:15 mins</b>	<b>5 elements Value 0.1 – 0.3</b>			N/A	Min. 5	4.00				
		1 X Jump/leap 1 X Balance 1 X Rotation + two optional									
<b>Category 2</b> Trio (3) Group (4)	<b>1:30 - 2:00 mins</b>	<b>5 elements: 3 BD + 2 ED</b>						Minimum 2 required @ 8 seconds  value 0.3 each	Max. 1	Min. 2	6.00
		<b>Body Difficulties BD</b> <b>Value 0.1 – 0.4</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Exchange Difficulties ED</b> Max. 2 ED base + 1 criteria = 0.3 max. value								
<b>Category 3</b> Trio (3) Group (4)	<b>1:30 - 2.00 mins</b>	<b>7 elements: 3 BD + 3 ED</b> + 1 by choice				Min. 4	8.00				
		<b>Body Difficulties BD</b> <b>Value 0.1 – 0.6</b> 1 X Jump/leap 1 X Balance 1 X Rotation	<b>Exchange Difficulties ED</b> Min. 3 ED base + 2 criteria = 0.4 max. value								
<b>Category 4</b> Trio (3) Group (4)	<b>1:45 - 2:15 mins</b>	<b>9 elements: 4 BD + 4 ED</b> + 1 by choice						Minimum 1 required @ 8 seconds  value 0.3 each			10.00
		<b>Body Difficulties BD</b> <b>any type and value</b> 1 X Jump/leap 1 X Balance 1 X Rotation + one optional	<b>Exchange Difficulties ED</b> Min. 4 ED base + any criteria, no limit								

**Appendix D RG National Clubs Carnival – AGG Requirements Australia**

Division	Age	Team Size	Technical 6:00 *	Artistic 4.00*	Execution 10.00 *	Length of routine
<b>A</b>	<b>Children's 10-12 years</b> (10, 11, 12; TWO members may be one year younger or one year older)	<b>6-14 gymnasts and a reserve</b>	<b>Body Movements 1 each:</b> total body wave / total body swing / bending / release / lean or lunge/ body turn (torsion) / contraction <b>-7 moves in total max. 1.4</b> <ul style="list-style-type: none"> <li>• 2 A-series (2 body movements) max. 0.6</li> <li>• 2 B-series (3 body movements) max. 0.8</li> <li>• Balances 2 different + 1 balance series max. 0.7</li> <li>• Jumps and leaps 2 different + 1 jump series max. 0.7</li> <li>• Series of Steps, Skips or Hops max. 0.3</li> <li>• 1 Acrobatic movement max. 0.2</li> <li>• 3 Flexibility movements max. 0.3</li> <li>• 3 different series BM groups max. 0.9</li> </ul>	Gymnasts' Quality	Healthy Aspects	2:00 – 2:30 minutes
<b>B</b>	<b>Children's 12-14 years</b> (12, 13, 14; TWO members may be one year younger or one year older)					
<b>C</b>	<b>Junior 14-16 years</b> (14, 15 and 16. TWO members may be one year younger or one year older)	<b>6-10 gymnasts and a reserve</b>	<b>Balances 2 different + 1 balance series</b> <b>Jumps and leaps 2 different + 1 jump series</b> <b>Total Body Movements</b> <ul style="list-style-type: none"> <li>• 2 different body waves</li> <li>• 2 different body swings</li> <li>• 2 body movement A-series</li> <li>• 2 body movement B-series</li> </ul>	Structure of the composition	Basic technique	Body movement Jumps and leaps, balances
<b>D</b>	<b>Senior 16 years +</b> (TWO members may be one year younger or one year older )					
			<b>Supplementary difficulties: max. 2.2</b> <ul style="list-style-type: none"> <li>• A - series A + A = 0.2</li> <li>• C - series A + B or B + A = 0.3</li> <li>• D - series B + B = 0.5</li> </ul>	Originality & Expression	Unity	2:15 – 2:45 minutes

**TECHNICAL REQUIREMENTS AND RULES:**

\* Coaches **must refer** to the official IFAGG rules for this sport:

- **Division A & B:** *Competition Rules of AGG for Children © IFAGG 1 Updated 31.08.2015*
- **Division C & D:** *Competition Rules of AGG © IFAGG 4 Updated: 31.08.2015*