



**Gymnastics**  
Australia

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

**2017**

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**ARTICLE 1. DEFINITIONS AND INTERPRETATIONS**

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>ALP</b>	Australian Levels Program
<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>NP</b>	National Program
<b>NRGC</b>	National Rhythmic Gymnastics Commission
<b>NNP</b>	National Nomination Panel
<b>NTD</b>	National Technical Director
<b>RG</b>	Rhythmic Gymnastics
<b>STC</b>	State Technical Committee

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

The following manuals will be part of the National RG Commission's governance:

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

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

## **ARTICLE 3. COMMISSION COMMITTEES**

### **3.1 Statutory Committees**

#### **3.1.1 National Gymsport Commission**

- Technical Director (NTD)
- Judging Coordinator (NJC)
- General Member - Resource and Communications
- General Member - Coaching Development
- GA Staff Member (*ex-officio*)

Please refer to Gymsport Technical Commissions Part A – Commission Governance for the job descriptions and desired criteria for the NTD and NJC.

##### **3.1.1.1 Committee Member – Resource and Communications**

###### **Job Description**

- Attend commission meetings and contribute to planning and goal setting
- Current RG technical member
- Coordinate sub committees when required
- Liaise with state SMC's to identify resource needs
- Develop a communication strategy to ensure sharing of knowledge and expertise, and promote easy access through website and/or media applications
- Work with GA staff to ensure currency and relevance of website, media and promotional information
- Provide a report annually
- Liaise with states to communicate information about state development camps
- Undertake specific duties as outlined and appointed by the Commission

##### **3.1.1.2 Committee Member – Coaching Development**

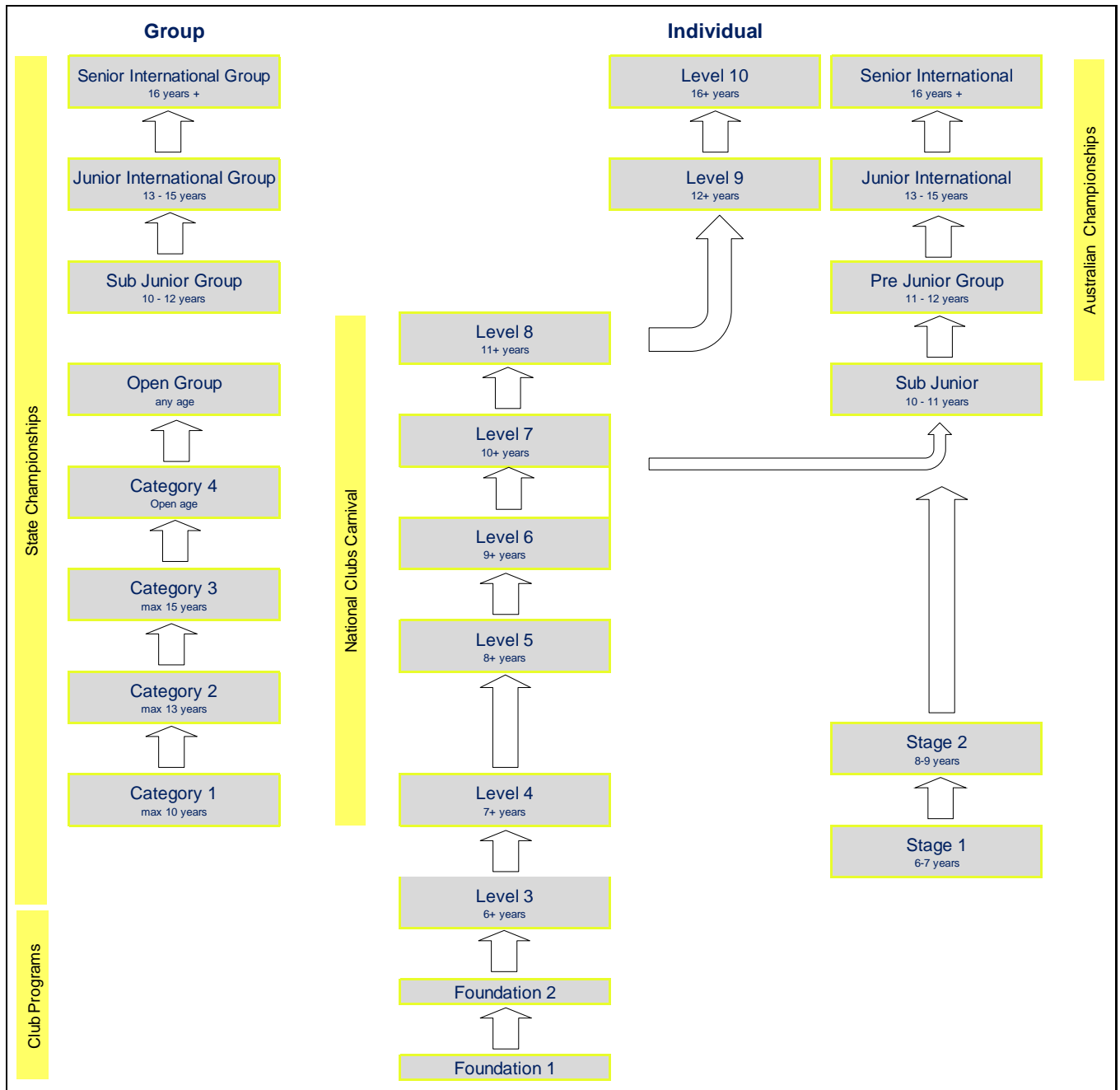
###### **Job Description**

- Attend commission meetings and contribute to planning and goal setting
- Current RG technical member with high level coaching accreditation
- Chair the Elite Management committee
- Coordinate sub committees when required
- Liaise with state coaching coordinators/program manager/GA staff/SMC appointed delegate to identify workshops and education needs
- Provide a coaching report annually
- Implement the coaching pathway
- Liaise with GA staff to develop and implement high performance programs
- Identify mentoring strategies to promote best practice
- Undertake specific duties as outlined and appointed by the Commission

**3.1.2 National Nomination Panel**

Please refer to the Gymsport event Selection Policies for the composition of the Nomination Panel.  
[www.gymnastics.org.au](http://www.gymnastics.org.au) > High Performance > National Team > Selection Policies

**ARTICLE 4. AUSTRALIAN LEVELS PROGRAM (ALP)**



**4.1 Australian Levels Program**

The ALP is a comprehensive program covering the development, progression and challenge of RG. The progression of skills caters for beginner through to international competitive levels.

The program is not only a code of points for RG it is also a complete tool for nurturing gymnasts, encouraging participation, building gymnasts' ability and preparing the most successful gymnasts for international representation.

- Individual:**   **Levels 1 - 4** operate within the states  
                  **Levels 5 - 8** attend National Clubs Carnival  
                  **Levels 9 - 10, Pre-Junior, Sub Junior, Junior and Senior International** attend Australian Championships
- Group:**       **Categories 1, 2, 3, 4 and Open** attend National Clubs Carnival  
                  **Sub-Junior, Junior, and Senior** attend Australian Championships
- AGG:**         **Aesthetic Group Gymnastics** attend National Clubs Carnival

#### **4.2 ALP Working Party**

The working party has responsibility to review the ALP to ensure it meets the needs of the rhythmic community, and to make any necessary changes that relate to the FIG Code of Points and errata/s released by the FIG RG Technical Committee. The working party is comprised of the NTD, NJC and appointed members. It is the responsibility of the committee to table proposals for discussion and feedback at State level.

### **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 the FIG Code of Points and the RG ALP. These documents are regularly reviewed with any clarifications and updates published on the GA website.

#### **5.2 Australian Championship Competition Rules and Regulations**

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

##### **5.2.1 Music**

All music for Australian Championships needs to be submitted via USB flash drive. States must also ensure an audio CD copy of music is made 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.

##### **5.2.2 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. This qualifying score can be gained through state sanctioned trials or invitational competitions and approved international events.

##### **5.2.3 Protest (Inquiries)**

A protest after the completion of the routine will not be accepted as per code. The decision of the Jury is final and no discussion will be entered into.

##### **5.2.4 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 in the current cycle, or Advanced/Advanced Silver judges who have completed the updating for 2017

- Must be available for the entire competition, all sessions
- Must be a judge only; you cannot be a coach or athlete as well as a judge at the one competition

### 5.2.5 Judges Draw Procedure for Australian Championships

Panels are subject to the number and availability of judges participating in the competition and their level of qualification. The panels for senior and junior international will be coordinated by the NJC. FIG Brevets will be placed first. Advanced / Advanced Silver judges will be placed if numbers permit based on their experience, judging assessment and previous competitions.

The draw for all other levels will be done by the NJC prior to competition and communicated to the states so they can allocate judges based on their own selection processes. Depending on the number of judges, two per State are eligible for the first round of the draw. It is not possible for two judges from the same State to be assigned to the same panel in round one of the draw; therefore if a state is drawn on the same panel, they will be assigned the same position on the alternate panel. If that is not possible, as the position has already been filled, the draw continues until a suitable position is found.

Once all positions have been filled, states submit to the NJC names of judges who will fill duties on panels, taking into account their level of qualification and ability to judge as required. If there are still vacancies on panels and suitably accredited judges are available, the NJC may use these judges for related roles and in support of the competition.

### 5.2.6 Sheets

**NOTE:** Sheets are no longer required under the new FIG Code of Points.

## 5.3 National Judges Subsidy

### 5.3.1 Selection

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. For information on this, please see the [National Championships Judges Subsidy Policy](#) on the GA website [www.gymnastics.org.au](http://www.gymnastics.org.au) under About Us > By-laws, Policies & Technical Regulations page.

## 5.4 Apparatus Requirements

Apparatus	Requirements
<b>ROPE</b>	<ul style="list-style-type: none"> <li>• made of a 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>• appropriate to size of the gymnast to allow free movement through and over the hoop</li> <li>• diameter measured floor to hip</li> <li>• made of plastic or wood, hollow and solid</li> <li>• minimum weight 300g and internal diameter of 80cm to 90cm</li> </ul>



	<p><b>Exception: Sub Junior</b></p> <ul style="list-style-type: none"> <li>• minimum weight 250g</li> </ul>
<b>BALL</b>	<ul style="list-style-type: none"> <li>• should sit comfortably in the palm of the hand; too small it encourages gripping</li> <li>• minimum weight 400g and diameter between 18cm and 20cm</li> </ul> <p><b>Exception: Sub Junior and Pre-Junior</b></p> <ul style="list-style-type: none"> <li>• minimum weight between 300g and 400g diameter must be 16cm and 20cm in diameter and weight</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 be plastic, wood or rubber</li> <li>• must measure between 40cm and 50cm in length and be at least 150g</li> </ul>
<b>RIBBON</b>	<ul style="list-style-type: none"> <li>• length of ribbon is dictated by the height of the gymnast</li> <li>• stick should be measured from fingertips to above the elbow of the gymnast and is generally wood or fibreglass</li> <li>• connecting swivel should not exceed 7cm in length</li> </ul> <p><b>Exception: Sub Junior and Pre-Junior</b></p> <ul style="list-style-type: none"> <li>• minimum length 4.5m, 5m recommended</li> <li>• <b>Levels 9 and Junior International</b> minimum length 5m</li> <li>• <b>Level 10 and Senior International</b> minimum length 6m</li> <li>• <b>Junior and Senior International Ribbon Stick:</b> 50cm – 60cm</li> </ul>

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

**Appendix A, B, C & D** list RG Technical Regulations for the National Clubs Carnival.

### **5.5.1 Purpose**

These Technical Regulations, Competition Rules and general information are for use within Australia and should be used in conjunction with the FIG Code of Points and the RG Australian Levels Program. These documents are regularly reviewed with any clarifications and updates published on the GA website.

### **5.5.2 Divisions**

The National Clubs Carnival (NCC) includes the following divisions:

**Individual:** Levels 5, 6, 7 & 8

**Multiples and Groups:**

- Trios of three and groups of four athletes in each of Category 1, 2, 3 or 4
- Open Groups made up of five athletes (2017 only)
- **Aesthetic Group Gymnastics (AGG)** in four age groupings

### **5.5.3 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 5-8:** any routine can use music with voice and words
- **Multiples:** any routine can use music with voice and words
- **Open Group:** have the option to use words if they wish

**Requirements for music will be outlined in the Championship Bulletin.**

### 5.5.4 Apparatus Requirements

The norms for each apparatus are specified in the Australian Levels Program. Apparatus used by a group should be identical in their dimension and shape; their colour may be different. It is possible for apparatus to be checked against the norms at a competition.

Apparatus	Requirements
<b>ROPE</b>	thickness of 8-10mm; should fit the size of the gymnast i.e. standing on the middle of the rope, ends should reach between underarms and shoulders.
<b>HOOP</b>	plastic or wood; 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.
<b>BALL</b>	rubber or synthetic; must measure between 16-20cm in diameter and weigh between 300-400g.
<b>CLUBS</b>	plastic, wood or rubber; measure from the fingertips to just past the elbow of a gymnast; <b>level 5 - 8</b> clubs must measure between 40-50cm in length and weigh at least 150g each.
<b>RIBBON</b>	wood or fibreglass and must be 50-60cm in length. The swivel should not exceed 7cm in length. The allowed ribbon length <b>level 5 - 8</b> minimum 5m.

Apparatus for individuals and groups will be as per National rotation according to the year.

### 5.5.5 Eligibility

In 2017 a gymnast who competes at Australian Championships as an individual will be permitted to compete with their club in the National Clubs Carnival for multiples and open group only.

Gymnasts must be registered with their State 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 competition (**max. 24 over four levels**)
- three (3) trios and three (3) groups in each category of the multiples competition (**max. 27**)

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

### 5.5.6 Judging Rules

According to the current Australian Levels Program and the IFAGG Code of Points:

- No protests will be accepted
- The judges' decision is final
- A NCC competitor will not be eligible to judge at that SAME competition section
- Ties can be broken in the following order:
  - Average of all execution scores (including the highest and lowest)
  - Higher difficulty score

### 5.5.7 Requirement to Supply Judges

All participating clubs are required to nominate and supply judges. The minimum qualification level required is Intermediate / Intermediate Bronze, and the judge must be:

- available for the entire competition, all sessions
- a judge only; you cannot be a coach or athlete as well as a judge at the one competition.

Clubs who fail to provide an appropriate judge will be fined.

## **5.6 Medals and Overall Awards for National Clubs Carnival**

### **5.6.1 Awards for Individuals and Groups**

**Presentation:** the six (6) highest ranked clubs will be recognised at presentation. Participation medals will be awarded for all clubs attending.

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

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

### **5.6.2 Overall Champion Club**

**Overall Champion Club:** will be decided by a final total score calculated from a clubs' **best 8 results** from the following 17 divisions:

**Individuals:** AA L5, AA L6, AA L7, AA L8

**Multiples:** Cat 1 Trio, Cat 1 Group, Cat 2 Trio, Cat 2 Group, Cat 3 Trio, Cat 3 Group, Cat 4 Trio, Cat 4 Group and Open Group (2017 only)

**AGG:** DIV A, DIV B, DIV C, DIV D

The overall champion club will be determined based on points awarded as follows:

A club's best six placings from any division.

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

## **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.

Title		Award	Selection
<b>ATHLETE</b>			
Senior	Gymnast of the Year	<ul style="list-style-type: none"> <li>• Results of competition performance throughout the year including:               <ul style="list-style-type: none"> <li>○ National Championships (Senior, Levels &amp; Clubs)</li> <li>○ International Competitions</li> </ul> </li> </ul>	

Junior	Gymnast of the Year	<ul style="list-style-type: none"> <li>Results of competition performance throughout the year including: <ul style="list-style-type: none"> <li>Australian Championships (Junior, Levels &amp; Clubs)</li> <li>International Competitions</li> </ul> </li> </ul>
Australian Levels	Gymnast of the Year	<ul style="list-style-type: none"> <li>Results of competition performance throughout the year including: <ul style="list-style-type: none"> <li>Australian Championships</li> </ul> </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> <p>Nominees can be held until definitive entries for State teams are known</p>
10 Australian Championships	Gymnast	
<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 State/ National coaching activities</li> <li>Must be selected to coach the state team</li> <li>Involvement in coaching state teams</li> <li>Gymnast results at competitions</li> <li>Team results at competitions</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 State/ National coaching activities</li> <li>Involvement in coaching State teams</li> <li>Gymnast results at competitions</li> <li>Team results at competitions</li> </ul>
<b>JUUDGE / 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 at a state and/or national level</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 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 Individual RG Australian Championships Program 2017-2020

Competition Divisions	Age	Year of birth	2017 State Q scores to qualify for Nationals	Team Size and number	Max no entrants per State	Number of Finalists	Awards	Tie Breaking Rules
Sub-Junior	10-11yrs	2017: born 2007/2006 2018: born 2008/2007 2019: born 2009/2008 2020: born 2010 2009	<b>36</b> (includes FX)	Max. 1 Team per Division  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) and team</b> 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	<ul style="list-style-type: none"> <li>• qualification to finals</li> <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	11-12yrs	2017: born 2006/2005 2018: born 2007/2006 2019: born 2008/2007 2020: born 2009/2008	<b>38</b> (includes FX)		<b>PJ</b> 6 per state			
Level 9 National & Junior International	12+yrs	2017: 2005 and older 2018: 2006 and older 2019: 2007 and older 2020: 2008 and older	<b>Level 9</b> <b>40</b>		<b>L9</b> 6 per state	<b>13-24:</b> top 6* each apparatus		
	13-15yrs	2017:2004/2003/2002 2018: 2005/2004/2003 2019: 2006/2005/2004 2020: 2007/2006/2005	<b>Junior</b> <b>42</b>		<b>Junior</b> 6 per state	<b>25+:</b> top 8* each apparatus		
Level 10 National & Senior International	16+yrs	2017: 2001 and older 2018: 2002 and older 2019: 2003 and older 2020: 2004 and older	<b>Level 10</b> <b>42</b>	<b>L10</b> 6 per state	* in addition to the residential finalists, <b>ONE</b> gymnast in each final can be non-residential			
			<b>Senior</b> <b>44</b>			<b>Senior</b> 6 per state	<b>Apparatus finals</b> decided second 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	

**Appendix 2 Individual RG Australian Championships Requirements 2017-2020**

Competition Divisions	Apparatus for National Championships	Time	Body Difficulties	Dance Steps	Dynamic Elements of Rotation	Apparatus Difficulty	Maximum D Score
Sub-Junior	GA 2017 – 2020: Fx   	1' to 1'30"	<b>Min 4 - Max 6 *</b> <b>Value up to 1.00 mark</b> <b>Minimum of:</b> 1 X Jump/leap 1 X Balance 1 X Rotation each must show split line	Minimum 2	Minimum 1	<b>Not required</b>	<b>FX: 3.00</b> <b>App: 5.00</b>
Pre- Junior	GA 2017 – 2020: Fx   			Minimum 2	Minimum 1	<b>Maximum 1</b>	<b>FX: 4.00</b> <b>App: 6.00</b>
Level 9 National	FIG 2017 – 2018:    	1'15" to 1'30"	<b>Min 3 – Max 7 *</b> <b>Minimum of:</b> 1 X Jump/leap 1 X Balance 1 X Rotation any type and value	Minimum 2	Minimum 1	<b>Minimum 1</b>	<b>7.00</b>
Junior International	FIG 2019 – 2020:    			Minimum 2	Minimum 1	<b>No Min/Max</b>	<b>8.00</b>
Level 10 National	FIG 2017 - 2020:    			Minimum 1	Minimum 1	<b>Minimum 1</b>	<b>9.00</b>
Senior International	FIG 2017 - 2020:    			Minimum 1	Minimum 1	<b>Minimum 1</b>	<b>10.00</b>

**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, apparatus handling in two BD must be performed with the non-dominant hand (only Ball and Ribbon) **Penalty 0.3**

**Appendix 3 Group RG Australian Championships Program 2017-2020**























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 – 12yrs</b>  2017: born 2007/2006/2005 2018: born 2008/2007/2006 2019: born 2009/2008/2007 2020: born 2010/2009/2008	<b>14</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 - 15yrs</b>  2017:2004/2003/2002 2018: 2005/2004/2003 2019: 2006/2005/2004 2020: 2007/2006/2005	<b>16</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>18</b>	6 gymnasts: 5 + 1 Reserve	2	18	3	



**Appendix 4 Group RG Australian Championships Requirements 2017- 2020**

Competition Divisions	Apparatus for National Championships	Time	Difficulty without Exchanges: Body Difficulty BD	Difficulty with Exchange: Exchange Difficulty ED	Dance Steps	Dynamic Element with Rotation	Collaboration	Max D Score
Sub-Junior International	GA 2017 – 2018: 5 	1'45" to 2'	5 elements: 3 BD + 2 ED		Min 2	Max 1	Min 2	6.00
	GA 2019 – 2020: 5 		Max 3 1 X Jump/leap 1 X Balance 1 X Rotation	Max 2				
Junior International	FIG 2017 – 2018: 5  and 5 pairs 	2'15" to 2'30"	7 elements: 3 BD + 3 ED + 1 by choice		Min 2	Max 1	Min 4	8.00
	FIG 2019 – 2020: 5  5 		Min 3 Minimum of: 1 X Jump/leap 1 X Balance 1 X Rotation	Min 3				
Senior International	FIG 2017 – 2018: 5  and 3  2 	2'15" to 2'30"	9 elements: 4 BD + 4 ED + 1 by choice		Min 1	Max 1	Min 4	10.00
	FIG 2019 – 2020: 5  3  2 pairs 		Min 4 Minimum of: 1 X Jump/leap 1 X Balance 1 X Rotation	Min 4				

**Appendix A RG National Clubs Carnival Program Australia 2017**

Division	Age divisions (turning in year of competition)	Apparatus	Max no entrants per Club	Number of gymnasts in multiples / group	Team and All Around Awards	Tie Breaking Rules
<b>Individuals</b>	<b>Level 5</b> Minimum 8yrs	Fx    	6 in total	N/A	<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>	First, average of ALL execution scores (highest middle and lowest)  Then if needed, highest D score
	<b>Level 6</b> Minimum 9yrs	Fx    	6 in total	N/A		
	<b>Level 7</b> Minimum 10yrs	   	6 in total	N/A		
	<b>Level 8</b> Minimum 11yrs		6 in total	N/A		
<b>Multiples</b>  Trios of three (3)  Groups of four (4)	<b>Cat 1:</b> maximum age 10	<b>Trio</b> =  <b>Group</b> = 	3 of each	3 or 4 + one reserve	An award will be made for the overall champion club based on points awarded as follows:  A club's best six AA placing from any division	
	<b>Cat 2:</b> maximum age 13	<b>Trio</b> =  <b>Group</b> - 	3 of each			
	<b>Cat 3:</b> maximum age 15	<b>Trio</b> =  <b>Group</b> = 	3 of each			
	<b>Cat 4:</b> open age	<b>Trio</b> =  <b>Group</b> = 	3 of each			
<b>Groups</b>  Groups of five (5)	<b>Open</b> any age	<b>Group (1 routine)</b> = 3  2 pairs 	3 in total	5 + one reserve		

**Appendix B RG Individual National Clubs Carnival Requirements Australia 2017**

Division	Body Difficulty	Dance Steps	Dynamic Elements with Throw	Apparatus Difficulty & Fundamentals	Total D Score	Length of Routine	Floor Area
<b>Level 5</b> <i>(final year only)</i> ALP	<b>6 difficulties</b> Value: 3 set @ 0.50 each (sliding scale) + 3 optional @ max 0.30 each ALP CoP	<b>Minimum 1 @ 6 seconds</b> Value: 0.30	<b>Maximum 2</b> Value: throw with 1 rotation @ max 0.20 <b>AND/OR</b> throw with 2 rotations @ max 0.20	<b>N/A</b>	<b>3.10</b>	<b>1:15 to 1:30 mins</b>	<b>13m x 13m</b> (full floor)
<b>Level 6</b> <i>(final year only)</i> ALP	<b>6 difficulties</b> Value: 3 set @ 0.50 each (sliding scale) + 3 optional @ max 0.30 each ALP CoP		<b>Maximum 2</b> Value: throw with 1 rotation @ max 0.40 <b>AND/OR</b> throw with 2 rotations @ max 0.40	<b>N/A</b>	<b>3.50</b>		
<b>Level 7*</b> <i>(transition year only)</i> FIG CoP	<b>Min 4 - Max 6</b> At least: 1 x Jump/Leap 1 x Balance 1 x Rotation @ max 0.50 <b>FIG CoP</b>	<b>Minimum 1 @ 8 seconds</b> Value: 0.30	<b>Maximum 2</b> Value: based on number of rotations + criteria <b>FIG CoP</b> @ max 0.60	<b>Maximum 1 AD + one of each apparatus fundamental specific to each apparatus must be shown</b>	<b>5.00</b>	<b>1:15 to 1:30 mins</b>	
<b>Level 8*</b> <i>(transition year only)</i> FIG CoP	<b>Min 4 - Max 6</b> At least: 1 x Jump/Leap 1 x Balance 1 x Rotation @ max 0.50 <b>FIG CoP</b>		<b>Maximum 2</b> Value: based on number of rotations + criteria <b>FIG CoP</b> @ max 0.80		<b>6.00</b>		

\* In 2017 a transition year Level 7 & 8 will be judges using the principles of the new FIG CoP

**Appendix C RG Group National Clubs Carnival Requirements Australia 2017**

Category	Difficulty		Dance Steps	Dynamic elements	Collaborations	Max D Score	Routine Length
<b>Category 1</b> Trio (3) Group (4)	<b>4 difficulties</b>		<b>Minimum 1 @</b> minimum 4 seconds (0.30)	N/A	<b>Min 4</b> (0.10 only)	<b>1.90</b>	1:00 – 1:15 mins
	2 Difficulties with exchange (0.10 each)	2 Difficulties without exchange (0.50 <i>sliding scale</i> each)					
<b>Category 2</b> Trio (3) Group (4)	<b>4 difficulties</b>		<b>Minimum 1 @</b> minimum 4 seconds (0.30)	N/A	<b>Min 4</b> (0.10 only)	<b>1.90</b>	1:15 – 1:30 mins
	2 Difficulties with exchange (0.10 each)	2 Difficulties without exchange (0.50 <i>sliding scale</i> each)					
<b>Category 3</b> Trio (3) Group (4)	<b>6 difficulties</b>		<b>Minimum 2 @</b> minimum 6 seconds each (0.30 each)	<b>Maximum 1</b> (0.10 – 0.40)	<b>Min 6</b> (0.10 - 0.30)	<b>4.60</b>	1:30 - 1.45 mins
	3 Difficulties with exchange (0.10 – 0.30)	3 Difficulties without exchange (0.10 – 0.30)					
<b>Category 4</b> Trio (3) Group (4)	<b>6 difficulties</b>		<b>Minimum 2 @</b> minimum 6 seconds each (0.30 each)	<b>Maximum 1</b> (0.10 – 0.40)	<b>Min 6</b> (0.10 - 0.30)	<b>4.60</b>	1:45 - 2:00 mins
	3 Difficulties with exchange (0.10 – 0.30)	3 Difficulties without exchange (0.10 – 0.30)					
<b>Open</b> Group (5) <i>(transition year only)</i>	<b>8 difficulties</b>		<b>Minimum 2 @</b> minimum 10 seconds each (0.30 each)	<b>Maximum 1</b> (0.10 – 0.40)	<b>Min 6</b> (0.10 - 0.30)	<b>6.00</b>	2:15 – 2.30 mins
	4 Difficulties with exchange (0.10 – 0.30)	4 Difficulties without exchange (0.10 – 0.30)					

**Appendix D AGG National Clubs Carnival Requirements Australia 2017**

Division	Age	Team Size	Technical Value 6:00 *	Artistic Value 4.00 *	Execution Value 10.00 *	Length of routine
<b>A</b>	<b>Children's 10-12yrs</b> (10, 11, 12; TWO members may be one year younger or one year older)	<b>6-14 gymnasts and a reserve</b>	<b>Required Elements:</b> - Body Movements - Balances - Jumps/Leaps - Arm Movements - Series of steps, skips or hops - Acrobatic movements - Flexibility movements - Combined Series	<b>Gymnasts' Quality</b>	<b>Healthy Aspects</b>	<b>2:00 – 2:30 minutes</b>
<b>B</b>	<b>Children's 12-14yrs</b> (12, 13, 14; TWO members may be one year younger or one year older)					
<b>C</b>	<b>Junior 14-16yrs</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>Required elements</b> - Balances - Jumps - Body Movements (BM)	<b>Structure of the composition</b>	<b>Body movements: Jumps and leaps, balances</b>	<b>2:15 – 2:45 minutes</b>
<b>D</b>	<b>Senior 16+yrs</b> TWO members may be one year younger or one year older					

**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*