



# NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS

## 2018 GENERAL MANUAL

### GYMSPORTS CODES

Aerobics, Artistic Gymnastics, Team Performance, Rhythmic  
Gymnastics, Tumbling and Trampoline

[NZ Secondary Schools - GymnasticsNZ](http://www.gymnasticsnz.org.nz)



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*“Growing Great New Zealanders  
through Gymnastics”*

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This manual relates to the **2018 New Zealand Secondary Schools Gymnastics Championships**. The Championships are open to all students who attend a New Zealand secondary school in Years 9-13. The New Zealand Secondary Schools Gymsports Championships is a fun, participatory event where participants do not need to qualify to enter. This event is not a qualifying event for the New Zealand Gymsports Championships.

All manuals relating to a specific gymsports code are available on the GymSports NZ website.

[NZ Secondary Schools - GymnasticsNZ](#)

## **POLICIES AND GUIDELINES**

### **General**

- The event is smoke, drug and alcohol free.
- The event will be conducted under the jurisdiction of Gymnastics NZ, whose competition rules, National Championships Manual regulations and policies will apply in all instances not covered by these specific guidelines.
- The Competition Jury shall consist of the Chief Executive of Gymnastics NZ or his/her nominee, the Event Manager and the Gym Sport respective Control Judge for the event.

### **Eligibility and entries**

- Eligibility requirements for competitors;
  - Enrolled full-time at a secondary school
  - In year 9-13 (exception for Aerobics in 2018 only – see Aerobics Manual)
- Are aged under 19 years on 1 January in the year of competition with the exception for Aerobics where the ages are taken as of 31 December in the year of competition.
- If the total number of entries exceeds the maximum number that can be accommodated, GymSports NZ reserves the right to restrict the number of entries that will be accepted.
- Entries will only be accepted from secondary schools. It is the responsibility of the secondary school to ensure that the competitors comply with the NZSSSC eligibility guidelines.

### **Teams**

- Men's Artistic Gymnastics and Women's Artistic Gymnastics teams may consist of three or four students from the same school who are competing in the same grade and are of the same sex. The best three scores on each apparatus/routine will be totalled for the team score.
- Trampoline teams will be made up on the day and will consist of the 3 top scoring athletes from each school. Please refer to Trampoline Secondary Schools Manual for a full explanation of the method for teams in the Trampoline competition.
- Rhythmic Gymnastics group events consists of the required number of gymnasts from the same school. There are no composite school teams.
- Aerobics and Team Performance the group and team categories consist of the required number of athletes from the same school who are competing in the same grade. On application, consideration will be given to accepting entries from composite teams, provided that the principals of the schools agree and the school accepts responsibility for the composite team.

## COMPETITION REQUIREMENTS

The following is general information for competition technical requirements see the code specific manuals.

### Music

Please refer to each specific manual for music requirements. Some competitions will require an electronic copy to be sent in prior to the competition. All participants, however must bring a back-up copy of their music on a clearly labelled CD (except Aeroschools).

Please label CD's with the following:	eg;
School Name	Epsom Girls Grammar School
Athlete Name	Joe Bloggs
Code, Level (& apparatus for Rhythmic)	Rhythmic Gymnastics, Club B - Hoop
Track Number	Track 1
Aerobics AEROSkools levels	Do not need to bring a music CD, but they MUST advise of their music track at time of registration.

### Uniform

- All athletes are required to compete in uniform.
- In the team and group competitions each member of the team is required to wear the same uniform.
- No jewellery may be worn with the exception of one small stud earring in each ear (except for Trampoline where no jewellery is permitted).
- Long hair should be securely tied up to ensure it does not create a safety hazard.
- Competition numbers are not required to be worn.

Please find the details on uniforms under the Summary of Sport Requirements.

### Coaches

- The minimum number of coaches required to be on the competition floor is one per code.
- The Gymnastics NZ requirement that 'coaches must be accredited at the required competency level' is not required for this event.

### Accreditation

- All event participants, coaches and support staff will receive an accreditation pass based on their registration.
- Accreditation passes allow free entry into the venue.
- Only participants competing in the current session will be allowed into the competition area. All other participants are to remain in the spectator area supporting their team.
- Only registered staff will be accredited and allowed onto the competition floor.

**Staff Accreditation**

- A maximum of one staff member per code entered per school will be accredited.
- Requests for additional staff can be made to the host club at the time of registration and will be granted based on registration numbers.

**Judges**

- The Control Judge is appointed by the respective codes' Sport Development Committee, and the remaining judges appointed by the Control Judge. All judges will be current, qualified judges for the specific gym sport.
- In the interests of the athletes and judges each level/grade shall be timetabled for a maximum of three hours' duration.

**Awards**

- Medals will be awarded to the first three individual all-around place getters in each division.
- Certificates will be awarded to the first six individual all-around place getters in each division.
- Medals and certificates will be awarded to each member of the first three place getters in the team and group events.

**Withdrawals and Refunds**

- The only refund given to an athlete who withdraws from entering the New Zealand Secondary Schools Gymsports Championships will be for medical reasons.
- A refund based on 80% of the entry fee will be processed once the school has submitted a completed Request for Withdrawal form and the athlete's medical certificate to the host club.
- No other refunds will be given for other costs/fees related with entering the event.
- Please submit medical certificates and requests for withdrawals forms by 22 September at the latest.  
**Refunds will not be processed after this date.**

**For the specific competition requirements please refer to the New Zealand Secondary Schools Manuals for each Gym Sport code.**

## DIVISION REQUIREMENTS FOR EACH GYMSPORT

### TRAMPOLINE

<b>TRAMPOLINE</b>		
<b>Level</b>	<b>Pre-requisite</b>	<b>Category</b>
<b>Elite</b>	Any student who has competed as a Junior International or Senior International in a New Zealand trampoline competition* within the last 24 months must compete in this grade.	Individual Team
<b>Junior Elite</b>	Any student who has competed as a Youth International or Sub-Junior International in a New Zealand trampoline competition* within the last 24 months must compete in this grade or the Elite grade.	Individual Team
<b>A Grade</b>	Any student who has competed as an 11 - 12 year old or older in a New Zealand trampoline competition* within the last 24 months must compete in this grade or a higher grade. This grade is suitable for students who regularly undertake trampoline as a recreational activity or past athletes.	Individual Team
<b>B Grade</b>	This grade is suitable for students who have some trampoline knowledge but who do not visit a trampoline club regularly	Individual Team
<b>C Grade</b>	This grade is for students who are just beginning trampoline at a recreational level	Individual Team

**AEROBICS**

Novice Never competed for a club.  
 Competitive Competitive athletes currently competing in the Gymnastics NZ  
 Aerobics  
 Competition Pathway.

<b>AEROBICS</b>		
<b>LEVEL</b>	<b>DIVISION/pre-requisite</b>	<b>CATEGORY</b>
<b>AeroSchools Level 3</b> Under 15/15+ years	Novice	Individual Pairs/Trios Teams (4-6 athletes)
	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>AeroSchools Level 4</b> Under 15/15+ years	Novice	Individual Pairs/Trios Teams (4-6 athletes)
	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>AeroSchools Level 5</b> Under 15/15+ years	Novice	Individual Pairs/Trios Teams (4-6 athletes)
	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>Open Level 3</b> 12-14 years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>Open Level 4</b> 15+ years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>ADP 3</b> 12-14 years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>ADP 4</b> 15-17 years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>ADP 5</b> 18+ years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>International: Age Group 1</b> 12-13 years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>International: Age Group 2</b> 15-17 years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>International: Senior</b> 18+ Years	Competitive	Individual Pairs/Trios Teams (4-6 athletes)
<b>Aerodance</b> Under 15/15+ years	Novice	Aeroschools (Pre-choreographed)
	Competitive	Open (GNZ Aerobics Handbook)

## RHYTHMIC GYMNASTICS

RHYTHMIC GYMNASTICS		
LEVEL	PRE-REQUISITES	CATEGORY
<b>Year 9-10 Group</b>	Year 9-10 students with little or no gymnastic knowledge and skill**	<ul style="list-style-type: none"> <li>Group Competition* Ball</li> </ul>
<b>Year 11-13 Group</b>	Year 11-13 students with little or no gymnastic knowledge and skill**	<ul style="list-style-type: none"> <li>Group Competition* Ribbon</li> </ul>
<b>Open C</b> NB If numbers permit this level will be divided into Year 9-10 and Year 11-13	Year 9-13 students with little or no gymnastic knowledge and skill**	<ul style="list-style-type: none"> <li>Individual competition - Choice of <b>two</b> apparatus from Rope, Hoop and Ball</li> </ul>
<b>Club C</b>	Present or past club members competing in GymSports NZ Levels 1-3 or Special Olympics	<ul style="list-style-type: none"> <li>Individual competition - Choice of <b>two</b> apparatus from Rope, Hoop and Ball</li> </ul>
<b>Club B</b>	Present or past club members competing in GymSports NZ Levels 4-6	<ul style="list-style-type: none"> <li>Individual competition - Choice of any <b>two</b> apparatus (excluding Freehand)</li> </ul>
<b>Club A</b>	Present or past club members competing in GymSports NZ Levels 7-9	<ul style="list-style-type: none"> <li>Individual competition - Choice of any <b>three</b> apparatus (excluding Freehand)</li> </ul>
<b>International</b>	Present or past club gymnasts competing in GymSports NZ Level 10, Stages or International	<ul style="list-style-type: none"> <li>Individual competition - Choice of any <b>three</b> apparatus (excluding Freehand)</li> </ul>

### Group Competition

- 4-6 gymnasts performing as a group. A team of 3 is not permitted.
- In Group Categories a maximum of 1 Club athlete for a group of 4 or 2 Club athletes for a group of 5-6 is permitted.

\*\*Little or no gymnastic knowledge and skill i.e. Not currently or previously enrolled in Rhythmic Gymnastics at a club in the past 3 years.

\*\*\*Open C - athletes with disabilities not currently or previously enrolled in Rhythmic Gymnastics at a club in the past 3 years wanting to compete can choose to use the Open C routine requirements outlined in this document or those described in the Special Olympics Rules under the Gymnastics, Rhythmic section. <http://www.specialolympics.org/sports.aspx> Please indicate which rules you will be following when registering for the competition.

For all GymSports NZ requirements please refer to the 2018 Rhythmic Handbook on the GymSports NZ website.

## WOMEN'S ARTISTIC GYMNASTICS

<b>WOMEN'S ARTISTIC GYMNASTICS</b>			
<b>Levels</b>	<b>Description</b>	<b>Categories</b>	<b>Uniform requirements</b>
<b>Senior International</b>	Current Senior International	Team and Individual	Leotard
<b>Junior International</b>	Current Junior International	Team and Individual	Leotard
<b>Sub Junior International</b>	Current Sub-Junior International	Team and Individual	Leotard
<b>WAG STEP 10</b>	Current Step 10 gymnasts and retired international gymnasts * see retirement requirements	Team and Individual Competition	Leotard
<b>STEP 9</b>	Current STEP 9 and; retired STEP 9, 10 and International gymnasts *see retirement requirements	Team and Individual Competition	Leotard
<b>STEP 8</b>	Current STEP 8 and; retired STEP 8, 9, 10 and International gymnasts *see retirement requirements	Team and Individual Competition	Leotard
<b>STEP 7</b>	Current STEP 7 and retired STEP 7, 8, 9 and 10 gymnasts see seasons retired requirements	Team and Individual Competition	Leotard
<b>STEP 6</b>	Current STEP 6 and; retired STEP 6, 7 and 8 gymnasts see seasons retired requirements	Team and Individual Competition.	Leotard
<b>STEP 5</b>	Current STEP 5 and; retired STEP 5, 6 and 7 gymnasts see seasons retired requirements	Team and Individual Competition.	Leotard
<b>STEP 4</b>	Current STEP 4 and retired STEP 4, 5 and 6 gymnasts see seasons retired requirements	Team and Individual Competition.	Leotard
<b>LEVEL 3 Novice*</b>	For students and beginners with some gymnastics knowledge (Recreational) Retired STEP 1-3 gymnasts Retired STEP 4 Gymnasts (more than 2 seasons)	Team and Individual Competition. Requirements for Vault, Bars, Beam and Floor detailed in this manual.	Leotard and/or Bike Pants
<b>LEVEL 2 Novice*</b>	For students (recreational gymnastics, novice, dance) No retired competitive gymnasts	Team and Individual Competition. Requirements for Vault, Bars, Beam and Floor detailed in this manual.	Leotard and/or Bike Pants
<b>LEVEL 1 Novice*</b>	For students and beginners learning gymnastics at a school level. No retired competitive gymnasts	Team and Individual Competition. Requirements for Vault, Bars, Beam and Floor detailed in this manual.	Leotard and/or Bike Pants



## MEN'S ARTISTIC GYMNASTICS

MEN'S ARTISTIC GYMNASTICS			
Division	Eligibility	Category	Requirements
<b>A Grade</b>	Club gymnasts in senior levels with GymSports New Zealand – Level 7, 8, 9, U18 & Senior International	Individual Team	Challenge 8 Optional requirements (Six apparatus) No compulsory routines  *
<b>B Grade – Open</b>	Any current competitive gymnasts Level 6 and under.	Individual Team	Challenge 6 <b>Optional requirements</b> - 6 skills as per the Code of Points.  No compulsory routines
<b>B Grade - Restricted</b>	Retired competitive gymnasts (Retired at least 12 months) and advanced students.	Individual Team	Maximum of 4 from any Element Group Requirements (EGR), 3 EGR's to be met. (A dismount if they choose to perform one.) (Floor, Rings, Vault, Parallel Bars, High Bar). <b>No Pommels</b> . Please refer to the Code of Points for Element Groups. Please note: there is no compulsory vault. Please choose a vault from the MAG Manual or FIG Code of Points. Bonuses will be applied as per vault Level 7 requirements in the MAG Manual.  *
<b>C Grade</b>	Novice gymnasts and students	Individual Team	Four routines – floor and vault compulsory, chose two others as set out in this manual.
<b>D Grade</b>	<b>Novice gymnasts and students</b>	Individual Team	Four routines – floor and vault compulsory, chose two others as set out in this manual.

**TEAM PERFORMANCE**

<b>TEAM PERFORMANCE</b>		
<b>Levels</b>	<b>Description</b>	<b>Uniform requirements</b>
<p>OPEN Division</p> <p>Participation for non-gymnasts, current gymnasts in Men's Artistic and other performance Groups /Dance Troup/Aerobics etc.</p>	<p>OPEN Team Performance Competition - a minimum of no less than six active participants from the same school.</p>	<p>Immodest Costumes are not allowed</p>