



NZ SECONDARY SCHOOLS GYMNASTIC SPORTS CUP

GENERAL MANUAL 2021

This endorsed by Gymnastics NZ and School Sport NZ
and hosted by Tristar Gymnastics Club, Auckland



There is a two-tiered structure for New Zealand Secondary School Gymnastics Events

Tier 1: NZSS Gymnastic Championship Events

Competitive gymnastics pathway athletes compete for NZSS Championships alongside selected Gymnastics NZ Endorsed Qualifying events.

- Spotlight on NZ's top gymnasts/athletes in individual performances.
- Divisions that are eligible to attend national championships.

Tier 2: NZSS Gymnastic Sports Event

Gymnastic Multi-Code Event that caters for:

- For novice school-based participants, recreational club participants, retired athletes, and competitive athletes.
- Competitive athletes may compete at the event but in a different gymnastic sport than their competitive sport.
- Includes teams and group performances.

This manual provides general information for the 2021 New Zealand Secondary School (NZSS) Tier 2 – Gymnastic Sports Cup event. This event offers the following;

- Aerobic Gymnastics
- Trampoline
- Double Mini-Trampoline
- Tumbling
- Women's Artistic Gymnastics
- Men's Artistic Gymnastics
- Rhythmic Gymnastics
- Group Performances

All manuals with technical requirements for each gymnastic sport are available on the Gymnastics NZ website found [HERE](#).

The Tier 2 Gymnastic Sports Cup is:

- one event that offers a range of gymnastics codes for novice, recreational club participants, retired and some opportunities for current competitive gymnasts/athletes.
- a participatory event where participants do not need to qualify to enter.
- organised and delivered by Gymnastics NZ member clubs.
- sanctioned by School Sport NZ.
- endorsed by Gymnastics NZ.

The event organiser will provide more detailed information on the event in the following documents, on the School Sport NZ [HERE](#) and Gymnastics NZ [HERE](#) websites.

- Event Information Flyer
- Event entry form
- Health and Safety Assessment

The 2021 Gymnastics Cup details are;

21-22 August, 2021	NZSS Tier 2: Gymnastic Sports Cup Event Location: Tri Star Gymnastics Club, Mt Roskill, AUCKLAND	Hosted by Tri Star Gymnastics Club 55 Arundel Street, Mt Roskill, AUCKLAND 1041. 09-626-4354 (office) Contact: Leanne Olsen, Events Manager Leanne.olsen@tristar.org.nz
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1. DIVISIONS AND CATAGORIES

Teachers and coaches are encouraged to place students in the division that best meets their current abilities. Information on the technical requirements for each division can be found in the Manuals for each gymnastics sport.

Note: No competitive athletes who have competed in the current year may compete in the gymnastic sport they are a competitive gymnasts or athlete in. The exception is in Rhythmic group where a limit is placed on the number of competitive Rhythmic gymnasts than can compete in each group. Current competitive athletes or gymnasts may compete in another gymnastic code.

	GRADE 1	GRADE 2	GRADE 3	OPEN GRADE
	Recommended for students and beginners learning gymnastics.	Recommended for students in recreational club gymnastics.	Recommended for participants in advanced recreational club gymnastics, past elementary, junior level gymnasts/athletes.	Recommended for participants in advanced recreational club gymnastics, past junior and senior level gymnasts/athletes.
	See specific division recommendations for each Gymnastic Sport in the respective manuals.			
Aerobics (AER)	AER Grade 1 Individual Male Individual Female Pair, Trio, Team Medal's 1 st – 3 rd	AER Grade 2 Individual Male Individual Female Pair, Trio, Team Medal's 1 st – 3 rd	AER Grade 3 Individual Male Individual Female Pair, Trio, Team Medal's 1 st – 3 rd	AER Open Grade Individual Male Individual Female Pair, Trio, Team Medal's 1 st – 3 rd
Rhythmic Gymnastics (RG)	RG Grade 1 Individual Athletes with Disabilities Medal's 1 st – 3 rd	RG Grade 2 Individual Athletes with Disabilities Medal's 1 st – 3 rd	RG Grade 3 Individual Athletes with Disabilities Medal's 1 st – 3 rd	RG Open Grade Individual Medal's 1 st – 3 rd
Trampoline (TRA)	TRA Grade 1 Individual Male Individual Female Medal's 1 st – 3 rd	TRA Grade 2 Individual Male Individual Female Medal's 1 st – 3 rd	TRA Grade 3 Individual Male Individual Female Medal's 1 st – 3 rd	TRA Open Grade Individual Male Individual Female Medal's 1 st – 3 rd

Double Mini Trampoline (DMT)	DMT Grade 1 Individual Male Individual Female Medal's 1 st – 3 rd	DMT Grade 2 Individual Male Individual Female Medal's 1 st – 3 rd	DMT Grade 3 Individual Male Individual Female Medal's 1 st – 3 rd	DMT Open Grade Individual Male Individual Female Medal's 1 st – 3 rd
Tumbling (TUM)	TUM Grade 1 Individual Male Individual Female Medal's 1 st – 3 rd	TUM Grade 2 Individual Male Individual Female Medal's 1 st – 3 rd	TUM Grade 3 Individual Male Individual Female Medal's 1 st – 3 rd	TUM Open Grade Individual Male Individual Female Medal's 1 st – 3 rd
Women's Artistic Gymnastics (WAG)	WAG Grade 1 Individual Apparatus - Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd	WAG Grade 2 Individual Apparatus - Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd	WAG Grade 3 Individual Apparatus - Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd	WAG Open Grade Individual Apparatus - Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd
Men's Artistic Gymnastics (MAG)	MAG Grade 1 Individual Apparatus - Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd	MAG Grade 2 Individual Apparatus - Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd	MAG Grade 3 Individual Apparatus - Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd	MAG Grade 3 Individual Apparatus – Certificate's 1 st – 3 rd Individual All-Around Medal's 1 st – 3 rd
Team Performance				Team Performance Medals 1 st – 3 rd
Rhythmic Group				Rhythmic Group Medals 1 st – 3 rd
Aerodance				Aerodance (Aeroschools) Medals 1 st – 3 rd

2. GENERAL POLICIES

The event is smoke, drug and alcohol free.

3. ELIGIBILITY

To compete in this event students must be:

- Enrolled full time at school of representation.
- In year 9 or above. Secondary School Gymnastics events are not open to year 7 and 8 students who attend a full high school.
- Under 19 years on 1 January in the year of competition

Home School Students - It is at the discretion of the event organiser (host club) to allow home school students to participate in this event. School Sport NZ rules regarding home school students are as follows:

- Home-schooled students that provide current evidence of MoE approval for home schooling may participate in a School Sport NZ sanctioned event.
- Home-schooled students are not eligible for medal placings however organisers may recognise a merit performance with a separate award/s.
- The parent of the home-schooled student must sign off a document with the event organiser accepting full responsibility for their student including the event health and safety plans.

Please see the School Sports NZ website/Event Manual [HERE](#) for further information on eligibility including school transfer students and transgender students.

Note:

Year 7 and 8 students who attend a full Secondary School (year 7-13) will not be permitted to compete at the NZSS Gymnastic Sports Cup Event. The NZ AIMS Games offers a national gymnastics competition for year 7 and 8 students.

Group performance, Rhythmic group, Aerodance and Aerobic pair, trios and teams must consist of the required number of gymnasts from the same school. There are no composite school teams.

4. ENTRIES

Entry forms can be found at School Sport NZ [HERE](#) and Gymnastics NZ [HERE](#) , at least 6 weeks prior to the event.

Entries will only be accepted from secondary schools. It is the responsibility of the secondary school to ensure that the competitors comply with the School Sport NZ eligibility guidelines.

If the total number of entries exceeds the maximum number that can be accommodated, the event organiser reserves the right to restrict the number of entries that will be accepted.

5. 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 **14 September 2021** at the latest. Refunds will not be processed after this date.

6. ACCREDITATION

Accreditation passes allow free entry into the venue.

All event participants, coaches and support staff will receive an accreditation pass based on their registration.

Only participants competing in the current session, their coaches will be allowed into the competition area. All other participants are to remain in the spectator area supporting their team.

The registered staff will be accredited and allowed onto the competition floor in addition to the participants and coaches.

School staff accreditation - A maximum of one staff member per code, 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.

7. CONSENT

Entries to the NZSS competitions must have approval from the school principal of the school for which the students entering attends.

A consent form will be available with the entry form. Please see the Event Information Flyer for more information on the consent form.

The criteria that schools apply to provide consent to enter includes:

- A satisfactory attendance and behaviour record at the school.
- Authentication of eligibility including a student's birth date. Organising committees may require validation by birth certificate or passport.

The final decision for entry will be at the Principal's discretion.

8. MEDIA & BROADCASTING

Gymnastics NZ and the event organisers reserve the right to record or photograph the NZSS events and participants for general resource or promotional use on social media or other platforms.

Gymnastics NZ has adopted the Charter on the Broadcast and Sponsorship of Secondary School Sport. Each NZSS Gymnastics event may be recorded, and highlights shown on demand, free on Sky Sport Next.

In accordance with the Charter, only students aged 15 years and older will be broadcast. The Charter is available on the [NZSC website](#).

It is the responsibility of the entering student's school to acquire appropriate parental/guardian consent for such broadcasts in accordance with school policies. **The consent process will give schools the opportunity to decline students being filmed or photographed.**

9. ENTRY FEES

The entry fees for the event will be advertised in the event information flyer.

10. HEALTH AND SAFETY

The event organiser is required to ensure all reasonable and practicable measures are taken to ensure the safety of event participants, officials, and spectators.

Health and Safety Plan and Risk Management Assessment (RAMS) is required for NZSS events can be found on the School Sport NZ [HERE](#) and Gymnastics NZ [HERE](#) websites, at least 6 weeks prior to the event.

11. AWARDS & MEDALS

Awards for each division are outlined in the division and category table.

Medals will be awarded to the first three individual all-around placings in each division.

12. ATTIRE

All participants are required to wear attire that is suitable for the gymnastic sport and grade they are competing in. This includes singlets/bike short/tights or a school PE uniform. Leotards are not required; however loose-fitting clothing should not be worn. Long or shorts tights may be worn over leotards.

Individuals – It is not a requirement to wear a school uniform or colours when competing as an individual, however participants are encouraged to wear a uniform or a colour that identifies them as part of a school.

Pair, Trio, Team and group competitions - Each member of the team is required to wear clothing that identify them as a group i.e., the same uniform, or colour.

In addition, the following attire rules are to be followed.

- No inappropriate attire is to be worn where private body parts including nipples, glutei and more than 5 centimetres of mid-riff are exposed.
- Undergarments must not be visible.
- Adequate support must be worn.
- Props or loose items including but not limited to gloves, scarves, belts, hats, exercise accessories etc. are prohibited.
- The application of sequins, rhinestones and other adornments must be minimal.
- No jewellery may be worn.
- Long hair should be securely tied up to ensure it does not create a safety hazard.
- Hair paint or glitter, or inappropriate hair adornments or accessories must not be worn in individual performances.
- Body oils, body paint or body glitter of any kind are prohibited.
- Make-up must be minimal.
- Dirty or damaged attire is not acceptable.
- Shoelaces must be properly tied, and shoes must be clean.

Competition numbers are not required to be worn.

Aerobic gymnasts are required to wear athletic shoes but are not required to wear white shoes as required in competitive Aerobics.

Trampoline and Double Mini Trampoline athletes are required to wear white socks when on the trampoline.

The competition organiser, control or panel judge will ask any attire rules to be complied with and may apply a routine deduction if detected during the performance.

Group performances – the use of makeup, face and hair paint or glitter may be used in group performances as part of a theme. This may include costumes, but they must not be a hazard when performing skills in the routines.

13. MUSIC

Please refer to each specific gymnastic sport manuals for any specific music requirements. Some gymnastic sports may 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 as follows;

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 Aeroschools levels - do not need to bring a music CD, but they MUST advise of their music track at time of registration.

14. COACHES

The minimum number of coaches required to be on the competition floor is one per code.

It is the responsibility of each school to ensure the coaches on the competition floor have the relevant coach qualifications or safety training to safely support the athletes/gymnasts they are with.

15. JUDGES

A Control Judge is appointed by the event organiser and Gymnastics NZ, and the remaining judges appointed by the Control Judge.

In the interests of the athletes and judges each session shall be timetabled for a maximum of three hours' duration.

16. DISPUTES

Any complaint arising from a NZSS Gymnastics event should in the first instance be directed to the event manager.

If the dispute cannot be resolved with the event manager, then the issue can be brought to the attention of the Gymnastics NZ Events Manager events@gymnasticsnz.com