



# NZ SECONDARY SCHOOLS GYMNASTIC SPORTS CUP

## Summary

# 2023

## **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 Cup Programme and Events**

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.

## **DIVISIONS AND CATEGORIES**

- Teachers and coaches are encouraged to place students in the division that best meets their current abilities.
- Competitive athletes competing in their competitive code follow the Gymnastics NZ competitive programmes.
- Technical requirements for Gymnastics Cup divisions can be found in the Cup Manuals for each gymnastics sport.
- No competitive athletes who have competed in the current year may compete in the gymnastic sport they are a competitive gymnast or athlete in. The exception is in Rhythmic group where a limit is placed on the number of competitive Rhythmic gymnasts that can compete in each group.
- Current competitive athletes or gymnasts may compete in another gymnastic code that they are not a competitive athlete in.

Gymnastics Sports Cup Divisions - The following categories in each division are recommended for Regional NZSS Events.

	<b>GRADE 1</b>	<b>GRADE 2</b>	<b>GRADE 3</b>	<b>OPEN GRADE</b>
	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 Gymnastics Cup manuals.			
<b>Aerobics (AER)</b>	<b>AER Grade 1</b> Individual Male Individual Female Pair, Trio, Team	<b>AER Grade 2</b> Individual Male Individual Female Pair, Trio, Team	<b>AER Grade 3</b> Individual Male Individual Female Pair, Trio, Team	<b>AER Open Grade</b> Individual Male Individual Female Pair, Trio, Team
<b>Rhythmic Gymnastics (RG)</b>	<b>RG Grade 1</b> Individual Athletes with Disabilities	<b>RG Grade 2</b> Individual Athletes with Disabilities	<b>RG Grade 3</b> Individual Athletes with Disabilities	<b>RG Open Grade</b> Individual
<b>Trampoline (TRA)</b>	<b>TRA Grade 1</b> Individual Male Individual Female	<b>TRA Grade 2</b> Individual Male Individual Female	<b>TRA Grade 3</b> Individual Male Individual Female	<b>TRA Open Grade</b> Individual Male Individual Female
<b>Double Mini Trampoline (DMT)</b>	<b>DMT Grade 1</b> Individual Male Individual Female	<b>DMT Grade 2</b> Individual Male Individual Female	<b>DMT Grade 3</b> Individual Male Individual Female	<b>DMT Open Grade</b> Individual Male Individual Female
<b>Tumbling (TUM)</b>	<b>TUM Grade 1</b> Individual Male Individual Female	<b>TUM Grade 2</b> Individual Male Individual Female	<b>TUM Grade 3</b> Individual Male Individual Female	<b>TUM Open Grade</b> Individual Male Individual Female
<b>Women's Artistic Gymnastics (WAG)</b>	<b>WAG Grade 1</b> Individual Apparatus Individual All-Around	<b>WAG Grade 2</b> Individual Apparatus Individual All-Around	<b>WAG Grade 3</b> Individual Apparatus Individual All-Around	<b>WAG Open Grade</b> Individual Apparatus Individual All-Around
<b>Men's Artistic Gymnastics (MAG)</b>	<b>MAG Grade 1</b> Individual Apparatus Individual All-Around	<b>MAG Grade 2</b> Individual Apparatus Individual All-Around	<b>MAG Grade 3</b> Individual Apparatus Individual All-Around	<b>MAG Open Grade</b> Individual Apparatus Individual All-Around
<b>Team Performance</b>				<b>Team Performance</b>

