

# 2025 Rhythmic Gymnastics Whānau Guide

A guide to the national  
competitive programme.



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## Introduction

This Whānau Guide the competitive rhythmic gymnastics levels and grades offered throughout New Zealand. Rhythmic is defined as a form of gymnastics emphasizing dance-like rhythmic routines, accentuated by the use of clubs, balls, ribbons, or hoops.

## Gymnastics New Zealand

As an International Gymnastics Federation member, Gymnastics NZ is the national governing body for gymnastics in New Zealand. We look after the sport across all codes from grassroots, through to high-performance athletes.

Our codes include both men's and women's artistic gymnastics, rhythmic, aerobics, trampoline, and GNZ parkour, and work with technical committees to outline the New Zealand rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, through relationship managers, education, international tours, and head office.

Clubs are required to be a member of Gymnastics NZ to compete in the national competitive programmes.

## Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

### Our Vision – To be New Zealand's First Choice Sport.

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

### Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

### Our Values

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.



## Our Strategic Priorities



These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand's first choice sport.

[You can find the full strategic plan on our website.](#)



## Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

Those involved in the delivery of gymnastics including coaches, judges, administrators and committee/board members should be familiar with the [Gymnastics NZ Safeguarding and Child Protection Policy](#) and abide by the expectations and processes outlined within it.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your Club Safeguarding Lead, the Event Manager (if you are at an event), or by completing a Safe Sport form on the [Gymnastics NZ website](#). Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy.

## Gymnastics NZ Code of Behaviour

The [Gymnastics NZ Code of Behaviour](#) applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics NZ or an affiliated club or organisation.

### **1. Respect the rights, dignity and worth of every individual athlete as a human being.**

Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.

### **2. Protect athletes from all forms of abuse.**

Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safeguarding and Child Protection Policy.

### **3. Provide a safe environment for training and competition.**

Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required. Provide a modified training programme where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.

### **4. Make a commitment to providing a quality service for all athletes.**

Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.

### **5. Maintain a high standard of integrity.**

Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.

### **6. Be a positive role model for the sport and athletes and act in a way that projects a positive image.**

All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.

### **7. Professional responsibilities.**

Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

# Competition Attire

## Gymnastics NZ Regulations – All Codes

- Gymnasts may choose to wear gymnastics shorts or leggings over their leotard.
- Hair can be worn in any style, provided it is securely fastened.
- Bandages, strapping and braces – where available these should be skin-coloured or beige, white or black.
- There are no deductions given for underwear showing during a routine.

## Rhythmic Gymnastics Competition Attire Regulations

### International Representative Athletes

Please note that FIG competition attire regulations may differ and will apply to all gymnasts when competing at selection events for, and when representing New Zealand at FIG competitions. These regulations can be found in the [RG Code of Points](#). Athletes competing overseas at non-FIG competitions should check the rules of the event before travelling.

### Athletes At Domestic Competitions

The following regulations apply to all competitive gymnasts at domestic competitions in New Zealand.

- Gymnasts must wear a 1-piece leotard or unitard. Leotard/unitard must be in non-transparent material. Parts in lace (from the trunk to the chest) must be lined. For the pelvic/crotch area and the buttocks up to the upper point of the hip bone on the front (with or without a skirt):
  - This should be covered with non-transparent, non-skin-coloured material.
  - A **small** transparent/skin colour area for connection/decoration is tolerated at the sides, if the following is respected:
  - A solid, coloured connection between the front and the back of the leotard is required.
  - The connection may be from fabric or applications but must give the impression of a whole material (not separate pieces).
  - The connection must appear at the hip bones or lower.
  - The technical committee recommends that the whole pelvic/crotch area is covered with non-transparent and non-skin coloured material.
- The style of neckline of the front and back of the leotard is at the athlete's discretion.
- Leotards may be with or without sleeves; leotards with narrow straps also allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
- The leotard must be fitted to enable the judges to evaluate the correct position of every part of the body, this also includes fitted sleeves.
- The leotard must be all in one piece and with no additional socks, gloves, leg warmers, belts etc. with the exception of toe shoes.
- For gymnasts wearing leggings or a unitard, the length and colours(s) must be identical on both legs, only the style (cut or decorations) may be different.
- Gymnasts may wear a skirt provided that it does not fall further than the pelvic area over the leotard, tights, or the unitard.
- The style of the skirt (cut or decorations) is free, but the look of a ballet "tutu" not permitted.
- Gymnasts may perform their exercises with bare feet or toe shoes.

### Decorative Appliques or Details on the Leotard

Decorative details should not jeopardize the safety of the gymnast. It is not allowed to decorate leotard with light-emitting diodes (LED).

**Other**

- For safety, loose jewellery (bracelets or necklaces) must not be worn, but small stud-type earrings are permitted.
- Make-up is not required but can be worn if wished.

**New Zealand Gymnastics Championships**

- For the New Zealand Gymnastics Championship, gymnasts must wear track suits, including track pants or leggings (provincial colours or black), for march on and prize-givings.
- International athletes may march on in their leotard for finals.

**Deductions**

- Violation of these rules may result in a penalty of 0.3 points applied by the control judge, which will be deducted from the total score of any of routine in which the violation occurs.
- Before a deduction is applied, judges will speak with the athlete and give them the opportunity to resolve the violation.



# New Zealand Competitive Pathways

There are three competitive pathways to cater for the diverse needs and aspirations of our rhythmic gymnasts. There is a clear drive from Sport NZ and Gymnastics NZ that sport should cater to participants in ways that work for them and recognise that the way participants engage in sport may change over time in relation to their achievement level, abilities, commitment and mindset. The three competitive pathways have aligned Levels and requirements but likely different levels of commitment, abilities and mindsets of the athletes.

All pathways can be offered at the same endorsed events in order to keep similar age athletes participating in the same events together. E.g. Level 1-4 and Grade 1-2 group (from all pathways) are offered at junior competitions. Level 5+ and Grade 3+ (from all pathways) are offered at senior competitions.

Social levels 5-7 may be offered at junior competitions if the minimum judging panel requirements are fulfilled.

## Social Competitive

This pathway is designed to be the starting place for most beginner competitive gymnasts - whether that is a 5 year old moving from a recreation programme into a competitive programme or whether that is a 13 year old just starting out in RG with a background in dance or artistic gymnastics or soccer for example.

Gymnasts may transition into one of the other pathways or may continue in the Social Competitive pathway throughout their time in RG. Gymnasts may also transition into Social Competitive from one of the other pathways.

Level 1-2 social competitions are all unranked, with the focus being on gymnasts performing for judges and an audience and receiving feedback on the quality of their own performance without being compared to other participants. **For 2025 only level 2 will be evaluated and ranked while we transition to the new programme.**

Level 3-10 social competitions are all ranked, with gymnasts now having the opportunity to compete against participants to win medals.

The social competitive levels do not have a pass mark. Gymnasts may move up at the end of the season to the next level regardless of level of achievement. Social competitive is offered at Gymnastics NZ endorsed events (and may be offered by clubs at non-endorsed events) but is not offered at NZ Nationals.

Social Competitive gymnasts have the ability to participate in National Competitive groups in order to aim to participate in NZ Nationals.

## Benefits of Social Competitive

- Greater opportunity for competitive success for those gymnasts who may not experience that in the National Competitive or Performance pathways.
- No requirement for a set level of achievement in order to progress - an appropriate environment for those gymnasts who may be more limited
- Fewer routines required and therefore fewer training hours recommended (as per GYMNASTICS NZ Training Guidelines)

- Flexibility for gymnasts to have all the same routines as the National pathway gymnasts - they just choose which to compete at each competition
- Flexibility for gymnasts to still work towards the goal of representing their region at NZ Nationals - through the group programme

## National Competitive

This pathway is designed for those gymnasts who have more ability in RG and are ready to take their gymnastics a bit more seriously. All grades are ranked so it suits those with a competitive mindset. Entry into this stream requires gymnasts to be turning minimum 7 years old in the year of competition.

Gymnasts may transition into one of the other pathways or may continue in the National Competitive pathway throughout their time in RG. Gymnasts may also transition into National Competitive from one of the other pathways.

The national competitive levels have set pass marks which gymnasts are required to achieve at competition in order to be eligible to progress to the next level. Progressing without achieving the pass mark or remaining in the same grade despite achieving the pass mark may be approved by the RG TC via a regrade application.

National competitive levels 5-10 are offered at the NZ Gymnastics Championships.

Level 10 national may qualify for Nationals as apparatus specialists in one, two or three apparatus. There will be apparatus scores set alongside the all-around Nationals qualification scores that need to be achieved for each apparatus.

### Benefits of National Competitive

- More rigorous and challenging competition for those gymnasts who have a competitive mindset
- Requirement for a set level of achievement in order to progress - setting accountability for gymnasts for their performance
- More routines required than for Social Competitive and therefore more training hours recommended
- Ability for gymnasts to begin aiming for more significant events such as Nationals and Gymnastics NZ participation tours

## Performance

This pathway is designed for those gymnasts who have the potential ability and mindset to progress towards senior international. All grades are ranked so it suits those with a competitive mindset. Entry into this stream requires gymnasts to be turning minimum 9 years old in the year of competition. This is in line with Gymnastics NZ rules around the minimum age for Nationals and reflects a scaffolded approach where you would expect gymnasts entering a Performance pathway to have a very secure base of foundation skills and experiences.

The TC acknowledges that clubs may prefer to identify those gymnasts with potential for the Performance pathway prior to age 9 and clubs may do as they see fit. For example at club level you may have a squad of Level 3 Performance athletes for training purposes. At Gymnastics NZ endorsed events those athletes would participate in Level 3 national or level 3 social.

Gymnasts may transition into one of the other pathways or may continue in the performance pathway throughout their time in RG as long as they remain age eligible. Gymnasts may also transition into the Performance pathway from one of the other pathways.

The performance levels have set pass marks which gymnasts are required to achieve at competition in order to be eligible to progress to the next level. Progressing without achieving the pass mark or remaining in the same grade despite achieving the pass mark may be approved by the RG TC via a regrade application.

All performance levels are offered at the NZ Gymnastics Championships.

### **Benefits of Performance**

- Even more rigorous and challenging competition for those gymnasts who have a competitive mindset and aptitude for international representation
- Age restrictions mean that very young athletes performing at a high level do not compete against much older athletes
- Requirement for a set level of achievement in order to progress - setting accountability for gymnasts for their performance
- More routines required than for national competitive and therefore more training hours recommended
- More routines encourage broader development of these gymnasts in preparation for future high level performance
- Ability for gymnasts to begin aiming for more significant events such as Nationals, Gymnastics NZ participation tours and Gymnastics NZ performance tours

## **Groups**

There are the same three competitive pathways for the group programme – social, national and performance.

For groups 1-5 the group can be composed of 4 or 5 gymnasts per showing. Groups 6 and 7 must be composed of 5 gymnasts per showing

For all groups the group is awarded for the combined total of showing 1 and 2.

## **Progressing Through the Pathway**

### **Starting Point**

It is suggested that every gymnast wanting to compete in the national system starts at level 1; however, gymnasts starting the sport may already have the basic skills to begin at a higher level.

Once a gymnast has competed in a particular level at an endorsed event, they cannot compete in a lower level without applying for dispensation.

The Rhythmic Technical Committee (TC) reserves the right to regrade a gymnast due to extenuating circumstances.

### **Passing a Level**

#### **Social Competitive**

Gymnasts do not need to achieve a score to progress to the next level, they can move up to the next level the following season freely. Once a gymnast has competed Social level 2 they can choose to move into

Social or National level 3. Once a gymnast has competed Social level 4, they can move to Social, National or Performance (if age eligible) level 5.

### **National and Performance Competitive**

The idea of the Levels system is that gymnasts can systematically progress through the levels, starting at 1 and finishing at 10. A gymnast passes a Level when they achieves a certain standard. This can be done by:

- (i) Achieving an all-around total pass mark at a *single* competition; and
- (ii) Having their competition results verified by Gymnastics NZ.

Once a gymnast achieves the pass mark, that gymnast must progress to the next Level in the following year of competition. The only exceptions to this are:

- Gymnasts in **Levels 8–9** may remain in their Level for 2 years regardless of the marks achieved in the first year.
- In extenuating circumstances, the RG TC can request that a gymnast must progress to the next level at the end of the first year **OR**
- A coach can apply to have a gymnast remain in Levels 8–9 for longer than 2 years using an Application for Regrade form.
- **Level 10** gymnasts may stay in Level 10 indefinitely.
- If a gymnast has a significant break from competitive gymnastics, an application can be made to Gymnastics NZ for consideration to recommence competition at an appropriate Level, using an Application for Regrade form.
- If a coach would like a gymnast to remain in a particular Level despite achieving the pass mark or would like a gymnast to skip a Level can apply to Gymnastics NZ to request a gymnast stays in a particular level, using an Application for Regrade form.

If a coach would like to progress a gymnast within a season, when it is considered that a gymnast has achieved the standard to advance to the next level, her competition results must be sent for verification along with a re-grade application.

Gymnasts can pass a level at an endorsed or qualifying event if the minimum judging panel requirements have been met. Gymnasts can only qualify for the New Zealand Gymnastics Championships at a qualifying event.

### **Pass Marks and Ribbon Marks**

Pass marks will be published separately after the first four competition.

### **Level Badges**

Following qualification at a particular level, a gymnast is eligible to purchase the corresponding Levels badge through your club who can purchase from Gymnastics NZ.

## 2025-2028 New Zealand Apparatus Rotations

### Social\* and National

|          |                           |
|----------|---------------------------|
| Level 1  | Free, Hoop                |
| Level 2  | Free, Ball                |
| Level 3  | Free, Rope, Hoop          |
| Level 4  | Free, Rope, Ball          |
| Level 5  | Free, Hoop, Clubs         |
| Level 6  | Free, Ball, Ribbon        |
| Level 7  | Hoop, Ball, Clubs         |
| Level 8  | Hoop, Ball, Clubs, Ribbon |
| Level 9  | Hoop, Ball, Clubs, Ribbon |
| Level 10 | Hoop, Ball, Clubs, Ribbon |

### Performance

|                      |                           |
|----------------------|---------------------------|
| Level 5              | Free, Hoop, Ball, Clubs   |
| Level 6              | Free, Hoop, Ball, Ribbon  |
| Level 7              | Free, Hoop, Ball, Clubs   |
| Level 8              | Hoop, Ball, Clubs, Ribbon |
| Junior International | Hoop, Ball, Clubs, Ribbon |
| Senior International | Hoop, Ball, Clubs, Ribbon |

### Groups

|         |                           |
|---------|---------------------------|
| Grade 1 | Free                      |
| Grade 2 | Same apparatus by choice  |
| Grade 3 | Hoop                      |
| Grade 4 | Ball                      |
| Grade 5 | Mixed apparatus by choice |
| Grade 6 | FIG                       |
| Grade 7 | FIG                       |

\*Social level 3-6 perform freehand plus one apparatus of choice

\*Social level 7 perform two apparatus of choice

\*Social level 8-10 perform three apparatus of choice

### Spare Apparatus

Host clubs for endorsed events may choose to provide spare apparatus on 2 sides of the floor (as per the Code of Points) for levels 8-10, junior international and senior international. For events that do not provide spare apparatus and lower levels at all competitions the gymnast may put out one spare in the place of their choice.



## FIG Apparatus Norms

### Rope

- Hemp or similar suitable material
- Length proportionate to size of gymnast i.e. no specific length requirement
- No handles except for one or two knots at each end
- Ends may be wrapped with a thin non-slip material in a length corresponding to the width of a hand

### Hoop

- Wood or synthetic
- Interior diameter of 80–90cm
- Minimum weight of 300g
- Can be taped in any colour

### Ball

- Rubber or soft plastic, antistatic
- Diameter of 18–20cm
- Minimum weight of 400g
- Any colour

### Clubs

- Wood or synthetic
- Length of 40–50cm
- Diameter of head 3cm max
- Minimum weight of 150g per club
- Can be taped in any colour

### Ribbon

- Satin or similar material
- Width 4–6cm
- Doubled at stick end for a maximum of 1 metre
- Total length minimum of 6m
- Minimum weight of 35g
- Any colour

### Ribbon – stick

- Wood, bamboo, synthetic or fibreglass
- Length of 50–60cm
- Diameter maximum of 1cm at thickest point
- Any colour
- Bottom end may be covered by a thin anti-slip material for a maximum length of 10cm
- Fixture connecting stick to ribbon may be cord, nylon thread or a moveable ring with a swivel that is no longer than 7cm (not counting the ring at the end of the stick)

## New Zealand Apparatus Norms

### Individual

Levels 1–4 – Refer to the 'FIG Apparatus Norms', with the following exceptions:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement.
- Ball minimum diameter of 15cm, no weight requirement

Levels 5–7 – Refer to the 'FIG Apparatus Norms', with the following exceptions:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement.
- Ball proportionate to size of the gymnast (junior ball may be used)
- Clubs proportionate to the size of the gymnast (junior clubs may be used)
- Ribbon length is a minimum of 5m, no weight requirement

Levels 8–10 – Refer to the 'FIG Apparatus Norms', with the following exception:

- Levels 7–9 Ribbon length is a minimum of 5m, no weight requirement.

\*For the hoop to be 'proportionate to size of gymnast', when resting upright on the floor beside the gymnast, the top of the hoop should come to the leg line of the leotard, at minimum.

### Group

Grade 2 Group – Refer to the 'FIG Apparatus Norms', with the following exceptions:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement.
- Ball minimum diameter of 15cm, no weight requirement

Grades 3-5 Group – Refer to the 'FIG Apparatus Norms', except:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement.
- Ribbon length is a minimum of 5m, no weight requirement.

Grade 6 Group – Refer to the 'FIG Apparatus Norms', with the following exception:

- Ribbon length is a minimum of 5m and minimum weight of 30g

Grade 7 Group – Refer to the 'FIG Apparatus Norms'

\*For the hoop to be 'proportionate to size of gymnast', when resting upright on the floor beside the gymnast, the top of the hoop should come to the leg line of the leotard, at minimum.

## Music

### Music Submission

All music for domestic competitions must be submitted in the following format and must be MP3 files. This will match the requirements for music submission for the New Zealand Gymnastics Championships.

- Individuals - First Name, Last Name, Apparatus
- Groups – Group Name, Grade

### Music Norms

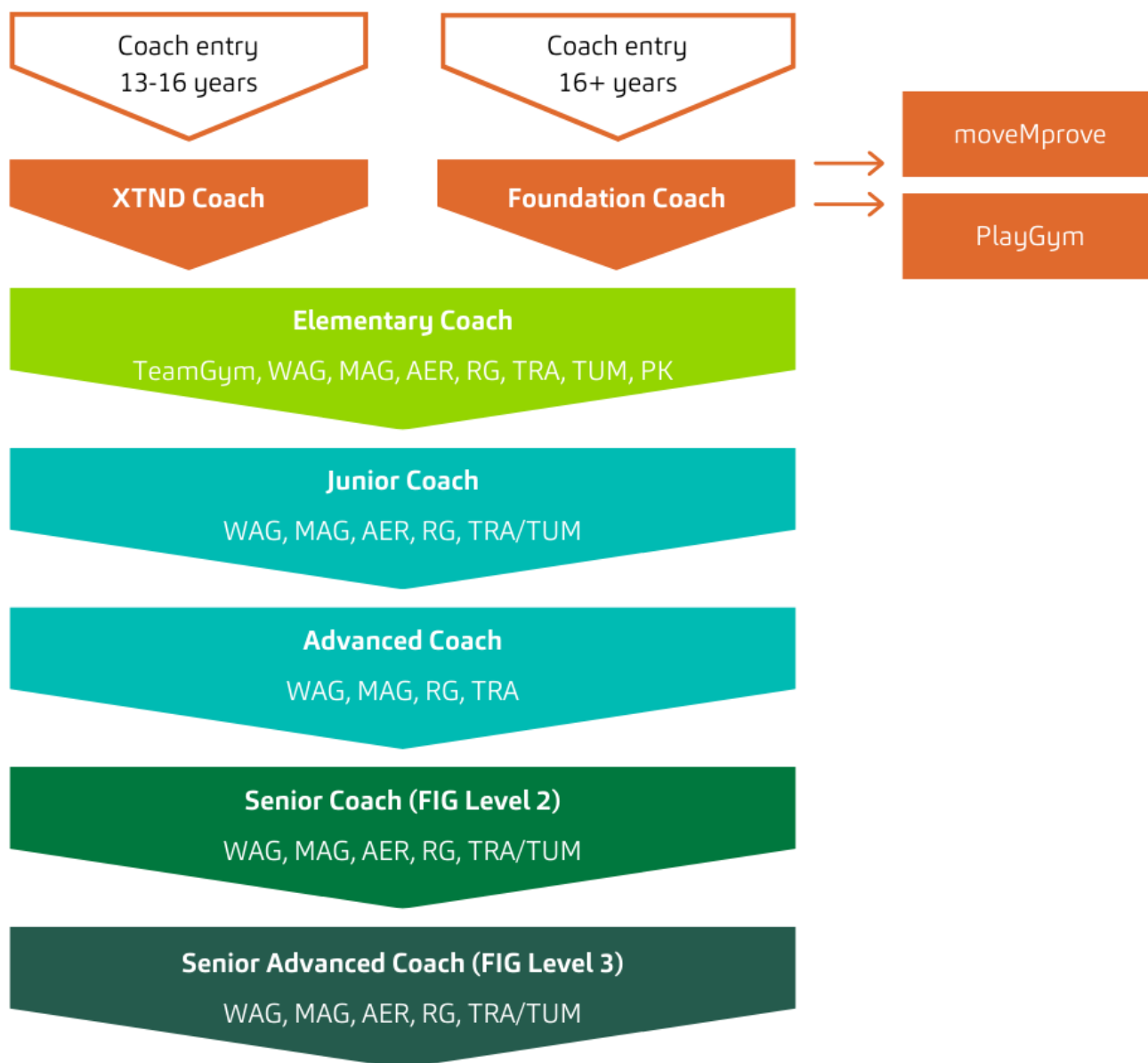
The same rules as stated in the FIG Code of Points apply to all New Zealand grades. Please be careful with selection of music making sure it does not contain any of the following unethical words:

- Dirty/sexual talk
- Swearing
- Violence
- Discrimination
- Drugs, cigarettes and alcohol (while not listed as unethical in the CoP, the RGTC suggest you consider the appropriateness of songs containing this content)

If the music uses a language that you do not understand, please check what the lyrics are before choosing to use it.

## Gymnastics NZ Coach Qualification Pathway

Below is the Gymnastics NZ coaching pathway to show how coaches come into and move through the education system.



Gymnastics New Zealand aims to meet the professional development needs of gymnastics coaches and judges by providing theoretical and practical programmes. Courses are offered throughout the country with some being online. Above is the diagram of this pathway; alongside these courses there are other opportunities to engage in workshops, coach developer opportunities, guest speakers and a bi-annual coach connect conferences. All registrations for these courses are through the member clubs.

## Coach Qualifications

### Coaching Requirements for Endorsed and Qualifying Events

Coaches should have coaching qualifications at the same level that their gymnasts are working. Gymnastics New Zealand has taken a stepped approach to bring coaches up to the required coaching levels over the next three years.

| Athlete Level | Qualification Required – Endorsed and Qualifying Events |
|---------------|---------------------------------------------------------|
|               | <b>2025</b>                                             |
| Elementary    | Elementary Coach*                                       |
| Junior        | Junior Coach                                            |
| Senior        | Advanced Coach                                          |

Note that an \* denotes the following:

- Elementary Coach\* – Elementary Coach in progress (must have completed Elementary Coach Principles)

Required qualifications will be reviewed on an annual basis. Coaches who are not qualified at the required level will need to apply for dispensation.

|            |                                                               |
|------------|---------------------------------------------------------------|
| ??         | Grades                                                        |
| Elementary | Social L1-10, National L 3-4, Grade 1-2 Group                 |
| Junior     | National L5-7, Performance L5-7, Grade 3-4 Group              |
| Senior     | National L8-10, Performance L8/Junior/Senior, Grade 5-7 Group |

### Coaching Requirements for the New Zealand Gymnastics Championships

RG Junior Coach

- Levels 5-7
- Grades 3–4 group

RG Advanced Coach

- Levels 8-10
- Grade 5 Group

RG Senior Coach

- Junior & Senior international
- Grades 6–7 group

Coaches who are not qualified at the required level will need to apply for dispensation.



## 2025 - 2028 Judge Qualifications

| Qualification              | Pre-Requisite                                                                            | What do I learn?                                                                                                          | What can I judge?                                                                                                                            |
|----------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Elementary</b>          | Foundation Judge Course<br>Complete Pre Course<br>Materials                              | Generalities re Line/Time<br>Execution - Individuals<br><br>Intro to DB - Individuals<br>Apparatus Bases<br>Intro to Risk | Line/Time<br>Execution - Individuals<br><br>DB L1-4                                                                                          |
| <b>Junior</b>              | Minimum 1 year at<br>Elementary<br>Completed logbook<br>Signed off by Senior Judge       | Execution - Group<br><br>DB - Review<br>DA - Individuals                                                                  | Execution - Individuals &<br>Group<br>DB L1-6<br>DA - Individuals<br>Line/Time                                                               |
| <b>Junior<br/>Advanced</b> | Minimum 2 years at Junior<br><br>Completed logbook<br><br>Signed off by Senior Judge     | DB - Group<br><br>Artistry - Individuals &<br>Group                                                                       | Execution - Individuals &<br>Group<br>DB L1-9<br><br>DA - Individuals<br>Artistry - Individuals &<br>Group<br>Line/Time                      |
| <b>Senior</b>              | Minimum 2 years at Junior<br>Advanced<br>Completed logbook<br>Signed off by Senior Judge | Generalities re the<br>Responsible Judge<br>DA - Group<br>COP Review                                                      | Execution - Individuals &<br>Group<br>DB - Individuals & Group<br>DA - Individuals & Group<br>Artistry - Individuals &<br>Group<br>Line/Time |
| <b>Senior<br/>Advanced</b> | 4 years at Senior                                                                        | N/A                                                                                                                       | Execution - Individuals &<br>Group<br>DB - Individuals & Group<br>DA - Individuals & Group<br>Artistry - Individuals &<br>Group<br>Line/Time |
| <b>Brevet</b>              | Minimum Senior Advanced<br>Qualification                                                 | COP                                                                                                                       | Execution - Individuals &<br>Group<br>DB - Individuals & Group<br>DA - Individuals & Group<br>Artistry - Individuals &<br>Group<br>Line/Time |

## Minimum Panel Requirements

Minimum 1 judge (minimum elementary qualification) – The RG TC recommends the use of line/time judges at endorsed and qualifying events. The responsible judge should apply these penalties in the absence of a separate line/time judge.

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|--------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>Level 1-4</b>         |                                                                                                               |
| Execution (Elementary+)  | 2 judges (one must be min. Junior qualification)                                                              |
| Difficulty (Elementary+) | 2 judges (one must be min. Junior qualification)<br>OR – 1 Judge (must be min. Junior Advanced qualification) |
| <b>Grade 1-2 Group</b>   |                                                                                                               |
| Execution (Junior+)      | 2 judges (one must be min. Junior Advanced qualification)                                                     |
| Difficulty (Senior+)     | 1 Judge                                                                                                       |

|                                            |                                                           |
|--------------------------------------------|-----------------------------------------------------------|
| <b>Level 5-6</b>                           |                                                           |
| Execution (Elementary+)                    | 2 judges (one must be min. Junior qualification)          |
| Artistry (Junior Advanced+)                | 2 judges (one must be min. Senior qualification)          |
| DA (Junior+)                               | 2 judges (one must be min. Junior Advanced qualification) |
| DB (Junior+)                               | 2 judges (one must be min. Junior Advanced qualification) |
| Senior+ judges can evaluate both DA and DB |                                                           |

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|--------------------------------------------|-----------------------------------------------------------|
| <b>Level 7-9</b>                           |                                                           |
| Execution (Elementary+)                    | 2 judges (one must be min. Junior qualification)          |
| Artistry (Junior Advanced+)                | 2 judges (one must be min. Senior qualification)          |
| DA (Junior+)                               | 2 judges (one must be min. Junior Advanced qualification) |
| DB (Junior Advanced+)                      | 2 judges (one must be min. Senior qualification)          |
| Senior+ judges can evaluate both DA and DB |                                                           |

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|----------------------------------------------------|-----------------------------------------------------------|
| <b>Level 10, Junior &amp; Senior International</b> |                                                           |
| Execution (Elementary+)                            | 2 judges (one must be min. Junior qualification)          |
| Artistry (Junior Advanced+)                        | 2 judges (one must be min. Senior qualification)          |
| DA (Junior+)                                       | 2 judges (one must be min. Junior Advanced qualification) |
| DB (Senior+)                                       | 2 judges                                                  |

|                                                                                                            |                                                           |
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| <b>Grade 3-7 Group</b>                                                                                     |                                                           |
| Execution (Junior+)                                                                                        | 2 judges (one must be min. Junior Advanced qualification) |
| Artistry (Junior Advanced+)                                                                                | 2 judges (one must be min. Senior qualification)          |
| DA (Senior+)                                                                                               | 2 judges                                                  |
| DB (Junior Advanced+)                                                                                      | 2 judges (one must be min. Senior qualification)          |
| Control judges can request approval for a panel of Senior+ judges to evaluate both DA and DB for Grade 3-4 |                                                           |

