

2026 Men's Artistic Gymnastics Whānau Guide

A guide to the national
competitive programme.



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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.](#)

Gymnastics NZ Strategic Plan - Overview

Our Vision

To be New Zealand's
first choice sport.

Our Purpose

To enable POSITIVE gymnastics
experiences for EVERYBODY.

Growth in Participation

Thriving Club Community

Effective Performance
Pathways

Our Foundation Principles

Diversity, Athlete Voice, Participant Wellbeing, Environmental Sustainability, Our commitment to uphold the mana of Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation

Our Values

Manaakitanga (care for others, bring alongside)

Manahau (joyful, positive energy)

Rangatiratanga (action, leadership)

Manawanui (steadfast, committed)



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 New Zealand 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. Safe guarding 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.

NATIONAL PROGRAMME STRUCTURE 2025 - 2028

OVERVIEW

The National Levels Programme is designed to:

- Provide a systematic development pathway for young gymnasts.
- Develop and promote participation at the basic level.
- Provide enjoyable opportunities for as many boys, youths and adults as possible, to participate in gymnastics and to become competitive at a national level or, with a higher level of commitment, to become international class athletes.

The system contains two separate competition streams with a junior compulsory division and a senior optional division. This provides a pathway for development based on an individual's physical ability. The objective is for all gymnasts to attempt to compete within their appropriate age group for as long as possible or to develop into an age group if they start gymnastics at a later age.

The introductory competition programme is Level 1. It provides an entry level to allow a no pressure introduction to gymnastics at the lowest level. The aim at this level is to develop abilities based on the fundamental movement patterns introduced at the introductory gymnastics level, to enable progression to learn basic skills and ultimately routines.

PROGRESSION BETWEEN LEVELS

The skills set down in the programme are the minimum requirements. Whilst the routines are the standard for both the coach and the gymnast in the progression of skill and the levels of competition, in no way should the programme restrain the coach from using their own initiative in the development of supplementary work/skills for the gymnast.

Coaches should ensure that the eligibility of a gymnast for progression from one level to the next is strictly controlled to the extent that a gymnast's ability is commensurate with the level to which he is credited. A gymnast should never be advantaged in competitive gymnastics by the failure of a club to observe the eligibility of such a gymnast for progression in the level of accreditation. Similarly, a gymnast should never be disadvantaged in competitive gymnastics by premature advancement in level accreditation.

Please note: A gymnast can begin at any level which the coach feels they are ready for, but we recommend that gymnasts spend at least one year at each level to master the skills required and be competitive, as they move up the levels.

1. GENERAL INFORMATION

1.1 STARTING POINT

Gymnasts wishing to compete in the National Levels Programme are advised to start at Level 1 depending on their age (refer to table below).

National Levels Stream 2025 - 2028						
Gymnast Level		Requirements		Suggested Ages	Suggested Hours/Week	Suggested Sessions/Week
Senior Int	Club and regional competitions Eligible for the New Zealand Gymnastics Championships Eligible to trial for international levels tours	Open	FIG Senior International rules	18+ years*	24 + hours	6 - 9
Junior Int		Open	FIG Junior International rules	16 - 18 years*	18 - 22 hours	6 - 7
U16**		Open	Under 16 routines	13 - 15 years*	16 - 20 hours	5 - 6
Level 9		Open	Optional routines	16+ years	16 - 20 hours	4 - 5
Level 8		Open	Optional routines	14+ years	14 - 18 hours	4 - 5
Level 7		Open	Optional routines	13+ years	12 - 16 hours	3 - 4
Level 6	Club and regional competitions Eligible for the New Zealand Gymnastics Championships	Open	Compulsory routines	12+ years	12 - 16 hours	3 - 4
Level 5		Open	Compulsory routines	11+ years	9 - 14 hours	3 - 4
Level 4		Open	Compulsory routines	10+ years	9 - 12 hours	
Level 3	Club and regional competitions	Open	Compulsory routines	9+ years	5 - 9 hours	2 - 3
Level 2		Open	Compulsory routines	8+ years	5 - 7.5 hours	2 - 3
Level 1		Open	Compulsory routines	7+ years	3 - 5 hours	1 - 2

*Must be turning this age before the 31st December, in the year of competition.

** Not offered in 2026

1.2 PROGRESSION THROUGH THE LEVELS PROGRAMME

A gymnast qualifies at a particular level, that is, becomes eligible to progress to the next level by scoring a total of 60.00, made up of one score from each of the six apparatus, at competitions in one calendar year. The 60.00 does not need to be achieved at one single competition.

Please note: This score requirement applies equally for progression within the introductory levels (Level 1 – Level 3) but need not be satisfied if transferring from any of those levels into Level 4, or into Level 7.

Progression to the next level following qualification is not compulsory unless a gymnast achieves the following minimum scores at any endorsed/qualifying event. The scores will be reviewed annually:

Gymnast Level	Compulsory Progression Score
Level 4	64.00
Level 5	64.00
Level 6	64.00

A gymnast may progress through several levels in a season but must compete and qualify at each Level; progression is through one level at a time.

International Grade Athletes

Gymnasts must be approved by the MAG Technical Committee to compete in an International stream (Junior International or Senior International) and will compete under the FIG requirements.

1.3 LEVELS BADGES

Level Badges are available following qualification at each level (60.00). A gymnast is eligible to purchase the corresponding badge through their club, who can purchase them from the Gymnastics New Zealand Portal.

1.4 RE-GRADING

If you are looking to transfer from Junior International or Senior International to levels, return to competition following a hiatus, or are requesting an exemption from progressing, please contact the MAG Technical Committee directly, outlining what you are wanting to apply for, the level of the gymnast now and which level they would like to move from or to.

Transfers from International to National Grades

Gymnasts wishing to transfer from Junior International or Senior International to the levels stream must seek permission from the MAG Technical committee. Gymnasts who are aged 16 - 17 can only enter Level 9, gymnasts 14 - 15 are able to enter at either Level 8 or Level 9. Senior International gymnasts are to enter at Level 9.

Return to Competition Following a Hiatus

For those gymnasts wishing to return to competitive gymnastics after a break from competition of one year or more, they must seek permission from the MAG Technical committee for consideration and determination on a case-by-case basis of the appropriate level of re-entry.

Exemption from Progression

Gymnasts who qualify at a particular level (as per section 1.2), but who do not want to progress up a level must seek permission from the MAG Technical committee.

2. GENERAL COMPETITION REQUIREMENTS

2.1 MEN'S ARTISTIC EVENTS

In international, national and regional competitions, the gymnasts rotate from one event to the next event in Olympic order. The order is:

- Floor
- Pommel Horse (or Mushroom)
- Rings
- Vault
- Parallel Bars
- High Bar

As an alternative to one or six groups, depending on the number of judges and gymnasts, the competition may be conducted with two or three groups rotating around the first two or three apparatus, before rotation commences on the second group of apparatus.

Floor

The exercise should include movements that demonstrate flexibility, strength and balance. Each exercise must combine movements such as somersaults, twists and leaps. The whole of the Floor area should be used, and the routines should have a touch of style and execution.

Pommel Horse (or Mushroom)

The Pommel Horse is a very difficult apparatus to master. The gymnast performs double leg circles, scissors and undercut movements, as well as travelling and using all parts of the Pommel Horse. The exercise should consist of swinging movements without interruption. The Mushroom is used to aid in the development of young gymnasts.

Rings

Rings routines should contain a variety of swinging and strength movements including holds in handstands for the higher levels. The Rings are often noted for spectacular and intricate dismounts.

Vault

Vaulting is noted for the spectacular somersaulting and twisting movements after the gymnast has left the Vault table. The Vault should demonstrate clean movements with height and distance, finishing in a controlled landing.

Parallel Bars

The Parallel Bars consists of swinging and flight elements. The gymnasts must travel along the Parallel Bars, work above and below the Parallel Bars, releasing and re-grasping the Parallel Bars, after performing gymnastic elements.

High Bar

The gymnast must perform clean swinging movements without any stops and not touch the bar with his body. The gymnast is required to demonstrate changes of grip and swinging elements, both forward and backward, plus skills that release and re-grasp the High Bar. Dismounts are an important part of the total routine and are usually spectacular.

2.2 JUDGING PANELS

For the scores from a levels competition to count towards a gymnast's record, for the purposes of progression through the levels and for qualification to New Zealand Gymnastics Championships, the judging panels at the competition must satisfy the following requirements:

Levels 1 - 3

At least one Judge - qualified as an Elementary Judge or higher.

A minimum of one E Score at all competitions.

Levels 4 - 6

At least two Judges - each qualified as a Junior Judge or higher.

Alternatively, an experienced Elementary Judge can be used on the panel only if the second Judge on the panel is a Senior Judge or higher.

A minimum of two E Scores at all competitions.

Levels 7 - 9

At least three Judges - one qualified as a Senior Advanced (D Jury) Judge or higher; two with minimum qualifications of Junior Judge (E Jury).

A minimum of one D Judge at club and regional competitions (two at the New Zealand Gymnastics Championships).

A minimum of two E Scores at club and regional competitions (three at the New Zealand Gymnastics Championships).

Under 16

Panels the same as Levels 7 - 9 (but with one Brevet as the D Jury at the New Zealand Gymnastics Championships).

A minimum of two E Scores at club and regional competitions (three at the New Zealand Gymnastics Championships).

Junior International and Senior International

At least three Judges - one qualified Brevet Judge (two at the New Zealand Gymnastics Championships and at Trial events) and two with minimum qualifications of Senior Judge (E Jury).

A minimum of one D Judge at club and regional competitions (two at the New Zealand Gymnastics Championships).

A minimum of two E Scores at club and regional competitions (three at the New Zealand Gymnastics Championships and at Trial events).

At the New Zealand Gymnastics Championships, a minimum of 5 Judges must be used on each Senior International panel to ensure there are at least two specific D Jury Judges and at least three specific E Jury Judges. The same should be applied to Junior International if possible, subject to Judge availability and session clashes, otherwise the standard panels outlined above will suffice.

Please note: For Senior International club and regional competitions, where possible, 4 or more judges should be used.

2.3 PRIOR APPROVAL OF JUDGING PANELS

The judging panels (except for Levels 1 - 3) must be forwarded for approval to the MAG Judging Advisor and Gymnastics NZ head office, two weeks prior to the competition being held. All events involving Level 4+, whether an endorsed or qualifying competition or not, must meet the minimum requirements set out in section 2.2 of this manual, or risk being cancelled by the Men's Technical Committee (MAG TC). This requirement is to ensure fairness and equality of judging, at all events where there is a competitive component. Confirmation of panels are to be sent to the Judging Advisor and Gymnastics NZ head office no more than two weeks after the competition is completed (noting any changes).

The MAG TC reserves the right to approve all Judges for endorsed & qualifying events, and Nationals. If it is felt the minimum experience is not yet gained by Judges, then the MAG TC will advise the competition organisers to invite more experienced judges.

2.4 TRAVEL EXPENSES OF THE CONTROL JUDGES AND PANEL JUDGES

When judging panels do not meet the minimum requirements set out in section 2.2 of this manual, it is the responsibility of the competition organisers to cover the travel expenses of any Control Judge and/or Panel Judges that must be brought in to fulfil the judging panel requirements.

2.5 JUDGES ATTIRE

All Judges at endorsed and qualifying events must present themselves in a tidy manner. The expectation for men is a shirt and tie with dress trousers. The expectation for women is a blouse with dress trousers or skirt. A light-coloured shirt with dark trousers or a dark skirt is appropriate. No jeans.

Please note: MAG Judges at the New Zealand Gymnastics Championships will need to wear a suit (with a suit jacket or a blazer).

2.6 CONFLICT OF INTEREST

- The parents, guardians or any person who has a direct family relationship to any gymnast competing, shall not officiate as a Judge on a panel where their child or ward is amongst the gymnasts competing. This veto extends to partners in a relationship with a parent of a competing gymnast.
- The parents or guardians or any person who has a direct family relationship to any gymnast competing, shall not be used as a secretary/recorder on a panel where their child or ward is amongst the gymnasts competing.
- Exemption to the rules pertaining to Judges may be sought from the MAG TC.
- Exemption to the rules pertaining to recorders may be sought from the Control Judge of the competition.

2.7 LEVELS CARDS

Gymnasts or their coaches should submit the gymnast's Levels Card to the apparatus judges panel (to the recorder) at the start of the rotation. Levels Cards should be returned after the rotation with each gymnast's scores duly entered.

2.8 TIMETABLING

In the interests of the gymnasts and Judges, each session for a Level shall be timetabled for a maximum of three hours in duration. If entries exceed the number that can be completed within three hours, the competition organisers shall conduct either two rotations or two competitions for that Level.

2.9 ENTRY DECLARATION

Club competition entry forms should include a provision for a declaration, signed by the club official, confirming that the gymnasts are registered members of the club and are eligible to compete in the level in which they are entered.

2.10 REPORTING

Clubs conducting endorsed or qualifying competitions, must forward to Gymnastics NZ a full set of results (including start values for Level 4 and above) and the confirmation of judging panels used, within seven days of the competition completion.

3. RIBBON AWARD SCHEME

3.1 RIBBON AWARD SCHEME INTRODUCTION

The Ribbon Award Scheme is to incentivise performance. Ribbons are awarded at each competition based on individual achievement.

Ribbons will not be awarded at the New Zealand Gymnastics Championships but scores at this competition may be used for the purpose of qualifying at a level or in gaining proficiency.

Please note: These scores are reviewed annually.

3.2 APPLICABLE LEVELS

The Ribbon Award Scheme operates in Levels 1 - Level 6 (inclusive).

3.3 RIBBON AWARDS

When competing in his first competition at any level, a gymnast can be awarded a ribbon of a particular colour, for each of the apparatus routines, depending on the score achieved.

Please note: These scores are reviewed annually.

Ribbon Colour	Level 1 and 2	Level 3 and 4	Level 5 and 6
Gold	11.000 +	11.300 +	11.600 +
Red	10.000 - 10.999	10.000 - 11.299	10.000 - 11.599
Blue	9.000 - 9.999	9.000 - 9.999	9.000 - 9.999
Green	Less than 9.000	Less than 9.000	Less than 9.000

Thereafter, the gymnast will be awarded additional ribbons if his score on an apparatus improves to a higher score group e.g. if at his first competition, at a given level, a gymnast scores 8.000 on an apparatus, he will be awarded a green ribbon. To gain a further ribbon on that same apparatus at a subsequent competition, he must score at least 9.000.

4. COMPETITION STRUCTURE, RULES, AND REQUIREMENTS

4.1 NATIONAL COMPETITION ELIGIBILITY

Each gymnast must be an affiliated member of a club/organisation that is a member of Gymnastics NZ. All coaches should be registered members of a club/organisation that is a member of Gymnastics NZ. All coaches must be accredited at the level of competence applicable to the level of required coaching.

All gymnasts must compete in the Level for which they are currently qualified. Gymnasts must be turning 9 years of age in the year of competition to compete in the New Zealand Gymnastics Championships or to be eligible for selection to any National Team or Development Team (MAG Squad 360).

The age division of the gymnast is determined by their age as of 31st December in the year of the specific competition in question (as seen in the National Levels Stream 2025 – 2028 table - Section 1.1).

Please note: Junior International athletes must not be older than 18 (as in can't be 19 or older) as at 31st December in the year in which the competition they are competing in takes place. U16 gymnasts must not be older than 15 (as in can't be 16 or older) as at the 31st December in the year in which the competition they are competing in takes place. Athletes turning 18 in the year of competition can choose whether to compete in Junior International or Senior International (but can't compete Internationally in both, in one calendar year. Their ability to move up from Junior International to Senior International within New Zealand is subject to the MAG TC approval.

4.2 QUALIFICATION TO ATTEND THE NEW ZEALAND GYMNASTICS CHAMPIONSHIPS

Levels 7 - 9, U16, Junior International and Senior International

With consideration to the strategy for development and retention of gymnasts in Men's Artistic Gymnastics, there is a qualification score set by the MAG TC, to enter in to the New Zealand Gymnastics Championships. This score will be set at the beginning of each year and published in the New Zealand Gymnastics Championships Newsletter.

The 2025 FIG Code of Points and changes thereafter will determine the score criteria.

Gymnast Level	Age	Team Size	Competition	Awards
Level 7	Open	Max 4 per team, 3 scores to count	Optional routines	Team - Day 1 Individual All-Around - Day 1 Apparatus Finals - Day 2
Level 8	Open	Max 4 per team, 3 scores to count	Optional routines	
Level 9	Open	Max 4 per team, 3 scores to count	Optional routines	
Senior International Junior International U16	Refer to Section 1.1	Max 4 per team, 3 scores to count	Optional routines	

Levels 4 - Level 6

Provinces may enter individuals and teams, as well as any additional individuals and/or teams. There is no national qualification standard for eligibility to enter the New Zealand Gymnastics Championships for Junior levels. If the number of entries exceeds the maximum number of gymnasts that can be accommodated in a one day competition, a policy will be put in place which will protect the entitlement of each named region to enter one team of three or four gymnasts in each level, and then allow for them to make an application for additional entries of individuals and/or teams over and above this entitlement.

Gymnast Level	Age	Team Size	Competition	Awards
Level 4	Open	Max 4 per team, 3 scores to count	Compulsory routines	Team - Day 1 Apparatus Finals - Day 1 All-Around - Day 2
Level 5	Open	Max 4 per team, 3 scores to count	Compulsory routines	
Level 6	Open	Max 4 per team, 3 scores to count	Compulsory routines	

4.3 INDIVIDUAL APPARATUS COMPETITORS

Gymnasts may enter to compete in one or more apparatus for Levels 7,8,9, U16, Junior International and Senior International at the New Zealand Gymnastics Championships. They must compete on their designated apparatus in the All-Around event, in order to gain qualification for Apparatus Finals.

4.4 AWARDS

Apparatus Finals Levels 7 - Level 9, U16, Junior International and Senior International

The top eight gymnasts on each apparatus in the All-Around event, qualify for Apparatus Finals, subject to the following criteria:

- Qualification is restricted to a maximum of eight New Zealand gymnasts, plus a maximum of two overseas gymnasts.
- Tie breaking rules for qualification will be applied if either of these maxima are exceeded.
- Two non-competing reserves will be named, who shall be required to prepare to take the place of named finalists in the draw, should there be withdrawals more than 30 minutes prior to the commencement of the competition session. If more than eight gymnasts qualify for the final (combined New Zealand and overseas gymnasts), the reserve cannot take the place of a withdrawn finalist.

The draw for Apparatus Finals will be conducted by the event director in the previous year and printed in the work plan for the New Zealand Gymnastics Championships. If not able to be conducted for any reason, it shall be conducted by Gymnastics NZ.

Please note: For Senior International gymnasts, there is a minimum score of 10.00 to be eligible to qualify for, and compete in, the Apparatus Finals.

All Around Levels 7 - Level 9, U16, Junior International and Senior International

The All-Around event will take place on Day 1 of the competition.

Apparatus Finals Level 4 – Level 6

The Apparatus Finals will take place on Day 1 of the competition.

All Around Levels 7 - Level 9

The All-Around event will take place on Day 2 of the competition. The top 24 All- Around gymnasts on Day 1 qualify into the day 2 All-Around event.

4.5 PROFICIENCY PINS

Proficiency pins will be issued to all gymnasts who achieve a set level of proficiency in the individual All-Around event, at New Zealand Gymnastics Championships. The Level of proficiency will be advised at least one month before the New Zealand Gymnastics Championships for all Levels and will be published in the New Zealand Gymnastics Championships Newsletter.

4.6 COMPULSORY UPGRADE

See Section 1 - General Information (1.2 Progression through the Levels Programme).

4.7 EQUIPMENT HEIGHTS

For all competitions – the nearest height will be accepted.

Equipment Heights					
Gymnast Level	Pommel	Rings	Vault	Parallel Bars	High Bar
Level 1	Floor Mushroom 30 cm	Min setting	60 cm mat	Min setting	Min setting
Level 2		200 cm			160 - 200 cm
Level 3		200 cm			160 - 200 cm
Level 4	90 cm No handles	225 cm	60 cm mat	180 cm	160 - 200 cm
Level 5			110 or 125 cm	180 cm	220 - 260 cm
Level 6			125 or 135 cm	180 cm	220 - 260 cm
Level 7	90 cm	270 cm	125 or 135 cm	180 cm	260 cm
Level 8	105 cm	270 cm	125 or 135 cm	180 cm	260 cm
Level 9	105 cm	270 cm	135 cm	180 cm	260 cm
Under 16	105 cm	270 cm	135 cm	180 cm	260 cm
Open/U18	All apparatus as per FIG Code of Points				
Mats	10 cm	20 cm + 10 cm Sting mat	20 cm + 10 cm Sting mat	20 cm	20 cm + 10 cm Sting mat

Please note: Sting mats on Vault, Rings and High Bar are **COMPULSORY**. All measurements are from the top of the 20 cm base mat (except Vault).

In exceptional circumstances, gymnasts/coaches may request the height of some apparatus to be modified. You must submit an equipment adjustment form to the competition office on training day (for the New Zealand Gymnastics Championships). At all other competitions, you must request this with the Control Judge, prior to the beginning of warm up.

4.8 EQUIPMENT REQUIREMENTS

Equipment Requirements	
Pommel Horse	Where a gymnast is of small stature, he may use a spring board to assist his mount to Pommel Horse up to Level 6 only.
Mushroom	Level 1 - Level 3 should use a Floor Mushroom 30 cm – 40 cm. The top diameter should be 60 cm.
Vault	Minimum vault table height and requirements. Please see acceptable heights as above. Only two height settings are allowed at each Level, for Levels 5-8.
Parallel Bar	The bars are not to be raised higher than the FIG specified height. For competitions up to and including Level 6, extended goosenecks should be used if available. If they are not available then coaches are encouraged to stand in to spot the gymnast if required. In this situation a gymnast who is supported in the performance of an inverted upper arm skill will not be penalised.
High Bar	Where a gymnast is of tall stature, he may request that blocks be used to raise the height of the High Bar as per the FIG Code of Points (see article CoP 2.1).
Additional Mats	One 30 cm crash/single mat can be placed at each end of Horizontal Bar in Levels 7 - Level 9. One additional 10 cm single mat may be used on Floor at regional competitions (although it cannot be moved during the routine).
Springboards	Must be FIG approved. If teams require their own spring boards, they may be brought to the venue but must be approved by the Control Judge. Additional spring boards must be made available to all other teams at all sessions.

5. SPECIFIC MEN'S ARTISTIC COMPETITION PROCEDURES AND BEHAVIOURS

5.1 GYMNASTS AND COACHES 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, beige, white or black.
- No deductions will be given for underwear showing during a routine.

Athletes at Domestic Competitions

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

- Gymnasts have the option of wearing short pants with or without socks or long gymnastics pants with socks on floor exercise and vault.
- Level 6+ gymnasts must wear long gymnastics pants and socks on pommel horse, rings, parallel bars and horizontal bar. Long gymnastics pants, socks and/or slippers that are black or the darker shades of blue, brown or green are not permitted.
- The wearing of a gymnastics unitard on all apparatus is compulsory.
- Gymnasts have the option of wearing gymnastic footwear and/or socks. It is recommended that juniors wear socks (white or club colours - no dark colours) on all swinging apparatus.
- The competition attire must be identical for members from the same team in the qualification and Team Final competitions. If this is not possible due to supply issues etc., the MAG TC should be notified prior to the competition.
- Gymnasts must refrain from wearing compression sleeves during competition. Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened and in good repair.

Attire at The New Zealand Gymnastics Championships

The following regulations apply to the New Zealand Gymnastics Championships:

- For the New Zealand Gymnastics Championships, gymnasts may march on in a leotard or tracksuit. If wearing a tracksuit, track pants or leggings are permitted (provincial colours or black). For prize-giving, athletes must wear their tracksuit, including track pants or leggings (provincial colours or black).
- For Day 2 of the New Zealand Gymnastics Championships, gymnasts may wear a unitard of their own choice, but it must be in their provincial colours.
- Gymnasts who have represented New Zealand in the previous 12 months may wear their New Zealand team unitard.

Attire Deductions

Violation of these rules may result in a penalty of 0.30 points applied by the Control Judge, which will be deducted from the final score of any 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.

In a team competition, non-identical singlets (for gymnasts from the same team) may incur a penalty of 1.00 in qualification and Team Final, taken once by the Control Judge, in the competition phase.

International Representative Athletes Competition Attire Regulations

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 MAG Code of Points. Athletes competing overseas at non FIG competitions should check the rules of the event before travelling.

5.2 WARM UP AND APPARATUS WARM UP

Prior to all competition sessions, all gymnasts (Level 1 - Senior International) will be allowed to warm-up on the floor area (a general warm up). Level 6 - Senior International gymnasts will also be allowed to warm up on the apparatus. The specific apparatus type warm up for Level 7 - Level 9 and U16 is to be determined by the competition organiser (e.g 15 minute app warm up and then compete that apparatus v.s a one hour apparatus warm up). Junior International and Senior International must have a one hour apparatus warm up).

Each gymnast in Level 1 - Level 9 is also allowed a 30 second touch warm up on each apparatus (50 seconds on Parallel Bars for Level 7 - Level 9 and U16), prior to competing on each apparatus. The format may be American warm up. Junior International and Senior International are allowed a 50 second touch warm up on each apparatus, prior to competing on each apparatus. The format may be American warm up.

Competitors must be ready to commence on the signal of the D1 Judge.

5.3 APPARATUS

If a gymnast falls, they have 30 seconds to remount an apparatus without any deduction. Remounting after 30 seconds will result in a 0.3 deduction. Failure to remount the apparatus within 60 seconds after a fall, shall automatically terminate the exercise.

5.4 COMPETITION FLOOR AREA

Only nominated regional/club competitors and coaches are permitted to be on the competition floor at any time. All additional regional and club representatives must remain in the spectator area. One coach only per regional/club team. Gymnasts must remain on the competition floor for the duration of the competition. If a gymnast wishes to leave the competition floor they must, through their coach, seek approval from the competition Control Judge or the apparatus D1 Judge, to be excused.

5.5 GYMNAST BEHAVIOUR

Coaches are responsible for the conduct of their gymnasts. Any gymnast who fails to obey the instructions of competition officials or displays poor temperament or unsportsmanlike conduct (words or gestures) shall be penalised in accordance with the Code of Points. In cases of serious misconduct, they will be disqualified (refer to section 5.5 below).

5.6 COACH BEHAVIOUR

Coaches are responsible for conducting themselves in a professional manner. Any coach who fails to obey the instructions of competition officials or who displays poor temperament or unsportsmanlike conduct (words or gestures) shall be penalised in accordance with the Code of Points.

5.7 BEHAVIOUR POLICY AND PENALTIES

Behaviour penalties will be applied at all endorsed and qualifying events, provincial championships and the New Zealand Gymnastics Championships.

For all competitions including the New Zealand Gymnastics Championships, in the first instance the appropriate penalty specified in the FIG Code of Points or Technical Manual shall apply. If a penalty appropriate to the infraction is not specified in the Code of Points or Technical Manual, then the following policy shall apply:

- **Unapproved absence** from the competition floor (see Section 5.4) - for ALL breaches, the penalty will be disqualification from the competition (see CoP article 2.4).
- **Late appearance** after the green light/flag - the respective Code of Points penalties shall apply (see CoP article 2.4).
- **Gymnasts, coaches, regional/club officials or unauthorized persons may not talk to 'active' judges during competition.**
- **Gymnast talking to active judges during competition** - 0.50 penalty taken from the gymnast's individual All-Around score, followed by a second violation of - 1.00 and removal from the competition (see CoP article 2.4).
- **Coaches, regional/Club official or unauthorised persons talking to active judges during competition** - for a first breach a warning will be issued, and a 0.50 penalty taken from the gymnast's Individual All-Around score and/or the team score, as applicable (see CoP article 3.3).
- **For subsequent breaches the person shall be excluded/removed** from the remainder of the competition.
- **Unauthorised persons are not permitted on the competition floor.** With the exception of the accredited persons, no regional/club officials, coaches, photographers, video operators or parents/guardians/caregivers are allowed on the competition floor.
- Unauthorised persons on the competition floor* - for a first breach the person shall be requested to leave the competition floor; a warning will be issued, and a - 0.50 penalty taken from the gymnast's individual All-Around score and/or the team score, as applicable (see CoP article 3.3).
- For subsequent breaches, the gymnast or team (whichever is applicable) shall be **disqualified**.
- **Deliberate omission of multiple skills** in the compulsory routines Level 1 - Level 6 - the head judge of the apparatus shall advise the competition Control Judge of the possibility that a gymnast/coach has deliberately omitted multiple skills in order to minimize the total loss of execution points; the Control Judge will advise the coach of a neutral deduction of **2.00** to be taken from that apparatus score, if it is deemed to be a deliberate omission and not due to any other reason.
- **Short routine deductions for Level 7 - Level 9** - in addition to the standard short routine deduction of 2.00 for Level 7 - Level 9, each additional missing skill will incur another 1.00 neutral deduction.

In all instances, infractions will be reported to the Competition Control Judge who will action the penalties and warnings.

* The "competition floor" shall also apply to the warm-up area with regards to the unauthorised persons penalty.

5.8 PROTESTS AND COMPLAINTS

The Head Coach may only protest against the apparatus start value of their own individual gymnasts. Comparison with the performance of other gymnasts will not be entertained and shall result in the immediate dismissal of the protest. International competitions will fall under the FIG CoP and thus protests will not apply.

Videotape evidence regarding start value (D Score) will only be considered if the video is an official competition video and all other routines have been recorded from the same angle. The decision of the jury is final and no discussion will be entered into.

5.9 PUBLICITY AND SPONSORSHIP REGULATIONS

The regulations for the dimensions and positioning of advertising, emblems and manufacturers' logos, on competition attire and competition venue signage, are defined in the FIG Rules for advertising (downloadable from the FIG website - <https://www.gymnastics.sport/site/rules/#12>; these rules are also available via contacting Gymnastics NZ).

6. MAG EDUCATION PATHWAYS

6.1 MAG JUDGING PATHWAY

Foundation Judge Qualification

An online introduction to judging to be completed prior to attending the Elementary Judge course.

Elementary Judge Qualification - Judge Levels 1-3 (D and E)

Judges must complete one full season of judging Level 1 - Level 3 routines and have their judging log book signed off by the MAG Judging Advisor. Once the log book has been signed off, the judge can then sit the Junior Judge course.

Please note: In some instances where the judge has a proven gymnastics background, they may complete both the Elementary Judge and the Junior Judge qualification simultaneously. This will be by application to the MAG Judging Advisor and in consultation with the course presenter. The Judge will remain at an Elementary qualification level until practical experience is gained, at which time they will automatically receive their Junior Judge qualification.

Junior Judge Qualification - Judge Level 1 - Level 6 (D and E) and Level 7 - Level 9 (E only)

Judges must complete a minimum of two years of judging at the Junior Judge level and be competent in judging D up to Level 6 and E up to Level 9. Judges should be able to act as a Head Judge of a panel and Control Judge of Level 1 - Level 3 competitions.

Senior Judge Qualification - Judge Level 1 - Level 9 (D and E), Junior International and Senior International (E jury by invitation)

Judges who have proven their competency at a Junior Judge level, with a minimum of two years' judging experience, will be eligible to attend the Senior Judge course. Attendance at the Senior Judge course is by invite only and all applications are approved by the MAG Judging advisor.

The Senior Judge course is split into two parts. Senior E (E jury only) and Senior Advanced (D jury and E jury). For those Judges wanting to only achieve the Senior Judge level (Senior E) they become eligible to judge up to Level 9 E jury (or Senior International based on experience). They can act as Head Judge on panels up to Level 6, as well as Control Judge for Junior events.

Senior Advanced (D jury and E jury) requires Judges to have an extensive knowledge of the MAG Code of Points, as they will act as both an Execution Judge and a Difficulty Judge. Upon gaining the Senior Advanced qualification, they can act as Head Judge on panels up to Level 9 and Control Judge at all Senior Competitions. They can also judge E jury at the Junior International and Senior International level in New Zealand, at domestic events.

Senior qualifications are based on a Judges final assessment percentage, or judges can opt to only sit the Senior E exam.

FIG Brevet Qualification - Judge all Levels in New Zealand as well as International Competitions

Judges at Senior Advanced (D jury and E jury) level must complete an entire FIG four year cycle at the Senior Advanced (D jury and E jury) level. They must prove their competency as a difficulty and execution Judge and have experience as a Head Judge and as a Control Judge, at regional and national level events. At this time the judge may be eligible to attend the FIG Continental Judges Course (held every four years after an Olympic cycle ends) by invitation from the MAG Technical Committee.

6.2 MAG COACHING PATHWAY

Qualifications required for Endorsed and Qualifying events

Coaches should have a qualification consistent with the level of the gymnasts they are coaching. Those who are not qualified at the appropriate level will be required to apply for dispensation. Dispensations are only reviewed if coaches have not had the opportunity to complete the relevant qualification. Where dispensations are granted, a plan will be put in place for the coach to be able to meet the requirements in the future.

These requirements will be reviewed annually.

Gymnast Level	Minimum Coach Requirements 2025	Minimum Coach Requirements 2026
Level 1-2	Elementary1	Elementary1
Level 3	Elementary1	Elementary
Level 4-5	Junior2	Junior2
Level 6-7	Advanced2	Advanced
Level 8 & U16	Advanced	Advanced & FIG Level 1 (pathway to Senior)
Level 9, U18 and Open	Senior	Senior

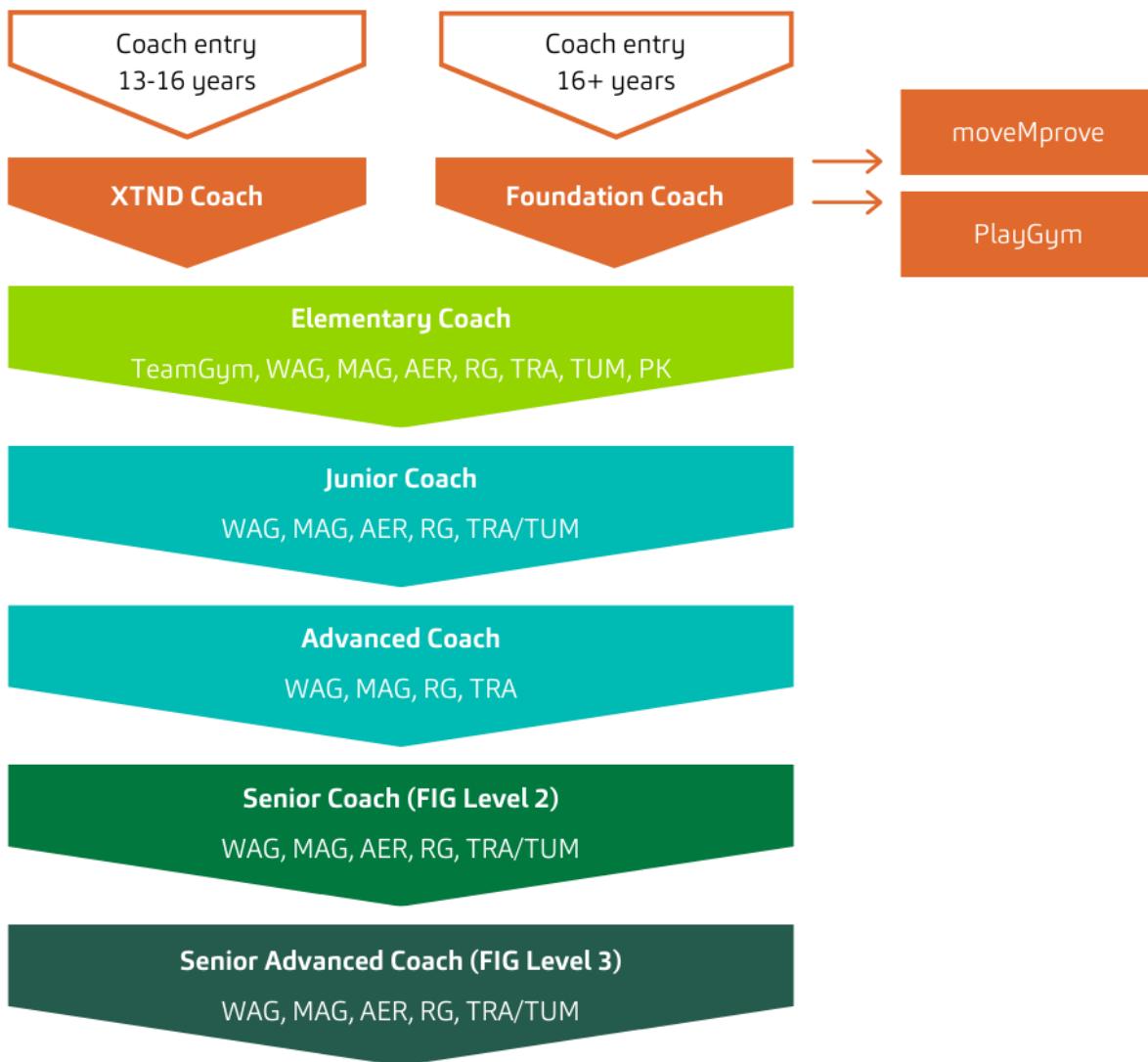
Notes:

1. The qualification may still be in progress. A second coach for a group at Foundation/XND may be permitted.
2. The qualification may still be in progress.

Specific Requirements for 2025 National Championships

- Level 4-5 MAG Junior Coach
- Level 6-7 MAG Advanced Coach
- Level 8-9, U16, U18, Open MAG Senior Coach

6.3 GYMNASTICS NEW ZEALAND COACH QUALIFICATION PATHWAY



Gymnastics NZ 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. Left 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.

7. MAG 360 PROGRAMME

7.1 MAG 360 OVERVIEW

MAG 360 is a Men's Artistic Gymnastics training pathway, where selected athletes gather for training, testing, monitoring, support, encouragement and to push each other forward in the sport of Men's Artistic Gymnastics

What is 360?

Target – 360 is a team score that would enable team and individual success on the world stage

Pathway – 360 is a high performance development pathway from Junior to Senior level athletes

Team – Everyone involved in 360 is pulling in the same direction.

Core Values of MAG 360

- **We are ambitious** - Success in the world stage is earned. We know the path to success will require both bravery and sacrifice.
- **We are in it together** - Team mates and supporters strengthen our ability to succeed.
- **We celebrate!** - It's a long road so we enjoy the ride.

Selection to 360 starts at the New Zealand Gymnastics Championships where a restricted number of athletes (+ special invites) are invited to selection events in the North and South Island. At these events a functional movement sequence, key strength indicators, skills testing and coach discretion are used to select a limited number of athletes into either a 360 or Challenger Squads.



NEW ZEALAND