

2026 **Schools Festival Handbook**



Contents

Introduction	3
Why Participate?	3
Assistance/Contacts	3
Safe Sport	4
Eligibility and Entries	4
Grades and Levels	4
Competition Requirements	7
Artistic Gymnastics	8
Springers	8
Flyers	9
Twisters	11
WAG Open Junior (STEPs 3 and 4)	14
WAG Open Junior Advanced (STEPs 5 and 6)	16
WAG Open Senior (STEPs 7+)	16
MAG Open Junior (Levels 2 and 3)	16
MAG Open Junior Advanced (Levels 4 and 5)	17
MAG Open Senior (Level 6+)	18
Rhythmic Gymnastics	19
Springers	19
Flyers	23
Twisters	26
Open Junior (Levels 3 and 4)	28
Open Junior Advanced (Levels 5-7)	29
Open Senior	29
Trampoline	30
Springers	30
Flyers	31
Twisters	31
	1

Open Junior	32
Open Junior Advanced	33
Open Senior	33
Group Performance	35
General Requirements	35
Hip Hop	35
Aerobics / Aero Team	37
Cheerleading / Gymnaestrada (Group)	37
GNZ Parkour	39
Divisions	40
Springers (Boys and Girls)	40
Springers - Skills Challenge	40
Flyers (Boys and Girls)	41
Twisters (Boys and Girls)	42
Course Design	42
How to Run a Skills Challenge	43
Judging	45
Example Run Sheet	46

This programme is protected and remains the property of Gymnastics New Zealand. No parts of this may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, manual, mechanical, photocopying, recording or otherwise, without the prior written permission of Gymnastics New Zealand.

Introduction

The Schools Festival is a celebration of movement, participation, and achievement through gymnastics in all its forms.

Designed to be inclusive and accessible, the festival provides an opportunity for students of all abilities to participate in artistic gymnastics, rhythmic gymnastics, trampoline, parkour, and group performances. Whether students are taking part for the first time or building on existing skills, the festival encourages confidence, creativity, teamwork, and enjoyment through movement.

The festival celebrates the many benefits of gymnastics while providing students with opportunities to develop fundamental movement skills, experience success at their own level, and build confidence through participation. It also helps raise awareness of the diverse opportunities available within gymnastics and strengthens connections between schools, clubs, and communities.

This handbook has been developed to support schools preparing for the festival. Within it you will find information about the festival, activity and routine requirements, and practical guidance to help students, teachers, and schools get the most from their experience.

We encourage schools to get involved and join others from across the region in celebrating gymnastics and movement.

Why Participate?

- Develop confidence through movement and performance.
- Build fundamental movement skills that support participation in a wide range of sports and activities.
- Encourage creativity, teamwork, and problem solving.
- Provide opportunities for students to experience success at their own level.
- Promote active participation and enjoyment of physical activity.
- Celebrate effort, achievement, and participation in an inclusive environment.

Gymnastics NZ believes every child should have the opportunity to experience the joy and benefits of movement through gymnastics.

Assistance/Contacts

Local gymnastic clubs may be able to provide schools with assistance to prepare for the Schools Festival. Contact details for Gymnastics NZ member clubs can be found on the website: [Find a Club](#)
[|GymnasticsNZ](#)

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 raise a concern or complaint via 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.

Eligibility and Entries

1. All competitors who are enrolled in full time school and are in year two or above in the year of competition are eligible to participate in a festival.
2. If the total number of entries exceeds the maximum number that can be accommodated in the event, the organisers reserve the right to alter the programme to fulfill the festival.
3. Entries will be accepted from primary and intermediate schools. It is the responsibility of the school to ensure that the competitors comply with the Eligibility guidelines.
4. Please ensure one entry form is completed for each and division entered. For specific details please see entry form.

Grades and Levels

Novice

- Students never having competed in the Gymnastics NZ competitive programmes.
- Students retired from competitive gymnastics for at least two years. The date for retirement is taken from the last season they competed (training not included) e.g. retired during or end of 2020 season is considered two seasons retired at the beginning of 2023.

- Students who go to recreational / Gym for All classes at a club once a week or partake in the club-based incentive awards scheme.
- There are three novice divisions
 - Springers - entry Level
 - Flyers - mid-level
 - Twisters - advanced level.

Competitive

- Any student who competes in the Gymnastics NZ national competitive programmes.
- Students retired from competitive gymnastics less than two years prior to the festival.
- Open grades: if a student does not have their club coach with them then for safety reasons, we recommend that only elements that do not require spotting for are performed, or a warmup spot i.e. student is proficient in performing the skill.

Please choose the grade to enter your students in based on their gymnastics ability. Students may repeat a grade several times as they do not need to go up until they are capable of the next level. Students may start at any grade; they do not need to start at Springers.

Code		Novice		Competitive		
		Divisions	Apparatus	Divisions	Competitive Grade	Apparatus
Artistic Gymnastics	Boys	Springers	Mat Vault Floor	Springers	-	Mat
		Flyers		Flyers	-	Vault
				Twisters	MAG Level 1	Floor
				Open Junior	MAG Level 2 & 3	Vault Floor
				Open Junior Advanced	MAG Level 4 & 5	Pommel Parallel Bars
		Twisters		Open Senior	MAG Level 6+	
	Girls	Springers	Vault Beam Floor	Springers	-	Vault
		Flyers		Flyers	WAG STEP 1	Beam
				Twisters	WAG STEP 2	Floor
				Open Junior	WAG STEP 3&4	Vault Bar
				Open Junior Advanced	WAG STEP 5&6	Beam
		Twisters		Open Senior	WAG STEP 7+	Floor
Rhythmic Gymnastics		Springers	Scarf (Yr 2) Hoop Ball Foot-ball	Club (Elementary)	Level 1-3	2 Apparatus
		Flyers	Ribbon Ball Hoop Foot-ball	Open Junior	Level 3 & 4	2 Apparatus
				Open Junior Advanced	Level 5, 6 & 7	2 Apparatus
				Twisters	Ribbon Ball Hoop Foot-ball	Open Senior
Trampoline		Springers	Trampoline, Mini Tramp or Double	Twisters	U10	Trampoline, Mini Tramp or DMT

	Flyers	mini Trampoline	Open Junior	Age Groups 11-12, & 13-14 Years	
	Twisters		Open Senior	Junior International	
GNZ Parkour	Springers	Speed Run and Skill Challenge			
	Flyers				
	Twisters				
Group Performances	Year 2-6 Open	Hip Hop	6-12 participants Must be all from the same school 6m x 6m floor space		
	Year 7&8 Open	Aerobics			
		Cheerleading			

Competition Requirements

1. The competition technical requirements are included in this publication.
2. Music CDs must be clearly labeled with the gymnasts'/groups' name, school, and division. In the case of Rhythmic, the apparatus also.
3. The equipment requirements as detailed by Gymnastics NZ will apply.
4. In the interest of the gymnasts and judges, each division will be scheduled for a maximum of 2 hours' duration.
5. All gymnasts are required to compete in uniform. Except for one small stud earring in each ear, no jewelry may be worn. Long hair must be securely tied up to ensure it does not create a safety hazard.
6. Each team must be accompanied by an adult.

Acceptable Clothing

- School PE Uniform
- Cycle shorts and Tee shirt (Female)
- Shorts and Tee shirt (Male)
- Leotard
- Socks for Trampoline
- No baggy shorts

- Clean inside shoes for parkour

Artistic Gymnastics

Springers

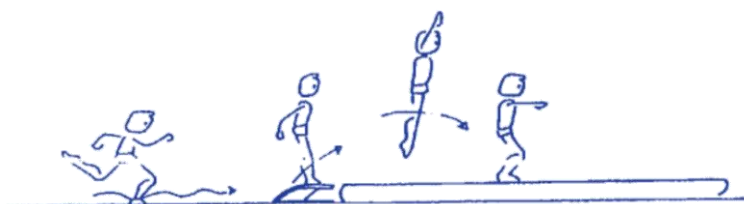
- Boys: novice only - perform floor, vault, and mat.
- Girls: - novice only - perform floor, vault, and beam.

Springers – Floor (Boys and Girls)



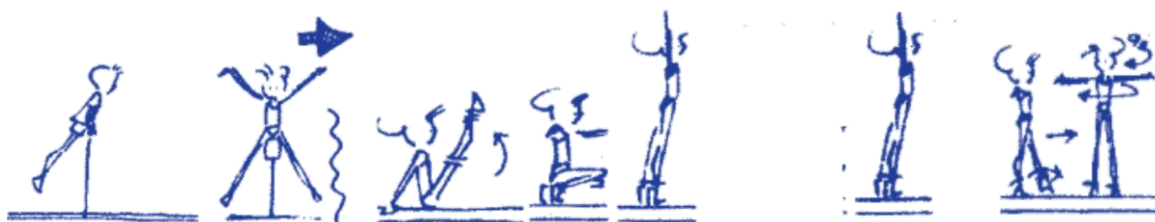
Skill 1	Skill 2	Skill 3	Skill 4
From stand forward roll to squat	Place hands on the floor and jump feet back to front support (hold 2 sec) / Lift one hand off the floor / Roll over to rear support (hold 2 sec).	Sit down in L position. Rock backwards to shoulder stand, rock forwards to squat.	Place hands on floor and show a tucked handstand. Lower legs to squat, straight jump to stand.

Springers – Vault (Boys and Girls)



Run, hurdle 2 feet take off to straight jump onto a 30cm mat. Arms stretched above head in flight and parallel to floor on landing (feet knee high in jump).

Springers – Beam (Girls)



Skill 1	Skill 2	Skill 3	Skill 4
Front Support, leg over to stride sit.	Lift legs to V sit. Swing legs down and back, to squat, then stand.	On toes, walk 6 steps forwards.	Pivot ½ turn on two feet , on high toes



Skill 5	Skill 6	Skill 7	Skill 8
Pose (hold for 2 sec.)	Perform 4 dip steps.	Perform 1 stretch jump.	Walk to the end of the beam and straight jump dismount to land.

Springers – Mat (Boys)



Skill 1	Skill 2	Skill 3	Skill 4
Arms swings bending at hips squat and knees – 2 times	Show a momentary ¾ handstand.	Fall to prone – initially arms bend to absorb the landing, then push up as shown.	Front support, jump feet into tuck, then stand.

Flyers

- Boys: novice only - perform floor, vault, and mat.
- Girls: novice/WAG STEP 1 - perform floor, vault, and beam.

Flyers – Floor (Boys and Girls)

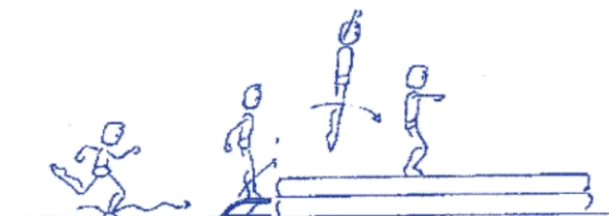


Skill 1	Skill 2	Skill 3
From Stand execute a cartwheel	Backward roll to straddle stand (hold 2 sec.)	Place hands on the floor and jump feet to front support, take one hand off and roll over to rear support



Skill 4	Skill 5	Skill 6
Sit, then stretch arms overhead and down to feet (hold 2 sec.)	Rock backwards to shoulder stand, rock forwards to squat and immediate straight jump to land.	Show momentary handstand, step down to finish.

Flyers – Vault (Boys and Girls)



Run, hurdle 2 feet take off to a straight jump onto a 60cm mat. Arms stretched above head in flight and parallel to floor on landing.

Flyers - Beam (Girls)



Skill 1	Skill 2	Skill 3	Skill 4
---------	---------	---------	---------

Squat Mount, with two legs or one leg, ¼ turn to stand stretched.	Scale balance (hold 2 sec.)	Step, cat leap, swinging arms forward and up.	Pivot ½ turn on two feet, on high toes.
---	-----------------------------	---	---



Skill 5	Skill 6	Skill 7	Skill 8
Pose (hold for 2 sec.)	Perform grapevine step (side, behind, side, in front).	Perform 2 stretch jumps.	Walk to the end of the beam and jump ½ turn dismount.

Flyers – Mat (Boys)



Skill 1	Skill 2
Arm swings bending at knees and hips – 2 times.	Handstand step down, then forward roll to straddle stand (hold straddle stand for 2 sec.)



Skill 3	Skill 4
Perform 2 single leg circles, ending in front support.	Spring feet forward to squat and stand.

Twisters

- Boys: novice / MAG level 1 - perform floor, vault, and mat.
- Girls: novice / WAG STEP 2 - perform floor, vault, and beam.

Twisters – Floor (Boys and Girls)



Skill 1	Skill 2	Skill 3	Skill 4
From Stand, cartwheel with a 90° inward turn to stand with feet together	Backward roll to squat.	Jump ½ turn to land.	Step onto one leg, move through lunge position to scale balance (hold 2 sec.)



Skill 5	Skill 6	Skill 7
Roll forward to Pike sit and immediately lower to stretch position.	Roll backwards to shoulder stand, then rock forwards to squat and immediate jump ½ turn.	Lifting arms and one leg, kick to momentary handstand, forward roll to squat, immediate straight jump to land.

Twisters – Vault (Boys and Girls)



Run, hurdle 2 feet take off to dive roll down sloping soft mat.

Twisters – Beam (Girls)



Skill 1	Skill 2	Skill 3	Skill 4
Mount beam with scissor kick to squat position, then stand tall OR Scissor kick over beam to sit on beam with legs hanging. Climb up to squat. The change from sit to squat will not be judged.	Scale balance (hold 2 sec.)	Step, cat leap, swinging arms forward and up.	Pivot ½ turn on two feet, on high toes.



Skill 5	Skill 6	Skill 7	Skill 8
Pose (hold for 2 sec.)	Perform grapevine step (side, behind, side, in front).	Perform 2 stretch jumps.	Round off dismount, off the end of the beam.

Twisters – Mat (Boys)



Skill 1	Skill 2
Arm swings bending at knees and hips – 2 times.	Cartwheel ¼ turn out.



Skill 3	Skill 4	Skill 5
Handstand forward roll to straddle stand (hold straddle stand for 2 sec.)	Perform 2 leg circles ending in front support.	Spring feet forward to squat and stand.

WAG Open Junior (STEPs 3 and 4)

- Participants must be competing in the NZ women's artistic (WAG) STEP's programme at STEP's 3 and 4. See grades and levels section for retired gymnast requirements.
- Refer to the current NZ WAG handbook for specific element requirements.
- Perform floor, vault, bar, and beam.

WAG Open Junior – Vault

- Handspring with repulsion over vaulting table (105/115/125 cm height) or 90 cm crash mat.

WAG Open Junior – Floor

- Time limit 90 sec.
- STEP 3s only require one handstand element so will need to substitute a backward roll to front support or handstand prop forward roll with a third acro element (from options below).
- Must compete nine elements in a routine – see elements table below.
- Choice of choreography.

Elements	Options
1 x tumble run	• hurdle to round-off, rebound tuck jump • hurdle to round-off flic flac - 0.2 bonus
1 x handstand elements	• handstand prop forward roll or • backward roll to handstand (within 30° horizontal) • backward roll to front support
1 x turn	• full turn on one-foot, free leg in passe
3 x acro elements	• backward walkover • forward walkover • cartwheel, cartwheel ¼ turn • dive roll
2 x jump/turns	• jump full turn • stretch/jump – stride jump • fouetté turns or hops on alternate legs
1 x leap	• split leap, step hop with free leg forward minimum horizontal • split leap, split leap

WAG Open Junior – Bars

- Must compete 6-7 elements in a routine – see elements table below.

Elements	Options
1 x mount	• jump to glide swing, release, chin up pullover • glide kip – 0.2 bonus
1 x cast	• cast to 90°
1 x bar change	• low bar underswing dismount, lift to high bar • feet to low bar (no dv), jump to high bar, tap swing – 0.2bonus
1 x close circle on bar	• backward hip circle - low bar • cast, backward hip circle – high bar (swing to mount high bar not judged)
2 or 3 tap swings & dismount	• tap swing x 3 – minimum 135°, release on third backswing • underswing - counter swing back, tap swing x 2, release on 2nd backswing

WAG Open Junior - Beam

- Time limit of 90 sec.
- Must compete eight elements in a routine – see elements table below.
- Choice of choreography.

Elements	Options
1 x mount	• jump to two feet squat on, clear l-sit * • jump to clear straddle in cross position (mark) * *optional position to stand.
1 x acro element	• cartwheel – optional finish position • roll back to shoulder stand • forward roll to straddle sit
1 x balance	• arabesque with free leg at 90° (2 sec hold) • scale balance with free leg at 180° (2 sec) dv at 135°
1 x turn	• ½ turn on one foot, followed by ½ turn on two feet in releve

1 x handstand element	• handstand • $\frac{3}{4}$ handstand – one leg vertical, other minimum horizontal
1 x jump	• stride jump – at or above 135°
1 x optional element	• stretch jump $\frac{1}{2}$ turn • tuck jump – knees at horizontal • two directly connected stretch jumps • split leap – above 135°
1 x dismount	• round-off with repulsion from hands to land

WAG Open Junior Advanced (STEPS 5 and 6)

- Participants must be competing in the NZ women's artistic (WAG) STEPs programme at STEPs 5 and 6. See grades and levels section for retired gymnast requirements.
- Refer to the current NZ WAG handbook for specific requirements.
- Perform floor, vault, bar, and beam.

WAG Open Senior (STEPS 7+)

- Participants must be competing in the NZ women's artistic (WAG) STEPs programme at STEPs 7 - 10 and junior international. See grades and levels section for retired gymnast requirements.
- Refer to the current NZ WAG handbook for specific requirements.
- Perform floor, vault, bar, and beam.

MAG Open Junior (Levels 2 and 3)

- Participants must be competing in the NZ men's artistic (MAG) levels programme at levels 2 and 3. See grades and levels section for retired gymnast requirements.
- Refer to the current NZ MAG handbook for specific requirements.
- Perform floor, vault, pommel, and parallel bars.

MAG Open Junior - Floor

- The routine time limit is 90 sec.
- Must compete six elements in any order – see elements table below.

- Choice of extra movement to connect routine is allowed.

Elements	Options/notes
1 x handstand forward roll	• kick handstand, forward roll • handstand pop – forward roll
1 x jump to handstand	• pike jump to handstand, forward roll, to straddle stand, forward roll to jump ½ turn or • straddle jump to handstand, step down
backward roll to front support splits, forward roll through shoulder stand, forward roll stretch jump (or ½ turn)	
1 x acro element	• dive roll or • tuck front salto – 0.2 bonus
hurdle to round-off	

MAG Open Junior - Vault

- Forward tuck salto to land on 60cm mat.

MAG Open Junior - Pommel

- Perform 5 circles on floor mushroom (30 – 40cm height), stops allowed between circles, dismount to stand.

MAG Open Junior - Parallel Bars

- Complete elements in a routine as shown in the elements table below.

Elements	Options/notes
Optional bonus - basket swing	0.2 bonus - place hands in middle of rail, jump to basket swing back to stand
Jump to momentary straight support	
Dip arms to greater than 90°	
Lift legs to I-hold (2 sec)	
From I hold, lift to v half swing (backward)	V-hold minimum to 45° above horizontal, swing back to bar height.
Swings (forward - back), swing (forward – back)	Minimum swing height to horizontal
On back swing dismount – over side rail, legs minimum bar height.	On backward, swing legs towards 45°, dismount over side rail.

MAG Open Junior Advanced (Levels 4 and 5)

- Participants must be competing in the NZ men's artistic (MAG) levels programme at levels 4 and 5. See grades and levels section for retired gymnast requirements.
- Refer to the current NZ MAG handbook for specific requirements.
- Perform floor, vault, pommel, and parallel bars.

MAG Open Senior (Level 6+)

- Participants must be competing in the NZ men's artistic (MAG) levels programme at levels 6+. See grades and levels section for retired gymnast requirements.
- Refer to the current NZ MAG handbook for specific requirements.
- Perform floor, vault, pommel, and parallel bars.

Rhythmic Gymnastics

Springers

- Novice grade.
- Individual male and individual female.
- Choose to perform two of the following: scarf, hoop, ball, or foot-ball.

Springers - Scarf

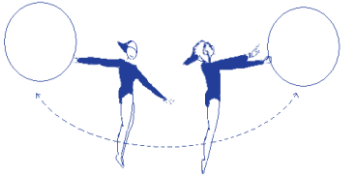
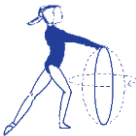
- Music is optional, with a time limit of 90 sec. for year 2 only.

1		Four skips forward – swinging arms backwards and forwards. Repeat skipping backwards.
2		Deep knee bend swinging scarves backwards and forwards. Turn on two feet, up on toes, arms held high.
3		Lunge to side circling arms across body, back to side. Repeat to other side. Finish balanced on two feet, on toes.
4		Stand and perform a passé balance (flat foot), hands on hips.
5		Take three steps into a cat leap, circling scarves up and backwards.
6		Throw one scarf up, spin around and catch

7		Finish in lunge position.
---	---	---------------------------

Springers - Hoop

- Music is optional – time limit of 90 sec.

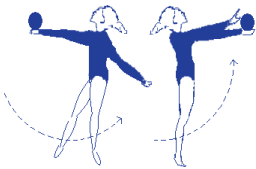
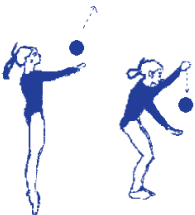
1		Swing hoop forward to the side of the body, change hands at the top of the swing and swing down to the other side, with a bend in the knees with each swing.
2		Place hoop on the floor and spin, while walking around the hoop.
3		Hold a Passé balance while passing the hoop around, behind the back.
4		Roll hoop forward and cat leap next to the hoop.

5		Skip through the hoop 4 times.
6		Flip toss of hoop (half rotation)
7		Small flat throw, let hoop fall over body (legs apart so hoop doesn't land on floor). Finish

Springers - Ball

- Music is optional – time limit of 90 sec.

1		Rotate ball over the hands, turning around with heels off the ground.
2		Roll ball up and down both arms, twice

3		Ball held directly in front of the body in one hand, knee bend while swinging ball down and straighten legs as ball swings back up in front of body, repeat both sides.
4		Bounce the ball twice while skipping forwards 4 times.
5		Pass the ball overhead from right to left with straight arms, repeat left to right.
6		Sitting, roll the ball along the legs. Stop the ball by flexing feet.
7		Lift the legs to throw the ball, catch in two hands. Finish.

Springers - Foot-Ball Skills

- Music is optional – time limit of 90 sec.

Zig zag dribble	Dribble the ball zigzagging around 6 cones
Toe taps	Trap the ball at the end of the cones and lightly tap the top of the ball 6 times using the front sole of the foot, alternating taps with the other foot.
Straight dribble	Dribble the ball straight back to the start position, trapping the ball to stop.
Tic toc	On the spot, using the inside front edges of the feet, knock the ball back and forth between the feet, 6 times, so that the ball is in constant motion.

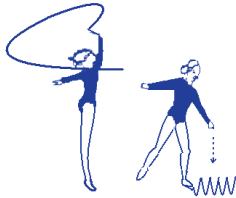
Flyers

- Novice grade.
- Individual male and individual female.
- Choose to perform two of the following: ribbon, ball, hoop, and foot-ball.

Flyers - Ribbon

- Time limit of 90 sec.

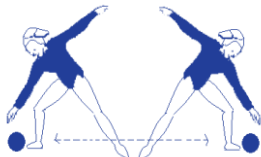
1		Four skips forward with large circles beside the body, rainbow the ribbon up and behind the head.
2		Passé balance with snakes travelling down to the floor.
3		Swing the ribbon side to side in lunge positions.
4		Run backwards snaking ribbon on the floor in front of the body.
5		Scissor leap forward while swinging ribbon backwards in a large circle.
6		Lift up on to both toes, turning in a circle with spirals.
7		Perform four figure 8 circles next to the body.

8		Swing the ribbon overhead, then drop and trap the ribbon stick with a foot.
---	---	---

Flyers - Ball

- Time limit of 90 sec.

1		Bounce the ball four times, from side to side, in lunge positions.
2		4 skips forward, rotating the ball over the hands
3		Throw and catch the ball in one hand.
4		Hold a front balance (passe) with bent knee or straight leg facing forward, bounce the ball and catch.
5		Walk up on toes, rolling the ball up and down on both arms.

6		Roll the ball from side to side four times, in lunge positions.
7		Bounce the ball and perform a scissor leap.
8		Roll forward with the ball held between the stomach and thighs. Finish.

Flyers - Hoop

- Time limit of 90 sec.

1	Swing hoop down beside body, swing hoop up to perform small throw and catch
2	4 forwards skips, passing hoop over the head
3	Passe balance, rotate hoop around the waist
4	Holding hoop around waist, release one hand so hoop swings down and skip out
5	Roll hoop forward and scissor leap over the hoop
6	Roll hoop across behind body with lunge position, repeat other
7	Up on toes, flip toss of hoop, catch and immediately jump through
8	Rotate hoop on hand. Finish.

Flyers - Foot-Ball Skills

- Music is optional – time limit of 90 sec.

Zig zag dribble	Dribble the ball zigzagging around 6 cones.
Toe taps	Trap the ball at the end of the cones and lightly tap the top of the ball 6 times using the front sole of the foot, alternating taps with the other foot.
Drag back	Alternating feet and using a skipping type of step, pull the ball backwards with light touches.

Tic toc	On the spot, using the inside front edges of the feet, knock the ball back and forth between the feet, 6 times, so that the ball is in constant motion.
Pull back	Place the sole of the foot on top of the ball. Pull/roll the ball behind. Then quickly turn and trap the ball.

Twisters

- Novice grade.
- Individual male and individual female.
- Choose to perform two of the following: ribbon, ball, hoop, and foot-ball.

Twisters - Ribbon

- Time limit of 90 sec.

1		Horizontal balance (2 sec) with large circles in front of the body
2		Perform figure 8 while lunging from side to side.
3		Turn while passing the ribbon behind back.
4		Small toss of the ribbon while stretched on toes.

5		Spirals of the ribbon while walking backwards on toes
6		Chassé to a stride leap, circling the ribbon up and backwards
7		Perform large circles of the ribbon in front of the body, run through the circles.
8		Catch the end of the ribbon in the hand throw the stick as far away from you as possible.
9		Pull the ribbon towards you and trap the stick under your foot to finish.

Twisters - Ball

- Time limit of 90 sec.

1	Standing with feet apart roll the ball from behind your head, down your back to catch.
2	Stand with legs apart, ball held behind back. Bounce ball through the legs to catch in front.
3	4 forwards skips passing ball, overhead, from hand to hand, with straight arms.
4	Horizontal balance, with rolling the ball over the hands.
5	Lift heels to balance on toes then half turn while on toes, and passing ball around waist
6	Chasse stride leap with a bounce
7	Put ball between feet, forward roll with ball held between feet
8	Lie back with legs in air, open legs and catch ball with two hands
9	Sitting, small throw and trap ball in legs. Finish

Twisters -Hoop

- Time limit of 90 sec.

1	Swing hoop down beside body, swing hoop up to perform small throw.
2	4 backwards skips, rotate hoop on the waist
3	Catch the rotating hoop with one hand, let one side of the hoop drop down over the body to the floor and jump out.
4	Horizontal balance with pass of hoop above head
5	Place hoop against tummy. Roll hoop over the shoulder and down the back
6	Rotate hoop on the hand, chasse stride leap
7	"Boomerang" roll of the hoop
8	Sitting, small flat throw of hoop, "splat" trap with the legs
9	Backwards roll through the hoop to finish on knees

Twisters - Foot-Ball Skills

- Music is optional – time limit of 90 sec.

Zig zag dribble	Dribble the ball zigzagging around 6 cones.
Toe taps	Trap the ball at the end of the cones and lightly tap the top of the ball 6 times using the front sole of the foot, alternating taps with the other foot.
Drag back	Alternating feet and using a skipping type of step, pull the ball backwards with light touches. Perform this for the length of the cones.
Tic toc	On the spot, using the inside front edges of the feet, knock the ball back and forth between the feet, 6 times, so that the ball is in constant motion.
Pull back	Place the sole of the foot on top of the ball. Pull/roll the ball behind. Then quickly turn and trap the ball.
Dribble	Dribble the ball around all the cones, in a circle.
Push forward	Alternating feet and using a skipping type of step, push the ball forward with light touches, along the length of the cones.

Open Junior (Levels 3 and 4)

- Gymnastics NZ rhythmic levels 3 and 4.
- Individual male and individual female

- Perform two apparatus from ball, rope, hoop
- As per the rhythmic level 3 national programme requirements.

Open Junior Advanced (Levels 5-7)

- Gymnastics NZ rhythmic levels 5, 6, and 7.
- Individual male and individual female
- Perform two apparatus from ball, rope, hoop, clubs, ribbon.
- As per the rhythmic level 5 national programme requirements.

Open Senior

- Gymnastics NZ rhythmic levels 8+, stages 3 and 4, junior international.
- Individual male and individual female
- Perform three apparatus from ball, rope, hoop, clubs, ribbon.
- As per the rhythmic level 8 national programme requirements.

Trampoline

- Each routine is worth 10 marks.
- DMT/mini tramp passes to each be completed once and the scored averaged to be a score out of 10.
- For total, trampoline will be out of 20, DMT out of 10, therefore a total of 30 points.

Springers

- Novice

Springers – Trampoline

- Perform routine twice



Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Seat Drop	To Feet	Straddle Jump	½ Turn Jump	Pike jump, extra straight jump to land.

Springers – DMT or Mini Tramp

- Perform once for each jump



Jump 1	Jump 2
Straddle Jump	½ Turn Jump

Flyers

- Novice
- Individual male and individual female.
- Perform trampoline and double-mini routine.

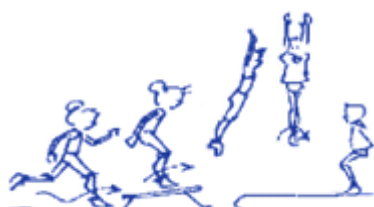
Flyers - Trampoline

- Perform routine twice.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
½ Turn to Seat Drop	½ Turn to Feet	Straddle Jump	½ Turn Jump	Pike Jump

Flyers - Mini Trampoline or Double Mini Trampoline (DMT)

- Perform once for each jump.



Jump 1	Jump 2
½ Turn Jump	Pike Jump

Twisters

- Novice
- Individual male and individual female.
- Perform trampoline and double-mini routine.

Twisters - Trampoline

- Perform routine twice.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7
½ Turn to Seat Drop	½ Turn to Feet	Straddle Jump	½ Turn Jump	Pike Jump	Front Drop	To Feet

Twisters - Mini Trampoline or Double Mini Trampoline (DMT)

- Perform once for each jump.



Jump 1	Jump 2
Straddle Jump	Full Turn Jump

Open Junior

- Novice and club recreational trampolinists or those that have been retired for more than 24 months or more are eligible to compete in this division.
- Individual male and individual female.

Open Junior - Trampoline

- Perform routine twice.

1	Half turn to seat drop
2	Half twist to feet (from seat drop)
3	Straddle jump
4	Half twist jump
5	Pike jump
6	Front drop
7	To feet (from front drop)
8	Tuck jump
9	Back drop
10	To feet (from back drop)

Open Junior - Double Mini-Trampoline

- Perform once for each jump.

1.	Tuck jump, full turn jump.
----	----------------------------

2.	Straddle jump, half turn jump.
----	--------------------------------

Open Junior Advanced

- Competitive 11-12- and 13-14-years age group.
- Only those competing in the national programme or have been retired for less than 24 months are eligible to compete in this division.
- Individual male and individual female.

Open Junior Advanced - Trampoline

- Perform routine twice.

1	Back somersault (Tucked)
2	Straddle jump
3	Front drop
4	To feet (from front drop)
5	Tuck jump
6	Back drop
7	Half turn to feet (from back drop)
8	Pike jump
9	Half Turn jump
10	Front somersault (tucked)

Open Junior Advanced – Mini Trampoline or Double Mini-Trampoline (DMT)

- Perform once for each jump.

1	Tuck jump, front somersault tuck
2	Tuck jump, barani tuck

Open Senior

- Competitive international levels (youth international and sub junior international).
- Only those competing in the national programme or have been retired for less than 24 months are eligible to compete in this division.
- Individual male and individual female.

Open Senior - Trampoline

- Perform routine twice.
- Youth or sub junior competitive criteria (whichever is the relevant level).
- See the Gymnastics NZ trampoline handbook for requirements.

Open Senior - Mini Trampoline or Double-Mini Trampoline (DMT)

- Perform once for each jump.

1	Tuck jump, barani straight
2	½ turn jump, back somersault tuck

Group Performance

General Requirements

Team size

- Minimum 6 of participants and maximum of 12 participants.
- May be all female, all male or mixed gender.
- May be a mixture of ages, but all participants in a team must be from the same school.

Performance area

- The competition performance space is a 6 x 6 metre area.

Music

- The music shall be 2 minutes long.
- It can be either instrumental or contain lyrics.
- Care should be taken to ensure lyrics are non-offensive.
- Teams are required to supply their own music.
 - It must be on a CD and be clearly labeled.
 - It is advised to bring a digital back-up.

Hip Hop

Attire

- Attire should be reflective of funk and hip hop style.

Routine requirements

- Anything goes for this routine. Just have some fun!

Routine tips

- Style – ensure the routine is reflective of funk and hip hop. Not jazz or ballet.
- Synchronisation – aim for synchronized movements. Avoid solo performances.
- Variety – ensure the routine has a variety of movements. For example, high and low dance and formation changes.

Aerobics / Aero Team

Routine requirements - these compulsory elements may occur anywhere in the routine but each set of four must be consecutive.

- 4 consecutive jumping jacks
- 4 consecutive press ups (knees must stay on the ground)
- 4 consecutive high knee lifts

Attire

- School P E uniform.
- Shorts/T-shirt (male)
- Cycle shorts/T-shirts (female)
- Leotard
- NO baggy shorts

Routine tips

- Formations – ensure the routine has a minimum of five formation changes.
- Style – ensure the routine is reflective of aerobics.
- Synchronisation – try to get an equal level of ability and execution among all team members. All movement should be synchronized and avoid solo performances.

Cheerleading / Gymnaestrada (Group)

Routine requirements - all participants must show:

- 1 partner balance (between 2 people)
- 2 gymnastic skills
- 2 leaps or jumps
- 1 turn or spin
- these compulsory elements may occur anywhere in the routine, but all participants must do them together.

Restrictions - the following elements are prohibited from performances.

- No throws or catches
- No tumbling - front or back handsprings, back tucks
- No lifts above shoulder height

Attire

- Attire should be modest.

Routine tips

- Formations – ensure the routine has a minimum of five formation changes
- Style – the routine can be reflective of cheerleading or Gymnaestrada.
- Criteria – make sure the routine meets the routine requirements. Skills should be done synchronized or in cannon style. Avoid one at a time gymnastic moves.
- Partner balance – partner balance is between two people.

GNZ Parkour

GNZ parkour is a style of movement where obstacles are overcome using efficient movements such as running, climbing and jumping. GNZ parkour can be summed up as the art of getting from one point to another by respecting one key principle: efficiency and fluidity.

A GNZ parkour competition course will be provided that is made up of a variety of blocks, walls and bars, designed to mirror the different obstacles found in outdoor spaces.

There are two events that students can compete in: speed run and skills challenge. As a club you can choose to offer one or both events at a schools festival.

Speed Run	The speed course is a timed run, where the goal is to go from A to B with efficiency, by using specific GNZ parkour moves to overcome obstacles. Essentially students move over the obstacles as quickly as possible to reach the finish line in the quickest time. Two exact copies of the speed run will be set up side by side so that two participants can race each other at the same time. Course requirements: track length, obstacles, maximum height drop, composition of track (shape), safety – hard surface landing requirements. Two speed runs for each division may be offered if time allows. In this case the fastest time will be taken.
Skills Challenge	Students will participate in a GNZ parkour skills challenge. They will have 30-45 minutes to attempt skills at 5 different stations, with points awarded based on the number of attempts it takes to successfully complete each skill and the fluidity and mastery of the final attempt. Course requirements: event time, course elements, safety

Divisions

Division	Level	Event
Boys	Springers	Speed run, skills challenge
	Flyers	
	Twisters	
Girls	Springers	Speed run, skills challenge
	Flyers	
	Twisters	

Springers (Boys and Girls)

- Perform speedrun and skills challenge.

Springers - Speedrun

- Maximum track length of 15 meters approximately.
- At least five different obstacles – one movement based on each category: vault, wall and drop.
- Maximum drop height 1 meter
- Composition – the track can be in different shapes e.g linear, L shape, S shape.

Springers - Skills Challenge

Springers entry guideline: Aimed at students that are beginning/gaining confidence and skills jumping and moving over obstacles.

Challenge	Setup	Challenge Description
Precision Landing (Short)	Two 50cm x 50cm zones, 50cm apart.	Jump, land in 1st zone, then 2nd.
Low Vault & Roll	60cm obstacle, landing mat.	Vault, land, roll (forward or safety roll).

Balance Beam Walk	Low beam.	Traverse without stepping off.
Wall Touch (Low)	Wall, 1.5m touch point.	Run, touch, controlled descent.
Running Broad Jumps	50cm jump distance across 30cm, 60cm and 1m high zones.	Run, stride or jump to land on obstacles with controlled landing off final obstacle.

Flyers (Boys and Girls)

- Perform speedrun and skills challenge.

Flyers - Speedrun

- Maximum track length of 30 meters approximately can be 15m go and 15m return.
- At least five different obstacles – one movement based on each category: vault, wall and drop.
- Maximum drop height 1.0 meter
- Composition – the track can be in different shapes e.g. linear, L shape, S shape.

Flyers - Skills Challenge

Flyers entry guideline: Aimed at students that have some confidence and skills jumping and moving over obstacles.

Challenge	Setup	Challenge Description
Precision landing (medium)	Two 50cm x 50cm zones, 1.0m apart.	Jump, land in 1st zone, then 2nd.
Vault & roll	60cm obstacle, landing mat.	Vault, landing into roll.
Balance beam (speed)	60cm high beam.	Traverse with increased speed.
Wall touch (medium)	Wall, 1.75m touch point.	Run, touch, controlled descent.
Running broad jumps	60cm jump distance across 30cm, 60cm, 90 and 120m high zones.	Run, stride or jump to land on obstacles with controlled landing off final obstacle.

Twisters (Boys and Girls)

- Perform speedrun and skills challenge.

Twisters - Speedrun

- Maximum track length of 30 meters approximately, can be 15m go and 15m return.
- At least five different obstacles – one movement based on each category: vault, wall and drop.
- Maximum drop height 1.2 meter
- Composition – the track can be in different shapes e.g. linear, L shape, S shape.

Twisters - Skills Challenge

Twisters entry guideline: Students have some knowledge of GNZ parkour fundamentals. Understands spatial and body awareness and control. Developing aerial awareness.

Challenge	Setup	Challenge Description
Precision landing (long)	Two 50cm x 50cm zones, 1.5m apart.	Jump, land in 1st zone, then 2nd.
Precision vault & flow	90cm obstacle, landing.	Vault, land, flowing roll.
Balance beam (varied)	1m high beam.	Traverse with continuous movement, controlled roll forward off the end of the beam
Wall touch (high)	Wall, 2.0m touch point.	Run, touch, controlled descent.
Running broad jumps	70cm jump distance across 30cm, 60cm, 90 and 120-130m high zones.	Run, stride or jump to land on obstacles with controlled landing off final obstacle.

Course Design

The course needs to consist of a range of vaulting objects that may include bars, boxes, beams and platforms. The course can be on wooden floor with some landing mats provided. Students can choose to wear clean indoor sports shoes or bare feet (not just socks)

Students navigate obstacles using movement techniques such as:

- vaulting
- drops
- wall elements

- swing and bar elements
- landings, rolls
- precision jumps or strides
- acrobatic elements.

How to Run a Skills Challenge

Below are the different components that make up the skills challenge portion of a GNZ parkour event.

Please note that equipment suggested are just examples and you are welcome to exchange or change to the club's specifications.

Precision Landing

Equipment

- Two spotting blocks

Division requirements

- Springers – place blocks 50cm apart
- Flyers – place blocks 1.0m apart
- Twisters – place blocks 1.5m apart

What are you looking for as a Judge?

- Stand on first zone, jump, and land in the second zone with both feet and a precise landing.

Low Vault and Roll

Equipment

- Two stacked blocks / pyramid

Division requirements

- Springers – 60cm vault, land and roll to stand
- Flyers – 60cm vault, land and connected roll to stand
- Twisters – 90cm vault, land and flowing roll to stand

What are you looking for as a judge?

- Students who run towards the zone can use any method to vault.
- Looking for clean (no knees) vault and connected roll to controlled landing to feet.

Balance Beam

Equipment

- Low beam (can be just a wooden beam) with 2.5cm mats underneath.
- For Twisters division, use a wedge at the end of the beam for dismount.

Division requirements

- Springers – traverse without stepping off the beam, jump off to controlled landing.
- Flyers – traverse with increased speed, jump off to controlled landing.
- Twisters – traverse with continuous movement and a controlled roll forward off the end of the beam to land on feet.

What are you looking for as a judge?

- Student traverses the beam without falling off.
- Looking for continuous movement and then increasing speed into controlled dismount.

Wall Touch

Equipment

- Small crash mat on the floor.
- Wedge inverted behind a crash mat (creating the wall).

Division requirements

- Springers – run, 1.5 m touch with controlled descent.
- Flyers – run 1.75m touch with controlled descent.
- Twisters – run 2.0m touch with controlled descent.

What are you looking for as a judge?

- Smooth flowing run into touch with smooth descent to controlled landing to feet.
- Looking for increasing speed in run and smooth jump to single touch, descent and landing.

Running Broad Jumps

Equipment

- First level - 50cm foam box top
- Second level - foam box tops stacked
- Third level - 2 x tops stacked
- Fourth level – 2 or 3 (twisters) box top stacked – lengthways.
- Landing crash mat at the end of fourth level.

Division requirements

- Springers – 50cm jump distance across 30cm, 60cm and 1m zone
- Flyers – 60m jump distance across 30cm, 60cm, 90cm and 120m zones.
- Twisters – 70cm jump distance across 30cm, 60cm, 90cm and 120-130cm zones.

What are you looking for as a judge?

- Run stride or jump to land on obstacles with controlled landing off the final obstacle.

Judging

With school festivals, there are typically two ways clubs choose to judge the routines, however how your event is judged is completely up to you, just remember to communicate this clearly to the schools.

- Option one is to give out different colour stickers or ribbons for each apparatus/event and sport they are participating in. Those who receive all gold get a medal, spot prize, or something similar.
- Option two is score-based, which requires a little more upskilling of judges and the need for a competition-office type setup on the day.

Technical information is provided for skills challenge, while speed run is ranked from fastest to slowest. If you are providing stickers, it would be suggested you set up a time scale so gold might be 10 seconds, green 15 seconds, and anything over 15 seconds is blue, just as an example.

Technical Judging

For clubs who are using scoring at their festival a simplified technical judging sheet can be found below. Clubs are also welcome to have a more advance system.

This will not be needed if scoring is not being used i.e. stickers or colours are being used instead.

- Two events = scores combined for final ranking.
- Boys and girls are scored separately.

Event			Score
Speed Run	Ranking fastest to slowest		
Skills Challenge	Number of Attempts	1	10
		2	8
		3	5
	Mastery of final attempt	Achieved	5
		Achieved well	8
		Excellent	10
		TOTAL	/20

Example Run Sheet

2026 Entries

Event	Number of Entries
Boys Springers	
Girls Springers	
Boys Flyers	
Girls Flyers	
Boys Twisters	
Girls Twisters	

1st Event - Speed Run

Judges

- 1 starter
- 2 timers
- 1 check point judge – did they pass through each check point, did they stay in the boundary lines, did they touch the end and start and finish correctly.

Course briefing

- Start with a course briefing to all students.
- Show boundary lines and check point areas.
- All check point areas on the course must be passed through.

Warm up

- Each group of students is given 3-5 minutes to warm up skills on the course.

Race

- Two students race at a time.
- Starter calls "take your marks" – students place feet on or behind the start line.
- Starter calls "set" – athlete prepares for start signal.
- On the gun/signal the race begins.
- One false start is allowed.

2nd Event - Skills Challenge

- Warm up time permitted on each skill.
- Up to 3 attempts on each skill if needed.
- Scoreholder will take the best score.

