

# GWA WG School Girls Competition

*Rules and Requirements - 2010*



Gymnastics  
Western Australia



Gymnastics Australia  
Women's Artistic Gymnastics



Department of  
Sport and Recreation



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# WG Gymnastics Interschool Championships

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## 1.1 Introduction:

This competition is designed to cater for schoolgirls interested in gymnastics in the state of Western Australia.

Each gymnast will compete on vault, beam & floor.

Each competition is run by Gymnastics Western Australia and based on the rules and regulations detailed in Technical Regulations. Teachers and coaches are encouraged to contact the Association if they have any questions or queries related to the competition or the contents of this manual.

Happy Training and Best of Luck!

## 1.2 Contact Details:

[events@gymnasticswa.asn.au](mailto:events@gymnasticswa.asn.au)

Gymnastics Western Australia  
99 Loftus Street  
Leederville WA 6019  
Ph: 08 9228 9399 Fax: 9228 9499

## 1.3 Schools Assistance:

Information on the routines will be organised by GWA, free of charge.

A Representative from GWA will attend your school and the session will be in the form of question and answer time.

Coaches should be familiar with the routines prior to attending. These routines can be found in the School girls technical regulations found on the GWA Website [www.gymnasticswa.asn.au](http://www.gymnasticswa.asn.au).

Subsequent in-services will be at the rate of \$70.00 per session

**Please contact Gymnastics Western Australia for assistance with finding coaches.**

# Competition Information

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## 1.4 COMPETITION INFORMATION

### 1.4.1 Competition Divisions

Division 1-5 Team and All Around

### 1.4.2 Competition Dates:

Closing Date: 19<sup>th</sup> July 2010

Competition Date: 1<sup>st</sup> – 5<sup>th</sup> September 2010

### 1.4.3 Entry costs:

Competing Athlete \$26.00 per athlete

Volunteers \$FOC

Spectator Entry

Children / School Students \$5.00

Children U/5 \$FOC

GWA Members \$FOC

Adults \$10.00

Pensioners \$8.00

### 1.4.4 Competition Venue:

Gymnastics WA  
State Gymnastics Centre  
99 Loftus Street  
Leederville WA 6019

### 1.4.5 Competition Personnel:

Gymnastics WA will provide a Floor/Event Manager, Door Registrar and all necessary judges for the competition.

Competing schools will be required to supply other personnel for each session they are participating in. These volunteer jobs will include, announcing, scoring, judges assistants, runners and music operators. Job allocation will be done once all the competition entries have been received and will be included on the competition order of work.

#### 1.4.6 Entries:

##### Entry Deadlines

- Entries must be received by GWA on or before the closing date (Monday 19<sup>th</sup> July).
- Payment can be made via Credit Card, Cheque or Cash and must accompany all entries and be received by GWA prior to close of business on the set closing date.
- No entries will be accepted after the closing date without a late fee.

##### Late Fee

Please refer to the GWA Event Policy in regards to late entries and Team Reserve Replacement.

#### 1.4.7 Registration:

All athletes must register at the front door prior to the competition-please check the work plan for registration time.

#### 1.4.8 Warm Up

##### General warm

- The Floor Manager is in charge of general warm-up
- The Head Judge on each apparatus is in charge of Apparatus warm-up

Apparatus warm-up will proceed immediately prior to competition performance on the apparatus.

##### Division 1

- General warm-up will be 20 mins;
- Apparatus warm-up time will be 1 min per gymnast.

##### Division 2-5

- General warm-up will be 15 mins;
- Apparatus warm-up will be 30 seconds per gymnast.

#### 1.4.9 General rules

- Gymnasts must commence their exercise within 30 secs of the green flag being raised by the apparatus judge.
- **A maximum of two coaches will be allowed on the competition floor per team during the competition period.**
- **Coaches must wear a School tracksuit or other appropriate attire in the school colours. Coaches who are deemed to have inappropriate attire on will be asked to leave the competition floor.**
- Gymnasts are NOT allowed on the floor if they do not have a coach with them

## 1.5 DIVISION DEFINATIONS

### Division 1

Girls who have reached a *high level* of Women's Artistic Gymnastics.

The following schoolgirls must compete in this division:

- Girls currently participating at National Level 5 or above.
- Girls who have participated at National Level 6 or above in the past 3 years.

Gymnasts in this division will perform optional routines on vault, beam & floor.

### Division 2

Girls who have reached a *reasonable level* of Women's Artistic Gymnastics.

- Girls participating in this division must not hold a current National Level 5 badge.
- Participants must also not have competed National 6 or higher within the past 3 years, at the close of the competition entries.

Gymnasts in this division will perform compulsory routines on vault, beam & floor.

### Division 3

This division is designed for girls with little or no experience in any form of gymnastics, or those entering the competition for the first time. Rhythmic gymnasts of any level may compete in this level.

Girls competing in this division may not hold a WG National Level 4 or above badge within the last 3 years, at the close of competition entries.

Gymnasts in this division will perform compulsory routines on vault, beam & floor.

### Division 4 – ability based

**This is a team, individual and all around event.**

Year 4- 6 students only.

Gymnasts in this division will perform compulsory routines on vault, beam & floor.

### Division 5 – ability based

**This is a team, individual and all around event.**

Year 4 -6 students only.

Gymnasts in this division will perform compulsory routines on vault, beam & floor.

## 1.6 Age Groups:

### Division 1-3

Juniors Year 7, 8 & 9.

Seniors Years 10, 11 & 12

### Division 4-5

Years 4, 5 & 6

## 1.7 AWARDS

Could all schools please ensure that any perpetual trophies are returned to the Gymnastics WA Office one week prior to the competition.

### Division 1-3

- Plaques for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> placed teams in each Division 1-3.
- Perpetual trophy for overall Junior Champion School (highest combined team totals for Junior Divisions 1-3)
- Perpetual trophy for overall Senior Champion School (highest combined team totals for Senior Divisions 1-3)
- Perpetual trophy for Overall Champion School (highest combined team totals for Junior Divisions 1-3 plus Senior Divisions 1-3).

### Division 4-5

- Plaques for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> placed teams in Divisions 4 & 5.
- Perpetual trophy for Overall Champion School Division 4 & 5

### Division 1-5

- Individual awards (All Around) for 1<sup>st</sup>- 6<sup>th</sup> placed athletes in Division 1-5

Perpetual trophies will be presented at the end of the final session. All other awards will be presented at the end of each division final session.

**Schools are encouraged to have a representative from all divisions along with the school banners/flags/mascots at all presentation ceremonies.**

# TECHNICAL REQUIREMENTS

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## 1.8 Technical Requirments

### 1.8.1 Division Technical requirements

#### Division 1

Optional routines with the requirements as written in the manual.

Music must be non-vocal and between 60-90 seconds in length. If any school is unsure if a piece of music is suitable, please submit a copy to the WG Sports Management Committee for approval.

Please ensure coaches submit their athlete's copy of the music to the music operator prior to the start of the competition.

#### Divisions 2 -5

Compulsory routines with the requirements as written in the manual.

**When coaching the routines you should always adopt the written text rather than the videoed routines.**

For beam and floor all poses and dance are optional.

Copies of the routines and music are available from the Gymnastics WA office.

Where there is an option of skills (eg Tuck Handstand/Handstand), each team member does not have to perform the same skill.

### 1.8.2 Team requirements:

First and foremost, this competition is a Team event. This is to encourage girls who may not wish to compete as individuals to be able to participate and represent their school. The Team competition, however, will be run parallel with an individual event for Division 1-5 only.

Please ensure team members are clearly marked on the entry forms.

A gymnast that is a Junior may compete in the Senior division, providing they are not already part of a Junior team. If the school can fill a Senior team, they must do so before a Junior is allowed to compete in a Senior division.

A Senior gymnast may not compete down in a Junior division.

### 1.8.3 Team sizes:

Division 1:

A minimum of 3 and a maximum of 8 girls attending the same school, with the best 3 scores on each apparatus to count towards the team total.

Division 2/3/4/5:

A minimum of 4 and a maximum of 8 girls attending the same school, with the best 4 scores on each apparatus to count towards the team total.

A school may enter 3 teams in each Division 1-3 Junior and up to 2 teams in each Division 1-3 Senior. In an effort to encourage participation in Primary School gymnastics, an unlimited number of teams will be permitted into Division 4 & 5.

#### **1.8.4 Individual Competition:**

This competition will be run in parallel with the team competition.. All gymnasts entered in the team competition are eligible for the individual event unless otherwise indicated.

#### **1.8.5 Music:**

Music will be controlled centrally by a volunteer operator.

A CD copy of all music is preferred (containing one copy of the floor music) and should be handed to the music operator prior to the commencement of general warm-up for the respective division.

CDs must be clearly labelled with the gymnasts name, division and school.

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#### **1.8.6 Judging:**

Judging will be based on the current National Levels Program deductions for execution.

(As outlined in this manual)

A deduction will apply for any gymnast not wearing correct gymnastic attire (including jewellery); however, bike pants are permitted.

No protests will be allowed.

Individual scores will be shown after each competitor, providing adequate volunteers have been supplied by each participating school (see the competition work plan for allocation of duties).

All team members must wear identical team leotards or they will receive a team deduction.