



WOMEN'S ARTISTIC



Women's Artistic Gymnastics

2015

Gymsport Regulations

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2015 WOMEN'S ARTISTIC GYMNASTICS EVENT CALENDAR

For the most updated Events Calendar please click the Link below:

[2015 Gymnastics Queensland Event Calendar](#)

ABOUT WOMEN'S ARTISTIC GYMNASTICS

Women's Artistic Gymnastics (WAG) is a dynamic sport for females of all ages. It involves the performing of routines involving a variety of skills on four apparatus; uneven bars, balance beam, floor exercise and vault. This gymnsport develops a high level of strength, flexibility, fitness and dance.

For more information please click [here](#)

1.1 Definitions and Interpretations

The following short terms shall be used and interpreted in the spirit of the following meanings unless specifically defined elsewhere:

Association	An Affiliate Member claiming jurisdiction of the sport over a State or Territory within Australia
Board	Board of Management of the Association
Regulations	All by-laws and rules that are made within the authority of the Constitution
Simple Majority	More than 50 per cent of those people eligible, voting of the one accord
Sport Program	A gymnastic Sport Program defined by the Federation Internationale de Gymnastique (FIG) and accepted by the Federation as a program under its jurisdiction
Gymsport Manager	Gymsport Manager of the Association controlling a specific discipline of the sport of Gymnastics
Technical Membership	An individual that wishes to be accredited by the Association as a coach or judge of a Gymsport will, upon Registration with the Association as a coach or judge of a Gymsport, automatically become a Technical Member of the Association subject to the provisions of the Queensland Gymnastic Association Inc Constitution. Each Technical Member is entitled to any benefits of Membership prescribed to apply to Technical Members in the GQ By-laws

1.2 Glossary

FIG	International Gymnastics Federation
GA	Gymnastics Australia
GQ	Gymnastics Queensland
HPC	High Performance Centre
WAG	Women's Artistic Gymnastics
WTC	Women's Technical Chairperson
SJC	State Judging Co-ordinator
SMC	Sport Management Committee
SPTA	Sports Program Technical Assembly
ALP	Australian Levels Program

2.1 Aims, Objectives & Key Strategies

2.1.1 Women's Artistic Gymnastics SMC Goals

To promote and develop participation in WAG Gymsports through the provision of products and services of the highest quality

2.1.2 Governing Principles

Promote independence of Member clubs.

Why? Independent activity promotes initiative to change & grow, encourages positive competition, demands personal responsibility and (ultimately) increases participation

Foster interdependence among Technical and Club members.

Why? Confident member clubs and Technical members will seek the assistance of their community to further develop standards and participation rates. This synergy is typical of mature gymnastics communities that realise that as a WHOLE community benefits and improves, so does each member of that community.

Provide quality support through a systematic approach in Technical management and Event conduct. A systems approach to event and technical management will allow our gymnastic community to monitor and evaluate activities and consequently modify and improve practice.

2.2 Policy & Regulations

2.2.1 Responsibility

The WAG SMC is responsible for the management and ongoing growth & development of WAG within Queensland. This includes the establishment of Technical Regulations and procedures to facilitate the development and achievement of GQ's goals and objectives.

2.2.2 Control

WAG shall be governed through the SPTA, however, management and technical matters throughout the year will be controlled by the Board of Management, SMC and Sub Committees.

2.2.3 Authority

The WAG SMC, Selection Committee, and SPTA have the authority to make technical recommendations to the Board regarding: competition rules, apparatus heights, selection of gymnasts, and nomination of Sub-Committee members and implement these resolutions.

They also have the authority to expend Association funds within approved budgets.

It must be noted that the GQ Board of Management is the ultimate controlling body for Gymnastics within Queensland and must also approve changes made to Policy documents such as the Technical Regulations, and Selection criteria, as well as ratifying selection of officials for State Representation.

2.2.4 Gymsport Regulations

The Sport's Program Management and Gymsport Regulations are valid for the 2015 planning period, or until modified. All clarifications, amendments and new regulations will appear in GQ E-News and the GQ website. The Gymsport Regulations must be first approved by the WAG SPTA and ratified by the GQ Board of Management.

The adoption of the Gymsport Regulations takes place on January 1st of each year, with all Regulations (including new rules and changes) coming into effect as of this date, providing approval and ratification has been received.

2.2.5 Policies and Rules

The rules set out in the following documents will be part of the WAG Technical Regulations:

- WAG 2015 & Beyond Australian Levels Program (ALP) Manual
- FIG 2013 – 2016 Code of Points
- WAG GQ Gymsport Regulations
- Selection Policies – QLD
- Relevant GQ Policies
- GQ Events Structure

2.3 SMC Composition

The Women's Gymnastics (WAG) SMC consists of 7 members:

- Chairperson
- Judging Coordinator
- 2 General members from SEQ (BN, BS, GC, DD & SSC)
- 1 Regional General Member from EACH of the following regions - FNQ, NQ and CQ regions

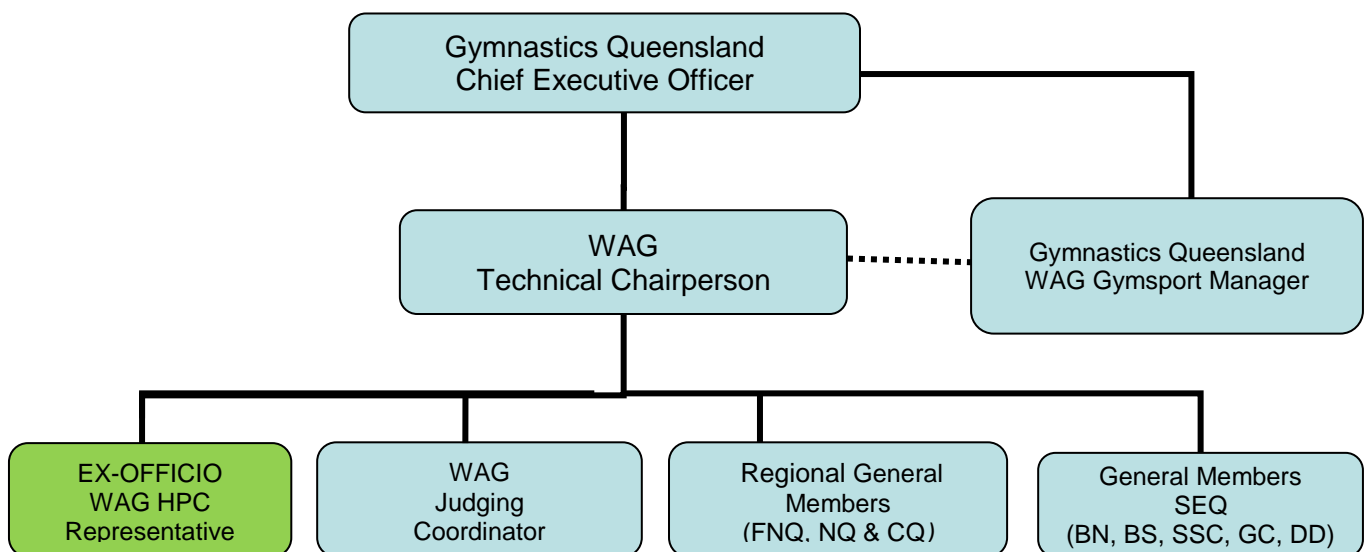
There can only be one representative from any one club on the SMC.

The following positions will be an ex-officio of the SMC:

- GQ WAG Gymsport Manager
- A representative of the High Performance Program
- Any Qld representative on the National WAG Sports Commission

WAG SMC Executive

- The WAG SMC Executive will comprise the SMC Chairperson and the State Judging Coordinator
- In the event that the SMC is not in a position to make a decision on a matter in a timely manner and a decision is required urgently, the SMC Executive will make a final decision on the specific matter.



2.3.1 Committee Member Job Descriptions

2.3.1.1 Technical Chairperson

The Chairperson will:

- Be a member of the SMC and State Team / Border Challenge Selection Committee
- Coordinate and direct the SMC
- Chair SMC Meetings
- Ensure that the overall direction and focus for the sport is consistent with the objectives and strategies outlined in the four year Strategic and Business Plan
- Maintain, update and be responsible for the application of the WAG Gymsport Regulations
- Formulate, maintain, update, and be responsible for the application of the WAG Competition Rules
- Be responsible for the submitting of information to the WAG Community for distribution
- Encourage a mentoring system amongst SMC members
- Submit information regularly for the E-News
- Attend Queensland State Championships
- Attend National Championships (when possible)
- Attend GQ AGM
- Liaise with GA WAG SMC Chairperson
- Report to the GQ Board
- Prepare budget estimates and reports as required for approval by the Board
- Along with the Judging Coordinator, represent the SMC at nominated board meetings for the purposes of annual review of the WAG Sports Program as required.

2.3.1.2 State Judging Coordinator (SJC)

The State Judging Coordinator will:

- Be a current Technical Member
- Be a member of the SMC and the State Team / Border Challenge Selection Committee
- Liaise with the Gymnastics Queensland Education Manager and Staff in coordinating judges courses
- Liaise with the National Judging Coordinator in regards to judging requirements and changes
- Coordinate judges mentoring system
- Be responsible for the preparation of the Judging Report for the WAG E-News
- Control judging panels at all Queensland sanctioned competitions or appoint an appropriate representative to control the same
- Be responsible for selection of judging panels at all Queensland sanctioned competitions or appoint an appropriate representative to control the same
- Provide approval for judges panels for all Queensland sanctioned events
- Be responsible for conducting a judge's meeting prior to commencement of all competitions or appoint an appropriate representative to conduct the same
- Be arbitrator over any judging disputes that may arise
- Monitor the quality of judging performance
- Along with the SMC Chairperson, represent the SMC at nominated board meetings for the purposes of annual review of the WAG Sports Program as required.

Desired criteria for holding this position:

- Sound judging knowledge and understanding
- Respected within the Judging community
- Minimum Judging accreditation of Advanced

2.3.1.3 General Members

The General Members will:

- Be a member of the SMC
- Undertake special projects with the Chairperson
- Represent the views of the clubs within their region to the SMC

2.3.1.4 Regional General Members

The Regional General Members will:

- Be a member of the SMC
- Undertake special projects with the Chairperson
- Represent the views of regional clubs to the SMC

2.3.2 Elections and Appointments of SMC Members

The Chairperson and members of the WAG SMC will be determined by the SPTA and submitted to the Board for approval.

- All Members will be elected by simple majority vote
- In the case of multiple nominations for a position from a specified Region (FNQ, NQ and CQ), only one position is guaranteed for each region and this goes to the person who receives the highest number of votes.

In the event of a tied vote for any position on the SMC, the Board will make the final decision.

2.3.3 Term of Office

The Chairperson of each SMC will be appointed for a two-year period and all other members for one year. Appointments commence immediately following the conclusion of the SPTA.

2.3.4 Casual Vacancies

If a casual vacancy occurs on the SMC, with the exception of the Chairperson position, the continuing members of the SMC may appoint one other person to fill the vacancy, seeking ratification from the Board, until the next SPTA.

Where a casual vacancy occurs for the Chairperson position, nominations will be called **and a postal vote completed by current, registered WAG Technical Members**. In the event no nomination is received, the Board shall determine in consultation with the SMC, the process for the appointment of a person to fill the casual vacancy until the next SPTA.

Should a current SMC member be absent for more than two consecutive meetings then the position will be declared a casual vacancy.

2.3.5 General Expectations and Obligations

- GQ State Office has power of veto over all non-technical matters
- SMC members must attend at least 75% of SMC Meetings as well as at least one Technical Forum
- SMC Members must be an active participant in all facets of the SMC
- Adhere to the SMC Code of Conduct as stated in the SMC Members Handbook
- Uphold the Roles and Responsibilities as stated in the SMC Members Handbook

2.4 SMC Functions

The WAG SMC will work with, provide advice and make recommendations to the GQ CEO regarding the delivery of strategic and operational outcomes for their gymnsport, including but not limited to:

- Preparation of Regulations for approval by the GQ Board of Directors
- Review and report to the GQ Board on their gymnsport performance and undertake forward planning against the GQ strategic plan outcomes
- Prepare operational plans for approval by the GQ CEO
- Co-ordinate and implement the Competition Regulations at all GQ State Events
- Co-ordinate and implement day-to-day management of the Gymnsport by agreement with the CEO or appointed GQ staff member
- Prepare budget estimates and reports as required for approval by the GQ Board
- Work with & advise as required the WAG Gymnsport Manager, Events and Education Manager and other GQ Staff

2.5 Sub-Committees

The WAG SMC may appoint sub-committees to undertake technical functions on behalf of the SMC as required.

2.5.1 Sub-Committee Functions

The Sub-Committee Functions will vary dependant on the task assigned them by the SMC and/or SPTA. These functions may include, but are not limited to the following:

- Prepare items for Enews
- Provide Reports on Competitions
- Assist with the development of the sport

2.5.2 State Team Selection Committee (Sub Committee of the SMC)

The composition and responsibilities of the WAG State Team Selection Committee is outlined in section 8.0

2.5.3 Judging Committee (Sub Committee of the SMC)

The Function of the Judging Committee is to provide assistance to the Judging Coordinator in their role and to carry out the following duties:

- Provide assistance when required in arranging judging panels for sanctioned events
- To plan and implement education opportunities for judges in Queensland and provide mentorship
- To allocate funds collected from proxy fees from WAG Category 1 & 2 Events to either
 - ❖ Assist in the provision of required judges at the event the proxy fee resulted from, or
 - ❖ Assist in the funding of the education of WAG Qld judges
- Funds distributed are at the discretion of, and with the approval of, the SMC and WAG Gymnsport Manager

2.5.4 Temporary Appointment

The Sub-Committees may co-opt the voluntary service of other personnel on a temporary basis to carry out work on behalf of the Committee, subject to ratification by the SMC.

2.6 Expenses

GQ is responsible for the reasonable expenses of the SMC and its Sub-Committees. Committee member expenses must be approved by the WAG Gymnsport Manager within approved budget allocation, prior to any expenditure occurring.

3.0 SPORT MANAGEMENT COMMITTEE COMMUNICATIONS

3.1 Communicating with the SMC

All communications to and from the WAG Sport Management Committee must be made in writing via Gymnastics Queensland's office.

- The SMC will not address any concerns or complaints that are not in writing
- General queries may be made by phone/email and should be directed through the WAG Gymsport Manager or the GQ Events Manager

3.2 Technical E-News

- All amendments and new regulations to the Gymsport Regulations will be available via the GQ Website
- E-News Bulletins will be sent to all affiliated Clubs and Technical Members following SMC meetings or as necessary (eg. prior to competitions)

4.0 MEETINGS AND OPERATIONS

4.1 Sport Program Technical Assembly (SPTA)

The WAG Gymsport will hold a Technical Assembly (SPTA) at least once per year to review and resolve technical matters and to elect SMC members.

4.1.1 Composition of the SPTA

The composition of each SPTA shall be the current, registered WAG Technical Members of the Association. Refer to Clause 6.4 Technical Member and Clause 18 and 19 of the Gymnastics Queensland Constitution, and the relevant Bylaws.

4.1.2 SPTA Meeting Operations

The following articles will cover the procedures at SPTA meetings:

4.1.2.1 Agenda and Minutes

- The notice for the SPTA must be sent to each WAG Technical Member not less than 45 days prior to the date of the meeting.
- The notice of the SPTA shall include a request for agenda items, notices of motion and notification of requirements for elections.
- Only Technical Members aged 18 years and over are eligible to nominate for positions on the Sport Management Committee
- Agenda items, notices of motion and nominations for SMC positions shall be addressed to the WAG Gymsport Manager and must be received in writing not less than 28 days prior to the date of the SPTA.
- The following items shall be sent to all WAG Technical Members not less than 21 days prior to the SPTA:
 - ❖ Confirmed location and time of meeting
 - ❖ Final agenda
 - ❖ Minutes of the previous SPTA
 - ❖ Notices of Motion
 - ❖ Postal voting form(s)
 - ❖ A list of valid nominations for SMC positions

4.1.2.2 Chairperson

The Chairperson of the SPTA will be the SMC Chairperson. When the SMC Chairperson is absent, the meeting will be chaired by his/her nominated representative.

4.1.2.3 Quorum

The quorum for a meeting of the SPTA shall be a minimum of 15 members (who represent a minimum ten different GQ affiliated Clubs).

If after 30 minutes from the appointed starting time a quorum is not present, the meeting lapses. Another meeting time and location will then need to be determined as directed by the SMC.

When extenuating circumstances apply, the quorum for a meeting of the SPTA will be decided by the Board of Management.

4.1.2.4 Voting

- Only Technical Members from the WAG Discipline who are 18 years and over at the time of the SPTA can vote.
- Each member of the SPTA shall have one vote on any item on the agenda including election of SMC members. Where there are an equal but divided number of votes on a matter, with the exception of election of SMC members, the question is decided in the negative.
- In the event of a tied vote for any position on the SMC, the Board will make the final decision.
- Postal votes shall be accepted on all matters of business and elections and must be lodged with the WAG Gymsport Manager in an approved format, a minimum of 72 hours prior to the SPTA meeting.
- Proxy votes will not be accepted at the SPTA.

4.1.3 SPTA Functions

The function of the SPTA is to:

- Recommend and approve policies to determine the future direction for WAG in Queensland
- Identify and approve development priorities
- Discuss and ratify all technical decisions made throughout the year by the SMC
- Recommend and approve changes to the Gymsport Regulations
- Elect SMC members
- Assign tasks to assist in decision making to a nominated SPTA Sub Committee

4.1.4 SPTA Sub Committee Functions

The roles of the Sub-Committees are

- to execute the decisions made by the WAG SPTA
- to report back to the SMC on the findings and outcomes of the assigned tasks

4.2 Annual Technical Forum

The role of the Annual Technical Forum is to provide the wider WAG community an opportunity to have input into the development of policy, undertake annual reviews, assist in setting priorities, determine future direction, and make recommendations to the SMC and/or SPTA.

4.2.1 Composition and Functions of the Annual Technical Forum

All Nationally registered coaches and/or judges may attend the Annual Technical forum. The function of the Forum is to review WAG topics and to make recommendations to the SPTA. A consensus will be determined by a simple show of hands.

5.0 GYMNASTICS QUEENSLAND EVENT POLICY

5.1 Event Entry Policy

These guidelines will come into effect as of the 1st January 2015

GQ will publish on the GQ website a 2015 Event Calendar which will include the following information:

- Name of event
- Date of event
- Level / age of gymnasts eligible to enter the event
- Location and Host Club contact details if applicable
- Closing date for entries

5.1.1 Category 1 Events

(Junior and Senior State Championships for ACR, AER, MAG, WAG; & Senior State Championships for RG, TRP Age & Open State Championships; State Club Championships and Border Challenge for both WAG and MAG)

- Event entry forms and payment for Category 1 events must be sent directly to Gymnastics Queensland
- Payment of all entry fees must accompany the official Gymnastics Queensland entry form. In the case of electronic entries, payments must be made by Credit Card or via direct deposit
- Entries will not be processed without accompanying payment
- Failure to supply a judge will result in a proxy fine of **\$200.00** per division/level; Failure to supply a volunteer will result in a fine of **\$50.00** per session
- Entries can be received by email, mail or in person to the GQ office by 5pm (close of business) on or before the advertised closing date

- Late entries will only be accepted up to 3 working days after close of entries and will incur a 50% late fee. Late entries will not be accepted after this point.
- Should all details on the entry form not be completed then the entry form will be returned and a late entry fee applied, should it be received after the due date

5.1.2 Category 2 and Category 3 Events

(AER Challenges & Qld Cup, RG Trials & Multiples, TRP State Levels, all Regional Championships, Grand Prix events, Team Challenges, Qualifiers)

- Event entry forms and payment for Category 2 and Category 3 events must be sent directly to the Club Hosting the event – please refer to the 2015 Event Calendar
- Payment of all entry fees must accompany the official entry form.
- Entries will not be processed without accompanying payment
- Failure to supply a judge will result in a proxy fine not exceeding **\$200.00** per division/level
- Late Entries will only be accepted up to 3 working days after close of entries, but will incur a late fee (as determined by the host club). Late Entries will not be accepted after this point.

5.1.3 Category 4 Events (Club Invitationals)

- Event entry forms and payment process will be as determined by the host club

5.1.4 General Event Entry Rules

- Entries for Category 1, 2 and 3 events are due on the designated date set by Gymnastics Queensland
- Definitive Closing Date is set 4 weeks prior to the event.
- All judges and coaches must be registered with GA at the time the nomination is received.
- All gymnasts must be registered with both GA and the Club they are representing (that is the Club that nominates them for the event) at the time the nomination is received
- **A \$20.00 fee will be incurred for each unregistered gymnast, coach and judge listed on the nomination form.**
- **If there are no judges listed on the entry form or if the judge listed is the incorrect level of accreditation, then a \$20.00 fee will be incurred.**
- Only registered coaches, judges and gymnasts listed on the nomination form will be permitted on the competition floor

5.2 Withdrawals Refund

Category 1, 2 & 3 Events

- A refund (less 20%) will be made on receipt of a medical certificate up to 2 weeks after the event
- NO REFUND of the entry fee will be given to any withdrawals without a medical certificate
- NO EXCEPTIONS to this policy will be considered

Category 4 Events

- Refunds are at the discretion of the Host Club. Please refer to the specific event information provided by the Host Club

5.3 Event Entry Fees

Fee structure for Gymnastics Queensland Sanctioned Events (all fees include GST):-

• Level Test & Badge (Levels 1-10)	\$11.00 per gymnast (+ competition entry fee)
• Regional Championships	\$70.00 per gymnast
• Border Challenge	\$70.00 per gymnast
• SEQ Team Challenge	\$50.00 per gymnast
• Queensland Club Championship	\$65.00 per gymnast
• Sunshine Team Challenge	\$65.00 per gymnast
• Junior State Championships (L4-6)	\$95.00 per gymnast *
• Senior State Championships (L7-10)	\$110.00 per gymnast *
• Judges Proxy fee	\$200.00 per division/level

* A \$5.00 per athlete State Team Levy is included in the entry fee for Junior and Senior State Championships

5.4 Event Sanction & Hosting Procedures

For Specific details about Event Sanctioning and hosting for 2015 go to:

[2015 Event Hosting & Sanction Program](#)

6.1 Coaching Accreditation**6.1.1 National Levels 1 – 10, International Levels 2 – 10, Junior and Senior International**

- For a coach to be permitted in the Competition Arena at a WAG GQ event during 2015 they must hold a minimum WAG **Intermediate coaching accreditation**, and be a registered financial member of GQ and GA, and
 - For National Level 5 -10, and all International Levels, coaches must have completed the mandatory Salto Workshop or hold a **WAG Advanced coaching accreditation**
 - **In 2016, only coaches with an Advanced coaching accreditation will be permitted in the competition arena.**
- A Beginner coach will only be permitted in the Competition Arena for level 1 – **2** events. This Beginner coach must be under the direct one on one supervision of a qualified WAG Intermediate coach who has athletes competing on the same apparatus rotation, or who is not actively coaching other athletes in that competition session. For this to occur, written approval must be sought from the SMC prior to the due date of event nominations, and the Beginner coach must be listed on the competition entry form.
- In addition all coaches must produce a current Working with Children Blue Card on the day of the event to collect their accreditation pass and access the Competition Arena.

6.2 Number of Coaches permitted in the Competition Arena**6.2.1 National Levels 1 – 6**

- Teams will be permitted only 3 coaches on the Competition Arena/Floor at one time
- Individuals are permitted 1 coach per individual.
- Individual gymnasts or Teams will not be eligible to compete if they do not have a coach on the floor with them.
- Names of ALL coaches must be included on the Entry Form

6.2.2 National Levels 7 – 10, ILP 2 – 10, Junior/Senior International

- No restriction on the number of coaches
- Individual gymnasts or Teams will not be eligible to compete if they do not have a coach on the floor with them
- Names of all coaches must be included on the entry form

6.3 Judging Requirements at Competitions

All events are to be assessed by a panel of appropriately qualified Judges. The minimum requirements for judging panels at WAG level tests and sanctioned events are as follows:

JURY – Minimum of one (1) person

APPARATUS PANELS – each apparatus panel must be comprised of a minimum of two (2) judges representing two (2) different clubs who are qualified at the following level:

- | | |
|--------------------------------------|---|
| • Level 3 | At Regional Championships, State Club Championships and Team Challenge, 2 Intermediate Judges are required |
| • Level 4 – 6 Competitions: | Intermediate Judge |
| • Level 7 – 10 competitions: | Advanced Judge |
| • ILP 2 – 9: | Advanced Silver Judge |
| • ILP10, Junior & Senior: | FIG |

For an event to be sanctioned, the judging panels must be submitted to Gymnastics Queensland 2 weeks prior to the event, and be approved by the WAG Judging Coordinator in order for sanctioning to be approved.

6.4 Supply of Judges

- Each club is required to nominate at least one judge (at an appropriate level for their nominated competitors) for the competition.
- All judges must be listed on the entry form to allow sufficient time for checking of accreditation levels & registration. If no judges are listed, a \$20.00 fee will be incurred.

- If a club does not supply a judge, a proxy fine of \$200.00 will be incurred for each level/division the club has gymnasts competing. Proxy fines for Category 1 & 2 events will be invoiced by and paid to Gymnastics Queensland. The Judging Coordinator will then find a proxy judge for that particular club.
- It is preferred that judges availability be listed on the entry form. If judge's availability is unable to be confirmed by the club until the draw is completed, then the judge's availability must be confirmed with the Judging Co-ordinator 48 hours after the Competition Draw has been published. If final confirmation isn't received within these 48 hours, the proxy fine will be invoiced to the relevant club.
- Proxy fines must be paid prior to the event commencement.
- The SMC Chairperson, State Judging Co-ordinator, High Performance Manager & WAG Gymsport Manager cannot be used as proxy judges for Category 1 events.
- If a Club nominates a judge and that nominated judge fails to attend the competition, then the Club will be fined \$200.00 per level/division.
- Payment of Judges: Gymnastics Queensland will be responsible for the payment of judges at category one (1) events only
- Host club will be responsible for the payment of judges at category two (2), category three (3), and category four (4) events
- All payments should be made on completion of the relevant sessions of the competition.

6.5 Competition Jury

The Competition Jury at all GQ Competitions will be the State Judging Coordinator or their appointed representative.

6.6 Music Submission for Category 1 Events

- Music is not required to be submitted for level 3-6 compulsory routines, as the GA Audio CD must be used and this will be provided by Gymnastics Queensland
- Clubs are requested to submit music for level 6-10 optional routines to Gymnastics Queensland either:
 - on a USB or
 - via Gymnastics Queensland Music Dropbox by emailing jdelforce@gymqld.org.au with your dropbox link containing the Club's music
- Music must be received by Gymnastics Queensland at least 3 weeks prior to the respective competition:
 - WAG Senior State Championships & State Team Trials
 - Junior State Championships
 - State Clubs, Sunshine Team Challenge & Border Challenge
- Each piece of music must be labelled as follows:

Level _ Club name _ First name Surname (Example Level 4 under 9_Y West _Jackie Smith)
- Clubs should also bring to each competition a spare copy of each gymnast's music on CD in the event of technical difficulties.
- USB's will be available for collection by clubs at respective competitions
- Music must be in WAV file type otherwise it can't be guaranteed that the music can be played

6.6.1 How to make WAV files

Put your audio CD into your computer's CD/DVD drive and use a program to copy the music to your computer's hard drive.

- With **Windows Media Player 11**, check Tools/Options/Rip Music/Format: set to WAV (Lossless) and take note of "Rip music to this location" or use the "Change" button to set your own location. Then "OK"
Click Rip
Click Start Rip
- With **iTunes**, to change settings click Edit/Preferences/Advanced/Importing and Import Using WAV Encoder and Setting Custom Sample Rate 44.100 kHz, Sample Size 16-bit, Channels Stereo. Then OK and OK.
Click Audio CD
Click Import CD
- The files will end up in your iTunes Music folder (find it at Edit/Preferences/Advanced/General)
- With **Exact Audio Copy**, click WAV
- Once the files are on computer, you can now copy these files to a USB Flash Drive.

6.7 Protests and D score enquiries

No protests are permitted at sanctioned events. D Score enquiries will be accepted using the appropriate proforma, which will be available at the Competition from the Jury. There will be no cost attached to these D score enquiries.

6.8 Skills Performed Unsafely

The Competition Jury can recommend to Coaches to withdraw an unsafe skill from a gymnast's routine if the Apparatus Jury in consultation with the Competition Jury deems the skill unsafe.

6.9 General Competition Rules

- New elements must be submitted to the WAG Judging Coordinator for evaluation prior to the commencement of the general warm-up
- Apparatus modification requests to raise bars must be submitted in writing to the Competition Jury prior to the commencement of the general warm-up
- Gymnast must present at the start and end of her exercise
- Gymnast must observe that the Head Judge has indicated either with a green flag or signal that she may commence her exercise
- Gymnast must commence her exercise within 30 seconds from when she is called by the Head Judge
- After a fall **and once she is standing on her feet**, the gymnast has 30 seconds on Bars and 10 seconds on Beam to re-commence her exercise. During the fall time she may confer with her coach.
- Gymnast must leave the podium immediately after the completion of her exercise
- With the permission of the Competition Jury the gymnast may repeat her entire exercise if the exercise has been interrupted for reasons beyond her control
- Unexcused absence will lead to disqualification
- Gymnasts are not permitted to give coaching cues to other gymnasts while they are competing

6.10 Competition Scheduling & Timing Guidelines

The following has been put together as a guide for sanctioned events:

- A session should not run for any longer than 4½ hours from when warm up for the first rotation commences to the end of the last rotation
- Level 1 – 3 – maximum group size of 12 gymnasts/group
- Level 4 – 10 – maximum group size of 10 gymnasts/group
- Wherever possible, there should only be 4 rotations/session

Host clubs are required to forward the competition work plan including sessions/rotations/group sizes to Gym Qld prior to the event (as per the Event Sanction Document). Judges panels are also required to be forwarded to the WAG Gymsport Manager **2 weeks** prior to the event for approval.

6.11 Results

An electronic copy of the results must be forwarded to Gymnastics Queensland in PDF Format within 48 hours of the completion of the event. The results will be placed on the GQ website and filed.

7.0 COMPETITIONS

7.1 Level Tests

Gymnasts shall be graded in accordance with Gymnastics Australia's regulations, and with the necessary modifications of the QLD WAG SMC.

7.1.1 Level Test Procedures

Level Tests can be conducted at any Gymnastics Queensland sanctioned event.

Once a gymnast competes and receives an all round pass mark at a particular level in any sanctioned competition, she cannot return to a lower level. The only exception to this applies when a gymnast chooses to compete up a level at Team Challenge/Qld Clubs/National Clubs.

7.1.1.1 Level Test Procedure for Category 2 & 3 Events:

- Each club is to nominate on the Competition Entry form, which gymnasts will be level testing
- Levels testing will incur an additional fee of \$11, payable to the Host Club
- For Category 2 & 3 Events, The Host Club will supply to GQ a list of gymnasts who will levels test, with the Competitors list
- For Category 2 & 3 Events, GQ will send the badges to the host club
- The host club is to award the Level's badges at the completion of the competition, when the pass marks (refer to 7.1.2 below for specifics) have been obtained.

The host club is to return to GQ any leftover badges at the conclusion of the competition

NB: IN ORDER FOR LEVELS BADGES TO BE PRESENTED AT THE COMPETITION, LEVEL TESTING REQUESTS MUST BE ON THE ORIGINAL ENTRY FORM SUBMITTED TO GQ

7.1.1.2 Level Test Procedure for Category 4 Events (Invitationals):

- Each club is to nominate on the Host Club Competition Entry form, which gymnasts will be level testing
- Levels testing will incur an additional fee of \$11 payable to the host club
- The host club must submit to GQ a Level Badge application form with payment at least 2 weeks prior to the competition

- GQ will send the badges to the host club
- The host club is to award the Level's badges at the completion of the competition, when the pass marks (refer to 7.1.2 below for specifics) have been obtained
- **The host club is to return to GQ any leftover badges at the conclusion of the competition**

NB: FOR INVITATIONALS - LEVEL BADGES REQUESTS MUST BE SUBMITTED TO GQ 2 WEEKS PRIOR TO THE COMPETITION. THIS IS TO ENSURE SUFFICIENT TIME FOR THE BADGES TO BE SENT TO THE HOST CLUB FOR PRESENTATION AT THE COMPETITION.

If a club does not apply for gymnasts to levels test prior to a competition, clubs can order a badge for a gymnast after the competition, by completing the GQ Badge order form & submitting it to GQ with results of the competition.

7.1.2 Level Test Rules for National Levels 1 – 10

7.1.2.1 Level Test Rules for National Levels 1 - 3

- Gymnasts may attain National Levels 1 – 3 within the Club system or at a competition event
- A Beginner Judge or coach can perform readiness testing/evaluation for National Levels 1 - 2
- **Gymnasts may attain National Level 3 at a club competition or a sanctioned event, with a minimum of 2 Intermediate or higher level judges to assess them on each apparatus.**
- **A minimum All Around score of 28.00 with a minimum apparatus mark of 7.00 on each apparatus must be achieved to pass National Level 3.**

7.1.2.2 Level Test Rules for National Levels 4 – 10

Gymnasts must attain each National Level from 4 – 10 at a Gymnastics Queensland sanctioned event (excluding Qld Senior & Junior State Championships & Qld Club Championships) or level tests.

- **Level 4 – 6 All Around 28.00 & Minimum apparatus pass mark of 7.00**
- Level 7 All Around 38.00
- Level 8 All Around 39.00
- Level 9 All Around 40.00
- Level 10 All Around 41.00

7.1.2.3 Mandatory Upgrading in Levels 4 – 6

Mandatory level upgrading is required of gymnasts who achieve the following scores at State Championships:

- **National Level 4, 5 and 6 38.00 or higher**

Mandatory upgrading will take effect by the 1st of January following the year of the upgrading score being achieved at State Championship (i.e. Gymnasts who achieve the upgrading score in Level 4 - 6 will not be required to level test for the next level; eg if a gymnast achieves the score in Level 4, they do not need to do a Level 5 Level test, but can start competing at Level 5.) The gymnast will receive their new level badge from Gymnastics Queensland following the State Championships

The gymnast may choose when to move up to the next level but must commence competing at the new level by no later than January 1st of the following year (i.e. a gymnast who achieves the score in Level 4 may continue to compete in Level 4 for the remainder of the year e.g. at National Clubs but must move to Level 5 as of January 1st). Alternatively, a gymnast who achieves the score for Level 4 may choose to move into Level 5 immediately following State Championships and compete at Level 5 for any further competitions within that year and in the following year.

7.1.2.4 Optional Upgrading in Levels 7 – 10

The upgrading score for Level 7 – 10 is an optional upgrade only. It can only be achieved at the WAG National Championships:

- National Level 7 49.00 or combined 97.00
- National Level 8 50.00 or combined 99.00
- National Level 9 50.00 or combined 99.00

Optional upgrading should take effect no later than the 1st of January following the year of the upgrading score being achieved at National Championships. Clubs who have Gymnasts who achieved the upgrading score in 2015 should notify Gymnastics Queensland of their intention to upgrade to the next level by January 2016 at which stage Gymnastics Queensland will forward the appropriate Levels badge to the gymnast via their Club. Alternatively, a gymnast who achieves the score at National Championships may choose to move to the next level immediately following National Championships.

7.2 Team Competitions

7.2.1 SEQ WAG Team Challenge

The aim of this competition is to encourage and provide a team competition leading up to Queensland Club Championships for gymnasts in National Levels 3 -10. Similar events can be conducted in Regional areas by application to the Events Manager

Division	Competition Requirements	Team Sizes
Level 3	National Level 3 Requirements	Teams may be comprised of up to 7 gymnasts.
Level 4	National Level 4 Requirements	
Level 5/6	National Level 5/6 Requirements <ul style="list-style-type: none">Gymnasts must compete their respective level requirements	
Level 7	National Level 7 Requirements	A maximum of 5 gymnasts can compete on any apparatus with the best 3 scores to count for the team score.
Level 8 - 10	<ul style="list-style-type: none">Gymnasts must compete at their respective level's composition requirements for Level 8 – 10All gymnasts will have a maximum of 7 elements counted (must include dismount) towards the calculation of the Difficulty Value (DV)Connection bonus and special apparatus bonus will be awarded at all levels	

7.2.1.1 Competition Rules & Format

- Gymnasts do not have to have passed the level they are competing in, but will be judged at the requirements of the division they have entered.
- Clubs will be restricted to 2 teams in each division unless the number of entries allows for more. Additional teams must be nominated on the original entry form.
- Only 2 teams per club will be eligible for each apparatus award & All Around award. If clubs have more than 2 teams in a division, the top 2 teams on each apparatus will be eligible to receive the award. This may be a different 2 teams for each apparatus & also for the All Around.
- Gymnasts may only compete in 1 division.
- Teams must be nominated 4 weeks prior to the event. Gymnasts must be entered into teams on the entry form when entries are submitted
- Final team lists must be confirmed in writing 5 working days prior to the event. (eg if the competition commences on a Friday then final team lists must be confirmed by the previous Friday).
- Once final team lists have been confirmed (i.e. 5 working days prior to competition), changes will only be accepted in the case of an injury or illness (medical certificate required) or extenuating circumstances up until the commencement of the competition. The Competition Director should be notified.
- Coaches will be sent their apparatus rotation sheets which are to be completed prior to the event and handed into the Competition Director at orientation

7.2.1.2 Awards

Apparatus Awards for each division:

- A trophy will be awarded to the 1st - 3rd placed team on each apparatus in each division
- Pennants will be awarded to teams placing 4th – 8th on each apparatus in each division
- Ribbons will be awarded for individual team members

All Around:

- 1st, 2nd, and 3rd All Around Team will be awarded a trophy
- 4th - 8th All Around Team will be awarded a pennant
- Ribbons will be awarded to individual team members

7.2.2 Queensland State Club Championships

Qld State Club Championships will be open to all Queensland clubs in the following divisions:

- National Level 3
- National Level 4
- National Level 5 – 6
- National Level 7
- National Level 8 – 10
- Overall Club Champion

Division	Competition Requirements	Team Sizes
Level 3	Gymnasts must compete & be judged at National Level 3 requirements	Teams may be comprised of up to 7 gymnasts A maximum of 5 gymnasts compete on any apparatus with the best 3 scores to count for the team score.
Level 4	Gymnasts must compete & be judged at National Level 4 requirements	
Levels 5 – 6	National Level 5/6 requirements <ul style="list-style-type: none"> Gymnasts must compete their respective level requirements 	
Level 7	Gymnasts must compete & be judged at National Level 7 requirements	Teams may be comprised of up to 7 gymnasts.
Levels 8 – 10	<ul style="list-style-type: none"> Gymnasts must compete at their respective level's composition requirements for Level 8 - 10. All gymnasts will have a maximum of 7 elements counted (must include dismount) towards the calculation of the Difficulty Value (DV) Connection bonus and special apparatus bonus for the respective levels will be awarded for all levels 	A maximum of 5 gymnasts compete on any apparatus with the best 3 scores to count for the team score. If a club has insufficient numbers to form a team, up to 2 individuals may compete and be eligible for points* The AA rankings must include all athletes in the division to receive points for overall positions. (i.e. athletes from teams as well as individuals)

7.2.2.1 Competition Rules & Format

- Queensland State Club Championships is a team event only
- Clubs will be restricted to enter 3 teams per division with all 3 teams eligible for awards. Only **1** team per division will be eligible to earn points for the overall club championship award.
- Teams in the Level 3 Division will be eligible for awards but will NOT be eligible for points towards the overall club championship award
- Gymnasts do not have to have passed the level they are competing in, but will be judged at the requirements of the level or division they have entered
- Gymnasts can only compete in one division
- The National Level **7 and 8 – 10** Divisions are a team event. *However individuals may compete and accrue points towards the overall club award if their club has NOT entered a team in that division.
- Teams must be nominated 4 weeks prior to the event. Gymnasts must be entered into teams on the entry form when entries are submitted.
- Final team lists must be confirmed in writing 5 working days prior to the event. (eg if the competition commences on a Friday then final team lists must be confirmed by the previous Friday).
- Once final team lists have been confirmed (ie 5 working days prior to competition), changes will only be accepted in the case of an injury or illness (medical certificate required) or extenuating circumstances up until the commencement of the competition. The Competition Director should be notified.
- The commencement of the competition is the first session of WAG for the Championship
- Coaches will be sent their apparatus rotation sheets which are to be completed prior to the event and handed into the Competition Director at orientation

7.2.2.2 Awards

Apparatus Awards for each Division:

- A trophy will be awarded to the 1st - 6th placed team on each apparatus in each division
- Pennants will be awarded to teams placing 7th - 10th on each apparatus in each division
- Ribbons will be awarded to individual team members

Overall Team Award for each Division:

- Trophies will be awarded to teams placing 1st - 6th overall in each Division
- Pennants will be awarded to teams placing 7th - 10th overall in each Division

- Medals will be awarded to individual team members in teams placed 1st – 3rd overall in each Division
- Ribbons will be awarded to individual team members in teams placed 4th to 10th overall in each Division

Overall Queensland Club Championships

- Trophies will be awarded to Clubs placing 1st - 6th overall across the four divisions
- Pennants will be awarded to Clubs placing 7th - 10th overall across the four divisions

Points Table for QLD Clubs				Points for Individuals in Levels 7 & 8– 10	
1 st	13 Points	7 th	7 Points	AA 1 st to 3 rd	3 points
2 nd	12 Points	8 th	6 Points	AA 4 th to 6 th	2 Points
3 rd	11 Points	9 th	5 Points	AA 7 th to 10 th	1 Point
4 th	10 Points	10 th	4 Points		
5 th	9 Points	11 th	3 Points		
6 th	8 Points	12 th	2 Points		
		All Participating Clubs	1 Point		
Only one team/club/division can score points (OR Only 1 individuals in Level 7 and 8 – 10 divisions)					
Level 3 is not included in this table for allocation of points					

Additional Awards

As this is a premier State Event with the largest number of participants from around the State, we take the opportunity to recognise those gymnasts who have excelled in our sport over the last year by recognising:

- State Team Members at National Championships
- National Champions (All Around & Apparatus Champions)
- New Level 10 gymnasts

7.2.3 Border Challenge

This competition was created to give those gymnasts who were not selected in the level 7, 8 & 9 State Team for Nationals, the opportunity to compete in an interstate competition, and provide the necessary encouragement to continue competitively in the sport and work towards State Team selection the following year. For level 6 gymnasts, it is to provide competition experience as preparation for potential Level 7 State Team selection.

- The first round will be a Team event with presentations following the competition
- The second round will be an Individual event
- The Individual event will be calculated on the second round of competition. (ie scores for the individual round will not be added to the team scores to calculate the AA or Apparatus awards)
- If a gymnast is unable to compete in the first round due to injury, illness or extenuating circumstances, she will be permitted to compete in the second round

7.2.3.1 Competition Divisions

- Level 6 Team (6 in a Team, 6 to compete with top 4 scores to count)
- Level 7 Team (6 in a Team, 6 to compete with top 4 scores to count)
- Level 8 Team (6 in a Team, 6 to compete with top 3 scores to count)
- Level 9 Team (6 in a Team, 6 to compete with top 3 scores to count)

States may choose to enter a second team in a level, however the acceptance of this second team isn't guaranteed and will be considered on a case by case basis by the Gymnastics Queensland WAG SMC and Gymnastics Queensland Event Manager.

WORK ORDERS

- Day 1 – each team will complete their own work order as it is a team event.
- Day 2 – Gymnastics Qld will complete the work orders, with each team/State competing together in the one group.

7.2.3.2 Competition Requirements & Eligibility

- Gymnasts will compete the requirements as per their respective level and the relevant National Levels Manuals.
- Gymnasts must have passed the level entered in order to be eligible to compete.

7.2.3.3 Awards

- Medals for 1st, 2nd, and 3rd placed team in each Level (i.e. medal for each team member). Determined from Day 1 of competition and presented on Day 1. Only one team from each State will be eligible for the Team Award. States are not required to nominate in advance which team will receive the team award. The team with the higher team score on the day will receive the team award.
- Medals for 1st, 2nd and 3rd placed Individual All Around in each Level (determined from Round 2 only)
- Medals for 1st, 2nd and 3rd on each apparatus (determined from Round 2 only)
- Overall Border Challenge trophy awarded to the Overall State Team Champion. This will be calculated by adding together the team scores from each of Level 6, 7 & 8.

7.2.3.4 Selection of Qld representatives

- The Level 7, 8 & 9 Teams will be selected at the Senior Queensland State Championships.
- The Level 6 Team will be selected through a video review process, whereby gymnasts eligible for selection will be videoed at identified events (one event for each of FNQ, NQ, CQ and SEQ) and videoed routines then judged by an independent panel of judges, to determine scores.
- Teams will be comprised of up to 6 gymnasts per level
- Personal coaches must attend with their gymnasts however a Team Coach for each level will be named to be responsible for the overall management of the team
- Gymnasts must perform at the WAG Queensland Championships or the identified trial events for level 6 or have submitted, in writing, no later than 24 hours before the event, to the WAG SMC, notification to be considered for selection by petition.
- The selection process will be the same as that applied for the State Team.
- A 2nd team may be selected in level 7 &/or 8. In order to be considered for selection in this 2nd team, a gymnast must achieve an All Around score as determined by the Selection Committee. Furthermore, at least 4 gymnasts in level 7 or at least 3 gymnasts in level 8, must achieve this score in order for a team to be put together. Individual members of this 2nd team will be eligible for individual All Around & Apparatus Awards.

7.2.3.5 Competition Uniforms for Gymnasts & Coaches

- State Team Tracksuit Pants & Border Challenge hoodie
- Queensland Polo Shirt – coaches only
- Queensland Podium Training Leotard (short sleeve) – gymnasts only

7.2.4 Sunshine Team Challenge

This competition is run in conjunction with Queensland Club Championships and is for interstate clubs to enter. Entry to this competition is automatic for Qld teams/gymnasts when they enter QLD Club Championships.

- Clubs will be restricted to enter 3 teams per division with all 3 teams eligible for awards

7.2.4.1 Competition Divisions

- Level 4
- Level 5/6
- Level 7
- Level 8 - 10

7.2.4.2 Awards

Apparatus Awards for each Division

- A trophy will be awarded to the 1st - 6th placed team on each apparatus in each division
- Pennants will be awarded to teams placing 7th – 10th on each apparatus in each division
- Ribbons will be awarded to individual team members
- If there is no difference in the results between QLD Club Championships and Sunshine Team Challenge then no additional awards will be given for Sunshine Team Challenge.

Overall Team Award for each Division

- Trophies will be awarded to teams placing 1st - 6th overall in each Division
- Pennants will be awarded to teams placing 7th - 10th overall in each Division
- Medals will be awarded to team members of teams who place 1st, 2nd, 3rd Overall in each Division
- Ribbons will be awarded to individual team members in teams placed 4th - 10th
- If there is no difference in the results between QLD Club Championships and Sunshine Team Challenge then no additional awards will be given for Sunshine Team Challenge.

7.2.5 Regional Team Challenge

This competition is held to encourage competition between regions in Queensland and encourage participation in Regional events and Championships. Regions will compete in the following teams: FNQ, NQ, CQ, SSC, GC, DD, BS, BN

7.2.5.1 Competition Divisions

- Level 4 Team (6 in a Team, 6 to compete with 4 top scores to count)
- Level 5 Team (6 in a Team, 6 to compete with 4 top scores to count)
- Level 6 Team (6 in a Team, 6 to compete with 4 top scores to count)

7.2.5.2 Awards

- Medals will be awarded to the 1st, 2nd and 3rd placed teams in each division

7.2.5.3 Competition Requirements & Eligibility

- Gymnasts will compete the requirements as per their respective level and the relevant National Levels Manual
- Athletes must have passed the level entered, in order to be eligible to compete in this competition
- Gymnasts must compete in their Regional Championships to be eligible for selection in their Regional Team
- Gymnasts do not have to gain the State Championship qualifying score to take part in this competition
- The selection process will take place at Regional Championships. The selection of Regional Teams will be approved by the jury present, as appointed by the SMC / State Judging Coordinator.
- Gymnastics Queensland will provide Host clubs of Regional Championships with recognition certificates for those gymnasts who are selected into the Regional Team. These will be presented at Regional Championships.
- The top 6 athletes (combined across all age divisions) in each level will be chosen in the Regional Team. If there is a tie for 6th place All Around, the following tie breaking rule will apply. The top 3 apparatus scores combined that a gymnast achieves will be used to select the gymnast. If there is still a tie, the top 2 apparatus scores combined will then be used.
- Petitions will not be taken into consideration. Athletes must compete at Regional Championships and be placed in the top 6 to be eligible for selection
- Personal coaches must attend with their athletes. No team coaches will be appointed

7.2.5.4 Uniforms

- Each region will have their own T-Shirt which can be worn with club tracksuit pants
- Club leotard will be worn

7.2.6 Regional Club Champion Award

The aim of this Award is to recognize the highest ranked Regional Club based on accumulated points accrued from competing in sanctioned regional events and the Regional championships. A secondary aim is to reward participating clubs who conduct events, build competitive programs and network with their fellow regional clubs. The Regional Club Champion Award will be conducted in FNQ, NQ and CQ regions in 2015.

7.2.6.1 Club Eligibility

In order for clubs to be eligible for the award, they must:

- Nominate for the Regional Club champion award, after invitation from the WAG SMC, which would detail the relevant sanctioned events and their dates;
- Conduct (or co-conduct) a sanctioned event;
- Participate in a minimum of three regional sanctioned events, one of which is the Junior Regional Championships.

7.2.6.2 Competition Rules and Format

A club's top three gymnasts All Around scores in each level (3-4-5-6) will be added together to provide a club team total for each level.

There are NO team nominations required. Any gymnasts from the club will be entitled to have their All Around score considered/added to the club team total. Gymnasts must compete in the level they have passed.

Points are awarded based on club team ranking in each level:

1 st place	3 points
2 nd place	2 points
3 rd place	1 point
Tie	2 points
All places below 3 rd where there is a club team of 3 gymnasts	½ point

The winner of the Regional Club Champion in each level will be the club that has accumulated the most points across the 3 nominated sanctioned events.

The Overall Regional Club Champion will be the club that has accumulated the most points, across all 4 levels, in the 3 nominated sanctioned events.

Points will be awarded at the conclusion of each event, and collated by Gymnastics Queensland in readiness for the Junior Regional Championships. Points and final Regional Club Awards are to be verified by the WAG SMC representative or Jury at the final event, which will be Junior Regional Championships.

7.2.6.3 Awards

Club awards for each level:

- Level 3 Regional Club Champion
- Level 4 Regional Club Champion
- Level 5 Regional Club Champion
- Level 6 Regional Club Champion
- Overall Regional Club Champion

The Regional Club champion at each level will receive a plaque or cup, with recognition of the 2nd and 3rd placed club in each level. These will be awarded at the conclusion of the Regional Championships.

7.2.7 Team Competition Warm Ups

The following is a recommendation. The maximum time can be adjusted to ensure adequate, safe warm up of all gymnasts. 20 minute general warm up with the following apparatus warm up:

- National Level 3: VT – 2 vaults; UB & BB – 30secs / gymnast;
- National Level 4: VT, UB & BB – 45secs / gymnast;
- National Level 5 – 6: VT, UB & BB – 60secs / gymnast; (up to 2 additional minutes per team/group may be allowed for Level 6 bars if required)
- National Level 7 – 10: VT, UB & BB – 90secs / gymnast; (up to 2 additional minutes per team/group may be given on bars if required)
- Beam warm up: At team competitions, a team warm up should be provided (i.e. American style warm up should not be used)
- Floor warm up: 1 minute/gymnast with a maximum as outlined below:
 - ❖ Level 3 – maximum of 3 mins/group
 - ❖ Level 4 – maximum of 4 mins/group
 - ❖ Level 5/6 – maximum of 5 mins/group
 - ❖ Level 7-10 – maximum of 6 mins/group
 - ❖ If a Team comprises of 3 gymnasts or less, then a minimum of 3 minutes will be given

A gong signals the end of warm up. If at this time a gymnast is mentally and physically prepared to vault or is still on the apparatus, she may complete the element or sequence started. Following the warm up period or during the “competition pause”, the apparatus may be prepared, but not used.

7.3 Individual Competitions

7.3.1 Regional Championships

7.3.1.1 Competition Divisions

Junior Regional Championships

- ILP 4 under 10 years (as at 01.01.15)
- ILP 6 under 11 years (as at 01.01.15)
- National Level 3 under 9 (as at 01.01.15)
- National Level 3 Open

- National Level 4 Under 10 (as at 01.01.15)
 - National Level 4 Open
 - National Level 5 Under 11 (as at 01.01.15)
 - National Level 5 Open
 - **ILP 7**
 - National Level 6 Under 12 (as at 01.01.15)
 - National Level 6 Open
- Senior Regional Championships
- National Level 7 Under 14 (as at 01.01.15)
 - National Level 7 Open
 - National Level 8
 - National Level 9
 - National Level 10
 - **ILP 8, 9 & 10**
 - Junior International
 - Senior International

If there are less than ten (10) gymnasts entered in a level, then separate age divisions may not be awarded. If there are 11 or more gymnasts in a level, then age division awards may be awarded. However there should be at least 3 gymnasts in each of the age divisions for the 2 age divisions to be awarded. This is at the discretion of the SMC and will be determined on an individual event basis once final entries are received.

Age divisions may be re-assessed once final entries are received, resulting in slight changes to age divisions.

7.3.1.2 Competition Rules & Format

It is compulsory for gymnasts to compete at Regional Championships to be eligible to attend Queensland Championships. This rule applies to all National Levels and International Stream Gymnasts.

- Level 4 - 6 Gymnasts can gain the qualifying score for State Championships at other sanctioned events but must **compete in their own local** Regional Championships to be eligible for Queensland Championships
- Each region will host their own Regional Championships for Levels 3 – 6, however two or more Regions may decide to combine for the purpose of running one event, in consultation with the GQ Events Director
- Level 7 - 10 and ILP 4 – Senior International Regional Championships will be a combined event, with competitions being conducted in 3 regions – FNQ/NQ, CQ and SEQ
- ILP 4, 6 & 7 from SEQ will all compete at the one Junior Regional Championships, regardless of what region their club is located in. Which one of the SEQ Junior Regional Championships this will be, will be determined once event tenders have been finalised and allocated.

7.3.1.3 Awards

In Levels 3 to 6, if several regions combine to conduct the one event, there will be separate awards for each region. The regions are FNQ; NQ; CQ; Sunshine Coast; Brisbane North, Brisbane South, Darling Downs, Gold Coast.

- A trophy will be awarded for 1st, 2nd and 3rd Individual All Around in each division/level
- Ribbons will be awarded for 4th, 5th and 6th Individual All Around in each division/level
- Medals will be awarded for 1st, 2nd and 3rd on each apparatus in each division/level
- Ribbons will be awarded for the 4th, 5th and 6th place on apparatus in each division/level
- Awards for 4th, 5th & 6th will only be given if there are 10 or more competitors in the division.
- AA Awards will not be awarded to gymnasts that do not achieve the overall pass mark
- Certificates of recognition will be awarded to the gymnasts selected in the Level 4-6 Regional Challenge Teams

7.3.1.4 Withdrawals

If a gymnast is unable to compete in the Regional Championships after submitting an official entry, because of injury, illness or other extenuating circumstances, the SMC should be notified in writing through the WAG Gymsport Manager, by a representative of the gymnast's Club/program. The GQ events staff should also be notified of the withdrawal.

Written notification must be received within 5 days of the completion of the Regional event and be accompanied by a medical certificate (if applicable), in order for a petition (to compete at State Championships) to be considered.

7.3.2 Queensland State Championships

7.3.2.1 Competition Divisions

If separate Junior & Senior State Championships are conducted, the following levels will participate at each event:

Senior States

- ❖ National Level 7 -10
- ❖ **ILP 8, 9 & 10**
- ❖ Junior & Senior International

Junior States

- ❖ National Level 4 – 6
- ❖ **ILP 6 & 7**

This is an individual event. Gymnasts must have passed the level they are competing at the time of entry. Gymnasts must reach a qualifying score (where applicable and before entries close) to be eligible to compete in the following categories:

Level	Age Division	Age Examples	Qualifying Score at sanctioned events to 31 st December 2014
Level ILP 6	Under 11	Must be under 11 on 1.1.15	55.00 AA
Level 4	Under 9	Must be under 9 on 1.1.15	50.40 AA
Level 4	Under 10	Must be under 10 on 1.1.15	50.40 AA
Level 4	Under 11	Must be under 11 on 1.1.15	50.40 AA
Level 4	Under 12	Must be under 12 on 1.1.15	50.40 AA
Level 4	Open		50.40 AA
Level 5	Under 10	Must be under 10 on 1.1.15	50.60 AA
Level 5	Under 11	Must be under 11 on 1.1.15	50.60 AA
Level 5	Under 12	Must be under 12 on 1.1.15	50.60 AA
Level 5	Under 13	Must be under 13 on 1.1.15	50.60 AA
Level 5	Open		50.60 AA
Level 6	Under 12	Must be under 12 on 1.1.15	50.00 AA
Level 6	Under 13	Must be under 13 on 1.1.15	50.00 AA
Level 6	Open		50.00 AA
Level 7	Under 14	Must be under 14 on 1.1.15	N/A
Level 7	Open		N/A
Level 8	Under 15	Must be under 15 on 1.1.15	N/A
Level 8	Open		N/A
Level 9	N/A		N/A
Level 10	N/A		N/A
ILP 7	N/A	Must be under 13 on 1.1.15	N/A
ILP 8	N/A	Must be under 14 on 1.1.15	N/A
ILP 9	N/A	Must be under 15 on 1.1.15	N/A
ILP 10	N/A	Must be under 16 on 1.1.15	N/A
Junior International	Under 16	Must be under 16 on 1.1.15	N/A
Senior International	Over 16		N/A

The qualifying score required for National Levels 4 – 6 sanctioned events conducted after 1st January 2015 using the 2015 & Beyond Australian Levels Program, will be published by Friday 12th July 2015.

- Additional age divisions may be added or withdrawn at the discretion of the WAG SMC once nominations are received
- Gymnasts must have reached the qualifying score (where applicable) at any GQ sanctioned event held after **2014 Junior State Championships** and have **competed in their own local** current year's Regional Championships to be eligible to compete at the Queensland Championships
- Qualifying period will be after the conclusion of **2014 Junior State Championships** to close of entries for State Championships
- Age Requirements are as at the 1st January in the year of competition
- Each level will compete in one round of competition
- A Queensland Championship entry form must be received at Gymnastics Queensland (4) four weeks prior to the event, listing the qualifying score achieved & at which event this score was achieved
- Clubs will be responsible for the entry of their gymnasts into this event
- Each club is required to nominate a minimum of one (1) volunteer for each session that the club has entered. **Failure to provide volunteers may result in a \$50.00 fee/session.**

7.3.2.2 Petitions

The submission of a petition does not guarantee an athlete inclusion in the Queensland Championships. All petitions will be decided (i.e. accepted or rejected) by the WAG SMC.

A petition may only be submitted when injury, illness or extenuating circumstances prevent a gymnast from qualifying through normal channels at the Regional Championships or another sanctioned event.

If a gymnast is unable to compete in the Regional Championships after submitting an official entry, because of injury, illness or extenuating circumstances, the WAG SMC and GQ Events Manager, must be notified in writing by a representative of the gymnast's Club/program. Written notification must be received within 5 days of completion of the Regional Event and be accompanied by a medical certificate (if applicable), in order for a petition to be considered.

7.3.2.3 Awards

- Trophies will be awarded for the 1st, 2nd and 3rd Individual All Around in each level
- Pennants will be awarded for the 4th, 5th and 6th Individual All Around in each level
- Medals will be awarded for 1st, 2nd and 3rd on each Apparatus in each Level
- Ribbons will be awarded for 4th, 5th and 6th on each Apparatus in each Level
- Participation wristbands will be given to all competitors
- Awards for 4th, 5th & 6th will only be given if there are 10 or more competitors in the division
- Athletes in the International division must achieve pass marks to receive awards. If no pass mark is set they must have completed the full base routine requirements on all 4 apparatus.
- An Artistry Award will be presented in each of the levels 7 – 10 and a combined award for ILP 10, Junior & Senior International. This award will be determined by the floor judges and the jury.
- Award recipients for the Gymnast & Coach of the Year (both International & Levels); Judge of the Year and Bobby Campbell Award will be recognised at Senior State Championships.
- Any gymnast who competes at the Senior International level for the first time in 2015 will be recognised at Senior State Championships

7.3.3 Recommended Individual Competition Warm Ups

For Individual State Events, a full apparatus warm up may be provided for Level 4 - 6 gymnasts, but will be provided for Level 7 – 10 gymnasts with the following recommendations:

- General warm up: 20 minutes
- National Level 4 & ILP 6: 8 minute apparatus warm up per group
- National Level 5 -6 & ILP 7: 10 – 12 minute apparatus warm up per group
- National Level 7-10: 12 – 15 minute apparatus warm up per group
- ILP 8, 9 & 10, Jnr, Snr: 12 – 15 minute apparatus warm up per group

Each competing gymnast is then entitled to a touch warm up period immediately prior to the competition on the podium on all apparatus:

- Vault Minimum of 2 attempts
- Bars 50 seconds per gymnast including bar preparation
- Beam 30 seconds per gymnast
- Floor 3 minutes per group

If a full apparatus warm up is not provided, then the following warm up times are recommended:

- General warm up: 20 minutes
- National Level 3: VT, UB & BB – 30secs / gymnast;
- National Level 4: VT, UB & BB – 45secs / gymnast;
- National Level 5 – 6: VT, UB & BB – 60secs / gymnast; (up to 2 additional minutes per group may be allowed for Level 6 bars if required)
- National Level 7 – 10: VT, UB & BB – 90secs / gymnast; (up to 2 additional minutes per group may be given on bars if required)
- Floor warm up: 1 minute/gymnast with a maximum as outlined below:
 - ❖ Level 3 – maximum of 3 mins/group
 - ❖ Level 4 – maximum of 4 mins/group
 - ❖ Level 5/6 – maximum of 5 mins/group
 - ❖ Level 7-10 – maximum of 6 mins/group
- Beam American style warm up can be used for individual competitions

A gong signals the end of warm up. If at this time a gymnast is mentally and physically prepared to perform a skill or is still on the apparatus, she may complete the element or sequence started. Following the warm up period or during the "competition pause", the apparatus may be prepared, but not used.

8.0 STATE TEAM SELECTION POLICY

8.1 Objective

To achieve the highest possible team ranking, whilst endeavouring for each team to place first at National Championships.

8.2 State Team Selection Committee Composition

- Chair of the Women's Gymnastics (WAG) SMC
- WAG Judging Coordinator
- A member of the SMC or any Gymnastics Queensland WAG Technical Member selected by the WAG SMC to assist in the selection process. When considering this addition of a Technical Member to the Selection Committee, the WAG SMC will use the following guidelines:
 - ❖ Must be a minimum of **Advanced Silver Coach** and/or Advanced Judge
 - ❖ Minimum of 5 years experience
 - ❖ Must have been a State Team Coach previously
- The HPC Head Coach for the selection of International Stream gymnasts

8.3 Selection Committee Responsibilities

The function of the Selection Committee is to:

- Selects gymnasts for State Teams and/or squads
- Select gymnasts for Border Challenge Teams
- Selects Officials for National WAG events & Border Challenge
- The Selection Committee is responsible for implementation of the selection criteria for all State Teams
- All Committee members have equal voting rights with the Chairperson having a casting vote.
- The Selection Committee is also responsible for making recommendations to the SMC for coaches, judges and officials for State team tours.
- The WAG SMC will select all Coaches, Judges and Chaperones for State Teams. The accreditation of these persons to then represent the Association shall be in accordance with the rules and regulations approved by the Board.
- The WAG SMC will decide the officials subsidy based on income

8.4 Eligibility for Selection

To be eligible for selection in the WAG State Team:

- A gymnast must be a member of a Gymnastics Queensland affiliated club
- A gymnast must be registered on the National database and have no outstanding accounts to Gymnastics Queensland
- A gymnast must have resided permanently in Queensland for 3 months prior to the National Championships. The SMC may make an exemption to this rule for athletes who reside within 100km of the Queensland Border and represent a Gymnastics Queensland affiliated Club. Exemption will be given to those Qld registered athletes currently training in a National Training Program.
- A gymnast must perform at the nominated trial event or have submitted, on or before the advertised close of entry to the Women's Selection Committee, written notification to be considered for selection by petition

8.5 Selection Process – Gymnasts

Up to eight (8) gymnasts may be selected in each of National Level 7, 8 and 9 to the WAG Queensland Team.

Up to six (6) gymnasts may be selected in National Level 10 to the WAG Queensland Team.

There is no restriction on the number of gymnasts selected to represent Queensland in International Level 8, 9 and 10; Junior and Senior International.

- **To be considered for selection into the WAG Queensland Team, gymnasts must achieve the qualifying score listed below in section 8.5.1. This should be achieved at the nominated trial event or at a competition/event approved as a qualifying event by the WAG Selection Committee.**
- In addition to the team, individuals may be selected in National Level 10. However their attendance and participation at National Championships is dependent on the number of entries GA receives.
- The first three individual all-round gymnasts in each level at the nominated trial event will gain automatic selection to the Queensland Team, provided they achieve the qualifying score set by GA and the QLD WAG Selection Committee.
- For each level, a team (inclusive of successful petitions) will be announced at the completion of the nominated trial event

The Selection Committee will base their decision on:

- Nominated trial event scores or results utilised for the accepted petitions
- Contribution to the team score (e.g. several apparatus scores of a gymnast placed 9th All Around may contribute to the team score more than those of a gymnast placed 7th or 8th All Around)
- Competition readiness
- Previous National Championship scores and results

In the event that a petitioned gymnast selected in the State Team is deemed to be unprepared to compete at National Championships, the Selection Committee may withdraw the gymnast from the team and may select a replacement. This process may occur at any time up until the Team departs for National Championships.

The final selection of all team members remains the responsibility of the Selection Committee.

8.5.1 Qualification Scores

Qualification Scores for 2015 National Championships:

Level	AA Score	Qualification Score Format	Team Selection Format
7	N/A	1 round of competition	2 rounds of competition
8	N/A	1 round of competition	2 rounds of competition
9	43.00	1 round of competition	2 rounds of competition
10	43.00	1 round of competition	2 rounds of competition
ILP 8	*See below	1 round of competition	2 rounds of competition
ILP 9	*See below	1 round of competition	2 rounds of competition
ILP 10	40.00*	1 round of competition	2 rounds of competition
Junior Int	43.00*	1 round of competition	2 rounds of competition
Senior Int	47.00*	1 round of competition	2 rounds of competition

*In addition to achieving the required AA qualification score listed above, International Program athletes (ILP 8 – Senior International) must achieve the specific apparatus D scores; All Around E scores and specified Composition Requirements as listed in Article 5 of the Gymnastics Australia WAG Technical Regulations Part B. [GA WAG Technical Regulations Part B](#)

8.6 Petitions

The submission of a petition does not guarantee an athlete inclusion in the WAG State Team.

- A petition may only be submitted when injury, illness or extenuating circumstances prevent(s) a gymnast from being selected through the normal channels at the nominated trial event.
- A gymnast may petition for inclusion onto the WAG State Team if injury, illness or extenuating circumstances prevents her from meeting the criteria set for qualification.
- All petitions will be decided (i.e. accepted or rejected) by the Selection Committee. The Selection Committee may consult with the Head Coach of the gymnast's club/program with regards to training, competition preparation and injury recovery.
- If a gymnast is unable to compete in the nominated trial event after submitting an official entry, because of injury, illness or other extenuating circumstances, the WAG SMC and GQ Events Manager must be notified in writing by a representative of the gymnast's program. Written notification must be received a minimum of 24 hours before the commencement of the event and accompanied by a medical certificate, in order for a petition to be considered.
- If an injury, illness or extenuating circumstance occurs during the nominated trial event and the gymnast is unable to complete the competition, the Head Coach of her club/program must file a written petition no later than **15 minutes following the conclusion of the relevant session**. This petition is required in order to be considered for selection in the WAG State Team
- Petitions will be considered based on:
 - ❖ Past State and National Championship results
 - ❖ A gymnast's performance during that year up to the time of injury, illness or extenuating circumstance
 - ❖ The gymnast's potential ability to contribute to the success of the WAG State Team
- In the event that a petitioned gymnast selected in the State Team is deemed to be unprepared to compete at National Championships, the Selection Committee may withdraw the gymnast from the team and may select a replacement. This process may occur at any time up until the Team departs for National Championships.

8.7 Selection of State Team Officials

Officials will be invited to fill positions on the WAG State Team and will be selected according to demonstrated experience and qualifications for the various roles. Furthermore, for the selection of coaches, the composition of gymnasts in each level/team will also be considered.

8.7.1 Selection Process – Team Officials

For the WAG State Team, the following positions will be appointed:

- Head of Delegation (Appointed by GQ)
- Team Manager (Appointed by GQ in consultation with the SMC)
- Head Coach
- State Team Coaches
- State Team Judges
- Chaperones
- Medical Support Staff (Appointed by GQ)

The number of gymnasts selected will determine the number of officials required for the State Team.

8.7.2 State Team Coaches

- Must be a registered & accredited coach (preferably hold an Advanced Silver accreditation)
- Coaching experience relevant to the level applied for
- Must be available to attend all official training sessions and meetings deemed important to gymnast's welfare prior to, during and after the event
- Reports from previous events as a member of the GQ State Team will be taken into consideration when coaches are selected
- Demonstrates professional behaviour during the preceding year
- Should there be a restriction on the number of coaches in the team, preference will be given to those coaches who have gymnasts in the team(s)

8.7.3 State Team Judges

- Must be a registered & accredited judge at the level relevant to the National competition they are applying for
- Must be available to attend all State Team Training sessions and meetings as required
- Judge qualifying/selection competitions and State Championships

8.8 Announcement of the State Team

The announcement of the State Team Gymnasts will be announced by divisions at State Championships

- An information pack will be given to the Gymnast including a uniform order form. All forms are to be completed and returned to GQ along with the required deposit on the day of the team announcement.
- State Team Officials will be notified in writing of the outcome of the selection process.

8.9 State Team Travel

The Team will travel together as a team (as per State Team Travel A Option) under the direction of Gymnastics Queensland.

At the time of team departure only athletes who will compete at the National Championships will travel and be accommodated with the team. Athletes that are injured or ill prior to departure and therefore unable to compete at National Championships will receive a full refund from GQ (except air travel) and GA entry fee less 20%.(medical certificate required).

8.10 State Team Accommodation

The Queensland Team will be accommodated under the direction of Gymnastics Queensland

- All State Team Members **excluding** Judges **MUST** stay with the team in the agreed accommodation

8.11 State Team Uniform

A list detailing the State Team uniform will be provided at Senior State Championships. This list will outline the compulsory and optional uniform items. The compulsory items usually include:

- QLD competition leotard and training leotard
- QLD Tracksuit jacket and pants
- QLD Polar Fleece or Hoodie
- QLD Polo Shirt
- QLD T-shirt
- QLD Backpack

8.12 State Team Training

All clubs are advised that State Team training **is compulsory**

- Non-attendance may jeopardise a Gymnast's place in the State Team
- If, due to extraordinary circumstances, a Gymnast is unable to attend a training session, a letter of explanation must be submitted (prior to the training date) to the WAG SMC via the GQ WAG Gymsport Manager

8.13 State Team Funds

Should there be a surplus of funds at the end of the National Championships Financial Reconciliation and the surplus amount is more than \$100 per team member, the amount will be refunded to each team member. If the surplus amount is less than \$100 per team member the entire amount will be retained and utilised for contingency for the team travelling to the following year's National Championships.

9.0 APPEALS & GRIEVANCE PROCEDURE

All members have the opportunity to appeal and/or lodge a grievance to the relevant management levels.

Further details are contained in the Queensland Gymnastic Association's By-Law - Grievances and By-Law - Disciplines and Appeals.

10.0 GYMNAST TRANSFERS

10.1 From ILP to NLP and vice versa

Gymnasts can transfer from ILP (International Levels Program) to NLP (National Levels Program) and vice versa

- Gymnasts transferring from Junior or Senior International cannot compete in a National Levels Competition for that calendar year.
- When a NLP athlete has undertaken a trial period in a high performance program and has decided not to continue training in that high performance program, then they are permitted to return to their club and resume competing at the level they were in prior to their trial, if they have not competed at a sanctioned event in the ILP.
- If an athlete moves to a high performance program and stays longer than the trial period, but does not compete within that calendar year, and wishes to transfer back to a club, then they would be assessed by the WAG SMC, using the National Testing Program as a guide.
- If an athlete moves to a high performance program and competes at a sanctioned event in the ILP, then they would transfer to the relevant National level as outlined below if they return to train at their club.

Gymnasts who transfer from international levels to national levels, must transfer to the following levels:

- | | |
|-------------------------------|----------------------------|
| • Passed ILP 4 | = passed National Level 4 |
| • Passed ILP 6 | = passed National Level 5 |
| • ILP 7 | = passed National Level 6 |
| • ILP 8 | = passed National Level 7 |
| • ILP 9 | = passed National Level 9 |
| • ILP 10 | = passed National Level 10 |
| • Senior/Junior International | = passed National Level 10 |

The program managers or club managers must notify the WAG SMC of all athlete transfers.

10.2 Gymnasts Transferring Between Clubs

WAG gymnasts may only compete for the club with which they are currently registered

- Gymnasts may not compete for their 'new' club in any Gymnastics Queensland sanctioned event for a period of (1) month from the date of application of the transfer. A gymnast's 'old' club may waive the one month waiting period.
- In the event that the transfer is denied, gymnasts may not compete for their 'new' club until GQ has been advised in writing from the 'old' club that the transfer is approved.
- This date of transfer shall be considered the date at which Gymnastics Queensland received official written notice from the club that represents the gymnast that a transfer is to take place. **All transfer procedures are to be completed online.**
- The competition waiting period has been put into place to ensure that the transfer is genuine, has been affected in the correct manner administratively, and does not create an unfair advantage or bias in respect of competitive entries.

11.0 COMPETITION POLICY AND GUIDELINES FOR GYMNASTS

11.1 Regulations for Gymnasts

Each gymnast must be informed about the Code of Points and the 2015 & Beyond ALP Manual and act according to the rules as specified.

Once a gymnast has competed and achieved an all around pass mark at a particular level in any sanctioned competition, then she cannot return to a lower level. However gymnasts are allowed to compete at a higher level for Team Competitions such as Queensland Club Championships, National Club Championships and Team Challenge.

National Levels 4 – 10 must be passed sequentially at a GQ sanctioned competition.

For a gymnast to be eligible to compete in any GQ sanctioned event the following requirements must be met:

- Be a current registered member of a GQ affiliated club
- Be accompanied on the floor by an appropriately qualified coach who is currently accredited with Gymnastics Australia

11.2 Competition Attire

For all sanctioned events, gymnasts must wear a club leotard. For a team event, all gymnasts within the one team must wear identical club leotards. At Category 1 events (Senior State Championships, Junior State Championships & Qld Club Championships) gymnasts from the one club competing in the same level, must all wear the identical club leotard (eg level 4 gymnasts all need to wear the same leotard; level 5 gymnasts all need to wear the same leotard etc).

- Correct sportive non-transparent leotard
- Neckline – no lower than half of the sternum in front and lower line of shoulder blades at the back
- May be with or without sleeves – shoulder straps must be a minimum of 2cm wide
- The leg cut of the leotard may not extend beyond the hip bone
- No jewellery except small stud earrings
- Start number (if provided) must be worn
- Bandages must be safely and securely fastened and be beige or skin coloured.

11.3 Competitors Code of Conduct / Behaviour

In addition to GA's General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by GA or GQ, a Member Association or an affiliated club and in your role as a participant in any activity held by or under the auspices of GA, a Member Association or an affiliated club:

- Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators
- Do not tolerate acts of aggression
- Respect the talent, potential and development of fellow participants and competitors
- Care for and respect the equipment provided to you as part of your program
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements
- At all times avoid intimate relationships with your coach
- Conduct yourself in a professional manner relating to language, temper and punctuality
- Maintain high personal behaviour standards at all times
- Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Cooperate with coaches and staff in the development of programs to adequately prepare you for competition at the highest level

11.4 Discipline of Gymnasts

Gymnasts will be governed according to the current FIG Code of Points, refer Section 2, and the relevant GA and GQ Rules and Regulations.

12.0 COMPETITION POLICY AND GUIDELINES FOR COACHES

12.1 Regulations for Coaches

Only those gymnasts and nominated coaches (with accreditation passes) involved in the current session of the competition will be allowed in the competition arena at any GQ event.

- Red Cards will be applied for coaches disobeying this rule
- Any coach issued with a Red Card will be removed from the competition arena for the remainder of the competition

- If the coach is a team or individual gymnast's coach, they may be replaced by another appropriately qualified coach for the remainder of the competition

12.2 Requirements for Coaches

Each coach must be informed about the Code of Points and **the 2015 & Beyond ALP Manual** and act according to the rules as specified below. They must conduct themselves in a fair and sportsmanlike manner at all times during the competition.

Coaches are not permitted to:

- Speak directly to gymnast or give signals or shout during the exercise
- Obstruct the view of judges
- Raise the height of Bars without permission of the Competition Jury prior to the commencement of general warm up
- Enquire to the Judges Panels re evaluation during the competition
- Interfere with the rights of other participants
- Delay competition

12.3 Competition Attire

Coaches are expected to be dressed in the correct competition attire as outlined below. If a coach isn't dressed in the correct attire, they will be removed from the competition arena until their attire is correct.

- Tracksuit pants and club T shirt/polo shirt or tracksuit top
- No singlet tops
- No hats or caps permitted
- Athletic shoes or gym shoes must be worn. **Thongs, sandals or bare feet are not permitted.**
- Neat and tidy attire and appearance
- Sports shorts in club colours may be worn in hot weather at WAG sanctioned events. However shorts are not permitted at Queensland Championships, Queensland Club Championships and State Trial.
- Denim, cargo or short shorts will not be permitted.

12.4 Coaches Code of Ethics

As an accredited GA Coach I will:

- Abide by the rules of GA as set forth in its constitution and by-laws
- Follow procedures for enforcement of the Code of Ethics
- Accept any judgments made
- Use the established procedures for challenging a competitive result, contesting a team selection decision, complaining about the conduct of another member, or attempting to change policy of Gymnastics Australia
- Direct my observations and recommendations regarding all aspects of gymnastics to the appropriate persons for the betterment of the sport
- Be constructive in my criticisms and direct comments and observations to the relevant individuals and organisations, to avoid gossip innuendo and malicious comment
- Respect the efforts of appointed and elected representatives of Gymnastics Australia
- Represent myself and my coaching status in an honest and professional manner, without bringing my coaching profession or GA to disrepute
- Use my accreditation status and Technical Membership of GA to represent my ability in an honest manner, not to gain unwarranted favours.
- Be professional and accept responsibility my actions
- Extend professional courtesy to other coaches, athlete and their parents by keeping them informed in matters relevant to athlete's training programs
- Abide by and respect the regulations governing sport and the organisation and individuals administering those regulations
- Be a role model for my sport and my athletes
- Respect the rights, dignity and worth of every human being within conduct of my involvement in gymnastics
- Exercise a standard of care consistent with my competence and obligations as a coach
- Show concern for the health, safety and welfare of athletes and colleagues
- Coach within the limits of my competence as a coach
- Follow GA safety guidelines in respect of the duty of care owed to the athlete
- Provide planned and sequential training programs based on the individual development needs of athletes
- Modify the training program for injured athletes based on appropriate medical advice when required
- Provide a safe environment for participants in training and competition
- Provide a quality service to my athletes and to the sport

- Maintain or improve my current NCAS accreditation
- Seek continual improvement through performance appraisal and ongoing coach education
- Honour the responsibilities given a coach by keeping all relevant qualifications up to date
- Work to ensure my athletes' time spent with me is a positive experience
- Promote and assist in the development of the coaching profession
- Assist others to develop good attitudes, skills and knowledge relating to the sport
- Promote and assist in the education of other coaches
- Put athletes' welfare first; making decisions based on the best interest of my athletes' sporting, education, and vocation careers
- Acknowledge the individual talents and potential of athletes
- Maintain a balanced emphasis of sporting involvement within educational and career objectives
- Abide by the regulations of the relevant national and international sporting and government bodies
- Respect the health and dignity of athletes to compete on the basis of their abilities; within the rules of the sport of gymnastics
- Encourage, by example, the removal of any form of personal abuse or inappropriate discrimination
- Refrain from verbal, physical, or emotional abuse
- Refrain from any form of sexual harassment towards athletes and colleagues
- Refrain from using the influence of a coaching position to encourage inappropriate intimacy between coach and athlete
- Refrain from any discriminatory practices on the basis of race, religion, ethnic background, or special ability/disability of athletes
- Be alert to any forms of abuse towards my athletes from other sources whilst they are in my care
- Ensure physical contact with athletes is appropriate and necessary for the athletes' skill development.
- Ensure spotting methods and philosophy are consistent with established gymnastics principles
- Ensure spotting is used only to facilitate learning or safe performance
- Be aware of and follow rules and regulations as provided in the FIG Code of Points

13.0 COMPETITION POLICY AND GUIDELINES FOR JUDGES

13.1 Regulations for Judges

The Judging Coordinator presides over the Competition Jury and is responsible with the members of the Sports Management Committee (SMC) for:

- Directing the Judges' Briefing prior to the competition
- Composition of Judges Panels
- Evaluation of new vaults and elements
- Approving or disapproving written request for raising of bar rails
- Supervising the control of the apparatus according to the apparatus norms and specifications of the FIG

13.2 Requirements for Judges

- All judges must possess a thorough knowledge of the applicable rules and text
- Must have successfully participated in State or National Judging Course
- Must possess the appropriate level of accreditation to judge at a competition
- Must participate in the Judges' Briefing prior to the competition
- Be at the competition venue one hour prior to the start of competition or at the advertised time of the judges meeting
- Wear the correct judge's uniform **being of corporate attire** – navy skirt or trousers, navy jacket, white blouse/top, enclosed shoes. **No navy leggings are to be worn to replace skirt/trousers.**
- Prepare thoroughly before competition
- Evaluate each exercise accurately, consistently, quickly, objectively, fairly and ethically
- Record scores accurately
- During the competition a judge must
 - ❖ Not leave her place, except with consent of the Head Judge
 - ❖ Not have contact and/or discussions with other persons during the competition
 - ❖ Must behave in a professional manner at all times and exemplify non-partisan and ethical behaviour
- Names of all judges must be included on the respective event entry forms
- All Judges must be financial members of GA and/or GQ

13.3 Judges Code of Ethics

In order to present a professional image and to judge objectively and accurately, all judges should:

In General:

- Understand and abide by the Judge's Oath
- Be fully conversant with the WAG FIG Code of Points, **WAG 2015 & Beyond ALP Manual** and/or other published rules and regulations pertaining to the standard of gymnastics being judges

- Actively maintain technical knowledge through ongoing review of the Code of Points, technical publications, video footage and observation of training
- Attend all pre-competition judges' meetings
- Dress in a tidy fashion benefiting the status and image of a judge
- Be punctual for all official events
- Avoid the use of derogatory language
- Be prepared to counsel athletes and coaches regarding the athlete's performance after competitions

When travelling with a team:

- Report any significant outcomes from the pre-competition meetings to the team coach
- Be available to attend training sessions to advice on judging matters
- Emphasise the spirit of the sport rather than the errors
- Compliment and encourage all competitors
- Be accountable for one's own judging performance
- Be a current Technical Member of GA and GQ

At competitions:

- Dress in the standard corporate judge's uniforms for competition
- Be prepared for the competition by having all personal judging equipment and accessories readily available and by being conversant with the routines and requirements
- Be co-operative with competition organisers, floor managers, announcers and head judges
- Be quick and accurate in determining scores
- Be co-operative in judges' conferences and assist the head judge to arrive at the final score
- Be prepared to justify scores in a judges' conference
- Be consistent, objective and courteous at all times

"JUDGES OATH"

"I declare on my honour that, in my capacity as a judge, I will allow myself to be guided only by the spirit of sporting loyalty and dignity and I pledge to judge the work presented conscientiously and without regard to person or nation"

14.0 JUDGES PATHWAY & PAYMENT SCALE

The following table provides a summary of the Women's Judging pathway in Queensland. Please note that payment is provided to subsidise costs of maintaining accreditation and transport to competitions.

Judging Accreditation Level	Minimum Accreditation Age	Expectations	Levels Evaluated in Competition	Pay Rate (per session)
Beginner	15 yrs*	Judge In-House and at Invitationals	Levels 1 – 2	\$20.00
Intermediate	15 yrs*	As above plus: Judge at Regional & State Events	As above plus: Levels 3 – 6	\$30.00
Advanced	16 yrs	As above plus: Head Judge at State Events; Judge at National Events	As above plus: Levels 7 – 10	\$35.00
Advanced Silver	16 yrs	As above plus: Involvement in Mentoring; Assist / present Judges Courses; Judge International Levels Program	As above plus: ILP 1-9	\$35.00
FIG	16 yrs	As above plus: Present Judges Course	As above plus: ILP 10, Junior & Senior International gymnasts	\$40.00

* State Registration for candidates 15 years of age only

15.0 APPARATUS SPECIFICATIONS

The following specifications are the apparatus requirements for WAG. Clubs may use this as a guide when setting up new training venues for conducting events and competitions. Minimum apparatus standards exist for sanctioned events. If any of these minimum apparatus standards are not met, then a risk assessment will be completed and modifications to equipment or competition performance made accordingly.

It is required that Clubs hosting National Level 1 – 10 sanctioned events meet the specifications of 20cm depth of matting.

Refer to the FIG Apparatus Specifications and diagrams for guidance, link below.

[Apparatus FIG Norms](#)

- 10cm supplementary landing mats must be used for vault and bars & beam dismounts for all levels.
- A minimum of two (2) Supersoft mats should be available for warm up. At least one 30cm supersoft must be available throughout the competition for level 3-6 bars.

15.1 Vault

Measure from the floor to the top of the apparatus. The leg frames of the vaulting table should be covered with padding. The Vaulting Table **or matting** is set at the following heights **for Queensland sanctioned events**:

- National Level 3 60cm or 90cm matting
- National Level 4 90cm or 110cm matting
- National Level 5 100 – 125 cm matting (with vault table)
- National Level 6 100 – 125 cm
- National Level 7 – 8 100 – 125 cm
- National Level 9 – 10 125 cm
- International Level 7 115cm
- International Level 8 125 cm
- International Level 9 125 cm
- International Level 10 125 cm
- Jnr/Snr International 125 cm

Landing area minimum 600 cm x 250 cm x 20 cm. These mats must be firm enough to allow stability on landing and soft enough to absorb all impacts. Additional supplementary landing matting of 600 cm x 200cm x 10 cm is compulsory. Beat Board blocks ('Yurchenko block') can be used and are compulsory for Yurchenko vaults.

For vaults that are performed without the vault table onto built up matting (ie National Level 3 and 4), the landing surface of the top mat must be firm enough to allow strong repulsion from the hands in the support phase. If a supersoft mat is used, it must have a firm surface.

Vaulting boards (max depth 100 mm +/- 20 mm) of any type are allowed, with the exception of additional springs or alterations from original manufacture (e.g. tennis balls) for level 1-6. Level 7-10 gymnasts and international stream gymnasts will use spring boards - either a soft board or a hard board. The spring configurations should not be altered and springs should not be added or removed.

Vault Runaway – Carpeted (25 m x 100 cm) must be available.

15.2 Uneven Bars

Height measured from the floor

- The height of the upper edge of the bars (with inner diagonal position at 180cm) is to be:
 - ❖ Low Bar height = 170 cm from floor to upper edge of bar
 - ❖ High Bar height = 250 cm from floor to upper edge of bar
 - ❖ Inner diagonal distance between LB and HB = 130 cm (min) and 180 cm (max)
- **Level 3-6 gymnasts will be permitted to use an additional supersoft mat up to 30cm in depth. This mat may be placed under the bars or used for dismounts. It can be moved/repositioned during the routine.**
- Bar uprights and rails are to be of a recognised design and dimensions with wood laminated fibreglass rails
- Bars placed over mats 1400 cm x 200 cm x 20 cm with additional supplementary landing matting (dismount area) of 400cm x 200 cm x 10 cm.

15.3 Balance Beam

The height of the beam is measured from the floor to the top of the beam.

Balance Beam of recognised design and dimensions centred over mat area of 700 cm x 400 cm x 20 cm. Additional mats (dismount area) of 400 cm x 200 cm x 20 cm. Additional mats (mount end) 500cm x 200cm x 20cm plus 200cm x 100cm x 20cm. Additional supplementary matting of 400 cm x 200 cm x 10cm is required for dismounts.

Beam Height Requirements:

- National Level 3 105cm
- **ILP 4** 110cm
- National Levels 4 - 6 115 cm
- National Levels 7 – 10 125 cm
- **ILP 6** – Senior International Stream 125 cm

Beam padding is required around the legs of the beam, as per FIG requirements.

15.4 Floor Exercise

The floor area shall consist of a FIG recognised design measuring 12 m square, surrounded by a 100 cm edge of matting.

There should be a safety zone around this area of **between 100 - 200cm**

The padded area shall be 12 m square, with a minimum matting thickness of 32 mm for National Levels 4 – 5 and 50 mm for National Levels 6 – 10 events and **ILP 7** and above.

Level	Vault Height	Beam Height Qld Events	Beam Height GA requirements	Beam Time	Floor Time
Snr Int	125 cm	125 cm	125 cm	Max 90 secs	Max 90 secs
Jnr Int	125 cm	125 cm	125 cm	Max 90 secs	Max 90 secs
ILP 10	125 cm	125 cm	125 cm	Max 90 secs	Max 90 secs
ILP 9	125 cm	125 cm	125 cm	Max 90 secs	Max 90 secs
ILP 8	125 cm	125 cm	125 cm	Max 90 secs	Max 90 secs
ILP 7	115 cm	125 cm	125 cm	No restriction time	Max 90 secs
ILP 6	60 cm (no table)	125 cm	125 cm	No restriction time	Max 90 secs
ILP 4	60 cm (no table)	110 cm	110 cm	No restriction time	Max 90 secs
Nat. Level 10	125 cm	125 cm	125 cm	Max 90 secs	Max 90 secs
Nat. Level 9	125 cm	125 cm	125 cm	Max 90 secs	Max 90 secs
Nat. Level 8	100 - 125 cm	125 cm	125 cm	Max 75 secs	Max 90 secs for 2015 only
Nat. Level 7	100 - 125 cm	125 cm	125 cm	Max 75 secs	Max 90 secs for 2015 only
Nat. Level 6	100 – 125 cm	115 cm	120cm	Max 75 secs	Max 90 secs for 2015 only
Nat. Level 5	100 – 125 cm	115 cm	110cm	Max 75 secs	N/A
Nat. Level 4	90 cm or 110 cm (no table)	115cm	100cm	Max 60 secs	N/A
Nat. Level 3	60 or 90 cm (no table)	105cm	90cm	Max 60 secs	N/A

16.0 WAG ANNUAL AWARDS

16.1 Awards

The following WAG Awards will be awarded annually:

- WAG International Coach of the Year
- WAG National Levels Coach of the Year
- WAG International Gymnast of the Year
- WAG National Levels Gymnast of the Year
- WAG Judge of the Year
- Bobby Campbell Perpetual Trophy

16.2 Awards Criteria

The points system detailed below will be used to determine the Coach & Gymnast of the Year.

16.2.1 Points system for determining WAG International Coach & National Levels Coach of the Year

Eligible events for WAG Coach of the Year Awards

Item	
Senior State Championships - Gymnasts results	Points for results
National Championships - Gymnasts results	Points for results
Australian Classic – Gymnasts results (Jnr & Snr)	Points for results
State Clubs - Club results for Level 7-10 Divisions if coaching gymnasts in that team	Points for team results in All Around rankings only
Gymnasts participation in International Events (Jnr & Snr) & National Levels Tour	Points for participation according to category of competition
Gymnasts participation in National Levels Tour	Points for results
Results achieved by gymnasts at International Events & National Levels Tour	Points for results based on category of competition

Points system for calculating awards for WAG Coach of the Year

Points for Participation in an International Event

20 points Category A event

10 points Category B, C, D and E event

Categories of International Events

COMPETITION	CATEGORY	Points
Major Events - Olympic Games - World Championships - Commonwealth Games - World Cup Final	A	10 points
International Team Events - Pacific Alliance - East Asian Games - World University Games	B	8 points
World Cup Qualifying Events & Other Senior International Events	C	6 points
Junior International Invitational Events	D	5 points
National Levels Tour	E	1 point

Points for results at State Championships and National Championships

Coaches only awarded points for the results of their own gymnasts

	1 st	2 nd	3 rd
LEVEL 10 and 9			
All Around	20 points	16 points	12 points
Apparatus	10 points	8 points	6 points
LEVEL 8 and 7 and Jnr/Snr			
All Around	10 points	8 points	6 points
Apparatus	5 points	4 points	3 points

Points for results at State Club Championships (Level 7-10) and Australian Classic (Jnr/Snr)

Coaches only awarded points if they coach gymnasts in the team

	1 st	2 nd	3 rd
LEVEL 7 – 10 and Jnr/Snr			
Team All Around	10 points	8 points	6 points

Points for results at International competitions & National Levels Tour

Points listed in the table below are multiplied by the points given to the category of the event

Event	Finalist	1 st	2 nd	3 rd	4 th	5 th	6 th
AA Finalist Category A event	5 points						
Apparatus finalist Category A event	5 points						
All Around placing		10 points	8 points	6 points	4 points	2 points	1 point
Apparatus placing		5 points	4 points	3 points			

16.2.2 Criteria for determining Queensland WAG International Gymnast & WAG National Levels Gymnast of the Year**WAG International Gymnast of the Year & WAG Levels Gymnast of the Year**

Junior & Senior International and National Level 7-10 gymnasts will be considered for this award.

Event	
Senior State Championships	Points for participation
Results at Senior State Championships – AA and Apparatus	Points for results
National Championships	Points for participation
Results at National Championships – AA and Apparatus	Points for results
Australian Classic (Jnr/Snr)	Points for participation
Results at Australian Classic – AA and Apparatus (Jnr/Snr)	Points for results
State Club Championships (Level 7 – 10)	Points for participation
International events & National Levels Tour	Points for participation based on category of competition
Results at International events – Team, AA and apparatus	Points for results
Results at National Levels Tour – AA and apparatus	Points for results

Points system for calculating awards for WAG Gymnast of the Year**Points for Participation**

10 points	Senior State Championships and National Championships
10 points	National Levels Tour
5 points	State Club Championships
5 points	Australian Classic (International gymnasts only)

Points for results at State Championships, National Championships & Australian Classic

	1 st	2 nd	3 rd
LEVEL 10 and 9			
All Around	20 points	15 points	12 points
Apparatus	10 points	8 points	6 points
LEVEL 8 and 7 and Snr/Jnr			
All Around	10 points	8 points	6 points
Apparatus	5 points	4 points	3 points

Points for results at International events

Points listed in the table below are multiplied by the points given to the category of the event

Event	Finalist	1 st	2 nd	3 rd	4 th	5 th	6 th
Team placing Category A event		10 points	8 points	6 points	4 points	2 points	1 point
AA Finalist Category A event	5 points						
Apparatus finalist Category A event	5 points						
All Around placing		10 points	8 points	6 points	4 points	2 points	1 point
Apparatus placing		5 points	4 points	3 points			

Categories of International Events

COMPETITION	CATEGORY	Points
Major Events - Olympic Games - World Championships - Commonwealth Games - World Cup Final	A	10 points
International Team Events - Pacific Alliance - East Asian Games - World University Games	B	8 points
World Cup Qualifying Events & Other Senior International Events	C	6 points
Junior International Invitational Events	D	5 points
National Levels Tour	E	1 point

Bonus points

Event	Gold	Silver	Bronze
World Championships	50 points	40 points	30 points
Olympics	50 points	40 points	30 points
World Cup Final	30 points	20 points	10 points

16.2.3 Criteria for selecting Queensland WAG Judge of the Year

Judging at Events: Events judged at an international/national/state level in the past year

Judges Education & Mentoring: Courses attended, conducted, involvement in updating workshops, mentoring roles filled

Support Activities: Assisting coaches and other judges, involvement in preparing individuals / teams for international / national / state events

Other Contributions to Gymnastics: Other notable qualities

Selection Process

- The WAG SMC will request nominations from Qld Technical Members and the Qld WAG community.
- The WAG SMC may also nominate a judge for the award
- After nominations are received by the due date, the WAG SMC will be the Selection Panel for determining the awards recipient

16.2.4 Criteria for selecting winner of the Bobby Campbell Perpetual Trophy

The Bobby Campbell Perpetual Trophy is a Marc Melon sculpture of a female gymnast, donated to Gymnastics Queensland in 2006 by Mr John Wragg, the sister of the late Ms Bobby Campbell. Bobby was a great fan of Women's gymnastics and wished to donate an award to recognise excellence in Women's gymnastics in Queensland.

The Bobby Campbell Perpetual Trophy will be awarded to the WAG Senior International Athlete who achieves the highest ranking in the All around competition at National Championships.

16.3 Award Recipients

Year of Award	WAG International Coach of the Year	WAG National Coach of the Year	WAG Judge of the Year	WAG International Gymnast of the Year	WAG National Levels Gymnast of the Year	Bobby Campbell Award
2014	<i>Not awarded</i>	Debbie O'Carroll	Nicki Robbins	Georgia Godwin	Courtney Haley	Georgia Godwin
2013	Sasha & Olga Belousov	Debbie O'Carroll	Lacie Jones	Amaya King Koi	Courtney Haley	Amaya King Koi
2012	Vladimir & Irina Joura	Vicki Baptie	Amy Busby	Larissa Miller	Natalie Bennison	Amaya King Koi
2011	Sasha & Olga Belousov	Debbie O'Carroll	Laura Martin	Larissa Miller	Claire Black	<i>Not Awarded</i>
2010	Sasha & Olga Belousov	Wendy Gilliver	Nicki Robbins	Georgia Godwin	Taylor Ryan	Larissa Miller
2009	Sasha & Olga Belousov	Nathan Kingston	Trisha Hade	Larissa Miller	Emma Longmuir	Amber Fulljames
2008		John Mitchell	Anna Turetschek			
2007	Sasha & Olga Belousov	Lacie Jones	Rhonda Halliday			
2006	Sasha & Olga Belousov	Kylie Shadbolt	Joanne Nisbett	Chloe Sims	Monique Cowan	Chloe Sims
2005			Trisha Hade			Lisa Skinner
2004	Sasha & Olga Belousov		Tracie Brooks			
2003			Megan Mitchell			
2002			Trisha Butler & Nicki Robbins			
2001						
2000						
1999					Wendy Gilliver	