



**QUEENSLAND GIRLS**  
Secondary Schools  
Sports Association

# WORKBOOK

## Artistic Gymnastics

Updated 17 November 2023

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*Established 1908 - Performance, Participation, Tradition & Innovation*

# ARTISTIC GYMNASTICS

## 1 ELIGIBILITY AND GRADES

**Point of clarification:** Registered levels refers only to WAG registered levels.

- 1.1 Competition will be held in Open, A, B, C, D, and Year 7 divisions.
- 1.2 All gymnasts will be ranked according to their ability to perform the competition. Refer: 1.4
- 1.3 Any Level 6 or above registered gymnast who is in training in a registered gymnastics competitive program under the auspices of Gymnastics Australia, or its equivalent, as of the 31<sup>st</sup> December of the previous year, must be entered in the Open or A Grade ONLY.
- 1.4 Following the close of nominations and submission of registered levels, the QGSSSA Artistic Gymnastics Sub-committee (representative from each school) shall meet with the following responsibilities:
  - Review exemption requests for feedback before submission to the QGSSSA Executive.
  - Review gymnast levels including the ranking of retired gymnasts.
  - Validate the rank order of each school.
- 1.5 Schools must nominate a minimum of four gymnasts in a team (3 to score) in the Open Grade before ranking any remaining Level 6 and above gymnasts in the A Grade.
- 1.6 If any Level 6 or above registered gymnast is not selected in the Open team, they are eligible to be nominated in the A Grade in rank order. **Refer: 1.9.1**
- 1.7 All remaining gymnasts (that do not fulfil the criteria of point 1.3) are ranked from A Grade down with no eligibility restrictions.
- 1.8 Where a team applies for an exemption, the team will be pennant ineligible. Subsequent lower division teams, following an exemption team, will also be pennant ineligible (with the exception of Year 7).
- 1.9 All schools entering the competition must enter an A grade team. Note: By-Laws 5.6
- 1.10
  - 1.10.1 **OPEN GRADE:**  
Schools must nominate a minimum of four gymnasts in a team (3 to score) in the Open Grade before ranking any remaining Level 6 and above gymnasts in the A Grade.
  - 1.10.2 **A, B, C, D & YEAR 7 GRADES:**  
For all divisions of these grades there may be a maximum of five (5) gymnasts in each team with a maximum of five (5) gymnasts to compete on each apparatus with the best three (3) scores to count.
- 1.11 A school may enter 2 teams in any one grade. Subsequent teams will be considered on availability via ballot.
- 1.12 A team consists of a minimum of 3 scoring gymnasts on each apparatus.

- 1.13 Changes to nominations ranking – re-ranking down between divisions can be made up to 5pm, two days before the competition. The QGSSSA Executive Officer must be advised of any re-rankings.

## **2 JUDGING**

- 2.1 Each apparatus should have a minimum of two judges. There should be a jury (minimum of 1 judge) allocated for each session.

## **3 WARM-UP AND COMPETITION**

- 3.1 At the commencement of competition in each grade, all teams will march onto the floor area to be introduced and to receive final instructions from the Announcer.

At the completion of the competition of each grade, teams will march on for the presentation.

- 3.2 All team movement will be at the direction of the Announcer who will instruct the competitors to move to their respective apparatus.

- 3.3 The competition will be held using the warm up – compete format.

- 3.3.1 Team Warm up rules will apply but will be based on the following time guidelines:

Open:

- » Bars and Beam: maximum 90 seconds per gymnast
- » Vault: maximum two vault warm up per gymnast
- » Floor: maximum 5 minutes per group

A Grade

- » Bars and Beam: maximum 45 seconds per gymnast
- » Vault: maximum two vault warm up per gymnast
- » Floor: maximum 4 minutes per group

B & C Grades

- » Bars and Beam: maximum 30 seconds per gymnast
- » Vault: maximum two vault warm up per gymnast
- » Floor: maximum 3 minutes per group

D Grade and Year 7

- » Bars and Beam: maximum 30 seconds per gymnast
- » Vault: maximum one vault warm up per gymnast
- » Floor: maximum 3 minutes per group

## **4 TEAM ENTRIES**

Refer to By-Law 5.6

## **5 DISPUTES**

Refer to By-Law 8

## **6 DRAW**

Prior to the competition, a ballot will be made to determine schools' order of appearance.

## **7 PENNANTS**

- 7.1 A pennant will be awarded to the winning team in each grade.
- 7.2 If there are 4 or more schools entering a second or subsequent team, a '2<sup>nd</sup> or subsequent Division' pennant will be awarded. This is based on only 7 schools entering the competition.
- 7.3 Open Division: The top individual scorer on each apparatus will be acknowledged.

## **8 SPECTATORS**

- 8.1 Appropriate etiquette will be required.
- 8.2 Barracking: No mechanical devices or musical instruments will be permitted.
- 8.3 Flash photography is prohibited during competition.

## **9 UNIFORMS**

- 9.1 Athletes can wear a leotard, unitard or leotard with leg coverings for any length. Leg coverings must be unbranded and the same colour as the bottom half of the leotard and are permitted to be worn under or on top of the leotard. All athletes within the team must wear the same leotard and colour of the leg covering. Each athlete within the team may choose whether to wear a unitard or leg coverings as this component of the team uniform can be chosen by each athlete.
- 9.2 Coaches are required to wear their school issued uniform/polo with slacks, shorts (mid-thigh length), or full length leggings, or as per the school's uniform policy. Coaches are required to wear enclosed footwear with non-marking soles.

**The Workbook should not be read to the exclusion of the QGSSSA Artistic Gymnastics Manual.**