

# Gymnastics Australia



**Bulletin #4 – April 2017**



# Welcome

Welcome to the fourth bulletin for the 2017 Australian Gymnastics Championships.

The purpose of this document is to provide information to all state and participants across Australia.

Championships bulletins will be issued monthly in the lead up to the competition and will be supplemented by news releases as required. Should you have any questions regarding the event, please do not hesitate to contact us and we will do all that we can to assist.

Address	Level 2	Phone	03 8698 9714
	375 Albert Road	Fax	03 8698 9799
	Albert Park	E-mail	rperini@gymnastics.org.au
	Victoria 3206	Website	www.gymnastics.org.au

The final bulletin will be published on the following dates:

- Monday 8<sup>th</sup> May – Bulletin 5

**Championship Office Number:  
0417 470 808**

## Key Dates / Deadlines

Item	Date
Definitive Entries	Wednesday 19 April
International Scores	Tuesday 9 May
Music Submission	Friday 21 April
Team Manager Form	Friday 21 April
T-shirt Order Form	Friday 21 April



## Working With Children Check

Ahead of the 2017 Australian Gymnastics Championships, GA is reminding States and Territories that Team Managers, Chaperones, Coaches, Judges, Medical staff and Physiotherapists will need to have a valid Working With Children Check or equivalent and the information will need to be recorded in the National Database (iMIS).

GA's Member Protection Policy (August 2016), outlining GA's commitment to providing a sport and work environment free of discrimination and harassment. Ensuring the safety, welfare and wellbeing of children is maintained at all times is another priority for GA. This has been supported by the enforcement of screening procedures for those involved in the instruction, management or coaching of any member under the age of 18 years and is considered best practice.

Accordingly this is a reminder that all State/Territory Team personnel requiring accreditation for the 2017 Australian Gymnastics Championships; are required to have will require all WWCC or equivalent details (wwcc number, issue date and expiry date) to be entered into the national database (iMIS) before they are entered into the Australian Gymnastics Championship Event. Please note, accreditations will not be issued or available for any personnel who do not provide these details.

We appreciate your support, cooperation and assistance in this process. Please find an overview of State and Territory WWCC or equivalent requirements [here](#)

If you or your staff require any further information please do not hesitate to contact Renata Perini on 03 9698 9714

## Provisional Competition Schedule

The draft competition schedule is now available. Please see appendix A. The event runs over two weeks – from Monday 22<sup>nd</sup> May – Sunday 4<sup>th</sup> June, 2017. These dates are inclusive of training, competition, awards ceremonies, technical forums and social functions.

**Please note** changes to the schedule **will** occur once definitive entries have closed. Please continue to check the event website for the most up to date version. All changes will be emailed to the states.



# Competition Entries

Gymnastics Australia will be accepting competition entries in accordance with the National Events Entry Policy. The updated policy is available publically available shortly through the Gymnastics Australia website.

## Entry closing dates:

Definitive Entry Closing Date: Wednesday 19<sup>th</sup> April, 2017

## Event Entry costs (GA registered athlete members):

Provisional Entry Fee	\$20.00 (per individual, per event)
Definitive Entry Fee	\$150.00 (per individual)
Total Entry Fee	\$170.00 (per individual)
Extra Divisions	\$40.00 (per individual)
	Rhythmic – Group & Individual
	Trampoline – National & International Stream

# Definitive Entries

Provisional entries for the Australian Gymnastics Championships are due on **Wednesday 19<sup>th</sup> April, 2017**. All definitive entries are to be processed through the National Database, iMIS.

All provisional entries need to be submitted in accordance with the standard GA processes, National Events Entry Policy and relevant Technical Regulations Part B.

*Please see Event Entry User Guide for additional information*

Payments for definitive entries are due in full by Friday 19<sup>th</sup> May.

Event	Event Code
Men's Artistic Gymnastics	GA17E002
Women's Artistic Gymnastics	GA17E003
Rhythmic Gymnastics	GA17E004
Trampoline Gymnastics	GA17E005
Acrobatic Gymnastics	GA17E006



# Orientation Meetings

Gymsport	Date	Time	Location
MAG	Sunday 21 May	6:00pm – 7:00pm	Western Lounge
WAG	Sunday 21 May	6:00pm – 7:00pm	Western Lounge
RG	Monday 29 May	5:30pm – 6:30pm	Western Lounge
TRP	Tuesday 30 May	3:00pm – 4:00pm	Room 23
ACR	Thursday 1 June	3:00pm – 4:00pm	Room 23

# Team Manager Contact Information

During the event it is important that Gymnastics Australia can get in contact with team managers and head coaches and quickly and as easily as possible.

Could all states please complete the Team Manager / Head Coach contact information form by clicking [here](#)

# Judges Briefings

Gymsport	Date	Time	Location
MAG	Monday 22 May	3:00pm – 6:00pm	Room 23 & 24
WAG National Level	Sunday 21 May	3:00pm – 6:00pm	Room 23
WAG International Level	Monday 22 May	8:00am – 10:00am	Room 23
WAG International Level	Wednesday 24 May	4:30pm – 6:00pm	Room 23
RG	Tuesday 30 May	11:00am – 7:00pm	Western Lounge
TRP	Tuesday 30 May	4:30pm – 6:00pm	Room 24
ACR	Thursday 1 June	6:00pm – 7:00pm	Room 23

Gymsport	Date	Time	Location
TRP Judges Update	Tuesday 30 May	9:00am – 12:00pm	Room 24
TRP Judges Update	Tuesday 30 May	1:00pm – 4:00pm	Room 24
TRP Judges Update	Tuesday 30 May	6:30pm – 9:30pm	Room 24

All TRP Judges **MUST** attend one of the above Judges Update Meetings in addition to the Judges Briefing.





## Other Meetings

Meeting	Date	Time	Location
<b>RG Technical Meeting</b> <i>State TDs and JCs only</i>	Monday 29 <sup>th</sup> May	3:30pm – 5:30pm	Western Lounge
<b>RG Coaches Meeting</b> <i>Open Forum</i>	Tuesday 30 <sup>th</sup> May	9:00am – 10:30am	Western Lounge
<b>WAG NL Forum</b> <i>Open Forum</i>	Wednesday 24 <sup>th</sup> May	11:30am – 1:00pm	Room 23
<b>WAG State Judges</b> <b>Co-coordinator Meeting</b>	Thursday 25 <sup>th</sup> May	11:30am – 1:00pm	Room 23

## ASADA Testing

States are reminded that any athletes attending the Australian Gymnastics Championships can be tested by ASADA, regardless of whether they are competing in the Elite/Age Group stream of the National Levels stream. Gymnastics Australia is expecting that testing will be particularly prevalent in an Olympic year at all levels of our championships.

As such we are asking States to ensure that all team members are aware and understand the ASADA testing process and their obligations. This can be achieved through either a face to face session or the ASADA online level 1 module. It is recommended that all state team members complete one of the above training methods ahead of the Australian Gymnastics Championships.

If athletes on your team take regular medication then we recommend they view the ASADA website or call the hotline to check their medication is ok for consumption and if they require to take any action such as completing the TUE process.

## Accreditations

Accreditation must be worn at all times to ensure access to training venues, the competition floor, ceremonies and social events. Lost accreditations are to be reported to the championships office immediately. Replacement accreditations can be arranged and will be issued at a cost of \$20 which will be charged back to the state.

Accreditation packs can be collected after the relevant orientation meetings.



# Official Athlete Event T-shirt

Gymnastics Australia is offering a 2017 Australian Gymnastics Championships Athlete t-shirt. These t-shirts will **ONLY** be available through pre-order, by each state, and will be given to states when they collect their accreditations at the event. No individual orders will be accepted. T-shirt will be \$30 each

As we are printing all athletes' names onto the back, we will be taking the names from the definitive entries so please ensure all spelling is checked when entering each athlete. Any changes after this date cannot be made.

The order form is now available. Please click [here](#) to place your states order.

## Medical

### Medical Personnel

During competition and training, a doctor and/or physiotherapist will be in attendance.

For further Medical assistance outside training and competition times, the GA Chief Medical Officer, Dr Kathy Yu, will facilitate appointments at an appropriate medical centre.

Normal fees apply when attending a Medical Centre. Please ensure that each person has his or her Medicare information. Details of the local hospital are:

**St Vincent's Hospital**  
**59 Victoria Parade**  
**Fitzroy VIC 3065**  
**Ph.: (03) 9288 2211**

### 24 Hour Emergency Department: Ph.: (03) 9288 2211

All persons associated with the competition must be aware of their Medicare Number and Club Managers/chaperones are to have a list of the relevant numbers when seeking any medical attention.

### Medical Support for State Teams

The championships will be an opportunity for gymnasts to showcase their best performances. Health care is an important part of their preparation and maintenance. This includes hydration, nutrition, sleep, as well as prevention and management of their injuries. Gymnasts will benefit from having a dedicated medical professional as a member of the traveling team to manage muscle aches and pains, preventative taping, and stretching and massage.



Many States and gymsports already know how good it is to have a physiotherapist or massage therapist who is part of the team and focused on the team members. Every year the teams who do not bring their own medical staff are the ones with a high rate of injury during competition. We would like to encourage all States to arrange medical coverage for their representative gymnasts so that they can perform at their highest level.

### **Medical Clearance**

Each State Association must provide written advice to the Competition Manager that all athletes under their control have been declared fit prior to commencing the competition training. This must be submitted at the Orientation Meeting. Regulations regarding athletes withdrawn due to injury are available in “point 6” of the “National Event Entry Policy”.

### **Medicare Numbers**

States are required to supply Medicare numbers for all competitors and officials attending the event. These numbers are to be entered in iMIS at the time of Definitive Entries. These numbers will be held by the medical personnel so that treatment during the competition can be bulk billed. This has been organised to help keep medical costs down and to support our medical personnel working at the event.

## Trampoline Spotters & Scorers

Each state will be required to provide spotters and scorers for assigned sessions. If you are unable to fill these positions it will be states responsibility to find other volunteers. Please see appendix B for Spotter rosters

- All spotters and scorers must be currently registered in iMIS as having participated in a sanctioned spotters workshop.
- States are required to confirm spotters and scorers for assigned sessions at the orientation meeting
- Spotters and scorers are to wear state polo shirt, with appropriate closed toe footwear.

## MAG & WAG Podium Training

Please refer to Appendix C





## Work Orders & Team Sheets

Competition work orders for each division are required to be submitted prior to the commencement of Australian Championships.

**MAG & WAG** – Friday 12<sup>th</sup>, 5:00pm ([rperini@gymnastics.org.au](mailto:rperini@gymnastics.org.au))

**RG** – Monday 22<sup>nd</sup>, 5:00pm ([velligymnastics@gmail.com](mailto:velligymnastics@gmail.com))

Failure to submit team sheets by the above deadlines will result in a random draw being allocated.

States will have up to 24 hours prior to competition to make changes if necessary.

## MAG Individual / Reserve Gymnasts

Please see below information from the MAG National Commission around the number of reserve / individual gymnasts we will be accepting for the 2017 Australian Gymnastics Championship;

L7U: We can accept 1 reserve gymnast from each State

L7O: We can accept 1 reserve gymnast from each State

L8U: We can accept 1 reserve gymnast from each State

L8O: We can accept 2 reserve gymnasts from each State

L9U/15: We can accept additional numbers on request (as per the Technical Regulations)

L9U/17: We can accept additional numbers on request (as per the Technical Regulations)

L9O: We can accept additional numbers on request (as per the Technical Regulations)

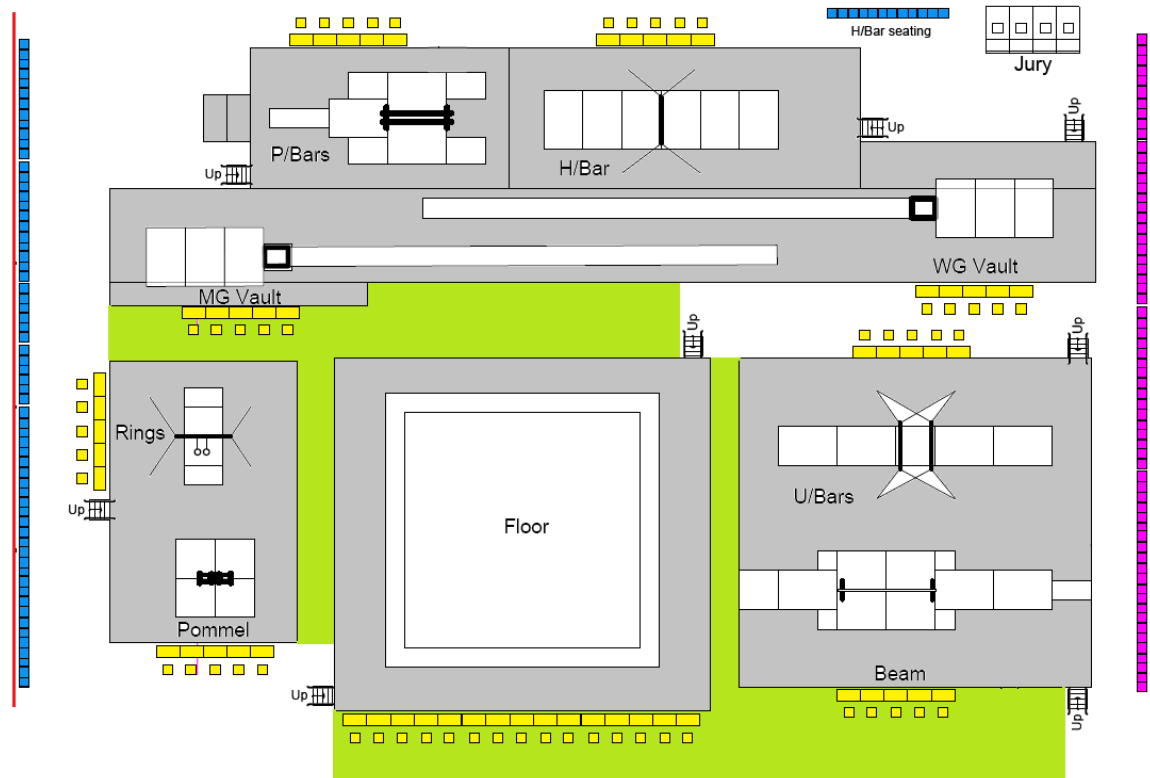
L10/Snr: We can accept additional numbers on request (as per the Technical Regulations)

## MAG L10 & Senior International Gymnasts

To assist the MAG National Commission in putting together the competition work order in a timely manner we ask that all states please complete the form in Appendix D for all MAG Senior International & Level 10 Apparatus Specialist Athlete.



# MAG & WAG Competition Floor Plan



- WAG Seating
- MAG Seating
- No Athlete or Coach Access
- Judges



# Music Submission Guidelines

All optional floor music for the competition must be submitted via Drop Box at the same time as definitive entries. The deadline for GA to receive competition music by mail is **Friday 21<sup>st</sup> April**.

States will be sent a link to a music Drop Box folder – Please do not create your own music drobox accounts.

States must also ensure an Audio CD copy of music is made available at the event in case of technical difficulties.

Please use the best quality uncompressed music files possible. Wav files are preferred (see wav properties below). If your music is burned from an Audio CD, please save it as a .wav file (instructions below). If your original music is a computer file, that can be saved and sent in as it is.

## **Properties of the Wav File are**

Sample Rate: 44.1kHz, Bit Rate: 1411kbps, Bit Depth: 16bit, Stereo, PCM

## **Audio CD to Data File Instructions**

Please use the WAV file type. 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.

## **Using 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

## **Using 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)



# ACR Tariff Sheets

## ACROBATICS NATIONAL CHAMPIONSHIPS 2017 – TARIFF SHEET SUBMISSION

Please read all instructions carefully, it is the responsibility of the coaches to ensure that all tariff sheets are submitted in the correct fashion to prevent acrobats from incurring a deduction.

All Tariff Sheets are required to be submitted to the following email address:  
[Auschamps@gymnastics.org.au](mailto:Auschamps@gymnastics.org.au)

The deadline for submission is by **5pm Friday 19<sup>th</sup> May 2017 (later than this will incur a 0.3 per sheet deduction)**.

Following this date, changed tariff sheets can be submitted **between Monday 22<sup>nd</sup> May 9am and Friday 26<sup>nd</sup> at 5pm with minor changes to skills. Minor is a change to 2 skills maximum (this includes individuals)**. Please do not submit any changed tariff sheets until this time as this may create confusion, resulting in your acrobats' sheets being mixed-up. Changes after this time will need to be handed into the National Judging Coordinator during the judges meeting on the Thursday 1<sup>st</sup> June. All changes on the tariff sheet should be highlighted to simplify the re-checking by the judges.

Sheets with changes to page numbers etc. will not be accepted, it is the coaches responsibility to ensure this information is correct prior to the original submission date. Please indicate in the email containing the changed sheet which skills have been changed and highlight the boxes on the sheet. **Please also name the file with the annex V2** so to avoid confusion of multiple sheets.

No changed sheets will be accepted on the day.

Each routine must be submitted as a separate tariff sheet with the following naming convention:  
**AA BB CCC lastname1 lastname2 lastname3**

Where:

AA= Level in the format L4 L5 etc. or for International groups: SEN, 13-19, 12-18 or 11-16

BB= Type of group in the format W2 W3 MX M2 M4

CCC= Routine either balance or Dynamic or Combined

eg L4 W3 DYN Kardishian Hilton Richie

eg JUN MX COM Jolie Pitt

**\*\*\*Files that are not named in this way will not be accepted as it is not up to the judges to open each file to check what level/category/etc. each group is in.**

Please send **separate emails for each level** containing **all tariff sheets for that level**.

It is an extremely arduous and time-consuming task to sort through and distribute the tariff sheets among the judges and the people performing this task are doing so in their own time. Your cooperation is much appreciated.



# Disclaimer

This document should be read in conjunction with the Gymnastics Australia Technical Regulations I and any other relevant Gymsport manual. This may include but is not limited to the technical regulations and FIG Code of Points. All information in this document is subject to change. GA encourages all users to regularly check the website for updates. In the event of a conflict between this document and any other GA documents GA reserves the right to have the final ruling. If such a ruling is needed GA will publish any alterations.





## Principle Partners



## Official Event Partners



## Sponsors & Category Partners



## Event Sponsors



# Appendix A: DRAFT Competition Schedule – Week 1

MONDAY May 22	TUESDAY May 23	WEDNESDAY May 24	THURSDAY May 25	FRIDAY May 26	SATURDAY May 27	SUNDAY May 28
<b>Session 1</b> <b>7:30am - 1:00pm</b> Podium Training Podium Training	<b>Session 4</b> <b>7:30am - 12:00pm</b> Podium Training Podium Training	<b>Session 7</b> <b>8:30am - 11:30am</b> Level 7 Open Level 7 Finals	<b>Session 10</b> <b>8:30am - 11:30am</b> Level 8 Under Level 8 Finals	<b>Session 13</b> <b>8:30am - 11:30am</b> Level 7 Under IL 10 & Junior 13	<b>Session 16</b> <b>8:30am - 11:30am</b> Level 8 Open	<b>Session 19</b> <b>8:30am - 11:30am</b> Level 7 Under
<b>Session 2</b> <b>3:30pm - 5:30pm</b> Level 7 Part 1 Level 8 Part 1	<b>Session 5</b> <b>1:30pm - 4:30pm</b> Level 9 Under Level 9 Level 10 Individual (Group 9)	<b>Session 8</b> <b>1:30pm - 4:30pm</b> Level 8 Open Junior 14 & 15	<b>Session 11</b> <b>1:30pm - 4:30pm</b> Level 9 Under Level 9 Finals (4 Groups) Level 10 Finals (2 Groups)	<b>Session 14</b> <b>1:30pm - 4:30pm</b> Level 7 Open Junior 14 & 15	<b>Session 17</b> <b>1:30pm - 4:30pm</b> Level 8 Under IL 10 & Junior 13	<b>Session 20</b> <b>1:30pm - 4:30pm</b> Level 10 & Senior Junior 14 & 15 Senior International
<b>Session 3</b> <b>7:30pm - 9:30pm</b> Level 7 Part 2 Level 8 Part 2 Level 10 Individual (Group 7 & 8)	<b>Session 6</b> <b>7:00pm - 10:00pm</b> Level 9 Open Level 10 Teams (4 Groups) Level 10 Individuals (Group 5 & 6)	<b>Session 9</b> <b>7:00pm - 9:30pm</b> Level 10 & Senior Senior International	<b>Session 12</b> <b>7:00pm - 10:00pm</b> Level 9 Open Level 10 Finals (6 Groups)	<b>Session 15</b> <b>7:00pm - 9:30pm</b> Level 10 & Senior Senior International	<b>Session 18</b> <b>7:00pm - 9:30pm</b> Level 10 & Senior Junior 14 & 15 Senior International	



# Appendix A: DRAFT Competition Schedule – Week 2

WEDNESDAY May 31	THURSDAY June 1	FRIDAY June 2	SATURDAY June 3	SUNDAY June 4
<b>Session 21</b> <b>8:00am - 12:00pm</b> Sub Junior Qualifications	<b>Session 24</b> <b>9:00am - 12:00pm</b> Sub Junior Group Junior International Part 1 Qualifications	<b>Session 27</b> <b>8:30am - 11:00am</b> Level 6 - Pairs	<b>Session 30</b> <b>10:00am - 12:00pm</b> Level 9 & 10 Finals	<b>Session 33</b> <b>9:00am - 12:00pm</b> SYN Youth, Junior & Senior TUM Youth, Junior & Senior Level 7
<b>Session 22</b> <b>1:00pm - 5:00pm</b> Pre Junior Qualifications TRP U11 & 17+ TUM U17 DMT U15 & U17	<b>Session 25</b> <b>1:00pm - 4:00pm</b> Pre Junior & Sub Junior Finals TRP U13 DMT U11 & 17+	<b>Session 28</b> <b>12:00pm - 4:15pm</b> Junior International Part 2 Qualifications TRP U15 & U17 DMT U13 Level 6 - Trios	<b>Session 31</b> <b>1:00pm - 4:00pm</b> TRP Youth DMT Junior & Senior International 11 - 16	<b>Session 34</b> <b>1:00pm - 4:00pm</b> Junior & Senior Group TRP Team Finals Combined
<b>Session 23</b> <b>6:00pm - 10:00pm</b> Level 9 Qualifications SYN U11, U13 & 17+ TUM U11 & 17+	<b>Session 26</b> <b>6:00pm - 9:30pm</b> Level 10 Qualifications SYN U15 & U17 TUM U13 & U15	<b>Session 29</b> <b>5:30pm - 10:00pm</b> Senior International Qualifications TRP Junior & Senior DMT Youth Level 8 - 10	<b>Session 32</b> <b>6:00pm - 9:00pm</b> Junior International Finals Senior International Finals TRP Youth Finals TRP Junior Finals TRP Senior Finals DMT Youth Finals DMT Junior Finals DMT Senior Finals International 12 - 18 International 13 - 19 Senior International	



## Appendix B: Trampoline Spotters Roster

Day	Session	Time (Approx)	State & Number of Spotters required
Wednesday 30 May	22	12:00pm – 5:00pm	4 VIC, 4 NSW
Wednesday 30 May	23	5:00pm – 10:00pm	4 QLD, 4 TAS, 4 WA, 4 SA
Thursday 1 June	25	12:00pm – 4:00pm	4 NZL, 4 TAS
Thursday 1 June	26	5:00pm – 9:30pm	4 NSW, 4 QLD, 4 WA, 4 VIC
Friday 2 June	28	11:00am – 4:30pm	4 QLD, 4 SA
Friday 2 June	29	4:30pm – 10:00pm	4 VIC, 4 NSW
Saturday 3 June	31	12:00pm – 4:00pm	4 SA, 4 QLD
Saturday 3 June	32	5:00pm – 9:00pm	4 VIC, 4 NSW
Sunday 4 June	33	8:00am – 12:00pm	4 WA, 4 SA, 4 VIC, 4 QLD
Sunday 4 June	34	12:00pm – 4:00pm	4 TAS, 4 NSW





# Appendix C: MAG & WAG Podium Training

## 2017 Australian Gymnastics Championships Week 1 - Podium Training

Monday 22 May			
Time	MAG	WAG	Notes
7:30am - 10:00am	Level 9 O&U (6 Groups)	National Level 10 (6 Groups)	7:30 - 7:50 - General Warm Up 7:50 - 8:10 - Apparatus 1 8:10 - 8:30 - Apparatus 2 8:30 - 8:50 - Apparatus 3 8:50 - 9:10 - Apparatus 4 9:10 - 9:30 - Apparatus 5 9:30 - 9:50 - Apparatus 6
10:00am - 1:00pm	Senior International & Level 10 (6 Groups)	Senior International, Junior 14 & 15 (6 Groups)	10:00 - 10:20 - General Warm up 10:20 - 10:45 - Apparatus 1 10:45 - 11:10 - Apparatus 2 11:10 - 11:35 - Apparatus 3 11:35 - 12:00 - Apparatus 4 12:00 - 12:25 - Apparatus 5 12:25 - 12:50 - Apparatus 6

Tuesday 23 May			
Time	MAG	WAG	Notes
7:30am - 9:30am	N/A	Junior International 13 (4 Groups)	7:30 - 7:50 - General Warm Up 7:50 - 8:20 - Apparatus 1 8:20 - 8:40 - Apparatus 2 8:40 - 9:10 - Apparatus 3 9:10 - 9:30 - Apparatus 4
9:30am - 12:00pm	Senior International & Level 10 (6 Groups)	Senior International, Junior 14 & 15 (6 Groups)	9:30 - 9:50 - General Warm Up 9:50 - 10:10 - Apparatus 1 10:10 - 10:30 - Apparatus 2 10:30 - 10:50 - Apparatus 3 10:50 - 11:10 - Apparatus 4 11:10 - 11:30 - Apparatus 5 11:30 - 11:50 - Apparatus 6

**Please Note:** The above schedule is subject to change once definitive entries have been received. Podium Training starting apparatus will be allocated closer to the time and will depend on final numbers in each level. Starting apparatus for the competition may not be the same as the starting apparatus for training.





# Appendix D: Apparatus Specialist Notification

## MAG Level 10 / Snr International Apparatus Specialist Event Notification Form

*This form is to be completed for gymnasts not competing in the All Around event at the 2017 Australian Championships.*

STATE: \_\_\_\_\_

Please place a 'X' in each apparatus field to indicate the gymnast is competing on this apparatus, and a '-' for the apparatus they are not competing.

Gymnast Name	■	🏊	🏊	🏊	🏊	🏊

Please submit by Monday 1<sup>st</sup> May, 2017, to [rperini@gymnastics.org.au](mailto:rperini@gymnastics.org.au)

