



2024

National Clubs Carnival

**Event Information
Bulletin - May**

Contents

Welcome.....	2
Competition Rules & Regulations	2
Eligibility.....	2
Competition Entries.....	3
Provisional Entries	3
Definitive Entries.....	3
Late Entries.....	4
Judge Requirements and Levies.....	5
Competition Schedule	5
Orientation Meeting	5
Music Submission.....	5
Event Participation.....	5
Official Athlete T-shirt.....	6
GymSport Information.....	6
Gymnastics for All	6
Men’s Artistic Gymnastics	7
Women’s Artistic Gymnastics	8
Rhythmic Gymnastics	12
.....	12
Trampoline Gymnastics	13
Aerobic Gymnastics	13
Acrobatic Gymnastics	14
Competition Venue.....	15
Competition Schedule	15
Equipment	15
Level Award Testing.....	16
Disclaimer	16
Appendix 1: Music Submission Guidelines.....	17

Welcome

The purpose of this document is to provide up to date event information to all clubs across Australia.

Future bulletins will be published on the National Clubs Carnival website. Please continue to check the website regularly for the most up to date information.

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 9700
	375 Albert Road	Fax	03 8698 9799
	Albert Park	E-mail	events@gymnastics.org.au
	Victoria 3206	Website	www.gymnastics.org.au

The team at Gymnastics Australia are committed to providing you with a high quality event that will be a memorable and worthwhile part of your gymnastics journey.

Competition Rules & Regulations

The 2024 National Clubs Carnival will be conducted under the [2024 Technical Regulations](#) and FIG Code of Points 2022 - 2024 for the respective GymSports.

These documents are currently available on the Gymnastics Australia website. Please ensure you read all relevant document before submitting entries.

Information around athlete numbers and team sizes can be found in the Technical Regulations for each GymSport.

Eligibility

To enter the 2024 National Clubs Carnival your club must be affiliated with Gymnastics Australia and not have any outstanding invoices.

All athletes wishing to participate must have a current athlete membership to the club in which they are wishing to represent at the event. All club transfers must be in line with the 'Athlete Transfer Policy' which can be found on the GA website.

All Coaches and Judges entering the event must have a current technical membership with Gymnastics Australia and must have completed any required integrity courses prior to the event.

Competition Entries

Provisional Entries

The fee for Provisional Entries is \$70 (inc GST) per club per GymSport. Please be aware that the provisional entry fee amount does not come off the club's definitive entry invoice. Both fees are separate & independent of each other. Provisional entry fees will not be refunded should you choose to not enter any definitive entries to the event.

Places in the competition are limited and places will be allocated on a first come first served basis. Submitting provisional entries DOES NOT guarantee your clubs place in the competition.

At the time of provisional entries, clubs will be asked to provide athlete numbers per level and category. We understand that athlete numbers may differ slightly between provisional and definitive entries, however we ask that clubs provide numbers as accurately as possible when submitting their provisional entries. Athlete names will not be required until definitive entries are submitted in August.

Following the close of provisional entries, Gymnastics Australia will publish an updated competition schedule with as much details as possible. Please be aware that as these entries are not final changes to the draft schedule published are likely to occur following the close of definitive entries.

While provisional entries are not mandatory, clubs who do not submit them will be placed on a wait list at the time of definitive entries. A club's place in the competition will be confirmed if space in the competition is available. This will happen within a week of the close of Definitive Entries.

The closing date for provisional entries is **Wednesday 10th July, 3:00pm AEST**

To submit provisional entries, please click [here](#).

Definitive Entries

Definitive entries are due to Gymnastics Australia by **Tuesday 6 August, 3:00pm AEST**. At this time, all names of participating individuals (athletes, coaches & judges) must be submitted to Gymnastics Australia. Any names submitted after this time will be considered a 'late entry'.

Definitive entry fees are calculated per athlete per GymSport and are charged directly to the club entering the competition.

All definitive entry fees include the following for each athlete;

- Participation in the 2024 National Clubs Carnival
- 2024 participation medal
- Athlete social functions
- Access to athlete workshops
- Unrestricted spectator access to the event

Clubs will receive the following;

- 2024 club event participation banner (one per club)
- Discounted access coach/judge professional development opportunities

- 2 complementary 'chaperone' passes for the duration of the respective Gymsport should you club have more than 30 competing athletes in a single Gymsport. These passes will provide spectator access only
- Exclusive group discount offers to Gold Coast theme parks and other attractions

Definitive entry fees are as follows;

GymSport	Entry Fee	Notes
MAG, WAG, RG, TRP, AER ACR	\$180 inc GST per athlete, per GymSport	
GfA	1 program: \$100 2 programs: \$150 3 programs: \$180	A program is defined as FreeG, Performance (Gym for Life) or TeamGym All include access to athlete workshops, gala performance, showcase performance and social function

Any athlete who enters MAG, WAG, RG, TRP, AER or ACR can enter all GfA events free of charge.

All music is required to be submitted at the time of definitive entries for those relevant GymSports.

Following the close of definitive entries, Gymnastics Australia will publish individual detailed GymSport schedules. These will be published as quickly as possible once entries have been processed.

Late Entries

Late entries are not guaranteed. Entries will only be accepted if there is space in the competition and no changes to the competition schedule need to be made. Late entries will only be considered for 2 weeks following the close of definitive entries. After this point, late entries will not be considered.

Late entry fees are as follows;

Category	Late Fee	Notes
Late Entry Fee – Individual Athlete	\$300 late fee plus the total entry fee	Applicable to any athlete who enters after the close of definitive entries
Late Entry Fee – Club	25% admin fee of the total late athlete entry fee amount	Applicable to an entire club wishing to enter after the close of definitive entries
Late Coach & Judge Fee	\$150	This applies to all coaches and judges who are submitted into the event after the definitive entry cut-off date
Late music or music changes	\$60 per piece of music	Applicable to all music submitted or changed after the due date
Lost accreditation	\$100	This applies to any lost accreditation that needs to be reprinted onsite at the event

Judge Requirements and Levies

All clubs are required to provide appropriately qualified judges for the competition/level/division in which your club is participating in. Should your club be unable to supply the correct number of judges, your club will be charged a Judges Levy Fee. Judge requirements for each GymSport can be found in the respective 2024 Technical Regulations.

The judges levy per day is \$400. This fee will be put towards flights and accommodation and enable Gymnastics Australia to source a judge on your club's behalf.

Competition Schedule

Following the close of provisional entries, Gymnastics Australia will publish an updated competition schedule with as much details as possible. Please be aware that as these entries are not final, changes to the draft schedule published are likely to occur following the close of definitive entries.

Orientation Meeting

The orientation meeting will take place online prior to the start of the event. 2 orientation meetings will be offered held however clubs are only required to attend one. Details around the date and time of the meeting will be communicated as soon as possible.

Music Submission

Gymnastics Australia will set up the dropbox and send through a link to each club. Please email events@gymnastics.org.au with the subject line "2024 NCC Music Submission" your club's name and the names and email addresses of those you would like included in your clubs dropbox. **DO NOT invite Gymnastics Australia to an existing dropbox – music will not be accepted.**

All music for the 2024 National Clubs Carnival must be submitted via a dropbox by Friday 9th August. Any music submitted after this time will incur a music fine.

All music **must** be labelled in accordance with the music submission guidelines for the respective Gymsport. Music that is not clearly labelled will not be accepted. Once music has been submitted, a \$60 per piece of music change fee will apply on any new or updated music submitted. Any music submitted late, after the due date, will also incur a \$60 per piece of music fine.

Please see Appendix 1 for Music Submission Guidelines.

Event Participation

All athletes who participate at the 2024 National Clubs Carnival in MAG, WAG, RG, TRP, AER or ACR are welcome to participate in GfA for no additional charge. We would love to see as many clubs as possible encouraging their athletes to either try TeamGym, Performance or FreeG.

Official Athlete T-shirt

Gymsport athlete t-shirts are once again available for purchase. The athlete t-shirt is a collection item only and will need to be collected at the event. As these are a special-order item, no exchanges or refunds will be provided. Additional information, including the link to purchase will be made available shortly.

GymSport Information

Please ensure you reach your respective GymSports technical regulations in addition to the information below.

Gymnastics for All

GfA Program	Divisions	Team Awards	Individual Awards
Gym for Life Challenge	<ul style="list-style-type: none"> 1a: Gymnastics and Dance, small group (3 – 15 people) 1b: Gymnastics and Dance, large group (more than 15 people) 2a: Gymnastics on or with large apparatus, small group (3 – 15 people) 2b: Gymnastics on or with large apparatus, large group (more than 15 people) 	Gold, Silver or Bronze Team Certificate	<ul style="list-style-type: none"> Gold, silver and bronze pins based on team score Participation certificate
	Gala Performance	Overall Champion Team Trophy	<ul style="list-style-type: none"> N/A
TeamGym	<ul style="list-style-type: none"> Novice Intermediate Advanced Open National 	N/A	Novice, Intermediate & Advanced Teams <ul style="list-style-type: none"> Certificate with team apparatus awards listed (Gold, Silver or Bronze) Gold, Silver or Bronze medal based on overall combined team score Open & National Teams <ul style="list-style-type: none"> Team Apparatus 1st to 3rd medals Team Overall 1st to 3rd medals
FreeG	Speed Run <ul style="list-style-type: none"> Division A (6 - 8yo) Division B (9 - 12yo) Division C (13 - 16yo) Division D (17 - 25yo) Division E (26 - 49yo) Division F (50+ years) 	N/A	Individual Divisions <ul style="list-style-type: none"> 1st to 3rd medals 4th to 6th ribbons FreeG Participation Certificate
	<ul style="list-style-type: none"> Freestyle Intermediate Youth (6 - 8yo) Intermediate Junior (9 - 12yo) Intermediate Senior 1 (13 - 16yo) Intermediate Senior 2 (17 – 25 yo) Advanced Youth (6 - 8yo) Advanced Junior (9 - 12yo) Advanced Senior 1 (13-16yo) Advanced Senior 2 (17 – 25 yo) Advanced Open (26+yo) 	N/A	Individual Divisions <ul style="list-style-type: none"> 1st to 3rd medals 4th to 6th ribbons Combined Divisions <ul style="list-style-type: none"> FreeG Participation Certificate

Men's Artistic Gymnastics

Warm up for MAG will take place as follows;

	Divisions D & E	Division C	Divisions A & B	Masters
FX	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Full apparatus WU prior to competition Canadian WU throughout competition	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast
PH	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Full apparatus WU prior to competition Canadian WU throughout competition	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast
SR	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Full apparatus WU prior to competition Canadian WU throughout competition	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast
VT	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast <i>Plan ahead to minimise VT height changes</i>	Full apparatus WU prior to competition Canadian WU throughout competition <i>Plan ahead to minimise VT height changes</i>	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast <i>Plan ahead to minimise VT height changes</i>
PB	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Full apparatus WU prior to competition Canadian WU throughout competition	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast
HB	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast	Full apparatus WU prior to competition Canadian WU throughout competition	Canadian Warm Up (first 3) 30 sec (1 touch) WU per gymnast

Women's Artistic Gymnastics

Below are the warm-up times & structure for this event:

	Level 5 & 6	Level 7	Level 8	Level 9	Level 10 & International Levels (FI, JI & SI)
VT	2 vaults per gymnast	2 vaults per gymnast	2 vaults per gymnast (up to 3 if doing salto)	Up to 4 vaults per gymnast	Full apparatus WU prior to competition As per FIG throughout competition
UB	45 seconds per gymnast (team warm up)	60 seconds per gymnast (group warm up)	90 seconds per gymnast (group warm up)	90 seconds per gymnast (group warm up)	Full apparatus WU prior to competition As per FIG throughout competition
BB	Canadian Style (first 3) 60 seconds per gymnast	Canadian Style (first 3) 60 seconds per gymnast	Initial group warm up of 60 sec/gymnast followed by Canadian Style (first 3) 30 seconds per gymnast	Initial group warm up of 60 sec/gymnast followed by Canadian Style (first 3) 30 seconds per gymnast	Full apparatus WU prior to competition As per FIG throughout competition
FX	4 mins per group (First half of Sand & Surf to WU together, then compete, then bottom half of Sand & Surf to WU together, then compete)	4 mins per group (First half of Sand & Surf to WU together, then compete, then bottom half of Sand & Surf to WU together, then compete)	5 mins per group (First half of Sand & Surf to WU together, then compete, then bottom half of Sand & Surf to WU together, then compete)	6 mins per group	Full apparatus WU prior to competition As per FIG throughout competition

An example of the Beam WU for Levels 8-10:


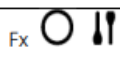














1. Group WU of 6 minutes (1 min/gymnast)
2. Gymnasts 1, 2 & 3 receive an additional 30 sec each
3. **Gymnast 1 competes**
4. Gymnast 4 WU (additional 30 sec)
5. **Gymnast 2 competes**
6. Gymnast 5 WU (additional 30 sec)
7. **Gymnast 3 competes**
8. Gymnast 6 WU (additional 30 sec)
9. **Gymnast 4 competes**
10. **Gymnast 5 competes**
11. **Gymnast 6 competes**

Division	Number of teams	Team size	Counting scores	Day 1 Competition	Team competition rounds	Team Awards	Recognition Item
Level 5	2	6	3	Qualifying for Day 2 only	<p>Day 2: The leading teams from Day 1 on each apparatus will compete in the Division A final on Day 2.</p> <p>The number of teams in the Division A Final is dependent on the total number of teams competing and the equipment available and will be advised in the Event Bulletin. Teams will be placed in reverse rank order subject to scheduling requirements.</p>	<p>Day 2 scores only</p> <p>Overall Team:</p> <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts <p>Individual Apparatus Team:</p> <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts 	<p>Participation item</p> <p>Division A Finalist Ribbon</p>
					<p>Day 2: The remaining teams will compete in the Division B, Division C and Division D finals respectively.</p> <p>The total number of finals required will be determined after Day 1. Teams will be scheduled in reverse rank order subject to scheduling requirements.</p>	<p>Day 2 scores only</p> <p>Overall Team:</p> <ul style="list-style-type: none"> 1st – 3rd recognition item 4th – 6th recognition item <p>Individual Apparatus Team:</p> <ul style="list-style-type: none"> 1st – 3rd recognition item 4th – 6th recognition item 	<p>Participation item</p>
Level 6	2	6	3	Qualifying for Day 2 only	<p>Day 2: The leading teams from Day 1 on each apparatus will compete in the Division A final on Day 2.</p> <p>The number of teams in the Division A Final is dependent on the total number of teams competing and the equipment available and will be advised in the Event Bulletin. Teams will be placed in reverse rank order subject to scheduling requirements.</p>	<p>Day 2 scores only</p> <p>Overall Team:</p> <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts <p>Individual Apparatus Team:</p> <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts 	<p>Participation item</p> <p>Division A Finalist Ribbon</p>
					<p>Day 2: The remaining teams will compete in the Division B, Division C and Division D finals respectively.</p> <p>The total number of finals required will be determined after Day 1. Teams will be scheduled in reverse rank order subject to scheduling requirements.</p>	<p>Day 2 scores only</p> <p>Overall Team:</p> <ul style="list-style-type: none"> 1st – 3rd recognition item 4th – 6th recognition item <p>Individual Apparatus Team:</p> <ul style="list-style-type: none"> 1st – 3rd recognition item 4th – 6th recognition item 	<p>Participation item</p>
Level 7	2	6	3	Qualifying for Day 2 only	<p>Day 2: The leading teams from Day 1 on each apparatus will compete in the Division A final on Day 2.</p> <p>The number of teams in the Division A Final is dependent on the total number of teams competing and the equipment available and will be advised in the Event Bulletin. Teams will be placed in reverse rank order subject to scheduling requirements.</p>	<p>Day 2 scores only</p> <p>Overall Team:</p> <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts <p>Individual Apparatus Team:</p> <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts 	<p>Participation item</p> <p>Division A Finalist Ribbon</p>
Level 7 cont.	2	6	3	Qualifying for Day 2 only	<p>Day 2: The remaining teams will compete in the Division B, Division C and Division D finals respectively.</p> <p>The total number of finals required will be determined after Day 1. Teams will be scheduled in reverse rank order subject to scheduling requirements.</p>	<p>Day 2 scores only</p> <p>Overall Team:</p> <ul style="list-style-type: none"> 1st – 3rd recognition item 4th – 6th recognition item <p>Individual Apparatus Team:</p> <ul style="list-style-type: none"> 1st – 3rd recognition item 4th – 6th recognition item 	<p>Participation item</p>

Division	Number of teams	Team size	Counting scores	Day 1 Competition	Team competition rounds	Team Awards	Recognition Item
Level 8	2	6	3	Qualifying for Day 2	Team Awards Day 2 scores only. OR Team Awards Day 1 and Day 2 scores combined.*	Overall Team: <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts Individual Apparatus Team: <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts 	All Around* <ul style="list-style-type: none"> 1st – 3rd Trophies 4th – 6th recognition item Individual Apparatus* <ul style="list-style-type: none"> 1st – 3rd Medals 4th – 6th recognition item Participation Medals* <ul style="list-style-type: none"> All athletes
Level 9	2	6	3	Qualifying for Day 2	Team Awards Day 2 scores only OR Team Awards Day 1 and Day 2 scores combined.*	Overall Team <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts Individual Apparatus Team <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts 	All Around* <ul style="list-style-type: none"> 1st – 3rd Trophies 4th – 6th recognition item Individual Apparatus* <ul style="list-style-type: none"> 1st – 3rd Medals 4th – 6th recognition item Participation Medals <ul style="list-style-type: none"> All athletes
Level 10	2	6	3	Qualifying for Day 2	Team Awards Day 2 scores only. OR Team Awards Day 1 and Day 2 scores combined.*	Overall Team <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts Individual Apparatus Team <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts 	All Around* <ul style="list-style-type: none"> 1st – 3rd Trophies 4th – 6th recognition item Individual Apparatus* <ul style="list-style-type: none"> 1st – 3rd medals 4th – 6th recognition item Participation Medals <ul style="list-style-type: none"> All athletes
Novice Masters & Masters	1	6	3	Only 1 Day	Day 1 Scores only	Combined Novice Masters & Masters Overall Team <ul style="list-style-type: none"> 1st – 3rd Trophies for clubs 1-3rd Medals for gymnasts 4th – 6th recognition item for club & gymnasts 1 Champion Club Point will be allocated for Clubs who have 1+ Teams compete.	AA & Individual Apparatus awards for Novice Masters and Masters divisions All Around** <ul style="list-style-type: none"> 1st – 3rd Trophies 4th – 6th recognition item Individual Apparatus** <ul style="list-style-type: none"> 1st – 3rd medals 4th – 6th recognition item Participation Medals <ul style="list-style-type: none"> All athletes
Special Olympics – All Levels	N/A				All athletes will compete on both days of competition and awards will be presented following day 2 competition for each level. All Around <ul style="list-style-type: none"> 1st – 3rd Trophies 4th – 6th recognition item Individual Apparatus <ul style="list-style-type: none"> 1st – 3rd medals 4th – 6th recognition item Participation Medals <ul style="list-style-type: none"> All athletes 		

International Level	Qualifying score	Team and All Around competition rounds	Individual Apparatus finals	Awards	Specific rules	Team Awards
Future	NA	Team: 6 with 3 scores to count Day 1 & 2	Day 1 & 2 Scores combined	All Around* <ul style="list-style-type: none"> • 1st – 3rd Trophies • 4th – 6th recognition item Individual Apparatus* <ul style="list-style-type: none"> • 1st – 3rd Medals • 4th – 6th recognition item Participation Medals <ul style="list-style-type: none"> • All athletes 	Min 12 years ^ 2 Age Groups for Individual Awards ** 2022 – 2024 FIG Code of Points GA Future International program and GA specific rules see 5.2.2	Combined International club team (6 with 3 scores to count) <ul style="list-style-type: none"> • 1st – 3rd Trophy for club • 1st – 3rd Medals for gymnasts • 4th, 5th, 6th Recognition item for club • 4th, 5th, 6th Recognition Item for gymnasts
Junior	NA	Scores combined	Day 1 & 2 Scores combined Vault Apparatus Finals – FIG Junior vault rules	All Around* <ul style="list-style-type: none"> • 1st – 3rd Trophies • 4th – 6th recognition item Individual Apparatus* <ul style="list-style-type: none"> • 1st – 3rd Medals • 4th – 6th recognition item Participation Medals <ul style="list-style-type: none"> • All athletes 	13 – 15 years only ^ 2022 – 2024 FIG rules and GA specific rules see 5.2.2	
Senior	NA		Day 1 & 2 Scores combined Vault Apparatus Finals – FIG vault rules	All Around* <ul style="list-style-type: none"> • 1st – 3rd Trophies • 4th – 6th recognition item Individual Apparatus* <ul style="list-style-type: none"> • 1st – 3rd Medals • 4th – 6th recognition item Participation Medals <ul style="list-style-type: none"> • All athletes 	16 years and older ^ 2022 – 2024 FIG rules and GA specific rules see 5.2.2	<i>(Maximum 6 athletes across all three International levels to be nominated for club team)</i> Team points to be allocated toward Champion Club Maximum 2 Teams per Club

Rhythmic Gymnastics

Division	Age divisions * <i>subject to entries</i> (turning in year of competition)	Apparatus as per ALP	Max no entrants per Club	Eligibility	Tie Breaking Rules
Individuals	Development 8 – 10 yrs.	Fx 	<u>1 team (min 2/max 6)</u>		INDIVIDUAL APPARATUS - ties will not be broken.
	Level 5 Junior 10 -12 Senior 13+ yrs.	Fx 	6 in total		
	Level 6 Junior 11 - 13 Senior 14+ yrs.	Fx 	6 in total		ALL AROUND CHAMPIONS Ties will be broken as follows: Highest Total E score if still tie then Highest Total D score
	Level 7 Junior 12 - 14 Senior 15+ yrs.	Fx 	6 in total		
	Level 8 Junior 13-15 Senior 16+ yrs.	Fx 	6 in total		
	Level 9 Min 14 yrs.		6 in total		
Multiples	Cat 1: min 8 yrs – max 10 yrs Optional or set ALP# routine	Trio (3)  / Group (4) 	3 of each, trio, group and Fx	All: A gymnast can be entered in	
		FX Group (4-6)		no more than 2 category age divisions (up to a maximum of 6 routines)	Overall Senior Club Champion & Overall Junior Club Champion total number 1 st total number 2 nd
	Cat 2: min 8yrs - max 12 yrs.	Trio (3)  / Group (4)  FX Group (4-6)	3 of each, trio, group and Fx		
	Cat 3: min 8 yrs - max 14 yrs.	Trio (3)  / Group (4)  FX Group (6-8)	3 of each, trio, group and Fx	Cat 1-4: 3 or 4 + one reserve	
	Cat 4: min 13 years	Trio (3)  / Group (4)  FX Group (6-8)	3 of each, trio, group and Fx	Cat 5: 5 + one reserve	
	Cat 5 Group: 14+ years (one routine performed twice)	Group (5)  / 	<u>3 groups in total</u>	5 + one reserve	

Trampoline Gymnastics

Please refer to the [2024 TRP Technical Regulations](#) for all relevant information.

Aerobic Gymnastics

ALP Divisions

Level	Individual	Multiple	Team
L3	7-11 years	6-11 years	6-14 years
	12-14 years	12-14 years	
L4	7-11 years	6-11 years	6+ years
	12+ years	12+ years	
L5	8-11 years	8-11 years	8+ years
	12+ years	12+ years	
L6	9-11 years	9-11 years	9+ years
	12+ years	12+ years	
L7	12-14 years	12+ years (At L7 rules)	12+ years (At L7 rules)
	15+ years		
L8	12-14 years		
	15+ years		
L9	15+ years	15+ years	
L10	15+ years	(At L9 rules)	
Masters	18+ years	18+ years	18+ years

AeroDance

Division	Individual	Multiple	Team
AD Division 1	N/a	N/a	6+ years
AD Division 2	N/a	N/a	6+ years
Age Group	10-14 years	10-14 years	10-14* years
Junior	15-17 years	14-17 years	14-17* years
Senior	18+ years	17+ years	17+* years

*One out of age athlete permitted.

*Athletes may only compete in one age group for AeroDance International Divisions

Division	Category	Comments
National Development (9-11 years)	Individual, Multiple (2-3), Team (4-6)	
Age Group (12-14 years)	IW, IM, MP, TR, GR	National Development aged athlete allowed to compete in Age Group if moving into the Age Group division in 2025.
Junior (15-17 years)	IW, IM, MP, TR, GR	Age Group aged athlete allowed to compete in Junior if moving into the Junior division in 2025.
Senior (18+ years)	IW, IM, MP, TR, GR	Junior aged athlete allowed to compete in Senior if moving into the Senior division in 2025.

Acrobatic Gymnastics

Level / Category	Discipline					Qualifying Overall Score	No. of pair / groups per Club per Discipline	Routine Type			Overall Competition (Total of)	Awards	
Level 4	Womens Pair	Menns Pair	Mixed Pair	Womens Group	Mens Group	n/a	Unlimited	Balance	Dynamic	Combined	n/a	Balance + Dynamic	1 st – 3 rd Medal for each athlete 4 th – 5 th Ribbon for each athlete Participation medal for all athletes
Level 5-6						n/a	Unlimited				n/a	Balance + Dynamic	
Level 7						n/a	Unlimited				n/a	Balance + Dynamic	
Level 8-10						n/a	Unlimited				n/a	Balance + Dynamic	
Junior 11-16						n/a	Unlimited				n/a	Balance + Dynamic	
Junior 12-18						n/a	Unlimited					Balance + Dynamic + Combined	
Junior 13-19						n/a	Unlimited					Balance + Dynamic + Combined	
Senior						n/a	Unlimited					Balance + Dynamic + Combined	

Competition Venue

All competition will be held at the Gold Coast Sports and Leisure Centre, 296 Nerang Broadbeach Rd, Carrara QLD 4211.



The location for the GfA outdoor performance is being finalised will be communicated as soon as possible.

Competition Schedule

A draft competition schedule is now available on the event website. The schedule is correct as of the date it is being published. Further updates and more detailed GymSport schedules will be available following provisional entries.

[Competition Schedule | National Clubs Gymnastics Carnival \(nationalclubscarnival.com.au\)](https://nationalclubscarnival.com.au)

Please Note: GA will not be held responsible for accommodation or transport costs incurred due to changes in the schedule. Final schedules will be released after definitive entries are received and final numbers across all GymSports are known.

Equipment

Competition equipment will be supplied by Spieth and Eurotramp at the 2024 National Clubs Carnival.

It is important that you check your respective GymSports 2024 Technical Regulation for the use of additional matting, equipment requirements and any special conditions for this event.

[By-Laws, Policies and Technical Regulations | Gymnastics Australia](#)

Level Award Testing

As part of the 2024 National Clubs Carnival Gymnastics Australia is offering levels testing for all MAG, WAG & ACR athletes. This is something that clubs opt into at the time of definitive entries. There will be an additional cost of \$15 per athlete. Those athletes who successfully achieve the level pass park will receive their cloth badge at the event. These badges will be awarded during presentations at the end of competition. MAG & WAG athletes can achieve the required score on either Day 1 or Day 2 of competition.

Disclaimer

This document should be read in conjunction with the Gymnastics Australia Technical Regulations and relevant GymSport manuals. 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.

Appendix 1: Music Submission Guidelines

ACR Music Submission Guideline

Please submit competitor's music as **WAV** files via Dropbox.

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

Name files with First names in the order of Surnames alphabetically then a dash " - " then State then Level then Routine type.

For example Sophie Boss
 Jane Phillips
 Clair Ziggaby

Name file> Sophie Jane Clair– NSW L8 Dynamic

Do not use underscore. Do not use commas.

A backup USB drive with copies of the gymnast's music must be held by coaches at the event in case of technical difficulties.

Music will be tested by Novak and then made available at and before the competition for State representatives to check. Please check your music.

If you are having difficulty making WAV files, your original best quality music as a different type of file can be submitted and will be processed by Novak.

Please try to use the best quality uncompressed music files possible for all your gymnastics music. Avoid using mp3 or other lossy formats. If you need to submit **Mp3** please try to use these properties: **44.1 kHz, 320 kbps, CBR, Stereo.**

AER Music Submission Guideline

Please submit competitor's music as **WAV** files via Dropbox.

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

Name files with competitor's name then a dash " - " then State then Level.

For example: Individual Jane Jones – NSW L8
 Jane Jones – NSW AG1
 Jane Jones – NSW Snr

With Pairs, Trios and Groups use First names in the order of Surnames alphabetically then a dash " – " then State then Level

For example:

Pair	Sophie Austin Jane Phillips	Sophie Jane – NSW L8
Trio	Sophie Boss Jane Phillips Clair Ziggaby	Sophie Jane Clair – NSW AG2
Groups	Sophie Boss Suzan Collins Jane Phillips Annie Smith Jill Smith Clair Ziggaby	SophieSusanJaneAnnieJillClair – NSW Snr Group

Do not use underscore. Do not use commas.

A backup USB drive with copies of gymnast's music must be held by coaches at the event in case of technical difficulties.

Music will be tested by Novak and then made available at and before the competition for State representatives to check. Please check your music.

If you are having difficulty making WAV files, your original best quality music as a different type of file can be submitted and will be processed by Novak.

Please try to use the best quality uncompressed music files possible for all your gymnastics music. Avoid using mp3 or other lossy formats. If you need to submit **Mp3** please try to use these properties: **44.1 kHz, 320 kbps, CBR, Stereo.**

DISPLAY MUSIC SUBMISSION GUIDELINE

Please submit display music as **WAV** files via Dropbox.

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

Name files with display or person's name then a dash " - " then "Display" then type

For example Starshow – Display ACR

 Mary Smith – Display RG

Do not use underscore. Do not use commas.

A backup USB drive with a copy of the performer's music must be held by coaches at the event in case of technical difficulties.

Music will be tested by Novak and then made available at or before the competition for a representative to check. Please check your music.

If you are having difficulty making WAV files, your original best quality music as a different type of file can be submitted and will be processed by Novak.

Please try to use the best quality uncompressed music files possible for all your gymnastics music. Avoid using mp3 or other lossy formats. If you need to submit **Mp3** please try to use these properties: **44.1 kHz, 320 kbps, CBR, Stereo.**

RG Music Submission Guideline

Please submit competitor's music as **WAV** files via Dropbox.

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

Name files with competitor's name then a dash " - " then State then Level then Apparatus.

For example: Jane Smith – NSW Sub Jnr Hoop
 Jane Smith – NSW Pre Jnr Freehand
 Jane Smith – NSW L10 Ball
 Jane Smith – NSW Jnr Clubs
 Jane Smith – NSW Snr Ribbon

Do not use underscore. Do not use commas.

For Groups name files with competitor's First names in the order of Surnames alphabetically then a dash " - " then State then Level then " Group " then Apparatus.

For example: Jane Austin
 Tegan Bellamy
 Mary Oatis
 Abbey Wilson
 Lisa Zigan

Name file> JaneTeganMaryAbbeyLiza – NSW Sub Jnr Group Clubs

A backup USB drive with copies of gymnast's music must be held by coaches at the event in case of technical difficulties.

Music will be tested by Novak and then made available at and before the competition for State representatives to check. Please check your music.

If you are having difficulty making WAV files, your original best quality music as a different type of file can be submitted and will be processed by Novak.

Please try to use the best quality uncompressed music files possible for all your gymnastics music. Avoid using mp3 or other lossy formats. If you need to submit **Mp3** please try to use these properties: **44.1 kHz, 320 kbps, CBR, Stereo**.

WAG Music Submission Guideline

Please submit competitor's music as **WAV** files via Dropbox.

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

Name files with competitor name then a dash " - " then State then Level.

For example: Jane Smith – QLD L8
 Jane Smith – QLD L9
 Jane Smith – QLD L10
 Jane Smith – QLD Fut
 Jane Smith – QLD Jnr
 Jane Smith – QLD Snr

Do not use underscore. Do not use commas.

A backup USB flash drive with copies of gymnast's music must be held by coaches at the event in case of technical difficulties.

Music will be tested by Novak and then made available at and before the competition for State representatives to check. Please check your music.

If you are having difficulty making WAV files, your original best quality music as a different type of file can be submitted and will be processed by Novak.

Please try to use the best quality uncompressed music files possible for all your gymnastics music. Avoid using mp3 or other lossy formats. If you need to submit **Mp3** please try to use these properties: **44.1 kHz, 320 kbps, CBR, Stereo**.