

# NZ GYMCLUB CHALLENGE Event Handbook 2022



This handbook outlines the requirements of the NZ GymClub Challenge 2022.

### EVENT DETAILS

**Host Club:** North Harbour Gymnastics Club

**Venue:** North Harbour Gymnastics Club  
Eventfinda Stadium  
Silverfield  
Wairau Valley  
North Shore

**Event Manager:** Sarita Wood  
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North Harbour Gymnastics Club (NHGC) has been endorsed by Gymnastics NZ to run this inaugural event with the support of the GNZ and the Gym for All Sport Development Committee (GfA SDC).

### ACKNOWLEDGEMENTS

Many thanks to the NZ Gym for All Sport Development Committee (GfA SDC) for all the hours of work, enthusiasm, and passion they contribute to the development of participation and Gym for All programmes on behalf of the NZ Gymnastics Community.

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## ABOUT THE EVENT

### What is the NZ GymClub Challenge?

This is a new national event for Gymnastics NZ members that offers the participation and Gym for All programmes – TeamGym, AeroGym, Apparatus Gymnastics, Rhythmic Gymnastics, Tumbling, Trampoline and Double-Mini Trampoline.

The GfA SDC developed Programme Principles that guide the development of the GfA Programmes that also underpins the structure of the NZ GymClub Challenge.

### *Gym for All Programme Principles*

| <i>Principle</i>      | <i>Description</i>  |
|-----------------------|---|
| <b>1. Inclusive</b>   | All abilities and backgrounds can access the programmes and participate.                                    |
| <b>2. Flexible</b>    | Variety and options to choose what works for the participant and enables them to develop at their own pace. |
| <b>3. Achievement</b> | Participants are challenged and can see themselves developing and progressing.                              |
| <b>4. Social</b>      | A sense of belonging and connecting with others in a variety of settings and challenges                     |
| <b>5. Fun</b>         | Personal enjoyment in a supportive, engaging, and exciting environments                                     |

### Who can participate at the GymClub Challenge?

This is a participation event that has something for everyone of varying abilities, all genders and almost all ages. There is a minimum age of 9 years old to attend but no maximum (see eligibility requirements in this handbook).

This event can be attended by Gym for All club participants, retired and current competitive athletes. While competitive programmes are not offered at this event, competitive athletes may participate in another code that they are not a competitive athlete in.

The GNZ participation and Gym for All programmes are focused on the needs of those participating and what they want to achieve. Participants can choose the skills they wish to develop, the code, apparatus, and the time they would like to give to develop those skills.

### What events are offered?

The NZ Gym for All Programmes are offered as follows;

- NZ TeamGym Programme
- NZ AeroGym (GfA Aerobics)
- NZ Apparatus Gymnastics Programme (GfA Artistic Apparatus)
- NZ GfA Rhythmic Gymnastics Programme
- NZ Participation Tumbling Programme
- NZ Trampoline and Double-Mini Participation Programme

All Technical Handbooks for these events are on the NZ Gymnastics Club Portal.

| Event   | Divisions  | Requirements   |
|---|--|--|
| NZ TeamGym  | Novice Team<br>Open Novice Team<br>Junior Team<br>Intermediate Team<br>Advanced Team   | Floor, Spring and Tumbling<br><br>Perform one routine for each apparatus.  |
| NZ Aerogym<br>(GfA Aerobics)                                | Individual Levels 3 – 7<br>Group (2-5) Levels 3 – 7  | One routine performed twice. Heats and finals.<br>Finals may be restricted depending on entries and will be advised prior to competition.  |
| Aerodance   | Group (5 – 8 participants)<br><br>Note: Any GfA participant, or competitive gymnast from another code. May have up to 2 current competitive aerobics athletes to make up a team.                               | One routine performed twice.<br>Heats and Finals.<br>Finals may be restricted depending on entries and will be advised prior to competition.   |
| NZ Tumbling<br>Participation Levels.                        | Individual Women - Level 4 - 10<br>Individual Men - Level 4 - 10   | Perform two passes as outlined in the Tumbling Participation Guide. Both scores added together - no finals.  |
|   | Short Track Tumbling<br>Junior 2, Junior 3, Junior 4<br>Senior 2, Senior 3, Senior 4   | Perform two passes as outlined in the Tumbling Participation Guide. Both scores added together - no finals.  |
| NZ GfA Trampoline<br>Participation<br>Programme             | Individual Women - Level 4 - 10<br>Individual Men - Level 4 - 10   | Perform the same routine twice.<br>Both scores added together - no finals.   |
| NZ Double Mini-<br>Trampoline<br>Participation<br>Programme | Individual Women - Level 4 - 10<br>Individual Men - Level 4 - 10   | Perform two passes of the same routine. Both scores added together - no finals.  |
| NZ Rhythmic GfA<br>Programme                                | Individual Level 1 - Freehand<br>Individual Level 2 - Hoop<br>Individual Level 3 - Hoop or Ball<br>Individual Level 4 - Rope or Ball<br>Individual Level 5 - Rope, Ball, Hoop,<br>Ribbon                       | Level 1-2: Perform two showings of the same routine. Scores added together.<br>Level 3 – 4: Perform two showings of the same routine OR one showing of each of two different apparatus routines.<br>Level 5: Perform two showings each of two different apparatus routines. (four performances in total). Scores added together. |
|   | Pair/Trio/Group Level 1 - Freehand<br>Pair/Trio/Group Level 2- Hoop<br>Pair/Trio/Group Level 3- Hoop or Ball<br>Pair/Trio/Group Level 4 -Rope or Ball<br>Pair/Trio/Group Level 5 - Rope, Ball, Hoop,<br>Ribbon | Groups – choose one apparatus.<br>Perform the same routine twice. (one prizegiving per level)  |
| NZ Apparatus<br>Gymnastics<br>Programme                     | Individual Women - Levels 4 – 6, Open<br>Individual Men – Level 4 - 6  | Choice of apparatus for each level.<br>All-Around – minimum 3 apparatus.   |
| Team Performance  | Open - Any Novice or GfA participant or competitive gymnast. Minimum six team members.   | One performance per club   |

**Judging**

Each gymnastics event will be performance judged or as outlined in the Manuals for each programme.

**Awards**

Medals will be awarded to the first three individual all-around placings in each division and All-Around divisions.

**Club Awards**

Top Club for each code - total number of points from participants from a club based on placings.

Top Club AeroGym & Aerodance

Top Club Rhythmic

Top Club Apparatus Gymnastics

Top Club Trampoline & Double Mini

Top Club TeamGym

Top Club Tumbling

Overall Club Awards

Club Points Award - total number of points from participants from a club based on placings.

Club Aggregate Award - total number of points from participants from a club based on placings and divided by the number of participants from each club.

Club Spirit Award - awarded to the club that shows commitment, dedication, and support to their team and are positive role models for all.

Club Sportsmanship – awarded to the club that demonstrates fairness, honesty and respect to competitors, coaches, and officials and are positive role models for all.

Club Creativity Award – awarded to the club who shows originality through unique and interesting skills, routines, and performances.

## GENERAL INFORMATION

### 1. General

- The event is smoke, vape, drug and alcohol free.
- Where a ruling is not covered in this Handbook then the requirement from the specific handbook of the code stands. We encourage enquires to the host club to clarify any questions participants may have.

### 2. Eligibility

- To enter this event participants must be a member of a Gymnastics NZ member club for a minimum of one term prior to the event.
- This event is open to participants 9 years (turning 9 in the year of event). An application for dispensation may be submitted to NHGC (host club) for participants that do not turn 9 in the year of the event. This will only apply for a group competition (TeamGym, Aerodance, Rhythmic Group and Team Performance) where 1 or 2 participants are required for the club to make a team for the event.
- Competitive athletes that have competed in the current year of the event cannot compete in the participation sport programme that they are a competitive athlete in. Competitive athletes may compete in another code that they are not a competitive athlete in.
- Retired athletes are eligible to enter the code that they were a competitive athlete in but must not have competed in an endorsed qualifying event in the current year.
- There are no qualification marks to be met to attend this event.

### 3. Entries and Fees

- Entries will be received by the host club and only accepted from Gymnastics NZ member clubs. It is the responsibility of the club to ensure that the competitors comply with the eligibility guidelines.
- If the total number of entries exceeds the maximum number that can be accommodated, the event organiser reserves the right to restrict the number of entries that will be accepted.
- The entry fees for the event will be advertised in the event information flyer.

### 4. Withdrawals And Refunds

- Refunds for entry fees will be given for athletes who withdraw from the event for medical reasons including communicable disease such as Covid-19. A refund based on 50% of the entry fee will be processed once the athlete's medical certificate has been sent to [sarita@nhgym.co.nz](mailto:sarita@nhgym.co.nz) within a week either side of the competition
- Other unforeseen and extraordinary situations for withdrawal will be considered for entry fee refund such as regional lockdowns. The amount for refund will be considered on a case-by-case situation.
- No other refunds will be given for other costs/fees related with entering the event.

### 5. Media & Broadcasting

- Gymnastics NZ and the event organisers reserve the right to record or photograph this event and participants for general resource or promotional use on social media or other platforms
- It is the responsibility of the club to inform NHGC if a participant cannot be filmed or photographed.

### 6. Health and Safety

- The event organiser is required to ensure all reasonable and practicable measures are taken to ensure the safety of event participants, officials, and spectators.

- Health and Safety Plan and Risk Management Assessment (RAMS) can be found on the Gymnastics NZ website, at least 6 weeks prior to the event.

## 7. Attire

- All participants are required to wear attire that is suitable for the gymnastic sport and grade they are competing in. This includes singlets/bike short/tights. Leotards are not compulsory; however loose-fitting clothing should not be worn.
- Long or shorts or tights may be worn over leotards.
- **Pair, Trio, Team and group competitions** - Each member of the team is required to wear clothing that identify them as a group i.e., the same uniform, or colour.

In addition, the following attire rules are to be followed.

- No inappropriate attire is to be worn where private body parts including nipples, glutei and more than 5 centimetres of mid-riff are exposed.
- Undergarments must not be visible.
- Adequate support must be worn.
- Props or loose items including but not limited to gloves, scarves, belts, hats, exercise accessories etc. are prohibited, with the exception of TeamGym where the use of props is allowed.
- No jewellery may be worn, with the exception for TeamGym where some Jewellery is allowed – see TeamGym Handbook for specific requirements.
- Long hair should be securely tied up to ensure it does not create a safety hazard.
- Body oils and loose glitter are prohibited.
- Make-up in individual competition should be minimal.
- Dirty or damaged attire is not acceptable.
- Shoelaces must be properly tied, and shoes must be clean.
- Competition numbers are not required to be worn.
- Aerobic gymnasts are required to wear athletic shoes but are not required to wear white shoes as required in competitive Aerobics.
- Trampoline and Double Mini Trampoline athletes are required to wear socks, preferably white when on the Trampoline or Double Mini-Trampoline.
- The competition organiser, control or panel judge will ask any attire rules to be complied with and may apply a routine deduction if detected during the performance.

## 8. Music

- An electronic copy of music is to be sent to the event organizer prior to the competition. Details of sending music will be provided by the event organizer.
- All participants must bring a backup of their music on a clearly labelled CD or USB

## 9. Coaches

- One coach per group is allowed on the floor at any one time.
- It is the responsibility of each club to ensure the coaches on the competition floor have the relevant coach qualifications or safety training to safely support the athletes/gymnasts they are with.

Note:- Gymnastics NZ recommends Gym for All coaches have a minimum of the Foundation Coach qualification. You can find information on the Gymnastics NZ coach education courses in the Education Handbook (on club portal) or contact your Regional Relationship Manager.

**10. Judges**

- A Control Judge is appointed by the event organiser and Gymnastics NZ, the remaining judges appointed by the Control Judge.

**11. Disputes**

- Any complaint arising from the event should in the first instance be directed to the event manager.
- If the dispute cannot be resolved with the event manager, then the issue can be brought to the attention of the Gymnastics NZ Events Manager [events@gymnasticsnz.com](mailto:events@gymnasticsnz.com)