



# NUNAWADING GYMNASTICS AND SPORTS CLUB INC.

## GYMSTAR SQUAD INFORMATION

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## **Version Control**

Date of First Issue : December 2022

Date of Last Review : December 2023

Date of Next Review : December 2024

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# 1. What is Gymstar

Gymstar is a Gymnastics Victoria Gymsport which has been designed to be flexible within it's program framework and for the gymnasts within the program. The Gymstar program focuses on the skills and performance of routines and has been designed and developed for gymnasts who train for limited hours or gymnasts who prefer a less competitive environment.

This program has been designed to be used within clubs as a complete program for all genders and abilities, not just a talented few.

Gymstar gymnasts can:

- Develop strength, balance and body awareness
- Challenges the mind and body
- Grow in self-confidence and creative expression
- Enhance coordination, agility, mobility and flexibility
- Perform on six different apparatus (floor, vault, uneven bars, beam, rings and parallel bars).

## 1.1 Class Training Hours Per Week

<b>Gymstar Level</b>	<b>Number of Sessions</b>	<b>Training Hours</b>
1	1	1.5 hours
2	1	1.5 hours
3	1	2 hours
4	2	2 x 2 hours
5	2	2 x 2.5 hours
6	2	2 x 3 hours
7	2	2 x 3 hours
8-10	1	2.5 hours

## 2. Competitions

### 2.1 How competitions work

Gymstar aims to provide recreational events that are enjoyable for gymnasts, coaches, judges and spectators. The program's main objective is for all participants to enjoy the experience of participating to their full potential. Gymstar provides the opportunity for participants to take part in a fun and fair environment.

Gymstar Levels 1-3 will compete in Neutrons Competitions

Gymstar Level 4-8 can compete in Halos Competitions (semi competitive atmosphere)

Gymstar Level 4+ can compete in Titans Competitions (competitive atmosphere)

### 2.2 Competition Order

In a competition, gymnasts will compete on all apparatus in order, starting at the one shown on the Rotation Schedule. This is published 1 - 2 weeks before an event and will be provided to families prior to the event.

### 2.3 How judging works

The emphasis for judging is on the execution and routines rather than difficulty, scores and results.

**Level 1-3** Start score 15 to which deductions are applied. The minimum score is 10

The top 5 scores out of the 6 apparatus are added together to make the gymnasts overall score out of 75.0.

**Level 4-8** Start score 14 to which deductions are applied. Gymnasts can also get awarded points for bonus skills (two bonus skills maximum which are worth .5 and will be added to the start score at the beginning of the routine) The minimum score is 10. The top 3 scores out of the 6 apparatus are added together to make the gymnasts overall score out of the total of their start scores.

**Level 9 and 10** Start score 14 to which deductions are applied. Gymnasts can also get awarded points for bonus skills (three bonus skills maximum for level 9 and three bonus skills maximums for level 10 which are worth .5 and will be added to the start score at the beginning of the routine) The minimum score is 10. The top 3 scores out of the 6 apparatus are added together to make the gymnasts overall score out of the total of their start scores.

## 2.4 Competition Season

As our Gymstar program is a semi-competitive program, gymnasts have the opportunity to compete. However, gymnasts will never be required to attend competitions if they would prefer not to. Please see the tables below that elaborates on the competitions per year for each level.

Gymstar Level	Average Competitions Per Year
Gymstar Level 1	2
Gymstar Level 2	2
Gymstar Level 3	3-4
Gymstar Level 4	3-4
Gymstar Level 5	3-5
Gymstar Level 6	3-5
Gymstar Level 7	3-5
Gymstar Level 8	4-6
Gymstar Level 9	4-6
Gymstar Level 10	4-6

Key Competition breakdown:

Gymstar Level	Stick It Comp	Awesome Spooky Comp
Gymstar Level 1	✓	✓
Gymstar Level 2	✓	✓
Gymstar Level 3	✓	✓
Gymstar Level 4	✓	✗
Gymstar Level 5	✓	✗
Gymstar Level 6	✓	✗
Gymstar Level 7	✓	✗
Gymstar Level 8	✓	✗
Gymstar Level 9	✓	✗
Gymstar Level 10	✓	✗

## 2.5 Competition Teams

Although gymnasts in Gymstar compete routines individually, they may also enter the competitions in teams. These teams can have a minimum of 3 gymnasts and a maximum of 5 gymnasts per team with the top 3 individual scores to count towards the team score. Here at NG&SC we aim to ensure team allocation is as even as possible in both numbers of gymnasts and average individual scores. However, it is important to note that it is impossible to know exactly what will occur at each competition.

## 2.6 Gymstar Uniform Requirements

Click on the items below to order via our [Club Shop](#)

### Females

Gymstar Level	<a href="#">Polo Shirt</a>	<a href="#">JNR Leotard Level 1-4</a>	<a href="#">SNR Gymstar Leotard Level 5+</a>	Tracksuit Pants	Tracksuit Jacket	<a href="#">Bag – Multiple Options</a>
Gymstar Level 1	✓	✓	✗	✓	Optional	Optional
Gymstar Level 2	✓	✓	✗	✓	Optional	Optional
Gymstar Level 3	✓	✓	✗	✓	Optional	Optional
Gymstar Level 4	✓	✓	✗	✓	Optional	Optional
Gymstar Level 5	✓	✗	✓	✓	✓	Optional
Gymstar Level 6	✓	✗	✓	✓	✓	Optional
Gymstar Level 7	✓	✗	✓	✓	✓	Optional
Gymstar Level 8	✓	✗	✓	✓	✓	Optional
Gymstar Level 9	✓	✗	✓	✓	✓	Optional
Gymstar Level 10	✓	✗	✓	✓	✓	Optional

### Males

Gymstar Level	<a href="#">Polo Shirt</a>	<a href="#">Singlet</a>	<a href="#">Black Shorts</a>	Tracksuit Pants	Tracksuit Jacket	<a href="#">Bag – Multiple Options</a>
Gymstar Level 1	✓	✓	✓	✓	Optional	Optional
Gymstar Level 2	✓	✓	✓	✓	Optional	Optional
Gymstar Level 3	✓	✓	✓	✓	Optional	Optional
Gymstar Level 4	✓	✓	✓	✓	Optional	Optional
Gymstar Level 5	✓	✓	✓	✓	✓	Optional
Gymstar Level 6	✓	✓	✓	✓	✓	Optional
Gymstar Level 7	✓	✓	✓	✓	✓	Optional
Gymstar Level 8	✓	✓	✓	✓	✓	Optional
Gymstar Level 9	✓	✓	✓	✓	✓	Optional
Gymstar Level 10	✓	✓	✓	✓	✓	Optional

## 2.7 Competition Checklist

Athletes should use the following checklist to pack their bag / prepare for competitions:

- Competition leotard
- Black shorts
- Club polo shirt to wear whilst doing apparatus warm up
- Club tracksuit (jacket is optional for Levels 1-4)
- If wearing white socks – bring a spare pair as per competition requirement
- Apparatus aides – grips, loops, strapping tape
- Drink bottle of water
- Small light and healthy snack – rice crackers, dried fruit etc. (minimise lollies)
- Club bag for holding drink bottle, snack, spare socks, uniform and apparatus aides
- Leave shoes with parents before going onto floor to join Coach before competition
- Label all items as they are easily mixed up with other athletes
- Spare hair ties, bun nets, bobby pins, hairspray (AS REQUIRED)
- No nail polish, no jewellery
- Blanket – to stay warm during winter months.

## 2.8 Warm-up at Competitions

The following warm-up is convention for the majority of the competitions:

**General warm-up:** 20 – 30 minutes

**Vault:** 2 vaults

**Bars:** 1 routine

**Beam:** Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up\*

**Parallel Bars:** Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up\*

**Floor:** 3 to 5 minute group warm-up depending on level

**Rings:** Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up\*

\* Canadian warmups are run in the following manner:

- The first 2 gymnasts in the order warm up
- Then the 1st gymnast competes
- The 3rd gymnast warms up
- Then 2nd gymnast competes and so on until everyone has competed.

\*\*Time allocated for warmups, can vary between competitions



### 3. Levels Progression Process

Each gymnast is constantly assessed throughout the year on their skills' progression and refinement. This is done with in-house competitions, external competitions and within class time depending on the level. Below is Gymstar specific levelling information, for general information on this process please refer to the [Squad Handbook](#) .

#### 3.1 Level Passing Requirements

##### In-Class Assessments

All NG&SC gymnasts in our Gymstar program must complete assessments within class prior to them moving up to the next level.

All gymnasts will go through these in-class assessments during term 4 to determine whether or not the gymnast has progressed enough throughout the year to compete in the next level the following year. Throughout this process coaches will be in constant communication with parents/guardians. Final calls will be made regarding levelling 3 weeks prior to the end of term 4 classes.

### 4. Holiday Training

At NG&SC holiday training is never mandatory for competitive gymnasts, however, we do highly recommend that gymnasts attend as many holiday trainings as they can to ensure they are prepared for upcoming competitions.

Breakdown of suggested holiday training per level:

	<b>Dec/Jan</b>	<b>March/April</b>	<b>June/July</b>	<b>Sep/Oct</b>
Level 1	x	x	x	x
Level 2	x	x	x	x
Level 3	x	x	x	x
Level 4	x	x	x	x
Level 5	x	1 training per week	1 training per week	1 training per week
Level 6	x	1 training per week	1 training per week	1 training per week
Level 7	x	1 training per week	1 training per week	1 training per week
Level 8	x	1 training per week	1 training per week	1 training per week
Level 9	x	1 training per week	1 training per week	1 training per week
Level 10	x	1 training per week	1 training per week	1 training per week