



Gymnastics
Queensland

Sport Aerobics



Competition Handbook
2007

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1.0 2007 QUEENSLAND EVENTS CALENDAR

Date	Discipline	Event	Location	
January				
15-18	ALL	Education Week	Sleeman	1
19-21	ALL	GQ Coaches Congress/Club Conference	Sleeman	1
17 - 21	MAG, WAG, TRP	AYOF	Sydney	
February				
March				
3	TRP	CQ Qualifier 1		3
4	RG	Trial 1 - Level 7-10, Stages 3-4, Elite		3
18	TRP	SQ - Qualifier 1		3
31	TRP	CQ - Qualifier 2		3
April				
School Holidays 6 - 15				
1	RG	Trial 1 - Level 7-10, Stages 3-4, Elite		
1	TRP	SQ - Qualifier 2		3
14-15	WAG	Judges Classic		3
21-22	MAG/ WAG	SNR Regionals - NQ, CQ		3
28-29	MAG/ WAG	SNR Regionals - BNE		3
May				
5	AERO	Challenge 1		3
6	ACRO	Qualifier 1		3
5 - 7	TRP	Queensland Championships		2
11-13	MAG/ WAG/ RG	STATE CHAMPIONSHIPS	Chandler	1
12-13	TRP	CQ Control Test		3
12-13	TRP	SQ Control Test		3
20	ACRO	Qualifier 2		3
23-27	MAG/ WAG	Australian Championships	Melbourne	
26	AGM	Annual General Meeting	Brisbane	
27	RG	L4-6 and Stages 1-2 Trial 1		3
June				
School Holidays 23 June - 8 July				
2	AERO	Challenge 2		3
3	ACRO	Qualifier 3		3
2-3	WAG	Team Challenge 1		3
9 - 10	WAG	Team Challenge 2		3
17	RG	L4-6 and Stages 1-2 Trial 2		3
17	ACRO	Queensland Cup		3
24 - 25	CHL	Cheer Challenge		3
23-25	MAG/ WAG	STATE CLUBS	Gladstone	2
July				
School Holidays 23 June - 8 July				
30-5	TRP	NATIONALS	Melbourne	
1-7	MAG/ WAG	NATIONAL LEVELS	Brisbane	
10 - 15	RG	NATIONALS	Adelaide	
14-15	AERO	Queensland Cup		3
15	ACRO	Qualifier 4		3
29	RG	JUNIOR STATE CHAMPIONSHIPS		2
Aug				
3-5	CHL, AER, ACR	STATE CHAMPIONSHIPS		1
4-5	MAG/ WAG	JNR Regionals		3
11 - 12	MAG/ WAG	JNR Regionals		3
18 - 19	MAG/ WAG	JNR Regionals		3
Sept				
School Holidays 22 Sept - 7 Oct				
8-9	TRP	Queensland Levels Competition		2
8-9	RG	Multiples Trial		3
21-24	RG	National Clubs	TBC	
22-23	TRP	National Clubs	Gosford	
22-24	MAG/ WAG	JUNIOR STATE CHAMPIONSHIPS		1
22-24	WAG	Border Challenge		
Oct				
School Holidays 22 Sept - 7 Oct				
29 - 7	CHL,AER,ACR	NATIONALS	Sydney	
13-14	RG	Multiples States		3
28	RG	Level 1-3 Challenge 1		3
Nov				
11	RG	Level 1-3 Challenge 2		3
24 - 25	ALL	Gymnastics at Christmas Carnival		1
Dec				
School Holidays 15 Dec - 28 Jan				
8 - 16	MAG/ WAG	NATIONAL CLUBS	Canberra	

Please refer to the GQ Website for Calendar Updates: www.gymqld.org.au

2.1 Sport Management Committee (SMC) Composition

The Sport Aerobics (AER) SMC consists of a Chairperson plus between 2 to 6 other members, being:

- The State Judging Coordinator
- The State Coaching Coordinator
- General member(s) for specific portfolios
- Regional General members (up to two specifically from FNQ, NQ and CQ regions), and
- The GQ Sport Aerobics Program Manager who will be an ex-officio member of the SMC

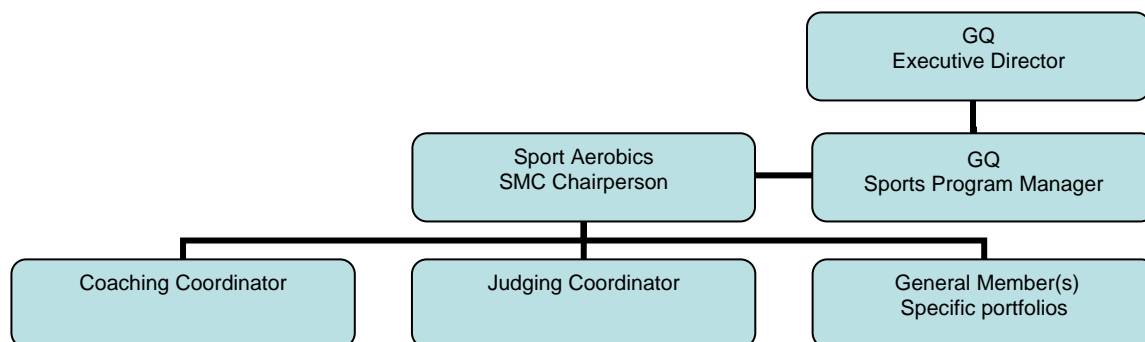


Figure 1 - Sport Aerobics SMC Members

2.2 Sport Management Committee (SMC) Functions

The major functions of the Sport Aerobics SMC will be to manage the day-to-day technical affairs of Sport Aerobics and includes the following, but not limited to:

- Prepare sports program policies and regulations for GQ Board approval
- To maintain technical regulations governing their sport program, which are approved by or amended by the SPTA and ratified by the GQ board
- Review performance and undertake forward planning
- Co-ordinate and implement day-to-day management of the Sport Program by agreement with the Executive Director or appointed office staff member
- Prepare budget estimates and reports as required for approval by the GQ Board
- Work with & advise as required the Sport Aerobics Program Manager, Events and Education Director and other GQ Staff

The Sport Aerobics SMC will also select all Coaches, Judges and Officials for State Teams. The accreditation of these persons to then represent the Association shall be in accordance with the rules and regulations approved by the Board. The GQ Board will appoint the State Team, Team Manager, Coaches and Officials.

2.3 Sport Management Committee (SMC) Communication

- All communications to the Sport Aerobics Sports Management Committee must be made in writing via Gymnastics Queensland's office
- The Sport Management Committee will not address any concerns or complaints that are not in writing
- General queries may be made by phone/email and should be directed through the GQ Sport Aerobics Sports Program Manager or the GQ Events Director.

3.0 STREAMS, DIVISIONS AND AGE GROUPS

3.1 International Stream

Senior

- Age eighteen (18) years and over.
- Categories allowed: Individual Male, Individual Female, Mixed Pair and Trio.

Age Group 2

- Age fifteen (15) to seventeen (17) years
- Categories allowed: Individual Male, Individual Female, Mixed Pair and Trio.

Age Group 1

- Age twelve (12) to fourteen (14) years
- Categories allowed: Individual Male, Individual Female, and Trio.

National Development

- Age ten (10) to twelve (12) years
- Categories allowed: Individual Male or Female (Co-ed), and Trio.

Age is taken as of December 31 in the year of competition.

3.2 National Stream

Division	Routine requirements	Compulsory elements	Age categories	Competition categories
National A	Optional routines A maximum of 10 elements: A – E	High Leg Kicks, Push-ups and Jumping Jack Phrase	Adult: (18+) Senior: (14 – 17 yrs) Intermediate: (11 – 13 yrs) Junior: (7 – 10 yrs)	Individual Male, Individual Female, Teams (3-6 team members)
National B	Optional routines A maximum of 10 elements: A - C	High Leg Kicks, Push-ups and Jumping Jack Phrase	Adult: (18+) Senior: (14 – 17 yrs) Intermediate: (11 – 13 yrs) Junior: (7 – 10 yrs)	Individual Male, Individual Female, Teams (3-6 members)
Level 3/ AEROSkools	Compulsory Routines except for 32 count jumping jack phrase	High Leg Kicks, Push-ups and Jumping Jack Phrase	Adult: (18+) Senior: (14 – 17 yrs) Intermediate: (11 – 13 yrs) Junior: (7 – 10 yrs)	Individuals (1 male or female), Teams (3-6 members) AEROSkools: Trios (3) and Group (4-6 members)
Level 2/ AEROSkools	Compulsory Routines except for 32 count jumping jack phrase	High Leg Kicks, Push-ups and Jumping Jack Phrase	Adult: (18+) Senior: (14 – 17 yrs) Intermediate: (11 – 13 yrs) Junior: (7 – 10 yrs)	Individuals (1 male or female), Teams (3-6 members) AEROSkools: Trios (3) and Group (4-6 members)
Level 1/ AEROSkools	Compulsory Routines	High Leg Kicks, Push-ups and Jumping Jack Phrase	Senior: (14 – 17 yrs) Intermediate: (11 – 13 yrs) Junior: (7 – 10 yrs)	Individuals (1 male or female), Teams (3-6 members) AEROSkools: Trios (3) and Group (4-6 members)

Age for all National Stream athletes is taken in the year of competition

An athlete who is ten (10) years but turning eleven (11) in that year, may compete in either the Junior or Intermediate division but not in both.

Please note that a competitor cannot compete in the National A/B or International divisions and the Levels division.

4.0 APPARATUS AND COMPETITION REQUIREMENTS

4.1 Competition Performance Area

- The performance area measurements are 7m x 7m for all events. It is clearly marked by a line of contrasting colour that shall be between five (5) centimetres and seven point five (7.5) centimetres in width.

4.2 Performance Music Requirements

- National stream competitors must include only one (1) song or recording, requiring one (1) music license may be used.
- FIG routines may include one (1) or more pieces of music mixed together.
- The song can be edited to enhance choreography and personal performance.
- Compilation (music mix) or recording that contains several songs may not be used for National Stream athletes.
- Routine length for National Stream and Senior International competitors is one minute forty-five (1:45) seconds. A grace period of five (5) seconds plus or minus is allowed resulting in a minimum of one minute forty seconds (1:40) and a maximum of one minute fifty seconds (1:50).
- Routine length for Junior International Stream competitors is :
 - National Development 1 minute 15 seconds
 - Age Group 1 1 minute 30 seconds
 - Age Group 2 1 minute 45 seconds
- The 5 second grace period also applies to these athletes.
- The routine must be performed, in its entirety, to music.
- The music must be recorded at the beginning of a CD. A cassette tape with music at the beginning of Side A is also acceptable. Please do not use rewritable CDs as some audio equipment will not read them.
- Original sound effects and original compositions are permitted. The recording must be clearly marked with the Athlete or Group name, State or Club, Song Title, Artist, Composer, Publisher and Recording Company.
- Refer to Gymnastics Australia Competition Handbook and Rules for details.

4.3 Dress Code - Women

- Women must wear a form fitting one (1) piece leotard with flesh coloured tights, adequate aerobic shoes and athletic socks for all divisions.
- EXCEPT Levels athletes, who may opt to wear bike shorts and a crop top instead of a one-piece leotard.
- FIG athletes must adhere strictly to the rules set down in their Code of Points
- All hair must be secured close to the head at all times. Competitors must wear adequate support. The application of sequins, rhinestones and other adornments must be minimal.

4.4 Dress Code - Men

- Men must wear a unitard or form-fitting body shorts, form fitting athletic top, adequate aerobic shoes and athletic socks for all divisions.
- The top or unitard must not have an open cut in the front, side or the back at all times. Competitors must wear adequate support. The application of sequins, rhinestones and other adornments must be minimal.
- FIG athletes must adhere strictly to the rules set down in their Code of Points

4.5 Footwear – Men & Women

- Clean, white footwear with white socks (visible above the ankle and tongue) must be worn.

4.6 Dress Code - Exceptions

- Attire for Levels is not in accordance with the standard attire and is specified within the rules for this division. Refer to GA Competition Handbook and Rules for more details.

5.0 COMPOSITION OF EXERCISES

The sport aerobics routine is evaluated according to the following three components:

- Artistic Merit
- Technical Merit
- Difficulty – Compulsories, Element families, Number of elements

5.1 Artistic Merit

- A routine must contain aspects of dynamic choreography, creativity and physical/emotional expression. The elements selected and performed must be integrated seamlessly into the choreography and synchronised with the music.

5.2 Technical Merit

- All movements performed are evaluated according to the standards for Sport Aerobics movement perfection contained in the rules of the GA Competition Handbook. Body alignment, degree of Completion/Precision, Synchronicity, Flexibility, Strength and Intensity is all part of the criteria

5.3 Difficulty : Compulsories

All National stream routines must contain the following three sport aerobics compulsories:

- Jumping Jack Phrase
- High Leg Kicks
- Push-ups

5.4 Difficulty: Elements Families

All FIG and National A and B stream routines must contain a minimum of one (1) element from each of the four (4) families comprising the Element Pool.

- Group A Push-ups, leg circles, cuts, helicopters and capoeiras
- Group B Supports and levers
- Group C Jumps and leaps
- Group D Balance and flexibility

5.5 Difficulty: Number Of Elements

5.5.1 International Stream (FIG)

- A maximum of twelve (12) elements may be used from the Element pool families for Senior athletes (refer to the FIG 2005 – 2008 rules)
- Junior athletes are allowed the following number of difficulty elements-
 - National Development six (6)
 - Age Group1 eight (8)
 - Age Group 2 ten (10)

5.5.2 National A Stream

- A maximum of ten (10) elements from the A - E Element pool families, ie 0.1 to 0.5 in value. (Refer to National Stream Rules 2007)

5.5.3 National B Stream

- A maximum of ten (10) elements from the A-C element pool families, ie 0.1 to 0.3 in value. (Refer to National Stream Rules 2007)

5.5.4 Levels Divisions

- **Routines as per the GA AEROSkools Levels Package. Refer to Levels Rules.**

6.0 LEVELS DIVISION

6.1 Introduction

- The Sport Aerobics Levels Program was introduced to assist athletes and coaches that have an interest in Sport Aerobics but lack the personnel, resources and skills to get started. The Kit includes a VHS Video of the routines, a CD of the routine music and the choreography notes and competition rules. This kit is available for purchase from GA.

6.2 Level 1 Routine

- This routine is fully choreographed. The aim of the routine is to teach athletes the basic movements, travelling directions and co-ordination skills in Sport Aerobics. The importance of presentation and showmanship is a requirement in this routine.

6.3 Level 2 Routine

- In the Level 2 routine, the complexity of the choreography and skill increases as well as providing the athlete with the opportunity to introduce their own 32 counts of choreography incorporating eight (8) counts of jumping jacks.

6.4 Level 3 Routine

- Pathways to the Novice and Elite levels of competition are provided in the Level 3 routine. The degree of difficulty increases in the technical and artistic areas. Presentation and showmanship remains a priority in all three level routines.

6.5 Performance Area

- The performance area measures are 7m x 7m for Levels Routines.

6.6 Music

- Competitors will be required to perform to the music that is supplied in the GA Levels Program Kit (CD).

6.7 Attire

- Females can wear a one piece leotard with tights or a two piece outfit that includes bra top and bike pants. Males can wear a unitard or form fitting pants and singlet.

Refer to 2005 – 2008 Levels Rules

6.8 Additional Divisions

- Additional divisions may be incorporated into Queensland events at the discretion of the AER Sports Management Committee.
- Participants in these additional divisions will not be able to progress to the National Championships

7.0 GYMNASTICS QUEENSLAND EVENT POLICY

7.1 Event "Entries" Policy

- The following guidelines apply to all category one, category two and category three events
- These guidelines will come into effect as of the 1st January 2007
- **This process will be strictly adhered to and NO EXTENSIONS will be granted to any clubs entering the event**

7.2 Entries

- Definitive Entries will not be processed without accompanying payment
- Failure to supply a judge will result in a proxy fine of \$250.00
- **Up to one week after definitive will incur a 25% late fee; after workplan distribution will incur a 50% late fee**
- All gymnasts, judges and coaches must be registered with Gymnastics Queensland at the time the nomination form is received.
- All Technical Members/Officials (Judges and Coaches) will be required to wear their GA current 2007 lanyard and membership card to all competitions to gain access to the competition backstage and warm up areas. A list of registered Technical Members will be provided to each competition to confirm registration status.
- Should all details on the entry form not be completed then the entry form will be returned and a late entry fee applied, should it be received after the due date.

7.3 Withdrawals

- **NO REFUND** of the entry fee will be given to any withdrawals after the close of entries.
- In the case of withdrawals supported by a medical certificate, a full refund of entry fee will be given to the medically affected gymnasts
- Medical certificates must be received by the Gymnastics Queensland office within 5 days after the event. **NO EXCEPTIONS**

8.0 FEES

- State Championships

Individual:	\$ 53 .00 (non-member)	\$38.00 (member)
Team(3 – 6):	\$ 86 .00 (non-member)	\$76.00 (member)
- Regional Championships

Individual:	\$ 25.00 (non-member)	\$18.00 (member)
Team(3 – 6):	\$ 50.00 (non-member)	\$38.00 (member)

9.0 JUDGES PAY SCALE

Judge Pay Scale:-

- Unregistered judges are permitted to judge but will not receive payment for their services
- All registered judges working at GQ sanctioned event will be paid the following rate:
 - State Judge: \$25.00 per session
 - National Judge: \$35.00 per session
- A session is defined as a time period between breaks. A session is a maximum of 3 hours.
- GQ will be responsible for the payment of judges at category one (1) events only. Host club will be responsible for the payment of judges at category two (2), category (3), category (4) and category (5) events. All payments should be made on completion of the relevant sessions of the competition.

10.0 STATE CHAMPIONSHIPS

10.1 QUALIFICATION FOR STATE CHAMPIONSHIPS

- All Sport Aerobics athletes must compete in at least one (1) GQ sanctioned Sport Aerobics event in order to qualify to compete in the GQ Sport Aerobics State Championships.
- The GQ entered event must be in the same year as the State Championships.

- If an athlete is unable to compete due to injury, or extraordinary circumstances, e.g. competing in an international event, a letter of explanation and/ or medical certificate must be submitted prior to the event to the Sports Management Committee (C/- GQ Sport Aerobics Program Manager).

11.0 PROTESTS

- Protests are prohibited against any score or result.

12.0 FINAL RESULTS

- The final score determines the final, official ranking. The Open and Preliminary score is not factored with the Final score. The Open and Preliminary score is only used to determine the ranking and starting order for the Finals.

13.0 STATE TEAM SELECTION

13.1 Objective

- To achieve the highest possible team score, whilst endeavouring for each team to place first at the National championships

13.2 State Team Selection Panel Composition

- AER Sport Management Committee Chairperson
- AER Judging Coordinator
- AER Coaching Coordinator
- 1 x Technical Member from Judges panel
- Any Gymnastics Queensland technical member selected by AER SMC to assist in the selection process
When considering the addition of a technical member, to assist the selection process, the SMC will use the following guidelines:
 - Must be a minimum of Level 2 Coach and/or Level 3 Judge
 - Minimum of 5 years experience
 - Coached State team gymnast(s) previously
 - Been a State Team coach previously

Note: The GQ Sport Aerobics Program Manager will be an ex-officio member of the SMC selection process

13.3 Selection Committee Responsibilities

The Selection Committee is responsible for the development and implementation of the selection criteria for all state teams.

13.4 Eligibility For Selection

- All athletes wishing to be considered for selection to the State Team to compete at Nationals **must enter the Queensland State Championships**.
- Any team or individual not entered will not be eligible for selection to the State Team.
- If an athlete is unable to compete due to injury or extraordinary circumstances, a letter of explanation and/ or medical certificate must be submitted to the AER Sports Management Committee prior to the event.
- The athlete must be a member of a Gymnastics Queensland affiliated club
- A athlete must be registered on the National database and have no outstanding accounts to Gymnastics Queensland
- A gymnast wishing to represent Queensland must have resided permanently in Queensland for six (6) consecutive months prior to the National Championships, with the exception of Queensland athletes training within the Australian Institute of Sport program
- Scores – To be considered for the State team athletes must attain scores as set down below :

○ Level 1	8 points
○ Levels 2 and 3	7.5 points
○ National A, National B	7.5 points
○ International Age Groups 1 and 2	15 points
○ International seniors	16 points
- Attainment of these scores does not mean automatic selection into the State team. Other factors that are taken into consideration are:
 - Potential
 - Suitability

- Compatibility
- Age
- Athletes placing in the top 3 places in their division at the State Championships will be selected in the State team if their scores reflect the qualifying scores set.
- All clubs are advised that **State Team training is compulsory**. Injured athletes must attend as observers.
- If there is a gap of six months since viewing by the selection panel a video should be submitted to the panel prior to the announcement of the State Team.
- For all selections of a State Team in Sport Aerobics, which are later than six months after a National Championship, the selection panel must either:
 - View the nominated athlete in a formal trial OR
 - View a film or videotape of each of the nominated athletes performing a minimum of two of his/her current routines with musical accompaniment (on tape or film) no more than six weeks prior to selection.
- The film is to be made under supervision of the AER Sport Management Committee Chairperson, or Coaching Coordinator. Complete routines must be filmed from start to finish, no interruptions.

13.5 Announcement of the State Team

- The Aerobics Sport Management Committee will announce the State Team at the conclusion of the Queensland State Championships.
- An information pack will be sent to the athlete with a uniform order form etc, to be completed and returned to GQ along with a deposit.

13.6 State Team Composition

Officials will be invited to fill positions on the Aerobics State Team and will be selected according to demonstrated experience and qualifications for the various roles. For the Aerobics State Team, the following positions will be advertised:

- Head of Delegation
- Team Managers
- Coaches
- Judges
- Chaperones
- Medical Support Staff

The AER Sports Management Committee may vary the number of Team Officials, depending on factors such as the size of the Team.

All Officials are required to wear the designated uniform with the exception of Judges. Judges may wear the uniform if they wish.

13.7 Team Travel

- The Team will travel together as a team under the direction of Gymnastics Queensland.

13.8 Team Accommodation

- The Queensland Team will be accommodated under the direction of Gymnastics Queensland.

13.9 State Team Uniform

- **Males & Females:**
- QLD Tracksuit, State Shirt, joggers (these must be predominantly white in colour).
- **Casual dress:**
QLD State Team shorts or maroon shorts, track pants, state team t-shirts

14.0 APPEALS & GRIEVANCE PROCEDURES

All members have the opportunity to appeal and/or lodge a grievance to the relevant management levels.

Further details are contained in the Queensland Gymnastic Association's Appeal and Grievance Regulations.

As an accredited Australian Gymnastic Federation coach, I will:

Abide by the rules of the Federation as set forth in its constitution and by-laws.

- follow procedures for enforcement of the Code of Ethics
- accept any judgements made
- use the established procedures for challenging a competitive result, contesting a team selection decision, complaining about the conduct of another member, or attempting to change policy of the Federation

Direct my observations and recommendations regarding all aspects of gymnastics to the appropriate persons for the betterment of the sport.

- be constructive in my criticisms and direct comments and observations to the relevant individuals and organisations, to avoid gossip innuendo and malicious comment
- respect the efforts of appointed and elected representatives of the Federation

Represent myself and my coaching status in an honest and professional manner, without bringing the coaching profession or the Federation into disrepute

- use my accreditation status and Technical Membership of the AGF to represent my ability in an honest manner, not to gain unwarranted favours
- be professional in and accept responsibility for my actions
- extend professional courtesy to other coaches, athletes and their parents by keeping them informed in matters relevant to athlete's training programs
- abide by and respect the regulations governing sport and the organisation and individuals administering those regulations
- be a role model for my sport and my athletes
- respect the rights, dignity and worth of every human being within the conduct of my involvement in gymnastics

Exercise a standard of care consistent with my competence and obligations as a coach

- show concern for the health, safety and welfare of athletes and colleagues
- Coach within the limits of my competence as a coach
- follow AGF safety guidelines in respect of the duty of care owed to the athlete
- provide planned and sequential training programs based on the individual developmental needs of athletes
- modify the training program for injured athletes based on appropriate medical advice when required
- provide a safe environment for participants in training and competition

Provide a quality service to my athletes and to the sport

- maintain or improve my current NCAS accreditation
- seek continual improvement through performance appraisal and ongoing coach education
- honour the responsibilities given to a coach by keeping all relevant qualifications up to date
- work to ensure my athletes' time spent with me is a positive experience

Promote and assist in the development of the coaching profession

- assist others to develop good attitudes, skills and knowledge relating to the sport
- promote and assist in the education of other coaches

Put athletes' welfare first; making decisions based on the best interests of my athlete's' sporting, education and vocational careers

- acknowledge the individual talents and potential of athletes
- maintain a balanced emphasis of sporting involvement within educational and career objectives

Show leadership, and support efforts to remove the abuse of drugs in sport

- abide by the regulations of the relevant national and international sporting and government bodies
- respect the health and dignity of athletes to compete on the basis of their abilities; within the rules of the sport of gymnastics

Encourage, by example, the removal of any form of personal abuse or inappropriate discrimination

- refrain from verbal, physical or emotional abuse
- refrain from any form of sexual harassment towards athletes and colleagues
- refrain from using the influence of a coaching position to encourage inappropriate intimacy between coach and athlete
- refrain from any discriminatory practices on the basis of race, religion, ethnic background, or special ability/disability of athletes
- be alert to any forms of abuse towards my athletes from other sources whilst they are in my care

Ensure physical contact with athletes is appropriate and necessary for the athletes' skill development

- ensure spotting methods and philosophy are consistent with established gymnastics principles
- ensure spotting is used only to facilitate learning or safe performance

Be aware of and follow rules and regulations as provided in the FIG Sports Aerobics Code of Points

In order to present a professional image and to judge objectively and accurately, all judges should:

In General:

- understand and abide by the Judge's Oath
- be fully conversant with the WAG FIG Code of Points and/or any other published rules and regulations pertaining to the standard of gymnastics being judged
- Actively maintain technical knowledge through ongoing review of the Code of Points, technical publications, video tapes and gym floor participation
- attend all pre-competition judges' meetings
- Dress in a tidy fashion benefiting the status and image of a judge
- be punctual for all official events
- avoid the use of derogatory language
- be prepared to counsel athletes and coaches regarding the athlete's performance after competitions

When travelling with a team:

- report any significant outcomes from the pre-competition meetings to the team coach
- be available to attend training sessions to advice on judging matters
- emphasise the spirit of the sport rather than the errors
- compliment and encourage all competitors
- be accountable for one's own judging performance
- be a current Technical Member of the Australian Gymnastic Federation/State Association

At competitions:

- Dress in the standard judge's uniform for competition
- be prepared for the competition by having all personal judging equipment and accessories readily available and by being conversant with the apparatus and exercises
- be co-operative with competition organisers, floor managers, announcers and head judges
- be quick and accurate in determining scores
- be co-operative in judges' conferences and assist the head judge to arrive at the final score
- be prepared to justify scores in a judge's conference
- be consistent, objective and courteous at all times

Judges Oath

"I declare on my honour that, in my capacity as a judge, I will allow myself to be Guided only by the spirit of sporting loyalty and dignity and I pledge to judge the Work presented conscientiously and without regard to person or nation"

Competitors must:

- Meet the qualification requirements for Australian Championships as set by the State SMC.
- Meet the anti-doping requirements
- Behave in a manner so as to not bring themselves, their State Association or Sports Acrobatics into public disrepute or censure
- Agree to comply with competition rules
- Note that anyone who exhibits disrespect to judges or officials through words or actions may be denied access to the competition area (the Judging Coordinator may initiate this action upon observation or upon receiving a complaint)
- Only access the competition area if currently involved in training or competing
- Remain seated in the competition area during the competition unless competing or warming-up
- Observe and comply with all requests by coaches, officials, volunteers and judges
- Note that food and drinks are not permitted on the competition floor
- Not contact Head or Panel Judges during the competition
- Wear the appropriate attire
- Be present at least thirty minutes before the time indicated on the program for warm-up
- Agree to be filmed, televised, photographed or otherwise recorded during the competition and related events
- Agree that Gymnastics Australia, State Associations or any official shall not be or deemed to be responsible or liable whether in contract or in tort or under any statute for any injury, illness or any mishap which may be suffered
- by the competitor or be sustained to the property belonging to the competitor in, arising from out of or directly or indirectly connected with any traveling, disciplinary action, participation, training or function of any nature held during the competition, or in any way directly or indirectly connected
- Agree that he/she shall indemnify and will at all times indemnify and keep Gymnastics Australia and State Associations or any official fully indemnified from and against all actions, suits, causes of actions, proceedings, demands, costs and expenses whatsoever which may be taken or made against Gymnastics Australia or incurred or become payable by Gymnastics Australia in connection with or arising out of such injury, illness or mishap to the competitor or his/her property or any other matter
- Acknowledge that Gymnastics Australia and State Associations or any official may act as his/her agent in accruing such expenses and/or doing whatsoever is reasonably necessary for his/her benefit in connection with or arising out of any such injury, illness, loss, damage or other mishap
- Exhibit respect towards judges, competition organizers, spectators, coaches, officials and fellow competitors

Competitors have the right to:

- Take part in a general warm-up prior to each session of competition
- Take part in a warm-up prior to each round in a session
- Perform in one attempt to the competition rules
- Repeat an exercise when, due to reasons beyond the control of the competitor, the exercise is not completed (only the Chair of Judges Panel (CJP) may allow such a second attempt, no penalties will be incurred)
- Take part in a competition according to the competition rules and competition program.
- Compete in only one level and one event for pair/group work