

# Gymnastics NSW

## Event Information & Timetable

**Men's Gymnastics**

**Rhythmic Gymnastics**

**Women's Gymnastics**

**RG Multiples MAG & WAG State Clubs**

**9<sup>th</sup> - 11<sup>th</sup> September 2022**

**Sydney Gymnastics & Aquatic Centre**

**33 Railway St Rooty Hill NSW**

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## GNSW COVID-19 Operating Procedures

Clubs are required to assess the risk associated with entering the competition and by entering the competition are agreeing they have read all required information available from Gymnastics NSW regarding competitions under COVID-19 restrictions. This information can be found in the 'Rebooting Gymnastics' section on the GNSW Website [here](#).

Additional Gymsport Information and Competition Movement Plans are included in this booklet which is to be read in conjunction with GNSW Competition Guidelines- Covid Information and GNSW regulations, policies and procedures.

Should you have any additional questions, please contact the relevant GNSW Events & Sports Development Officer.

**MAG:**      [mg@gymnsw.org.au](mailto:mg@gymnsw.org.au)      **P: 8116 4115**  
**RG:**        [rg@gymnsw.org.au](mailto:rg@gymnsw.org.au)      **P: 8116 4117**  
**WAG:**      [wg@gymnsw.org.au](mailto:wg@gymnsw.org.au)      **P: 8116 4127**

**Please note that this is a provisional document and there may be changes made to this schedule.**

**If there are any discrepancies between this document and the GNSW Gymsport Technical Regulations, this document is the overriding document and all procedures and rules in this document supersede those in the [Technical Regulations Website](#).**

## General Information for Participants

- **Arrivals/Departures:** All participants must wait outside until their designated entry time. Additional arrival/exit guidelines are stated in the Competition Guidelines - COVID information which must be followed. **No early entry will be permitted.** All participants must exit the venue within the session change over times following GNSW Staff directions. There are two different entry and exit points. Spectators must enter via the upstairs entry and exit via the designated exit point from the seating area. Coaches, Judges, Volunteers and Athletes must enter via the lower entrance and exit via the exit doors at the rear of the competition halls. Athletes must wait with their coach in the Departure/Pick up area designated by their club until they are picked up.
- **Club Meeting Points:** All Clubs must organise their own club meeting points/times for each session. Club Meeting points must not be organised in the entry point or obstructing the venue entry (see venue diagram). Once everyone has arrived at their club meeting points, groups may head towards the entry point and enter as a group.
- **Entering the venue for Coaches and Athletes:** Must enter as a group. Coaches and gymnasts are required to proceed to their designated seating area within their zone on entry to the venue. Coaches must sign into the event as they enter their zone, ensure that you sign-in per day and select the sessions you are participating in.
- **Entering the venue for Judges and Volunteers:** Permitted to enter prior to each session and follow GNSW Staff directions. Officials are required to sign into the event before proceeding inside to their allocated areas inside the competition area. Officials must sign into the event per session.
- **First Aid:** Athletes and Coaches, If unwell head straight to the first aid room and notify GNSW. Additional guidelines are stated in the Competition Guidelines- Covid information which must be followed. Spectators, Judges and Volunteers please inform GNSW staff for further directions.
- **Physio:** Emergency treatment only. Any pre-competition taping/strapping or any pre-existing injury management must be done before arriving at the event.

## Start Here, Go Anywhere!

- **Start of Competition:** All athletes are required to be wearing their leotard for the start of competition.
- **Bags after last routine:** All athletes and coaches must move their personal belongings to the allocated bag area in the competition area after their last routine. Athletes and coaches won't be permitted to enter the warmup area once their competition has concluded.
- No food (including lollies) is to be consumed in the competition or warm up areas.

## MAG Information

In attending the event please be aware of the following:

- Level 8 Open, 9 Under, 9 Open and Senior Internationals will be judged on Junior FIG rules.
- All participants are requested to arrive at the venue no earlier than 10 mins before the start of the session, early entry will not be permitted.
- All participants should leave the venue within 5 minutes of the end of the session.
- Participants will be required to bring their own water bottle which should be labelled.
- Gymnasts must provide their own chalk and spray bottle for the event.
- Athletes must remain in the allocated seating areas while not competing or warming up.
- Athlete's personal equipment is not to be shared.
- No food (including lollies) is to be consumed in the competition or warm up areas.
- Judges must ensure that they bring all of their own supplies, including pens/pencils, paper, manuals.
- All officials and participants will be required to vacate the venue between sessions to allow for cleaning.
- Once participants leave the venue they will not be permitted to re-enter.

## RG Information

- **March on:** All athletes are required to march on at the competition start time in leotards. The first routine will be exempted and may continue preparation in the warm up area.
- **After competing:** All athletes and coaches must stay in the warm up area until presentations have concluded and are not permitted to move into the spectator area. There may be a designated area for athletes to spectate from pending venue set up.
- **Presentations:** All athletes must wear full club tracksuit- no shoes.
- **Bag Area:** During the session, athletes and coaches must leave their personal belongings against the side walls in the warm up area. After their last routine, all belongings must be packed, and athletes must change into tracksuits ready for presentations.
- **Warm Up Area:** General warm up until scheduled touch times. During the Session, only the next 2-3 groups are permitted to be on the floor following the work order. Gymnasts may stretch on the outside of the mats until their turn. Coaches and athletes are responsible for cleaning their space at the end of each session. Please wipe down seats and put all rubbish in the bins.
- **Competition Floor:** The competition floor can be used during general warm up until scheduled touch times. Please refer to each work order session notes.
- **Work Order:** Grouped by clubs to ensure smooth transition from warm up to competition floor and for placing/removing spare apparatus.
- **Spare Apparatus:** Spare apparatus will not be provided. If clubs/coaches wish to use spare apparatus, it will be the club coach responsibility to place, remove and clean after each of their routines.

## WAG Information

In attending the event please be aware of the following:

- **Gymnasts will be required to wear their competition leotard for warm-up as there will be no availability for them to change leotards at the venue.**
- All participants are requested to arrive at the venue no earlier than 10 mins before the start of the session, early entry will not be permitted.
- Gymnasts are required to take their bags, etc with them during the competition, no bags to be left in the corridor.
- All participants should leave the venue within 5 minutes of the end of the session.
- Participants will be required to bring their own water bottle which should be labelled.
- Gymnasts must provide their own chalk and spray bottle for the event.
- Athlete's personal equipment is not to be shared.
- No food (including lollies) is to be consumed in the competition or warm up areas.
- Judges must ensure that they bring all of their own supplies, including pens/pencils, paper, manuals.
- All officials and participants will be required to vacate the venue between sessions to allow for cleaning.
- Once participants leave the venue they will not be permitted to re-enter.

**Non-compliance with any of the above may result in non-admittance or removal from the facility.**

## Timetable

### Friday 9<sup>th</sup> September

	<b>RG</b>	<b>WAG</b>	<b>MAG</b>
<b>Session 1</b>		<b>Level 8</b>	
Venue Entry		7:30 AM	
General Stretch		7:40 AM	
App Warm up		8:00 AM	
Competition		9:10 AM	
Presentation		10:50 AM	
<b>Session 2</b>		<b>Level 9 &amp; 10</b>	
Venue Entry		11:45 AM	
General Stretch		11:55 AM	
App Warm up		12:15 PM	
Competition		1:15 PM	
Presentation		3:25 PM	
<b>Session 3</b>		<b>Internationals</b>	<b>Masters</b>
Venue Entry		4:05 PM	5:00 PM
General Stretch		4:10 PM	5:10 PM
Competition		5:40 PM	5:40 PM
Presentation		6:50 PM	7:30 PM

### Saturday 10<sup>th</sup> September

	<b>RG</b>	<b>WAG</b>	<b>MAG</b>
<b>Session 4</b>		<b>Level 6 &amp; 7</b>	<b>Level 60 &amp; 70</b>
Venue Entry		7:00 AM	7:00 AM
General Stretch		7:10 AM	7:10 AM
App Warm up			7:30 AM
Competition		7:40 AM	8:40 AM
Presentation		11:10 AM	10:50 AM
<b>Session 5</b>	<b>Category 2</b>	<b>Level 6 &amp; 7</b>	<b>Level 5, 6U, 7U &amp; 8U</b>
Venue Entry	11:30 AM	11:50 AM	11:50 AM
General Stretch	11:40 AM	12:00 PM	12:00 PM
Competition	12:30 PM	12:30 PM	12:30 PM
Presentation	3:10 PM	4:00 PM	2:00 PM
<b>Session 6</b>	<b>Category 1</b>	<b>Level 6 &amp; 7 D2</b>	<b>Level 8 Open, 9 Under and Senior</b>
Venue Entry	4:10 PM	4:30 PM	3:30 PM
General Stretch	4:20 PM	4:40 PM	3:40 PM
App Warm up			4:00 PM
Competition	5:10 PM	5:10 PM	5:10 PM
Presentation	6:40 PM	7:50 PM	7:40 PM

## Sunday 11<sup>th</sup> September

	RG	WAG	MAG
<b>Session 7</b>	<b>Category 3</b>	<b>Level 5</b>	<b>Level 1 &amp; 2</b>
Venue Entry	7:40 AM	8:00 AM	8:00 AM
General Stretch	7:50 AM	8:10 AM	8:10 AM
Competition	8:40 AM	8:40 AM	8:40 AM
Presentation	10:10 AM	11:40 AM	11:30 AM
<b>Session 8</b>	<b>Category 4,5 &amp; Masters</b>	<b>Level 5</b>	<b>Level 3 &amp; 4</b>
Venue Entry	11:00 AM	12:15 PM	12:15 PM
General Stretch	11:10 AM	12:25 PM	12:25 PM
Competition	12:00 PM	12:55 PM	12:55 PM
Presentation	1:40 PM	3:55 PM	3:45 PM

## Competition Movement Plans

- Athletes and their coaches will meet at a place designated by the club outside the venue for the parents to drop-off the athletes. They will then proceed to the venue entrance point at the downstairs doors when allowed and check-in.
- Coaches and their athletes will then proceed directly to the seating area for their first warm-up apparatus/warmup area on entry to the venue and will prepare for the warm-up.
- **Athletes and coaches will take their bag with them to their seating area, no items are to be left in the foyer or passageway.**
- **WAG & MAG:** Groups will rotate around the apparatus during the competition, taking their bags with them - coaches will be required to ensure the seating has been cleaned down before they move on.
- **If there is no seating available at the next apparatus, groups must remain at their current seating till space is available.**
- Gymnasts will only be permitted to leave the competition floor to go to the bathroom and return.
- Remain seated unless using the amenities or service areas.
- Wipe down your seat with the anti-bacterial wipes provided, upon arrival and departure from the seating area.
- Leave the venue in a quiet and orderly manner ensuring you do not mingle or congregate outside the venue. All spectators must exit via the designated exit point.



## Club Meeting Areas

Clubs will be required to set up a meeting area for their parents to drop-off and collect their gymnasts from the coaches.

This area is not allowed to be in the area marked red in the diagram below.

The entry will be via the downstairs doors (green arrow) and the exit will be from the Fire Exits at the rear of the building (yellow arrow).





## Spectator Information

Full Spectator Guidelines are available on the GNSW website.

- Masks are not compulsory however we are strongly encouraging for all participants to wear for arrival, departure and as appropriate during the competition where social distancing will not always be possible.
- Follow direction from our staff, security, and signage during your visit.
- Remain seated unless using the amenities or service areas.
- Wipe down your seat with the anti-bacterial wipes provided, upon arrival and departure from the seating area.
- Leave the venue in a quiet and orderly manner ensuring you do not mingle or congregate outside the venue. All spectators must exit via the doors upstairs, no spectators are permitted downstairs to the competition area.

## Event Communication - Team App

Updates during events may be communicated through Team App within specific groups.

Updates may include but not limited to:

1. Event Announcements
2. Delays/Changes
3. Withdrawals
4. Briefings
5. Other Chat features- Requesting/Sharing Information

Below are instructions on how to join:

1. Download the App on your iPhone, iPad or Android here: <http://teamapp.com/app> (It's 100% free!)
2. Register for Team App
3. Search "Gymnastics NSW - MAG Events", "Gymnastics NSW - RG Events" or "Gymnastics NSW - WAG Events".
4. Request access to groups where you have accreditation and/or responsibilities.