

2024
**NZ GymClub
Challenge**
Event
Handbook



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Events using a Gymnastics NZ programme should adhere to best practice health and safety practices as outlined in the Gymnastics NZ Health and Safety Guide.

To use this guide outside of the above defined purpose please contact

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Contents

Introduction	4
Strategic Plan 2024-2030	4
Safe Sport	6
Gymnastics NZ Code of Behaviour	6
Event Details	8
What is the GymClub Challenge?	8
New Zealand Gym for All Programme Principles	8
Who can Participate at the GymClub Challenge?	9
What Events are Offered?	9
Special Club Awards	12
General Information	13
Eligibility	13
Entries and Fees	13
Withdrawals and Refunds	13
Media and Broadcasting	14
Health and Safety	14
Attire	14
Music	14
Coaches	15
Judges	15
Disputes	15
TeamGym	15

Introduction

This handbook outlines the requirements of the New Zealand GymClub Challenge 2024.

Gymnastics New Zealand

As an International Gymnastics Federation member, Gymnastics NZ is the national governing body for gymnastics in New Zealand. We look after the sport across all codes from grassroots, through to high-performance athletes.

Our codes include both men's and women's artistic gymnastics, rhythmic, aerobics, trampoline and tumbling, Gymnastics NZ parkour, and recreation gymnastics. We work with technical committees to outline the New Zealand rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, through relationship managers, education, international tours, and head office.

Clubs are required to be a member of Gymnastics NZ to compete in the national competitive programmes.

Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

Our Vision – To be New Zealand's First Choice Sport.

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

Our Values

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.



Our Strategic Priorities

These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand’s first choice sport.

[You can find the full strategic plan on our website.](#)



Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

Those involved in the delivery of gymnastics including coaches, judges, administrators and committee/board members should be familiar with the [Gymnastics NZ Safeguarding and Child Protection Policy](#) and abide by the expectations and processes outlined within it.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your Club Safeguarding Lead, the Event Manager (if you are at an event), or by completing a Safe Sport form on the [Gymnastics NZ website](#). Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy.

Gymnastics NZ Code of Behaviour

The [Gymnastics NZ Code of Behaviour](#) applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics NZ or an affiliated club or organisation.

1. Respect the rights, dignity and worth of every individual athlete as a human being. Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.
2. Protect athletes from all forms of abuse. Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safeguarding and Child Protection Policy.

3. Provide a safe environment for training and competition.
Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required. Provide a modified training programme where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.
4. Make a commitment to providing a quality service for all athletes.
Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.
5. Maintain a high standard of integrity.
Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.
6. Be a positive role model for the sport and athletes and act in a way that projects a positive image.
All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.
7. Professional responsibilities.
Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

Event Details

Host Club: Manawatu GymSports

Venue: Manawatu GymSports
93 Malden Street
Roslyn
Palmerston North

Event Managers: Kim Fenn and Kylan Taylor
club@manawatugymsports.co.nz

Manawatu GymSports has been endorsed by Gymnastics NZ to run this event with the support of the Gym for All Sport Development Committee (GfA SDC).

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, GNZ apparatus programme, rhythmic gymnastics, tumbling, trampoline and double-mini trampoline, and GNZ parkour.

New Zealand Gym for All Programme Principles

To ensure programmes are designed specifically for Gym for All participants, the GfA SDC developed a set of principles that underpin the structure of the GfA Programmes and the NZ GymClub Challenge.

Principle	Description
Inclusive	All abilities and backgrounds can access the programmes and participate.
Flexible	Variety and options to choose what works for the participant and enables them to develop at their own pace.
Achievement	Participants are challenged and can see themselves developing and progressing.
Social	A sense of belonging and connecting with others in a variety of settings and challenges
Fun	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 Gymnastics NZ 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/ GNZ Apparatus Programme)
- NZ GfA Rhythmic Gymnastics programme
- NZ Tumbling Participation programme
- NZ Trampoline and Double-Mini Participation programme
- GNZ Parkour programme

All technical handbooks for these events are on the [Gymnastics NZ club portal](#).

Please remember in your planning that this event is open to members 9 years and above.

Event	Divisions/Level	Requirements	Awards
NZ TeamGym	Novice Team Junior Team Intermediate Team Advanced Team Open Senior Team	Floor, Spring and Tumbling Perform one routine per apparatus.	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will presented for 4 th , 5 th and 6 th per division
NZ Apparatus Gymnastics Programme (Excel in Central)	Individual Women Levels 3 – 6 Individual Men Level 3- 6	Choice of apparatus for each level. All-Around - minimum 3 apparatus.	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will presented for 4 th , 5 th and 6 th per division Apparatus Ribbons will be presented for 1 st , 2 nd and 3 rd
GNZ Parkour	1) Speed Run 2) Freestyle 3) Speed Relay (TBC)	Will follow GNZ Parkour manual	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will presented for 4 th , 5 th and 6 th per division per GNZ Parkour Event
NZ Aerogym (GfA Aerobics)	Individual Levels 3 – 7 Group (2-5) Levels 3 – 7	One routine performed twice. Heats and finals. Finals may be restricted depending on entries and will be advised prior to competition	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will presented for 4 th , 5 th and 6 th per division
Aerodance	Group (5 – 8 participants) 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 Heats and Finals Finals may be restricted depending on entries and will be advised prior to competition	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will presented for 4 th , 5 th and 6 th per division

Event	Divisions/Level	Requirements	Awards
NZ Tumbling Participation Levels	Individual Women - Level 4 - 10 Men - Level 4 - 10	Perform two passes as outlined in the Tumbling Participation Guide Both scores added together - No finals	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will be presented for 4 th , 5 th and 6 th per level
NZ GfA Trampoline Participation Programme	Individual Women - Level 4 - 10 Men - Level 4 - 10	Perform the same routine twice. Both scores added together - No finals	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will be presented for 4 th , 5 th and 6 th per level
NZ Double-mini Trampoline Participation Programme	Individual Women - Level 4 - 10 Men - Level 4 - 10	Perform two passes of the same routine. Both scores added together - No finals	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will be presented for 4 th , 5 th and 6 th per level
NZ Rhythmic GfA Programme	Individual Level 1 -Freehand Level 2 - Hoop Level 3 - Hoop or Ball Level 4 - Rope or Ball Level 5 – Choice of 2 x Rope, Ball, Hoop, Ribbon	Level 1 – 4: Perform two showings of the same routine. Scores are added together Level 5: Perform two showings of two different routines. (four performances in total). Scores are added together	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will be presented for 4 th , 5 th and 6 th per level
	Pair/Trio/Group Level 1 - Freehand Level 2- Hoop Level 3- Hoop or Ball Level 4 -Rope or Ball Level 5 - Rope, Ball, Hoop, Ribbon	Pair/Trio/Group Choose one apparatus. Perform one routine.	All Around Medals (1 st , 2 nd and 3 rd) Ribbons will be presented for 4 th , 5 th and 6 th per Level

Special Club Awards

All club awards will be a club banner.

Award		Criteria
Top Club (One for each code)	AeroGym and Aerodance Apparatus Gymnastics Parkour Rhythmic Trampoline and Double Mini TeamGym Tumbling	Based on highest points from medals. 5 points for Gold, 3 points for Silver and 1 point for Bronze
Overall Club Awards		Criteria
Top Club Overall		Based on highest points from all medals across the event. 5 points for Gold, 3 points for Silver and 1 point for Bronze.
<p>The following three awards will be decided by the clubs present at the event, each club will be given a card to vote, you cant vote for yourself. There will also be a vote completed by GNZ staff which will be independent.</p>		
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

The event is smoke, vape, drug, and alcohol free.

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 Manawatu GymSports (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) 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.

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.

Withdrawals and Refunds

The only refund given to an athlete who withdraws from entering the event will be for medical reasons.

A refund based on 50% of the entry fee will be processed once the athlete's medical certificate has been sent to club@manawatugymsports.co.nz within a week either side of the competition.

No other refunds will be given for other costs/fees related to entering the event.

Media and Broadcasting

Gymnastics NZ and the event organisers reserve the right to record, video/film, and photograph this event and participants for general resource and/or promotional use on social media or other platforms and/or any other purpose they see fit.

It is the responsibility of the club to inform Manawatu GymSports if a participant does not want to be filmed or photographed.

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.

Attire

All participants are required to wear attire that is suitable for the gymnastic sport and grade they are competing in. Leotards are not compulsory however loose-fitting clothing should not be worn. If you have further questions please refer to the code handbooks.

- Singlets, bike shorts, leggings or tights may be worn on their own or over a leotard.
- Props or loose items should not be worn except when used in TeamGym displays.
- For safety, loose jewellery (bracelets or necklaces) must not be worn, but small stud-type earrings are permitted.
- Long hair should be securely tied up to ensure it does not create a safety hazard.
- Body oils and loose glitter are prohibited.
- 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.
- 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.
- The competition organiser, control or panel judge may ask the athlete/coach to address any attire rules if there are any concerns.

Music

An electronic copy of music (MP3 file) 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 USB

Coaches

One coach per group is allowed on the floor with the exception of TeamGym where two are permitted, or if you have more than 10 gymnast entered into a category.

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 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.

Judges

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

Judges at GymClub Challenge are required to hold a minimum of foundation judge qualification to judge at this event.

A control judge is appointed by the event organiser and Gymnastics NZ. The remaining judges appointed by the control judge.

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 at events@gymnasticsnz.com.

TeamGym

Please note that whilst not necessary, teams for TeamGym usually prepare a team banner for march on – see image below for reference.



