

2025

Women's Artistic Gymnastics Whānau Guide

A guide to the national
competitive programme.



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1. Gymnastics New Zealand - National Governing Body

As a member of the International Gymnastics Federation (FIG), Gymnastics New Zealand (Gymnastics NZ) is the national governing body for gymnastics in New Zealand. Gymnastics NZ governs gymnastics across the different codes from grassroots through to high-performance athletes.

Our codes include Men's Artistic Gymnastics and Women's Artistic Gymnastics, Rhythmic Gymnastics, Aerobics, Tumbling and Trampoline, and Parkour. Gymnastics NZ works with each code's technical committee to outline the rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport.

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

1.1. 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 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.](#)

Gymnastics NZ Strategic Plan - Overview

Our Vision

To be New Zealand's first choice sport.

Our Purpose

To enable POSITIVE gymnastics experiences for EVERYBODY.

Growth in Participation

Thriving Club Community

Effective Performance Pathways

Our Foundation Principles

Diversity, Athlete Voice, Participant Wellbeing, Environmental Sustainability, Our commitment to uphold the mana of Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation

Our Values

Manaakitanga (care for others, bring alongside)
Manahau (joyful, positive energy)
Rangatiratanga (action, leadership)
Manawanui (steadfast, committed)



1.2. Gymnastics NZ 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.

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, 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, and Safeguarding and Child Protection Policy.

1.3. Gymnastics New Zealand Code of Behaviour

The [Gymnastics New Zealand 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 towards 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 towards 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.

STEPS Programme Overview

The STEPs programme has been developed with the majority of gymnasts in mind. Although it is possible to progress through the programme to FIG level, the Women’s Artistic Gymnastics Technical Committee (WTC) recognises that this is not necessarily within all gymnasts’ goals or abilities.

STEPS encourage gymnasts to Strive Towards Excellence in Performance at their own level and pace. There are ten STEPs from introductory to high level gymnasts and, while most gymnasts may not reach STEP 10, there are opportunities for gymnasts to progress to a level at which they can fulfil their dreams.

Whilst developing the programme, the WTC considered the following to be characteristics of a successful competitive structure:

- Sustainable - it should have longevity, allowing the system to be in place for more than one cycle
- Progressive - it should allow gymnasts to move up through the system to achieve their potential
- Comprehensive - it should encompass all ages and abilities of STEPs gymnasts and their development from beginner to senior or elite athletes
- Comprehensible - it should be written to support those unfamiliar with gymnastics to understand
- Retentive - it should engage gymnasts such that they want to continue in the sport
- Rewarding - it should encourage excellence in technical execution

STEPS Programme Structure

The competitive STEPs cover the gymnast’s development from beginner to high level athlete.

	Category	Exercise Type	All Around / Apparatus Specialist	Competition Eligibility
STEP 1	ELEMENTARY	Compulsory Exercises	AA Competitors	Local and Regional Competitions
STEP 2				
STEP 3				
STEP 4				
STEP 5	JUNIOR	Creative Compulsory Exercises	AA Competitors	Eligible for National Championships
STEP 6				
STEP 7	SENIOR	Optional Exercises	AA Competitors	
STEP 8			AA Competitors or Individual Apparatus Competitors	
STEP 9				
STEP 10				
FIG	INTERNATIONAL			

The STEPs programme begins with compulsory exercises in STEPs 1-4 which are designed to introduce the foundation elements progressively, and encourage them to perform with attention to technical excellence.

STEPS 5 and 6 permit a choice of some skills, but allow for optional choreography on balance beam (BB) and floor exercise (FX). The goal is to help prepare gymnasts to transition to STEPs 7-10.

STEPS 7-10 requires categories of skills that must be included, but allow freedom of choice within those categories, and optional choreography. These STEPs encourage gymnasts to perform within their ability while allowing for flexibility based on individual preferences and strengths, as well as permit faster development on one, or more, apparatus.

Progression through the STEPs Programme

It is recommended that gymnasts enter at STEP 1 and progress at their own pace up through the STEPs. Before progressing, the gymnast must be physically, mentally and emotionally ready to handle the demands of the training and skills required in the next STEP. The club and/or coach is responsible for ensuring a gymnast is adequately prepared for the STEP in which the gymnast is competing.

As each STEP builds upon the foundation of skills and requirements of the previous STEP, the gymnast must meet all the minimum readiness factors before moving into the next STEP:

Minimum Readiness Factors	Description
1. Physical preparation	Does the gymnast have the strength, flexibility and other physical preparation required for the next STEP, including a solid foundation of skill development?
2. Skill readiness	Can the gymnast consistently perform all the elements and requirements to compete the STEP safely in training?
3. Psychological readiness	Regardless of physical preparation and skill level, is the gymnast ready to handle the psychological and emotional demands of the training and requirements for the next STEP?
4. Stage of development	Regardless of physical preparation and skill level, is the next STEP appropriate given the gymnast's childhood stage of development and growth?
5. Outside factors	Regardless of physical preparation and skill level, is the next STEP appropriate given the gymnast's commitments beyond gymnastics?
6. Minimum score criteria at the previous level	<p>Regardless of physical preparation and skill level, has the gymnast achieved the STEPs Programme required minimum score at the previous level?</p> <ul style="list-style-type: none"> ● STEP 1-4: minimum 52.00 achieved twice, or 56.00 achieved once ● STEP 5-6: minimum 50.00 achieved twice, or 56.00 achieved once ● STEP 7-10: minimum 43.00 achieved twice, once outside of province <p>Note: Without meeting the minimum score criteria, the gymnast is ineligible to progress to the next STEP without applying for and receiving dispensation from the WTC. See Appendix 14 (Dispensation From)</p>

Once all factors have been considered, the gymnast **may** move to the next STEP, but is **not required** to do so. The readiness factors are the minimums. Clubs are encouraged to set their own higher criteria for progression to the next STEP.

If the gymnast proves capable of faster progression, they may move to the next STEP immediately, but only after all readiness factors have been considered.

In exceptional circumstances, transfers between STEPs, without achieving the minimum score, may be requested using the dispensation process.

Competition Attire

Gymnast competition attire is governed by Gymnastic NZ's attire regulations (<https://www.gymnasticsnz.com/attire/>), reprinted below:

Gymnastics NZ Regulations - All Codes

1. Athletes may choose to wear gymnastics shorts or leggings over their leotard.
2. Hair can be worn in any style, provided it is securely fastened.
3. Bandages, strapping and braces - where available these should be skin-coloured or beige, white or black.
4. No deductions will be given for underwear showing during a routine.

These are in addition to [...] code-specific regulation[s] below.

Women's Artistic Gymnastics Competition Attire Regulations

International Representative Athletes

Please note that FIG competition attire regulations may differ and will apply to all gymnasts when competing at selection events for, and when representing New Zealand at FIG competitions. These regulations can be found in the [FIG] WAG Code of Points. Athletes competing overseas at non-FIG competitions should check the rules of the event before traveling.

Athletes at Domestic Competitions

The following regulations apply to all competitive gymnasts at domestic competitions in New Zealand.

- Gymnasts must wear an appropriate leotard, or unitard (i.e. a one-piece item of clothing with full length leg cover from hips to ankles) in club or representative colours.
- If shorts or leggings are worn, they should be either black or the primary colour of the [...] leotard and either be plain or with a discrete logo.
- The leotard, or unitard, may be sleeveless, short or long sleeved. Mesh fabric underlain by a skin-coloured fabric is permitted.
- In the team competition the design of the leotard, or unitard, should be identical for all members of the team. If this is not possible due to supply issues etc. the WAG TC should be notified prior to the competition. Within the team, the gymnasts may choose to wear either the leotard, or unitard, or add fitted shorts or leggings.
- Gymnasts competing as individuals (i.e. not as part of a team) may wear differing attire, even if they are from the same club.
- Gymnasts may wear gymnastic shoes and/or socks.
- Hand grips, bandages and wrist wraps are permitted. They must be securely fastened and in good repair.
- For safety, loose jewellery (bracelets or necklaces) must not be worn, but small stud-type earrings are permitted.
- Hip or other padding is not permitted.
- Hair must be securely fastened so as not to cover the face or come into contact with equipment while performing.
- At two-day competitions, gymnasts may choose to wear a leotard of their own choice on the second day of competition.*

Violation of these rules may result in a penalty of 0.3 points applied by the control judge, which will be deducted from the total score of each exercise in which the violation occurs.

Before a deduction is applied, judges will speak with the athlete and give them the opportunity to resolve the violation.

Team competition: non-identical leotards (for gymnasts from the same team) may incur a penalty of 1.00 in qualification and team final, taken once in each competition phase from the team's Final Score.

*For Day 2 of the National Championships, a gymnast's second day leotard either must be in their provincial colours or may be their New Zealand leotard if they have represented New Zealand in the previous 12 months.

Competition Age Divisions

STEPS 1 to 8 have age groups. STEPS 9 and 10 do not have age divisions.

The age divisions may compete together in the same session of the competition, but the individual results and awards must be separated for each age division. Teams may comprise gymnasts from either, or both, age divisions within the STEP.

The age division is determined by the age the gymnast will turn during the calendar year.

Minimum age requirements: For 2025 & 2026, the gymnast must turn seven during the calendar year (i.e. for 2025, turn seven anytime during 2025) to be eligible to compete. Age divisions and minimums may be reviewed annually by the WAG TC and as part of the [Gymnastics NZ Training Guidelines](#).

Competitions may split each age division into smaller subdivisions as numbers warrant. In STEP 7 and 8, if there are six gymnasts or less in a competition in total, it is recommended (but not required) that clubs combine the two age groups.

STEP	2025 Age Division A		2025 Age Division B	
	Age	Year of Birth	Age	Year of Birth
STEP 1	up to 8	2017, 2018, or 2019	9+	born 2016 or earlier
STEP 2	up to 9	born 2016 or later	10+	born 2015 or earlier
STEP 3	up to 10	born 2015 or later	11+	born 2014 or earlier
STEP 4	up to 11	born 2014 or later	12+	born 2013 or earlier
STEP 5	up to 12	born 2013 or later	13+	born 2012 or earlier
STEP 6	up to 13	born 2012 or later	14+	born 2011 or earlier
STEP 7	up to 14	born 2011 or later	15+	born 2010 or earlier
STEP 8	up to 15	born 2010 or later	16+	born 2009 or earlier
STEPS 9 and 10	no age divisions			
FIG Junior	14-15 (born 2010 or 2011 only)			
FIG Senior	16+ (born 2009 or earlier)			

Competition Awards and Ribbon Scheme

Awards

Competition organisers will determine what awards will be offered at their competition, and this should be communicated prior to the event. For example, they may offer awards for All Around and Apparatus placings, or for All Around placings only.

Age Division Categories

As specified above in [Appendix 3 - Competition Age Divisions](#), competition organisers must use the age division categories for awards (and may further subdivide as appropriate).

Ribbon Scheme

The Ribbon Award Scheme is an incentive performance-based scheme which gives instant recognition to individual achievement, independent of a gymnast's ranking in a competition. It operates in STEPs 1 to 6.

For STEPs 1-6, ribbons may be awarded at any competition, provided there is compliance with the judging panel requirements set out in [Appendix 5 \(Judging Panel Requirements\)](#)

When competing in their first competition at any STEP, the gymnast will be awarded a ribbon on each apparatus, with its colour determined by the score the gymnast has achieved.

STEPS	Ribbon Colour	Score Range
STEPS 1 - 6	Gold	14.000 - 15.000
	Red	13.000 - 13.999
	Blue	12.000 - 12.999
	Green	<12.000

As the gymnast improves their performance to the next score band, they will be awarded the ribbon of the colour for that score band.

A gymnast does not need to be awarded a ribbon if their score decreases from their personal best at any time. For example, if a gymnast has been awarded a red ribbon at their first competition, they do not need to be awarded a blue or green ribbon at any subsequent competition.

Competition Judging Panel Requirements

For a competition to be used as an Endorsed and Qualifying Event, the panels must meet minimum requirements:

STEP	Competition Control Judge	Minimum # of Judges	D1	D2	E Panel	Time & Line
Apparatus Panels						
STEP 1	Senior	2 Judge Panel	Junior	—	Elementary	—
STEP 2						
STEP 3						
STEP 4			Junior Advanced		Elementary (A)*	
STEP 5						
STEP 6					Junior	
STEP 7	Senior Advanced 2	3 Judge Panel	Senior Advanced 1	VT** Senior UB, BB, FX** Senior Adv. 1	Senior	Junior
STEP 8						
STEP 9-10			Senior Advanced 2	VT** Senior Adv. 1 UB, BB, FX** Senior Adv. 2	Senior	Junior
<i>Two options of Panel Configurations</i>						
FIG	FIG Brevet	3 Judge Panel	FIG Brevet	FIG Brevet	FIG Brevet	Junior
		4 Judge Panel	FIG Brevet	FIG Brevet	Senior Adv. 1	Junior

* Elementary (A) = Elementary accredited. A judge is deemed accredited once they have submitted their logbook and it has been verified by the Judging Advisor.

** When a Brevet is the D1, the D2 may be one qualification lower than listed as long as they are accredited

The judging panels for Endorsed and Qualifying Events must be forwarded for approval to Gymnastics NZ Events team two weeks prior to the competition being held. The final panels used must be sent to the Gymnastics NZ Events team after the event as well.

Note: Approval for panels which do not comply with these minimum requirements may be given in extenuating circumstances by the WAG TC Judging Advisor.

If panels for any given STEP change such that they no longer meet the minimum (or approved extenuating circumstance) requirements, then the scores for that STEP may not be considered for qualification to move up a STEP or qualification to the National Championships.

Competition Coaching Requirements

For a competition to be used as an Endorsed and Qualifying Event, coaches must have a qualification consistent with the level of the gymnasts they are coaching.

Coaching Requirements				
	Minimum for 2025 Endorsed & Qualifying Competitions	Specific Requirements for 2025 National Championships	Additional Notes for 2025	Proposed Minimum for 2026 Endorsed & Qualifying Competitions
STEP 1	Elementary <i>(may be in progress)</i>	–	<i>Second coach at a Foundation/XTND level may be permitted</i>	Elementary <i>(may be in progress)</i>
STEP 2		–		
STEP 3		–	–	Elementary
STEP 4	Junior <i>(may be in progress)</i>	–	–	Junior <i>(may be in progress)</i>
STEP 5		Junior	–	
STEP 6	Advanced <i>(may be in progress)</i>	Advanced	–	Advanced <i>(may be in progress)</i>
STEP 7			–	Advanced
STEP 8	Advanced		–	Advanced & FIG Level 1 <i>(pathway to Senior)</i>
STEP 9	Senior <i>(may be in progress)</i>	Senior	–	Senior
STEP 10			–	

Note: Dispensation for coaches who do not comply with these minimum requirements may be given in extenuating circumstances by Gymnastics NZ. Dispensations are reviewed only if the coach has not had an opportunity to complete the relevant qualifications. Where dispensations are granted, a plan will be implemented for the coach to meet the requirements

New Zealand Gymnastics Championships - Qualification

National Championships: Overview

STEPS 5 to 10 and Junior and Senior International will be contested at the National Championships (New Zealand Gymnastics Championships).

The gymnast in each STEP (STEPS 5 to 10) who places first in their age division will be named as the National Champion in that STEP & age division. The gymnast who scores the highest in their STEP will be named that STEP's Overall National Champion.

Team results for each STEP are calculated from the scores of nominated gymnasts from either, or both, age divisions.

National Championships: Eligibility For Selection (Qualification Scores)

To be eligible for selection by their province for the National Championships:

- In STEP 5 and 6, the gymnast must achieve the qualification score on two separate occasions, one of which must be at a competition outside their home province. Day 1 and Day 2 at the same competition do not constitute separate occasions.
- In STEP 7 and above, the gymnast must achieve the qualification score on one occasion.

Gymnasts in STEPS 5 to 7 and Junior International must qualify based on their All Around score. Gymnasts in STEPS 8, 9 and 10 and Senior International may qualify as Apparatus specialists, but must qualify on a minimum of two apparatus.

Please note: Regions may set higher or additional selection policies, at their discretion.

STEP	2025 All Around Minimum Qualification Score		2025 Individual Apparatus Minimum Qualification Score	
	Score	Notes	Score	Notes
STEP 5	Minimum 50.00	Must be scored on two different occasions, one outside their province	—	<i>Not eligible</i>
STEP 6				
STEP 7	Minimum 43.00	Must be scored on one occasion	11.00	Must qualify on a minimum of two apparatus
STEP 8				
STEP 9				
STEP 10				
FIG Junior	Minimum 43.00	Must be scored on one occasion	—	<i>Not eligible</i>
FIG Senior	Min 45.00	Must be score on one occasion	VT: 12.50* UB: 11.30 BB: 11.50 FX: 11.70	*Average of two vaults

National Championships: Eligibility For Apparatus Finals (Steps 7-10)

If Apparatus Finals are held on Day 2, the gymnast must have scored a minimum of 10.0 in the Qualification round to be eligible.

General Rights & Responsibility of Participant

Gymnasts - General Information

STEPS gymnasts must be registered members of a Club or Organisation that, in turn, is itself a member of Gymnastics NZ.

Rights of the Gymnast:

- To have their performance judged correctly, fairly and in accordance with the rules.
- To repeat their entire exercise, if the exercise has been interrupted for reasons beyond the gymnast's control (*e.g. lights failing, hand grip ripping, music failure*), with permission from the Control Judge.
- To leave the competition area briefly for personal reasons.

Apparatus rights include:

- Place the springboard on the supplementary landing mat for mounts on UB and BB.
- Provision of correct, safe apparatus relevant to the STEP in which the gymnast is competing.
- In all STEPs one coach may remain on the UB podium for safety reasons.
- In STEPs 1-6 one coach may be present on the BB and FX podium for parts of the gymnast's routine for safety reasons.
- In STEPs 8-10 one coach may remain on the VT podium for safety reasons.
- Rest or recuperate following a fall for up to 60 seconds from UB and BB. The gymnast will incur a penalty of 0.3 after 10 seconds on BB and after 30 seconds on UB, and the exercise will be terminated after 60 seconds. (The gymnast must not intentionally remain off their feet to avoid having the fall timing commence.)
- Confer with their coach during the time following a fall from the apparatus, or between vaults.
- Upon written approval from the Competition Director, the gymnast is permitted to raise both bar rails (*max 10 cm*), if their feet or hips touch the mat. The request should be submitted with the gymnast's competition entry.
- Reasonable use of chalk and water is permitted in the preparation of the bar rails. (Chalk must not be spread on the floor area. No other substances are permitted to be used on the apparatus.)
- Small markings with chalk may be placed on the beam, but the gymnast must not put water on the beam surface. Sharp objects (*including fingernails*) must not be used to place marks on the beam.
- On VT, UB, and BB, the gymnast must dismount onto at least the 10cm landing mat, except where other matting is specified. (The landing mat must not be moved during the exercise.)

Responsibilities of the Gymnasts

- The gymnast must be aware when the D1 Judge has given a signal to start their exercise, and the gymnast must begin within 30 seconds.
- The gymnast must present to the D Panel at both the start and end of the exercise.
- The gymnast must leave the podium immediately after the conclusion of the exercise.
- They must respect and abide by the rules, compete in the spirit of fair play, and show respect for all.
- The gymnast must notify the Control Judge, or the D1 judge of their current or next apparatus, if a necessity arises to leave the competition hall.

Note: *Where needed, the coach may assist the gymnast in carrying out these regulations.*

Coaches - General Information

STEPS coaches must be registered members of a Club or Organisation that, in turn, is itself a member of Gymnastics NZ.

Coaches must know the rules pertaining to the STEP in which their gymnasts are competing, and must conduct themselves in a fair and sportsmanlike manner at all times during the competition.

Rights of the Coach:

The coach is guaranteed the following rights:

- To assist the gymnast or team under their care during the warm-up and competition on all apparatus, to move springboards and prepare the apparatus.
- To remain on the UB podium for safety reasons. In STEPs 1 to 4 a coach must stand close to the high bar for skills performed between the bars, and skills performed on the high bar.
- In STEPs 1-6, to be present on the BB and FX podium for parts of the gymnast's routine for safety reasons (one coach only).
- In STEPs 8-10, to remain on the VT podium for safety reasons (one coach only).
- To be present on the podium after the D1 Judge has signalled to remove the springboard on BB (one coach only), or to remove the springboard or move/remove the supplementary mat on UB (may be a second coach or gymnast).
- To help at all apparatus in case of injuries or defects of the apparatus.
- To assist and advise the gymnast during the intermediate fall time.

The coach is NOT permitted

- In STEPs 3 and above, to speak directly to the gymnast or to give signals (including shouts, cheers or similar) during the exercise.
- To obstruct the view of the judges when remaining on the podium for safety, or when removing the springboard or moving/removing the supplementary mat.
- To add, rearrange or remove springs from the springboard. Two springboards must be provided, one with hard spring configuration and one with soft spring configuration, preferably marked as such.
- To make inquiries concerning the evaluation of the E-Score during the competition.
- To engage in discussions with active judges.
- To abuse their rights or interfere with the rights of any other participant, or delay the competition.

Coach Attire

- Coaches must be in correct club or regional uniform, i.e. polo shirt, t-shirt or sleeveless top with club logo; tracksuit, or shorts in line with club colours, and sports shoes.
- Cargo pants, bike pants, cargo shorts, jeans and open shoes are **not permitted**. Leggings are permitted in accordance with requirements detailed under gymnast competition attire.
- Coaches are **not permitted** to wear sleeveless tops at the National Championships.

Coaching Pathway

For more information on the Gymnastics NZ coaching pathway, please contact the Gymnastics NZ Education Team (<https://www.gymnasticsnz.com/contact/>).

Judges - General Information

STEPS judges must be registered members of a Club or Organisation that, in turn, is itself a member of Gymnastics NZ.

Judges must know the rules pertaining to the STEP that they are judging, and must conduct themselves in a fair and sportsmanlike manner at all times during the competition.

Conflict of Interest

The parents/grandparents or guardians or any person who has a direct family relationship to any gymnast shall not officiate as judges on a panel where their child or ward is amongst the gymnasts competing. This veto extends to partners in a relationship with a parent of a competing gymnast. Wherever possible, coaches of gymnasts should not judge their own gymnast.

Exemption from these rules may be sought from the WAG TC.

Judging Pathway

For more information on the Gymnastics NZ judging pathway, please contact the Gymnastics NZ Education Team (<https://www.gymnasticsnz.com/contact/>).

Volunteers - General Information

Volunteers

Volunteers without a judging qualification are appointed to various tasks on the competition floor to aid the smooth running of the event, for example as score recorders and holders, marshalls and stewards, music players, or announcers. They should be appropriately dressed, thoroughly trained in their roles, punctual for sessions, impartial in their behaviour and attire, and professional in their conduct.

Function of the Recorders

Under the supervision of the D1 Judge, they are responsible for:

- Accurately and quickly recording the judges' deductions on the recording sheet
- Correctly displaying the Final Score
- Supervising the score holders' accuracy and behaviour.



Gymnastics
NEW ZEALAND

