



2023
COMPETITION
HANDBOOK

Key Information for Rec Alley's Competitive Levels Program

Contents:

Introduction	3
Rec Alley Charter	4
Rec Alley's Level's Structure	5
GA WAG Athlete Pathway	7
GA MAG Athlete Pathway	8
Testing and Progression	9
Parent Communication	10
Guide to Attending Competitions	11
Preparing for Competition	
During Competition	
Competition Scoring	14
Competition Uniform	16
Missed Lessons and Feedback	18

Introduction:

Rec Alley's level's programming prioritises safety and individual progression while ensuring fundamental skill acquisition is achieved. Each level has been strategically designed to incorporate development, progression, testing, and competition preparation to provide a superior environment for each gymnast to succeed. Gymnastics Australia WAG (Women's Artistic Gymnastics) and MAG (Men's Artistic Gymnastics) manuals are the guiding reference used for quality programming.

Foundational skills are priority for participants, implementing training load programming and monitoring before progression is permitted, mitigating risk of injury. Further, this approach to training will also ensure gymnasts are physically, emotionally, and mentally prepared for this transition, giving them the best opportunity to be confident and ready.

Rec Alley's level's program has been structured to provide gymnasts with inclusive, attainable, and challenging gymnastics programs. Our aim is to provide an appropriate pathway to allow gymnasts, to develop to their full athletic potential, facilitating athletes to progress through the level's pathway at their own pace. Unlike other clubs, gymnasts are supported through the levels program **without** the requirement for competition trials (unless sanctioned with Gymnastics NSW), body composition testing, and substantial weekly training requirements (hours).

Importantly, competitions are not compulsory for Rec Alley levels gymnasts. Although all participants are encouraged to attend competitions to challenge themselves, at no time will participants be required to attend a competition if they do not wish to attend. To ensure the safety of our gymnasts, those who are not yet able to complete the required skills safely and without spotting to attend a competition, will require further development to be competition ready.

Rec Alley is consistently reviewing our levels program with providing a training environment that prioritises holistic growth of our gymnast. The Rec Alley charter remains the prominent driving force to support program and gymnast outcomes, including development and education in, Safety, Happiness, Teamwork, Support, Diversity, and Growth.

Innovative programming and high level, consistent coach delivery supports a holistic program focus. An 80/20 program approach (80% consistent programming and 20% program diversity/creativity), within a pyramid style program will be opportunistic for gymnasts. Pyramid style training works within timeframes of competitions and other similar planned activities. The levels review strategies includes inwards focused parent and gymnast communication. This will include a two-tiered approach:

1. Information share for events, achievements, and all in centre activities and
2. Targeted (parent or child) educational initiatives such as competition scoring, at home training requirements, and more.

Other exciting strategies include:


- Workshops with a child nutritionist to support class and competition readiness.
- Engaging a strength, and conditioning coach to assist with individual progression.
- Facilitating training with a ballet coach to improve balance, posture, and rhythm for routines.

Overall, we are confident you will be happy with Rec Alley's levels program and look forward to supporting your child's gymnastics development.


Rec Alley Charter:

Rec Alley's charter was developed by Rec Alley coaches and is the essence our club's culture.


REC ALLEY CHARTER

- 


SAFETY

We create a safe space for our coaches, gymnasts & their families. This includes physical & emotional safety.
- 


TEAMWORK

We value teamwork & the overwhelming benefits working as a team brings to coaches, gymnasts & families.
- 


HAPPINESS

We create happy moments for coaches, gymnasts & their families. We strive to make every interaction a happy one.
- 

SUPPORTIVE

We coach & participate in a supportive way. We openly look for opportunities to support others.
- 

DIVERSITY

We place value on & understand the benefits a diverse club brings to Rec Alley & the local community.
- 

GROWTH

We commit to the growth of our gymnasts' abilities, our coaching team, the club & the local community.

Rec Alley's Level's Structure:

The Women's Artistic Gymnastics (WAG) and Men's Artistic Gymnastics (MAG) National Levels Program consists of a progressive development of skilled performance based on a modified FIG (Federation of International Gymnastics) Code of Points.

- Foundation 1 and 2 (WAG and MAG) consists of flexible skill-based circuits. It is a non-competitive, entry level program for clubs to use for the development of their gymnasts. Rec Alley follow the Gymnastics Australia Manual's for simple routines which are progressive and will be competed in-house, as well as, at invitational competitions. Foundation levels routines are judged on individual skill performance and awarded a ribbon based on a banding system.
- National Levels 3 and 4 gymnasts perform compulsory routines for a maximum score of 10.00. Routines are judged and awarded a colour banding, in accordance with their score. Gymnasts have compulsory routines, with opportunity to compete at in-house, invitational, Regional and State competitions. Competition season usually starts around May or June and State Championships are usually held between August and October.
- MAG level 3 routines are compulsory with the option of adding 'Bonus Skills'. MAG gymnasts have the opportunity to compete at in-house, invitational, regional and state events. Competitions are scheduled within the MAG Grand Prix: a series of 4 competitions at different locations, hosted by Gymnastics NSW.

Foundation 1 (5 years and up)



Foundation 2



Level 3



Level 4



Level 5



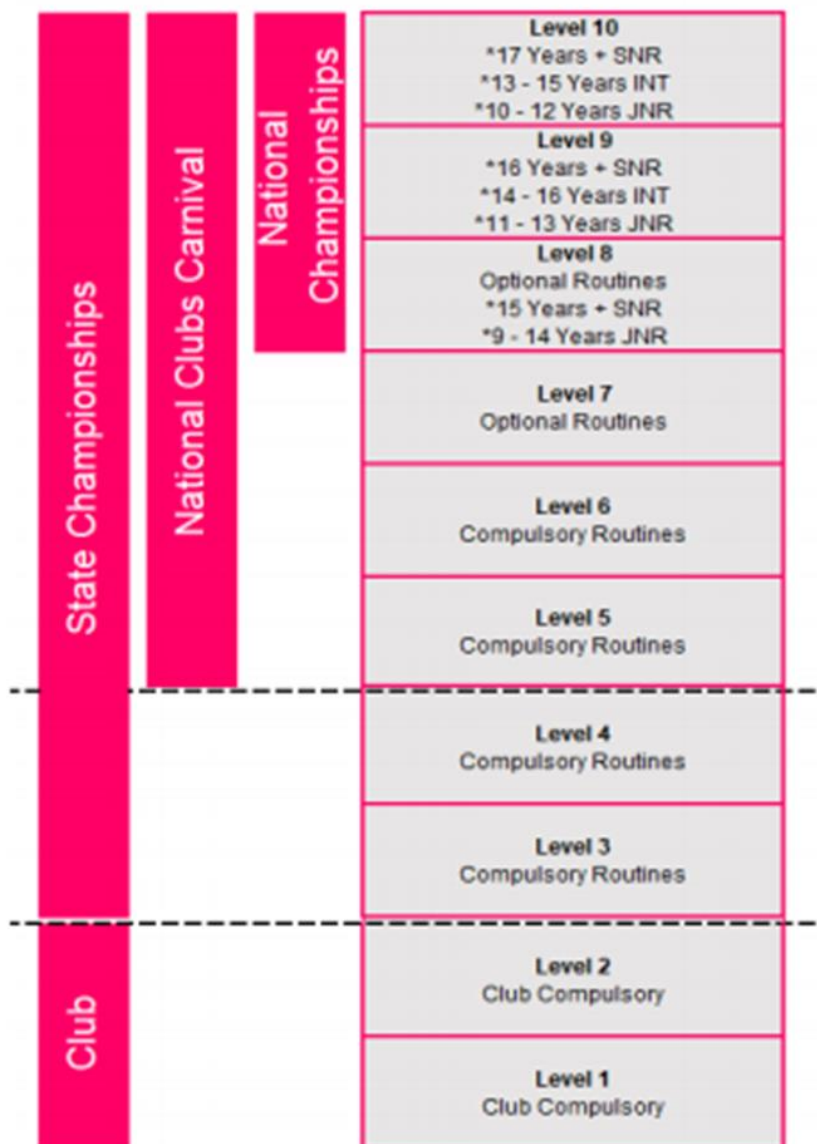
Level 6

Foundation 1 and 2 are in club and regional competition only

Level 3 to 6 fall in the State Championships category

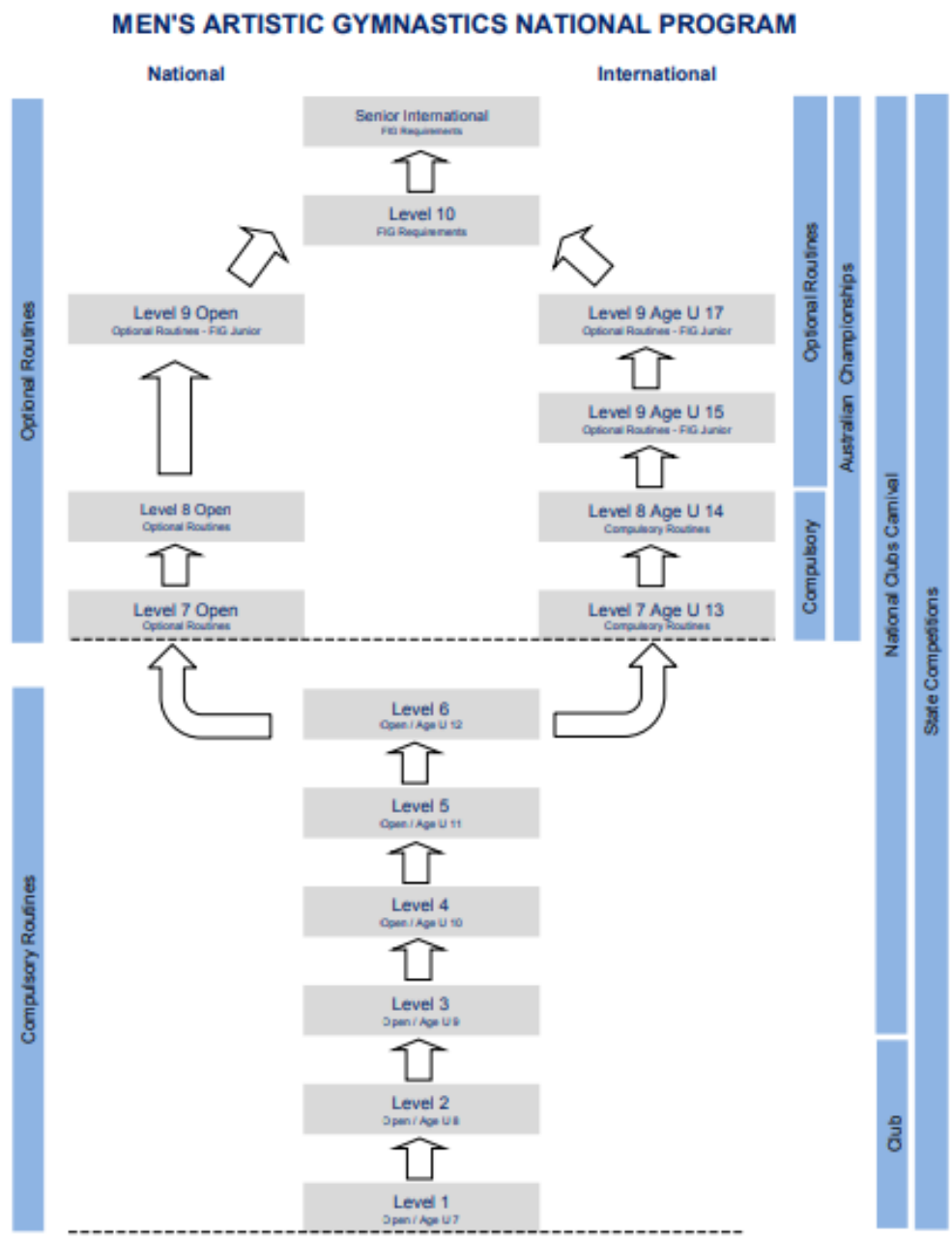
Gymnastics Australia's WAG Athlete Pathway:

WAG Australian Levels Program Pathway & Competition Framework



* Age Categories listed for Level 8 to 10 are set for national Championships. States may choose to have different age divisions as required.

Gymnastics Australia's MAG Athlete Pathway:



Testing and Progression:

Rec Alley conducts inhouse testing at multiple checkpoints throughout the year where all gymnasts from our Foundations Program (WAG & MAG Level 1 & 2) will participate. Testing is orchestrated specifically for the time of year without interrupting competition preparation. These skill check ins are an opportunity for parents and gymnasts to monitor how they are progressing in their level, and if applicable, what skills require more in order to progress to the next level.

Please refer to the below table for progression checkpoints throughout the year:

	Foundation 1	Foundation 2	Level 3 and above
March	Progression opportunity	Progression opportunity	Scoring / feedback only
July	Progression opportunity	Scoring / feedback only	Scoring / feedback only
November	Progression opportunity	Progression opportunity	Progression opportunity

Generally, gymnasts in level 3 or above will not test to progress to the next level, however, they will still test for a check in on progress. There are several factors that contribute to a gymnast in level 3 or above progressing to the next level. Some of these factors may include skill technicality, ability to comfortably perform with an increase in training hours, physical and mental maturity suitable for the demands of the levels, and more.

Furthermore, all participants can progress at any time of the year (not just at testing time), if their coach believes they satisfy the requirements and skills to progress. This is relevant to level 3 and above.

Foundation 2 will unlikely have movements from March testing through to November testing into Level 3 to minimise disruptions in Level 3 and above as they are undergoing their competition season. Gymnasts progressing will require specific attention to training requirements and adequate development time. This ensures mental, emotional, and physical safety for the current level and above.

What happens if my child misses the in class testing?

We offer the option of booking a private lesson to complete testing if missed (depending on coaches availability). Please note, that after testing week we will return to our scheduled lesson plans, so to avoid disruption to the class, we do not offer in-class testing if missed.

Testing Scoring - there is a minimum overall testing score criteria for progression eligibility. See below:

Class	Pass Score	Progress To
WAG Foundation 1 & 2	90% of the total mark	WAG Foundation 2 or Level 3
MAG Foundation 1 & 2	90% of the total mark	MAG Foundation 2 or Level 3
WAG/MAG Level 3 and above	Refer to above	

Parent Communication:

Communication is important for Rec Alley families to enable cooperation, communication, and education for key activities. Furthermore, we have an objective for Rec Alley's gymnasts and their parents to support our approach and values for every activity represented.

Key communication is scheduled at various times throughout the year in response to programming training loads, progression, competitions, club updates, and more. Monthly communication will allow parents to be up to date with all relevant information applicable to your child's level. Communication is scheduled through various channels including video updates from coaches, live calls, take home information packs, monthly newsletters, and occasionally face to face meets.

The communication channels for WAG & MAG include:

- Level 1 – 4: Regular Newsletters
- Level 1 – 4: Zoom calls
- Level 3 & above: Face to face parent and child meetings

Guide to Attending Competitions:

Preparing for Competition:

At Rec Alley we strive to ensure each child is nurtured through the competition process making each individual experience positive and memorable. Our coaches and wider team will support and encourage our gymnasts to prepare and perform at their personal best. Rec Alley's approach to competition centralises around our key values charter to support us to be a competitive club within the gymnastics competition space.

Importantly, competitions are not compulsory for Rec Alley levels gymnasts. Although all gymnasts are encouraged and supported to attend competitions to challenge themselves, at no time will there be a requirement to attend a competition if they do not wish.

While our coaches will work to ensure every gymnast is ready for competition, we understand each individual child will progress at their own pace. Gymnasts that cannot complete the required skills for their level (e.g. requires spotting from their coach), will be held back from competition to ensure more time to develop their skills.

The competition season (pre/post competition) is the main guide for coaches preparing gymnasts through specific programming periods. The first quarter of the year focuses on developing strength and conditioning, drills, and skills relevant to the level. The second quarter of the year is generally the commencement of the competition season. This means the shift in focus to learning routines and refining of skills.

A few weeks out from a competition, the focus is strictly routine work. In lead up to the competition season, in-house mock competitions will be conducted for higher levels, as this preparation eases nerves and enhances the gymnasts experience when going to competitions.

Competition Communication – Rec Alley's process for communicating information to parents, relies heavily on the information provided by Gymnastics NSW, or the hosting club. As soon as details are provided, Rec Alley will generally distribute information via iClass, email or text message to parents and link the relevant information. It is important for parents to update and maintain their current personal details in their parent portal on the Rec Alley APP (contact number and email) to ensure important correspondence is communicated.

Adherence to Competition Closing Dates – adhering to competition closing dates is imperative for parents. We ask that you are mindful of entering your child into a competition on time as late entries are generally not accepted. On occasion, if they are, you may incur a \$150 or more late entry fee from Gymnastics NSW.

What to Take:

- Drink bottle
- Handguards/grips (if needed)
- Sports tape
- Snack (fruit, muesli bar, crackers, lollies, no nuts)
- Bobby pins/clips
- Extra hair elastics, hairspray, and a brush

Competition Apparatus:

WAG; Vault, uneven bars, beam, floor

MAG; Pommel horse, rings, vault, parallel bars, horizontal bar, floor

During Competition:

Parents can help create a positive sporting environment by being respectful role models for the gymnasts and our club. Rec Alley expect parents to positively nurture the experience at competitions by being supportive and encouraging throughout the competition. Rec Alley values are imperative for all representatives (parents, coaches, and participants) during any competition.

Rec Alley parents/family members are to remain in the designated viewing areas throughout the competition as only coaches and officials are permitted on the floor. Rec Alley kindly requests parents do not coach children throughout the competition. This will ensure the coach provides the gymnast with the best possible opportunity without any confusion.

Time of Arrival - Ensure you know the address of the competition and plan to arrive to any competition 10 to 15 minutes prior to start time. This ensures suitable time for registration on arrival and allows the gymnasts to view the competition space, meet with Rec Alley coaches, and be in the best frame of mind.

Rec Alley Values – We all represent Rec Alley when attending competitions. Our values are at the forefront of everything we do and is the essence of the club's culture. By representing Rec Alley, we ask that the following is a guide to conduct.

Safety

- Provide care to fellow participants, coaches, judges, and others
- Respect the facility and equipment to ensure you remain safe
- Arrive in time for warmup and ensure you attend training prior to the competition date
- Be transparent with coaches in relation to any illness or injury

Teamwork

- Although gymnastics is generally an individual sport, we are representing as a team, and you should respect the performance of the team overall
- Team culture will make us stronger together. Look out for your team, coaches, parents, and other Rec Alley representatives

Happiness

- Competition should be a happy place, at no times should there be acts of aggression
- Create opportunities for others to be happy. Happiness is contagious

Supportive

- Be supportive to Rec Alley's team, and other gymnastics clubs. Cheer, clap, and encourage other gymnasts to do their best
- Be honest with your attitude and representation of yourself, and your club

Diversity

- Be respectful of diverse backgrounds, capabilities, experience, and confidence at competition
- Remember everyone has had a different gymnastics pathway, this includes other clubs. The diversity at Rec Alley is something we are proud of and should reflect this at competitions

Growth

- Gymnasts can promote growth at competitions is by watching, listening, and learning from judges, coaches, and gymnasts
- Each competition is experience, you will grow and develop with each experience. You should respect the decisions of the judges and officials and grow with feedback

Further to the above values and expectations, please refer to other specific responsibilities during competition:

There are two types of warm up approaches for our gymnasts when attending competitions:

1. Name Order. Gymnasts will have a name order and warm-up 1 by 1 then they will perform the competition routines in that same order after all individuals have completed their warm-up
2. American style order. 2 gymnasts warm-up at the start and then the first one competes. Continue in the style of warm-up, compete

MAG:

- Each competing gymnast is entitled to a '1 touch warm-up period' on the apparatus
- Begin the exercise within 10 seconds of the signal from Head Judge
- Remount p-bars, rings, pommel, horizontal bar within 10-30 sec after a fall. In this time the gymnast can recuperate, re-chalk and confer with their coach

WAG:

- Each gymnast is entitled to a '1 touch warm-up period' on the apparatus
- Begin the exercise within 10 seconds of the signal from Head Judge
- Remount within 30 sec after a fall from bars, or 10 sec after a fall from beam. In this time the gymnast can recuperate, re-chalk and confer with their coach

Responsibilities of Gymnasts:

- Know the Levels rules and conduct themselves accordingly
- Present themselves in the proper manner and thereby acknowledge the Head Judge at the commencement of the exercise and to acknowledge the same judge at the conclusion of the exercise
- Refrain from changing the height of any apparatus, unless permission has been granted
- Refrain from speaking with active judges during the competition

Responsibilities of Parents/Guardian/Family:

- Refrain from obstructing the view of the judges or coach, and from otherwise interfering with the rights of any gymnast
- Refrain from speaking to the gymnasts or from assisting them in any other way (give signals or instructions or similar) during their performance
- Refrain from engaging in discussions with active judges and coaches during the competition
- Refrain from any other undisciplined behaviour or misconduct
- Parents/guardians/ other spectators should always conduct themselves in a fair and sportsmanlike manner during competition

Competition Scoring:

WAG Foundation 1 and Foundation 2:

In Foundation level 1 & 2 there is a colour banding system where the gymnast receives a ribbon for the individual apparatus and overall placing. This system ensures each gymnast receives a coloured ribbon for all apparatuses, with the colour dependant on the scoring. See below WAG Foundation 1 and Foundation 2 colour rankings descriptions.

- Colour awards may vary depending on hosts selection.

Colour Awards	Description
<p>Blue</p> <p>★★★★★</p>	<p>Excellent or near perfect execution May have small imperfections in posture or landings</p>
<p>Red</p> <p>★★★★</p>	<p>Very good execution May have a few small errors</p>
<p>Green</p> <p>★★★</p>	<p>Good execution and satisfactory performance. May have a major error or lots of small errors</p>
<p>White</p> <p>★★</p>	<p>Satisfactory execution with skill completed but with many errors in execution and poor posture, wobbles, uncontrolled landings etc.</p>
<p>Pink</p> <p>★</p>	<p>Needs improvement, many major errors, or skills with spot</p>

WAG L3 and L4:

- Colour awards may vary depending on hosts selection.

COLOUR AWARDS:	INDIVIDUAL APPARATUS:	DESCRIPTION:
BLUE	9.50 & ABOVE	Excellent or near perfect execution. May have small imperfections in posture or landings.
RED	9.0 – 9.49	Very good execution. May have a few small errors.
GREEN	8.50 – 8.99	Good execution and satisfactory performance. May have major errors or lots of small errors.
WHITE	8.0 – 8.49	Satisfactory execution with skill completed but with many errors in execution and poor posture, wobbles, uncontrolled landings etc.
PINK	7.99 & BELOW	Needs improvement, many major errors and / or skills with spot.

Competition Uniform:

There are uniform/attire requirements for all competitors that are an essential component to competing. Please note it can take up to 6-8 weeks to order the uniform off our providers, which means it is the responsibility of the parent to organise the required uniform for the gymnasts with enough time for competitions. Please note that parents participate in communication channels to allow enough notice when competition season is commencing, this is accessible via the iClass APP. Rec Alley encourages you to purchase your uniform early to avoid disappointment.

Gymnastics New South Wales competition attire requirements for competitions:

1. The leotard / shorts / longs must be identical for members from the same team in the team competition
2. Hand guards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair & should not detract from the aesthetics of the performance. Bandages should be skin-coloured
3. They must refrain from wearing jewellery except small stud type pierced earring/s
4. They must refrain from wearing hip or other padding
5. Refrain from wearing compression sleeves/socks during competition
6. Refrain from using face painting; any make up must be modest and not portray a theatrical character

Hair style for WAG gymnasts:

- Foundation 1 and 2 hair should simply be neat and out of the face.
- Level 3 and above is a slick low bun (for short hair, simply, neat, and out of the face).

Hair style for MAG gymnasts:

- Hair to be neatly out of face.

Directions for the low bun:

1. Firstly, make a part in the middle of hair. Create a slick, pulled back ponytail to be in alignment with chin. Use a couple of strong holding elastics for support. With thick hair use several elastics to lock ponytail in place
2. Spray the hair with hairspray to keep the hair smooth on the head, minimising kinks, and bumps, whilst working on the ponytail
3. Plait the ponytail hair right to the very end and secure with an elastic
4. Wrap the plait around the base of the ponytail. Secure this with a hair net, several elastics, and pins if necessary
5. Spray low bun again with strong hold hairspray and wrap a scrunchie multiple times around bun for final finish

WAG Foundation Level 1 + Level 2 Uniform Requirements:

- **Optional** Rec Alley competition polo
- **Compulsory** Rec Alley short sleeved leotard
- **Optional (for the gymnast)** Rec Alley competition shorts
- Hair to be neatly out of face with teal scrunchie

WAG Level 3 Uniform Requirements:

- **Compulsory** Rec Alley uniform – Rec Alley competition polo, trackpants, and competition jacket (no hoodies)
- **Compulsory** Rec Alley short sleeved leotard
- **Optional (for the gymnast)** Rec Alley competition shorts
- **Compulsory** Hair to be in a low bun with teal scrunchie

WAG Level 4 & above Uniform Requirements:

- **Compulsory** Rec Alley uniform = Rec Alley polo shirt, trackpants, and competition jacket (no hoodies)
- **Compulsory** Rec Alley long sleeve leotard
- **Optional (for the gymnast)** Rec Alley competition shorts

- **Compulsory** Hair to be in a low bun with teal scrunch

Gymnastics New South Wales have amended their regulations around female gymnast's wearing bike shorts in a competition. Moving forward, if the female gymnast would feel more comfortable and confident wearing bike shorts, this is now permitted. It is the gymnast's choice if they wear bike shorts or not at competitions. If they do choose to wear bike shorts, they will have to purchase specific Rec Alley competition shorts as per the Gymnastics NSW athlete attire policy. Importantly, only branded Rec Alley bike shorts are permitted when attending competitions.

MAG Level 1 + 2 Uniform Requirements:

- **Compulsory** Rec Alley polo shirt
- **Compulsory** Rec Alley shorts

MAG Level 3 & above Uniform Requirements:

- **Compulsory** Rec Alley uniform – Rec Alley polo shirt, trackpants, and competition jacket (no hoodies)
- **Compulsory** Rec Alley boyleg leotard
- **Compulsory** Rec Alley MAG shorts
- **Compulsory** Rec Alley MAG longs

Missed Lessons:

It is important to note, makeup lessons for any missed sessions can only be used if there is class availability. Subsequently, additional catch-up lessons prior to competition as a result of missed lessons may not be feasible.

Please keep in mind, attending lessons leading up to competitions are essential for each gymnast's preparation therefor, Rec Alley strongly recommend maintaining class attendance. If a gymnast is consistently absent from class, coaches may recommend missing a competition if it is considered unsafe to attend. In this instance, the gymnasts coach will liaise directly with the gymnast and parent/guardian to discuss.

Rec Alley Contacts and Feedback:

Rec Alley values your feedback and recommendations. Any feedback, support, recommendations, or coach acknowledgments would be greatly appreciated related to the levels program, coaches, or competition. It is Rec Alley's desire to provide a leading levels program and service in New South Wales, and any open communication may assist our ongoing development of the program.

If you would like to contact a Rec Alley representative in relation to the levels program, please see below contacts.

Madison Rogan
Rec Alley Levels Program Coordinator
madison.rogan@recalley.com.au

Madeliene Perry
Business Manager
madeliene.perry@recalley.com.au

Joel Anderson
Rec Alley Owner/Director
joel.anderson@recalley.com.au