



REC ALLEY



FUTURES LEAGUE  
COMPETITION

# HANDBOOK

2026



REC ALLEY

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# WELCOME TO THE TEAM

Rec Alley  
Coaching & Team

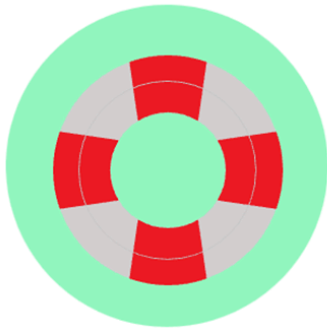
Congratulations to your child for progressing into the competitive program here at Rec Alley and welcome to the competition team. It takes more than just technical gymnastics skill to make it to the competitive program – it requires consistent display of the Rec Alley values along with personal drive and determination.

We are proudly affiliated with Recreation Gymnastics Australia and have a shared vision for the competitive gymnastics' environment: that is, that it's a positive, fun, high energy and supportive atmosphere for competing athletes and their families.

Our competitive program is designed to bring the best out of each athlete. You can expect that they will develop strength, improve flexibility and progress in their technical gymnastics' skill during their training. Beyond building physical skills, their coach will foster a supportive environment where friendships grow, achievements are celebrated, and lasting memories are made.

It is important to note that it is *not compulsory* to compete. It is, however, encouraged as competition's in a healthy environment builds resilience and grit, confidence and self-esteem and sportsmanship.

# REC ALLEY VALUES



## 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.



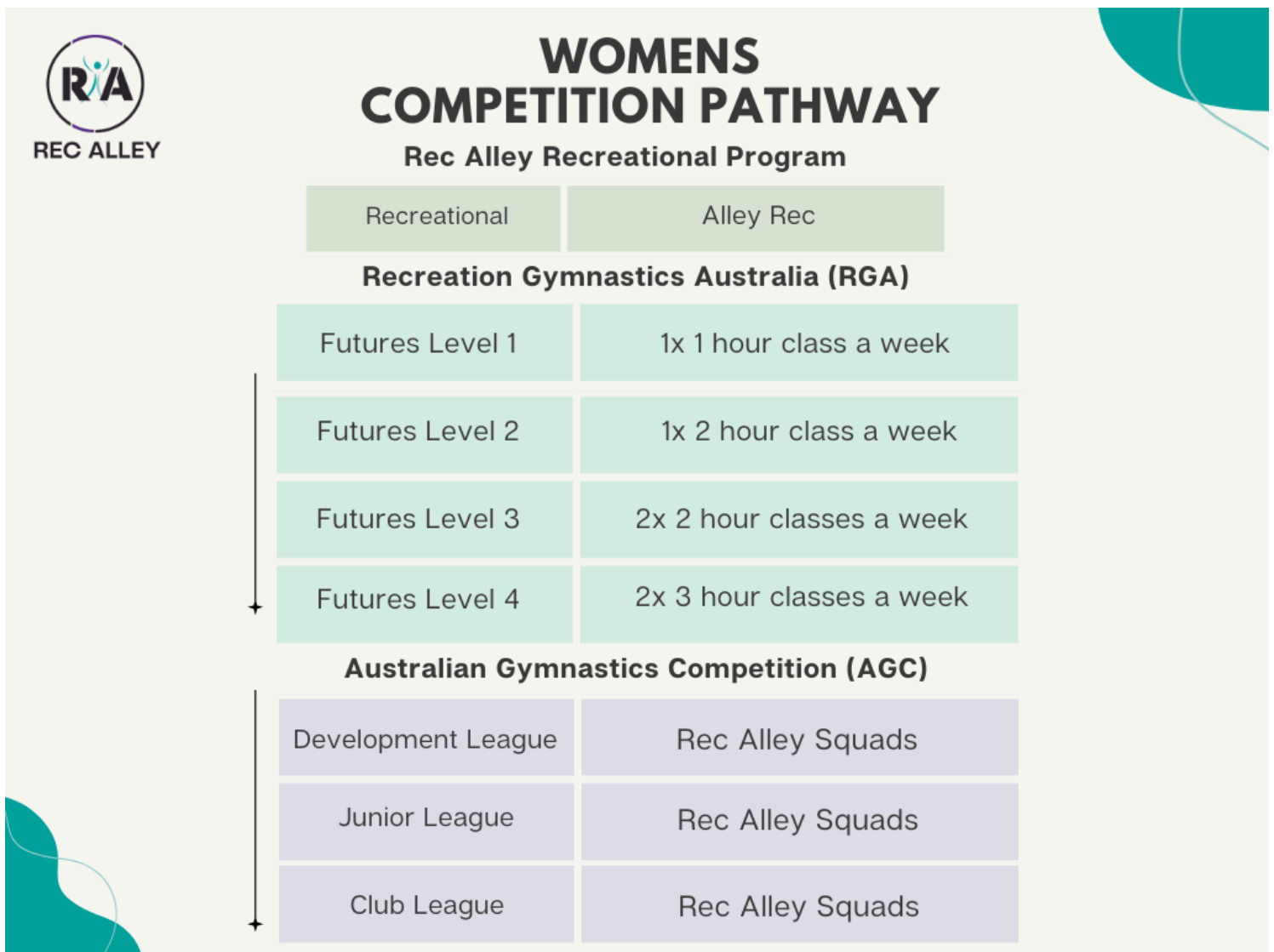
## GROWTH

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

# THE COMPETITIVE PATHWAY

At Rec Alley, we offer two competition pathways to support our athlete's gymnastics journey. In the early stages of their competitive journey; Development Levels 1–4) gymnasts compete in the **RGA Futures League**.

From **RGA Futures League**, athletes progress into the Squads program, transitioning to the **AGC pathway**. Below is an overview of our competitive progression pathway.



[Learn more about RGA Futures League here!](#)

[Learn more about AGC here!](#)



# COMPETITION PREP & TRAINING PHASES

Our programs are structured in four training blocks, strategically designed to support skill development, routine refinement, and competition preparation for our athletes.



## Training Block 1

Pre-season skill development. Your child's coach will be focussing on skill development with skill breakdowns and lots of drills. This also includes building strength and flexibility. The development of these skills is important for injury prevention.

Jan - Mar

## Training Block 2

Pre-Competition Season. Your child's coach will focus on refining competition skills and building routines. Training will emphasise skill repetition, some drills, and skill combinations. Additionally, this stage includes goal setting and mental preparation to build confidence for competition.

Apr - Jun



## Training Block 3

Competition season. This training block is focussed on improving routine performance, refining skill consistency and personal development to help each athlete perform at their best in competition.

Jun - Sep

## Training Block 4

Skill Upgrades & Progression Evaluations. This training block is dedicated to skill development, focusing on progressions and refinement. Athletes will work through targeted drills while incorporating self-reflection. End of year skill evaluations will be completed to determine each gymnast's physical and mental readiness to progress to the next level.

Sep - Dec



# 2026 Competition Calendar



REC ALLEY

## Futures Level 1-4

June

**21st**

Entries close: 12<sup>th</sup>  
June

Competition Prep day  
Rec Alley Minto

Shop 7/16 Swettenham Rd, Minto  
NSW 2566

July

**4<sup>th</sup> OR 5<sup>th</sup>**

Entries close: Sunday  
17th May

Rec Alley Minto

Shop 7/16 Swettenham Rd, Minto  
NSW 2566

July

**25<sup>th</sup> OR 26<sup>th</sup> July**

Entries close: 7<sup>th</sup>  
June

Icon Gymsports

2/6 Salisbury Rd, Hornsby NSW  
2077

August

**8<sup>th</sup> OR 9<sup>th</sup> August**

Entries close: Sunday  
21st June

Rec Alley Minto

Shop 7/16 Swettenham Rd, Minto  
NSW 2566

September

**5<sup>th</sup> OR 6<sup>th</sup>  
September**

Entries close: Sunday  
19th July

Kimnastix

31 Ace Crescent, Tuggerah, NSW  
2259

September

**26<sup>th</sup> OR 27<sup>th</sup>  
September**

Entries close: Sunday  
9th August

Bounce Gymnastics

91B Mandoon Rd, Girraween NSW  
2145



October

**24<sup>th</sup> OR 25<sup>th</sup>  
October**

Entries close: Sunday  
23rd August

**State Challenge**  
Gosford Gymnastics

31 Gooriwa Rd, Holgate NSW 2250

## Futures Level 1-4

### Competition FAQs

**Q. How many competitions is my child expected to attend?**

A. We will also encourage everyone to attend all competitions offered to them. However, the joy of being at Rec Alley means there is no pressure to compete however the kids will still learn the routines in class.

Levels	Competitions
Futures Level 1	All Rec Alley Minto hosted competitions
Futures Level 2+	Invited to all competitions

**Q. How do I enter the competitions?**

A. You can enter at the desk with our MSOs OR through your customer portal. You will receive emails from the management team approximately 2 weeks before the entry date is closed.

**Q. Can I choose the day my child competes?**

A. Unfortunately not! Levels are assigned to which days AFTER entries have closed. PLEASE keep the whole weekend free if you are committing to doing a competition.

**Q. What happens if we enter and then cannot attend.**

A. Unfortunately we cannot refund for change of mind or double booking. Your entry fee goes straight to RGA and secures your spot. A medical refund can be processed at the latest, 5pm the Monday after the competition. RGA require a medical certificate with the date of the competition embedded. RGA also take a \$30 admin fee.

# PREPARING FOR COMPETITIONS

Everything you need to know to prepare you and your child for comp season!

## Uniform Requirements

- Rec Alley competition leotard (black).
- Rec Alley tracksuit (not compulsory, but preferred). If you do not buy a tracksuit athletes must arrive to the competition in an all black tracksuit.
- Black Rec Alley shorts (if preferred).
- Joggers or sneakers must be worn to the competition (no slides or crocs)
- Hair must be in neat bun. Only clips, no bobby pins

## Other

- No socks to be worn during warm up or when competing due to safety reasons.
- Please pack a full water bottle for the competition
- Write your child's name of their tracksuit



# WHAT TO EXPECT ON THE DAY OF **COMPETITION**

## **4 weeks before:**

Rec Alley will receive the work order, including days and time of all sessions, 4 weeks before competition. The Club lead will send that through to all entered athletes to the relevant competition so you can start planning.

## **On the day!**

### **Arrival:**

Coaches and athletes are asked to arrive 15–20 minutes before the competition begins. This gives time for everyone to meet together, shake off any nerves and take before-comp photos. The coaches have a 'coaches meeting' 15 minutes before the competition so please be sure you arrive on time to meet with the coach/es BEFORE they join the meeting.

### **During the competition:**

Families stay in the designated seating area and the gymnasts are off. Supervised by the coach, athletes will complete warm up, 4x routines, and then awards.

### **After awards:**

A Rec Alley coach will walk all gymnasts to a designated pick-up area, take group photos and reflect on the day.

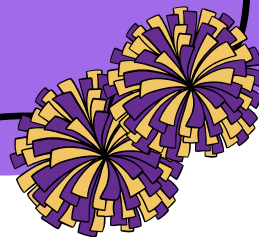
## **Spectator tickets**



Once the schedule has been shared, RGA will provide us with a link to pass on to purchase tickets to the competition. Each entered athlete gets 1X FREE SPECTATOR ticket. Any other tickets need to be purchased through the link provided. Any child under 4 attending is free to attend but must sit on a family member's lap.

**THE COMPETITION ATMOSPHERE STARTS WITH YOU (PARENTS AND SPECTATORS).**

**WE ENCOURAGE YOU TO WRITE SIGNS, COME WITH DRESS-UPS IN THE REC ALLEY COLOURS TO CELEBRATE AND SHARE THE EXCITEMENT!**



# ROUTINES & SCORING

## Routine Skills

RGA provides a set of compulsory skills for each apparatus and level that athletes must combine to create a routine. In addition to the compulsory skills, one *shine* skill may be swapped for an additional point. The inclusion of a shine skill is at the determination of the coach in consultation with the gymnast.

Award	Level 1 and 2	Level 3 to 6
Individual Banded	<b>Banded Medal</b> (Each team is called up and presented medal by Coach)	<b>Banded Medal</b> (Each team is called up and presented medal by Coach)
Overall Apparatus	<b>Banded Ribbon Certificate</b> (each athlete receives a certificate with a place for a banded ribbon to be placed for each apparatus as they go around. This is presented by Coach with the Banded Medal)	<b>1<sup>st</sup> to 6<sup>th</sup> Place Ribbon</b> (Presented by Officials at award presentation)
Overall Athlete	<b>1<sup>st</sup> to 3<sup>rd</sup> Medal</b> <b>4<sup>th</sup> to 6<sup>th</sup> Ribbon</b> (Presented by Officials at award presentation)	<b>1<sup>st</sup> to 3<sup>rd</sup> Medal</b> <b>4<sup>th</sup> to 6<sup>th</sup> Ribbon</b> (Presented by Officials at award presentation)
Overall Team	<b>1<sup>st</sup> to 3<sup>rd</sup> Team Pennant</b> Each athlete in team to receive a 1 <sup>st</sup> to 3 <sup>rd</sup> Medal  <b>4<sup>th</sup> to 6<sup>th</sup></b> Each athlete in team to receive a ribbon  (Presented by Officials at award presentation)	<b>1<sup>st</sup> to 3<sup>rd</sup> Team Pennant</b> Each athlete in team to receive a 1 <sup>st</sup> to 3 <sup>rd</sup> Medal  <b>4<sup>th</sup> to 6<sup>th</sup></b> Each athlete in team to receive a ribbon  (Presented by Officials at award presentation)

## Your Futures League Awards Map

- Teams consist of 3 to 8 athletes and must be entered on same entry form with a team name
- Combined teams will only receive one banner. Clubs who have combined are to determine who takes the banner.
- If only one athlete in a level presenter will call Overall Apparatus and Overall Athlete all at same time
- Coaches must review the number of athletes in each level and inform their athletes that only some may receive awards 1st to 6th, and a few may remain unplaced

# ROUTINES & SCORING

## Power Division

- Red (40–87.75) – Pause, practice, power up! Every step counts.
- Orange (88–121.75) – Keep climbing! Your hard work is paying off—stay focused.
- Green (122–144) – Go, glow, grow! You're excelling and ready for the next challenge.

## **Team Scoring**

Teams will be made up of up to 8 athletes, with 3 to count for team awards. Combining teams may occur prior to competition day. This can only be done if a club has 1 or 2 athletes to combine with another club to make a team. If RGA are able to fairly combine teams, they will endeavour to do so, so no athlete misses out on being part of a team.

## **Rotations/Apparatus**

1. Vault
2. Uneven Bars
3. Beam
4. Floor

## **Warm Up**

Vault: 2 x Practice vaults

Uneven Bars and Beam: Canadian warm up with 30 second touch (1st athlete warms up, 2nd athlete warms up, 1st athlete competes, 3rd athlete warms up, 2nd athlete competes, etc.)

Floor: 3-minute group or team warm up

## **Safety**

Gymnastics is an exciting and dynamic sport, but it can come with risks if athletes try to perform skills, they need more time to be fully ready for. Before introducing new or advanced skills, coaches must carefully consider their athletes' emotional and physical readiness. By prioritising athletes' well-being and making decisions that are in their best interest, coaches can foster a safe and supportive environment where athletes can progress confidently and reach their full potential without unnecessary risks.



# ROUTINES & SCORING



## Futures League Finale Event – State Challenge

### State Championships – How It Differs From the General Season

The Futures League Season concludes with the State Championship in each state, a special finale designed to celebrate everything achieved throughout the year by our clubs, coaches, athletes, and officials. While the General Season focuses on participation, development, and enjoyment across regular events, the State Championship adds an extra layer of excitement, atmosphere, and recognition to make the final event of the year truly memorable.

What Makes the State Championship Different?

#### Grand March-In Experience

Athletes will be welcomed through a festive balloon arch, creating a proud and celebratory moment as they enter the competition floor and are recognised for their commitment and progress throughout the season.

#### Enhanced Event Atmosphere

To elevate the experience, the State Championship will feature special event effects such as a smoke machine and, where available, dynamic lighting, helping set the tone for an exciting and unforgettable day.

#### Athlete and coach Collector’s Gift

Every athlete and coach will receive a unique collector’s gift to commemorate their Futures League season, a keepsake representing their journey and development.

### State Championship Overall Awards

State Championship includes an exciting Overall State Champion Awards component. These awards recognise outstanding performances across the entire series, celebrating athletes who demonstrate excellence, consistency, and Futures League values.

Award	Details
Overall State Level Champion	<p>Overall Individual State Champion Requirements</p> <ul style="list-style-type: none"> <li>• Compete in at least 3 season events (excluding State Championships).</li> <li>• Must have competed in the same level for a minimum of 3 events to qualify.</li> <li>• The top 3 scores from the season will count toward the Overall Individual Champion total.</li> <li>• One champion per level will be awarded, regardless of how many sessions run at the State Championships.</li> <li>• Attendance at State Championships is required.</li> <li>• Scores from the State Championship do not count toward Overall Individual Champion points.</li> </ul>
Overall State Apparatus Champion	<p>Overall State Apparatus Champion Requirements</p> <ul style="list-style-type: none"> <li>• An Overall Champion will be awarded for each apparatus in each level.</li> <li>• Same rules as the Overall Individual Champion apply: at least 3 season events in the same level, top 3 scores counted, and attendance at State Championships required.</li> <li>• Only one champion per apparatus per level will be awarded, ensuring recognition of the best performances across the season.</li> </ul>
Overall Team Champion	<p>Overall State Team Champion Requirement</p> <ul style="list-style-type: none"> <li>• Teams must compete in at least 3 season events in the same level.</li> <li>• Teams do not have to have been the same athletes</li> <li>• Top 3 team scores across the season count toward Overall Team Champion</li> <li>• One champion team per level will be awarded.</li> <li>• Attendance at State Championships is required.</li> <li>• State Championship scores do not count toward the total.</li> </ul>





REC ALLEY



LET'S

**GROW**

TOGETHER

[www.recalley.com.au](http://www.recalley.com.au)