



## 2024 OVERVIEW

This document provides the guide to competing in the GI Jumpstart pathway.

Supporting documents include:

- Routine Booklets for each of Disciplines
- Event Policy
- Judging Policy
- Coaching Policy
- Online Entry System

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**\*Multidiscipline All-around and Team Championship plan to be introduced for later in 2024**

## PLEASE NOTE

- **Eligibility:**
  - This program is for recreational membership only
  - Minimum age for all disciplines is 6 years in year of competition (i.e., must turn 6 by the end of the year)
  - Gymnasts can compete in one, some or all of the disciplines at one, some or all of the events during the year
- **Disability Gymnasts:** Gymnasts with a disability may compete in levels that are suitable and safe for their disability.
- **Coaching Requirements:** There must be at least 1 coach from each club at the event with a level 2 qualification in any of the disciplines.
- **Judging Requirements:** As per all our competitive events, each club will need to send the appropriate number of judges and qualification levels.
  - Clubs who have gymnasts taking part in JumpSTART must provide judges. Fines will be incurred as per National Competition Policy
  - Judges must be provided for EACH discipline that the club is taking part in
  - The number of judges required is as follows:
    - 1-10 individuals (or 1-10 partnerships for Acro) = 1 judge required
    - 10+ individuals (10+ partnerships for Acro) = 2 judges required
  - The above judge requirements are PER DISCIPLINE. For example, if a club has 5 gymnasts in RG, 5 gymnasts in Tumbling and 5 partnerships in Acro, they club require 3 judges, one per discipline. These judges need to hold a qualification in that discipline. All levels of judging qualification are accepted.

<b>RHYTHMIC</b>		<b>Category</b>			<b>2024 MARCH EVENT</b> Individual All-Around (AA) Title	<b>2024 MAY EVENT</b> Individual All-Around (AA) Title
RG Equipment Strip of RG Carpet on floor		Grades (G)				
Category	Age Groups <i>Gymnasts must be turning the age by the end of the year</i>	G1 Free & Rope	G2 Free & Hoop	G3 Free & Ball	Individual AA Title Combined score of the 2 routines. This will be per grade, and per age group.  E.g. AA Titles for Grade 1: G1 5-8 yrs, Free & Rope G1 9-12 yrs Free & Hoop G1 13-16+yrs Free & Ball	Individual AA Title Combined score of the 2 routines. This will be per grade, and per age group.  E.g. AA Titles for Grade 1: G1 5-8 yrs, Free & Rope G1 9-12 yrs Free & Hoop G1 13-16+yrs Free & Ball
1  2  3	6-8yrs	2 Routine s	2 Routine s	2 Routine s		
	9-12yrs	2 Routine s	2 Routine s	2 Routine s		
	13-16+	2 Routine s	2 Routine s	2 Routine s		
Disability Gymnastics	Gymnasts with a Disability may compete in levels that are suitable and safe for their Disability.					

<b>ACROBATICS</b>		<b>Category</b>			<b>2024 MARCH EVENT</b>	<b>2024 MAY EVENT</b>
ACRO Equipment 1 x 12x2m strip (non-sprung)		<b>Grades</b>			<b>Individual All-Around (AA) Title</b>	<b>Individual All-Around (AA) Title</b>
<b>Category</b>	<b>Age Groups</b> <i>Gymnasts must be turning the age by the end of the year</i>				<b>Individual AA Title</b> Routine competed per age group, per grade.	<b>Individual AA Title</b> Routine competed per age group, per grade.
1	6 - 12years	Grade 1	Grade 2	Grade 3	Grade 1, 2 and 3  There will be an individual title per grade, per age group.	Grade 1, 2 and 3  There will be an individual title per grade, per age group.
2	11+yrs	Grade 1	Grade 2	Grade 3	All gymnasts will compete in pairs (WP, MP, MXP).	All gymnasts will compete in pairs (WP, MP, MXP).
<b>Maturity Gap</b>	No more than 6 years between gymnasts ages					
<b>Disability Gymnastics</b>	Gymnasts with a Disability may compete in levels that are suitable and safe for their Disability.					

<b>TRAMPOLINE</b>		<b>Category</b>			<b>2024 MARCH EVENT</b> Individual All-Around (AA) Title	<b>2024 MAY EVENT</b> Individual All-Around (AA) Title
Equipment 1 x Trampoline		Age Groups <i>Gymnasts must be turning the age by the end of the year</i>				
Category	Ages	Grade 1	Grade 2	Grade 3	<b>Individual AA Title</b>	<b>Individual AA Title</b>
Routines	6yrs	Routine 1	Routine 2	Routine 3	Routine competed per age group, per grade.  Grade 1,2 and 3 <i>*Age Groups may be combined or split up depending on numbers</i>  Routine 1 & 2 combined score plus TOF (Time of Flight routine)	Routine competed per age group, per grade.  Grade 1,2 and 3 <i>*Age Groups may be combined or split up depending on numbers</i>  Routine 1 & 2 combined score plus TOF (Time of Flight routine)
	7-8yrs	Routine 1	Routine 2	Routine 3		
	9-10yrs	Routine 1	Routine 2	Routine 3		
	11-12yrs	Routine 1	Routine 2	Routine 3		
	13+	Routine 1	Routine 2	Routine 3		
Disability	<b>Disability</b> Gymnasts with a Disability may compete in levels that are suitable and safe for their Disability					

<b>TUMBLING</b>		<b>Category</b>			<b>2024 MARCH EVENT</b> Individual All-Around (AA) Title	<b>2024 MAY EVENT</b> Individual All-Around (AA) Title
Equipment 1 x Tumbling (airtrack)		Age Groups <i>Gymnasts must be turning the age by the end of the year</i>				
Category	Ages	Grade 1	Grade 2	Grade 3	<b>Individual AA Title</b> Routine competed per age group per Grade.  Grade 1,2 and 3 <i>(Age Groups may be combined or split up depending on numbers)</i>  <b>Routine 1 &amp; 2 combined score</b>	<b>Individual AA Title</b> Routine competed per age group per Grade.  Grade 1,2 and 3 <i>(Age Groups may be combined or split up depending on numbers)</i>  <b>Routine 1 &amp; 2 combined score</b>
Routines	6yrs	Routine 1	Routine 2	Routine 3		
	7-8yrs	Routine 1	Routine 2	Routine 3		
	9-10yrs	Routine 1	Routine 2	Routine 3		
	11-12yrs	Routine 1	Routine 2	Routine 3		
	13+	Routine 1	Routine 2	Routine 3		
Disability	<b>Disability</b> Gymnasts with a Disability may compete in levels that are suitable and safe for their Disability					

