



Gymnastics NSW
Lockdown Challenge
Handbook

Women's Gymnastics

Start Here, Go Anywhere!

The Women's Gymnastics Lockdown Challenge is designed to be a fun and motivational competition for clubs and gymnasts to participate in while we are in lockdown. The Lockdown Challenge is structured without the need for any equipment, just a clear safe space. The elements to be assessed are to be taught under the guidance of the gymnasts club coaches. The club will enter the gymnast into the competition and the parent/guardian will be responsible for submitting the videos for assessment.

Below are some guidelines on how to set up at home:

- Check that there is enough space to practise.
- Check there are no trip/slip hazards.
- Check there are no objects to fall on or come in contact with.
- Check there are no sharp objects or hot surfaces nearby and there is enough lighting.
- Ensure the camera/screen and other electrical appliances, including cables, are on a levelled surface and not within the training space causing a trip hazard.
- Ensure the room has enough ventilation.
- Ensure there is access to water to keep hydrated.
- Seek medical advice prior to training if you have any existing injuries or other medical condition/s.
- Children require adult supervision whilst practising.
- Ensure all household members are aware of the training and avoid entering the space.

The coach must coach within their accreditation level and skills matrix and hold a current Working with Children Check (or equivalent).

- The athlete must only perform activities within their ability level

What are the categories?

There will be 3 divisions available for coaches and gymnasts to choose from. They will be:

- Beginner (Around Levels 3 & 4 skill level)
- Intermediate (Around Levels 5 & 6 skill level)
- Advanced (Around Level 7+ skill level)

The division selected may differ from the gymnasts last competition level and is to be selected at the discretion of the clubs and coaches.

Competition Rules

- Routines can only be performed as per the sample video provided.
- No equipment is required, and elements should be performed in a clear and safe space.
- Elements are to be performed at the gymnast's residence in line with the current health guidelines and Gymnastics Australia's Training at Home Guidelines.
- Gymnast and coaches will be able to select the appropriate division.
- Once the division is selected the gymnast must remain in the selected division for the duration of the Lockdown Challenge.
- Sequences must be filmed at home, even if the gymnasts are permitted to return to training at their club. Filming may be conducted indoors or outdoors.
- The event will be run over 7 weeks with each section being conducted during a particular week and submitted for assessment by the closing date.
- An electronic certificate will be sent to the club after each week's assessment for each gymnast.
- At the end of the event the gymnast's results will be combined to get an All-Around ranking for the Lockdown Challenge and an award will be sent to the club to distribute to their gymnasts.
- At all times gymnasts must comply with the current Government Health Guidelines for their LGA

Entry Guidelines

This event is open to WAG competitive level gymnasts.

1. Club enters the competition through the official entry for and nominates all participating athletes
2. Links are sent to the parents/guardians for them to upload the video files

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3. Club coaches teach the elements and sequences in regular Zoom classes, athletes should only perform skills within their ability level
4. Parent videos the sequences and uploads through the link provided to them (full details communicated following entries closing)
5. Videos must be uploaded within the specified entry timelines. Late submissions will not be accepted.
6. Videos are assessed and results announced within the week following the submission deadline

Entries are to be submitted by the Club on the event entry form using the JotForm [link](#).

Please complete all details on this Entry Form. Incomplete or incorrectly completed forms will be returned to the Club. The entry form must be returned in excel format. Entry forms submitted in other formats will not be accepted.

All gymnasts and coaches must be registered with Gymnastics Australia at the time the entry form is received. Administrative levies will apply for any incorrectly or non-registered athlete 10% of each individual entry fee.

For all other entry information, guidelines and competition rules please refer to the 2021 GNSW Technical Regulations the GNSW Event Policy, the competition Entry Form and other relevant policies on the GNSW website.

Cost

The cost of entry will be \$25.00 per gymnast.

Awards

Digital certificates will be sent to clubs and updated following each assessment in each of the divisions:

- Beginner
- Intermediate
- Advanced

At the conclusion of the event an AA medal will be sent to clubs to distribute to their gymnasts. Banding medal will be provided based on the criteria below:

- Gold - AA score of 20-25
- Silver - AA score of 13-19
- Bronze - AA score of 12 and under

Final distribution of awards will be subject to government restrictions on movement.

Competition Attire

Gymnasts are to wear a club or optional leotard and may wear tights or bike pants, or any appropriate and safe attire.

Hair is to be neatly tied back to reduce the risk of it interfering with the gymnast safety while performing the skills.

Competition Process

1. Gymnast will need to experiment with camera placement in order for the judges to view the element fully. Ideal camera angle will be side on to the gymnast.
2. Videoing of routine to be conducted within the specified time period. Videos can be captured on a handheld phone or similar device. Orientation should be landscape view.
3. Please ensure that the music is playing on an external device and can be heard clearly on the video
4. Ensure the gymnast is the only individual in the video
5. Start recording.
6. To assist with the identification of the gymnast, the gymnast should hold up a sign with their name, club, division and sequence number displayed.
7. Gymnast performs the elements which are recorded.
8. Routine saved and submitted via the supplied JotForm link.
9. Only one video per gymnast per sequence is to be submitted.

How should the videos be labelled and submitted?

Videos are to be submitted by the gymnast's parent or guardian via the link that will be sent to the email address on the entry form.

Each week's video needs to be uploaded before the deadline to be included in that week's assessment.

Video file should be named with the gymnast's name, club and division eg.

Mary Smith My Club Beginner

What format should the videos be in?

Videos should be submitted in the highest quality they can be. The preferred format is mp4.

Videos can be in the following formats only - avi, mov, mp4 & wmv. This ensures that the judges can open the files.

Video should be shot at the best quality available but file size may not exceed 50MB.

Video Submission

Videos are to be submitted via the JotForm link to be sent to the email address supplied by the club for the parent/guardian of the gymnast and labelled with the gymnast's name.

Videos need to show the gymnast performing the elements required without obstructions.

Event Timelines

Entries Close:	Tuesday 21 st September
Section 1 Video Submission Due (Vault):	11:59pm Tuesday 12 th October
Section 2 Video Submission Due (Bars):	11:59pm Tuesday 19 th October
Section 3 Video Submission Due (Beam):	11:59pm Tuesday 26 th October
Section 4 Video Submission Due (Floor):	11:59pm Tuesday 2 nd November
Section 5 Video Submission Due (5 th App):	11:59pm Tuesday 9 th November

How will the sequences be assessed?

Qualified judges will be assessing the sequences and will provide a score. Results are final and there will not be an enquiry process available.

Mastered (5) = All skills performed with outstanding execution and no alterations to the routine

Excellent (4) = All skills performed with excellent execution and no alterations to the routine

Very Good (3) = All skills performed very well with some execution faults and no/minor alterations to the routine

Good (2) = All skills performed well with some execution faults and some alterations to the routine

Working Towards (1) = All skills performed well with some execution faults and many alterations to the routine

Alterations to the sequences where it is a progression related to the skill will be permitted without consequence.

What if the gymnast has a limited space for the sequences to be performed?

The sequences have been constructed with limited available space in mind. If you find that the gymnast needs to make some minor modifications to the sequences due to the space available (add in a turn or modify the direction for example) this is permitted.

Competition Content - Beginner

Beginner	
Vault	<p>Candlestick stand up with no hands Handstand pops</p> <p>Cardio Sequence - (performed as per the video in time to the music) Seated running arm High knees Heels to bottom Hops R & L</p>
Bars	<ol style="list-style-type: none"> 1. Candlestick Open to Dish Hold, Rock, Roll to Arch Hold, Rock, Seal, Pike Stand, 2x tuck to handstand/straddle/pike 2. Jump to Front Support - hold, Rear Support - hold 3. L-sit Candlestick to L-sit to pike stretch 4. Candle stick roll down to pike position and lift bottom
Beam	<p>Kicking and choreography sequence. Please refer to video. To preformed on a line on the floor. Kick height minimum horizontal</p>
Floor	<ol style="list-style-type: none"> 1. Leg Kicks F/S/B/N x2 (travelling or stationary), Stride Jump R/L - Candle stick/Forward Stalder Roll to Front Support or Handstand Passe 1/2 Turn 2. Alternate Side - Leg Kicks F/S/B/N x 2 (travelling or stationary), Sissone R L - Backward Limber 3. Handstand/Forward Walkover, Cartwheel, Bridge kick over/Backward Walkover
5th App	<ol style="list-style-type: none"> 1. Right or left split 2. Dance sequence 3. Front kick (right and left - horizontal), needle kick (right and left - horizontal) 4. Full pivot, half turn (two feet) 5. Handstand hold/Half handstand hold 6. 2x tuck snaps 7. 2x Push ups on knees 8. Dance sequence 9. End pose (pick your end pose!)

Competition Content - Intermediate

Intermediate	
Vault	<p>Handstand pops cartwheel snap back limber and recover</p> <p>Cardio sequence - (performed as per the video in time to the music) Seated running arm High knees Heels to bottom Tuck hops R & L Pistols R & L Mountain climbers</p>
Bars	<ol style="list-style-type: none"> 1. Candlestick Open to Dish Hold, Rock, Roll to Arch Hold, Rock, Seal, Pike Stand, Straddle to Handstand 1/2, Pike to Handstand 1/2 2. Candlestick clear straddle hold 3. Jump straddle to handstand 1/2 Turn, Handstand - on wall, Shoulder Taps, Levers 4. 3/4 Handstand on wall - 1 arm support each side
Beam	<p>Kicking and choreography sequence. Please refer to video. To preformed on a line on the floor. Kick height minimum above horizontal</p>
Floor	<ol style="list-style-type: none"> 1. Leg Kicks F/S/B/N x2 (travelling or stationary), Split Jump R/L - Candle stick/Forward Stalder Roll to Front Support or Handstand Passe 1/2 Turn 2. Alternate Side - Leg Kicks F/S/B/N x 2 (travelling or stationary), Sissone R L - Backward Limber 3. Full Turn, Leg @ Horizontal Prep, Needle Kick 4. Forward Walkover, Cartwheel, Backward Walkover (BHS)
5th App	<ol style="list-style-type: none"> 1. Right or left split 2. Dance sequence 3. Front kick (right and left - 45° above horizontal), needle kick (right and left - 45° above horizontal) 4. Full pivot, reverse single pivot 5. Handstand hold straddle down to clear hold 6. 2x V snaps 7. 2x Push ups 8. Dance sequence 9. End pose (pick your end pose!)

Competition Content - Advanced

Advanced	
Vault	<p>Handstand pop pop from kneeling position cartwheel snap in, back limber to handstand and pike down</p> <p>Cardio sequence - (performed as per the video in time to the music) Seated running arm High knees Heels to bottom Tuck hops R & L Pistols R & L Mountain climbers</p>
Bars	<ol style="list-style-type: none"> 1. Candlestick Open to Dish Hold, Rock, Roll to Arch Hold, Rock, Seal, Pike Stand, Straddle to Handstand 1/1, Pike to Handstand 1/1 2. Candlestick Pike Roll to stand, candlestick Stalder Roll 1/2 to Support 3. Free Handstand Hold, Shoulder Taps; Handstand Pirouette 4. Jump straddle to handstand 1/2 Turn, Handstand - on wall, Levers
Beam	<p>Kicking and choreography sequence. Please refer to video. To preformed on a line on the floor. Kick height minimum head height</p>
Floor	<ol style="list-style-type: none"> 1. Leg Kicks F/S/B/N/R (travelling or stationary), Split Jump R/L - Candle stick/Forward Stalder Roll to Handstand 1/2 Pike Down to Stand 2. Alternate Side - Leg Kicks F/S/B/N/R (travelling or stationary), Sissone R L - Backward Limber 3. Full Turn, Leg @ Horizontal or Vertical Prep, Needle Kick OR Double Passe Turn, Leg @ Horizontal or Vertical, Illusion Turn 4. Forward Walkover, Cartwheel, back handspring/back walkover (BHS)
5th App	<ol style="list-style-type: none"> 1. Right or left split 2. Dance sequence 3. Front kick (right and left), needle kick (right and left) 4. Double pivot, reverse single pivot 5. Handstand double pirouette straddle down to clear hold 6. 2x V snaps, 2x Wolf snaps 7. 2x Push up claps 8. Dance sequence 9. End pose (pick your end pose!)