



# COMPETITIVE MEMBERS *handbook*

2025

# INTRODUCTION

Welcome to the Knox Gymnastics Competitive Members Handbook, your go-to resource for everything you need to know about our club's philosophy, policies, and procedures.

At Knox Gymnastics, we believe in full transparency and want to ensure that you have a clear understanding of how our club operates and what to expect as a member of our community.

We understand that the world of gymnastics can sometimes feel overwhelming, with a lot to take in. That's why this handbook is designed to be your first point of reference for any questions you may have, and to help you align with our mission, values, and the way we run our programs.

If you have any questions or would like to discuss anything further, please don't hesitate to reach out. We're here to help and are more than happy to schedule a time to talk.

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# Our Organisation

## About Us

Knox Gymnastics Club Inc. commenced in 1972, operating at both Carrington Park, Scoresby and Mossfield Avenue, Ferntree Gully. In 1992, we moved into our sole venue, Mossfield Avenue, after an extension of the facility.

In 2024, we made the move into our brand-new purpose-built facility at the State Basketball Centre, ushering in a new era for Knox Gymnastics.

Knox Gymnastics is facilitated by a Committee of Management, made up of parents of gymnasts from the club, while the day-to-day administration and programming are managed by paid staff. Our Management Team and Program Team Leads work collaboratively to provide you with the best experience possible.

# Our Mission

## What we stand for

Knox Gymnastics exists to encourage all of those in our gymnastics community, from those only just walking to our most senior adult gymnasts, to reach their full potential.

We do this through providing a positive and caring environment that ensures the safety of all our members. We work to be a leading provider of quality gymnastics programmes with a reputation of great sportsmanship and community spirit.

We aim to build athletes who are happy, healthy and hungry to learn and we strive to do this with the most number of smiles, accomplishments and positive memories.

# Our Values

## What guides us



**Respect**



**Community**



**Development**



**Fun**



**Inclusive**



**Opportunity**



**Safety**



# Our Team Who we are

Knox Gymnastics is operated and lead by a team of dedicated gymnastics professionals who work tirelessly to provide the best service possible for our club. Our coaches are all highly qualified and registered with Gymnastics Australia and attend regular in house and external training sessions to retain their qualifications. All staff have a current working with children's check and First Aid qualifications. Meet the team below!

## Our Leadership Team

<b>Ross Black</b> CEO	<b>Jo Salter</b> Accounts & Admin Manager	<b>Sam Lowe</b> Customer Service Manager	<b>Caitlin Dempsey</b> Education & Events Manager	<b>Luke Zellner</b> Coaching Director & MAG/WAG Lead
<b>Emily Horan</b> GymStar 3 Team Lead	<b>Morgan Finnegan</b> GymStar Team Lead	<b>Andrew Dean</b> Recreational Team Lead	<b>Collette Keyser</b> KinderGym Team Lead	

## Our Staff

<b>Adrian Hart</b> Coach	<b>Adele Lee</b> Coach	<b>Arwen Wilson</b> Coach	<b>Annie Wen</b> Coach	<b>Audrey Kouris</b> Coach
<b>Ava Roberts</b> Coach	<b>Bradd Ward</b> Coach	<b>Caitlin Brown</b> Coach	<b>Caitlyn Goh</b> Coach	<b>Charlotte Pither</b> Coach
<b>Clover Corbett</b> Coach	<b>Cui Hong Gao</b> Coach	<b>Diane Leonard</b> Coach	<b>Ella Webster</b> Coach	<b>Elyse Richards-West</b> Coach
<b>Emily Geyer</b> Coach	<b>Emily Hudson</b> Coach	<b>Emily Preece</b> Coach	<b>Erin Porter</b> Coach	<b>Josh Hart</b> Coach
<b>Keisha Nguyen</b> Coach	<b>Lily Bankier</b> Coach	<b>Lucy Sutton</b> Coach	<b>Manal Kerbej</b> Coach	<b>Matilda Ferrier</b> Coach
<b>Megan Herrmann</b> Coach	<b>Mikayla Drury</b> Coach	<b>Noah Johnson</b> Coach	<b>Olivia Black</b> Coach	<b>Phoebe Mckenzie</b> Coach
<b>Sienna O'Connor</b> Coach				

# Our Responsibility

At Knox Gymnastics, we take our role in your child's development very seriously. We understand that when you trust us with your child, we're not just teaching gymnastics—we're helping shape their experience in sport and in life. You can count on us to:

- Provide your child with a positive, supportive environment in which to grow.
- Always act in your child's best interests, both on and off the mat.
- Develop them not just as athletes, but as individuals.
- Keep them safe at all times.
- Support them in reaching their full potential.

Our commitment to professionalism is at the heart of everything we do. Our coaching staff regularly participate in training to enhance both their technical knowledge and their ability to nurture your child's overall development. We hold our coaches to high standards and ensure they adhere to our policies and code of conduct. At Knox Gymnastics, we believe in empowering athletes to have a voice in their training. Gymnasts always have the right to speak up and say no when they feel uncomfortable. At the same time, we have a responsibility for their safety, and our coaches reserve the right to step in and say no if necessary to protect their wellbeing.

Your child's safety, growth, and positive experience are our top priorities, and we're here to support them every step of the way.

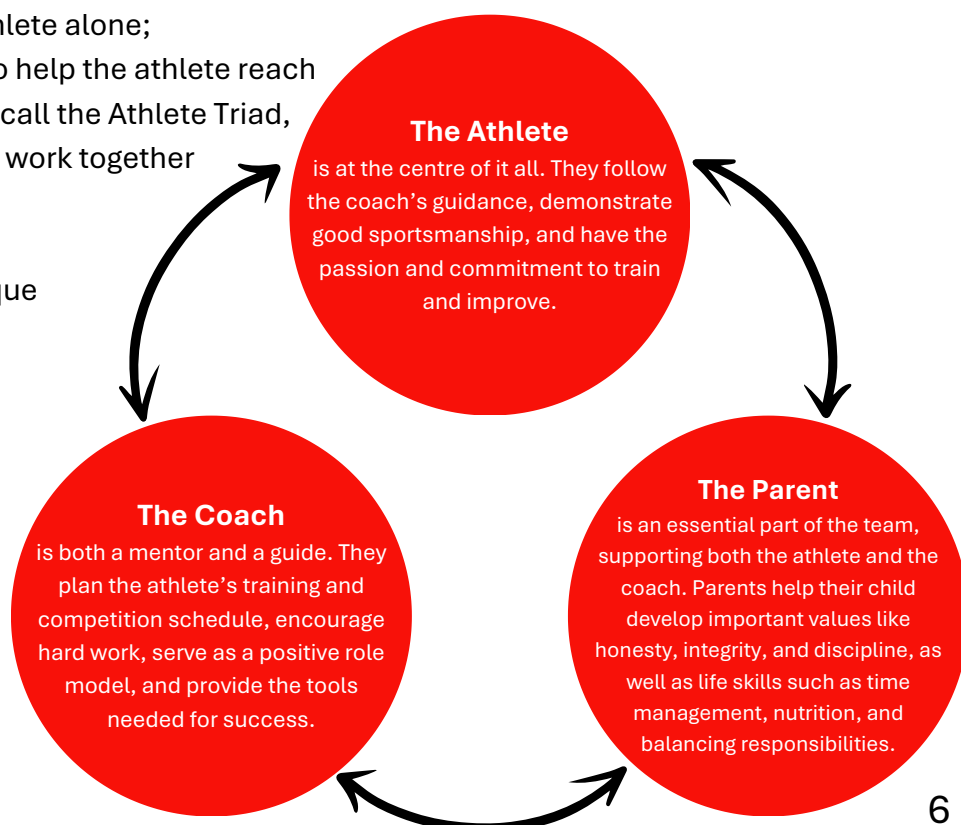
# Our Partnership

## We're in it together

At Knox Gymnastics, we believe that developing a great athlete—and a great person—is a team effort. It's not just about the coach or the athlete alone; it requires a unified team of support to help the athlete reach their fullest potential. This is what we call the Athlete Triad, where the Athlete, Parent, and Coach work together as one cohesive unit.

Each member of the triad plays a unique and important role:

We encourage open communication between all parties, so we can work together to ensure the best experience and support for your athlete. If you ever have any questions or concerns, please don't hesitate to reach out—we're here to help and ensure we are working as the best possible team for your child.

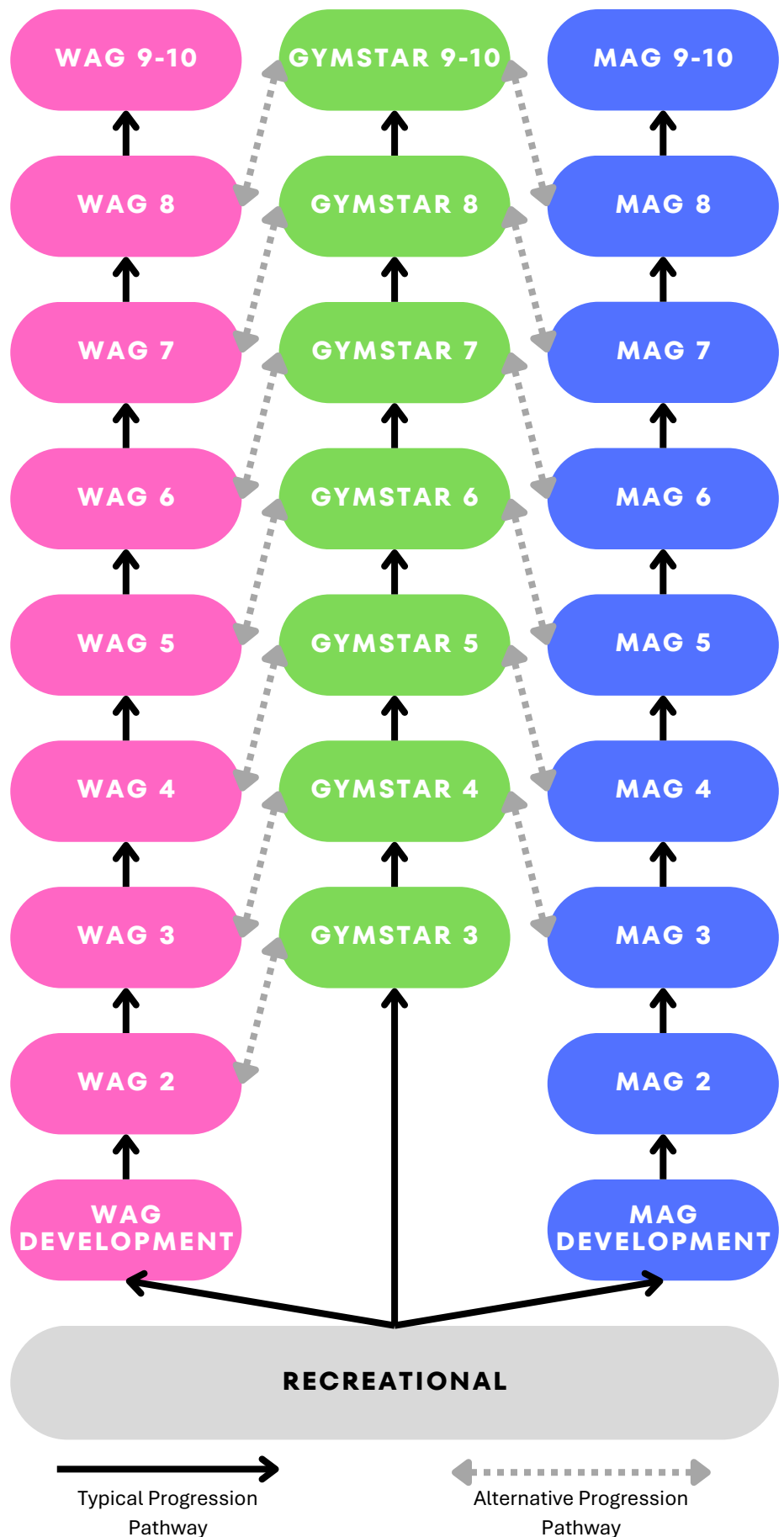


# *Our Pathways* The journey through the club

Being selected for a competitive team at Knox Gymnastics is a privilege, with athletes chosen based on their work ethic, attitude, and commitment. We expect all athletes to uphold the core values of Knox Gymnastics.

Each gymnast develops at their own pace, and class placements are made with careful consideration of factors like competition results, strength, flexibility, skill progression, attendance, and work ethic. While gymnastics is an individual sport, there is a team aspect, so placements are made on an individual basis.

We offer a pathway for every child to succeed, understanding that athletes progress at different rates. Flexibility is built into our programs, allowing gymnasts to move between levels to ensure they are placed where they can thrive and reach their full potential. While our program pathway is outlined here, each gymnast's journey is unique, and we are committed to supporting your child every step of the way.



# Our Competitive Programs

## Women's Artistic Gymnastics (WAG)

Women's Artistic Gymnastics (WAG) is a competitive pathway where gymnasts will compete routines from the Australian Levels Program (ALP), an Australian wide program that allows clubs to compete against each other in a highly competitive environment. Gymnasts will compete routines on Vault, Bars, Beam & Floor. These routines have set compulsory skills from Levels 1-6 and then optional requirements from Levels 7-10

## Men's Artistic Gymnastics (MAG)

Men's Artistic Gymnastics (MAG), much like WAG, follows the Australian Levels Program (ALP), competing routines on Floor, Pommel Horse, Rings, Vault, P Bars & High Bar. Athletes will follow compulsory routines up until Level 4 and then are provided the opportunity to follow either a further compulsory or optional levels pathway.

## GymStar

GymStar is a Victorian wide competitive program that encompasses elements from both WAG and MAG gymnastics and is open to all athletes to compete in, regardless of gender. GymStar provides flexibility where gymnasts can compete any number of elements to satisfy the skill requirements. Athletes will compete on Vault, Bars (uneven or high), Beam, Floor, Parallel Bars & Rings.

These routines have set compulsory skills from Levels 1-3 and then optional requirements for Levels 4-10 with the opportunity for bonus elements.

**Please note that all of our Competitive Programs are by invitation only.**

**Gymnasts selected for our competitive programs will show a high level of strength, power, agility, flexibility and artistry. They must also encompass the Knox Gymnastics values and have an outstanding work ethic, attitude and commitment.**



# Our Communication Channels

## How to reach us and when

We want to make sure you receive clear and timely communication from us at Knox Gymnastics. To help ensure your questions or concerns are directed to the right person and answered promptly, please follow the guide below:

### Customer Portal: Access, Manage & Stay Connected

Our customer portal is designed to make your life easier. With just a few clicks, you can:

- Register your child's absence with ease, so we can plan accordingly
- Pay your fees securely, anytime, anywhere
- Update your details to keep your information current
- Book your child into special club events and never miss out on exciting opportunities

It's all at your fingertips, streamlining everything you need to manage your child's activities in one convenient place!



**Customer Portal**

### Team App: Your hub for all things event related

Team App is your go-to resource for everything related to your child's competitions. With Team App, you can:

- View detailed information about upcoming competitions, including dates, times, and locations
- Communicate directly with your child's coach via the in-app chat feature (please note: this is for competition day communications only; for all other inquiries, please contact customer service)
- Receive helpful reminders so you never miss an important event

We're excited to have you on board and look forward to keeping you informed and connected through Team App! You will receive an invitation to join our team app after your child has been signed up to a competitive class.

### Who to email and when!

For general inquiries, accounts, or event-related questions, we aim to respond within 24-48 hours. For specific feedback regarding your child's progress, please allow 3-4 business days for a response. Our program managers spend much of their time on the gym floor coaching and may not always be able to reply to emails immediately. We appreciate your patience and will ensure we get back to you as soon as possible.

For... General Inquiries &  
Accounts Inquiries

Email the Customer Service Team at  
[Info@knoxgymnastics.org.au](mailto:Info@knoxgymnastics.org.au)

For... Accounts & Financial  
Inquiries

Email the Accounts Team at  
[Accounts@knoxgymnastics.org.au](mailto:Accounts@knoxgymnastics.org.au)

For... Competition & Event  
Inquiries

Email the Events Team at  
[Events@knoxgymnastics.org.au](mailto:Events@knoxgymnastics.org.au)

# Our Progress Tracking

## How is my child going?

At Knox Gymnastics, we understand how important it is to track and monitor each athlete's progress. This allows us to provide the right support and resources to help them continue learning and growing.

We also recognize the value of keeping both athletes and parents informed about that progress. It's essential that everyone is on the same page when it comes to the athlete's development throughout the season.

To ensure clear communication and ongoing support, we use a variety of methods to track your child's progress and share this information with you. We are committed to keeping you involved and updated every step of the way.

### **Physical Abilities Development (P.A.D) Testing**

Throughout the year, your child will participate in Physical Abilities Development (P.A.D) Testing. This testing assesses their strength and flexibility, tailored to their specific level and program.

After the testing period, you will receive a report detailing your child's results. These results help us monitor their progress throughout the year and ensure they are developing the physical skills needed for continued success.

### **Gymnast/Coach/Parent Meetings**

One to two times a year we will offer you the opportunity to sit down with your child and their coach and receive feedback regarding their progress in a formalised setting.

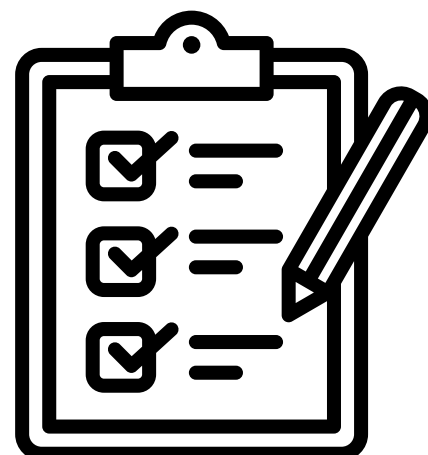
You will be notified when these times will be and how to book a timeslot with your child's coach. These meetings are not compulsory, however we do encourage you to attend so that we can provide any necessary feedback and both you and your child can provide feedback to us.

Where necessary, your Program Team Lead may sit in on these meetings. If your child's coach is also their Program Team Lead then a secondary staff member may sit in on this meeting.

### **Control Tests/Skills Testing:**

When appropriate, your child's coach will conduct skills testing and control tests (practice competitions) during training.

These skill and control tests will help inform your child's coach as to how they are progressing with their skills and competition routines. Where appropriate your child's coach will communicate any concerns surrounding your child's skill progression with you.



# Gymnast CODE OF CONDUCT

## I will...



- ✓ Abide by all Knox Gymnastics, Gymnastics Victoria & Gymnastics Australia codes of conduct, rules, policies and procedures.
- ✓ Learn and embody the Knox Gymnastics Values; Respect, Development, Inclusive, Community, Fun, Opportunity & Safety
- ✓ **RESPECT** the environment, equipment and resources that I use
- ✓ Have a growth mindset at training and make choices that will positively aid in my **DEVELOPMENT**
- ✓ Treat everyone in our sport with kindness, respect and care creating a positive and **INCLUSIVE** environment
- ✓ Be a role model for other gymnasts who are learning from my behaviour and represent the club in a positive manner
- ✓ Speak to a Knox Gymnastics team member if I see something wrong, or feel uncomfortable/unsafe
- ✓ Embrace the **OPPORTUNITY** I have been given to be a competitive gymnast at Knox Gymnastics and train with intent to learn and grow
- ✓ Follow the instructions given by the coaching staff, and if I'm having trouble or unsure, I will speak up
- ✓ Show commitment in and out of the gym and meet the required minimum attendance level
- ✓ Communicate openly and honestly with my coach if I am injured/feeling unwell or if I am feeling unsure/have questions during training
- ✓ Ensure that I am **SAFETY** conscious when in the gym, being aware of others in the gym and contributing to our culture of safety.
- ✓ Be a positive member of our **COMMUNITY** by supporting my team mates in their training and performances
- ✓ Embrace mistakes, failures and setbacks as opportunities to learn and grow
- ✓ Wear appropriate clothing for training and remove all jewellery
- ✓ Be prepared and organised for training, doing all that I can to arrive on time
- ✓ Have a whole lot of **FUN!**

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## I will not...



- ✗ Exclude, bully, discriminate or harass anyone in the Gymnastics community
- ✗ Slander or speak poorly of Knox Gymnastics, its staff, my competitors, my teammates or judges & officials
- ✗ Swear or use abusive language
- ✗ Use phones or watches during training without explicit permission from my coach

# Parent CODE OF CONDUCT

## I will...



- ✓ Respect and demonstrate the Knox Gymnastics values; Respect, Development, Inclusive, Community, Fun, Opportunity & Safety
- ✓ Ensure my child has read and understood the Gymnast Code of Conduct
- ✓ Encourage my child to participate in gymnastics for as long as they wish to, and accept and support my child when they decide their time in Gymnastics is finished.
- ✓ Trust in the coaches' expertise and respect their coaching process
- ✓ Raise any concerns that I have with my child's coach or Program Team lead, outside of class time in a respectful manner with the goal of working together to best support my child
- ✓ Trust the leadership team's knowledge and expertise to place my child in the appropriate level and competitive stream that best suits their abilities. I know that this is being done in the best interest of my child's long term success
- ✓ Recognise and respect the importance of the journey and the learning process itself – not just the outcome/results
- ✓ Maintain a long-term perspective on my child's development
- ✓ Remember that children learn best by example and I will always strive to display good sportsmanship, respect of all competitors and officials and an appreciation of the opportunity to do competitive gymnastics.
- ✓ Keep Knox Gymnastics informed with any important updates regarding my child that may impact their wellbeing, training or performance
- ✓ Embrace every part of gymnastics, from the great successes to any setbacks and mistakes. They all are part of a gymnast's journey.

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## I will not...



- ✗ Slander or speak poorly of Knox Gymnastics, its staff, its members, its competitors or judges & officials
- ✗ Swear or use inappropriate language at Knox Gymnastics
- ✗ Attempt to coach or provide technical advice to my child
- ✗ Enter the gym floor without permission to do so
- ✗ Bribe or incentivise my child's gymnastics performance with external rewards such as gifts or money, however tempting and effective this may appear in the short term
- ✗ Force my child to participate unwillingly

# Coach CODE OF CONDUCT

## I will...

- ✔ Always Embody and demonstrate the Knox Gymnastics Values
- ✔ Abide by all Knox Gymnastics, Gymnastics Victoria and Gymnastics Australia codes of conduct, codes of ethics, rules, policies and procedures including the coach's handbook
- ✔ Create a safe space for gymnasts to learn, play, fail, succeed and discover
- ✔ Encourage gymnasts by always using a positive tone and language
- ✔ Demonstrate patience, composure and emotional regulation whilst coaching
- ✔ Put gymnast-led coaching at the heart; always keeping the welfare of the gymnast as my top priority
- ✔ Present myself in a professional manner, including wearing my correct uniform and ensuring I am presentable
- ✔ Represent Knox Gymnastics in a positive way at all external events including offering assistance to other clubs, applauding all competitors and being an approachable and friendly person.
- ✔ Always be prepared with appropriate lesson plans and programs prior to class to ensure consistency and appropriate progression for my athletes
- ✔ Coach within guidelines of my qualification and when necessary, obtain the next level of qualification to ensure I am appropriately knowledgeable for my classes.
- ✔ Embrace and seek out education opportunities to upskill my knowledge for the benefit of my athletes



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## I will not...

- ✘ Manually stretch a gymnast using the application of excessive force
- ✘ Cut corners in the coaching process that could hinder long term development
- ✘ Make unnecessary physical contact with a gymnast beyond the scope of what is required to fulfil effective and safe coaching and spotting activities
- ✘ Use any form of gymnastics or physical activity as punishment for poor behaviour or performance
- ✘ Slander or speak poorly of Knox Gymnastics, our competitors or judges & officials





# Our Policies

## Policies

Knox Gymnastics abides by all policies set by Gymnastics Australia, Gymnastics Victoria and our Club Policies. All of these policies can be located below:



Gymnastics Australia



Gymnastics Victoria



Knox Gymnastics

**If you have any safeguarding concerns, please contact Jo Salter by email at [accounts@knoxgymnastics.org.au](mailto:accounts@knoxgymnastics.org.au)**

## Stretching

At our gym, we follow strict guidelines to ensure that all flexibility and stretching exercises are safe, effective, and appropriate for your child. Here's what you can expect during flexibility training:

- **Gentle, Progression-Based Stretching:** We focus on slow, controlled stretches that help increase flexibility gradually, ensuring your child is only pushed to their "discomfort zone"—never beyond what is safe or comfortable.
- **Respectful and Sensitive Approach:** Our coaches are mindful of how exercises may be perceived by both children and parents. We take care to explain our methods to ensure transparency and understanding.
- **Open Communication:** To help you better understand the stretching techniques we use, we may offer parent information sessions. This will give you the opportunity to learn more about the process and ask any questions.
- **Minimizing Physical Contact:** Whenever possible, we use stretching methods that do not require physical contact. If contact is necessary, it will be minimal and respectful, with careful attention to hand placement.
- **Ensuring Comfort and Safety:** Coaches avoid exercises that place them too close to the gymnast in ways that could be perceived as inappropriate or unnecessary. Our goal is always to prioritize your child's comfort and well-being.
- **No Invasive Stretching:** We never use exercises that involve sitting on or straddling a gymnast. All stretching is done with care and in a way that maintains dignity and respect.

We're committed to providing a safe and supportive environment where your child can thrive. If you have any questions or concerns, please don't hesitate to reach out to us!

# Weighing & Measuring

At Knox Gymnastics, we prioritize the health and wellbeing of all our athletes. As part of this commitment, we do not permit the weighing or measuring of gymnasts by coaches or any other club member. Additionally, our coaches are not authorized to provide nutritional advice.

If you have any questions or concerns about nutrition for gymnastics, we encourage you to consult with a qualified nutritionist who can provide expert guidance.

# Spotting

Spotting plays a crucial role in safely developing new and complex skills. When necessary, your child's coach may spot them for various reasons, including ensuring proper technique, prioritizing safety, or helping to build confidence in the athlete.

It is the coach's responsibility to explain the purpose of spotting to the athlete, emphasize that they always have the option to decline, and reminding them that safety is the top priority. Coaches will also take care to explain how they plan to spot a skill before doing so, ensuring that the athlete feels comfortable and informed.

While athletes are always free to decline spotting, their safety remains our highest concern. If an athlete chooses not to be spotted but is not yet able to perform a skill independently, the coach will explore alternative methods to support their ongoing skill development.

# Viewing

At Knox Gymnastics, we offer a spacious mezzanine for parents to comfortably watch their child's training. We warmly welcome you to sit upstairs and enjoy seeing your child's progress.

However, to ensure that your child receives the full benefit of their training and remains focused, we kindly ask that parents refrain from communicating with or coaching their child from the viewing area. Any distractions from the sidelines can interfere with the instructions and feedback being given by the coach and may even create safety concerns. We also ask that you have a discussion with your child and ensure they are comfortable with how regularly you are viewing their training.

Thank you for your understanding and support in helping us provide the best possible learning environment for all athletes.

# Bullying

Knox Gymnastics has zero-tolerance for all forms of bullying. We do not tolerate any form of bullying within our community, whether that be inside or outside the training facility.

If there are any concerns of bullying within the club, please bring it to the attention of your Program Team Lead, who will investigate with the assistance of the management team.

# Discipline

Gymnastics is a sport that requires focus, discipline, and attention to safety. To ensure a safe and positive environment for all athletes, we ask that each athlete always follows the instructions of our coaching staff.

In the rare instance that an athlete is not following the **Knox Gymnastics Values** or **Code of Conduct**, there may be a need for discipline to maintain safety and respect within the gym. Our approach to discipline is structured and fair, and athletes will receive the following three warnings:

- **1st Warning:** A verbal reminder from the coach.
- **2nd Warning:** A second verbal reminder, and the athlete may be asked to sit out for a brief period.
- **3rd Warning:** A final verbal reminder, followed by a longer timeout. The coach will then speak with the parent/guardian at the end of the session.

If an athlete repeatedly reaches the third warning, the coach will arrange a formal meeting with the athlete, their parent or guardian, and the program team lead to review expectations for behaviour in our competitive program.

If there is no improvement in behaviour following this meeting, additional discussions will be held to determine the athlete's continued participation in the program. Our goal is always to support each athlete's growth in a safe and respectful environment.

## Training Expectations

All gymnasts are expected to commit to their weekly training hours as outlined in their class schedule. Exceptions to this commitment may only be made for gymnasts who are also part of the coaching staff or in very exceptional circumstances. Any such requests will be reviewed by the relevant Program Manager and members of the leadership and coaching teams.

A typical training session at Knox Gymnastics will include a variety of elements designed to support a gymnast's overall development, including:

- Warm-up
- Strength & Conditioning
- Flexibility training
- Handstand and shaping work
- Apparatus & skill training
- Routine practice
- Ballet & artistry technique work

**Please note that not all training sessions will look the same. Variations may occur depending on the level of the gymnasts in the group, the time of the season, or the mix of athletes. We ask that you trust in the expertise of our coaching team. If you have any questions or concerns, we encourage you to address them respectfully with your child's coach or program manager.**

In addition to traditional gymnastics training, there may be times when we incorporate activities that don't look like gymnastics but are important for the holistic development we aim to foster at Knox Gymnastics. These may include mindfulness or meditation, mental training, reviewing competition feedback, reflection, or even helping to pack away equipment. These activities are all part of helping your child grow not only as an athlete but as a well-rounded individual.

## Warm Up

It's important for gymnasts to arrive on time for training, as the warm-up segment is a key part of preparing for a successful session and plays a critical role in injury prevention.

The warm-up also sets the tone for the entire training session, as coaches will outline the goals and focus areas for the day at the beginning of class.

To ensure a smooth start, we ask that gymnasts arrive at least 5-10 minutes before the scheduled start time of class, so they are ready to begin warm-up promptly and fully prepared for the session ahead.

## Groups/Levels

At Knox Gymnastics, our training groups are organised based on the level that gymnasts are competing in. In cases where there are fewer gymnasts at a particular level, we may combine levels to create a group with athletes from 2-3 different levels. This is most common at the senior levels.

A common question we receive is, **"When will my child move up to the next level?"** There are several factors that determine when a gymnast is ready for a level change, including, but not limited to:

- Adherence to the Gymnast Code of Conduct
- Consistent attendance (please refer to our attendance policy)
- Competition scores and results from the current year
- Progression in skills required for the next level
- Results from Physical Abilities Development testing

If a gymnast needs to repeat a level or move to a different competitive program, this will be discussed with the gymnast, their family, their coach, and the program manager.

Unlike in school, it is quite common in gymnastics for athletes to repeat levels to ensure their long-term development and success in the sport. This approach helps build a strong foundation for future growth and achievement.

## Attire

### What to wear to training:

- Fitted clothing; a leotard or crop top & fitted bike shorts/leggings (Longs for MAG gymnasts)
- Hair must be pulled back neatly, ponytails that extend past the shoulders should be put into a bun
- Warm ups: gymnasts may wear additional layers (t-shirts, hoodies, tracksuit pants etc) during the warm up portion of class. These layers must be put away at the end of warm up

### What to bring to training

For each session please bring:

- |              |                  |
|--------------|------------------|
| ✓ Wristbands | ✓ Strapping tape |
| ✓ Gloves     | ✓ Water bottle   |
| ✓ Grips      |                  |

Loose clothing may not be worn during apparatus time. This is a matter of the gymnasts safety; loose clothing can get in the way during skills or while a coach is spotting. It is also important that our coaches can clearly see all of the gymnasts body shapes during their skill work so they can give the appropriate feedback.

# Attendance

Consistent attendance at training is essential for the ongoing progression and development of our gymnasts. To ensure that each athlete has the opportunity to reach their full potential, we require that all competitive gymnasts **maintain an attendance rate of at least 80%**.

An unsatisfactory attendance rate may impact a gymnast's ability to progress and could result in the need to repeat a level or move to a different competitive stream. Regular attendance is key to achieving success and ensuring steady growth in the sport.

## Missing Class? Here's how to register an absence!

If your child needs to miss a training session, please let us know by registering the absence on the customer portal.

To receive a make-up token, absences must be registered **at least 2 hours** before the class starts.

If you need to report an absence within 2 hours of the class, we'll mark it as excused, but please note that a make-up token may not be issued.

## Holidays

Where a gymnast has a holiday planned, they may utilise our extended leave policy.

Knox Gymnastics also requires that athlete's do not take holidays two weeks prior to a competition. Where a gymnast is going to miss the 2 weeks of training leading up to a competition, they will not be entered into said competition. This is to ensure that our athletes feel sufficiently prepared for competition and to ensure their safety.



**Our T&Cs for these policies can be located on our website by scanning or clicking on the above QR code.**

## Illness/Injury

Where a gymnast is ill or injured for **more than 2 weeks** they may utilise our Injury/Illness Fee Relief Policy. Details of this policy can be located on our website.

Where a gymnast is suffering from a long-term injury then your child's coach, along with the relevant program manager, will work with you, your child and your child's medical providers to create a return to training plan.

It is important that after the required rest period your child returns to training where possible under a modified program. A return to training program **MUST** be accompanied by a Medical Clearance stating what an athlete can and cannot do.

This will allow your gymnasts to still feel a part of the team and feel they are progressing. We can also maintain a base level of fitness which will assist in their return to full training once their injury has healed.



# Gym Closure

There may be times where unavoidably we are required to close the gym and cancel classes. We have set policies in place to account for these times.

## Coach Availability

Knox Gymnastics always tries to ensure consistency in our coaching staff, we know how important it is for children's development. However, there will be times where a staff member may be absent either due to illness or unavoidable commitments outside the gym.

Where possible, we will have an appropriately qualified coach come in to cover your child's class. Where we are unable to find a suitable coach to cover your child's class, that training session will be cancelled and a credit will be added to your account.

## Weather/Power Outage

Knox Gymnastics is fully temperature controlled by our heating and cooling system. However, in the unlikely event that system should fail and we are instructed by Venue Management to close, then all classes will be cancelled. All members will receive a credit for any class cancelled by Knox Gymnastics.

## Events

If Knox Gymnastics needs to cancel an entire day of classes due to an event, you will be notified in advance, and the cost of the cancelled class will be deducted from your direct debit for that month.

If an event only affects certain classes, we will issue a credit to the families impacted. We strive to keep you informed and ensure you're not charged for classes that are missed due to these events.

## Public Holidays

Public Holidays will be taken out of the fee structure prior to your direct debit for that month. You will not be charged for any public holidays and classes will not run that day. Based on your child's competition season, training on a public holiday may be arranged.

# Choreography

WAG and GymStar classes will be required to learn choreography as part of their beam and floor routines. At the junior levels, all gymnasts in a level will learn the same choreography. Once a gymnast reaches senior levels (7-10), they will be choreographed an individual routine.

## Junior (Levels 3-6)

- There will be set routines for each level
- Routines will be taught during normal training time
- There will be no additional cost to families for routines at this level

## Senior (Levels 7-10)

- Knox Gymnastics has a dedicated choreography policy, that lists the different providers for routine choreography. The full policy can be located on our website and is updated regularly
- Music choice must be approved by your child's coach
- Music must be appropriately cut and provided to your child's coach prior to their choreography session

# **Additional Sport/Activity**

## **Private Sessions**

Knox Gymnastics does not offer private lessons for athletes. If you have concerns about your child's progress, please reach out to their coach to discuss.

## **Home Training**

Knox Gymnastics encourages the use of home training for appropriate strength, conditioning, flexibility and artistry exercises. Additional strength, conditioning, flexibility and artistry can be extremely beneficial for gymnasts on top of their regular training.

Knox Gymnastics does NOT encourage the learning of new skills at home or the use of air track/trampolines for aerial/salto skills at home. The self-teaching of skills at home can have detrimental impacts to a gymnast's overall skill development. Poor technique and habits can be very difficult to un-learn for a gymnast.

## **Other Sports**

We encourage children to explore different sporting opportunities to diversify their athletic abilities. Focusing on just one sport from a young age often means that children miss out on developing a wide range of physical and motor skills that come from participating in multiple sports. Playing a variety of sports helps build a broader athletic foundation, improving things like agility, coordination, strength, and flexibility.

However, by joining a competitive group, you are committing to the scheduled training sessions for your specific level or squad. While we encourage our athletes to explore a variety of sports, it's important to ensure they can fully commit to the required training days. If this commitment isn't feasible, we will work with you to find an alternative pathway that suits your child's needs.

# Women's Artistic Gymnastics

# Competitions 101

## How do competitions work?

### Competition Season

The competition season spans across different portions of the year dependant on a gymnast's level and stream.

GYMSTAR	WAG	MAG
<b>Level 3-10</b> June - October	<b>Level 1-2</b> June - September  <b>Level 3-7</b> June - October  <b>Level 8-Senior</b> February - July	<b>Level 1-4</b> June - October  <b>Level 5-Senior</b> February - July

Competition venues will vary throughout the season, where possible we will select competitions that are a reasonable proximity to Knox Gymnastics.

Session times are set by the host club and may start as early as 7am or as late as 6pm, with competitions typically scheduled over a weekend. Exact session details are confirmed around 2 weeks prior and will be shared with participants promptly. Sessions usually run 2.5–4 hours, though senior levels may extend to 5–6 hours due to additional apparatus warm-ups. A parent or guardian must be present for their child's session.

### Competition Day

The big day is here! All of your child's hard work in class is about to shine in their competition.

We know competition day can be stressful—your child is likely to feel nervous, and that's completely normal! From our youngest Level 2 gymnasts to our most experienced Level 10s, everyone experiences a little competition jitters. It's all part of the journey!

As a parent, there are a few simple things you can do to help make the day as smooth and stress-free as possible for your child:

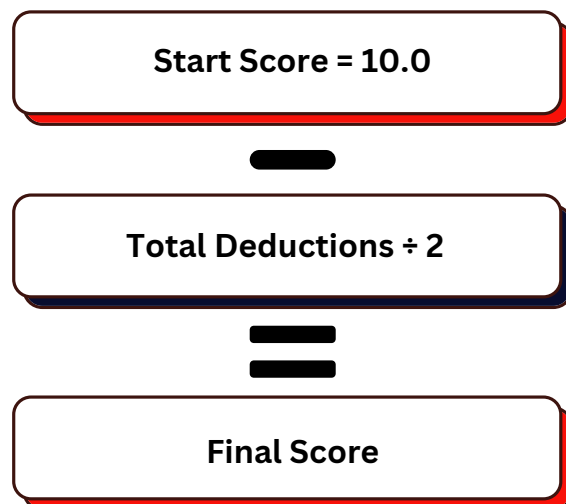
- 1. Arrive Early:** Aim to get to the venue 15 minutes before the competition starts. Please allow extra time for parking—if possible, drop your child off with a family member while you find a spot, or give yourself plenty of time to park if you're on your own.
- 2. Prepare Before You Arrive:** Have your child wear their full competition tracksuit and make sure their hair is already done before you arrive. Doing their hair at the venue can add unnecessary stress for both you and your child.
- 3. Pack Their Bag:** Help your child pack their competition bag the night before. Double-check that they have everything they need: their uniform, grips, strapping tape, and a small snack for energy.
- 4. Be Their #1 Supporter:** The most important thing you can do on competition day is cheer them on, no matter the outcome! Let your child know that you're proud of them, and that your support is unconditional—regardless of how they perform.

**Remember:** Competition day is not the time for additional feedback or concerns. If you have anything to discuss, it's best to save it for after the competition, back at training. This way, your child can focus on the moment and enjoy the experience.

# Competition Scoring

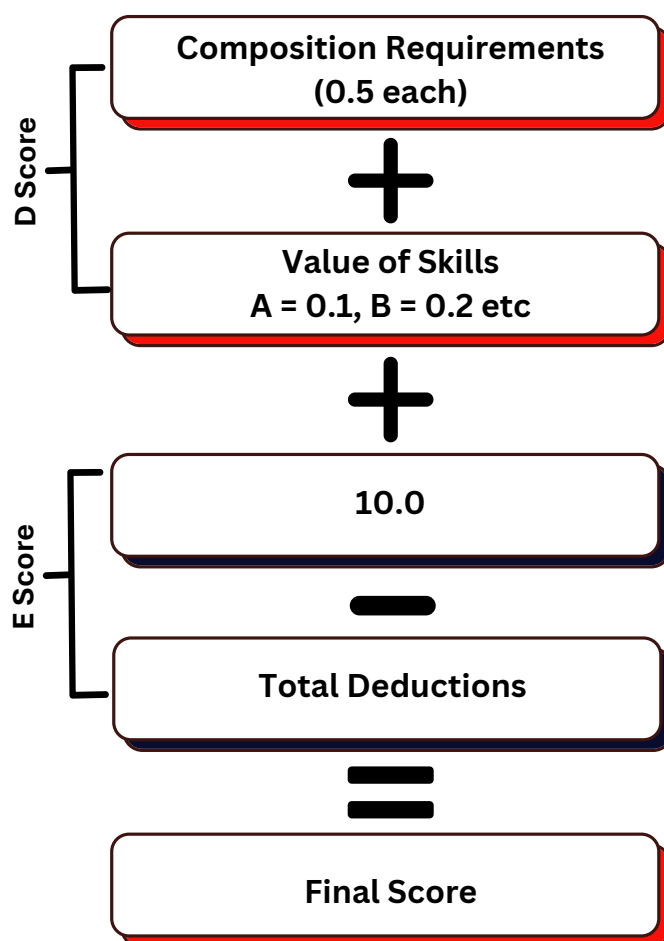
## Level 3-6

- All Gymnasts who reasonably attempt all the compulsory skills in their routine will start from a score of 10.0
- Routines are evaluated by the judges with deductions of 0.1, 0.3, 0.5 up to 1.0 (for a fall). Deductions are determined by the severity of the error made
- The judges then halve these deductions\* to come up with the execution score, this is deducted from 10 to determine the gymnast's final score
  - \*Deductions on vault are not halved



## Level 7-10

- The gymnast's score is made up of their Difficulty (D) Score (how difficult the elements in the routine are) and their Execution (E) Score (how well they perform the elements in their routine).
- The D Score: Gymnasts will earn 0.5 onto their D score for every Composition Requirement they meet. Gymnasts will then earn difficulty for each of the counting elements in their routine. The number of counting elements increases at each level. Each element in gymnastics is given a letter rating depending on how difficult it is. A value elements are worth 0.1, B elements are 0.2 and so on and so forth.
- The E Score: Deductions can be taken in 0.1, 0.3, 0.5 and 1.0 increments dependent on the severity of the error. These deductions are totalled up and taken away from 10.0 to give the execution score.
- Final Score: The D score and the E score are added together to give the final score.



## Judging at competitions: What you need to know

All judges must complete the Gymnastics Victoria judging course before they can officiate at competitions. They use the Table of Faults from the ALP Handbook and the WAG Code of Points to assess routines and take deductions.

While judges follow the same set of rules, it's important to understand that scores can sometimes vary. Judges are human and must make their decisions based on a single viewing of each routine, without the aid of technology like slow-motion replays.

Please remember, judges' decisions are final. We ask that all coaches, gymnasts, and parents respect their decisions as part of maintaining a positive and supportive environment for everyone.



# Awards

## Level 1-2

- Gymnasts will receive a certificate with coloured bands representing how well they have executed their routine
- Gymnasts will also receive either a participation ribbon, medal or trophy

## Level 3-4

- Team based competition (unless otherwise stated by the host club)
- Teams will be made up of 3-5 members, with the top 3 scores on each apparatus to contribute to the teams score
- 1st place up to 8th place awards will be presented on all 4 apparatus and overall. The number of placings awarded will be at the discretion of the host club
- Gymnasts' scores are not displayed during competition at this level.

## Level 5-10

- Individual based competition in addition to a team overall award
- 1st place up to 8th place awards are presented on all 4 apparatus and overall. The number of placings awarded will be at the discretion of the host club.
- Individual Gymnast scores MAY be flashed throughout the competition, this is dependent on the host club.

# Divisions

Within the levels there are different divisions in which a gymnast or a team can compete. These divisions are created by Gymnastics Victoria and are based on an individual or team's overall score.

Knox Gymnastics will enter gymnasts/teams into the division that is deemed most appropriate for that gymnast based on past competition results, potential pathway through our program and hours trained per week. There are no divisions for Level 2 athletes.

	Level 3			Level 4		
	Division 1	Division 2	Division 3	Division 1	Division 2	Division 3
Max Overall Team Score	Open	109.50	105.00	Open	109.50	103.5

	Level 5			Level 6		
	Division 1	Division 2	Division 3	Division 1	Division 2	Division 3
Max Overall Individual Score	Open	36.00	34.00	Open	36.00	34.00

	Level 7		Level 8		Level 9		Level 10	
	Division 1	Division 2	Division 1	Division 2	Division 1	Division 2	Division 1	Division 2
Max Overall Individual Score	Open	44.00	Open	44.00	Open	44.00	Open	44.00

If a gymnast scores above the threshold for their division at 2 competitions, they will be moved up to the next division. **Once a gymnast has been moved up a division they will not be moved back down.**

# Competition Policies

## Competition Entries/Payments

### Competition Nominations

Before the competition season begins, you will receive a Google Form listing all the competitions your child will be attending. Please complete the form by the specified deadline and let us know if there are any competitions your child will be unable to attend.

If your availability changes after you've submitted the form, or if your circumstances change before the entry deadline for any competition, please contact us right away to update us.

### Payments

You will receive a reminder email from us 2 weeks before competition entries open. This will be your final opportunity to let us know if your child is no longer able to attend.

Please note that we are required to pay for all competitions upfront. Once entries are submitted, the fees will be charged to the account we have on file. We will provide details about competition charges and payment dates once everything is finalized. Payments are typically processed the Thursday prior to a competitions entries open.

Any unused money (over calculations), non-qualification or cancelled events will be credited back to your account.

### Withdrawals

If your child is no longer able to compete at a competition, please let us know as soon as possible.

Withdrawals made before competition entries open will not incur any charges. Withdrawals after entries open may not receive a refund. Refunds are typically only provided in the case of injury or illness and will be subject to an administration fee.

To request a refund due to injury or illness, a medical certificate must be provided no later than one week after the event. Refunds are at the discretion of the individual club, and if approved, will have an administration cost deducted.

### Event Levy

Hosting events at our club is a big team effort, and we rely on the support of our community to make each event a success!

As part of our competitive programs, each family will be charged a **\$200 Event Levy** per year. However, you can earn back this levy by volunteering for just two event sessions at a Knox Gymnastics event. If you choose not to volunteer, the levy will go toward covering the costs of staff needed to run our events.

We host multiple events throughout the year, providing plenty of opportunities to volunteer and earn back your levy. Our Customer Service Team will keep you informed about upcoming events where you can get involved. We appreciate your support in helping us run the best events we can!

# Team Selection

Teams consist of a minimum 3 and a maximum of 5 gymnasts. Where there are more than 5 gymnasts in a Level & Division, Knox Gymnastics will enter 2 or more teams based on the selection procedure below.

## Invitational Competitions

### Where there are 7 or more gymnasts in a Level & Division (Level 3-7)

In consultation with the WAG Team Lead, coaches will divide their gymnasts into two teams. While we cannot predict competition day outcomes, coaches will strive to create balanced teams for each event. These teams will change at each competition. At Levels 8-10, teams will be stacked to put the strongest athletes in the same team.

### Where there are 6 gymnasts in a Level & Division (Level 5+ ONLY)

Where there are 6 gymnasts in a Level & Division, Knox Gymnastics may choose to enter either one team of 5 and an individual athlete or two teams of three.

## Regional Championships (Level 3-7 Gymnasts) / State Trials (Level 8-10 Gymnasts)

At the end of each season, gymnasts will have the opportunity to compete at the Metro East Regional Championships (Level 3-7) or State Trials (Level 8-10) with a chance to qualify to the Victorian Championships. Team selection will operate differently for this event.

Unlike our selection process for invitational competitions, teams for Regional Championships/State Trials will be determined through a ranking system which averages out gymnasts scores from throughout the competition season.

### Level 3 & 4

The top-ranking gymnasts will be put into a team, and this process continues until all gymnasts have been placed in a team. For example, a level that has 8 gymnasts competing, gymnasts ranked #1-5 will make up Team 'A', gymnasts ranked #6-8 will make up Team 'B'. All gymnasts will be placed into a team, team sizes will be dependent on gymnasts numbers at a particular Level & Division

### Level 5-10

The top 5 ranking gymnasts will be placed into a team, if there are 3 or more remaining gymnasts at a Level & Division they will then be placed into a secondary team.

Where there are not enough gymnasts to make up 2 teams, then some gymnasts will be selected to compete as individuals. For example, where there are 7 gymnasts in a Level and Division, the top 5 gymnasts will be placed in a team and the 6th & 7th gymnasts will compete as an individual. Gymnasts are still eligible to qualify to the Victorian Championships as individuals.

Coach discretion may be utilised for certain scenarios when forming teams. In the scenario where 2 gymnast's scores are very close, or the coach believes there is additional information that needs to be taken into consideration when forming teams, this will be discussed with the lead team.

Forming teams can be a complicated task, as team scores are made up of the top 3 athlete's results from each apparatus. This may mean that an athlete is selected for a team due to a history of excellence on a certain apparatus. We will always aim to select the highest scoring team possible.

# Victorian Championship Qualification

WAG athletes are required to qualify to the Victorian Championships. Qualification to the Victorian Championships is based on the results from Regional Championships (Levels 3-7) or State Trials (Level 8-10). Knox Gymnastics will compete at the Metro East Regional and is considered to be a large region.

## Level 3

All teams who compete at Regional Championships will qualify to the Victorian Championships.

Team make up will remain the same from Regional Championships to the Victorian Championships unless in the event an athlete cannot compete due to injury or absence.

## Level 4

**Please note according to the technical handbook the qualification process has changed from 2024 to 2025. However this is yet to be released, we will update you when this made available to clubs.**

## Level 5-7

**Team Qualification:** The top team from each region per level and division, who reaches the minimum qualifying score, will qualify to the Victorian Championships (Total of 7 teams, max 35 gymnasts). Gymnasts who qualify as part of a team will also be eligible for individual awards.

### **Individual Qualification:**

- The top 4 individual athletes per region that have not already qualified as part of a team will qualify to the Victorian Championships.
- The remaining spaces will then be allocated to the next ranked athletes regardless of region.
- There will be a maximum of 80 athletes per level and division qualified to the Victorian Championships
- Athletes who qualify through the individual qualification process must reach the minimum individual qualification score.

	Level 5			Level 6			Level 7	
	Division 1	Division 2	Division 3	Division 1	Division 2	Division 3	Division 1	Division 2
Minimum Team Qualifying Score	105.00	102.00	99.50	105.00	102.00	99.50	126.00	120.00
Minimum Individual Qualifying Score	34.00	32.50	31.00	34.00	32.50	31.00	41.00	39.00

**In the weeks following the conclusion of all 7 Regional Championships, Gymnastics Victoria will publish a list of all of the qualifiers for the Victorian Championships. You will be contacted if your child has qualified to the Victorian Championships.**

## Level 8-10

All athletes who compete at a State Trial event, will qualify to the Senior Victorian Championships. There is no minimum qualification score requirement.

# Level Awards Test (LAT)

Level Awards Tests (LATs) are a recognition of competency achieved for a level. Gymnasts will receive a badge to signify their level.

Athletes must have achieved the level pass mark (see below) at a competition that is designated as an LAT event. When an athlete achieves the level pass mark, the club will submit an LAT application to Gymnastics Victoria. You will be contacted for payment for your child’s LAT when necessary. The 2025 LAT fee will be \$40.

Level	LAT Pass Mark
Level 3-6	30.00
Level 7	38.00
Level 8	39.00
Level 9	40.00
Level 10	41.00

Please note, passing the LAT is a requirement for athletes to compete in Gymnastics Victoria-sanctioned events. This fee is mandatory and must be paid for your child to participate. However, successfully passing the LAT does **NOT** guarantee advancement to the next level the following year. Level progression is determined at the discretion of the coaching and leadership team.

# Men's Artistic Gymnastics

# Competitions 101

## How do competitions work?

### Competition Season

The competition season spans across different portions of the year dependant on a gymnast's level and stream.

GYMSTAR	WAG	MAG
<b>Level 3-10</b> June - October	<b>Level 1-2</b> June - September  <b>Level 3-7</b> June - October  <b>Level 8-Senior</b> February - July	<b>Level 1-4</b> June - October  <b>Level 5-Senior</b> February - July

Competition venues will vary throughout the season, where possible we will select competitions that are a reasonable proximity to Knox Gymnastics.

Session times are set by the host club and may start as early as 7am or as late as 6pm, with competitions typically scheduled over a weekend. Exact session details are confirmed around 2 weeks prior and will be shared with participants promptly. Sessions usually run 2.5–4 hours, though senior levels may extend to 5–6 hours due to additional apparatus warm-ups. A parent or guardian must be present for their child's session.

### Competition Day

The big day is here! All of your child's hard work in class is about to shine in their competition. We know competition day can be stressful—your child is likely to feel nervous, and that's completely normal! From our youngest Level 2 gymnasts to our most experienced Level 10s, everyone experiences a little competition jitters. It's all part of the journey!

As a parent, there are a few simple things you can do to help make the day as smooth and stress-free as possible for your child:

1. **Arrive Early:** Aim to get to the venue 15 minutes before the competition starts. Please allow extra time for parking—if possible, drop your child off with a family member while you find a spot, or give yourself plenty of time to park if you're on your own.
2. **Prepare Before You Arrive:** Have your child wear their full competition tracksuit and make sure their hair is already done before you arrive. Doing their hair at the venue can add unnecessary stress for both you and your child.
3. **Pack Their Bag:** Help your child pack their competition bag the night before. Double-check that they have everything they need: their uniform, grips, strapping tape, and a small snack for energy.
4. **Be Their #1 Supporter:** The most important thing you can do on competition day is cheer them on, no matter the outcome! Let your child know that you're proud of them, and that your support is unconditional—regardless of how they perform.

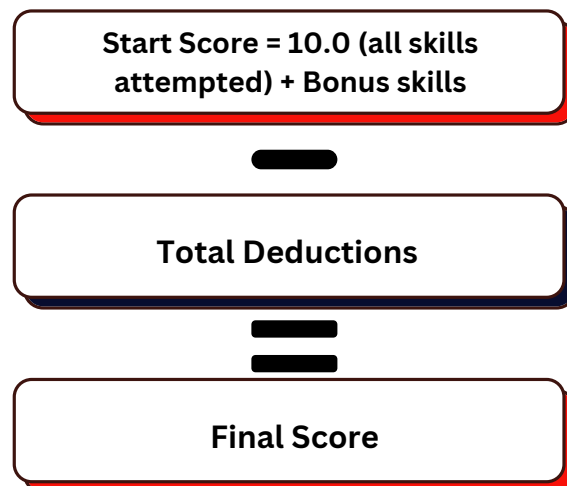
**Remember:** Competition day is not the time for additional feedback or concerns. If you have anything to discuss, it's best to save it for after the competition, back at training. This way, your child can focus on the moment and enjoy the experience.



# Competition Scoring

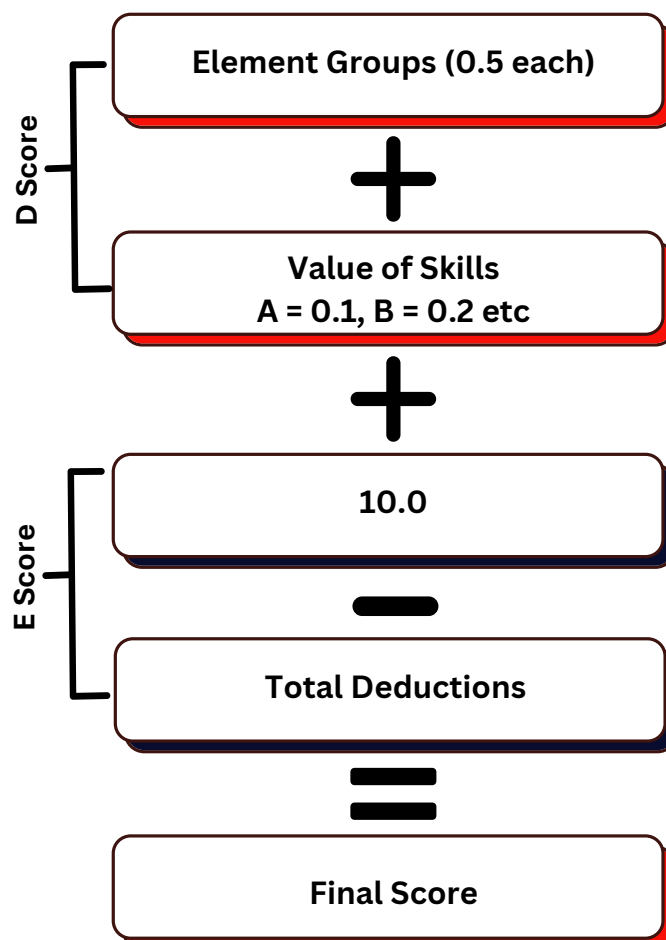
## Compulsories (Level 1-6)

- All gymnasts who reasonably attempt all compulsory skills will have a start value of 10.0
- Gymnasts can also compete bonus skills, up to an additional 0.5 on their start value (10.5).
- Routines are evaluated by the judges with deductions of 0.1, 0.3, 0.5 up to 1.0 (for a fall). Deductions are determined by the severity of the error made
- Deductions are then added together and subtracted from the start value to get the final score



## Optionals (Levels 5-10)

- The gymnast's score is made up of their Difficulty (D) Score (how difficult the elements in the routine are) and their Execution (E) Score (how well they perform the elements in their routine).
- The D Score: Gymnasts will earn 0.5 onto their D score for every element group they meet. Gymnasts will then earn difficulty for each of the counting elements in their routine. The number of counting elements increases at each level. Each element in gymnastics is given a letter rating depending on how difficult it is. A value elements are worth 0.1, B elements are 0.2 and so on and so forth.
- The E Score: Deductions can be taken in 0.1, 0.3, 0.5 and 1.0 increments dependent on the severity of the error. These deductions are totalled up and taken away from 10.0 to give the execution score.
- Final Score: The D score and the E score are added together to give the final score.



## Judging at competitions: What you need to know

All judges must complete the Gymnastics Victoria judging course before they can officiate at competitions. They use the Table of Faults from the ALP Handbook and the MAG Code of Points to assess routines and take deductions.

While judges follow the same set of rules, it's important to understand that scores can sometimes vary. Judges are human and must make their decisions based on a single viewing of each routine, without the aid of technology like slow-motion replays.

Please remember, judges' decisions are final. We ask that all coaches, gymnasts, and parents respect their decisions as part of maintaining a positive and supportive environment for everyone.

# Awards

## Level 1-2

- Gymnasts will receive a certificate with coloured bands representing how well they have executed their routine
- Gymnasts will also receive either a participation ribbon, medal or trophy

## Level 3-10

- Individual based competition in addition to a team overall award
- 1st-3rd/8th awards are presented on all 6 apparatus and overall. The number of placings awarded will be at the discretion of the host club.
- Individual Gymnast scores MAY be flashed throughout the competition, this is dependent on the host club.
- Teams will be made up of 3-6 members, with the top 3 scores on each apparatus contributing to the team score

# Divisions

Within the levels there are different divisions in which a gymnast or a team can compete. These divisions are created by Gymnastics Victoria and are based on an athletes age as of January 1st, 2025

	Level 1	Level 2	Level 3	Level 4
Age Groups	Under 7 Under 11	Under 8 Under 12	Under 9 Under 13	Under 10 Under 14

	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Age Groups	Under 11 Open Optional	Under 12 Open Optional	Under 13 Open	Under 14 Open	Under 15 Under 18 Open	Open

# Competition Policies

## Competition Entries/Payments

### Competition Nominations

Before the competition season begins, you will receive a Google Form listing all the competitions your child will be attending. Please complete the form by the specified deadline and let us know if there are any competitions your child will be unable to attend.

If your availability changes after you've submitted the form, or if your circumstances change before the entry deadline for any competition, please contact us right away to update us.

### Payments

You will receive a reminder email from us 2 weeks before competition entries open. This will be your final opportunity to let us know if your child is no longer able to attend.

Please note that we are required to pay for all competitions upfront. Once entries are submitted, the fees will be charged to the account we have on file. We will provide details about competition charges and payment dates once everything is finalized. Payments are typically processed on the day competition entries open.

Any unused money (over calculations), non-qualification or cancelled events will be credited back to your account.

### Withdrawals

If your child is no longer able to compete at a competition, please let us know as soon as possible.

Withdrawals made before competition entries open will not incur any charges. Withdrawals after entries open may not receive a refund. Refunds are typically only provided in the case of injury or illness and will be subject to an administration fee.

To request a refund due to injury or illness, a medical certificate must be provided no later than one week after the event. Refunds are at the discretion of the individual club, and if approved, will have an administration cost deducted.

### Event Levy

Hosting events at our club is a big team effort, and we rely on the support of our community to make each event a success!

As part of our competitive programs, each family will be charged a **\$200 Event Levy** per year. However, you can earn back this levy by volunteering for just two event sessions at a Knox Gymnastics event. If you choose not to volunteer, the levy will go toward covering the costs of staff needed to run our events.

We host multiple events throughout the year, providing plenty of opportunities to volunteer and earn back your levy. Our Customer Service Team will keep you informed about upcoming events where you can get involved. We appreciate your support in helping us run the best events we can!

# Team Selection

Teams are made up of a minimum 3 and a maximum of 6 gymnasts. **Where there are more than 6 gymnasts in a Level**, Knox Gymnastics will enter 2 or more teams based on the below selection procedure

## Invitational Competitions

In consultation with the MAG Team Lead, coaches will divide their gymnasts into 2 teams. While we cannot predict what will happen on competition day, coaches will aim to split their teams as evenly as possible. These teams will change at each competition.

## Victorian Championship Qualifiers

At the end of each season, gymnasts will have the opportunity to compete at the Junior Victorian Championships Team Event & Individual qualifier. Team selection will operate differently for this event.

Unlike our selection process for invitational competitions, teams for the Victorian Championships will be determined through a ranking system which averages out gymnasts scores from throughout the competition season.

### Level 3 & 4

The top-ranking gymnasts will be put into a team, and this process continues until all gymnasts have been placed in a team. For example, a level that has 10 gymnasts competing, gymnasts ranked #1-6 will make up Team 'A', gymnasts ranked #7-10 will make up Team 'B'. All gymnasts will be placed into a team, team sizes will be dependent on gymnasts numbers at a particular Level.

### Level 5-10

The top 6 ranking gymnasts will be placed into a team, if there are 3 or more remaining gymnasts at a Level they will then be placed into a secondary team.

Where there are not enough gymnasts to make up 2 teams, then some gymnasts will be selected to compete as individuals. For example, where there are 8 gymnasts in a Level, the top 6 gymnasts will be placed in a team and the 7th & 8th gymnasts will compete as an individual. Gymnasts are still eligible for individual awards at the Victorian Championships as individuals.

Coach discretion may be utilised for certain scenarios when forming teams. In the scenario where 2 gymnast's scores are very close, or the coach believes there is additional information that needs to be taken into consideration when forming teams, this will be discussed with the Team Lead team.

Forming teams can be a complicated task, as team scores are made up of the top 3 athlete's results from each apparatus. This may mean that an athlete is selected for a team due to a history of excellence on a certain apparatus. We will always aim to select the highest scoring team possible.

# Victorian Championships

All MAG athlete who compete at the required qualification event, will qualify to the Victorian Championships.

## Level 1-4

### Junior Victorian Championships (Team Event) & Individual Qualifier

The Junior Victorian Team Championships and Individual Qualifier event is the State Qualifying competition and the Team Final for MAG Level 1-4.

All Gymnasts (even if not in a team) will compete at this event to qualify to the Individual State Championships. All gymnasts provided they have competed at the Junior Victorian Championships Qualifier event, will qualify to the Junior Victorian Championships.

### Junior Victorian Championships (Individual Event)

The Junior Victorian Championships is a 1-day event where athletes will compete for individual placings on all 6 apparatus and overall. Using the results from Qualifiers, Level 3 and 4 gymnasts may be divided into Division A and B based on numbers.

## Level 5&6

All athletes qualify to the Senior Victorian Championships provided they have competed at State Trial 1.

The Senior Victorian Championships is a 1-day competition, where athletes will compete for both Individual and Team awards.

## Level 7-10

All athletes qualify to the Senior Victorian Championships provided they have competed at State Trial 1.

The Senior Victorian Championships is a 2-day competition. Day 1 is Qualification/AA and Team Only, Day 2 will be apparatus only. Presentations will be made at the end of Day 2.

## Level Awards Test (LAT)

Level Awards Tests (LATs) are a recognition of competency achieved for a level. Gymnasts will receive a badge to signify their level.

Athletes must have achieved the level pass mark (see below) at a competition that is designated as an LAT event. When an athlete achieves the level pass mark, the club will submit an LAT application to Gymnastics Victoria. You will be contacted for payment for your child's LAT when necessary.

Level	LAT Overall Pass Mark	Apparatus Scores	Level	LAT Overall Pass Mark	Apparatus Scores
Level 1-5	42.00	> 5.5	Level 8 Under	45.00	> 6.5
Level 6 Under	42.00	> 5.5	Level 8 Open	62.00	> 9.0
Level 6 Open	60.00	> 8.5	Level 9 Under	60.00	> 9.0
Level 7 Under	45.00	> 6.5	Level 9 Open	63.00	> 9.5
Level 7 Open	60.00	> 8.5	Level 10	65.00	> 10.00

Please note, passing the LAT allows an athlete to compete at Gymnastics Victoria sanctioned events. Passing your LAT does **NOT** guarantee moving up a level the following year. This decision will be at the discretion of the coaching and leadership team.

GymStar

# Competitions 101

## How do competitions work?

### Competition Season

The competition season spans across different portions of the year dependant on a gymnast's level and stream.

GYMSTAR	WAG	MAG
<b>Level 3-10</b> June - October	<b>Level 1-2</b> June - September  <b>Level 3-7</b> June - October  <b>Level 8-Senior</b> February - July	<b>Level 1-4</b> June - October  <b>Level 5-Senior</b> February - July

Competition venues will vary throughout the season, where possible we will select competitions that are a reasonable proximity to Knox Gymnastics.

Session times are set by the host club and may start as early as 7am or as late as 6pm, with competitions typically scheduled over a weekend. Exact session details are confirmed around 2 weeks prior and will be shared with participants promptly. Sessions usually run 2.5–4 hours. A parent or guardian must be present for their child's session.

### Competition Day

The big day is here! All of your child's hard work in class is about to shine in their competition. We know competition day can be stressful—your child is likely to feel nervous, and that's completely normal! From our youngest Level 2 gymnasts to our most experienced Level 10s, everyone experiences a little competition jitters. It's all part of the journey!

As a parent, there are a few simple things you can do to help make the day as smooth and stress-free as possible for your child:

1. **Arrive Early:** Aim to get to the venue 15 minutes before the competition starts. Please allow extra time for parking—if possible, drop your child off with a family member while you find a spot, or give yourself plenty of time to park if you're on your own.
2. **Prepare Before You Arrive:** Have your child wear their full competition tracksuit and make sure their hair is already done before you arrive. Doing their hair at the venue can add unnecessary stress for both you and your child.
3. **Pack Their Bag:** Help your child pack their competition bag the night before. Double-check that they have everything they need: their uniform, grips, strapping tape, and a small snack for energy.
4. **Be Their #1 Supporter:** The most important thing you can do on competition day is cheer them on, no matter the outcome! Let your child know that you're proud of them, and that your support is unconditional—regardless of how they perform.

**Remember:** Competition day is not the time for additional feedback or concerns. If you have anything to discuss, it's best to save it for after the competition, back at training. This way, your child can focus on the moment and enjoy the experience.



# Competition Scoring

## Judging at competitions: What you need to know

All judges must complete the Gymnastics Victoria judging course before they can officiate at competitions. They use the Table of Faults from the GymStar Handbook to assess routines and take deductions.

While judges follow the same set of rules, it's important to understand that scores can sometimes vary. Judges are human and must make their decisions based on a single viewing of each routine, without the aid of technology like slow-motion replays.

Please remember, judges' decisions are final. We ask that all coaches, gymnasts, and parents respect their decisions as part of maintaining a positive and supportive environment for everyone.

### Level 1-3 (Neutrons)

- All Level 3 Gymnasts who reasonably attempt all skill and composition requirements will start with a score of 15
- Routines are evaluated by the judge/s with deductions of 0.1, 0.3, 0.5 up to 1.0 (for a fall).
- The judges then minus these deductions from the start score of 15 to create the final score. Where there are 2 or more judges the deductions will be averaged before the final score is calculated

**Start Score = 15.0**

**Total Deductions  
(Averaged if there are 2 judges)**

**Final Score**

### Level 4-8 (Halos)

- All Level 4-8 Halos gymnasts who reasonably attempt all skill and composition requirements will start with a score of 15.0
- Routines are evaluated by the judge/s with deductions of 0.1, 0.3, 0.5 up to 1.0 (for a fall).
- The judges then minus these deductions from the start score of 15 to create the final score. Where there are 2 or more judges the deductions will be averaged before the final score is calculated
- Star skills will not receive any bonus, however any routines that include star skills will be awarded a star on the gymnasts certificate
- Gymnasts may also choose to nominate one "Challenge Skill" to perform in their routine that will not be judged. This is a skill that they are working towards competing but may not be at competition standard.

**Start Score = 15.0**

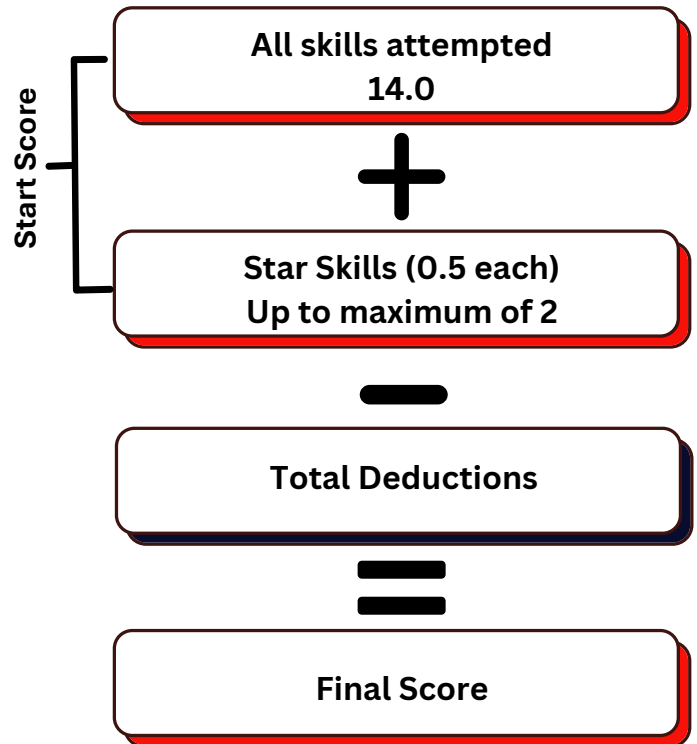
**Total Deductions  
(Averaged if there are 2 judges)**

**Final Score**

# Competition Scoring

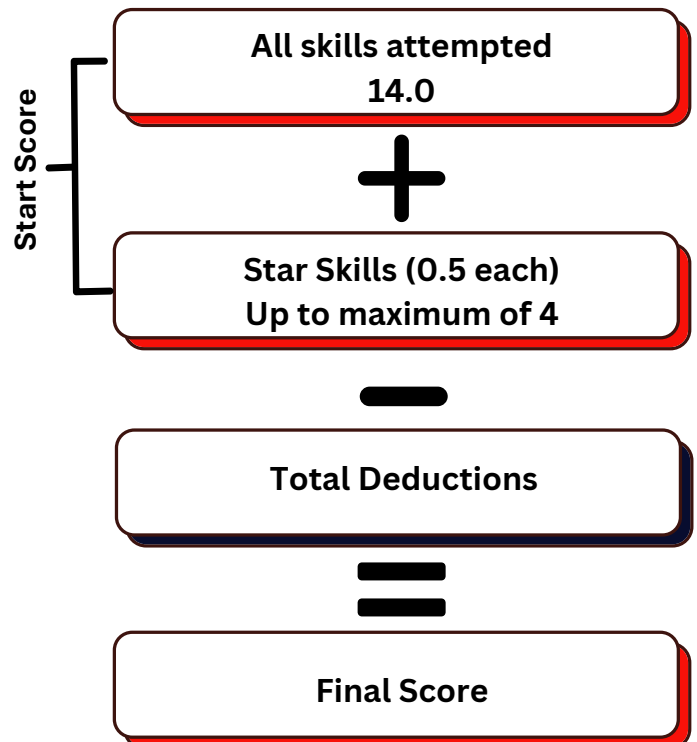
## Level 4-8 (Titans)

- All Level 4-8 Titans gymnasts who reasonably attempt all skill and composition requirements will start with a score of 14
- If a gymnast performs a star skill they will receive a 0.5 bonus to their start score
- Gymnasts may perform up to 2 star skills at Levels 4-8
- Routines are evaluated by the judge/s with deductions of 0.1, 0.3, 0.5 up to 1.0 (for a fall).
- The judges then minus these deductions from the start score to calculate the final score. Where there are 2 or more judges the deductions will be averaged before the final score is calculated



## Level 9&10 (Titans)

- All Level 9-10 gymnasts start with a score of 14
- If a gymnast performs a star skill they will receive a 0.5 bonus to their start score
- Gymnasts may perform up to 3 star skills at Level 9 and up to 4 star skills at Level 10
- Routines are evaluated by the judge/s with deductions of 0.1, 0.3, 0.5 up to 1.0 (for a fall).
- The judges then minus these deductions from the start score of 15 to create the final score. Where there are 2 or more judges the deductions will be averaged before the final score is calculated



# Awards

## Level 3

- Gymnasts will receive a certificate with their scores listed and an individual medal based on their overall score (their best 5 apparatus added together) based on the scoring bands (pictured right)
- Please note the above bandings are based on the 2025 version of the manual, these may be subject to change each year
- 1st-6th Place teams and 1st-6th Place individual overall will also be awarded

Gold	69.0 and above
Silver	66.4-68.9
Bronze	62.7-66.3
Red	57.0-62.6
Green	53.4-56.9
Black	53.3 and below

## Level 4-10

- Gymnasts will receive a certificate with their scores for each apparatus
- Medals will be awarded for 1st-3rd and ribbons will be awarded for 4th-6th on apparatus and individual overall
- 1st-6th place will also be awarded for teams

# Divisions

Within the levels there are different categories/divisions that gymnasts can compete in. these divisions are based on the goals of each gymnast. Knox Gymnastics will enter your child into the division that is best suited to them and their training hours.

## Neutrons

All Level 1-3 gymnasts will compete in the Neutrons division.

## Halos

Halos is for gymnasts who are training limited hours and is designed for clubs/groups who prefer a less competitive environment. The focus within this division is competing in a fun and positive environment.

## Titans

Titans events are for gymnasts who are training more hours per week and are looking for a more competitive environment. This division focus more on skill development and the progression of gymnasts through their levels whilst still maintaining a fun and positive environment.

# Competition Policies

## Competition Entries/Payments

### Competition Nominations

Before the competition season begins, you will receive a Google Form listing all the competitions your child will be attending. Please complete the form by the specified deadline and let us know if there are any competitions your child will be unable to attend.

If your availability changes after you've submitted the form, or if your circumstances change before the entry deadline for any competition, please contact us right away to update us.

### Payments

You will receive a reminder email from us 2 weeks before competition entries open. This will be your final opportunity to let us know if your child is no longer able to attend.

Please note that we are required to pay for all competitions upfront. Once entries are submitted, the fees will be charged to the account we have on file. We will provide details about competition charges and payment dates once everything is finalized. Payments are typically processed on the day competition entries open.

Any unused money (over calculations), non-qualification or cancelled events will be credited back to your account.

### Withdrawals

If your child is no longer able to compete at a competition, please let us know as soon as possible.

Withdrawals made before competition entries open will not incur any charges. Withdrawals after entries open may not receive a refund. Refunds are typically only provided in the case of injury or illness and will be subject to an administration fee.

To request a refund due to injury or illness, a medical certificate must be provided no later than one week after the event. Refunds are at the discretion of the individual club, and if approved, will have an administration cost deducted.

### Event Levy

Hosting events at our club is a big team effort, and we rely on the support of our community to make each event a success!

As part of our competitive programs, each family will be charged a **\$200 Event Levy** per year. However, you can earn back this levy by volunteering for just two event sessions at a Knox Gymnastics event. If you choose not to volunteer, the levy will go toward covering the costs of staff needed to run our events.

We host multiple events throughout the year, providing plenty of opportunities to volunteer and earn back your levy. Our Customer Service Team will keep you informed about upcoming events where you can get involved. We appreciate your support in helping us run the best events we can!

# Team Selection

Teams are made up of a minimum 3 and a maximum 5 gymnasts. Where there are more than 5 gymnasts in a Level, Knox Gymnastics will enter 2 or more teams based on the below selection procedure

## Invitational Competitions

In consultation with the GymStar or GymStar 3 Team Lead, coaches will divide their gymnasts into 2 teams. While we cannot predict what will happen on competition day, coaches will try to split their teams as evenly as possible. These teams will change at each competition.