



CASEY GYMNASTICS

GYMSTAR 2019

PARENT MANUAL

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What is Gymstar?

- Gymnastics Victoria's "Gymnastics For All" Competitive Program.
- A recreational competitive stream that allows for both boys and girls to compete across the 6 apparatus of floor, vault, beam, bars, rings and p-bars.
- Gymstar has an emphasis on the execution of routines opposed to the level of difficulty.

Gymstar Rules and Regulations

- Protests are NOT Permitted - they are not within the spirit of the competition and judges scores are final.
- Scores are not flashed during competition, nor are the scores of other gymnast's disclosed.
- Flash photography is not to be used at competitions.

Gymstar Scoring

- Levels 1 -3 have a start score of 15.0 (E Score = 10, D Score = 5).
- Competitive Levels 4+ have a start score of 14.0 - 16.0 (E Score = 10, D Score = 0.0 – 2.0). The E Score is made up of execution (how neat the routine is) and the D Score is made up of from the difficulty of the routine (the number of star skills performed).
- Challenge Levels 4+ have a start score of 15.0. Gymnasts in the Challenge stream are also able to nominate one 'challenge skill' which is a skill the gymnast may currently be working on that can safely be performed but is not yet at competition standard.
- A gymnast's final score for level 1 -3 will be no lower than 10.0 and Level 4+ no lower than 8.0.

What are Star Skills (bonuses)?

- Star Skills are a set of skills nominated to each apparatus throughout levels 4 and up that provide gymnasts the opportunity to increase their D score and thus their starting score.
- Fulfilling star skill requirements will mean gymnasts commence from the highest start value possible.

Gymstar Awards

Gymstar Presentations – Meet Level 3

- Certificate with individuals' scores listed.
- Individual All Round (top 5 scores together) 1st – 3rd.
- Teams Overall 1st – 3rd.
- Individual Medal calculated from the gymnast's top 5 scores:
 - Gold = 69.0 and above
 - Silver = 64.0 – 68.9
 - Bronze/Blue = 60.0-63.9
 - Bronze/Red = 53.5 – 59.9
 - Bronze/Green = 50.5 – 53.4
 - Bronze/Black = 50.0 and below

Gymstar Presentations – Competition Level 4+

- Certificate with individual scores listed.
- Individual Apparatus Medal 1st – 3rd.
- Individual Apparatus Ribbon 4th – 6th.
- Individual All Round (top 5 scores together) 1st – 3rd.
- Teams Overall 1st – 3rd.

Gymstar Competition Day Structure

Gymstar competitions are hosted throughout the calendar year on Saturday evenings or Sunday morning through to evening sessions.

- It is expected you arrive 15mins prior to the competition start time so your gymnast can meet with their coach and get ready for the competition ahead.
- Once competition commences there is a 15minute general warm up period for all gymnasts.
- Gymnasts will then be invited to the floor to be presented to the audience and salute.
- Rotations will commence following the work order.
- Upon completion of all 6 rotations all gymnasts will again be invited to the floor for presentations which will conclude the session.

Gymstar Fees

- Gymnast Entry Fee: \$60 per competition due before the competition entry closure date.
- Gymnast Withdrawal Fee: if you nominate to attend a competition and do not show on the day an \$11 withdrawal fee is charged (unless medical certificate supplied).
- Spectator Entry Fees: prices are determined at the host club's discretion.

Gymstar Gymnast Expectations

While at Training:

- To be committed and dedicated in attendance to training sessions.
- To arrive on time to training and be prepared:
 - Hair Tied Up
 - Appropriate Attire Worn
 - Tape, Grips, Wrist Guards etc. accessible and ready to be used if/when needed.

While at Competition:

- To attend a minimum of 2 external competitions a year plus the in-house.
- To arrive 15mins before the competition start time.
- To attend all competitions in full uniform.
- Be respectful of team mates, other clubs and host venue.
- Hair up in a tight bun.
- Only Casey Uniform to be worn while at competition.

Specific Competition details will be shared via TeamApp and email.

Code of Conduct

Gymnasts are expected to:

- Respect all coaches, judges, officials and other gymnasts they encounter.
- Be punctual to training - ready to begin warm up at the designated time.
- Leave all phones, iPods, iPads and other electronic devices in their bags for the duration of training.
- Remove all jewellery before the commencement of training. Earrings – studs and sleepers allowed.
- Hair tied back neatly, and off the face. Ponytails that extend past the shoulders must be worn in a bun.
- Wear fitted clothing, preferably a leotard or crop top and fitted bike shorts. Participants will be bare foot in the gymnastics hall.
- Be inclusive of everyone in the training group and ensure that everyone feels welcome and supported during both training and competitions.
- Wear correct uniform.
- Behave appropriately with respect and integrity as a representative of the club.
- Be gracious both in defeat and in triumph.
- Always display good sportsmanship.

Coaches are expected to:

- Be punctual and prepared for all classes and competitions.
- To ensure programming is engaging, positive and safe – delivered to the highest of standards.
- Wear correct uniform.
- Behave appropriately with respect and integrity as a representative of the club.
- Communicate with parents, gymnasts and officials in a respectful and courteous manner.
- Ensure all coaching, first aid and CPR accreditations are up to date.
- Attend regular workshops and personal development sessions to continually develop their coaching knowledge.
- Be a positive role model for all gymnasts.
- Be gracious both in defeat and in triumph.
- Always display good sportsmanship.

Parents are expected to:

- Refrain from coaching and communicating with your child from the viewing space during training/competitions.
- Contact your child's coach ONLY via their YMCA email address.
- Communicate with coaches, parents and gymnasts in a respectful and courteous manner.
- Show respect to other coaches, gymnasts, clubs and competitors both internally and externally.
- Refrain from discussing another gymnast with coaches, other parents or with your child.
- No videos/photos are to be taken during training sessions by parents, guardians and children including the gymnast (if a photo/video has been approved by the coach it can be taken at the end of class).
- Only film your child during competition unless you have the explicit permission from another child's parent/guardian to film them.
- Videos that include children other than your own must not be shared on social media unless you have the explicit permission from another child's parent/guardian to film.
- Judges decisions are final and cannot be questioned, if it is believed an error has occurred the coach will follow the appropriate course of action.
- Releasing scores is at the discretion of the coach and the decision is final.
- Ensure that all external communication to other clubs goes through Casey Gymnastics. If you need to contact another club, please speak to your child's coach.
- Represent our club with the utmost respect and integrity, both internally and externally. This includes the use of social media.
- Refrain from communicating with gymnasts during competition. Attempting to communicate with gymnasts during competition can lead to disqualification.
- Be a positive role model for your child and encourage good sportsmanship.

Uniform Requirements

Leotard (Compulsory)

The leotard is compulsory for all Gymstar Gymnasts competing and representing Casey Gymnastics.

1. The long sleeve leotard can be worn by Gymstar Competition Gymnasts OR Gymstar Challenge Gymnasts.
2. The short sleeve leotard can be worn ONLY by Gymstar Challenge Gymnasts.



Tracksuit (Optional)

The tracksuit is optional for all GymStar Gymnasts. Please note that gymnasts are unable to wear any other jacket or pant from the time warm up commences through to the end of presentations. As some venues can be cooler than others, gymnasts may bring along a blanket (preferable blue, red, white or black) to the competition to keep warm between apparatus.



Other optional merchandise that can be worn to competition include:



Gymnast T-Shirt



Personalised Back Pack



Puffer Vest