Gymnast Age and Ability Level Entrance Rules

Training Hours

Up to 2hours per week Beginner

Over 2 hours to 4 hours per week Intermediate

Over 4 hours per week Advanced

Age Levels

9 and under DOB - 2009, 2008

11 and under DOB – 2007, 2006

13 and under DOB – 2005, 2004

15 and under DOB - 2003, 2002

16 and above –Ladies DOB – 2001 and older

16 and above - Men's DOB – 2001 and older

Enter Age Groups

- No Gymnasts in ANY category can have competed in an artistic or on an NDP pathway competition in any other gymnastics discipline for a minimum of 2 years.
- Gymnasts training towards artistic or other NDP pathway competitions in the future, who are using the floor and vault competition for gaining experience should be entered into the advanced category only, despite hours trained.
- All age categories have the opportunity to enter the three different categories of Beginner, Intermediate and Advanced.

Disability Age and Ability Level Entrance Rules

Age Levels

Disability 15 and under DOB - 2002 and younger

Disability 16 and above – Ladies/Men's DOB - 2001 and older

Disability Categories – enter according to skill ability, regardless of training hours

Physical Disability: for gymnasts who are unable to compete in the beginner category due to a physical disability eg. non-ambulant. Suitable for gymnasts who usually compete at Level A in Special Olympics or other disability competitions.

Disability Beginner: for gymnasts who usually compete at Level B in Special Olympics or other disability competitions.

Disability Intermediate: for gymnasts who usually compete at Level 1 in Special Olympics or other disability competitions, with the option to perform some basic skills from the mainstream category.

Disability Advanced: for gymnasts who usually compete at level 2 and above in Special Olympics or other disability competitions, with the option to perform a large amount of skills from the mainstream category.