

Gymnast Age and Ability Level Entrance Rules

Training Hours

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|---|---------------------|
| <i>Up to 2 hours per week</i> | <i>Beginner</i> |
| <i>Over 2 hours to 4 hours per week</i> | <i>Intermediate</i> |
| <i>Over 4 hours per week</i> | <i>Advanced</i> |

Age Levels

| | |
|-----------------------------|-----------------------------|
| <i>9 and under</i> | <i>DOB - 2010, 2009</i> |
| <i>11 and under</i> | <i>DOB – 2008, 2007</i> |
| <i>13 and under</i> | <i>DOB – 2006, 2005</i> |
| <i>15 and under</i> | <i>DOB - 2004, 2003</i> |
| <i>16 and above –Ladies</i> | <i>DOB – 2002 and older</i> |
| <i>16 and above - Men's</i> | <i>DOB – 2002 and older</i> |

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 - 2003 and younger

Disability 16 and above – Ladies/Men's

DOB – 2002 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.