

## **Gymnast Age and Ability Level Entrance Rules**

### Training Hours

|   |                     |
|---|---------------------|
| <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 - 2011, 2010</i>     |
| <i>11 and under</i>         | <i>DOB – 2009, 2008</i>     |
| <i>13 and under</i>         | <i>DOB – 2007, 2006</i>     |
| <i>15 and under</i>         | <i>DOB - 2005, 2004</i>     |
| <i>16 and above –Ladies</i> | <i>DOB – 2003 and older</i> |
| <i>16 and above - Men’s</i> | <i>DOB – 2003 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, tumbling, trampolining or any 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.*
- *Gymnasts training with multiple club no matter what discipline; all hours trained in a week should be added together, e.g. a gymnast may train 2 hours a week with a Gymnastics for All club and 2 hours a week with a Trampoline club. Therefore, they are training 4 hours per week so should be entered into the Intermediate category instead of Beginner. Please note how many hours per week your gymnasts are training.*
- *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 - 2004 and younger*

*Disability 16 and above – Ladies/Men’s*

*DOB – 2003 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.