

EVENTS and COMPETITIONS 2026



END OF YEAR PERFORMANCE

All our students are invited to participate in the special Gala Performance that we organise for our community, parents and families and all gymnasts at the end of each year. This is a perfect opportunity to watch your children showcasing their talents and skills developed throughout the year. The concert is a wonderful event for everyone involved! Moreover, it enhances students' confidence, self-esteem and performance skills. This a must-see event!

Date and location: Saturday, 28 November 1pm-4pm at the Light of Christ Centre, Waitara (TBC)

Dress Rehearsal: Saturday, 28 November 9am-12pm (TBC)

COMPETITIONS

At Miss Rhythmics we invite all our students who enrolled into competitive groups to participate in Rhythmic Gymnastics competitions in NSW (L1-10), Interstate (L5-8, Development and HP) and Nationally (L5-8 individuals and Multiples groups).

COMPETITION LEVEL	COMPETITIONS	COMPETITION OUTFIT	APPARATUS
High Performance Individuals and Groups; L9 and L10	<ol style="list-style-type: none"> 11-12 April: Trial 1 (HP and L9-10) 2-3 May: Trial 2 (HP and L9-10) – 22-24 May: NSW State Championships (HP and L9-10) 27 June: State Team Training (for HP and L10 selected on NSW team) 14-20 July: Australian Championships (HP, PJ group and L10) – Sydney 14-16 August: Tamara Cup – International Tournament, Tokyo, Japan. 	Individual RG leotards, Miss Rhythmics tracksuit, Club t-shirt.	Freehand Hoop Ball Clubs Ribbon
Levels 5-9 individuals	<ol style="list-style-type: none"> Saturday, 30 May: Control training (L5-8) Saturday, 6 June: Miss Rhythmics In-Club Competition (L5-8). 13-14 June: GNSW Invitational for L5-8 4-5 July: RG Intermediate State Championships 20-26 September, Gymnastics National Clubs Carnival (NCC), Gold Coast Sports and Leisure Centre – individual gymnasts selected on Miss Rhythmics NCC Team. 	Individual RG leotard is allowed. Miss Rhythmics tracksuit, Club t-shirt, black shorts	L5-8 must have all apparatus: Rope, Hoop, Ball, Clubs and Ribbon and bring to each class. Freehand – at NCC only

<p>Development individuals (Pre-high Performance)</p>	<ol style="list-style-type: none"> 1. Saturday, 6 June: Miss Rhythmics In-Club Competition 1-2 August, GNSW RG Grand Prix 1. 14-16 August: Tamara Cup – International Tournament, Tokyo, Japan. 22-23 August, GNSW RG Grand Prix 2. 11-13 September, GNSW RG State Clubs Championships & Grand Prix Final - Sydney Gymnastics & Aquatic Centre, Rooty Hills. 20-26 September, Gymnastics National Clubs Carnival (NCC), Gold Coast Sports and Leisure Centre – only gymnasts selected on Miss Rhythmics NCC Team. 	<p>Individual RG leotard is allowed, Miss Rhythmics tracksuit, Club t-shirt.</p>	<p>Freehand Rope Hoop</p>
<p>Multiples: Rhythmic Gymnastics Groups</p>	<ol style="list-style-type: none"> 1-2 August, GNSW RG Multiples Grand Prix 1. 22-23 August, GNSW RG Multiples Grand Prix 2. 11-13 September, GNSW RG Multiples State Clubs Championships & Grand Prix Final - Sydney Gymnastics & Aquatic Centre, Rooty Hills. 20-26 September, Gymnastics National Clubs Carnival (NCC), Gold Coast Sports and Leisure Centre – only Multiples groups selected on Miss Rhythmics NCC Team. 	<p>Miss Rhythmics club leotard (some Cat 3/4 teams may wear specific leotard for a choreography. Miss Rhythmics tracksuit, Club t-shirt.</p>	<p>Cat 1, 2, 3, 4 - Freehand Cat 1 – 4 Balls and 3 Hoops Cat 2 – 4 Hoops and 3 Balls Cat 3 – 4 Clubs and 3 Hoops Cat 4 – 4 Balls and 3 Ribbons</p>
<p>Levels 3-4</p>	<ol style="list-style-type: none"> 1. Saturday, 17 October: Miss Rhythmics in club competition - LOCC, Waitara 24-25 October: RG NSW Invitational L1-4 - Sydney Gymnastics Centre 20-22 November: NSW Junior State Championship - Sydney Gymnastics Centre 	<p>Miss Rhythmics club's leotard. Miss Rhythmics tracksuit, Club t-shirt.</p>	<p>L3: Ball and Clubs L4: Hoop and Ribbon. L3 must also own Hoop and Rope, L4- Clubs and Ball.</p>

<p style="text-align: center;">Levels 1-2</p>	<ol style="list-style-type: none"> 1. Saturday, 17 October: Miss Rhythmics in club competition - LOCC, Waitara 2. 24-25 October: RG NSW Invitational L1-4 - Sydney Gymnastics Centre 3. 20-22 November: NSW Junior State Championship - Sydney Gymnastics Centre 	<p style="text-align: center;">Cerise Pink Lycra leotard and shorts (optional), toe shoes; Miss Rhythmics tracksuit, Club t-shirt.</p>	<p style="text-align: center;">L1: Ball and Freehand L2: Hoop and Freehand. L2 must also own Ball and bring to every class.</p>
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Competition apparatus

- Gymnasts must purchase and bring to every class all apparatus listed in the table above as **competition apparatus**.

- Although students may not yet be competing with the **additional apparatus** this year, all levels are given the opportunity to practise with a wider range of rhythmic gymnastics apparatus to support their skill development for future years. This apparatus must also be purchased and brought to each class.

Competition outfit

- Competition outfits can be ordered through our club and should be arranged **well in advance**. Email will be sent to all families of eligible gymnasts at a due time.

- For more information about competition uniform requirements, please refer to the **Information / Uniform** section of our website.

Competitions

- **Competitions are usually held across the full weekend**. Some levels may compete on Saturday, while others may compete on Sunday. Exact competition days and times are usually confirmed only **one week prior** to the event. For this reason, all competitive gymnasts are expected to keep the **entire weekend available** and avoid making other commitments or plans.

- As per Gymnastics NSW technical regulations, to participate in the **Junior or Intermediate State Championships**, a gymnast **must** compete at the **NSW Invitational** competition. In other words, if a gymnast misses the NSW Invitational, she will not be eligible to compete at the State Championships.

- To participate in the **Senior State Championships**, a gymnast must qualify at one of the Trials by achieving the required qualification score.

- To participate in the **Multiples Clubs State Championships**, a team must compete in at least **one GNSW Multiples Grand Prix**.

- **NCC – National Gymnastics Carnival held on Gold Coast.**

As there is a limited number of entries available to each club, participation in NCC is by invitation only. Each year, only gymnasts selected as part of the **Miss Rhythmics club team** will be invited to take part.