

***SHORE RHYTHMIC GYMNASTICS  
INTERNATIONAL CLUB  
CHAMPIONSHIPS***

***7<sup>th</sup> & 8<sup>th</sup> August 2010***



Mereana Rademaker 2009 Champion

***North Shore Events Centre  
Argos St, Glenfield***

***North Shore, Auckland, New Zealand***

***All requirements as per FIG RG Code & New Zealand Code NZ RG  
Handbook [www.gymsportsnz.com](http://www.gymsportsnz.com)***

***Troll down and click on Rhythmic, then troll down to NZ Competition Handbook***

***ALSO lots of fun events: the most turning leaps, greatest  
number of rolls under a throw, greatest number of passé  
pivots & illusions.***

***Further info: Call Margaret Ph 0064 9 473 8971(Home)***

***Email: [margaretwoolf@xtra.co.nz](mailto:margaretwoolf@xtra.co.nz)***

# INFORMATION

**Date:** 7<sup>th</sup> & 8<sup>th</sup> August 2010

**Organisers:** Shore Rhythmic Gymnastic Club Organizing Committee  
PO Box 34 446 Birkenhead  
Auckland, New Zealand

**Invited clubs from:** Australia, Belgium, Cyprus, Canada, Hong Kong, Indonesia, Japan, Malaysia, Namibia, The Philippines, Singapore, Taipei, South Korea & New Zealand

## PROGRAMME

**Note: If your country or club has a different programme we can accommodate differences, e.g. different routines or requirements, but please let us know!**

**1. Senior International Competition as per FIG Requirements**

**Exercises:** Rope, Hoop, Ball, Ribbon

**2. Junior International Competition as per FIG Requirements**

**Exercises:** Rope, Hoop, Ball, Clubs

**3. Pre International Competition (all ages stated in year of competition)**

**Exercises:**

<b>Stage 1</b>	(8 yrs & under)	Free, Hoop
<b>Stage 2</b>	(10 & under)	Free, Hoop, Ball, Ribbon
<b>Stage 3</b>	(9-11 years)	Free, Rope, Ball, Ribbon
<b>Stage 4</b>	(10-12 years)	Rope, Hoop, Ball, Clubs requirements as for Junior International

**4. Junior & Senior Group Events as per FIG requirements**

**Exercises**

<b>Senior</b>	optional apparatus - 5 x Hoops plus 3 Ribbons & 2 Ropes
<b>Junior</b>	4 x Hoops & 4 x Ribbons
<b>Stages</b>	as per NZ & Australian Requirements

**5. NZG Rhythmic Levels Programme 2010 - see information attached Page 4.**

**Exercises:**

<b>Level 1</b>	Free, Hoop
<b>Level 2</b>	Free, Hoop, Ball
<b>Level 3</b>	Free, Rope, Ball
<b>Level 4</b>	Free, Hoop, Ribbon
<b>Level 5</b>	Free, Rope, Ribbon
<b>Level 6</b>	Hoop, Ball, Ribbon
<b>Level 7</b>	Hoop, Ball, Clubs, Ribbon
<b>Level 8</b>	Hoop, Ball, Clubs, Ribbon
<b>Level 9</b>	Rope, Hoop, Ball, Clubs
<b>Level 10</b>	Rope, Hoop, Ball, Ribbon

**6. Group Exercises**

	<i>Grade 1 Freehand</i>
	<i>Grade 2 Ball or Ball</i>
	<i>Grade 4 Same apparatus</i>
	<i>Grade 5 Mixed Apparatus</i>
<i>Jnr Int</i>	<i>Grade 6 Ribbon, Hoop</i>
<i>Snr Int</i>	<i>Grade 7 Hoop, Ribbon &amp; Rope</i>

**7. Men's Rhythmic Gymnastic Programme Page 5 (Competition on Artistic Sprung Floor)**

<b>Exercises:</b>	<i>Grade 1</i>	<i>7-9 years</i>	<i>Free, Ring(s)</i>
	<i>Grade 2</i>	<i>10-12 years</i>	<i>Free, Rope &amp; Rings</i>
	<i>Junior</i>	<i>13-15 years</i>	<i>Baton, Rope &amp; Rings</i>
	<i>Senior</i>	<i>16 years &amp; over</i>	<i>Baton, Rope, Clubs &amp; Rings</i>

**8. Special Olympics Programme as per New Zealand Special Olympics Requirements**

*Contact David Beattie Ph 0064 9 525 1081 or*

*Val O'Gorman Email: [OgormanV@rutherford.school.nz](mailto:OgormanV@rutherford.school.nz)*

*Please Note: One display per club and must have*

**9. Gymnastique Cirque. Display gymnastics - information attached Page 6**

*Must include 6 or more gymnasts. Note: one display per club*

**10. Financial Conditions:** *Travel and accommodation expenses are the responsibility of the participants.*

<b>11. Entry Fees</b>	<i>Senior &amp; Junior International Grades</i>	<i>\$45.00 NZ</i>
	<i>Levels 7-10</i>	<i>\$45.00 NZ</i>
	<i>Stage 4</i>	<i>\$45.00 NZ</i>
	<i>Levels 3-6</i>	<i>\$40.00 NZ</i>
	<i>Level 2</i>	<i>\$30.00 NZ</i>
	<i>Level 1</i>	<i>\$25.00 NZ</i>
	<i>Stages 2 &amp; 3</i>	<i>\$40.00 NZ</i>
	<i>Stage 1</i>	<i>\$25.00 NZ</i>
	<i>Level 0 NZ Incentive Scheme Elementary</i>	<i>\$10.00 NZ</i>
	<i>Special Olympics</i>	<i>\$20.00 NZ</i>
	<i>Multiples</i>	<i>\$20.00 NZ per gymnast</i>

**NOTE:** *Level 0 is performance only and coaches may perform with gymnast. Certificates only will be awarded*

*Requirements are the same as Level 1*

**12. Entries close:** *1st July 2010 (please note 5 weeks before competition)*

*Pauline Jack C/-Shore Rhythmic Gymnastics Club*

*PO Box 34.446*

*Birkenhead*

*Auckland, New Zealand*

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**Entry Form enclosed Page 7**

## ***MEN'S RHYTHMIC GYMNASTICS PROGRAMME***

<b><i>Grade 1</i></b>	<i>7-9 years</i>	<i>Baton &amp; Rope</i>
<b><i>Grade 2</i></b>	<i>10-12 years</i>	<i>Baton, Rope &amp; Rings</i>
<b><i>Grade 3</i></b>	<i>13 years</i>	<i>Baton, Rope &amp; Rings</i>
<b><i>Open Grade</i></b>	<i>16 years &amp; over</i>	<i>Baton, Rope, Clubs &amp; Rings</i>

### ***Note:***

***1. If you are interested in entering this programme please contact me and I will forward you the Men's Code of Points***

***2. Below is a guideline that is the Boys Schools Rhythmic Gymnastic Programme***

***Length of music: 1 min -1 min 30 secs***

### ***Compulsory Elements - optional handling***

- 1. Cartwheel*
- 2. Forward Roll*
- 3. Lunges*
- 4. Scales Balances*
- 5. Jump Turns*
- 6. Tuck Jump*

***May include one combination of 2-3 acrobatics***

### ***Apparatus Handling***

- \* Rotations with fingers*
- \* Figure Eight - horizontal or vertical*
- \* Small throws*
- \* Large Throw*
- \* Passing e.g. around legs*
- \* Trap e.g. with foot*
- \* Throw from behind back*

# GYMNASTIQUE CIRQUE - GROUP REQUIREMENTS

## PLEASE NOTE ONE DISPLAY PER CLUB

- Groups shall consist of no less than 6 active participants from same club.
- Group members may compete in other events individually.
- Group members may interchange/increase/decrease during performance.
- Groups may consist of females, all males or mixed gender.
- Performances are on floor area 12m x 12 metres - sprung, carpet or wooden surface.
- Length of performance is to be no longer than 3 minutes; this includes entrance and exit from the floor.
- The participants may use any hand held apparatus or small moveable apparatus.
- Participants are encouraged to make use of costumes, props and anything else that may enhance the performance
- Music must be on cassette or CD and the cassette must be rewound to the correct starting point. The music must be clearly marked with the following information:  
Name of group, Name of club etc, Name of composer & Name of music.
- A performer may only compete in one group only.
- Jewellery is not permitted.
- Immodest dress is not permitted.

### Group Performances will be ranked based on:

<b>Technical Artistry</b> - How well the skills and movements are performed	25%
<b>Musical Interpretation</b> - How well do the movements go to the music chosen	25%
<b>Aesthetic Appeal</b> - What it looks like - IMPACT!	25%
<b>Costume</b> - Use of special effects/costumes to enhance performance	25%

## Group Display Performance

### The performance must show:

- **Impression** - it is important that the ideas, music, exercises, formations, participants form a harmonious visual totality.
- **Music/Choreography** - the music and movements must fit together in all aspects.
- **Activity** - activity as desirable at all times during the performance.
- **Versatility/Variations** - provide an expression to the performance.
- **Fantasy and Creative Zest** - creates exciting, new and interesting performances.
- **Originality** - thinking in non-traditional ways and finding new elements, and ways of solving problems, will increase the performance value.
- **Dynamics** - changing the music, using different dynamics in rhythms will result in the performance obtaining more force.
- **Quality and Technique** - the performance has to be executed with correct technique
- **Formations** the minimum number of different floor formations is five.

- **Directions-** prepare the routine so the group turn to face the audience as appropriate.
- **Costumes** - it is necessary to use different colours of performance costumes, different materials, effects, and apparatus together in a harmonious totality.
- **Use of Different Apparatus** should be considered an integrate part of the performance - including how it is brought onto or off of the performance area



**JUDGES**

<b>Name</b>	<b>Qual I1 ,I2,I3,brev</b>	<b>Notes</b>