



2012 Rhythmic Gymnastics Manual

Please read General Manual before this manual

New Zealand Secondary Schools Rhythmic Gymnastics Manual
GymSports New Zealand
Making Movement Matter

Rhythmic Gymnastics (RG) Competition Requirements

NB For all GSNZ requirements for International, Club A, Club B and Open C please refer to the 2012 Rhythmic Handbook on the website www.gymsportsnz.com

International	Present club gymnasts competing in International and Stages grades (SI, JI, Stage 3 and 4) and Level 10	Individual competition. Choice of any three apparatus (Rope, Hoop, Ball, Ribbon, Clubs) Minimum Stage 3 Requirements
Club A	Present club members competing in Levels 7-9	Individual competition. Choice of any three apparatus (Rope, Hoop, Ball, Ribbon, Clubs) Minimum Level 7 Requirements
Club B	Present club members competing in Levels 4-6	Individual competition. Choice of any three apparatus (Rope, Hoop, Ball, Ribbon, Clubs) Minimum Level 4 Requirements
Open C NB If numbers permit this level will be divided into Year 9-10 and Year 11-13	For students and beginners with some gymnastics knowledge (up to club Level 3)	Individual competition. Choice of two apparatus from Rope, Hoop and Ball. Gymnasts can choose to use either the Level 3 requirements or the requirements detailed below
Year 9-10 Group		Group Competition (4-6 gymnasts performing as a group)* - Voluntary Ball Requirements are detailed below
Year 11-13 Group		Group Competition (4-6 gymnasts performing as a group)* - Voluntary Ribbon Requirements are detailed below

**A team of three is not permitted*

OPEN C GRADE

Enclosed:

1. Compulsory elements for individual & group routines- this is for teachers & students who wish to choreograph their own routine.
2. Compulsory routines for individual & group routines

Either/Or is permitted

INDIVIDUAL COMPETITION

Length of music: 1 minute – 1 minute 30 seconds (without vocals)

Requirements:

Each gymnast must perform two (2) voluntary or compulsory routines from a choice of Rope, Hoop and Ball. The routines must contain the six (6) compulsory elements as detailed on the following pages. In addition each routine should include a minimum of one voluntary leap, one voluntary balance, one voluntary pivot and one voluntary flexion. Examples of these body movements are:

Leaps/ Jumps

- split leap
- stag leap
- scissor leap
- tuck jump
- vertical jump with turns
- cat jump

Balances

- balance on toes (with one leg raised in an optional position; arabesque, attitude, frontal, side etc)
- balance on one knee without hand support

Pivots/turns

- 360 degree pivot with free leg in optional position
- chaîné turn (on two feet)

Flexions

- bodywaves in all directions
- circumductions
- spiral turns
- splits or backbend

Each routine must also show a variety of handling of the apparatus, it is recommended that each routine includes two of each of the apparatus technical groups:

Rope

- skips or hops into the rope with open rope held by both hands
- leaps or jumps into the rope with open rope held by both hands
- throws and catches
- rotations
- releases
- handlings (swings, circles, figure of eights, wrapping and unwrapping)

Hoop







- rolls (over the body or floor)
- rotations (around the hand or body, around the axis of the hoop)
- throws and catches
- passing through or over the hoop
- handling (swings, circles, figure of eights)

Ball

- throws and catches
- bounces
- free rolls over the body or on the floor
- handlings (swings, circles, figure 8's, spinning movements, balanced ball)

INDIVIDUAL OPEN C

Compulsory Rope Elements

1.	Turning cat leap with rotations	
2.	Lunge preparation, Passé pivot 360 with overhead rotations	
3.	Chassé preparation, split leap through the rope	
4.	Passé balance, with swing to wrap rope around arm	
5.	Rope doubled held in one hand, gymnast performs voluntary dance steps while swinging rope in a circle.	
6.	A series of 4 skips with alternate crossing and uncrossing of the arms	

Coaching Tips







The rope may be used with or without knots in the ends, but should be held with the rope between the thumb and first finger and the ends concealed within the hands

- make sure the feet are stretched during skips
- keep the rope high enough that it does not slap the floor
- hold the rope securely
- keep the rope shape as perfect as possible
- rope planning is important

The diagrams are examples only – variations will be accepted.

INDIVIDUAL OPEN C

Compulsory Hoop Elements

1.	Stag leap, with throw of the hoop.	
2.	Chaîne turn with rotations around the waist	
3.	Boomerang roll of the hoop, with bodywave	
4.	Passé balance with roll over shoulder	
5.	Rotations of the hoop (minimum 3) around part of the body apart of the hands or arms - e.g. around the ankle or neck with running steps	
6.	Throw of the hoop with rotations around the horizontal axis, catch the hoop and immediately skip through it.	




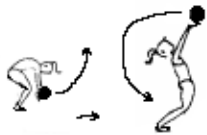


Coaching Tips

- the hoop should rotate freely around the palm with the thumb held at right angles to stop the hoop slipping onto the wrist
- rotations should at all times maintain shape and correct planning
- rolls and throws should be smooth with no wobbling

The diagrams are examples only – variations will be accepted.

INDIVIDUAL OPEN C

Compulsory Ball Elements

1.	Begin with ball behind back in one or two hands, while performing a Cat Leap, perform a small throw to bring the ball over the head and catch in front of the body in one hand.	
2.	Total circumduction (figure 8 of ball) while kneeling with backbend	
3.	Arabesque balance with bounces of the ball (min 3 bounces)	
4.	Full standing bodywave, with ball balanced on one hand while arms circle backwards.	
5.	Gymnast lies on her back arms extended above her head, ball rolls along body from fingertips to toes.	
6.	Voluntary throw of the ball, catching the ball with the legs (or trapping below the knees) while sitting on the floor.	

Coaching Tips:

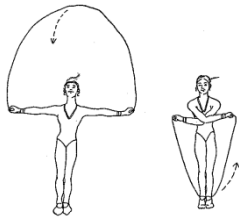



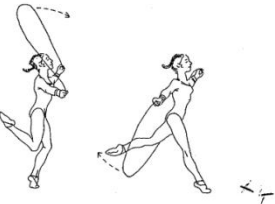

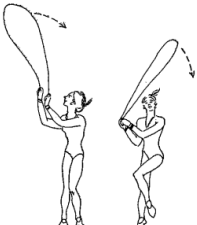
The ball should be held loosely in the palm of the hand, not "gripped" or held against the wrist




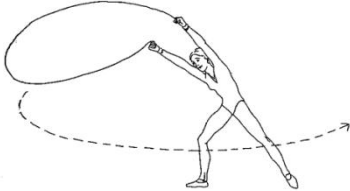
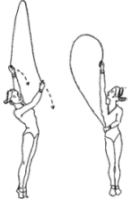


- rolls should be smooth with no bounces
- whilst bouncing the ball should be pushed into the ground and not slapped with an open hand
- the ball should be caught without sound, being absorbed into the hand

The diagrams are examples only – variations will be accepted.

INDIVIDUAL OPEN C

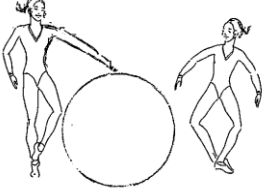
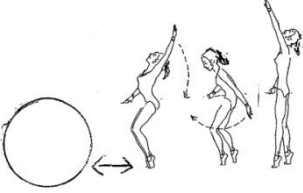


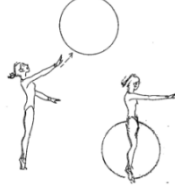

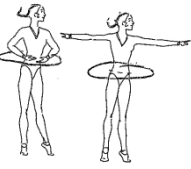
Compulsory Individual Rope Routine


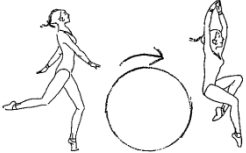
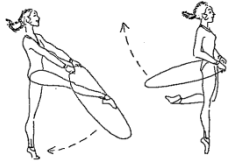
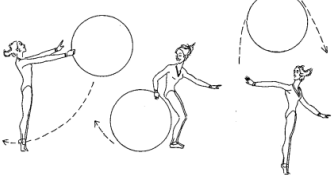
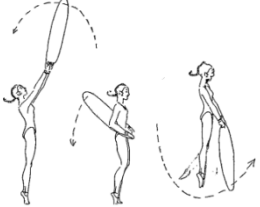

1		<p>Four cross skips (4 counts). Compulsory element</p>
2		<p>Release rope overhead pull through to the front to catch in other hand & skip through. Turn passing rope behind back (8 counts).</p>
3.		<p>Chasse preparation & split leap through the rope (4 counts). Compulsory element</p>
4.		<p>Passe balance, with swing to wrap rope around arm (4 counts). Compulsory element</p>
5.		<p>Four skipping steps through the rope (4 counts).</p>
6.		<p>Lunge preparation. Passe pivot 360 degrees with overhead rotations with doubled rope (4 counts). Compulsory element.</p>
7.		<p>Rope held in one hand, voluntary dance steps while performing a figure-eight (8 counts). Compulsory element.</p>

8.		<p>Chaine turn passing doubled rope behind back. Repeat (8 counts).</p>
9.		<p>Turning cat leap with rotations of the rope overhead (4 counts). Compulsory element</p>
10.		<p>Three skips rope turning backwards stretching feet forward (4 counts).</p>
11.		<p>Circumduction of the rope (4 counts).</p>
12.		<p>Take rope into both hands standing on toes figure-eight swing (4 counts).</p>
13.		<p>Throw from one hand catch in two hands (4 counts).</p>
14.		<p>Voluntary finish.</p>

INDIVIDUAL OPEN C

Compulsory Individual Hoop Routine

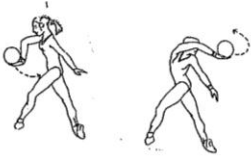
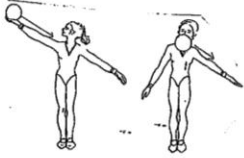

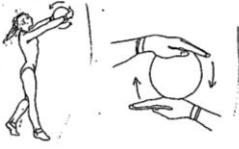

1		Spin hoop on floor & step toe dance steps around hoop with hand on top of hoop (4 counts).
2		Retro roll with hoop with a body wave (4 counts). Compulsory element
3.		Chaine turn passing hoop around body. Passe balance with roll over the shoulder (4 counts). Compulsory element.
4.		Grapevine steps rotating hoop in front. Finish spinning hoop on floor in lunge position (8 counts).
5.		Large throw hoop & trap with arm & foot (4 counts).
6.		Stag leap with throw of the hoop (4 counts). Compulsory element.
7.	 <p style="text-align: right;">360o</p>	Chaine turn circling hoop around waist (4 counts). Compulsory element.



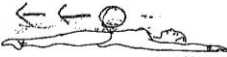

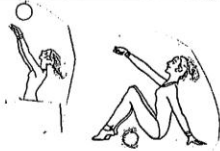

8.		<p>Pass hoop over head place on front foot & three rotations around ankle. Stand on hoop to lift into hand (4 counts). Compulsory element</p>
9.		<p>Roll forward & perform a cat leap (4 counts).</p>
10.		<p>Three skips forward through hoop (4 counts).</p>
11.		<p>Swing hoop forward & backwards. Small throw backwards over shoulder (4 counts).</p>
12.		<p>Throw hoop with rotations around the horizontal axis, catch hoop & immediately skip through. Compulsory element</p>
13.		<p>Voluntary finish.</p>

Note: The routine may be changed *BUT* Compulsory Elements must be performed.

INDIVIDUAL OPEN C

Compulsory Individual Ball Routine

1		<p>Voluntary starting position. Circle ball balanced on hand in front followed by circle above head while performing a front body wave. Finish circling ball in front again (8 counts). Compulsory Element</p>
2		<p>Roll ball up & down both arms. Half turn on toes & roll ball up one arm & down other while walking forwards. Turn on 2 feet passing ball behind back (8 counts).</p>
3		<p>Bounce in time with music one low bounce followed by two fast bounces. Repeat (8 counts)</p>
4		<p>Turning step toe dance steps while rolling ball over hands (8 counts).</p>
5		<p>Take ball behind back in one or two hands while performing a cat leap. Perform a small throw over the head and catch in front of the body in one hand (4 counts). Compulsory Element</p>

6		<p>Perform a scissor leap with a large bounce of the ball (4 counts).</p>
7		<p>Kneel on both knees. Perform a total circumduction (figure-eight) with a back bend (4 counts). Compulsory Element</p>
8.		<p>Lie on back arms extended above the head, ball rolls along body from fingertips to toes (8 counts). Compulsory Element</p>
9.		<p>Stand up by crossing one leg over the other. Stand into an arabesque balance with 3 bounces of the ball (4 counts). Compulsory Element</p>
10.		<p>Throw ball and trap ball while sitting on floor (4 counts). Compulsory Element</p>
11.		<p>Voluntary finish.</p>

Note: The routine may be changed to fit music BUT Compulsory Elements must be performed.

YEAR 9-10 AND YEAR 11-13 GROUP COMPETITION

Length of music: 1 minute – 1 minute 30 seconds (without vocals)

Requirements:

Each group will perform the same voluntary routine twice

Year 9-10: Each group will perform a voluntary **BALL** routine. - **Beginners with no or basic gymnastic knowledge and skills – eligibility – Year 9 and 10 students**

Year 11-13: Each group will perform a voluntary **RIBBON** routine. – **Beginners with no or basic gymnastic knowledge and skills – eligibility – Year 11, 12 and 13 students.**

For both grades the routine is to contain the six compulsory elements as detailed on the following pages. In addition there should be a variety of apparatus handling, four (4) formations and a minimum of two collaborative elements (where the movement of a gymnast or apparatus is dependent on the presence of the other gymnasts). A gymnast may start without the apparatus, but must finish with the apparatus.

Deductions for Choreography:




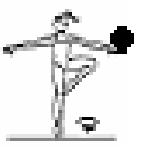
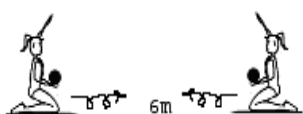
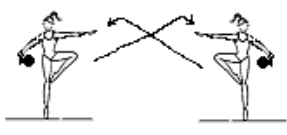
4 formations	0.30 each
2 exchanges	0.20 each
Floor coverage	0.10 for lack of
Collaboration between gymnasts	0.10 for lack of
Variety of travel	0.10 for lack of
Variety of dynamics	0.10 for lack of
Variety of directions	0.10 for lack of
Variety of apparatus handlings	0.10 for lack of
Static gymnast or apparatus	0.30 each time

The following movements are not permitted, as they are not representative of rhythmic gymnastics:

- Carrying a gymnast
- Dragging a gymnast over the floor
- Turning a gymnast lying flat on the floor
- Forming pyramids

YEAR 9-10

Group Compulsory Ball Elements

1.	Begin with ball behind back in one or two hands, while performing a Cat Leap, perform a small throw to bring the ball over the head and catch in front of the body in one hand.	
2.	Total circumduction (figure 8 of ball) while kneeling with backbend	
3.	Arabesque balance with bounces of the ball (min 3 bounces)	
4.	Passé pivot, with ball balanced on one hand.	
5.	Exchange 1: An exchange of the balls by rolling the ball along the floor – gymnasts must be min 6m apart	
6.	Exchange 2: Gymnasts perform passé balance, while at the same time performing an exchange of the balls by throwing the balls.	

Coaching tips

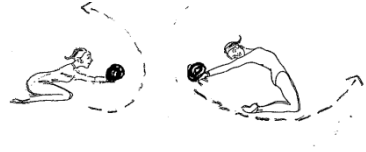
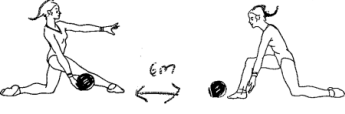
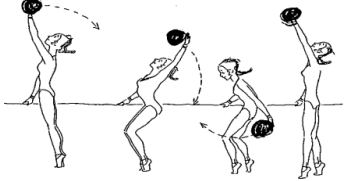




The ball should be held loosely in the palm of the hand, not "gripped" or held against the wrist

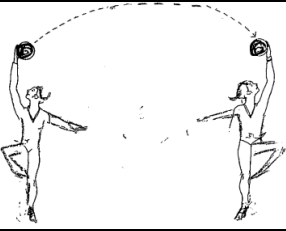
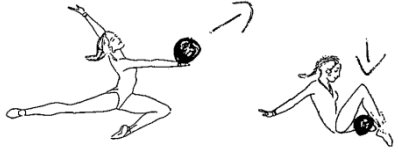
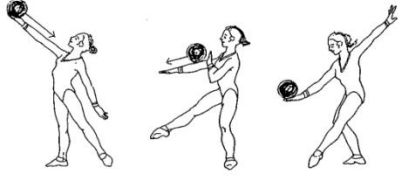
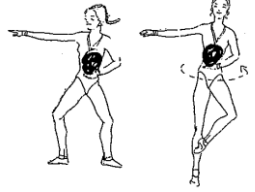


- rolls should be smooth with no bounces
- whilst bouncing the ball should be pushed into the ground and not slapped with an open hand
- the ball should be caught without sound, being absorbed into the hand

The diagrams are examples only – variations will be accepted.

YEAR 9-10

Compulsory Group Ball Routine





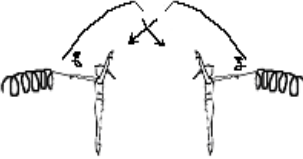
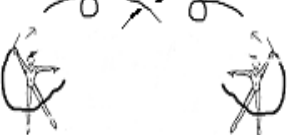
1		<p>Introduction 8 counts. Total circumduction with figure-eight of ball while kneeling with back-bend. (8 counts) Compulsory element</p>
2		<p>Exchange 1: Roll the balls along the floor – gymnasts must be 6 metres apart (8 counts). Compulsory element</p>
3.		<p>Stand followed by a forward body wave circling the ball backwards (8 counts).</p>
4.		<p>Chaine turn passing the ball behind the back (4 counts).</p>
5.		<p>Take ball behind back in one or two hands & while performing a cat leap throw ball over the head and catch in front in one hand followed by an arabesque balance with a bounce (8 counts). Compulsory elements</p>
6.		<p>Circumduction with both the ball and the body (8 counts).</p>
7.		<p>Step toe dance steps rolling ball over hands (4 counts).</p>

8.		<p>Exchange 2: Gymnasts perform passé balance, while at the same time performing an exchange by throwing the balls to each partner (8 counts). Compulsory element</p>
9.		<p>Stag leap with throw of the ball catch in one hand. Re-throw ball sit & trap in legs (8 counts).</p>
10.		<p>Roll ball up & down one arm whilst walking forward (8 counts).</p>
11.		<p>Lunge preparation Passé pivot with ball balanced on one hand (8 counts). Compulsory element.</p>
12.		<p>Take 3 steps into a lunge Bounce ball three times (8 counts)</p>
13.		<p>Spin ball on one finger in skaters balance. Take ball in hand grovel roll. Voluntary finish (8 counts).</p>

Note: The routine may be changed BUT the Compulsory Elements must be performed.

YEAR 11-13

Group Compulsory Ribbon Elements

1.	Passé balance with snakes	
2.	Lunge preparation, passé pivot 360 with overhead circle	
3.	Chaîné turn with spirals	
4.	Split leap with large circle of ribbon	
5.	Exchange 1: With gymnasts back to back 1 meter apart, gymnasts toss ribbon to partner, turn to catch.	
6.	Exchange 2: toss of ribbon to the next gymnast.	




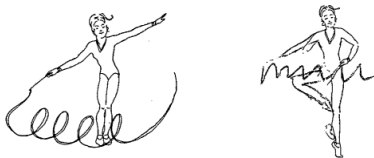

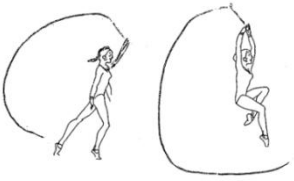

Coaching tips


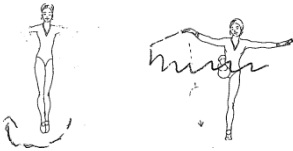



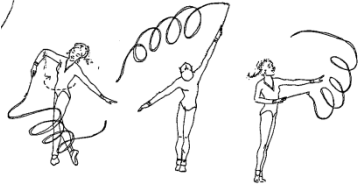
The ribbon stick is held firmly within the palm with the forefinger along the length of the stick. The best ribbon work is the result of a strong wrist and the correct alignment of the stick with the arm:

- the end of the ribbon should always remain in motion
- small patterns (spirals and snakes) must have at least 4 movements within the shape
- the ribbon patterns should not maintain constant contact with the floor as this affects the shape of the ribbon
- in throws the entire ribbon must leave the floor or be in constant motion
- the diagrams are examples only – variations will be accepted.

YEAR 11-13

Group Compulsory Ribbon Routine

1		<p>Turn on two feet performing snakes. Repeat (8 counts)</p>
2		<p>Lunge preparation. Passé pivot 360 degrees with overhead circles & passing behind back (8 counts). Compulsory element</p>
3.		<p>Run over patterns formed by snakes on floor. On toes snake ribbon up & down (8 counts).</p>
4.		<p>Spiral ribbon in a circle. Finish in a passé balance with snakes. (8 counts). Compulsory element</p>
5.		<p>Exchange with two tosses of the ribbon to partner. Chainee turn with spirals (8 counts). Compulsory elements</p>
6.		<p>Large swing with chasse followed by a large swing with a cat leap.</p>
7.		<p>Split leap with large circle of the ribbon. Spirals on the flooring with turning cat Leaps (8 counts). Compulsory element</p>

8.		<p>Exchange two tosses with gymnasts back. to back 1 meter apart, gymnasts toss ribbon to partner, turn to catch Turn run backwards snaking on the floor (8 counts). Compulsory element</p>
9.		<p>Jump turn passing ribbon behind back. Front balance with snakes (8 counts).</p>
10.		<p>Swing ribbon up slowly catch end. Jump turn swinging ribbon above head. Step into a skaters pivot (8 counts).</p>
11.		<p>Circumduction of ribbon and body (8 counts).</p>
12.		<p>Step over large circles performed to the side. Figure-eight with ribbon performing a front body wave (8 counts).</p>
13.		<p>Spiral ribbon in circle turning with small steps. Voluntary finish (8 counts).</p>

Note: The routine may be changed *BUT* Compulsory Elements must be performed.

TEAM PERFORMANCE

Group performances are designed to visualise the diversity of Gymnastics. This is an exciting event for TEAMS of participants.

Summary of Key Points

- Teams shall consist of no less than 6 active participants from the same School.
- Team members may be from any gym sport, and may compete in other events individually.
- Team members can interchange/increase/decrease during a performance.
- Teams can consist of all females, all males, or mixed.
- Performances are on a 12m x 12m sprung floor area unless performance requires more space and a request must be notified one month before the competition.
- Length of performance is to be minimum 3 minutes – maximum 5 minutes, this includes entrance and exit from the floor.
- The participants may use any hand held apparatus, prop or small moveable apparatus.
- Participants are encouraged to make use of costumes, and anything else that may enhance their performance.
- Music must be on a CD or. The recording must be at the start of the CD. No music containing inappropriate lyrics or offensive language will be accepted. The music must be clearly marked with the following information:
 - Name of Team
 - Name of School
 - Any special instructions for music technician
- On entry form please submit name of music and how long it is going to be.
- A performer may only compete for one group.
- Schools may enter as many groups as they desire and/or event organisers permit.
- Jewellery is not allowed, especially visible piercing's.
- Immodest dress is not allowed.

Team Performance will be ranked based on:

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

Considerations when making up the Performance

The performance must show:

- **Impression**
It is important that the ideas, music, skills, formations, and participants form a harmonious visual totality.
- **Music/Choreography**
The music and movements must fit together in all aspects.
- **Activity**
Continuous activity is crucial at all times. Entry and Exit is part of your performance.
- **Versatility/Variations**
The versatility and variations utilized in the performance play an important part in providing expression to the performance.
- **Fantasy and Creative Zest**
To a great extent the use of fantasy creates exciting, new and interesting performances.
- **Originality**
Thinking in non-traditional ways and finding new exercises, new elements, and ways of solving problems.
- **Dynamics**
Changing the music, using different dynamics in rhythms will keep the audience interest alive.
- **Quality and Technique**
Every part of the performance has to be executed with correct technique.
- **Formations**
As a guiding rule for both small and large group performances, the *minimum* number of different floor patterns and formations during the performance is five.
- **Direction Changes**
Prepare the routine so that the groups turn to face the audience as appropriate.
- **Costumes**
It is recommended to consider the use of different colours, materials, effects, and apparatus for visual impact.
- **Use of different apparatus**
The use of apparatus should be considered an integral part of the performance – including how it is brought onto or taken off of the performance area.

Simple Skills done well are better than advanced skills done poorly.