



2009 Team Performance Manual

Please read General Manual
before this manual

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 gymnsport, 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 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, props 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. 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 team.
- Schools may enter as many teams as they desire and/or event organisers permit.
- Jewellery is not allowed, especially visible piercings.
- Immodest dress is not allowed.

Team Performance will be ranked based on:

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

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**
Changes in 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 team performances, the *minimum* number of different floor patterns and formations during the performance is five.
- **Direction Changes**
Prepare the routine so that the teams 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.