



Rhythmic

Rhythmic Gymnastics Levels Handbook 2010

Table of Contents

Overview of New Zealand Competitive Structure	3
Requirements for New Zealand Levels 1 to 10	5
Requirements for New Zealand Stage 3 & 4 and Junior & Senior International	7
Requirements for New Zealand Groups	8
List of National A's	9
Freehand Difficulty 2	10
Prohibited Difficulties	11
Apparatus Rotation 2010-2012	12
New Zealand Apparatus Norms	13
FIG Apparatus Norms	14
NZ National Levels Programme	15
Pass Marks and Ribbon Marks	18
Application for Re-Grade form	19
Additional resources	20

Overview of New Zealand Competitive Structure

Introduction

This manual is intended to cover the major Rhythmic Gymnastics competition grades offered throughout New Zealand. The streams are:

Stages and International Grades:

These grades are designed to prepare gymnasts to compete at an international level. The Stages and International grades which are offered in New Zealand are:

- Senior International - Age requirement: min turning 16 in year of competition. FIG senior international requirements as per the FIG RG Code of Points
- Junior International – Age requirements: min turning 13/max turning 15 in year of competition. FIG junior international requirements as per the FIG RG Code of Points
- Stage 4 – Age requirement: min turning 10/max turning 12 in year of competition.
- Stage 3 – Age requirement: min turning 9/max turning 11 in year of competition. Requirements are based on those set by Gymnastics Australia, refer to the Gymnastics Australia National Programme CD.

Please note GymSports New Zealand does not offer Stage 1 or 2.

Levels Grades:

The Levels grades are designed to be ability, as opposed to age based, thus there is no age restrictions on any of the Levels grades. Ideally a gymnast begins in Level 1 and progresses through the Levels as their skills increase, however gymnasts do not have to start in Level 1.

The GymSports New Zealand Levels programme is closely aligned with the FIG Code.

- Gymnasts have a choice of what difficulties they perform, thus they will be able to perform difficulties that suit them best.
- Gymnasts will be rewarded for performing more complex apparatus handling

The Levels offered are:

- Levels 1, 2 and 3 – offered at a club and regional level only (not offered at the New Zealand National Championships). These Levels are designed to give gymnasts an introduction into competitive rhythmic gymnastics and the focus should be on introducing fundamental moves with correct posture and basic apparatus technique so as to give a good grounding for more difficult movements to be introduced at the higher levels.
- Levels 4 and 5 – These are the first Levels that are offered at the New Zealand National Championships. In body work, both flexibility and strength should be introduced to a greater extent in a progressive way. The emphasis in apparatus handling should still be on basic technique: apparatus technique should be well formed, without statism and should show variety amongst technical groups.

- Levels 6, 7 and 8 – By now gymnasts should have a good foundation in rhythmic gymnastics. Gymnasts should be in a position of coordinating body difficulties with more complex apparatus handling, and thus more scope is given to show a variety of apparatus handling.
- Levels 9 and 10 – these grades are based on FIG junior and senior requirements respectively. Gymnasts in these grades are likely to focus on their individual strengths, and emphasis should be on giving a well-rounded performance with moves which complement the gymnast's music and individual style.

Groups:

There are 6 multiples (group) grades. The names of these grades line up with Australia (although the requirements do not!), thus it is intentional that there is no grade III. The grades which are recognised across the country are:

- Grade I: For Level 1-3 gymnasts under 10 years of age
- Grade II: For Level 1-3 gymnasts, no age restriction
- Grade IV: For Level 1-6 gymnasts and also Stage 3 and 4 gymnasts
- Grade V: For Level 4-10 gymnasts. A maximum of 2 International grade gymnasts may also participate in this grade.
- Grade VI: This grade is based on the Junior International Group grade, with FIG junior group requirements. It is expected that gymnasts competing in a Grade VI group will have the potential to become high performance squad members. To compete internationally gymnasts must be members of the high performance squad and a minimum of turning 13, and maximum of turning 15 in year of competition. Within New Zealand there is no requirement for the gymnasts to be high performance squad members, although they must still meet the age requirements, with the exception that Stage 4 gymnasts may also compete in this grade.
- Grade VII: This grade is based on the Senior International Group grade, with FIG senior group requirements. It is expected that gymnasts competing in a Grade VII group will have the potential to become high performance squad members. To compete internationally gymnasts must be members of the high performance squad and a minimum of turning 16 in year of competition. Within New Zealand there is no requirement for the gymnasts to be high performance squad members, although the majority of the group members must still meet the age requirements.

For Groups I-V the group can be composed of 4 or 5 gymnasts per showing. Groups VI may be composed of 4 or 5 gymnasts for 2010 and VII must be composed of 5 gymnasts per showing.

Group Grades IV – VII are offered at the New Zealand National Championships.

At the National Championship the Group awards are awarded for the combined total of showing 1 and 2.

Pairs and Trios

GymSports New Zealand does not offer Pairs or Trios at a national level. Regions/clubs are welcome to offer Pairs and Trios at a local level – it is suggested that the same requirements are used as for the equivalent group grades.

Requirements for New Zealand Levels 1-10

Level	D1-Body Difficulties	Distribution with respect to Body groups	Value	Max D1 Score	D2-Apparatus	Max Difficulty Score (D1 + D2)/2	Max Artistry	Max Execution	Max Final Score	Music Length
1	6- Free 6-Apparatus	Min 1, Max 2 of each Min 1, Max 2 of each	NA-C NA-C	1.80 pts 1.80 pts	3.00 pts 3.00 pts Risk not required but may be included	2.4 pts 2.4 pts	0.00 pts 0.00 pts	10.00 pts 10.00 pts	12.40 pts 12.40 pts	45"-1'15"
2	8-Free 6-Apparatus	2 of each 2+2 GCO's + 2 optional	NA-C NA-C	2.40 pts 1.80 pts	3.00 pts 3.00 pts Risk not required but may be included	2.70 pts 2.40 pts	0.00 pts 0.00 pts	10.00 pts 10.00 pts	12.70 pts 12.40 pts	45"-1'15"
3	8-Free 6-Apparatus	2 of each 2+2 GCO's + 2 optional	NA-C NA-C	2.40 pts 1.80 pts	3.00 pts 5.00 pts Risk not required but may be included	2.70 pts 3.40 pts	0.00 pts 0.00 pts	10.00 pts 10.00 pts	12.70 pts 13.40 pts	1'00"-1'30"
4	8-Free 8-Apparatus	2 of each 3+3 GCO's + 2 optional	NA-D NA-D	3.20 pts 3.20 pts	3.00 pts 5.00 pts Risk not required but may be included	3.10 pts 4.10 pts	10.00 pts 10.00 pts	10.00 pts 10.00 pts	23.10 pts 24.10 pts	1'00"-1'30"
5	8-Free 8-Apparatus	2 of each 3+3 GCO's + 2 optional	NA-E NA-E	4.00 pts 4.00 pts	3.00 pts 7.00 pts Risk not required but may be included	3.50 pts 5.50 pts	10.00 pts 10.00 pts	10.00 pts 10.00 pts	23.50 pts 25.50 pts	1'00"-1'30"
6	9	3+3 GCO's + 3 optional	NA-F	5.40 pts	7.00 pts Risk not required but may be included	6.20 pts	10.00 pts	10.00 pts	26.20 pts	1'00"-1'30"
7	9	3+3 GCO's + 4 optional	A-F	5.40 pts	10.00 pts Risk not required but may be included	7.70 pts	10.00 pts	10.00 pts	27.70 pts	1'15"-1'30"
8	10	3+3 GCO's + 4 optional	Any FIG	7.00 pts	10.00 pts Min 1 Risk	8.50 pts	10.00 pts	10.00 pts	28.50 pts	1'15"-1'30"
9	10	3+3 GCO's + 4 optional	Any FIG	7.00 pts	10.00 pts Min 2 Risks	8.50 pts	10.00 pts	10.00 pts	28.50 pts	1'15"-1'30"
10	12	4+4 GCO's + 4 optional	Any FIG	10.00 pts	10.00 pts Min 3 Risks	10.00 pts	10.00 pts	10.00 pts	30.00 pts	1'15"-1'30"

Notes:

- GCO refers to the specific body group for the apparatus: ROPE-Leaps and Pivots, HOOP-an equal mix of all four (Levels 1-3 min 1 max 2 of each, Levels 4-5 min 2 of each, Levels 6-10 min 2 of each), BALL-Flexibilities and Leaps, CLUBS-Balances and Pivots, RIBBON-Pivots and Leaps
- National A leaps, pivots and flexions can be used for Levels 1-3. National A flexions can be used for Levels 1-6.
- Levels 1-6 can use a single rotation under a throw (any axis) for a National A risk for a value of 0.1 pts.
- Levels 1-6 Difficulties may be performed without mastery but must be performed with a movement from a technical group.
- Optional body difficulties can be from any group
- If a gymnast forgets more than 75% of their routine the routine will not be evaluated. This is at the discretion of the head judge for the session

Requirements for New Zealand Stage 3 & 4, Junior & Senior International

Level	D1-Body Difficulties	Distribution with respect to Body groups	Value	Max D1 Score	D2-Apparatus	Max Difficulty Score (D1+D2)/2	Max Artistry	Max Execution	Max Final Score	Music Length
Stage 3	10-Free	Min 1, Max 3 of each	A-H	8.00 pts	0.00 pts	4.0 pts	10.00 pts	10.00 pts	24.00 pts	1'15"-1'30"
	8-Apparatus	3+3 GCO's + 2 optional	A-F	4.80 pts	6.00 pts Risk not required but may be included	5.4 pts	10.00 pts	10.00 pts	25.40 pts	
Stage 4	10	3+3 GCO's + 2 optional	Any FIG (Value of each difficulty 1.00 pt max)	7.00 pts	10.00 pts Min 1 Risk	8.50 pts	10.00 pts	10.00 pts	28.50 pts	1'15"-1'30"
Junior International	10	Min 7 GCO's max 3 other	Any FIG (Value of each difficulty 1.00 pt max)	7.00 pts	10.00 pts Min 2 Risk	8.50 pts	10.00 pts	10.00 pts	28.50 pts	1'15"-1'30"
Senior International	12	4+4 GCO's + 4 optional	Any FIG	10.00 pts	10.00 pts Min 3 Risk	10.00	10.00 pts	10.00 pts	30.00 pts	1'15"-1'30"

- GCO refers to the specific body group for the apparatus: ROPE-Leaps and Pivots, HOOP-(min 2, max 4 of each), BALL-Flexibilities and Leaps, CLUBS-Balances and Pivots, RIBBON-Pivots and Leaps
- In 2010 Junior International will use 2009 requirements as per FIG
- Stage 4 requirements are New Zealand requirements

Requirements for New Zealand Groups

Grade	D1	Minimum Number of Exchanges	Value	Max D1 Score	D2	Max Difficulty Score (D1+D2)/2	Max Artistry	Max Execution	Max Final Score	Music Length
Grade 1 Free	6	No exchanges Body difficulties Min 1, Max 2 from each group	NA-C	1.8 pts	2.00 pts	1.9 pts	10.00 pts	10.00 pts	21.90 pts	1'00"-2'00"
Grade 2	8	Min 3 exchanges Min 1 with throw, can use rolling or bouncing (not passing)	Any (Value of each difficulty 1.00 pt max)	5.00 pts	7.00 pts	6.00 pts	10.00 pts	10.00 pts	26.00 pts	1'00"-2'00"
Grade 4	10	Min 4 exchanges All with throw	Any (Value of each difficulty 1.00 pt max)	7.00 pts	10.00 pts	8.50 pts	10.00 pts	10.00 pts	28.50 pts	2'00"-2'30"
Grade 5	12	Min 5 exchanges All with throw	Any FIG	10.00 pts	10.00 pts	10.00 pts	10.00 pts	10.00 pts	30.00 pts	2'00"-2'30"
Grade 6 (Junior International)	10	Min 4 exchanges	Any FIG (Value of each difficulty 1.00 pt max)	7.00 pts	10.00 pts	8.50 pts	10.00 pts	10.00 pts	28.50 pts	2'15"-2'30"
Grade 7 (Senior International)	14	Min 6 exchanges	Any FIG	10.00 pts	10.00 pts	10.00 pts	10.00 pts	10.00 pts	30.00 pts	2'15"-2'30"

Notes for Levels Grades Exchanges:

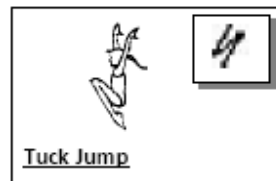
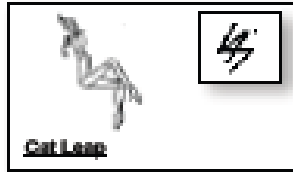
Grade 2-4 only-Difficulties with exchange of apparatus have the following value:

- **B-Exchange = 0.20** point (0.00 body movement + 0.20 for exchange difficulty with bounce or roll)
- **C Exchange = 0.30** point (0.00 body movement + 0.30 for exchange difficulty)

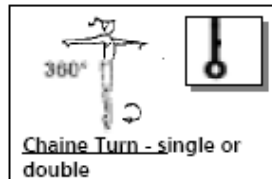
National A's

National A's are difficulties that are only recognised in New Zealand and are valid as difficulties for levels 1-3 only. Each has a value of 0.10

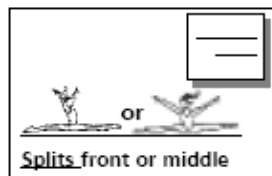
Leaps



Pivots



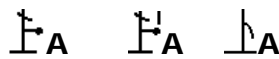
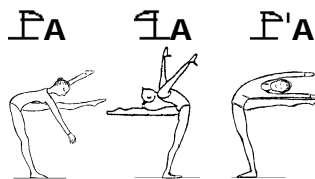
Flexions



(Total body wave is now a recognised A difficulty.)

National A's (flexibilities only) level 1-6

National A's are difficulties that are only recognised in New Zealand and are valid as difficulties for levels 1-6 only. Each has a value of 0.10



Freehand Difficulty 2

(Valid for Levels 1-5 Freehand routines)









A maximum of 3.00 pts in “freehand difficulty 2” can be incorporated into freehand routines.

D2 elements can come from one of four groups:

- Bodywaves
- Elements of rotations
- Movement of arms during a balance or flexion
- Rhythmic steps

Gymnasts may ask for unlimited points from each group

The “freehand D2” symbols are:

Symbol	Value	Description
	0.10	A series of rhythmic steps
	0.10	Movements of the arms during a balance or flexion (series of small movements of the wrists, swings, circles etc)
	0.10	A single dynamic element with rotation (rolls, walkovers, cartwheels, chaines)
	0.20	A series of two dynamic elements with rotation (rolls, walkovers, cartwheels, chaines)
	0.30	A series of three dynamic elements with rotation (rolls, walkovers, cartwheels, chaines)
	0.10	A bodywave
	0.10	For each change of body rotation axis during a series of dynamic elements with rotation
	0.10	For each change of gymnast level during a series of dynamic elements with rotation (3 levels : standing, gymnast in flight, on the floor)

These elements should be listed on the D2 section of the routine sheets in the order that they are performed, and in relation to the body difficulties in the routine.

The dynamic elements that can be used for D2 in Levels 1 to 5 Freehand should be performed correctly and ‘dynamically’ like the ones under throws are performed in apparatus routines.

Prohibited Difficulties

Prohibited difficulties (Levels 1-3 and stage 3)

The below list of difficulties are NOT permitted in Stage 3 and levels 1-3 (0.50 pts deduction from final score):

- Any Flexion that uses the back scale position
- Leaps using the split arch or stag arch position (double ring jump is now permitted but the SDC recommend coaches are careful with this leap as it can put a lot of stress on some gymnasts bodies and we discourage the gymnasts landing on knees from this leap)
- Any Balances performed on the knee

Prohibited difficulties (Levels 1-5)

Any Flexion that uses the back scale position (0.50 pts deduction from final score)

In addition all coaches of young gymnasts should pay careful attention to prohibited S3 elements (above) as these difficulties are not permitted to help prevent injury.

Apparatus Rotation 2010-2012

Levels Grades

	2010	2011	2012
Level 1	Free, Hoop	Free, Rope	Free, Rope
Level 2	Free, Hoop, Ball	Free, Rope, Ball	Free, Rope, Ball
Level 3	Free, Rope, Ball	Free, Rope, Ball	Free, Hoop, Ball
Level 4	Free, Hoop, Ribbon	Free, Rope, Clubs	Free, Hoop, Clubs
Level 5	Free, Rope, Ribbon	Free, Hoop, Clubs	Free, Ball, Ribbon
Level 6	Hoop, Ball, Ribbon	Rope, Clubs, Ribbon	Rope, Ball, Clubs
Level 7	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon	Rope, Hoop, Ball, Clubs
Level 8	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon	Rope, Ball, Clubs, Ribbon
Level 9	Rope, Hoop, Ball, Clubs	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon
Level 10	Rope, Hoop, Ball, Ribbon	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon

Development Grades

	2010	2011	2012
Stage 3	Free, Rope, Ball, Ribbon	Free, Rope, Hoop, Ribbon	Free, Hoop, Ball, Clubs
Stage 4	Rope, Hoop, Ball, Clubs	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon
Junior	Rope, Hoop, Ball, Clubs	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon
Senior	Rope, Hoop, Ball, Ribbon	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon

Multiples

	2010	2011	2012
Grade 1	Free	Free	Free
Grade 2	Hoop or Ball	Hoop or Ball	Hoop or Ball
Grade 4	Same	Same	Same
Grade 5	Mixed	Mixed	Mixed
Grade 6 (Jnr)	4 or 5 Ribbons, 4 or 5 Hoops	5 Ropes, 5 Balls	5 Ropes, 5 Balls
Grade 7 (Snr)	5 Hoops, 3 Ribbons & 2 Ropes	5 Balls, 3 Ribbons & 2 Hoops	5 Balls, 3 Ribbons & 2 Hoops

*Note: Grade 6 and 7 groups may compete either the current or following years prescribed apparatus.

New Zealand Apparatus Norms

International Grades

Senior International – Refer to the 'FIG Apparatus Norms'

Junior International / Stage 4 – Refer to the 'FIG Apparatus Norms', with the following exceptions:

- Ribbon length is a minimum of 5 metres, no weight requirement

Stage 3 – Refer to the 'FIG Apparatus Norms', with the following exceptions:

- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement
- Ball minimum diameter of 15 cm, no weight requirement
- Junior clubs may be used (36 cm min)
- Ribbon length is a minimum of 4.5 metres, no weight requirement

Levels Grades

Level 7 to 10 – Refer to the 'FIG Apparatus Norms', with the following exception:

- Levels 7-9 Ribbon length is a minimum of 5 metres, no weight requirement.

Please note: the Rhythmic SDC recommends that gymnasts use a 6 metre ribbon, as gymnasts with short ribbons run the risk of being deducted for insufficient patterns.

Level 5 to 6 – Refer to the 'FIG Apparatus Norms', with the following exceptions:

- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement.
- Ribbon length is a minimum of 5 metres, no weight requirement

Level 1 to 4 – Refer to the 'FIG Apparatus Norms', with the following exceptions:

- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement.
- Ball minimum diameter of 15 cm, no weight requirement
- Ribbon length is a minimum of 4.5 metres, no weight requirement
- Junior clubs may be used (36 cm min)

Multiples Grades

Grade VII Group – Refer to the 'FIG Apparatus Norms'

Grade VI Group – Refer to the 'FIG Apparatus Norms', with the following exception:

- Ribbon length is a minimum of 5 meters, no weight requirement

Grade IV-V Group – Refer to the 'FIG Apparatus Norms', except:

- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement.
- Ribbon length is a minimum of 5 metres, no weight requirement.

Please note: the Rhythmic SDC recommends that gymnasts use a 6 metre ribbon, as gymnasts with short ribbons run the risk of being deducted for insufficient patterns.

Grade II Group – Refer to the 'FIG Apparatus Norms', except:

- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement.
- Ball minimum diameter of 15 cm, no weight requirement
- Ribbon length is a minimum of 4.5 metres, no weight requirement
- Junior clubs may be used (36 cm min)

* Hoop 'proportionate to size of gymnast' refer to the following as a guide; resting upright on the floor, beside the gymnast, the top of the hoop comes at least to the leg line of the leotard.

FIG Apparatus Norms

ROPE

- Hemp or synthetic material
- Length proportionate to size of gymnast i.e. no specific length requirement
- No handles except for one or two knots at each end
- Maximum of 10 cm at the ends may be covered by an anti slip material
- Can be any colour except natural or white

HOOP

- Wood or plastic
- Interior diameter is between 80 cm to 90 cm
- Minimum weight of 300 grams
- Can be taped in any colour

BALL

- Rubber or synthetic
- Diameter between 18 cm to 20 cm
- Minimum weight of 400 grams
- Any colour

CLUBS

- Wood or synthetic
- Length between 40 cm to 50 cm
- Minimum weight of 150 gram per club
- Can be taped in any colour

RIBBON

Stick

- Wood or synthetic
- Length between 50 cm to 60 cm long (including the ring at the end of the stick)
- Diameter maximum of 1 cm
- Bottom end may be covered by tape or anti slip material for a maximum length of 10 cm
- Any colour

Ribbon

- Satin or other material
- Width between 4 cm to 6 cm
- Doubled at stick end for a maximum of 1 metre
- Total length minimum of 6 metres
- Minimum weight of 35 grams
- Any colour
- Attachment to the stick is a maximum of 7 cm (not counting the ring at the end of the stick)

National Levels Programme

Level 1 to 10

1. Starting Point

It is desirable that every gymnast wanting to compete in the National System starts at Level 1.

Once a gymnast has competed in a sanctioned competition, they cannot compete in a lower level. Award scheme and qualification system will determine the competing level.

The Rhythmic Sports Development committee reserves the right to regrade a gymnast due to extenuating circumstances.

2. Passing a Level

The idea of the Levels system is that gymnasts can systematically progress through the levels, starting at 1 and finishing at 10. A gymnast 'passes' a level when she achieves a certain standard. This can be done by:

Either

- (i) Achieving an all around total pass mark at a *single* competition or achieving the pass mark in each apparatus at separate competitions
- (ii) And having her levels card (showing competition results) verified by GymSports New Zealand (see para 3 below)

Or (applicable to Levels 1 to 6 only)

- (i) Attending a 'testing day' – in effect a "mini-competition" (gymnasts must perform full competition routines, and are judged in the same manner – see following notes).
- (ii) And having her levels card verified by GymSports New Zealand.

Gymnasts only have to pass the apparatus required for that year.

Once a gymnast achieves the pass mark at either an all around competition, or on each apparatus at separate competition or at a 'testing day' (for Levels 1 to 6), that gymnast must progress to the next level in the following year of competition. The only exceptions to this are:

1. Coaches can apply to GSNZ to request a gymnast stays in a particular level, using an Application for Regrade Form (refer page 19).
2. Gymnasts in Levels 7 to 9 may remain in their grade for 2 years regardless of the marks achieved in the first year. In extenuating circumstances the RG Sports Development Committee can request that a gymnast must progress to the next level at the end of the first year or a coach can apply to have a gymnast remain in a grade for longer than 2 years.
3. If for some reason a gymnast has a significant break from competitive gymnastics, an application may be made to GSNZ for consideration to recommence competition at an appropriate level, using an Application for Regrade Form (refer page 19).
4. Level 10 gymnasts may stay in Level 10 indefinitely.

A gymnast may progress through more than one level in a season.

Levels Card Submission

When it is considered that a gymnast has achieved the standard to advance to the next level, her levels card must be sent to the GSNZ for verification:

GymSports New Zealand
P.O. Box 9485
Newmarket
Auckland

When a gymnast competes at the next level, this verification must be produced to competition organisers.

Following verification, the gymnast is eligible to purchase the corresponding levels badge. A levels badge authorisation / order form will be returned with the levels card. When submitting cards, please enclose a stamped addressed envelope for return.

Levels Database

A database of all gymnasts in the National Stream (Levels 1-10) will be maintained by GymSports New Zealand.

To ensure that the database accurately reflects all gymnasts competing in the system at all times, Clubs are asked to regularly send details (name, date of birth, coach, competing level, competition number) to the above address, of all gymnasts joining their club for whom cards have yet to be submitted.

Following completion of the year's competitions in November, Clubs should submit **ALL** cards to the National Office by 1 December irrespective of whether they relate to gymnasts who have qualified at a level or not.

Note: A copy of the results, recording sheets and judge's panels from all competitions should be sent to GSNZ within 7 days of completion of the competition.

3. Instructions for holding a Levels "Testing Day" (Only Applicable to Levels 1 to 6)

- Send a letter or email to GSNZ (Attn: The RG Judging Advisor) of intent to hold a Levels Testing Day
- Document the following:
 - Judges to conduct the testing (a minimum of 3 judges, at least one Level 3 or higher) and at least one "neutral" judge (i.e. not from same club).
 - Date and Venue of Testing
 - Level and Number of Gymnasts
- You will need to receive confirmation that you are able to hold the testing day *before* going ahead; otherwise the marks will not be counted.

On the Testing Day...

- Use the usual competition recording sheet

Note: - A gymnast must do full routines to pass a Level.
- Gymnasts are required to pass the set apparatus set for that year.

A Testing day provides an opportunity to have apparatus examined that have not already been passed at competitions throughout the year. Gymnasts are *not* required to re-sit apparatus they have already passed.

Each routine will be judged as per normal (i.e. all competition rules apply) and the pass marks are the same as the pass marks in competition

After the Testing Day...

- Transpose the marks for each routine onto the 'Levels Card' for each gymnast.
- Send Levels Cards to GSNZ for verification of level pass.
- Send a copy of the recording sheets to GSNZ, PO Box 9485, Newmarket, Auckland

4. Award of Ribbons

When competing in the first competition at any level, each gymnast will be awarded a ribbon on each of the five apparatus, the colour of which recognises her performance level. Thereafter she will gain additional ribbons if her performance level improves to a higher score group.

Important Points

Judging panels must be submitted to the GymSports New Zealand Rhythmic Judging Advisor for approval prior to a Ribbon competition. Likewise advice of a 'testing day' must be sent to GSNZ RG Judging Coordinator, stating level of gymnasts and examiners, for approval prior to it being held.

Levels cards, ribbons and badges are available for purchase from GymSports New Zealand.

Gymnasts can pass a level at a ribbon event or a sanctioned event as long as the min judging panel requirements are met. Gymnasts can only qualify for Nationals at a sanctioned event.

Pass Marks & Ribbon Marks

Pass Marks

Level	Free	Apparatus	Overall
1	6.75	6.50	13.25
2	7.00	6.75	20.50
3	7.25	7.00	21.25
4	13.00	12.50	38.00
5	13.00	12.50	38.00
6		12.50	37.50
7		12.50	50.00
8		13.25	53.00
9		13.50	54.00
10		13.50	54.00

Ribbon Marks

Levels 1-3

Green	5.999 and under
Blue	6.000-6.999
Red	7.000-7.999
Gold	8.000 and over

Levels 4-10 & Stage 3

Green	10.999 and under
Blue	11.000-12.999
Red	13.000-13.999
Gold	14.000 and over

ADDITIONAL RESOURCES

Need Help? Any questions can in the first instance be addressed to the GymSports New Zealand Rhythmic Gymnastics Sport Development Committee:

Chair	Jane Pow	pows@xtra.co.nz
Levels/Coaching Advisor	Dana MacDiarmid	danamacdiarmid@yahoo.ca
Judging Advisor	Keita McGowan	keitajmcgowan@hotmail.com
Participation Advisor	Vacant	
Events and Tours	Roslyn Kerr	roslyn.kerr@canterbury.ac.nz
Athlete's Rep	Germaine Tang	glittergerm@hotmail.com
HP Advocate	Tracey Redhead	Tracey.Redhead@gymsport.co.nz

GymSports New Zealand
Level 2, 6 Arawa Street,
Grafton,
Auckland, NZ
P.O. Box 9485 Newmarket

Email: office@gymsportsnz.com

Web: www.gymsportsnz.com

Ph: + 64 9 3773600

Fax: + 64 9 3773608

Below is a list of websites which may be of interest. This list is by no means comprehensive, but rather a good starting point:

Federation websites:

FIG:

The General homepage: <http://www.fig-gymnastics.com/index2.jsp?menu=GENERAL>

The Rhythmic homepage: <http://www.fig-gymnastics.com/index2.jsp?menu=disrg>, especially keep an eye on the "newsletters" at the bottom of the news panel on the right hand side of the page.

The "rules" download page: <http://www.fig-gymnastics.com/index2.jsp?menu=RULES>

Gymnastics Australia:

Homepage: http://www.gymnastics.org.au/index_1.htm

Rhythmic technical regulations:

<http://www.gymnastics.org.au/gymsports/rg/technicalinfo.htm>

GymSports New Zealand:

<http://www.gymsportsnz.com>