



# NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS

## 2018 RHYTHMIC GYMNASTICS MANUAL

Please also refer to the NZ Secondary Schools Gymsports Championships General Manual and the Rhythmic Gymnastics Handbook on the GymSports NZ website for more information relating to the event.

[Gymnastics NZ | Home - GymnasticsNZ](#)



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*“Growing Great New Zealanders through  
Gymnastics”*

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## RHYTHMIC GYMNASTICS (RG) COMPETITION REQUIREMENTS

Grade	Pre-requisites	Competition Breakdown	
<b>Year 9-10 Group</b>	Year 9-10 students with little or no gymnastic knowledge and skill**	<ul style="list-style-type: none"> <li>• Group Competition*</li> <li>• Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements are detailed below</li> </ul>
<b>Year 11-13 Group</b>	Year 11-13 students with little or no gymnastic knowledge and skill**	<ul style="list-style-type: none"> <li>• Group Competition*</li> <li>• Ribbon</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements are detailed below</li> </ul>
<b>Open C</b> NB If numbers permit this level will be divided into Year 9-10 and Year 11-13	Year 9-13 students with little or no gymnastic knowledge and skill**	<ul style="list-style-type: none"> <li>• Individual competition</li> <li>• Choice of <b>two</b> apparatus from Rope, Hoop and Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements are detailed below***</li> </ul>
<b>Club C</b>	Present or past club members competing in GymSports NZ Levels 1-3 or Special Olympics	<ul style="list-style-type: none"> <li>• Individual competition</li> <li>• Choice of <b>two</b> apparatus from Rope, Hoop and Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum GymSports NZ Level 1 requirements</li> </ul>
<b>Club B</b>	Present or past club members competing in GymSports NZ Levels 4-6	<ul style="list-style-type: none"> <li>• Individual competition</li> <li>• Choice of any <b>two</b> apparatus (excluding Freehand)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum GymSports NZ Level 4 requirements</li> </ul>
<b>Club A</b>	Present or past club members competing in GymSports NZ Levels 7-9	<ul style="list-style-type: none"> <li>• Individual competition</li> <li>• Choice of any <b>three</b> apparatus (excluding Freehand)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum GymSports NZ Level 7 requirements</li> </ul>
<b>International</b>	Present or past club gymnasts competing in GymSports NZ Level 10, Stages or International	<ul style="list-style-type: none"> <li>• Individual competition</li> <li>• Choice of any <b>three</b> apparatus (excluding Freehand)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum GymSports NZ Stage 3 requirements</li> </ul>

\*Group Competition = 4-6 gymnasts performing as a group. A team of 3 is not permitted.

\*\*Little or no gymnastic knowledge and skill = Not currently or previously enrolled in Rhythmic Gymnastics at a club in the past 3 years.

**NB** In Group Grades a maximum of 1 Club athlete for a group of 4 or 2 Club athletes for a group of 5-6 is permitted.

\*\*\*Open C = athletes with disabilities not currently or previously enrolled in Rhythmic Gymnastics at a club in the past 3 years wanting to compete can choose to use the Open C routine requirements outlined in this document or those described in the Special Olympics Rules under the Gymnastics, Rhythmic section

<http://www.specialolympics.org/sports.aspx> Please indicate which rules you will be following when registering for the competition.

For all GymSports NZ requirements please refer to the 2018 Rhythmic Handbook on the GymSports NZ website.

To follow are:

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

## YEAR 9-10 & YEAR 11-13 GROUP COMPETITION

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

**Requirements:** Each group must perform two showings of a voluntary or compulsory routine. The routine must contain the six (6) compulsory elements as detailed on the following pages. In addition each routine must include four (4) formations and a minimum of two (2) \*collaborative elements. A gymnast may start without the apparatus, but must finish with the apparatus. The apparatus must be motionless at the start and finish of the routine.

**Year 9-10 Group:** Each group will perform two showings of a **Ball** routine.

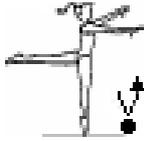
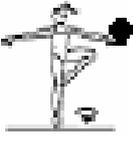
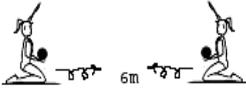
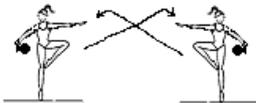
**Year 11-13 Group:** Each group will perform two showings of a **Ribbon** routine.

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
- Hand springs or other rotations of the body (e.g. dive rolls) where a gymnast is not in contact with the floor (excluding leaps/jumps)

\*Collaborative elements - where the movement of a gymnast or apparatus is dependent on the presence of the other gymnasts

## YEAR 9-10 GROUP - 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.	
2.	Turning step toe dance steps while rolling ball over hands (8 counts).	
3.	Arabesque balance with a bounce of the ball.	
4.	Passé pivot, with ball balanced on one hand.	
5.	<b>Exchange 1:</b> An exchange of the balls by rolling the ball along the floor. Gymnasts must be a minimum of 6m apart.	
6.	<b>Exchange 2:</b> Gymnasts perform passé balance while throwing the balls to each other.	

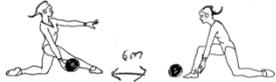
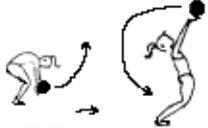
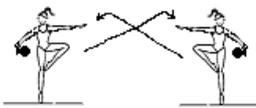
### Coaching Tips:

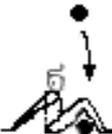
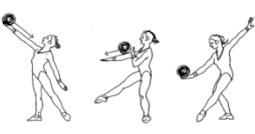
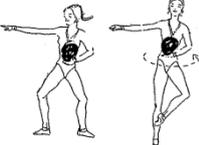
The ball should be held loosely in the palm of the hand, not “gripped” or held against the wrist

- 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

**NB** The diagrams are examples only, variations will be accepted.

## YEAR 9-10 GROUP - Compulsory Group Ball Routine

1	Total circumduction (figure 8 of ball) while kneeling with backbend (8 counts).	
2	<b>Exchange 1:</b> An exchange of the balls by rolling the ball along the floor. Gymnasts must be a minimum of 6m apart (8 counts). <i>Compulsory element</i>	
3.	Full standing bodywave, with ball balanced on one hand while arms circle backwards (8 counts).	
4.	Skip while linked to another group member (8 counts). <i>Collaboration</i>	
5.	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 (4 counts). <i>Compulsory element</i>	
6.	Arabesque balance with a bounce of the ball (4 counts). <i>Compulsory element</i>	
7.	Circle ball balanced on hand above head while performing a bodywave and then around the waist of another group member (8 counts). <i>Collaboration</i>	
8.	Turning step toe dance steps while rolling ball over hands (8 counts). <i>Compulsory element</i>	
9.	<b>Exchange 2:</b> Gymnasts perform passé balance while throwing the balls to each other (8 counts). <i>Compulsory element</i>	
10.	Stag leap with throw of the ball catch in one hand (4 counts).	

11.	Re-throw ball, sit and trap in legs (4 counts).	
12.	Roll ball up and down one arm while walking forward (8 counts).	
13.	Lunge preparation, passé pivot 360 degrees with ball balanced on one hand (8 counts). <i>Compulsory element.</i>	
14.	Take 3 steps into a lunge. Bounce ball three times (8 counts).	
15.	Spin ball on one finger in skaters balance. Take ball in hand and grovel roll (8 counts).	
16.	Voluntary finish.	

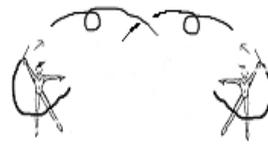
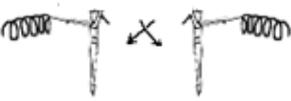
### Coaching Tips:

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

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- the ball should be caught without sound, being absorbed into the hand

**NB** The diagrams are examples only, variations will be accepted.

**YEAR 11-13 GROUP - Group Compulsory Ribbon Elements**

1.	Passé balance with snakes.	
2.	Lunge preparation, passé pivot 360 with overhead circle.	
3.	Spiral ribbon in circle turning with optional dance steps (8 counts).	
4.	Split leap with a large circle of ribbon.	
5.	<b>Exchange 1:</b> Toss of ribbon to the next gymnast.	
6.	<b>Exchange 2:</b> Spiral ribbon, pass ribbon to next gymnast, large circle to finish.	

**Coaching Tips:**

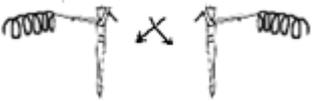
The ribbon stick is held firmly within the palm with the forefinger along the length of the stick. The best ribbon work is the result of a strong wrist and the correct alignment of the stick with the arm:

- 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

**NB** The diagrams are examples only, variations will be accepted.

## YEAR 11-13 GROUP - Group Compulsory Ribbon Routine

1	Turn on two feet performing snakes. Repeat (8 counts).	
2	Lunge preparation, passé pivot 360 with overhead circle (8 counts). <b>Compulsory element</b>	
3	Run over patterns formed by snakes on the floor. On toes, snake ribbon up and down (8 counts).	
4	Passé balance with snakes (4 counts). <b>Compulsory element</b>	
5	<b>Exchange 1:</b> Toss of ribbon to the next gymnast (4 counts). <b>Compulsory element</b>	
6	Turn run backwards snaking on the floor weaving around other group members (8 counts). <b>Collaboration</b>	
7	Chaîné turn with spirals (4 counts).	
8	Large swing with chasse followed by a large swing with a cat leap (8 counts).	
9	Split leap with a large circle of the ribbon (4 counts). <b>Compulsory element</b>	
10	Spirals while skipping and linked to another group member (8 counts). <b>Collaboration</b>	

11.	<b>Exchange 2:</b> Spiral ribbon, pass ribbon to next gymnast, large circle to finish. (8 counts). <i>Compulsory element</i>	
12.	Swing ribbon up slowly and catch end. Jump turn swinging ribbon above head (8 counts).	
13.	Step into a skaters pivot (4 counts).	
14.	Step over large circles performed to the side. Figure-eight with ribbon performing a front body wave (8 counts).	
15.	Spiral ribbon in circle turning with optional dance steps (8 counts). <i>Compulsory element</i>	
16.	Voluntary finish.	

**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
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- 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

**NB** The diagrams are examples only, variations will be accepted.

## OPEN C INDIVIDUAL COMPETITION

**Length of music:** 45-75 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 **ONE** National A leap/jump or balance – for example:

### Leaps/ Jumps

- cat jump

### Balances

- splits (forwards, backwards or sideways)

Each routine must also show a variety of handling of the apparatus. It is recommended that they include at least **ONE** of each of the apparatus technical groups mentioned below:

### 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)

**OPEN C INDIVIDUAL - Compulsory Rope Elements**

1.	Throw from one hand catch in two hands.	
2.	Lunge preparation, passé pivot 360 with overhead rotations with doubled rope.	
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 optional dance steps while swinging rope in a circle (4 counts).	
6.	A series of 4 skips with alternate crossing and uncrossing of the arms.	

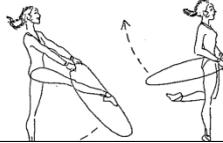
**Coaching Tips:**

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

**NB** The diagrams are examples only, variations will be accepted.

**OPEN C INDIVIDUAL - Compulsory Hoop Elements**

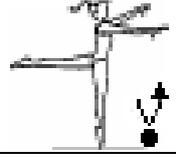
1.	Stag leap with throw of the hoop.	
2.	Passé pivot passing hoop around body.	
3.	Three skips forward through hoop.	
4.	Passé balance with roll over shoulder.	
5.	Spin hoop on floor and step toe dance steps around hoop with hand on top of hoop (4 counts).	
6.	Throw of the hoop with rotations around 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

**NB** The diagrams are examples only, variations will be accepted.

**OPEN C INDIVIDUAL - Compulsory Ball Elements**

1.	Stag leap with a large bounce of the ball.	
2.	Circle ball balanced on hand in front followed by circle above head while performing a front bodywave and finishing with circling the ball in front again.	
3.	Arabesque balance with bounces of the ball (minimum 3 bounces).	
4.	Turning step toe dance steps while rolling ball over hands (4 counts).	
5.	Passé pivot, with ball balanced on one hand.	
6.	Voluntary throw of the ball, catching the ball with the legs (or trapping below the knees) while sitting on the floor.	

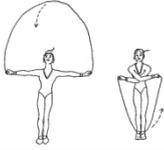
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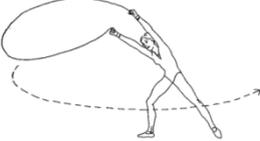
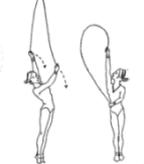
The ball should be held loosely in the palm of the hand, not “gripped” or held against the wrist

- 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

**NB** The diagrams are examples only, variations will be accepted.

## OPEN C INDIVIDUAL - Compulsory Individual Rope Routine

1.	A series of 4 skips with alternate crossing and uncrossing of the arms (4 counts). <b>Compulsory element</b>	
2.	Release rope overhead, pull through to the front to catch in other hand & skip through. Turn passing rope behind back (8 counts).	
3.	Chassé preparation, split leap through the rope (4 counts). <b>Compulsory element</b>	
4.	Passé balance, with swing to wrap rope around arm (4 counts). <b>Compulsory element</b>	
5.	Four skipping steps through the rope (4 counts).	
6.	Lunge preparation, passé pivot 360 degrees with overhead rotations with doubled rope (4 counts). <b>Compulsory element</b>	
7.	Rope doubled held in one hand, optional dance steps while performing a figure-eight (8 counts). <b>Compulsory element</b>	
8.	Chaine turn passing doubled rope behind back. Repeat (8 counts).	
9.	Turning cat leap with rotations of the rope (4 counts).	
10.	Three skips rope turning backwards stretching feet forward (4 counts).	

11.	Circumduction of the rope with large backbend (4 counts).	
12.	Take rope into both hands standing on toes figure-eight swing (4 counts).	
13.	Throw from one hand catch in two hands (4 counts). <i>Compulsory element</i>	
14.	Voluntary finish.	

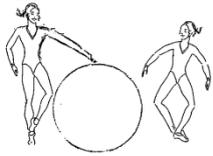
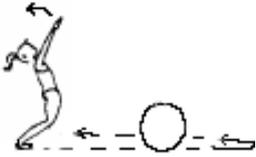
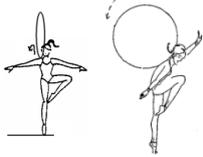
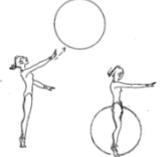
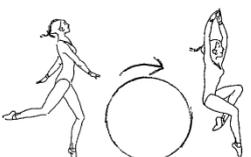
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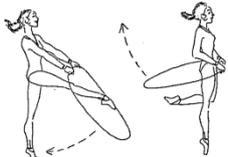
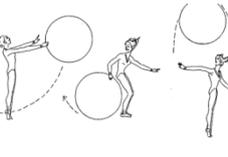
The rope may be used with or without knots in the ends, but should be held with the rope between the thumb and first finger and the ends concealed within the hands.

- 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

**NB** The diagrams are examples only, variations will be accepted.

## OPEN C INDIVIDUAL - Compulsory Individual Hoop Routine

1	Spin hoop on floor and step toe dance steps around hoop with hand on top of hoop (4 counts). <b>Compulsory element</b>	
2	Boomerang/retro roll of the hoop, with large backbend (4 counts).	
3	Passé pivot passing hoop around body (4 counts). <b>Compulsory element</b>	
4	Grapevine steps rotating hoop in front. Finish spinning hoop on floor in lunge position (8 counts).	
5	Passé balance with roll over the shoulder (4 counts). <b>Compulsory element</b>	
6	Large throw hoop & trap with arm and foot (4 counts).	
7	Stag leap with throw of the hoop (4 counts). <b>Compulsory element</b>	
8	Chaîne turn with rotations around the waist (4 counts).	
9	Pass hoop over head place on front foot & three rotations around ankle. Stand on hoop to lift into hand (8 counts).	
10	Roll hoop forward & perform a cat leap close to the rolling hoop (4 counts).	

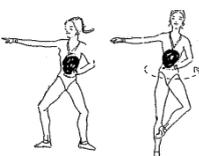
11.	Three skips forward through hoop (4 counts). <i>Compulsory element</i>	
12.	Throw of the hoop with rotations around the horizontal axis, catch the hoop and immediately skip through it (4 counts). <i>Compulsory element</i>	
13.	Swing hoop forward & backwards. Small throw backwards over shoulder and catch (4 counts).	
14.	Voluntary finish.	

**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

**NB** The diagrams are examples only, variations will be accepted.

**OPEN C INDIVIDUAL - Compulsory Individual Ball Routine**

1	Circle ball balanced on hand in front followed by circle above head while performing a front bodywave and finishing with circling the ball in front again (8 counts). <i>Compulsory element</i>	
2	Roll ball up and down both arms. Half turn on toes. Roll ball up one arm and down the other while walking forward (8 counts).	
3.	Chaine turn passing ball around body (4 counts).	
4.	Stag leap with a large bounce of the ball (4 counts). <i>Compulsory element</i>	
5.	Turning step toe dance steps while rolling ball over hands (4 counts). <i>Compulsory element</i>	
6.	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 (4 counts).	
7.	Lunge preparation, passé pivot 360 degrees with ball balanced on one hand (8 counts). <i>Compulsory element</i>	
8.	Total circumduction (figure 8 of ball) while kneeling with backbend (4 counts).	
9.	Lie on back with arms extended above head and roll ball along body from fingertips to toes (8 counts).	

10.	Stand up by crossing one leg over the other. Arabesque balance with 3 bounces of the ball (4 counts). <i>Compulsory element</i>	
11.	Throw the ball and trap while sitting on the floor (4 counts). <i>Compulsory element</i>	
12.	Voluntary finish.	

**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

**NB** The diagrams are examples only, variations will be accepted.

## PERFORMANCE AND EVALUATION

### On the day

Competitors will be given an opportunity to stretch and practise their routines prior to the start of the competition.

- Competitors perform on a 13m x 13m floor area

Each piece of music must be on a separate CD and handed in on arrival at the venue. 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 Individual or Group
- Name of School
- Competition Grade
- Apparatus

Jewellery is not recommended, especially visible piercing's.

Competitors are asked to wear fitted clothing.

- Immodest dress is not allowed.

### Judging

Competitors will be judged on 2 aspects:

#### Difficulty

The apparatus handling and body movements performed in the routine.

- Were the compulsory elements performed in the routine?
- Were there any additional body movements performed?
- Were there any apparatus technical movements performed?

#### Execution

How well the routine was performed and the way the routine has been choreographed and how well it works with the music

- Were there any drops of the equipment?
- Were toes pointed and knees straight?
- Were there any trips over the rope?
- Variety of apparatus and body movements used
- Formations and collaborations used (Group only)
- Use of different speeds and levels