

**SHORE RHYTHMIC GYMNASTICS
INTERNATIONAL CLUB
CHAMPIONSHIPS**

8th & 9th August 2009



Kimberley Robson 2008 Champion

***North Shore Events Centre
Silverfields, Glenfield***

North Shore, Auckland, New Zealand

All requirements as per FIG RG Code & New Zealand Code NZ
NZ RG Handbook www.gymsportsnz.com

Scroll down and click on Rhythmic
scroll down to New Zealand Competition Handbook 2008 (still current for 2009)

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

Further info: Call Margaret Ph 0064 9 473 8971(Home) Email: margaretwoolf@xtra.co.nz

INFORMATION

Date: 8th & 9th August 2009

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

Invited clubs from: Australia, Belgium, Canada, Hong Kong, Indonesia, Japan, Malaysia, Namibia, 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, Clubs & Ribbon
- 2. Junior International Competition as per FIG Requirements**
Exercises: Rope, Hoop, Ball, Clubs also Ribbon Routine for New Zealand competitors
- 3. Pre International Competition (all ages stated in year of competition)**
Exercises:

Stage 1	(8 yrs & under)	Free, Hoop
Stage 2	(10 & under)	Free, Hoop, Ball, Ribbon
Stage 3	(9-11 years)	Free,, Hoop, Ball, Clubs
Stage 4	(10-12 years)	Rope, Hoop, Ball, Clubs requirements as for Junior International
- 4. Junior & Senior Group Events as per FIG requirements**
Exercises

Senior	optional apparatus – 5 x Hoops plus 3 Ribbons & 2 Ropes
Junior	4 x Hoops & 4 x Ribbons
Stages	as per NZ & Australian Requirements

5. **NZG Rhythmic Levels Programme 2009 – see information attached Page 4.**
6. **Men's Rhythmic Gymnastic Programme Page 5 (Competition on Artistic Sprung Floor)**
Exercises:

Grade 1	7-9 years	Baton & Rope
Grade 2	10-12 years	Baton, Rope & Rings
Junior	13-15 years	Baton, Rope & Rings
Senior	16 years & over	Baton, Rope, Clubs & Rings
7. **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
8. **Gymnastique Cirque. Display gymnastics – information attached Page 6**
Please Note: [One display per club](#) and must have 6 or more gymnasts.
9. **Financial Conditions:** Travel and accommodation expenses are the responsibility of the participants.
10. **Entry Fees**

Senior & Junior International Grades	\$40.00 NZ
Levels 7-10	\$40.00 NZ
Stage 4	\$40.00 NZ
Levels 3-6	\$35.00 NZ
Stages 2 & 3	\$35.00 NZ
Levels 1 & 2	\$25.00 NZ
Stage 1	\$25.00 NZ
Level 0 NZ Incentive Scheme Elementary	\$10.00 NZ
Special Olympics	\$20.00 NZ
Multiples	\$20.00 NZ per gymnast per entry

NOTE: Level 0 is performance only and coaches may perform with gymnast. Certificates only will be awarded
Requirements are the same as Level 1

11. **Entries close: 1st July 2009 (please note 6 weeks before competition)**
 Pauline Jack C/-Shore Rhythmic Gymnastics Club
 PO Box 34.446
 Birkenhead
 Auckland, New Zealand
 Phone: +64-9-4835 233
 Email: pjack@slingshot.co.nz

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Entry Form enclosed Page 7-8

MEN'S RHYTHMIC GYMNASTICS PROGRAMME

Grade 1	7-9 years	Baton & Rope
Grade 2	10-12 years	Baton, Rope & Rings
Grade 3	13 years	Baton, Rope & Rings
Open Grade	16 years & over	Baton, Rope, Clubs & Rings

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:

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%

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 is 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 integral part of the performance – including how it is brought onto or off of the performance area

JUDGES

Name	Qual 1,1,2,13,brev	Notes