

***SHORE RHYTHMIC GYMNASTICS
INTERNATIONAL CLUB
CHAMPIONSHIPS***

7th & 8th August 2010



Mereana Rademaker 2009 Champion

***North Shore Events Centre
Argos St, Glenfield***

North Shore, Auckland, New Zealand

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

Troll down and click on Rhythmic, then troll down to NZ Competition Handbook

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

Further info: Call Margaret Ph 0064 9 473 8971(Home)

Email: margaretwoolf@xtra.co.nz

INFORMATION

Date: 7th & 8th August 2010

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

Invited clubs from: Australia, Belgium, Cyprus, Canada, Hong Kong, Indonesia, Japan, Malaysia, Namibia, The 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, Ball, Ribbon

2. Junior International Competition as per FIG Requirements

Exercises: Rope, Hoop, Ball, Clubs

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, Rope, Ball, Ribbon
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 2010 - see information attached Page 4.

Exercises: **Level 1** Free, Hoop
Level 2 Free, Hoop, Ball
Level 3 Free, Rope, Ball
Level 4 Free, Hoop, Ribbon
Level 5 Free, Rope, Ribbon
Level 6 Hoop, Ball, Ribbon
Level 7 Hoop, Ball, Clubs, Ribbon
Level 8 Hoop, Ball, Clubs, Ribbon
Level 9 Rope, Hoop, Ball, Clubs
Level 10 Rope, Hoop, Ball, Ribbon

6. Group Exercises

	<i>Grade 1 Freehand</i>
	<i>Grade 2 Ball or Ball</i>
	<i>Grade 4 Same apparatus</i>
	<i>Grade 5 Mixed Apparatus</i>
<i>Jnr Int</i>	<i>Grade 6 Ribbon, Hoop</i>
<i>Snr Int</i>	<i>Grade 7 Hoop, Ribbon & Rope</i>

7. Men's Rhythmic Gymnastic Programme Page 5 (Competition on Artistic Sprung Floor)

Exercises:	<i>Grade 1</i>	<i>7-9 years</i>	<i>Free, Ring(s)</i>
	<i>Grade 2</i>	<i>10-12 years</i>	<i>Free, Rope & Rings</i>
	<i>Junior</i>	<i>13-15 years</i>	<i>Baton, Rope & Rings</i>
	<i>Senior</i>	<i>16 years & over</i>	<i>Baton, Rope, Clubs & Rings</i>

8. 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

Please Note: One display per club and must have

9. Gymnastique Cirque. Display gymnastics - information attached Page 6

Must include 6 or more gymnasts. Note: one display per club

10. Financial Conditions: *Travel and accommodation expenses are the responsibility of the participants.*

11. Entry Fees	<i>Senior & Junior International Grades</i>	<i>\$45.00 NZ</i>
	<i>Levels 7-10</i>	<i>\$45.00 NZ</i>
	<i>Stage 4</i>	<i>\$45.00 NZ</i>
	<i>Levels 3-6</i>	<i>\$40.00 NZ</i>
	<i>Level 2</i>	<i>\$30.00 NZ</i>
	<i>Level 1</i>	<i>\$25.00 NZ</i>
	<i>Stages 2 & 3</i>	<i>\$40.00 NZ</i>
	<i>Stage 1</i>	<i>\$25.00 NZ</i>
	<i>Level 0 NZ Incentive Scheme Elementary</i>	<i>\$10.00 NZ</i>
	<i>Special Olympics</i>	<i>\$20.00 NZ</i>
	<i>Multiples</i>	<i>\$20.00 NZ per gymnast</i>

NOTE: *Level 0 is performance only and coaches may perform with gymnast. Certificates only will be awarded*

Requirements are the same as Level 1

12. Entries close: *1st July 2010 (please note 5 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

Entry Form enclosed Page 7

MEN'S RHYTHMIC GYMNASTICS PROGRAMME

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

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, sing 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 integrate part of the performance - including how it is brought onto or off of the performance area

JUDGES

Name	Qual I1 ,I2 ,I3 ,brev	Notes