

***SHORE RHYTHMIC GYMNASTICS
INTERNATIONAL CLUB
CHAMPIONSHIPS
21st & 22nd May 2011***



***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, 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 illusions.

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

Email: margaretwoolf@xtra.co.nz

INFORMATION

- Date:** 21st & 22nd May 2011
- Organisers:** Shore Rhythmic Gymnastic Club Organizing Committee
PO Box 34 446 Birkenhead
Auckland, New Zealand
- Invited clubs from:** Australia, Belgium, China, 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: Hoop, Ball, Clubs, Ribbon

Junior International Competition as per FIG Requirements
Exercises: Hoop, Ball, Clubs, Ribbon
2. **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)	Hoop, Ball, Clubs, Ribbon 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 2011**
Exercises:

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

6. Group Exercises

	<i>Grade 1 Freehand</i>
	<i>Grade 2 Hoop or Ball</i>
	<i>Grade 4 Same apparatus</i>
	<i>Grade 5 Mixed Apparatus</i>
<i>Jnr Int</i>	<i>Grade 6 5 Ropes, 5 Balls</i>
<i>Snr Int</i>	<i>Grade 7 5 Balls, 3 Ribbon & 2 Hoops</i>

7. Men's Rhythmic Gymnastic Programme (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

The display 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>\$50.00 NZ</i>
	<i>Levels 7-10</i>	<i>\$50.00 NZ</i>
	<i>Stage 4</i>	<i>\$50.00 NZ</i>
	<i>Levels 3-6</i>	<i>\$45.00 NZ</i>
	<i>Level 2</i>	<i>\$35.00 NZ</i>
	<i>Level 1</i>	<i>\$30.00 NZ</i>
	<i>Stages 2 & 3</i>	<i>\$45.00 NZ</i>
	<i>Stage 1</i>	<i>\$30.00 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 Grades 4-7</i>	<i>\$25.00 NZ per gymnast</i>
	<i>Grades 1-3</i>	<i>\$20.00 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 May 2011 (please note 5 weeks before competition)

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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 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.*
- **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.*
- **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*

TOTAL: \$ _____

JUDGES

Name	Qual 11,12,13,brev	Notes

