



NZ SECONDARY SCHOOLS

Tier 2 GYMNASTIC SPORTS CUP

RHYTHMIC GYMNASTICS MANUAL

2024

This manual outlines the routine requirements for Rhythmic Gymnastics at the NZ Secondary School Tier 2 - Gymnastic Sports Cup event.

This event is endorsed by School Sport NZ



DIVISIONS

The following table shows the divisions offered for Rhythmic Gymnastics. This is a guideline - teachers and coaches are encouraged to place students in the division that best meets their current abilities.

RHYTHMIC GYMNASTICS (RG)			
Division	Criteria	Category	Requirements
RG Group	For students of all abilities including two current competitive gymnasts. 4 – 6 gymnasts from one school. A maximum of 2 current competitive gymnasts allowed in each group.	Individual Medals – 1 st – 3 rd .	Choice of one apparatus – HOOP or BALL Perform one routine as outlined in this manual.
RG Grade 1 (previously Open C)	Recommended for beginner gymnasts - students in school-based gymnastics, recreational club gymnasts. No current or past competitive gymnasts.	Individual Medals – 1 st – 3 rd . Athletes with Disabilities* Medals – 1 st – 3 rd .	Choice of one apparatus - HOOP or BALL Perform one routine as outlined in this manual.
RG Grade 2 (previously Club C)	Recommended for, recreational club gymnasts, past Levels 3 and 4 competitive. No current competitive gymnasts	Individual Medals – 1 st – 3 rd . Athletes with Disabilities* Medals – 1 st – 3 rd .	Choice of one apparatus – HOOP or BALL Perform one routine as outlined in this manual.
RG Grade 3 (previously Club B)	Recommended for advanced recreational gymnasts, past competitive gymnasts from levels 5, 6, and 7 or Stages 3 No current competitive gymnasts	Individual Medals – 1 st – 3 rd . Athletes with Disabilities* Medals – 1 st – 3 rd .	Choice of one apparatus - ROPE or BALL Perform one routine as outlined in this manual.

RG Open Grade (previously Club A and International)	Recommended for, past competitive gymnasts from Levels 8, 9, 10; Stages 4 or International No current competitive gymnasts	Individual Medals – 1 st – 3 rd .	Choice of two apparatus from HOOP, BALL, ROPE AND RIBBON Perform two routine as outlined in this manual.
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***Athletes with disabilities** – may choose to compete the routines requirements for Grade 1, 2 or 3 outlined in this manual 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.

1. ROUTINE REQUIREMENTS

RG Grade 1

	RG Grade 1 (Individual)	Perform 9 elements in a routine, from the options provided. Perform elements in any order. Apparatus: Choose 1 routine - Hoop or Ball Music Length: 60-75 Seconds
	Option 1: HOOP	Option 2: BALL
Element 1	Option 1: Chasse cat leap through the hoop Option 2: Chasse scissor leap with axis rotation around the head Option 3: Chasse stag leap with rotations on the hand	Option 1: Chasse cat leap with bounce Option 2: Chasse scissor leap with bounce Option 3: Chasse stag leap with bounce
Element 2	Option 1: Passe balance with rotations on hand Option 2: Superman balance with axis rotation on the floor Option 3: Side split balance passing through the hoop	Option 1: Passe balance with roll up and down 2 arms Option 2: Superman balance with 3 small bounces Option 3: Side split balance with pop from elbow
Element 3	Option 1: Passe pivot with rotations around neck Option 2: Chaine turn with rotations around waist Option 3: Horizontal pivot with rotations on hand	Option 1: Passe pivot with unstable ball (held on extended arm) Option 2: Chaine turn with pass around waist Option 3: Horizontal pivot with unstable ball (held on extended arm)

Element 4	Standing backwards bodywave with passing through hoop	Standing backwards bodywave with large circle to roll the ball on the floor
Element 5	4 x backwards skips with axis rotation around head, 4 x toe points with flip toss of hoop	4 x backwards skips with spirals around hand, 4 x toe points with ball held on extended arm
Element 6	Pendulum skip (in and out)	Kneeling, roll up the ball to arch position and back again
Element 7	Running steps with hoop rotating around the ankle	Roll ball along one arm and down back
Element 8	Roll hoop across both arms	2nd position, holding ball behind, bounce through legs to catch in front
Element 9	Own choice of throw, sit down and trap in legs	Own choice of throw, sit down and trap in legs

Note: - Videos of Grade 1 Elements and a list of element options will be made available on the Gymnastics NZ, NZSS website page [HERE](#)

RG Grade 2

RG Grade 2 (Individual)	Perform 9 elements in a routine, from the options provided. Perform elements in any order. Apparatus: Choose 1 routine - Hoop or Ball Music Length: 60-75 Seconds
Option 1: HOOP 1. 1x leap 2. 1x balance 3. 1x pivot 4. 1x bodywave 5. Dance series 4 steps 6. Passing through hoop 7. Roll on the floor or body 8. Rotations of hoop some sort 9. Throw of choice.	Option 2: BALL 1. 1x leap 2. 1x balance 3. 1x pivot 4. 1x bodywave 5. Dance series 4 steps 6. Roll on the floor 7. Roll on the body 8. Bounce or bounce series (3) of some kind 9. Throw of choice.

RG Grade 3

RG Grade 3 (Individual)	<p>Perform 11 elements in a routine, from the options provided. Perform elements in any order. Apparatus: Choose 1 routine - Hoop or Ball Music Length: 60-75 Seconds</p>
<p>Option 1: ROPE</p> <ol style="list-style-type: none"> 1. 1x leap 2. 1 x balance 3. 1x pivot 4. 1x bodywave 5. 1x optional extra body difficulty 6. Dance series 8 steps 7. Skipping series forwards 8. Skipping series backwards 9. Wrapping/unwrapping of rope 10. Rotation skill of choice 11. Throw of choice 	<p>Option 2: BALL</p> <ol style="list-style-type: none"> 1. 1x leap 2. 1x balance 3. 1x pivot 4. 1x bodywave 5. 1x optional extra body difficulty 6. Dance series 8 steps 7. Roll on the floor. 8. Roll on the body. 9. Bounce or bounce series (3) of choice 10. Throw of choice. 11. Catch without help of hands.

RG Open Grade

RG Open Grade (Individual)	<p>Perform 13 elements in a routine, from the options provided. Perform elements in any order. Apparatus: Choose 2 routines – Hoop, Ball, Rope, Ribbon Music Length: 60-75 Seconds</p>
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<p>Option 1: ROPE</p> <ol style="list-style-type: none"> 1. 1x leap 2. 1x balance 3. 1x pivot 4. 1x bodywave 5. 1x optional extra body difficulty 6. Dance series 8 steps 7. Forwards skipping series 8. Backwards skipping series 9. Echappe 10. Wrapping/unwrapping of rope 11. Rotations of rope of choice 12/13. 2x Throw of choice 	<p>Option 2: BALL</p> <ol style="list-style-type: none"> 1. 1x leap 2. 1x balance 3. 1x pivot 4. 1x bodywave 5. 1x optional extra body difficulty 6. Dance series 8 steps 7. Roll on the floor 8. Roll on the body 9. Figure 8 10. Passing through hoop 11. Rotation with the hoop 12-13. 2x Throw of choice Catch without hands.
<p>Option 3: HOOP</p> <ol style="list-style-type: none"> 1. 1x leap 2. 1x balance 3. 1x pivot 4. 1x bodywave 5. 1x optional extra body difficulty 6. Dance series 8 steps 7. Roll on the floor 8. Roll on the body 9. Passing through hoop 10. Rotation with the hoop 11. Catch without hands 12-13. 2x Throw of choice 	<p>Option 4: RIBBON</p> <ol style="list-style-type: none"> 1. 1x leap 2. 1x balance 3. 1x pivot 4. 1x bodywave 5. 1x optional extra body difficulty 6. Dance series 8 steps 7. Spirals 8. Snakes 9. Large circles 10. Passing through the ribbon 11. Passing over the ribbon 12-13. 2x Throw of choice

RG Group

The Rhythmic group performance is a team of 4 – 6 gymnasts from one school. A maximum of 2 current competitive gymnasts is allowed in each group. *For elements 1-3, all gymnasts in the group must perform the same option (simultaneously or in rapid succession)

	RG Group (4 – 6 Gymnasts)	Perform 12 elements in a routine, from the options provided. Perform elements in the order listed. Apparatus: Choose 1 routine - Hoop or Ball Music Length: 60-90 Seconds
	Option 1: HOOP	Option 2: BALL
Element 1*	Option 1: Chasse cat leap through the hoop Option 2: Chasse scissor leap with axis rotation around the head Option 3: Chasse stag leap with rotations on the hand	Option 1: Chasse cat leap with bounce Option 2: Chasse scissor leap with bounce Option 3: Chasse stag leap with bounce
Element 2*	Option 1: Passe balance with rotations on hand Option 2: Superman balance with axis rotation on the floor Option 3: Side split balance passing through the hoop	Option 1: Passe balance with roll up and down 2 arms Option 2: Superman balance with 3 small bounces Option 3: Side split balance with pop from elbow
Element 3*	Option 1: Passe pivot with rotations around neck Option 2: Chaîne turn with rotations around waist Option 3: Horizontal pivot with rotations on hand.	Option 1: Passe pivot with unstable ball (held on extended arm) Option 2: Chaîne turn with pass around waist Option 3: Horizontal pivot with unstable ball (held on extended arm)
Element 4	Standing backwards bodywave with passing through hoop	Standing backwards bodywave with large circle to roll the ball on the floor
Element 5	4 x backwards skips with axis rotation around head, 4 x toes points with flip toss of hoop	4 x backwards skips with spirals around hand, 4 x toe points with ball held on extended arm
Element 6	Pendulum skip (in and out)	Kneeling, roll up the ball to arch position and back again
Element 7	Running steps with hoop rotating around the ankle	Roll ball along one arm and down back
Element 8	Roll hoop across both arms	2nd position, holding ball behind, bounce through legs to catch in front
Element 9	Exchange of your choice	Exchange of your choice
Element 10	Exchange of your choice	Exchange of your choice
Element 11	Collaboration of your choice	Collaboration of your choice

Element 12	Collaboration of your choice	Collaboration of your choice
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2. GENERAL

The event is a smoke, drug, and alcohol free.

Attire – please see the General Manual for full list of attire requirements, however it is recommended that competitors wear fitted clothing.

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, artistic or Rhythmic floor (will be stated on event information flyer)

3. DEFINITIONS

Exchanges

- An exchange is an element where every gymnast throws their apparatus to another gymnast and every gymnast catches an apparatus from another gymnast. Every gymnast must participate in the exchange.
- Exchanges should use medium or large throws (not small throws with gymnasts standing very close together). As a guide, gymnasts should be throwing approximately 4m or longer or alternatively could be standing closer together but throwing very high.

Collaborations

- A collaboration is any element that requires the group members to work together. (Something they could not perform as an individual gymnast.) For example, throwing apparatus from one gymnast to another, one gymnast cartwheeling over another gymnast lying on the floor, one gymnast bouncing a ball off another gymnast's back etc
- Collaborations should involve all group members in the same element (e.g. everyone should be participating in some way to create the collaboration)

4. MUSIC

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.

Please ensure any music with words is appropriate for a general audience. 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

5. JUDGING CRITERIA

Routine Elements – Gymnasts may perform any skill from the current code in any level, however the value will be the same for each element regardless of its value in the code of points. A list of elements is included at the end of this document.

How is the routine assessed? Each element will only be assessed for the performance quality (execution) not on how hard it is (difficulty). Additional bonus points for choreography elements such as rhythm, musicality and creativity can also be achieved as outlined in the summary below.

Performance Judging Summary

	Criteria	Score Range	Notes
Individual	Completed Element	0.1 – 1.0	Each element is assessed for technique, body control, dynamics, and continuity of the movement. A maximum score of 1.0 is an excellent performance.
	Rhythm & Musicality	1.0 (max)	
Group	Completed Element	0.1 – 1.0	Each element is assessed for technique, body control, dynamics and continuity of the movement. A maximum score of 1.0 is an excellent performance.
	Rhythm & Musicality	1.0 (max)	Bonus points for how well the group works in time with each other.
	Creativity	1.0 (max)	Creativity of collaborations