

The background of the entire page is a vibrant, abstract pattern of red watercolor splatters and brushstrokes of varying sizes and shades, creating a dynamic and energetic feel.

# **School Gymnsport Festival**

**Primary and Intermediate Schools  
Handbook – 2021**

**Schools Festival Programme from 2009**

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## INTRODUCTION

The Schools GymSport Festival celebrates the positive health benefits of gymnastics in all its forms; Novice and competitive; Trampoline, Artistic, Rhythmic and Aerobic Gymnastics; Group Performances.

The Gymsport Festival provides your school with the perfect opportunity to promote gymnastic movement to your students.

This handbook is designed to help your school prepare for the GymSport Festival. In it you will find:

- Information about the Schools GymSport Festival - intended learning outcomes, and benefits derived from participating in this event.
- Routine information and breakdown.

Through this event we wish to promote creativity, cooperation and development between participating schools and organizations in the celebration of gymnastics so that the experience is positive for all.

So, start planning your activities and join schools from across the region in this celebration of Gym Sport.

## ASSISTANCE/CONTACTS

Local Gymnastic Clubs may be able to provide schools with assistance to prepare for the Schools GymSports Festival. The contacts for GNZ member clubs can be found on the GNZ Website.

## ABOUT THE FESTIVALS

### What is it?

The Schools GymSport Festival was created as an event for schools to celebrate gymnastics in all its forms and to generate interest and enthusiasm about this wonderful multi-discipline sport.

This event provides an opportunity for school children to participate at their own ability level, in an individual or group-based activity.

Our long-term goal is to provide every school in New Zealand with the opportunity to participate in a GymSport Festival, thus increasing the visibility of the sport at a grass roots level.

### Intended Outcomes

- To promote the benefits of gymnastic sports to the health and well-being of all participants.
- To increase the visibility, awareness, and practice of all the disciplines. Gymnastics is a multi-discipline sport.
- To promote Gymnastics as a foundation for all sports and as the ultimate human movement experience for participants of all ages and levels.
- To promote participation in GymSport as an active lifestyle choice. GymSport is for fun, recreation, competition, education, excellence, personal improvement, GymSport is for life.
- To promote Gymnastics Clubs and its members (facilities, programmes, coaches, judges etc).



- To provide fundraising and promotional opportunities for organisations.

### Why Participate?

To increase excitement for sport and to communicate the sense of self efficacy and health benefits that gymnastics fosters.

It is a fact that everyone can find something meaningful and beneficial in sport, regardless of age, ability, or goals. The GymSport Festival offers something for all.

The Schools GymSport Festival is based on creating an atmosphere that is inviting, motivating, accessible to everyone and encourages the active participation of school children in gymnastics.

Join the celebration! The GymSport Festival is a great way to advocate gymnastics within your school.

### Eligibility and Entries

1. All competitors who are enrolled in full time school and are in year two or above in the year of competition are eligible to seek entry to the festival.
2. If the total number of entries exceeds the maximum number that can be accommodated in the event, the organisers reserve the right to alter the programme in order to fulfill the festival.
3. Entries will be accepted from Primary and Intermediate Schools. It is the responsibility of the school to ensure that the competitors comply with the GymSport Eligibility guidelines.
4. Please ensure one entry form is completed for each GymSport and division entered. For specific details please see entry form.




## SUMMARY OF GYMSPORTS

**\*Novice:** Any child never having competed in the GNZ competitive programmes. They may also be children retired from competitive GymSports for at least 2 years.

**\*\*Competitive:** Any gymnast who competes in the GNZ Competitive Stream- STEPS or LEVELs. Will train several times a week.

**Please note-** Children who go to gymnastics classes at a club once a week for recreational classes or partake in the club based Incentive Awards Scheme are in the Novice stream.

**2021 Changes:** - Changes for 2021 are highlighted throughout the manual.

Code		Novice*		Competitive**		
		Divisions	Apparatus	Divisions	Competitive Grade	Apparatus
<b>Artistic Gymnastics</b> 	<b>Boys</b>	Springers	Mat Vault Floor	Springers	-	Mat Vault Floor
		Flyers		Flyers	-	
		Twisters		Twisters	MAG Level 1	
				Open Junior	MAG Level 2 & 3	
	<b>Girls</b>	Open Junior Advanced	MAG Level 4 & 5	Vault Floor Pommel Parallel Bars		
		Open Senior	MAG Level 6+			
		Springers	Springers		-	Vault Beam Floor
		Flyers	Flyers		WAG STEP 1	
Twisters	Twisters	WAG STEP 2	Vault Bar Beam Floor			
	Open Junior	WAG STEP 3&4				
Open Junior Advanced	WAG STEP 5&6					
Open Senior	WAG STEP 7+					
<b>Rhythmic Gymnastics</b> 	Springers	Scarf (Yr 2) Hoop Hand-ball Foot-ball	Club (Elementary)	Level 1-3	2 Apparatus	
	Flyers	Ribbon Hand-ball Foot-ball	Open Junior	Level 3 & 4		
			Open Junior Advanced	Level 5, 6 & 7		
	Twisters	Ribbon Hand-ball Foot-ball	Open Senior	Level 8+, Stages 1- 4 Junior Int	3 Apparatus	
<b>Trampoline</b> 	Springers	Trampoline, Mini Tramp or Double mini Trampoline	Twisters	U10	Trampoline, Mini Tramp or DMT	
	Flyers		Open Junior	Age Groups 11-12, & 13-14 Years		
	Twisters		Open Senior	Youth and Sub Junior International		
<b>Group Performances</b>	Year 2-6 Open	Hip Hop	6-12 participants Must be all from the same school 6m x 6m floor space			
	Year 7&8 Open	Aerobics				
		Cheerleading				

## How to choose what Grade/Level?

Please choose the grade to enter your students in based on their gymnastic ability. Students may repeat a grade several times as they do not need to go up until they are capable of the next level. Students may start at any grade; they do not need to start at Springers.

There are three Novice divisions;

Springers	Entry Level
Flyers	Mid-level
Twisters	Advanced level.

Students who attend gymnastic classes once a week for recreational classes are still compete in the novice division.

Students who compete in the national competition programmes for their sport are in the competitive grades. Retired competitive gymnasts will compete in the competitive levels until they have been retired for longer than 2 seasons from retirement of which they can then compete in Novice divisions. The date for retirement is taken from the last season they competed (training not included) eg retired during or end of 2017 season is considered 2 seasons retired at the beginning of 2020.

**Open Grades** - Please note that if you do not have your club coach with you then for safety reasons, we recommend you only perform elements that you do not require spotting for or a warm up spot for i.e. you are proficient in performing the skill.

## Competition Requirements

1. The competition technical requirements are included in this publication.
2. Music CDs must be clearly labeled with the gymnasts'/groups' name, school and division. In the case of Rhythmic, the apparatus also.
3. The equipment requirements as detailed by GNZ will apply.
4. In the interest of the gymnasts and judges, each division will be scheduled for a maximum of 2 hours' duration.
5. All gymnasts are required to compete in uniform. With the exception of one small stud earring in each ear, no jewelry may be worn. Long hair must be securely tied up to ensure it does not create a safety hazard.
6. Each team must be accompanied by an adult.

## Acceptable Clothing

- School PE Uniform
- Cycle shorts and Tee shirt (Female)
- Shorts and Tee shirt (Male)
- Leotard
- Socks for Trampoline
- **No Baggy shorts**

# ARTISTIC GYMNASTICS - SPRINGERS

BOY'S ARTISTIC

Novice Only

Perform - Floor, Vault, Mat

GIRL'S ARTISTIC

Novice Only

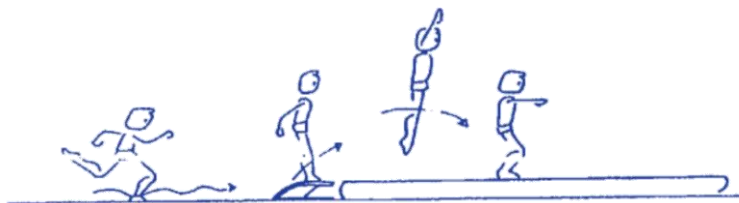
Perform - Floor, Vault, Beam

## • SPRINGERS | BOY'S & GIRL'S ARTISTIC | FLOOR



Skill 1	Skill 2	Skill 3	Skill 4
From stand forward roll to squat	Place hands on the floor and jump feet back to front support (hold 2 sec) / Lift one hand off the floor / Roll over to rear support (hold 2 sec).	Sit down in L position. Rock backwards to shoulder stand, rock forwards to squat.	Place hands on floor and show a tucked handstand. Lower legs to squat, straight jump to stand.

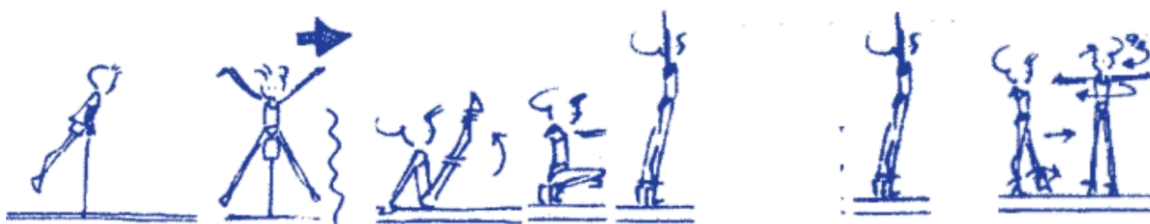
## • SPRINGERS | BOY'S & GIRL'S ARTISTIC | VAULT



Run, hurdle 2 feet take off to straight jump onto a 30cm mat. Arms stretched above head in flight and parallel to floor on landing (feet knee high in jump).



• **SPRINGERS | GIRL'S ARTISTIC | BEAM**

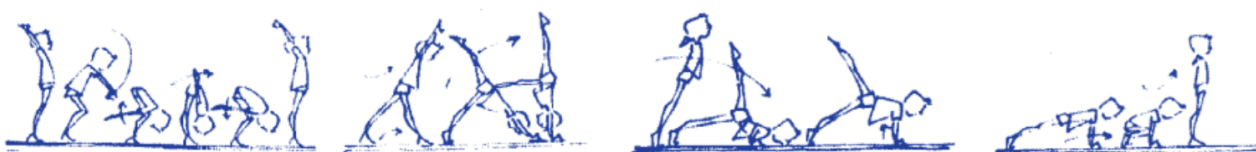


Skill 1	Skill 2	Skill 3	Skill 4
Front Support, leg over to stride sit.	Lift legs to V sit. Swing legs down and back, to squat, then stand.	On toes, walk 6 steps forwards.	Pivot ½ turn on two feet , on high toes



Skill 5	Skill 6	Skill 7	Skill 8
Pose (hold for 2 sec.)	Perform 4 dip steps.	Perform 1 stretch jump.	Walk to the end of the beam and straight jump dismount to land.

• **SPRINGERS | BOY'S ARTISTIC | MAT**



Skill 1	Skill 2	Skill 3	Skill 4
Arms swings bending at hips squat and knees – 2 times	Show a momentary ¾ handstand.	Fall to prone – initially arms bend to absorb the landing, then push up as shown.	Front support, jump feet into tuck, then stand.

# ARTISTIC GYMNASTICS - FLYERS

BOY'S ARTISTIC  
GIRL'S ARTISTIC

Novice Only  
Novice /WAG STEP 1

Perform - Floor, Vault, Mat  
Perform - Floor, Vault, Beam

## • FLYERS | BOY'S & GIRL'S ARTISTIC | FLOOR

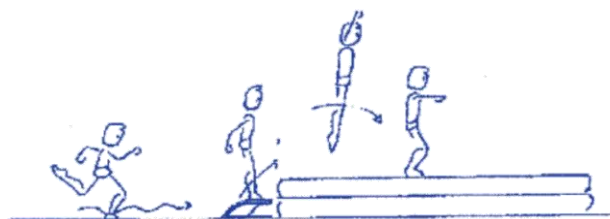


Skill 1	Skill 2	Skill 3
From Stand execute a cartwheel	Backward roll to straddle stand (hold 2 sec.)	Place hands on the floor and jump feet to front support, take one hand off and roll over to rear support



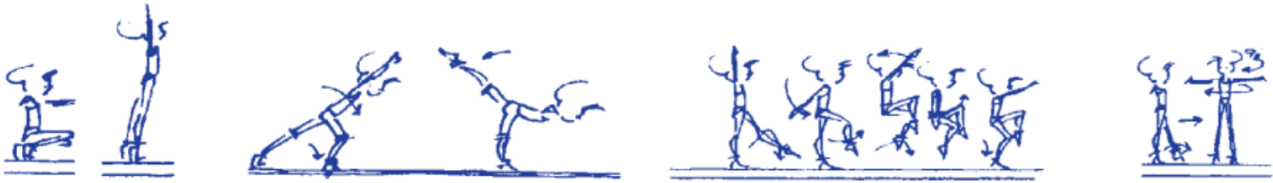
Skill 4	Skill 5	Skill 6
Sit, then stretch arms overhead and down to feet (hold 2 sec.)	Rock backwards to shoulder stand, rock forwards to squat and immediate straight jump to land.	Show momentary handstand, step down to finish.

## • FLYERS | BOY'S & GIRL'S ARTISTIC | VAULT



Run, hurdle 2 feet take off to a straight jump onto a 60cm mat. Arms stretched above head in flight and parallel to floor on landing.

• FLYERS | GIRL'S ARTISTIC | BEAM

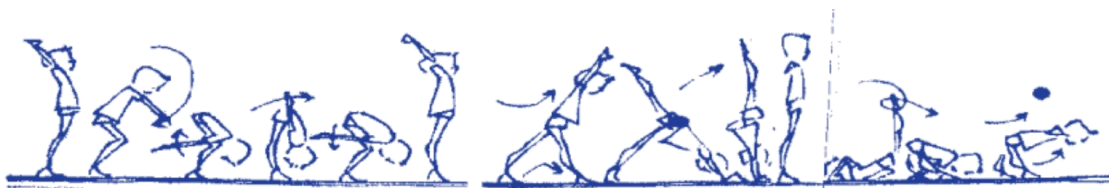


Skill 1	Skill 2	Skill 3	Skill 4
Squat Mount, with two legs or one leg, ¼ turn to stand stretched.	Scale balance (hold 2 sec.)	Step, cat leap, swinging arms forward and up.	Pivot ½ turn on two feet, on high toes.



Skill 5	Skill 6	Skill 7	Skill 8
Pose (hold for 2 sec.)	Perform grapevine step (side, behind, side, in front).	Perform 2 stretch jumps.	Walk to the end of the beam and jump ½ turn dismount.

• FLYERS | BOY'S ARTISTIC | MAT



Skill 1	Skill 2
Arm swings bending at knees and hips – 2 times.	Handstand step down, then forward roll to straddle stand (hold straddle stand for 2 sec.)



Skill 3	Skill 4
Perform 2 single leg circles, ending in front support.	Spring feet forward to squat and stand.

# ARTISTIC GYMNASTICS - TWISTERS

BOY'S ARTISTIC  
GIRL'S ARTISTIC

Novice / MAG Level 1  
Novice / WAG STEP 2

Perform - Floor, Vault, Mat  
Perform - Floor, Vault, Beam

## • TWISTERS | BOY'S & GIRL'S ARTISTIC | FLOOR



Skill 1	Skill 2	Skill 3	Skill 4
From Stand, cartwheel with a 90° inward turn to stand with feet together	Backward roll to squat.	Jump ½ turn to land.	Step onto one leg, move through lunge position to scale balance (hold 2 sec.)



Skill 5	Skill 6	Skill 7
Roll forward to Pike sit and immediately lower to stretch position.	Roll backwards to shoulder stand, then rock forwards to squat and immediate jump ½ turn.	Lifting arms and one leg, kick to momentary handstand, forward roll to squat, immediate straight jump to land.

## • TWISTERS | BOY'S & GIRL'S ARTISTIC | VAULT



Run, hurdle 2 feet take off to dive roll down sloping soft mat.

• **TWISTERS | GIRL'S ARTISTIC | BEAM**



Skill 1	Skill 2	Skill 3	Skill 4
Mount beam with scissor kick to squat position, then stand tall OR Scissor kick over beam to sit on beam with legs hanging. Climb up to squat. The change from sit to squat will not be judged.	Scale balance (hold 2 sec.)	Step, cat leap, swinging arms forward and up.	Pivot ½ turn on two feet, on high toes.



Skill 5	Skill 6	Skill 7	Skill 8
Pose (hold for 2 sec.)	Perform grapevine step (side, behind, side, in front).	Perform 2 stretch jumps.	Round off dismount, off the end of the beam.

• **TWISTERS | BOY'S ARTISTIC | MAT**



Skill 1	Skill 2
Arm swings bending at knees and hips – 2 times.	Cartwheel ¼ turn out.



Skill 3	Skill 4	Skill 5
Handstand forward roll to straddle stand (hold straddle stand for 2 sec.)	Perform 2 leg circles ending in front support.	Spring feet forward to squat and stand.

## WOMEN'S ARTISTIC GYMNASTICS (WAG) – OPEN JUNIOR (STEPS 3 & 4)

**Grade:** Participants must be competing in the NZ WAG STEPs Programme at STEPs 3 and 4. See page 7 for retired gymnasts requirements.  
Refer to the current NZ WAG Handbook for specific element requirements.

**Perform:** Floor, Vault, Bar and Beam

- **OPEN JUNIOR | WAG | VAULT** Handspring over vaulting table (105/115/125cm height) OR 90cm Crashmat
- **OPEN JUNIOR | WAG ARTISTIC | FLOOR** There is a time limit of 90 sec.  
**Please note:** STEP 3s only require 1 Handstand Element for AIMS so will need to substitute a backward roll to front support or handstand prop forward roll with a third Acro Element (from options below).

Requirements: Compete 9 Elements in a routine. Choice of choreography	Options
1 x Tumble Run	<ul style="list-style-type: none"> <li>• Hurdle to Round-off , rebound Tuck Jump</li> <li>• Hurdle to Round-off Flic Flac - 0.2 bonus</li> </ul>
1 x Handstand Elements	<ul style="list-style-type: none"> <li>• Handstand Prop Forward Roll OR</li> <li>• Backward Roll to Handstand (within 30° Horizontal)</li> <li>• Backward Roll to Front Support</li> </ul>
1 x Turn	<ul style="list-style-type: none"> <li>• Full Turn on one foot, free leg in Passe</li> </ul>
3 x Acro Elements	<ul style="list-style-type: none"> <li>• Backward Walkover</li> <li>• Forward Walkover</li> <li>• Cartwheel, Cartwheel ¼ turn</li> <li>• Dive Roll</li> </ul>
2 x Jump/Turns	<ul style="list-style-type: none"> <li>• Jump Full turn</li> <li>• Stretch/Jump – <b>Stride Jump</b></li> <li>• Fouette Turns OR Hops on alternate legs</li> </ul>
1 x Leap	<ul style="list-style-type: none"> <li>• Split Leap, step hop with free leg forward minimum horizontal</li> <li>• Split Leap, Split Leap</li> </ul>



- OPEN JUNIOR | WAG | BAR

Requirements: Compete 6-7 elements in a routine.	Options:
1 x Mount	<ul style="list-style-type: none"> <li>• Jump to glide swing, release, chin up pullover</li> <li>• Glide Kip – 0.2 bonus</li> </ul>
1 x Cast	<ul style="list-style-type: none"> <li>• Cast to 90°</li> </ul>
1 x Bar Change	<ul style="list-style-type: none"> <li>• Low bar underswing dismount, lift to high bar</li> <li>• Feet to low bar (no DV), jump to High BAR, Tap Swing – 0.2bonus</li> </ul>
1 x Close Circle on Bar	<ul style="list-style-type: none"> <li>• Backward Hip Circle - Low bar</li> <li>• Cast, Backward Hip Circle – High bar (swing to mount high bar not judged)</li> </ul>
2 or 3 Tap Swings & Dismount	<ul style="list-style-type: none"> <li>• Tap swing x 3 – minimum 135°, release on third backswing</li> <li>• Underswing - counter swing back, Tap swing x 2, release on 2<sup>nd</sup> backswing</li> </ul>

- OPEN JUNIOR | WAG | BEAM

There is a time limit of 90 sec.

Requirements: Compete 8 Elements in a routine. Choice of choreography	Options:
1 x Mount	<ul style="list-style-type: none"> <li>• Jump to two feet squat on, clear L-sit *</li> <li>• Jump to clear straddle in cross position (mark) *</li> </ul> <p>*Optional position to stand.</p>
1 x Acro Element	<ul style="list-style-type: none"> <li>• Cartwheel – optional finish position</li> <li>• Roll back to shoulder stand</li> <li>• Forward Roll to Straddle sit</li> </ul>
1 x Balance	<ul style="list-style-type: none"> <li>• Arabesque with free leg at 90° (2 sec hold)</li> <li>• Scale Balance with free leg at 180° (2 sec) DV at 135°</li> </ul>
1 x Turn	<ul style="list-style-type: none"> <li>• ½ turn on one foot, followed by ½ turn on two feet in releve</li> </ul>
1 x Handstand Element	<ul style="list-style-type: none"> <li>• Handstand</li> <li>• ¾ Handstand – one leg vertical, other minimum horizontal</li> </ul>
1 x Jump	<ul style="list-style-type: none"> <li>• <b>Stride Jump – at or above 135°</b></li> </ul>
1 x Optional Element	<ul style="list-style-type: none"> <li>• Stretch Jump ½ Turn</li> <li>• Tuck Jump – knees at horizontal</li> <li>• <b>Two</b> directly connected stretch jumps</li> <li>• Split Leap – above 135°</li> </ul>
1 x Dismount	<ul style="list-style-type: none"> <li>• Round-off with repulsion from hands to land</li> </ul>

## WOMEN'S ARTISTIC GYMNASTICS (WAG) – OPEN JUNIOR ADVANCED (STEPs 5 & 6)

**Grade:** Participants must be competing in the NZ WAG STEPs Programme at STEPs 5 & 6. See page 7 for retired gymnast requirements.  
Refer to the Gymnastics NZ WAG Handbook 2020 for specific requirements.

**Perform:** Floor, Vault, Bar and Beam

- **OPEN JUNIOR ADV | WAG | FLOOR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 5 Floor routine. Gymnasts in this grade may add elements in part or full of the STEP 6 routine requirements. There is a time limit of 90 sec.
- **OPEN JUNIOR ADV | WAG | VAULT** Handspring over vaulting table (minimum 115cm or 125cm height).
- **OPEN JUNIOR ADV | WAG | BAR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 5 Bar routine. Gymnasts in this grade may add elements in part or full of the STEP 6 routine requirements.
- **OPEN JUNIOR ADV | WAG | BEAM** Minimum requirements of the Women's Artistic STEPs Programme, STEP 5 Beam routine. Gymnasts in this grade may add elements in part or full of the STEP 6 routine requirements. There is a time limit of 90 sec.

## WOMEN'S ARTISTIC GYMNASTICS (WAG) – OPEN SENIOR (STEPs 7+)

**Grade:** Participants must be competing in the NZ WAG STEPs Programme at STEPs 7 - 10 and Junior International. Refer to the Gymnastics NZ WAG Handbook 2020 for specific requirements.

**Perform:** Floor, Vault, Bar and Beam

- **OPEN SENIOR | WAG | FLOOR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Floor routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of STEP 7 is met. There is a time limit of 90 sec.
- **OPEN SENIOR | WAG | VAULT** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Vault.
- **OPEN SENIOR | WAG | BAR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Bar routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of STEP 7 is met.
- **OPEN SENIOR | WAG | BEAM** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Beam routine. Gymnasts in this grade may add elements in part or full of their own routines so long as the minimum requirement of the STEP 7 beam are met. There is a time limit of 90 sec.

## MEN'S ARTISTIC GYMNASTICS – OPEN JUNIOR (Level 2 & 3)

**Grade:** Participants must be competing in the NZ MAG Levels Programme at Level 2 & 3. See page 7 for retired athlete requirements. Refer to the Gymnastics NZ MAG National Programme Manual 2018 - 2020 for specific requirements

**Perform:** Floor, Vault, Pommel, Parallel Bar

- **OPEN JUNIOR | MAG | FLOOR**

The routine time limit is 90 sec.

Requirements: Compete 6 Elements as follows in any order. Choice of extra movement to connect routine allowed.	Options/notes
1 x Handstand Forward Roll	<ul style="list-style-type: none"> <li>• Kick Handstand, forward roll</li> <li>• Handstand Pop – forward roll</li> </ul>
1 x Jump to Handstand	<ul style="list-style-type: none"> <li>• Pike Jump to Handstand, forward roll, to straddle stand, forward roll to jump ½ turn OR</li> <li>• Straddle Jump to Handstand, step down</li> </ul>
Backward Roll to front support splits, Forward Roll through Shoulder Stand, forward roll stretch jump (or ½ turn)	
1 x Acro Element	<ul style="list-style-type: none"> <li>• Dive Roll OR</li> <li>• Tuck Front Salto – 0.2 Bonus</li> </ul>
Hurdle to Round-off	

- **OPEN JUNIOR | MAG | VAULT**

Forward Tuck Salto to land on 30cm mat.

- **OPEN JUNIOR | MAG | POMMEL**

Perform 5 circles on Pommel, stops allowed between circles, dismount to stand.

- **OPEN JUNIOR | MAG | PARALLEL BARS**

<b>Requirements: Compete Elements in a routine as follows.</b>	<b>Options/notes</b>
Optional Bonus - Basket Swing	0.2 Bonus - Place hands in middle of rail, jump to basket swing back to stand
Jump to momentary straight support	
Dip arms to greater than 90°	
Lift legs to L-Hold (2 sec)	
From L Hold, Lift to V half swing (backward)	V-Hold minimum to 45° above horizontal, swing back to bar height.
Swings (forward – back)	Minimum swing height to horizontal
Dismount – over side rail.	Swing forward, backward through handstand and dismount over rail to stand. Body to reach minimum 45° from horizontal for handstand.

## **MEN'S ARTISTIC GYMNASTICS – OPEN JUNIOR ADVANCED (Level 4 & 5)**

**Grade:** Participants must be competing in the NZ MAG Levels Programme at Level 4 and 5. See page 4 for retired gymnast requirements. Refer to the Gymnastics NZ MAG National Programme Manual 2018- 2020 for specific routine requirements.

**Perform:** **Floor, Vault, Pommel, Parallel Bar**

- **OPEN JUNIOR ADV | MAG | FLOOR** Minimum requirements of the Men's Artistic Levels Programme, Level 4 Floor routine. Gymnasts in this grade may add elements in part or full of the Level 5 routine requirements.
- **OPEN JUNIOR ADV | MAG | VAULT** Forward Stretched Salto to land 30cm mat.
- **OPEN JUNIOR ADV | MAG | PARALLEL BAR** Minimum requirements of the Men's Artistic Levels Programme, Level 4 Parallel Bar routine. Gymnasts in this grade may add elements in part or full of the Level 5 routine requirements.
- **OPEN JUNIOR ADV | MAG | POMMEL** Minimum requirements of the Men's Artistic Levels Programme, Level 4 Pommel routine. Gymnasts in this grade may add elements in part or full of the Level 5 routine requirements.

## MEN'S ARTISTIC GYMNASTICS – OPEN SENIOR (Level 6 +)

**Grade:** Participants must be competing in the NZ MAG Levels Programme at Level 6+. See page 7 for retired gymnast requirements. Refer to the MAG National Programme Manual 2018 – 2020 for specific routine requirements.

**Perform:** Floor, Vault, Pommel, Parallel Bar









- **OPEN SENIOR | MAG | FLOOR** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Floor routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of Level 6 is met.
- **OPEN SENIOR | MAG | VAULT** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Vault.
- **OPEN SENIOR | MAG | PARALLEL BAR** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Parallel Bar routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of Level 6 is met.
- **OPEN SENIOR | MAG | POMMEL** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Pommel routine. Gymnasts in this grade may add elements in part or full of their own routines so long as the minimum requirement of the Level 6 Pommel are met.

# RHYTHMIC GYMNASTICS – SPRINGERS

**Grade:** Novice Individual Male AND Individual Female  
**Perform** Two options from Scarf, Ribbon, Hand-ball or Foot-Ball

• **SPRINGERS | RHYTHMIC | SCARF**


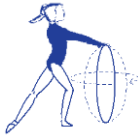




Music is optional – time limit of 90 sec. (Year 2 only)

1		<p>Four skips forward – swinging arms backwards and forwards. Repeat skipping backwards.</p>
2		<p>Deep knee bend swinging scarves backwards and forwards. Turn on two feet, up on toes, arms held high.</p>
3		<p>Lunge to side circling arms across body, back to side. Repeat to other side. Finish balanced on two feet, on toes.</p>
4		<p>Kneel, holding scarves in front. Circle one scarf backwards, then forwards. Repeat to the other side.</p>
5		<p>Stand and perform a Passé balance (flat foot), hands on hips.</p>
6		<p>Walk forward four steps, up on toes, circling arms up and down.</p>
7		<p>Take three steps into a cat leap, circling scarves up and backwards.</p>
8		<p>Finish in lunge position.</p>





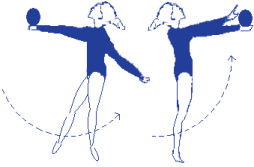

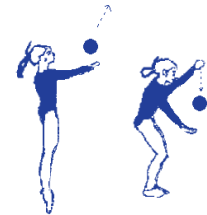
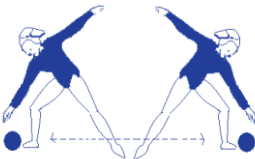

## SPRINGERS | RHYTHMIC | HOOP

Music is optional – time limit of 90 sec.

1		<p>Swing hoop forward to the side of the body, change hands at the top of the swing and swing down to the other side, with a bend in the knees with each swing.</p>
2		<p>Place hoop on the floor and spin, while walking around the hoop.</p>
3		<p>Hold a Passé balance while passing the hoop around , behind the back.</p>
4		<p>Roll hoop forward and cat leap next to the hoop.</p>
5		<p>Skip through the hoop 4 times.</p>
6		<p>Hold hoop, step through and finish in side lunge.</p>

## SPRINGERS | RHYTHMIC | HAND-BALL

Music is optional – time limit of 90 sec.

1		<p>Rotate the ball over hands, walking four steps in a circle, on the spot.</p>
2		<p>Roll ball up and down both arms.</p>
3		<p>Step back while swinging the ball backwards then forwards again. Repeat both sides.</p>
4		<p>Bounce the ball while skipping forwards, 4 times.</p>
5		<p>Throw the ball with one hand and catch with the other..</p>
6		<p>Roll the ball from side to side on the floor.</p>
7		<p>Kneel and roll the ball forward and finish.</p>

## **SPRINGERS | FOOT-BALL SKILLS**

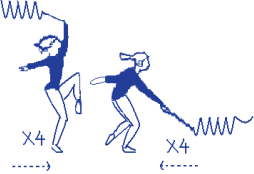






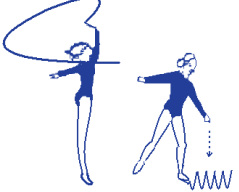
**Music is optional – time limit of 90 sec.**

- |                         |   |
|-------------------------|---|
| <b>Zig Zag Dribble</b>  | Dribble the ball zig-zagging around 6 cones   |
| <b>Toe Taps</b>         | Trap the ball at the end of the cones and lightly tap the top of the ball 6 times using the front sole of the foot, alternating taps with the other foot. |
| <b>Straight Dribble</b> | Dribble the ball straight back to the start position, trapping the ball to stop.  |
| <b>Tic Toc</b>          | On the spot, using the inside front edges of the feet, knock the ball back and forth between the feet, 6 times, so that the ball is in constant motion.   |

# RHYTHMIC GYMNASTICS – FLYERS






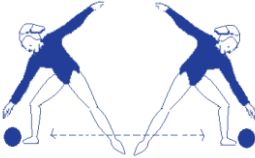


**Grade:** Novice Individual Male AND Individual Female  
**Perform** Two options from Ribbon, Hand-ball or Foot-Ball

- **FLYERS | RHYTHMIC | RIBBON** Music is optional – time limit of 90 sec.

1		Four skips forward – snaking ribbon overhead, then run backwards snaking ribbon on the floor, in front of the body.
2		Passé balance with snakes up and down.
3		Swing the ribbon side to side in lunge positions.
4		Run over snake patterns on the floor.
5		Cat leap forward while swinging ribbon backwards in a large circle.
6		Arabesque balance while performing vertical snakes.
7		Perform four figure 8 circles next to the body.
8		Swing the ribbon overhead, then drop and trap the ribbon stick with a foot.

• FLYERS | RHYTHMIC | HAND-BALL

Music is optional – time limit of 90 sec.

1		Bounce the ball four times, from side to side, in lunge positions.
2		Rotate the ball over hands four times while turning around on the spot.
3		Throw and catch the ball in one hand.
4		Hold a front balance and bounce the ball.
5		Walk up on toes, rolling the ball up and down on both arms.
6		Roll the ball from side to side four times, in lunge positions.
7		Bounce the ball and perform a scissor leap.
8		Roll forward with the ball held between the stomach and thighs. Finish.

## FLYERS | FOOT-BALL SKILLS

Music is optional – time limit of 90 sec.



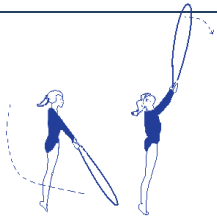
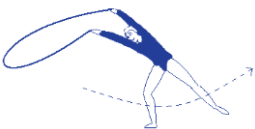



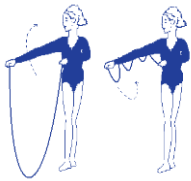
<b>Zig Zag Dribble</b>	Dribble the ball zig-zagging around 6 cones
<b>Toe Taps</b>	Trap the ball at the end of the cones and lightly tap the top of the ball 6 times using the front sole of the foot, alternating taps with the other foot.
<b>Drag back</b>	Alternating feet and using a skipping type step, pull the ball backwards with light touches.
<b>Tic Toc</b>	On the spot, using the inside front edges of the feet, knock the ball back and forth between the feet, 6 times, so that the ball is in constant motion.
<b>Pull back</b>	Place the sole of the foot on top of the ball. Pull/roll the ball behind. Then quickly turn and trap the ball.



# RHYTHMIC GYMNASTICS – TWISTERS








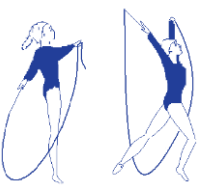
**Grade:** Novice Individual Male AND Individual Female  
 Perform Two options from Ribbon, Rope and Foot-Ball

- **TWISTERS | RHYTHMIC | ROPE** Music is optional – time limit of 90 sec.

1		Eight skips forward through the rope.
2		Take doubled rope in both hands and Stag Leap through the open rope.
3		Walk forward swinging the rope in a figure 8 to both sides, four times.
4		Large swing of the rope in lunge. Repeat to the other side.
5		<p>Swing double-folded rope backwards, drop one end of the rope, pull through to the front and catch.</p> <p>Cross skip forwards four times.</p>
6		Hold a front balance while swinging the rope overhead.
7		Skip three times through the rope, on the spot.
8		Swing the rope down and wrap around an extended arm.

• TWISTERS | RHYTHMIC | RIBBON

Music is optional – time limit of 60 sec.

1		Arabesque balance while snaking ribbon up and down.
2		Perform figure 8 while lunging from side to side.
3		Turn while passing the ribbon behind back.
4		Small toss of the ribbon while stretched on toes.
5		Perform three circles of the ribbon, on the floor.
6		Chassé to a stride leap, circling the ribbon overhead.
7		Perform four large circles of the ribbon, to one side, stepping over the ribbon each time.
8		Catch the ribbon in the hand and finish in a lunge position.

- **TWISTERS | FOOT-BALL SKILLS**

Music is optional – time limit of 90 sec.

<b>Zig Zag Dribble</b>	Dribble the ball zig-zagging around 6 cones
<b>Toe Taps</b>	Trap the ball at the end of the cones and lightly tap the top of the ball 6 times using the front sole of the foot, alternating taps with the other foot.
<b>Drag back</b>	Alternating feet and using a skipping type step, pull the ball backwards with light touches. Perform this for the length of the cones.
<b>Tic Toc</b>	On the spot, using the inside front edges of the feet, knock the ball back and forth between the feet, 6 times, so that the ball is in constant motion.
<b>Pull back</b>	Place the sole of the foot on top of the ball. Pull/roll the ball behind. Then quickly turn and trap the ball.
<b>Dribble</b>	Dribble the ball around all of the cones, in a circle.
<b>Push forward</b>	Alternating feet and using a skipping type step, push the ball forward with light touches, along the length of the cones.

## **RHYTHMIC - CLUB ELEMENTARY (Level 1 & 2)**

### **2 Optional Apparatus**

Please choose two of the Gymnasts current competitive routines to perform. These will need to be altered for a 2m x 6m strip of floor or other floor area provided by event organizers. As per the Rhythmic Level Competitive Requirements.

## **RHYTHMIC - OPEN JUNIOR (Level 3 & 4)**

Perform **Two Optional Apparatus from Ball, Rope, Hoop**

As per the Rhythmic Level 3 National Programme Requirements.

## **RHYTHMIC - OPEN JUNIOR ADVANCED (Level 5, 6 & 7)**

Perform **Two Optional Apparatus from Ball, Rope, Hoop, Clubs, Ribbon**

As per the Rhythmic Level 5 Programme Requirements.

## **RHYTHMIC - OPEN SENIOR, (Level 8+, Stages 1-4, Jnr Int)**

Perform **Three Optional Apparatus from Ball, Rope, Hoop, Club, Ribbon**

As per the Rhythmic Level 8 National and Junior International Programme Requirements.

# TRAMPOLINE

Each routine worth 10 marks. DMT/Mini Tramp passes to each be completed once and the scored averaged to be a score out of 10. In total, trampoline will be out of 20, DMT out of 10, therefore a total of 30 points.

## TRAMPOLINE - SPRINGERS

Grade: Novice

- SPRINGERS | TRAMPOLINE**

Perform Routine Twice



Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Seat Drop	To Feet	Straddle Jump	½ Turn Jump	Pike jump, extra straight jump to land.

- SPRINGERS | MINI TRAMP OR DMT**

Perform Once for each jump



Jump 1	Jump 2
Straddle Jump	½ Turn Jump

## TRAMPOLINE - FLYERS

**Grade:** Novice Individual Male AND Individual Female  
Perform Trampoline and Double-Mini Routine

- **FLYERS | TRAMPOLINE** Perform Routine Twice

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
½ Turn to Seat Drop	½ Turn to Feet	Straddle Jump	½ Turn Jump	Pike Jump

- **FLYERS | MINI TRAMPOLINE OR DOUBLE MINI TRAMPOLINE (DMT)**  
Perform Once for each jump



Jump 1	Jump 2
½ Turn Jump	Pike Jump

## TRAMPOLINE – TWISTERS

**Grade:** Novice Individual Male AND Individual Female  
Perform Trampoline and Double-Mini Routine

- **TWISTERS | TRAMPOLINE** Perform Routine Twice

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7
½ Turn to Seat Drop	½ Turn to Feet	Straddle Jump	½ Turn Jump	Pike Jump	Front Drop	To Feet

- **TWISTERS | MINI TRAMPOLINE OR DOUBLE MINI-TRAMPOLINE (DMT)**  
Perform Once for each jump



Jump 1	Jump 2
Straddle Jump	Full Turn Jump

## TRAMPOLINE – OPEN JUNIOR

**Grade:** Novice and club recreational Trampolinists or those that have been retired for more than 24 months or more are eligible to compete in this division.  
Individual Male AND Individual Female

- **OPEN JUNIOR | TRAMPOLINE** Perform Routine Twice

	Skill
1	Half turn to seat drop
2	Half twist to feet (from seat drop)
3	Straddle Jump
4	Half Twist Jump
5	Pike Jump
6	Front Drop
7	To feet (from front drop)
8	Tuck Jump
9	Back Drop
10	To feet (from back drop)

- **OPEN JUNIOR | DOUBLE MINI-TRAMPOLINE**  
Perform Once for each jump

### Routine

1. Tuck Jump, Full Turn Jump
2. Straddle Jump, Half Turn Jump

## TRAMPOLINE – OPEN JUNIOR ADVANCED

**Grade:** Competitive 11-12 and 13-14 years age group. Only those competing in the national programme or have been retired for less than 24 months are eligible to compete in this division.  
Individual Male AND Individual Female

- **OPEN JUNIOR ADVANCED | TRAMPOLINE** Perform Routine Twice

	Skill
1	Back somersault (Tucked)
2	Straddle Jump
3	Front Drop
4	To feet (from front drop)
5	Tuck Jump
6	Back Drop
7	Half turn to feet (from back drop)
8	Pike Jump
9	Half Turn jump
10	Front Somersault (Tucked)

- **OPEN JUNIOR ADVANCED | MINI TRAMPOLINE OR DOUBLE-MINI TRAMPOLINE (DMT)**  
Perform Once for each jump

**Routine**

1. Tuck Jump, Front Somersault Tuck
2. Tuck Jump, Barani Tuck

## **TRAMPOLINE - OPEN SENIOR**

**Division:** Competitive International Levels (Youth International and Sub Junior International). Only those competing in the national programme or have been retired for less than 24 months are eligible to compete in this division.  
Individual Male AND Individual Female

- **OPEN SENIOR| TRAMPOLINE**

Perform Routine Twice

Youth or Sub Junior Competitive Criteria (whichever is the relevant level). Please see the GNZ Trampoline Manual for Criteria

- **OPEN SENIOR | MINI TRAMPOLINE OR DOUBLE-MINI TRAMPOLINE (DMT)**

Perform Once for each jump

**Routine**

1. Tuck Jump, Barani Straight
2. ½ Turn Jump, Back Somersault Tuck

# GROUP PERFORMANCE

## General Requirements

<b>Team Size</b>	Minimum 6 of participants and maximum of 12 participants. May be all female, all male or mixed gender. May be a mixture of ages, but all participants in a team must be from the same school.
<b>Performance area</b>	The competition performance space is a 6 x 6 metre area.
<b>Music</b>	The music shall be 2 minutes long. It can be either instrumental or contain lyrics. Care should be taken to ensure lyrics are non-offensive. Teams are required to supply their own music. It must be on a CD and must be clearly labeled and it is advised that you bring a digital back-up

## HIP HOP

<b>Attire</b>	Attire should be reflective of Funk and Hip Hop style.
<b>Routine requirements</b>	Anything goes for this routine. Just have some fun!

### TIPS to help you achieve:

- **Style** – ensure the routine is reflective of Funk and Hip Hop. Not jazz or ballet.
- **Synchronisation** – Aim for synchronized movements. Avoid solo performances.
- **Variety** – ensure the routine has a variety of movements. For example, high and low danced and formation changes



## AEROBICS / AERO TEAM

**Routine Requirements**            4 Consecutive Jumping jacks  
4 Consecutive Press ups (knees must stay on the ground)  
4 Consecutive High knee lifts

**Attire**                                School P E uniform.  
Shorts/T-shirt (male)  
Cycle shorts/T-shirts (female)  
Leotard  
NO baggy shorts

These compulsory elements may occur anywhere in the routine but each set of four must be consecutive.

### TIPS to help you achieve:

- **Formations** – ensure the routine has a minimum of five formation changes
- **Style** – ensure the routine is reflective of Aerobics.
- **Synchronisation** – try to get an equal level of ability and execution among all team members. All movement should be synchronized and avoid solo performances.

## CHEERLEADING / GYMNAESTRADA (Group)

**Routine Requirements**            All participants must show:

- 1 partner balance (between 2 people)
- 2 gymnastic skills
- 2 leaps or jumps
- 1 turn or spin

These compulsory elements may occur anywhere in the routine, but all participants must do them together.

**Restrictions**                        The following elements are prohibited from performances;

- No throws or catches
- No tumbling - front or back handsprings, back tucks
- No lifts above shoulder height

**Attire**                                Attire should be modest.

### TIPS to help you achieve:

- **Formations** – ensure the routine has a minimum of five formation changes
- **Style** – the routine can be reflective of Cheerleading or Gymnaestrada.
- **Criteria** – Make sure the routine meets the routine requirements. Skills should be done synchronized or in cannon style. Avoid one at a time gymnastic moves
- **Partner Balance** – Partner balance is between two people.