

# CANTERBURY PRIMARY & INTERMEDIATE SCHOOLS

## RHYTHMIC GYMNASTICS

**Date:** Monday 19 June 2017. Entries close 5pm Thursday 12 June.

**Time:** 9am-2.30pm (session times for each grade will be available after close of entries).

**Venue:** Olympia Gymnastic Sports cnr Springs Rd & Corsair Drive, Wigram Park.

**Entry Restrictions:** Minimum age for all grades is 8 years as at 01/01/17

### **Competitive Grade:**

Levels 1 – 6, Stage 2, 3 and 4 gymnasts only. Gymnasts must be registered with an affiliated Rhythmic Gymnastics Club and be competing in the nominated grade at club and regional competitions in 2017. 2 copies of TV/AV sheets must be handed in by 5pm on 13 June to Olympia Gymnastic Sports, PO Box 160079, Hornby, Christchurch 8441. Gymnast or Gymnasts clubs should be able to supply these on request.

### **Recreation Grade:**

Levels 1 – 6. Gymnasts must be registered as a recreation gymnast with an affiliated Rhythmic Gymnastics Club. 2 copies of TV/AV sheets must be handed in by 5pm on 12 June to Olympia Gymnastic Sports, P.O Box 160079, Hornby, Christchurch 8441. Ask your coach to provide these sheets.

### **Novice Grade:**

Years 4 – 8. Must not be affiliated to a Rhythmic Gymnastics Club. Participants must be from a school based programme. No TV/AV sheets required for this grade.

Enquiries re routines can be obtained from Olympia Gymnastic Sports ph 344 6060 or email [admin@olympia.org.nz](mailto:admin@olympia.org.nz). Schools wishing to use the facilities for practices are welcome and can phone the office for bookings. Apparatus and assistance with music selection is also available from the Olympia recreation equipment and music supplies to support schools.

## **APPARATUS**

### **Competitive:**

<b><u>Level:</u></b>	<b><u>Apparatus One</u></b>	<b><u>Apparatus Two</u></b>
One	Hoop	
Two	Rope	
Three	Ball	
Four	Hoop	Clubs
Five	Rope	Clubs
Six	Hoop	Ribbon
Stage Two	Rope	Hoop
Stage Three	Rope	Clubs
Stage Four	Rope	Clubs
Junior International	Rope	Clubs

### Recreation:

<u>Level:</u>	<u>Apparatus One</u>
One	Hoop
Two	Ball
Three	Hoop
Four	Rope
Five	Hoop
Six	Ball

### Novice:

<u>Year Level</u>	<u>Girls</u>
Year Four	Ball
Year Five	Ribbon
Year Six	Hoop
Year Seven	Ribbon
Year Eight	Rope

### Novice Grade Only

- Routines have been provided but ***optional*** routines may be used that must include ***compulsory elements***.
- Gymnasts need to supply their own music. Music 45s – 1.00min
- ***Diagrams*** have been prepared to assist with interpretation of the written word but variations may be used.
- Directions and floor patterns are optional therefore turns maybe used to change directions. Try to use as much of the floor space as possible.
- Starting & finishing poses are optional – encourage creativity.
- Arm movements are optional unless otherwise stated.
- Variations in interpretation are acceptable to suit your music.
- Before any of the routines are learnt, it is important that the skills included are practised first.
- All routines are performed ***up on toes*** unless otherwise stated.
- The Olympia gymnasium is available for hire during school time. Contact the Olympia office for details on 344 6060

### Uniform

A leotard is the most suitable garment to wear, however a close fitting T-shirt and sports/bike pants are also suitable.

**It is possible to borrow the apparatus from Olympia Gymnastic Sports also.**

## RHYTHMIC GYMNASTICS CONT.

### Equipment Suppliers

#### ***Sports Distributors NZ Ltd***

Phone 09 415 8640

Email: [sdl@xtra.co.nz](mailto:sdl@xtra.co.nz)

Website: <http://sportsdistributors.co.nz/>

#### ***Edex Toys (Small ribbons & Hoops)***

Head Office Ph 09 415 5955

### Suitable Apparatus

<b>Ropes</b>	Hemp or synthetic – <i>no handles</i> Length = Proportionate to size
<b>Hoops</b>	Plastic or wood Size = Proportionate to size
<b>Balls</b>	Rubber or plastic Diameter = 18-20cm
<b>Clubs</b>	Rubber or plastic
<b>Ribbons</b>	Satin or similar material Width 4-6cm Length 4 metres.

### Basic Body Movements

#### **BODY-LINE**

1. Good posture is the key to good gymnastics and apparatus handling
2. Extension of the whole body to its fullest extent is required for excellence in gymnastic body movement. Encourage gymnasts to perform up on toes.
3. Body movements must be closely related to apparatus.
4. The entire body, head & arms must be involved.

#### **LEAPS/JUMPS**

1. Leaps are performed from one foot.
2. Jumps are performed from two feet.
3. All leaps and jumps should BEGIN and END with bent knees for two reasons
  - a. To enable the gymnast to push off the floor.
  - b. To allow the gymnast to land softly and absorb the shock thus preventing injury.

#### **URNS/PIVOTS**

1. These are performed up on the ball of the foot, with erect body and the weight over the supporting leg.
2. The spotting technique is required for turns. This involves the technique of focusing the eyes on a fixed point, the head is the last to move and the first to arrive as the body completes the turn.

#### **LOCOMOTION MOVEMENTS**

1. These include walking, running skipping, sliding and galloping movements.
2. Encourage
  - a. Pointed toes
  - b. Arms swinging freely from the shoulders.
  - c. Keeping the body erect and focus straight ahead.

## RHYTHMIC GYMNASTICS CONT.

### BALANCES








1. Balances are frequently used as poses on one or two feet and are unlimited in variety.
2. Balances should be held to show the movement is in control.
3. They should not give the feeling of a stop in the routine.

**See suggested routines below.**

### SUGGESTED NOVICE ROUTINES

All suggested novice routines must be performed in the 1-8 order as below.



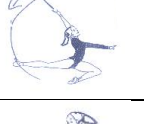

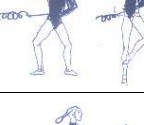



#### YEAR 4 GIRLS- BALL

1		Introduction four beats. Rotate ball over hands with four step/toe dance steps in a circle on spot.
2		Hold ball in both hands throw and catch on the back of the hands.
3		Backward body wave circle arms to the front with ball. Turn on two feet passing ball behind back.
4		Bounce ball from side to side.
5		Walk up on toes rolling ball up & down on both arms twice.
6		Throw ball with one hand and catch with one hand.
7		Bounce ball into a scissor leap.
8		Roll ball from side to side on floor. Kneel and rotate ball over hand three times then three times on floor – roll ball forward with one arm . Voluntary finish.

## RHYTHMIC GYMNASTICS CONT.

### YEAR 5 GIRLS- RIBBON

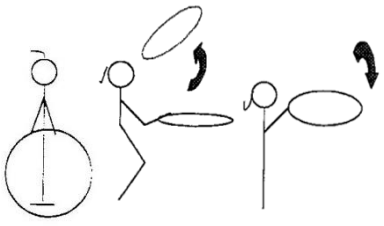
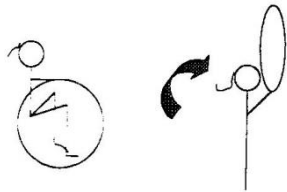
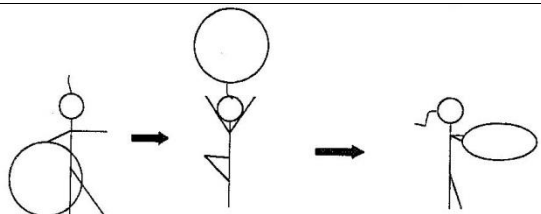
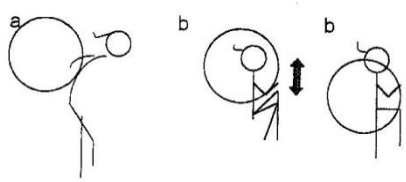
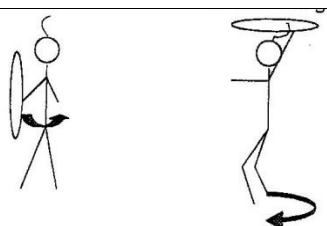
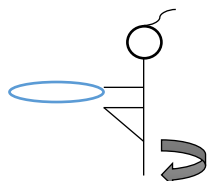
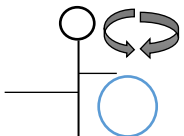
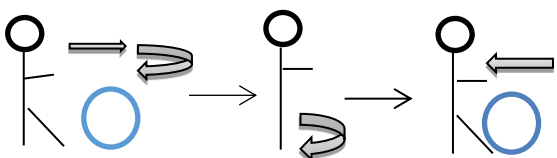
All suggested novice routines must be performed in the 1-8 order as below.

1		Step-toe dance step 360 degree turn with horizontal snakes.
2		Chaine turn passing ribbon behind back.
3		Chasse stag leap.
4		Lunge to one side spirally ribbon in a circle in front then lunge to the other side with snakes.
5		Lunge preparation into a passé pivot circle ribbons overhead.
6		Arabesque balance performing vertical snakes.
7		Four skips backwards snaking ribbon horizontally. Run over snake patterns on the floor.
8		Four steps forward with figure-eight to sides. Finish pass ribbon to behind back gather up with other hand while raising arms forwards high up to side

## RHYTHMIC GYMNASTICS CONT.

### YEAR 6 GIRLS- HOOP









All suggested novice routines must be performed in the 1-8 order as below.

1		Start holding hoop with both hands in front of body with hoop resting on the ground. Take a step forward bring feet together, holding hoop in both hands, throw hoop forward so that it flips over (completes half a turn) – use a bend in the knees to assist the throw and catch.
2		Two cat leaps (bring one knee up, jump and swap legs in a scissor like motion) through the hoop. Turn hoop forward and finish with hoop stretched above head, up on toes. Repeat.
3		Two galloping steps (step side together x 2) to left. Lift and bend right leg, pass hoop overhead from right to left. Quarter turn to face hoop holding with both hands in front
4		a. Moving towards hoop, roll hoop up body, over shoulder, and down back to catch. Then bring hoop to one side of the body in one hand. b. With hoop rotating around one hand, run with small steps and execute a cat leap continue running and finish with a hop.
5		Small release of hoop from one hand to catch in the other hand (no rotation of hoop), then lead hoop across body and above head with a large arm circle, run in a curve.
6		Passe pivot, pass hoop around waist
7		Arabesque balance, axis spin of the hoop on the floor.
8		Reverse roll of the hoop, chaine turn, catch hoop. Finish with a pose of your choice.

## RHYTHMIC GYMNASTICS CONT.

### YEAR 7 GIRLS- RIBBON







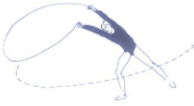

All suggested novice routines must be performed in the 1-8 order as below.

1		Attitude balance with vertical snakes in frontal plane.
2		Lunge with figure-eight and finishing in backward body wave.
3		Chaine turn pass ribbon behind back followed with spirals with four waltz steps.
4		Small toss on toes into chasse turning cat leap.
5		Three circles on the floor stepping through pattern formed. Lunge preparation into a passé pivot with spirals. Turn on two feet with snakes.
6		Chasse into astride split leap circling ribbon overhead.
7		Lunge preparation into skaters pivot with snakes. Walk backwards with spirals four steps.
8		Circle ribbon behind back catch ribbon with other hand drop stick & trap with foot.

## RHYTHMIC GYMNASTICS CONT.

### YEAR 8 GIRLS- ROPE

All suggested novice routines must be performed in the 1-8 order as below.

1		Four skips forward through the rope.
2		Take doubled rope by both hands & chasse into tuck jump followed by a chasse astride-split leap through open rope.
3		Catch rope on foot into a front balance. Step out of rope turn on two feet passing rope behind back.
4		Walk forward swinging rope in a figure-eight to both sides four times.
5		Swing double folded rope backwards drop one end of the rope pull through to the front and catch. Cross skipping forwards three times.
6		Rotate doubled rope to side - throw. Catch on ends.
7		Large swing of the rope in lunge. Repeat to other side.
8		Kneel & wrap rope around waist & catch with other hand.