

# **CANTERBURY PRIMARY & INTERMEDIATE SCHOOLS**

## **ARTISTIC GYMNASTICS RECREATION PRELIMINARY INFORMATION**

- DATES:** **RECREATION:** Monday 12 June 2017  
**COMPETITIVE:** Wednesday 14 June 2017
- ENTRIES:** Entries close 5pm Thursday 1 June.
- TIME:** Approximately 8.30am – 2.30pm  
Exact times for each grade will be confirmed after entries have closed.
- VENUE:** **RECREATION COMPETITION:** Monday 12<sup>th</sup> June 2017, **Olympia Gymnastic Sports**, cnr Springs Rd & Corsair Drive, Wigram Park, Christchurch  
**COMPETITIVE COMPETITION:** Wednesday 14<sup>th</sup> June 2017, **Christchurch School of Gymnastics**, 193 Travis Road, North Brighton, Christchurch.
- CATEGORIES:** Individual apparatus and Team competition. Teams consist of 3 or 4 gymnasts (top 3 scores on each apparatus count). Gymnasts entered in teams will also count for individual placings. Placings will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> on each apparatus.
- Maximum** of two team entries per grade, per school.
- RECREATION GYMNASTICS GRADES**
- Programme:** **THESE GRADES ARE FOR GYMNASTS WHO ARE NOT PRESENTLY COMPETING IN COMPETITIVE GYMNASTICS.**
- Grade 1** - suitable for children who are training at the first level of the incentive award scheme.
- Grade 2** - suitable for more advanced recreational gymnasts.
- Grade 3** – for retired gymnasts who have previously competed in Levels/Steps 1, 2, and 3 at Canterbury competitions.
- Grade 4** - for retired gymnasts who have previously competed in Levels/Steps 4 and above at Canterbury competitions.
- Attire:** **All grades** - may wear school PE uniform, shorts/t shirts, leotards or bike pants. This will not be part of the assessment.
- Age:** **Grade 1:** minimum age 8 years on 1/1/17  
\*Please refer to rules regarding placings in last year's schools' competitions  
**Grade 2:** minimum age 8 years on 1/1/17  
**Grade 3:** minimum age 8 years on 1/1/17  
**Grade 4:** minimum age 8 years on 1/1/17
- Staffing:** A **minimum** of 1 adult per team or part thereof.
- Assistance:** Olympia Gymnastic Sports: 03 344 6060

### **RULES**

- **GRADE 1 Eligibility:** Gymnasts who gained a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> placing on any apparatus, scored a total of 34 or more or had an average apparatus score of 8.5 or more in Grade 1 in 2016 **must advance to Grade 2**

## ARTISITIC GYMNASTICS CONT.

- Grade 1 – Grade 4 Recreational routines will be available to view on YouTube. Key words for your search “Canterbury Primary Schools Artistic Gymnastic Routines”
- Gymnasts competing in the Recreation Competition **must** not currently be registered with GSNZ as a competitive athlete **or** have previously competed in Steps 1, 2, and 3 at Canterbury competitions in 2016

### **Grade 1 Bar**

#### ***Bar at shoulder to head height.***

Jump to catch the bar 3 x swings (*legs may be bent*); release at the back of the 3<sup>rd</sup> swing.

Then from a box place hands on bar jump to front support; roll forward around bar to finish in a tuck position; place feet on floor then release bar to stand.

### **Grade 1 Beam**

From facing beam sideways place hands on beam jump to front support; swing one leg over ¼ turn to sit in straddle; lift feet backwards and rise to stand; step forwards and swing leg forwards, backwards, forwards to immediate step; repeat on other leg; step hop, step hop, step hop (lifting bent knee up); walk to end of beam and step together; jump ½ turn to land.

### **Grade 1 Floor**

Forward roll to crouch (*arms stretched forward, hold for 2sec*); forward roll to straddle sit (*arms stretched to the side*); roll backwards to show shoulder stand (*arms by side*); roll out to stand; chasse hop, chasse hop; step together jump ½ turn.

### **Grade 1 Vault**

***Box top or small stacker box – 30cm high. Run to be no more than 10m.***

***Beat board should be slightly pulled out from the box.***

Run and jump on the beat board to show a stretched jump to land on top of the box top momentarily; then stretch jump off to land on may other side of box.

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### **Grade 2 Bar**

#### ***Bar at shoulder to head height***

Jump and circle up backwards to front support; perform 2x high casts back to the bar; roll forward around the bar to finish in a tuck position (*hold for 2sec*); place feet on floor then release bar to stand.

### **Grade 2 Beam**

From facing beam sideways place hands on beam jump to front support; swing one leg over ¼ turn to sit in straddle; lift feet backwards and rise to stand; step hop, step hop, chasse; join feet together then show an arabesque (*hold for 2sec*); rise to toes and walk to the end of the beam; step together jump ½ turn to land.

### **Grade 2 Floor**

Jump ½ turn to land in straddle with arms up; forward roll to dish (*lying on back with heels just off the floor*) arms stretched behind head; lift up to shoulder stand; roll out to stand; chasse hop, chasse hop to land feet together; cartwheel to finish.

### **Grade 2 Vault**

***Box top or small stacker box – 30cm high. Run to be no more than 10m.***

***Beat board should be slightly pulled out from the box.***

Run and jump on the beat board to show a stretched jump over the box to land on mat other side of box.

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## ARTISITIC GYMNASTICS CONT.

### **Grade 3 Bar**

#### ***Bar at shoulder to head height***

Jump and circle up backwards to front support; perform 2x high casts; the second cast into immediate back hip circle; from front support roll forwards to finish in L hang.

### **Grade 3 Beam**

From facing beam sideways place hands on beam jump to front support; swing one leg over ¼ turn to sit in straddle; lift feet backwards and rise to stand; 4 steps backwards showing pointed toes; 4 x high kick steps forwards; stretch jump x2; round off dismount.

### **Grade 3 Floor**

Split jump, straight jump; forward roll to straddle stand arms up; immediately roll forwards to stand; ½ turn on one foot; stretch kick to handstand, step down; chasse hop, chasse hop; two-foot hurdle to round off with rebound jump.

### **Grade 3 Vault**

***Box – 60cm for landing, 60cm crashmat for handstand. Beat board should be slightly pulled out from the box.***

Run and jump on the beat board to show a stretched jump to land on top of the box. Stretch forward and kick to handstand to land flat back onto 60cm crashmat. From handstand the body should fall and land as one on the mat.

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### **Grade 4 Bar**

2 x Glide Swings with straight legs (*this can be performed in straddle or pike*) release on the back of the second glide; jump and circle up backwards to front support; perform 2x high casts, the second cast should go into immediate back hip circle; from front support roll forward to hand in L shape (*hold for 2sec*); place feet on floor then release to stand.

### **Grade 4 Beam**

Facing beam sideways place hands on beam and jump to land in tuck position on beam; ¼ turn roll backwards to show a supported shoulder stand; roll up to stand; ½ turn on one foot to immediate ½ turn on two feet to finish on high toes; 2 x high kicks, finish feet together; split jump immediately connected to a stretch jump; round off dismount.

***Agility Option-*** one of the following skills maybe performed at any time during the routine - back walkover, forward walkover, cartwheel or forward roll.

### **Grade 4 Floor**

Stretch into cartwheel; backward roll to front support (*hold support for 2sec*); jump into crouch, then stand; split jump into immediate straight jump ½ turn; backward walkover; ½ turn on one foot; small run into round off, rebound jump.

***Agility Option –*** A handspring or round off flic flac with rebound jump maybe performed at the of this routine instead of the round off.

### **Grade 4 Vault**

Handstand to flat back on 90cm matting

## ARTISITIC GYMNASTICS CONT.

### **COMPETITIVE GYMNASTIC GRADES**

**Programme:** **FOR GYMNASTS WHO ARE CURRENTLY REGISTERED WITH GSNZ AND ARE COMPETING IN COMPETITION GYMNASTICS.** Children will complete their current WAG/MAG Steps/Levels routines as per the GSNZ manual. If voluntary music is required gymnasts are asked to bring this to the competition. Steps 1-6 Only

**Attire:** All gymnasts must wear a leotard.

**Age:** Minimum age 8 years on 01/01/17.

**Staffing:** A minimum of 1 adult per team or part thereof.

**Assistance:** Christchurch School of Gymnastics: 388 6616