

# RHYTHMIC GYMNASTICS

## 1 ELIGIBILITY AND GRADES

- 1.1 Competition will be held in Open, A, B and Year 7.
- 1.2 Gymnasts who have been registered at level 4 RG must compete in A Grade or higher.
- 1.3 Gymnasts who have been registered at level 6 RG must compete in Open.
- 1.4 Year 7 students may compete in the Year 7 team or the Open division.
- 1.5 A school may enter a maximum of two teams per apparatus in any one grade.  
Additional teams may be nominated to fill available spaces but they will not be eligible to compete for the pennant.  
Exception: 11.4.2
- 1.6 When schools are entering more than one team in the Year 7 competition, teams should be graded and named (i) or (ii) according to ability.
- 1.7 Re-ranking down between divisions can be made up to 5pm, two school days before the competition.

## 2 EVENTS

- 2.1 **Open** competition will comprise both Group and Pairs routines.  
A student may compete in only one routine.
  - 2.1.1 **Open Group** will consist of five girls, competing in one compulsory apparatus.  
  
Routine requirements – 3 difficulties with exchange and  
3 difficulties without exchange, 2 dance steps, 1 risk, 6 collaborations
  - 2.1.2 Each school may enter the **Open Pairs** competition.  
Schools may choose which apparatus they use and it will be judged as for 'the same apparatus pairs'.
  - 2.1.3 **Pairs competition**  
Routine requirements – 3 difficulties with exchange and  
3 difficulties without exchange, 2 dance steps, 1 risk, 6 collaborations
- 2.2 **A Grade** team will consist of four girls.  
Each team may compete in only one apparatus.
  - 2.2.1 Competition will be held in rope, hoop, ball, ribbon and combination.  
Combination will be as follows: Hoop and Ball for 2017
  - 2.2.2 Routine requirements – 3 difficulties with exchange and  
3 difficulties without exchange, 2 dance steps, 1 risk, 6 collaborations

- 2.3 **B Grade** team will consist of four girls.  
Each team may compete in only one apparatus.
  - 2.3.1 Competition will be held in rope, hoop and ball.
  - 2.3.2 Routine requirements – 2 difficulties with exchange and 2 difficulties without exchange will be judged on a six sliding scale. 1 dance steps, 4 collaborations
- 2.4 **Year 7** team will consist of six girls, competing in one apparatus.
  - 2.4.1 The apparatus of rope, hoop and ball will be rotational each year.
  - 2.4.2 Routine requirements - Compulsory routine & set music.

### **3 JUDGING**

- 3.1 Coaches who are currently registered judges may officiate
- 3.2 There will be no contact between judges and competitors / spectators during or after the competition.
- 3.3 One score for each performance will be displayed.

### **4 EQUIPMENT**

- 4.1 The floor area will be 13 metres square
- 4.2 Each school must supply its own apparatus: rope, hoop, ball, clubs and ribbon
- 4.3 Four pieces of spare apparatus may be placed outside the floor area for Groups and two pieces for Pairs.

### **5 MUSIC**

- 5.1 The music may be interpreted by one or several instruments, including the voice used as an instrument (without words or with words).  
Inappropriate noises are not allowed: engine noises, sirens, noises from breaking objects, etc.
- 5.2 Each school must submit their music via the QGSSSA Dropbox, as well as supply a clearly marked USB on the day for any optional music routines.
- 5.3 Music is not permitted when Groups or Pairs are moving on or off the floor area.

## **6 RULES**

- 6.1 Each individual team must wear leotards of the same colour and design.
- 6.2 Apparatus may be of different colours but must be of the same size.
- 6.3 In Mixed Apparatus, a combination of two different apparatus only is allowed.

## **7 WARM-UP**

Each school is to be given a time, prior to the competition, for a warm-up. Where possible this will be with music.

## **8 TEAM ENTRIES**

Refer to By-Law 5.6

## **9 DISPUTES**

Refer to By-Law 8

## **10 DRAW**

Prior to the competition, a ballot will be made to determine team appearance order.

## **11 PENNANTS**

### **11.1 OPEN DIVISION**

11.1.1 A pennant will be awarded for the Open Group competition.

11.1.2 A pennant will be awarded for the Open Pairs competition.

The winner will be decided on the total of the best 2 pairs in different apparatus from each school.

### **11.2 A GRADE**

11.2.1 A pennant will be awarded in the A Grade competition.

The winner will be decided on the total of the best 3 teams in different apparatus from each school.

### **11.3 B GRADE**

11.3.1 A pennant will be awarded in the B Grade competition.

The winner will be decided on the total of the best 2 teams in different apparatus from each school.

### **11.4 YEAR 7**

11.4.1 A pennant will be awarded to the winning team in the Year 7 competition.

11.4.2 If there are 5 or more schools entering a second team, a Year 7 (ii) pennant will be awarded.

Where a school has entered more than one team in Year 7 (ii), the highest scoring team will be eligible for the pennant.

11.5 Where withdrawals after the nomination date are received, a pennant competition will remain and a pennant awarded.

**12 MARCH ON**

All movement on and off the floor will be at the direction of the Announcer.

**13 SPECTATORS**

The following spectator etiquette should be observed:

- 13.1 Spectators should stay seated during each team's performance and movement should be restricted to a minimum.
- 13.2 During the competition, flash photography is prohibited.
- 13.3 There will be no communication (verbal or otherwise) with the competitors on the mat.
- 13.4 There will be no communication with the judging panel during the competition.
- 13.5 It is permitted to applaud successful exchanges with the apparatus.  
No mechanical devices or musical instruments will be permitted
- 13.6 Members of the audience are not permitted to return out-of-area apparatus.

## APPENDIX

Taken from QGSSSA Rhythmic Gymnastics Manual

Apparatus Rotation			
	2016	2017	2018
<b>Grade 7</b>	HOOP	ROPE	BALL
<b>A Grade Combination</b>	HOOP AND BALL	HOOP AND BALL	HOOP AND BALL
<b>Open Group</b>	HOOP	BALL	HOOP

2017			
Division	Apparatus	# Of Gymnasts	Music
<b>Grade 7</b>	Rope	4-6	Compulsory
<b>B Grade</b>	Rope, hoop, ball	4	1:30 – 2 min
<b>A Grade (Level 4+)</b>	Rope, hoop, ball, ribbon & combination – hoop and ball	4	1:30 – 2 min
<b>Open Pairs (Level 6+)</b>	Rope, hoop, ball, clubs, ribbon	2	1:30 – 2 min
<b>Open Group (Level 6+)</b>	Ball	5	2 min – 2:30

### APPARATUS REQUIREMENTS

**Apparatus must suit the size of the gymnast, eg ribbon - minimum of 4 patterns (spirals / serpents)**

In multiples and Group, all apparatus must be the same size.

Use this table as a guide only.

*Table taken from the FIG (Elite) code*

ROPE	proportionate to the size of the gymnast
HOOP	interior diameter 80 - 90cm, weight 300gms
BALL	18 - 20cm diameter, weight 400gms
CLUBS	40 - 50cm long, 150gms per club
RIBBON	4 - 6cms wide, length 5 - 6 metres
RIBBON STICK	50 - 60cm long