



RHYTHMIC GYMNASTICS MANUAL

2019 and Beyond

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1 Eligibility and Grades

- 1.1 Competition will be held in Open Grade, A Grade, B Grade, Year 8 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 Year 8 students may compete in the Year 8 team or the Open division.
- 1.6 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: 1.6.1, 11.4.2 and 11.5.2
 - 1.6.1 Year 7 and 8 only: Where multiple divisions occur within a grade, schools entering more than two teams will have a maximum of one (1) team eligible for the pennant in all divisions with exception of the lowest division, where up to two (2) teams per school will be eligible for the pennant. All other supplementary teams competing will be considered social.
- 1.7 When schools are entering more than one team in the Year 7 and/or Year 8 competitions, teams should be graded and named (i) or (ii) according to ability.
- 1.8 Re-ranking down between divisions can be made up to 5:00pm, 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:

Grade		Difficulty without Exchange (BD) Difficulty with Exchange (ED)	Dynamic Elements of rotation (R)	Collaborations (C)	Dance Steps (S) 8 sec. each S	Max D Score
Open Group	Length of Routine 1'30 - 2'00 min	3 with BD Value 0.1-0.6 1X Jump/leap 1X Balance 1X Rotation 3 with ED Min 3 ED Base + 2 criteria= 0.4 Max Value +1 by Choice	Max 1	C: Min 4	Min 2 (Judging value= 0.3 each)	8.00
	Max 7 Difficulties 3BD + 3 ED + 1 By Choice					

2.1.2 **Open Pairs** - Each school may enter the **Open Pairs** competition. Schools may choose which apparatus they wish to participate.

Routine Requirements:

Grade		Difficulty without Exchange (BD) Difficulty with Exchange (ED)	Dynamic Elements of rotation (R)	Collaborations (C)	Dance Steps (S) 8 sec. each S	Max D Score
Open Pairs	Length of Routine 1'30 - 2'00 min	3 with BD Value 0.1-0.6 1X Jump/leap 1X Balance 1X Rotation 3 with ED Min 3 ED Base + 2 criteria= 0.4 Max Value +1 by Choice	Max 1	C: Min 4	Min 2 (Judging value= 0.3 each)	8.00
	Max 7 Difficulties 3BD + 3 ED + 1 By Choice					

- 2.2 **A GRADE** teams 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 2019**

Routine requirements:

Grade		Difficulty without Exchange (BD) Difficulty with Exchange (ED)	Dynamic Elements of rotation (R)	Collaborations (C)	Dance Steps (S) 8 sec. each S	Max D Score
A Grade Length of Routine 1'30 - 2'00 min	Max 7 Difficulties 3BD + 3 ED + 1 By Choice	3 with BD Value 0.1-0.6 1X Jump/leap 1X Balance 1X Rotation 3 with ED Min 3 ED Base + 2 criteria= 0.4 Max Value +1 by Choice	Max 1 R1/ R2 Modified R	C: Min 4	Min 2 (Judging value= 0.3 each)	8.00

- 2.3 **B Grade** teams 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.

Routine Requirements:

Grade		Difficulty without Exchange (BD) Difficulty with Exchange (ED)	Dynamic Elements of rotation (R)	Collaborations (C)	Dance Steps (S) 8 sec. each S	Max D Score
B Grade Length of Routine 1'30 - 2'00 min	Max 5 Difficulties 2BD + 2 ED + 1 By Choice	2 with BD Value 0.1-0.6 1X Jump/leap 1X Balance 1X Rotation 2 with ED Min 2 ED Base + 1 criteria= 0.3 Max Value +1 by Choice	Max 1 R1/ R2 Modified R	C: Min 2	Min 2 (Judging value= 0.3 each)	6.00

2.4 **Year 8 teams** will consist of four girls competing in one apparatus.

2.4.1 The apparatus of rope, hoop and ball will be rotational each year.

Routine Requirements:

Grade		Difficulty without Exchange (BD) Difficulty with Exchange (ED)	Dynamic Elements of rotation (R)	Collaborations (C)	Dance Steps (S) 8 sec. each S	Max D Score
Year 8	Length of Routine 1'00 – 1'30 min	<p>2 with BD</p> <p>Value 0.1-0.6 1X Jump/leap 1X Balance 1X Rotation</p>	<p>Max 1</p> <p>R1/ R2</p>			
	<p>Max 4 Difficulties</p> <p>2BD + 2 ED</p>	<p>2 with ED</p> <p>Min 2</p> <p>ED Base + 1 criteria= 0.3 Max Value</p>	<p>Modified R</p>	<p>C: Min 2</p>	<p>Min 2</p> <p>(Judging value= 0.3 each)</p>	<p>5.40</p>

2.5 **Year 7** will consist of a minimum of four maximum of six girls, competing in one apparatus.

2.5.1 The apparatus of rope, hoop and ball will be rotational each year.

2.5.2 Routine requirements: Level 1 RHYTHMIC Skools group Release 1 Compulsory routine & set music

2.5.3 Difficulty - Maximum 5.00 points Plus 2 exchanges valued at 0.3 each optionally placed in the routine.

2.5.4 **Final Maximum Difficulty score = 5.60 points for each routine.**

3 Judging

- 3.1 Judges who are currently registered with Gymnastics Australia may officiate.
- 3.2 There will be no contact between judges and competitors / spectators during or after the competition.
- 3.3 One combined 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 equipment.
- 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 (with or without words).
Inappropriate noises are not allowed: engine noises, sirens, noises, scream 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.
- 6.4 **Contact with the apparatus** - At the beginning of the exercise, one or several gymnasts cannot remain without apparatus for longer than 4 body movements (more than 4 seconds)
 - **Penalty** by the Execution Judge: 0.30 if this rule is not met.
At the end of the exercise, each gymnast may hold or be in contact with one or several apparatus. In this case, one or several gymnasts may be without apparatus in the final position.

- **Penalty** by the Execution Judge: 0.30 if none of the gymnasts are in contact with the apparatus at the final position.

6.5 Judges will be following technical information set out in the QGSSSA RG Manual, 2018-2021 Australian Levels Manual and FIG Code of points.

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 QGSSSA By-Law 5.6:

Schools will nominate teams in each grade in descending order, beginning with the Open Grade

5.6.1 Exception: Artistic Gymnastics and Rhythmic Gymnastics. These sports require schools to nominate teams from A Grade down in descending order if they cannot nominate an Open team.

9 Disputes

Refer to QGSSSA By-Law 8 (8.1 - 8.8)

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 8

11.4.1 A pennant will be awarded to the winning team in the Year 8 competition.

11.4.2 If there are 4 or more schools entering a second team, a Year 8 (ii) pennant will be awarded.

11.5 YEAR 7

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

11.5.2 If there are 4 or more schools entering a second team, a Year 7 (ii) pennant will be awarded.

11.6 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.

14 Apparatus Rotations

Apparatus Rotation			
	2019	2020	2021
Grade 7	HOOP	ROPE	BALL
Grade 8	ROPE	BALL	HOOP
A Grade Combination	HOOP AND BALL	HOOP AND BALL	HOOP AND BALL
Open Group	BALL	HOOP	BALL

2019			
Division	Apparatus	# Of Gymnasts	Music
Grade 7	Hoop	4-6	Compulsory
Grade 8	Rope	4	1:00 – 1:30 min
B Grade	Rope, hoop, ball	4	1:30 – 2 min
A Grade (Level 4+)	Rope, hoop, ball, ribbon & combination – hoop and ball	4	1:30 – 2 min
Open Pairs (Level 6+)	Rope, hoop, ball, clubs, ribbon	2	1:30 – 2 min
Open Group (Level 6+)	Ball	5	1:30 – 2 min



APPENDIX

GRADE 7 - ROUTINE REQUIREMENTS

GRADE 7 HOOP - I Gotta Feeling

Extract from RHYTHMIC SKOOLS Release 1 Level 1 – Hoop – I Gotta Feeling

Block	Counts	Body and Directions	Apparatus and Other Notes
1	1-2 3-4 5-6 7-8	Start Pose - feet together head down Lift head Bend knees twist body left Face front X2 knee bends	Standing in hoop holding hoop horizontally with both hands Lift hoop overhead. Hoop remains horizontal Take right arm forward Hoop remains horizontal Butterfly Hoop overhead
	1-2 3-4 5-8	Bend knees twist body right Face front x 2 small jumps feet together Turn on toes	Take left arm forward Hoop remains horizontal Butterfly hoop overhead Butterfly hoop overhead
2	1-2 3-4 5-6 7-8	Legs together arms stretch up R then L Skip out face diagonal Point toe Run on toes shake hands over head	Rotate hoop around waist and catch hoop Skip out of hoop Prepare hoop side of body Roll hoop on floor
	1-2 3-4 5-6 7-8	Feet together face front Jump legs apart, Jump feet together Jump legs apart, Jump feet together Jump legs apart, Jump feet together	Hoop held in both hands in front of body 2X tapping hoop L return hoop to front of body 2X tapping hoop R return hoop to front of body 2X tapping hoop L return hoop to front of body
	1-2 3-4 5-6 7-8	Jump legs apart, Jump feet together <u>Running backward on toes shake R hand</u> <u>Running backward on toes shake L hand</u> <u>Feet together face diagonal</u>	2X tapping hoop R return hoop to front of body Hoop in L hand front of body sliding on floor Hoop in R hand front of body sliding on floor Hoop held overhead in 2 hands
3	1-8	Travelling diagonally	4X skipping through the hoop
	1-4 5-8	Step R together R together Step L together L together	Swing hoop R in both hands in front of body Swing hoop L in both hands in front of body
	1-2 3-4	2X tuck jumps 2X hands shake End pose	Axis spin of hoop

GRADE 7 - ROUTINE REQUIREMENTS

GRADE 7 BALL - Funky Town

Extract from RHYTHMIC SKOOLS Release 1 Level 1 – Ball – Funky Town

Block	Counts	Body and Directions	Apparatus and Other Notes
1	1-4 5-8	Start Pose - feet together 8X Bend knees	Ball in front of body 1 hand over and 1 under the ball Roll ball between hands
	1-2 3-4 5-8	Step side R together R together Step side L together L together Turn on toes	Hold ball in front of body and bounce Hold ball in front of body and bounce Ball circle overhead in two hands
2	1-4 5-8	Step forward bring feet together bend knees Step forward bring feet together bend knees	Roll ball along both arms in front of body into the chest Roll ball along both arms in front of body out to the hands and bounce
	1-6 7-8	6X bending knees Point right toe to side	6X bounces Hold ball in front of body with 2 hands
	1-2 3-4 5-6 7-8	Side chasse to R Bend knees Side chasse to L Bend knees	Swing ball in a circle to R Tap ball onto R hip Swing ball in a circle to L Tap ball onto L hip
3	1-4 5-8	Skip in a semi circle Run diagonally	Roll ball between hands Throw and catch
	1-2 3-4 5-6 7.8	Feet together knees bent Feet together knees bent Legs jump apart and jump together Run diagonally	Rubbing ball L Rubbing ball R Drop ball let it bounce catch in elbows Ball in elbows
	1-2 3-4 5-6 7.8	Legs jump apart then jump together Face front feet together Point L toe Bend both legs change of weight to L. Point R toe	Drop ball let it bounce catch in elbows\ Roll ball down both arms to hands Take ball to side in R hand Bounce ball R to L
	1-2 3-4	Bend both legs change of weight to R. Point L toe End pose	Bounce Ball L to R

GRADE 7 - ROUTINE REQUIREMENTS

GRADE 7 ROPE – Mambo Number 5

QGSSSA ROPE – Mambo No 5

Body and Direction	Apparatus and Other Notes
Start Pose – Feet Together 4x Bend knees	*Rope out stretched on floor behind – hold 1 end
Step R together Stand on toes	*Pull rope through to catch end *Hold 1 knot in each hand and forward Figure 8
4 Skips -2 steps in each Stand on toes ¼ Turn to right on toes	*Rope moving forward *3 x Figure of 8 *Hold both knots in 1 hand catch middle of rope with left (folded rope)
Skipping Side spring points R,L,R,L	* Rope folded in ½ - Circling * Exchange (Optional) *Frontal Rotations – on a lateral plane
2 x Side Chasse Side spring points R,L,R,L ¼ Turn feet together 4x Leg bend (alternating legs)	* Frontal Rotations *Frontal rotations *Figure of 8 with Rope
Running 4 straight jumps passing through	*Rope - lasso * Rope moving forward or backwards
End Pose	* Exchange (Optional) *Optional Rope

GRADE 7 – JUDGING REQUIREMENTS

Extract from - RHYTHMIC SKOOLS Release 1

Criteria for Difficulty

Final maximum total Grade 7 = 5.60 points

Difficulty component of the routine:

- 1 Six Set skills per level per apparatus – Maximum 3.00 marks**
The 6 set skills are worth 0.5 each maximum score is 3.00 marks

0.5 Performed as requested

0.3 Performed with one characteristic missing

0.1 Performed with two characteristics missing or drop

0 Not performed

Skills must be performed either simultaneously or in cannon (peel off). Choreographed physical contact Group members is prohibited during the performance of the skills.

- 2 Formations - 0.2 per formation maximum 1 mark**

- Evaluate the linking, formations, physical interactions and partnership
- All of them should include different actions, different forms, and different types of movements, and different physical capacities during the performing of the linking, partnerships, and physical interactions. Excellent routines must show a great amount of different types of formations
- The competition area must be effectively used throughout the routine with balance and frequency of travelling. Not only the corners and the centre of the competition space but all the areas of the competition space must be utilised.
- Throughout the routine, travelling must be shown in all directions (forward, backward, laterally, diagonal and circular) and distances (short and long), with few repetitions of traces/tracks
- All three levels (floor-work, standing, airborne) of the competition space must be used, without any predominating level throughout the routine

The List of Prohibited Moves

- No forward or backward rolls with flight
- No walkovers forward, walkovers backward and cartwheels with fixed position or with flight
- No flips forward or backward
- No somersaults
- No round offs
- No pyramids

Concerning Grade 7 Team 1

In addition, Grade 7 Teams can perform 2 exchanges valued at 0.3 each optionally placed in the routine.

Execution will be judged from 10 points.

Please refer to the FIG Code of Points 2017-2020 Pages 72-75 for all execution deductions.

EXPLANATION OF B GRADE, A GRADE AND OPEN ROUTINE REQUIREMENTS

1. DIFFICULTY (D)

Group routines include two types of difficulty limited to a maximum of 4 difficulties in **Grade 8 and B Grade**, and a maximum of 7 difficulties in **A Grade and Open**.

a. Difficulties without exchange (BD)

All the Body Difficulties listed in the table of difficulties in **FIG Code of Points 2017-2020** Page 32-50 all are valid for multiple routines. The Difficulties may be of the same type and level for all gymnasts or of different types and levels. The lowest value Difficulty performed by one of the gymnasts will determine the value of the Difficulty.

Difficulties will not be valid if they are not performed by all the gymnasts in the routine, either due to a composition fault or any of the technical faults of one or several gymnasts. The routine must represent all body movement groups (leaps and jumps; balances; rotations), there must be variety in the movements.

- **Grade 8 and B Grade** the **two** required difficulties must have a minimum of one move from either of the three body movement groups e.g. 1 X leap and 1 X balances, **OR** 1 X rotation and 1 X leap.
- **A Grade and Open** the **three** required difficulties must represent the three groups equally e.g. 1 X leaps, 1 X balances, 1 X rotations.

b. Difficulties with exchange (ED)

Please refer to Australian Levels Program (**ALP**) Manual page 33-34

Exchanges can be performed together or in very rapid succession, with or without travelling, by the gymnasts together or by sub group

- Difficulties with exchange are only achieved by throwing the apparatus
- The exchange may be at the same level or at a different level for each of the gymnasts
- The value of the exchange will be determined by the value achieved by the gymnast with the lowest difficulty.

The basic exchange is valid only if all gymnasts participate in both actions of an exchange: **throwing** her own apparatus; **receiving** an apparatus from a partner. If one or several apparatus fall or collide during the exchange, the exchange is no longer valid.

Technical specifications regarding the exchanges:

- **Rope/Ribbon:** An exchange by throwing the Rope or the Ribbon is valid only if the apparatus is totally free in space for any length of time.
- **Clubs:** the exchange is valid with the throw of 1 Club as well as with the throw of 2 Clubs
- **Ribbon:** When exchanging Ribbons with a throw, the gymnasts must generally catch the apparatus by the end of the stick. However, it is permitted to intentionally catch the Ribbon by its material within a zone of approximately 50 cm. from the attachment, providing that this catch is justified for the next movement.

Exchange bonus:












Additional elements performed during the throw and/ or during the catch of the apparatus can increase the value of an exchange by 0.10: Please see table in ALP Page 31.





2. DYNAMIC ELEMENTS OF ROTATION - RISK (R)

For detailed tables and explanation please refer to ALP Pages 24-25

Grade 8, B Grade, A Grade teams can include up to a Maximum of 1 modified **R**, but it is not required. These teams can use modified **R** which is a large throw of the apparatus with one or two rotations of the body around any axis during the throw or flight of the apparatus, which includes loss of visual control, with or without passing to the floor, catch of the apparatus during or at the end of the rotation(s). If a technical fault during the catch, the risk is not valid. (**exception**: catch with 2 hands, full value but with E penalty). The value of the risk can be increased by applying additional criteria to the type of throw.

Open teams can include up to a Maximum of 1 **R**, but it is not required. A large throw of the apparatus with two or more rotations of the body around any axis during the throw or flight of the apparatus, which includes loss of visual control, with or without passing to the floor, catch of the apparatus during or at the end of the rotation(s). If a technical fault during the catch, the risk is not valid. (**exception**: catch with 2 hands, full value but with E penalty). The value of the risk can be increased by applying additional criteria to the type of throw.

Dynamic Element of Rotation - Risk (R)	
Additional Criteria - increases by 0.10 for each additional criteria notated in the judge's assessment	
	Change of body rotation axis under the throw or during the catch of the apparatus
	Outside the visual control during the throw/catch
	Without help of the hands during the throw/catch
	Change of level
	Passing through the apparatus during throw/catch
Specific throws of the apparatus	
 	rotations around diameter; horizontal or vertical plane
	Oblique plane
	Throw/catch of 2 Clubs
	Asymmetric throw of 2 Clubs Mixed catch of Rope/Clubs Throw under the leg(s) during jump/leap
	Clubs: throws in cascade or alternating

	Open Rope
Specific catches of the apparatus	
	Direct catch in a roll
	Re-throw/re-bound
	Direct catch in rotation

3. COLLABORATION (C)

For detailed tables and explanation please refer to ALP Page 36-38

GRADE 8 and B GRADE are required to include TWO collaborations.

A GRADE AND OPEN are required to include FOUR collaborations in the routine.

Value is 0.1- 0.3 for each collaboration

Collaborative elements are valid if executed **without** one or more of the following **serious technical faults**:

- Loss of the apparatus during the Collaboration, including 1 or 2 Clubs
- Loss of balance during the Collaboration with support on the hand(s) or apparatus or fall
- Visible immobility longer than 4 movements (more than 4 seconds) of one or several gymnasts or apparatus
- Major alteration of the choreography in collaboration as a consequence of execution mistakes of several gymnasts
- Imprecise trajectory with retrieval with 3 or more steps.

a. Collaborations without body rotation – C, CC, C

Must involve all gymnasts, together or in subgroups who must be in contact either directly or through contact with the apparatus. The collaboration must involve cooperation, well-organized with apparatus work.

b. Collaborations with body rotation - CR, CRR

All gymnasts must participate in the action. The “loss of visual contact” during the flight of the apparatus with body rotation around any axis refers always to the catch of the apparatus, either the gymnast’s own apparatus or the apparatus of the partner

It is possible for one or several gymnasts to be in possession of two or more apparatus and their partners having none. During all Collaborations, the various moves must follow each other rapidly, within a maximum of 4 movements (4 seconds), in order to avoid visible immobility of one or several gymnasts and/or apparatus.

- **Penalty** by the Execution Judge: 0.30 point if one or several gymnasts are without apparatus for more than 4 movements (more than 4 seconds).

c. Prohibited elements with Collaboration

Actions or positions by leaning on one or several partners without contact with the floor, maintained for longer than 4 movements (4 seconds); Carrying or dragging a gymnast over the floor for more than 2 steps; Walking - with more than one support - over one or several gymnasts grouped together; Forming pyramids

- **Penalty** by the Execution Judge: 0.30 point for each prohibited element; the collaboration is not valid.

4. DANCE STEPS (S)

For detailed explanation please **refer to ALP Page 25 or 36.**

Continuous connected dance steps for **8 seconds** (from ballroom, folkloric, modern dance, *etc.*)

Each Dance (S) must be performed with a minimum:

- 1 minimum fundamental apparatus technical element
- 8 seconds starting from the first dance movement, all steps must be clear from the beginning to the end
- According to the tempo, rhythm, musical character and accents.
- 2 different varieties modalities, rhythm, directions and levels.

5. FORMATIONS (F)

A routine should include formations, varied in size, shape and amplitude. A lack of formations will result in a deduction from Execution- Artistry. Please refer to **FIG Code of Points 2017-2020** Page 68-75.

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 Federation International Gymnastic Code of Points

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

JUDGING SHEETS - QGSSSA

Example of Judging Chits for QGSSSA:

MULTIPLES Cat 1 – 4		DIFFICULTY 1 & 2	
No	Name	Fx	U o ● ⊗
Difficulty: Body 1XJump/leap 1XBalance 1XRotation		Exchange	Option BD or ED
Cat 1 5 elements	Cat 1 5 BD Value 0.1 – 0.3	n/a	n/a
Cat 2 5 elements	Cat 2 3 BD Value 0.1 – 0.4	2 ED	n/a
Cat 3 7 elements	Cat 3 3 BD Value 0.1 – 0.6	3 ED	one
Cat 4 9 elements	Cat 4 4 BD Any Value	4 ED	one
Dance Steps	Cat 1- 3 Min 2 Cat 4 Min 1		
<i>Score</i>		<i>Penalty</i>	<i>TOTAL SCORE D 1 2</i>

Judge D1/D2 JUDGE SIGNATURE _____

MULTIPLES Cat 1 – 4		DIFFICULTY 3 & 4	
No	Name	Fx	U o ● ⊗
Dynamic Elements of Rotation	Cat 1 n/a	Cat 2- 4 Max 1	
Collaborations	Cat 1 Min 5	Cat 2- 4 Minimum 4	
<i>Score</i>		<i>Penalty</i>	<i>TOTAL SCORE D 3 4</i>

Judge D3/D4 JUDGE SIGNATURE _____

MULTIPLES Cat 1 – 4		ARTISTRY	
No	Club	Fx U O ● ⊗	
CONTACT WITH APPARATUS/GYMNASTS 0.3 each			
<ul style="list-style-type: none"> one or several gymnasts without apparatus for more than 4 seconds None of the gymnasts are in contact with any apparatus in the final position. start of exercise, one gymnast remains in lift position longer than 4 seconds 			
GUIDING IDEA 0.1 0.3 0.5 0.7			
CONNECTIONS between formations 0.2			
RHYTHM isolated interruptions each 0.1 up to 1.00			
Musical Introduction > 4 secs 0.3	Absence of harmony music / movement at end 0.5		
DYNAMIC CHANGES 0.3			
BODY EXPRESSION insufficient in all the gymnasts 0.3			
Lack of variety between amplitude /design in formations. 0.2	Long stop in a formation. 0.2	Less than 6 formations (penalty one time) 0.3	
Exchanges lack of variety in the throws 0.2			
One type of collective work overwhelms composition 0.2	One type of Collaboration overwhelms 0.2	Prohibited elements with collaboration 0.3	
Insufficient variety directions and trajectories 0.2	Entire floor area not used 0.2	Insufficient variety levels modalities travelling 0.2	
Lack of variety planes/directions technique of apparatus elements 0.2			
<i>Judge A1 A2 JUDGE SIGNATURE</i>		TOTAL	

MULTIPLES Cat 1 – 4		EXECUTION TECHNICAL	
No	Club	Fx U O ● ⊗	
Annotation Body & Apparatus Faults			
FINAL TOTAL Technical Faults			

Judge D1 / D2 / D3 / D4 *JUDGE SIGNATURE* _____

GLOSSARY

Amplitude	<i>Full stretch in a movement</i>
Apparatus	<i>The five hand held apparatus in rhythmic gymnastics are rope, hoop, ball, clubs and ribbon</i>
Arch	<i>A backwards body movement of the spine</i>
Assemblé	<i>A jump launched from one foot and landed on both feet, where the gymnast launches into a jump, the second foot swishes up under the first foot. The feet meet together in mid-air, and then lands with both feet on the floor at the same time.</i>
Asymmetric	<i>Performed with clubs these must show different movements in the shape or amplitude and, work planes or direction (small rotations done in different directions are not considered asymmetric as they have the same shape and amplitude)</i>
Body wave	<i>A wave of the entire body either forward, backward or sideways</i>
Chainé	<i>Step into a turn on two feet with legs tightly together</i>
Chassé	<i>Forward or sideways movement where the feet come together in the air</i>
Circumduction	<i>Circle of the upper body with contraction forwards, backwards or sideways</i>
Collaboration	<i>A collaborative move amongst the gymnasts in a group, where successful performance depends on cooperation between the gymnasts</i>
Dance steps	<i>Continuous and connected dance steps showing different rhythmical patterns</i>
Dynamic rotation	<i>Rotation of the body on the vertical or horizontal axis, with or without passing on the floor</i>
Dynamic Elements of Rotation	<i>A large throw of the apparatus with a rotation of the body on the vertical or horizontal axis, during the throw or flight of the apparatus. There are two types of rotation:</i> <ul style="list-style-type: none">- Vertical rotation - where the gymnast rotates around the vertical axis. Examples: Chaine turn, turning hop, turn on one foot- Horizontal rotation - where the gymnast rotates on the horizontal axis. Examples: Forward roll, backward roll, walkover, cartwheel, illusion
Figures of eight	<i>Movements of the apparatus in an alternating patters e.g. rope one circle on the left side of the body then one on the right</i>
Formations	<i>The patterns used by groups to ensure that the floor area is used completely by moving through different placements of gymnasts with variety in design and amplitude</i>
Fouetté	<i>2 or more identical or different shape rotations connected with heel support</i>
Fundamentals and Other Apparatus Technical Groups	<i>The technical use of the apparatus, specific to each type, which must be combined with a difficulty, and must be part of dance steps</i>
Hops	<i>Jumping with a vertical take-off from one foot and landing on the same foot</i>

Jumps	<i>Take off from two foot to reach a required shape in the air</i>
Leaps	<i>Take off from one foot to reach a required shape in the air</i>
Mastery	<i>Apparatus combinations valid when performed with only a minor execution penalty</i>
Mills	<i>Technique of the clubs where alternating hand circles make a figure of eight with wrists close together; may also be folded rope</i>
Mixed difficulty	<p><i>2 or more different difficulties from the same or different groups of body movements, where each component counts as 1 difficulty and they are connected either</i></p> <ul style="list-style-type: none"> - <i>Without intermediary steps in case of a leap</i> - <i>With or without heel support in case of balances</i> - <i>Either with plie-relevé or from relevé to flat foot or another part of the body in case of rotations</i>
Passé	<i>Position in which the toes of the free leg are in contact with the supporting knee</i>
Pre acrobatic moves	<i>Forward, backward and side rolls or walkovers performed without flight</i>
Promenade	<i>Rotation of the body facilitated by a small, evenly spaced movement of the heel performed while on a flat foot</i>
Reverse Pivot	<i>Rotating outward on toes (en dehors) which is turning in the direction of the raised leg, not the supporting leg</i>
Sails	<i>Figure of eight performed by the open rope with both ends held by the hands</i>
Series	<i>Minimum of TWO repetitions of a skill or technique performed consecutively e.g. a series of bounces = two bounces minimum</i>
Simple throw	<i>A release of the apparatus in the frontal, lateral or horizontal plane with no body rotation and a catch to retrieve</i>
Static Apparatus	<i>When the apparatus is not freely moving e.g. when held firmly or squeezed by one/two hands; held firmly or squeezed by one or several parts of the body during more than one body movement; held for too long i.e. for both a preparation movement for the Difficulty and the Difficulty itself or two Difficulties in a row</i>
Static Gymnast	<i>When the gymnast is motionless if at any moment she is not in contact with the apparatus (for example: throws, rolls of the apparatus over the floor, etc)</i>
Variety	<i>Minimum of two different types of any typical apparatus or body move.</i>