

# RHYTHMIC GYMNASTICS

## 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 division or the Open division.
- 1.5 Year 8 students may compete in the Year 8 division 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.
  - 2.1.2 **Open Pairs** - Each school may enter the **Open Pairs** competition. Schools may choose which apparatus they wish to participate in.
- 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**
- 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.
- 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.
- 2.5 **Year 7** teams 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, 2018-2020 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.