



**QUEENSLAND GIRLS**  
Secondary Schools  
Sports Association

# WORKBOOK

## Rhythmic Gymnastics

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Queensland Girls Secondary Schools Sports Association Inc  
PO Box 586 Cannon Hill QLD 4170 | [admin@qgsssa.com.au](mailto:admin@qgsssa.com.au) | [www.qgsssa.com.au](http://www.qgsssa.com.au)

*Established 1908 – Performance, Participation, Tradition & Innovation*

## RHYTHMIC GYMNASTICS

### 1 ELIGIBILITY AND GRADES

- 1.1 Competition will be held in Open Grade, A Grade, B Grade and Year 7.
- 1.2 Schools are required to fill from the top down when submitting nominations for all competitions with an apparatus. Schools are eligible to apply for an exemption (teams granted an exemption are not pennant eligible).
- 1.3 Gymnasts who have been registered at level 4 RG must compete in A Grade or higher.
- 1.4 Gymnasts who have been registered at level 6 RG must compete in Open.
- 1.5 Year 7 students may compete in the Year 7 division or the Open division.
- 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 Apparatus Group, Apparatus Pairs and Open Freehand Group routines. A student may compete in only one routine.
  - 2.1.1 **Open Apparatus Group** will consist of four girls, competing in one compulsory apparatus (rope, hoop, ball, clubs or ribbon). Participating schools must nominate an Open Group.
  - 2.1.2 **Open Apparatus Pairs** - Each school may enter the **Open Apparatus Pairs** competition (Open Apparatus Pairs is not a compulsory division). Schools may choose which apparatus they wish to participate in (rope, hoop, ball, clubs or ribbon).
  - 2.1.3 **Open Freehand Group** – schools may nominate an Open Freehand Group if they have fill nominations in the Open Group and Open Pairs competition.
- 2.2 **A Grade** teams will consist of 4-6 students. Each team may compete in only one apparatus.
  - 2.2.1 Competition will be held in rope, hoop, ball, ribbon, freehand and combination. Combination will be as follows: **Hoop and Ball**.
- 2.3 **B Grade** teams will consist of 4-6 students. Each team may compete in only one apparatus.
  - 2.3.1 Competition will be held in rope, hoop, ball and freehand.
- 2.4 **Year 7:** competition will comprise both Year 7 Apparatus Group and Year 7 Freehand Group. The Year 7 Apparatus Group competition is compulsory with the Year 7 Freehand

Group optional, and only applicable once schools have filled one team nominations in the Year 7 Apparatus Group competition.

2.4.1 **Year 7 Apparatus Group** teams will consist of 4-6 students, competing in one apparatus – ball.

- Routine requirements: Level 1 RHYTHMIC Skools group Release 1
  - Compulsory routine & set music
- Difficulty - Maximum 5.00 points Plus 2 exchanges valued at 0.3 each optionally placed in the routine.
- **Final Maximum Difficulty score= 5.60 points for each routine.**

2.5.2 **Year 7 Freehand Group** will consist of 2-4 students in a pair, trio or group.

### 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/apparatus.
- 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).
- 5.2 Each school must submit their music via the QGSSSA Sports Hub.
- 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, current 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.

## 10 PENNANTS

### 11.1 OPEN DIVISION

- 11.1.1 A pennant will be awarded for the Open Apparatus 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.
- 11.1.3 A pennant will be awarded for the Open Freehand Group competition.

**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 2 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 Apparatus Group competition.

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

11.4.3 A pennant will be awarded for the Year 7 Freehand Group competition. If there are 4 or more teams entering a second team, a Year 7 Freehand Group (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.

**The Workbook should not be read to the exclusion of the QGSSSA Rhythmic Gymnastics Manual.**