

CAIMS & CANTERBURY PRIMARY SCHOOLS COMPETITIVE RHYTHMIC GYMNASTICS

Date: Tuesday 29 June 2021 for competitive. Entries close 5pm Monday 14 June.

Time: 9am-2.30pm (session times for each grade will be available after close of entries).

Venue: Olympia Gymnastic Sports cnr Springs Rd & Corsair Drive, Wigram Park.

Entry Restrictions: Minimum entry requirement for all grades is **Year 5**.

Competitive Grade:

Levels 1 – 7, Stage 2, 3, 4 and Junior International gymnasts only. Gymnasts must be registered with an affiliated Rhythmic Gymnastics Club and be competing in the nominated grade at club and regional competitions in 2021.

Recreation Grade:

Levels 1 – 3. Gymnasts must be registered as a recreation gymnast with an affiliated Rhythmic Gymnastics Club.

Enquiries re routines can be obtained from Bronwyn Berry bronwynberrynz@gmail.com or Nicole Wilkinson nicolewilkinson@breens.school.nz

APPARATUS

Competitive:

<u>Level:</u>	<u>Apparatus One</u>	<u>Apparatus Two</u>
One	Hoop	
Two	Ball	
Three	Rope	
Four	Ball	
Five	Hoop	Clubs
Six	Ball	Ribbon
Seven	Rope	Clubs
Stage Three	Rope	1 optional apparatus
Stage Four	Clubs	1 optional apparatus
Junior International	Hoop	Ribbon

Recreation:

<u>Level:</u>	<u>Apparatus One</u>
One	Hoop
Two	Ball
Three	Rope

COMPETITIVE RHYTHMIC GYMNASTICS CONT.

Uniform

A leotard is the most suitable garment to wear, however a close fitting T-shirt and sports/bike pants are also suitable.

It is possible to borrow the apparatus from Olympia Gymnastic Sports also.

Equipment Suppliers

Sports Distributors NZ Ltd

Phone 09 415 8640

Email: sdl@xtra.co.nz

Website: <http://sportsdistributors.co.nz/>

Edex Toys (Small ribbons & Hoops)

Head Office Ph 09 415 5955

Suitable Apparatus

Ropes	Hemp or synthetic – <i>no handles</i> Length = Proportionate to size
Hoops	Plastic or wood Size = Proportionate to size
Balls	Rubber or plastic Diameter = 18-20cm
Clubs	Rubber or plastic
Ribbons	Satin or similar material Width 4-6cm Length 4 metres.

Basic Body Movements

BODY-LINE

1. Good posture is the key to good gymnastics and apparatus handling
2. Extension of the whole body to its fullest extent is required for excellence in gymnastic body movement. Encourage gymnasts to perform up on toes.
3. Body movements must be closely related to apparatus.
4. The entire body, head & arms must be involved.

LEAPS/JUMPS

1. Leaps are performed from one foot.
2. Jumps are performed from two feet.
3. All leaps and jumps should BEGIN and END with bent knees for two reasons
 - a. To enable the gymnast to push off the floor.
 - b. To allow the gymnast to land softly and absorb the shock thus preventing injury.

URNS/PIVOTS

1. These are performed up on the ball of the foot, with erect body and the weight over the supporting leg.
2. The spotting technique is required for turns. This involves the technique of focusing the eyes on a fixed point, the head is the last to move and the first to arrive as the body completes the turn.

COMPETITIVE RHYTHMIC GYMNASTICS CONT.

LOCOMOTION MOVEMENTS

1. These include walking, running skipping, sliding and galloping movements.
2. Encourage
 - a. Pointed toes
 - b. Arms swinging freely from the shoulders.
 - c. Keeping the body erect and focus straight ahead.

BALANCES

1. Balances are frequently used as poses on one or two feet and are unlimited in variety.
2. Balances should be held to show the movement is in control.
3. They should not give the feeling of a stop in the routine.