

## CAIMS & CANTERBURY PRIMARY SCHOOLS ARTISTIC GYMNASTICS

- DATES:** **COMPETITIVE and RECREATION:** Wednesday 12 June 2019
- ENTRIES:** Entries close 5pm Thursday 28 May.
- TIME:** Approximately 8.30am – 2.30pm  
Exact times for each grade will be confirmed after entries have closed.
- VENUES:** **Christchurch School of Gymnastics**, QEII Park, 193 Travis Road, North Brighton, Christchurch.
- CATEGORIES:** Individual apparatus and Team competition. Teams consist of 3 or 4 gymnasts (top 3 scores on each apparatus count). Gymnasts entered in teams will also count for individual placings. Placings will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> on each apparatus.

### **RECREATION & REGIONAL COMPETITIVE GYMNASTICS GRADES**

**Grade 1 and 2-** suitable for children who are a school based gym club member or are attending recreational gymnastics classes.

**Iron Grade** - suitable for more advanced recreational gymnasts or regional competitive Iron grade.

**Bronze Grade** – for gymnasts who have previously competed in Levels/STEPS 1, 2, and 3 at Canterbury competitions in 2018. Regional competitive Bronze.

**Silver Grade** - for gymnasts who have previously competed in Levels/STEPS 4 and above at Canterbury competitions. Regional competitive Silver.

**Gold Grade** – Regional competitive gymnasts. Gold is for ex competitive gymnasts that competed Level/STEP 4 and above.

- Attire:** **All grades** - may wear school PE uniform, shorts/t shirts, leotards or bike pants. This will not be part of the assessment.

### **Entry Requirement:**

All gymnasts must be in Year 5 or above in 2019.

- Staffing:** A **minimum** of 1 adult per team or part thereof.

- Assistance:** ChCh School of Gymnastics – Avril 03 388 6616

### **RULES**

- **GRADE 1 Eligibility:** Gymnasts who gained a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> placing on any apparatus, scored a total of 34 or more or had an average apparatus score of 8.5 or more in Grade 1 in 2018 **must advance to Grade 2.**
- Recreational routines will be available to view on the Primary Sports Canterbury website.

## ARTISTIC GYMNASTICS CONT.

### **Grade 1 Vault**

***Beat board and 10cm high fat mat. Run to be no more than 10m.***

Run, hurdle, two feet take off to straight jump, arms stretched above head in flight.

### **Grade 1 Bar**

***Bar at shoulder to head height and 60cm box***

Jump to front support on low bar from box/block, two casts (hips leave the bar), circle forward (controlled) to stand on mat.

### **Grade 1 Beam Girls - and Boys Optional**

Beam raised to approx. 50cm

Step from box top or similar to stand on beam, two times pivot walks (toe to knee in forward passé), four times walk forward (no relevé or walking on raised feet required but is allowed), ¼ turn, straight jump dismount.

### **Grade 1 Rings**

***High bar can be used if no rings available***

Coach lifts gymnast to long hang, lift to momentary tucked long hang, stretch to long hang, lift legs forwards, swing legs backwards, swing forward and backward, on second backward swing, release and dismount to stand.

### **Grade 1 Floor**

From stand, forward roll with bent arms and bent legs to squat, place hands on floor, jump legs back to front support (hold 2 seconds), roll over to rear support (hold 2 seconds), sit down, roll backwards to shoulder stand, roll forwards to straight jump.

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### **Grade 2 Vault**

***Beat board and 40cm high fat mat. Run to be no more than 10m. Beat board should be slightly pulled out from the box.***

Run and jump on the beat board to show a stretched jump to land on mat.

### **Grade 2 Bar**

***Bar at shoulder to head height***

Back hip circle pullover to front support (with coach assistance if needed), two casts (hips to leave the bar), roll forward (controlled) to tuck hold (momentary) then stand on mat.

### **Grade 2 Beam- and Boys Optional**

Beam raised to approx. 50cm

Step from box top or similar to stand on beam, step with straight free leg at 45° below horizontal, swing leg back then forward, step forward and repeat on opposite leg, pivot walks, one on each leg (forward passé on flat foot with toe to knee), straight jump, on raised feet walk forward four steps, ½ turn on two feet in relevé (on raised feet), ¼ turn, straight jump dismount.

### **Grade 2 Rings**

***High bar can be used if no rings available***

From hang, lift legs to tuck position (hold 2 seconds), straighten legs to hang, long hang swing backwards, and swing forwards, on the third backward swing dismount to stand.

## ARTISTIC GYMNASTICS CONT.

### **Grade 2 Floor**

From stand, raise arms up sideways to vertical position, forward roll through to squat position to immediately place hands on floor and jump to tucked handstand position, lower back to squat (no penalty if there is a pause between the forward roll to tucked handstand), forward roll to L sit, sit and stretch arms sideways to overhead and place chest to knees (hold for 2 seconds), place hands beside hips, roll backwards to momentary shoulder stand, roll forward to straight jump.

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### **Iron Vault**

***Beat board and 30cm high fat mat.***

Handstand from beat board to flat back on to 20/30cm fat mat.

### **Iron Bar**

***Bar at shoulder to head height***

Two bent knee swims with regrips on low bar. Pullover to front support (from box or beat board if needed), two casts (hips to clear bar), forward roll (controlled) to momentary tuck hold.

### **Iron Beam**

Raised beam approx. 115cm from floor with 20cm matting.

Jump to front support, lift leg over to straddle, swing legs back to squat stand, pivot walks one on each leg (forward passé on flat foot with toe to knee), four forward walks (on relevé, raised feet), two steps backwards (on flat foot) point toes to front and then to the back on each step, ½ turn on two feet in relevé (on raised feet), straight jump, ¼ turn, straight jump dismount.

### **Iron Rings**

From hang, lift through tucked position to stretched inverted hang (hold 2 seconds), lower to piked inverted hang (hold), lower to a straight arm hang in L position (hold 2 seconds), swing legs backward and forward, swing backward and forward, swing backward dismount on 3<sup>rd</sup> backward swing.

### **Iron Floor**

Raise arms forward to vertical position, kick leg forward to cartwheel, from straddle stand sideways, step backward with ¼ inward turn bringing feet together to stand, tucked backward roll to squat position, from squat position, roll backward to shoulder stand, arm position optional (show shoulder stand position), lower to backward lying position and circle arms backward to extended position, show bridge position, Roll 180° sideways to forward lying position arms still extended, circle arms sideways to bent position by chest and push to front support (hold 2 seconds), tucked forward roll and vertical stretch jump to stand.

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### **Bronze Vault**

Fat mat minimum 60cm height.

From a short run, hurdle, two feet take off from board, handstand flat back.

## ARTISTIC GYMNASTICS CONT.

### **Bronze Bar**

Glide swing (NB transition phase from end of glide to commencing pullover is not judged), back hip pullover, two casts (toe to bar height), forward roll to controlled L hang (mark 2 seconds), then stand.

### **Bronze Beam**

Raised beam approx. 115cm from floor with 20cm matting.

Jump to front support, lift leg over to straddle sit, swing to kneeling scale, step forward two kicks (left and right), straight jump with foot change, split jump (NB skills 3 and 4 do not have to be connected. Target for split jump is 135° split), lift leg to side passé (toe to knee), forward passé (toe to knee), feet together lift to relevé (on raised feet) ½ turn on two feet, ¾ handstand (support leg must leave the beam), ¼ turn straight jump dismount.

### **Bronze Rings**

Pull with bent arms, bent body and straight legs to stretched inverted hang (hold 2 seconds), cast to swing backward and forward two times, continue to second forward swing to stretched inverted hang, show hold, lower legs to piked position and cast to two basic swings, on 3<sup>rd</sup> backward swing dismount to stand.

### **Bronze Floor - Girls**

Start standing on one leg pointed behind, arms high oblique, cartwheel with ¼ turn inwards (roll can be with bent or straight arms), tuck backward roll to stand, two times forward kicks, split jump (NB means take off from two feet), passé ½ turn on one foot to finish on both feet in relevé (raised up on feet) to immediate half pivot on relevé (raised feet), handstand to roll forward to straight jump (can be joined), forward roll to L sit touch toes, roll back to candlestick, roll forward to stand, straight jump connected to straight jump ½ turn, step forward to kneel finishing pose.

### **Bronze Floor - Boys**

Raise left leg forward step to two cartwheel torn 90 outward to face forward, take two steps forward (ie left then right, raised leg at least hip height each time), step forward on to left leg and kick through momentary handstand to roll forward to squat, place hands on the floor and jump legs backward to front support, jump to squat, tucked forward roll and vertical stretched jump with 1/1 turn to stand.

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### **Silver Vault**

Fat mat minimum 90cm height.

From a short run, hurdle, two feet take off from board, handstand flat back.

### **Silver Bar - Girls**

Glide swing (NB transition phase from end of glide to commencing pullover is not judged), back hip pullover, two casts to horizontal, cast backward hip circle, cast stoop straddle or clear undershoot dismount, lift to high bar (coach lifts gymnast to high bar, coach may help initiate the swing), two swings with release to dismount on third back swing.

## ARTISTIC GYMNASTICS CONT.

### **Silver Bar - Boys**

Chin up pullover to front support, cast back hip circle, under swing to stand, lift to high bar (coach lifts gymnast to high bar, coach may help initiate the first swing), two swings with release to dismount on third back swing (swings to 45°)

### **Silver Beam**

Raised beam approx. 115cm from floor with 20cm matting.

Jump to front support, lift leg over to straddle sit, swing backwards to squat stand, step forward two kicks (left and right), step into arabesque, chest upright and free leg at horizontal, hold momentarily, straight jump to land in squat stand lift to relevé (raised feet), straight jump, straight jump, step forward leg to side passé (toe to knee), forward passé (toe to knee), feet together lift to relevé (on raised feet) ½ turn on two feet, ¾ handstand (support leg must leave the beam), ¼ turn straight jump dismount.

### **Silver Rings – Boys**

Pull with bent arms, bent body and straight legs to stretched inverted hang (hold 2 seconds), cast to swing backward and forward two times, continue to second forward swing to stretched inverted hang (show hold), lower legs to piked position and cast to two times basic swings, on 3<sup>rd</sup> swing dismount to stand.

### **Silver Floor – Girls**

Standing on one leg other leg pointed behind arms high oblique, cartwheel ¼ turn inwards backward roll to pike or straddle (skills maybe joined), from standing backbend to bridge, kick over to stand half turn (may do back walkover) passé ½ turn on one foot, handstand forward roll to L sit, touch toes, roll backward to shoulder stand, roll forward to stand, straight jump to jump ½ turn, step forward to kneel finishing pose.

### **Silver Floor – Boys**

Cartwheel ¼ turn inwards backward roll to pike or straddle (skills may be joined), step join feet and jump ½ turn, handstand forward roll to squat to forward roll to L sit, touch toes, roll back to shoulder stand, roll forward to stand, hurdle to round off jump.

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### **Gold Vault**

Vaulting table set to 100cm high with fat mats to 100cm high.

Handspring on vaulting table to flat back on to mats. (If no vaulting table available at any competition vault to be done on fat mats set to 100cm high)

### **Gold Bar – Girls**

Two continuous glide swings (transition phase from end of glides to commencing pullover is not judged, straddle glides permitted), chin up pullover, cast back hip circle, under swing to stand, coach lifts gymnast to high bar, swing forward and backward three times, release to dismount on fourth back swing, (coach may initiate the first swing).

### **Gold Bar – Boys**

Lift to L hang, tension swing backwards and forwards two times, back hip pullover to support (coach assistance is permitted), cast to free support, back circle, under swing, two times tap swings, dismounting on the third back swing.

## ARTISTIC GYMNASTICS CONT.

### **Gold Beam**

Raised beam to approx. 115cm from floor with 20cm matting.

Mount – squat on side or end and stand, two step kicks (left and right), split jump to straight jump series or vice versa (jumps are off two feet and should be connected), step leap progression – landing leg to plie, back leg held horizontal, repeat on other leg, ½ turn on one foot, free leg in forward passé toe to knee (may start in side passé then forward passé), handstand (to be shown but does not have to be held), ½ turn on two feet, 3 -4 steps punch jump off beam end.

### **Gold Rings – Boys**

Pull with bent arms, bent body and straight legs to stretched inverted hang (2 sec), lower legs to piked position and cast to swing backwards, swing forward and backward two times, inlocate with stretched body to inverted hang and swing backward, swing forward to stretched inverted hang, lower legs to piked position and cast with bent arms to swing backward and forward in *chin up* position to stretched inverted hang, lower legs to piked position and cast to swing backward, swing forward directly into tucked back salto dismount.

### **Gold Floor – Girls**

Start standing on one leg, other leg pointed behind, arms high oblique, cartwheel, cartwheel step inwards, step into arabesque chest lifted and free leg to horizontal (show position), passage of dance to contain two leaps, one of which must be a 180° split leapt (expectation is that split leap would be a minimum of 135° split), 1/1 turn on one foot, splits on dominant leg, join legs to sit lift to side support, kneel chest to knees, lift chest, step up to stand, high forward kick to handstand forward roll, forward or backward walkover (if walkover omitted deduction is 1.00, if cartwheel added instead of walkover .50 deduction), from two feet hurdle to round off rebound, straight jump, jump ½ turn, step to kneel finishing pose.

### **Gold Floor – Boys**

Cartwheel, cartwheel step inwards, scale balance – show position, handspring, jump full turn, step into handstand forward roll, from two feet hurdle to round off rebound.

## ARTISTIC GYMNASTICS CONT.

### NATIONAL COMPETITIVE GYMNASTIC GRADES

**Programme:** **FOR GYMNASTS WHO ARE CURRENTLY REGISTERED WITH GSNZ AND ARE COMPETING IN THE NATIONAL COMPETITIVE GYMNASTICS.** Children will complete their current MAG/WAG Levels/STEPS routines as per the GNZ manual. If voluntary music is required gymnasts are asked to bring this to the competition.

MAG – Level 1 and over. Boys will compete in 4 routines – floor, high bars, parallel bars and vault only.

WAG – STEPS (Striving Towards Excellence in Performance) STEP 2 and up.

**Attire:** All gymnasts must wear a leotard.

**Entry:** Years 5 and above in 2019.

**Staffing:** A minimum of 1 adult per team or part thereof.

**Assistance:** Christchurch School of Gymnastics – Avril 03 388 6616