

CANTERBURY PRIMARY & INTERMEDIATE SCHOOLS ARTISTIC GYMNASTICS PRELIMINARY INFORMATION

- DATE:** Wednesday 15 June 2016.
- ENTRIES:** Entries close 5pm Thursday 2 June.
- TIME:** Recreation Grades may be all day in one gym. Competitive Grades will be in the other gym and may also be all day. Exact times for each grade will be decided after entries have closed.
- VENUE:** Christchurch School of Gymnastics, 193 Travis Road.
- CATEGORIES:** Two categories- Individual and Teams. Teams to consist of 3 or 4 gymnasts (top 3 scores on each apparatus count). Gymnasts entered in teams will also count for individual placings.
- Maximum of 2 team entries or 8 gymnasts per grade, per school. A second team from a school will be accepted on a "first in, first accepted" basis to a maximum of 10 schools. Maximum numbers accepted will be 120 in Grade 1 plus 120 in Grades 2, 3, & 4 combined.

RECREATION GYMNASTICS GRADES

Programme: **THESE GRADES ARE FOR GYMNASTS WHO ARE NOT PRESENTLY COMPETING IN COMPETITION GYMNASTICS.**

Grade 1 - suitable for children who are training at the first level of the incentive award scheme. Children who have gained a 1st, 2nd or 3rd placing in any individual category or on any apparatus the previous year in this competition, or have scored 34 total or an average of 8.5 or more in this grade in 2015 **must advance to Grade 2.**

Grade 2 - suitable for more advanced recreational gymnasts.

Grade 3 – for retired gymnasts who have previously competed in Levels/Steps 1, 2, and 3 at Canterbury competitions.

Grade 4 - for retired gymnasts who have previously competed in Levels/Steps 4 and above at Canterbury competitions.

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

Age: **Grade 1:** minimum age 8 years on 1/1/16.
Please refer to rules regarding placings in last year's schools' competitions.
Grade 2: minimum age 8 years on 1/1/16.
Grade 3: minimum age 8 years on 1/1/16. Must not be a presently registered with GSNZ as a competition gymnast. Will have previously competed in Levels/Steps 1, 2, and 3 at Canterbury competitions.
Grade 4: minimum age 8 years on 1/1/16. Must not be a presently registered with GSNZ as a competition gymnast. Will have previously competed in Levels/Steps 4 and above at Canterbury competitions.

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

Assistance: Christchurch School of Gymnastics: 388 6616

ARTISTIC GYMNASTICS CONT.

COMPETITIVE GYMNASTIC GRADES

Programme: THIS SESSION IS FOR GYMNASTS WHO ARE PRESENTLY REGISTERED WITH GSNZ AND ARE

COMPETING IN COMPETITION GYMNASTICS. Children will complete their current WAG/MAG Steps/Levels/IDP routines as per the GSNZ manual. If voluntary music is required gymnasts are asked to bring this to the competition. Steps are 1-6, plus all IDP grades will be under IDP 7.

Attire: All competitors must wear leotards.

Age: Minimum age 8 years on 01/01/16.

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

Assistance: Christchurch School of Gymnastics: 388 6616

RULES

Grade 1 – Grade 4 Recreational routines will be available to view on YouTube. Key words for your search “Canterbury Primary Schools Artistic Gymnastic Routines”

Grade 1 Bar

Bar at shoulder to head height.

Jump to catch bar to show 3 x swings – legs may be bent. Release at back of 3rd swing.

Then from a box top place hands on bar and jump to front support; roll around bar forwards to finish in a tuck position; straighten legs to release and stand.

Grade 1 Beam

From standing at end of beam on a box approximately 20cm lower, step onto beam with one foot holding second foot stretched behind then place on beam in front of leg support; step forwards and swing leg forwards, backwards, forwards to immediate step; repeat on other leg; step hop, step hop, step hop (lifting bent knee up); walk to end of beam and step together; jump ½ turn to land.

Grade 1 Floor

Facing a mat supported against a wall stretch and swing to handstand; HOLD 2 seconds; step down joining feet together; backward roll to finish in straddle position (legs apart); immediately continue rolling backwards to shoulder stand with arms flat on ground behind head; roll forwards coming up on one knee to step forwards to stand.

Grade 1 Vault

Box top – 1 section at least 30cm high. Beatboard slightly pulled out from the box top.

Run and jump on the beatboard to show a stretched jump to land on top of the box top momentarily; then stretch jump off to land on may other side of box.

ARTISTIC GYMNASTICS CONT.

Grade 2 Bar

Bar at shoulder to head height

Jump and circle backwards to front support; counterbalancing lift leg forwards and $\frac{1}{2}$ turn; lift second leg backward to finish in front support; swing and perform 2 x high casts back to the bar; high push away dismount to stand.

Grade 2 Beam

From facing beam sideways place hands on beam jump and mount; swing one leg over, $\frac{1}{4}$ turn to sit in straddle; lift feet backwards and rise to stand; step hop, step hop, chasse (pony step); join feet together then show a 2 sec scale balance on 1 leg; step on toes and walk to the end of the beam; lower joining feet; star jump off the end to land.

Grade 2 Floor

Stretch forward and swing to scissor handstand; changing legs step back to stand feet together; jump $\frac{1}{2}$ turn to land in straddle with arms up; roll forward to lie with heels just off the floor and arms stretched behind head; lift hips to shoulder stand position; roll forwards coming up on one knee to step forwards to stand; step hop takeoff to cartwheel to finish facing start position.

Grade 2 Vault

Box top - 1 section at least 30 cm high. Beatboard slightly pulled out from the box top.

Run and jump on the beatboard to show a stretched jump over the box to land on mat other side of box.

Grade 3

Bar at shoulder to head height

Jump and circle backwards to front support; counterbalancing lift leg forwards and $\frac{1}{2}$ turn; lift second leg backward to finish in front support; swing and cast to back hip circle; cast to high push away dismount to stand.

Grade 3 Beam

From facing beam sideways place hands on beam and tuck feet on; quarter turn to stand; 4 steps forwards on toes lower; stretch jump crouch; $\frac{1}{2}$ turn to stand; 4 steps backwards showing pointed toes; 4 x high kick steps, bodywave, fast steps to punch jump dismount.

Grade 3 Floor

Stretch jump to land on one foot; show scale balance HOLD 2 sec; step together and roll forwards to straddle stand arms up; immediately roll forwards to finish in lunge position; $\frac{1}{2}$ turn; stretch swing to handstand forward roll to stand; chasse (pony step) split jump; step hop cartwheel; rebound jump.

Grade 3 Vault

Box top - 3 sections at least 60cm high. Beatboard slightly pulled out from the box top. 60cm Crashmat.

Run and jump on the beatboard to show a stretched jump to land on top of the box. Stretch then step forward and swing to handstand to land on back fully stretched onto 60cm crashmat.

ARTISTIC GYMNASTICS CONT.

Grade 4 Bar

2 x Glide Swings with straight legs.

Jump and circle backwards to front support; swing and cast to back hip circle; forward roll to L shape HOLD 2 sec; straighten legs to release and stand.

Grade 4 Beam

Hands on beam jump $\frac{1}{4}$ turn to clear straddle hold; lie on beam and show a supported shoulder stand; roll up to stand; 2 x high kick steps, stretch jump immediately connected to split jump, $\frac{1}{2}$ turn on 1 foot to finish stretched on 2 feet; Agility Option- may be performed before turn (back walkover, forward walkover, cartwheel, forward roll); bodywave; small run to roundoff dismount.

Grade 4 Floor

(Begin with first option combination); turn forwards and cartwheel $\frac{1}{4}$ turn; roll backwards to lunge; $\frac{1}{2}$ turn to handstand forward roll; stretch jump immediate star jump; *(finish with second and different agility combination)*

- *Backward walkover turn to forward walkover*
- *Forward walkover turn to backward walkover*
- *Back walkover roll backwards to handstand*
- *Cartwheel flic flac*
- *Propped cartwheel roll backwards to handstand*
- *High dive roll to cartwheel*
- *Handspring dive roll*
- *Handspring walkout cartwheel*
- *Propped cartwheel to cartwheel*
- *Cartwheel $\frac{1}{4}$ turn to back walkover*

Grade 4 Vault

Handspring to flat back on 90cm matting