



New Zealand Secondary Schools GymSports Championships Manual 2009



Making movement matter

NEW ZEALAND SECONDARY SCHOOLS GYMNASTIC CHAMPIONSHIPS 2009

This manual relates to the 2009 New Zealand Secondary Schools Championships. The championships are open to all students who attend a New Zealand Secondary School. This includes anyone attending a secondary school in Years 9-13, or a secondary school in Years 7-13.

Information regarding the programme will be advertised at a later date. For competition requirements for each GymSport please click on the link below. The following gymsports will be offered in 2009.

TRAMPOLINE
RHYTHMIC GYMNASTICS
MEN'S ARTISTIC GYMNASTICS
WOMEN'S ARTISTIC GYMNASTICS
AEROBICS

The competition grades for each gymsport are;

MEN'S ARTISTIC GYMNASTICS:

A Grade
B Grade
C Grade

WOMEN'S ARTISTIC GYMNASTICS:

International
Club A Grade
Club B Grade
Open C Grade
Novice A Grade
Novice B Grade

RHYTHMIC GYMNASTICS:

International
Club A Grade
Club B Grade
Open C Grade
Year 11-13 (group event)
Year 9-10 (group event)

TEAM PERFORMANCE: Team Performance (*open to any gymsport/performing group/dance troupe*)

TRAMPOLINE:

Elite	Men/Boys, Women/Girls
A Grade	Men/Boys, Women/Girls
B Grade	Men/Boys, Women/Girls
C Grade	Men/Boys, Women/Girls

	B Grade	Individual All Around and Team
	C Grade	Individual All Around and Team
□ Aerobics		
AEROSkools	Level 1	Individuals, Teams (3-6)
AEROSkools	Level 2	Individuals, Teams (3-6)
AEROSkools	Level 3	Individuals, Teams (3-6)
	(Any combination of males and/or females)	

If levels are subdivided into divisions:

Junior Division	Individuals	Level 1, Level 2 or Level 3
	Group (3 - 6)	Level 1, Level 2 or Level 3
	(Any combination of males and/or females)	

Intermediate Division	Individuals	Level 1, Level 2 or Level 3
	Team (3 - 6)	Level 1, Level 2 or Level 3
	(Any combination of males and/or females)	

Senior Division	Individuals	Level 1, Level 2 or Level 3
	Team (3 - 6)	Level 1, Level 2 or Level 3
	(Any combination of males and/or females)	

Junior International	Age 15 – 19	Individuals, Mixed Pairs, Teams 3-6
Sub Junior International	Age 12 – 14	Individuals, Mixed Pairs, Teams 3-6
Junior A	Age 15 – 19	Individuals, Mixed Pairs, Teams 3-6
Junior B	Age 12 – 14	Individuals, Mixed Pairs, Teams 3-6
Junior C	Age 10 – 12	Individuals, Mixed Pairs, Teams 3-6
Hip Hop Open	Age 16 and over	Group 5-8
Hip Hop Junior A	Age 14-17	Group 5-8
Hip Hop Junior B	Age 11-13	Group 5-8

Note: Students may compete in more than one category (individual and/or group) per competition, but not more than once in one category. Students can only compete in one Level (Level 1, Level 2 or Level 3) per category and per competition and cannot compete in a lower Level after their first AEROSkools competition. For example: a student is an individual in the Intermediate Division Level 2. The student cannot compete as a member of a Group in the Intermediate Level 1. Having competed in the Level 2 division that student can only remain in Level 2 or move through to Level 3. The student cannot compete in Level 1.

The decision as to when the student can move through to the next Level is determined by the teacher or the AEROSkools Instructor. This decision is based on performance and results.

- If the total number of entries exceeds the maximum number that can be accommodated GymSports New Zealand reserves the right to restrict the number of entries that will be accepted.

4. Entries will be accepted from Secondary Schools. It is the responsibility of the Secondary School to ensure that the competitors comply with the NZSSC eligibility guidelines.
5. Entries close six weeks prior to the Championships. An entry form is included in this publication of technical requirements. Please photocopy and use one form for each grade entered. Entry fees are \$35.00 per athlete, with a maximum of \$80.00 per performance group. There is no additional entry fee for multiple events within a GymSport, however a gymnast must pay \$35.00 for entry into an individual or team event. The group consideration applies for group entries only.
6. A team may consist of 3 or 4 gymnasts from the same school who are competing in the same grade. The best three scores on each apparatus/routine will be totalled for the team score. A Performance Group may consist of no less than 6 active participants. There are no composite school teams/groups.
7. In Rhythmic Gymnastics the group event consists of the required number of gymnasts from the same school. There are no composite school teams.
8. In Aerobics the group, team and mixed pairs categories consist of the required number of athletes from the same school who are competing in the same grade. On application, consideration will be given accepting entries from composite teams/mixed pairs, provided that the principals of the schools agree and one school accepts responsibility for the composite team/mixed pair. Composite teams/mixed pairs will not be accepted ahead of single school groups/pairs. Composite teams are not eligible for awards
9. In Aerobics the ages are taken as of 31st December in the year of competition. Subject to the number of competition entries in each Level, the competition organisers reserve the right to subdivide each level into the following divisions.

Junior Division	(age 10 – 12)
Intermediate Division	(age 12 – 14)
Senior Division	(age 15 – 19)

Competition Requirements

1. The competition technical requirements are included with this publication.
2. Music CD's must be clearly labelled with the athlete's name, school and grade and in the case of Rhythmic, the apparatus.
3. The venue requirements as detailed in the National Championships Manual will apply, taking into consideration the requirements for this event.
4. The equipment requirements as detailed in the National Championships Manual will apply. The Control Judge has the authority to prohibit competition on any piece of equipment (apparatus and landing matting) that he/she considers is not suitable in the interests of the athlete's safety and competition environment.

5. The judges who are appointed by GymSports New Zealand and will be current qualified judges for the specific gym sport.
6. In the interests of the athletes and judges each level/grade shall be timetabled for a maximum of 3 hours duration.
7. All athlete's are required to compete in uniform. In the team and group competitions each member of the team is required to wear the same uniform. No jewellery may be worn with the exception of one small stud earring in each ear (except for Trampoline where no jewellery is permitted). Long hair should be securely tied up to ensure it does not create a safety hazard. Competition numbers are not required to be worn unless provided by the Organisers.

- a. **Artistic Men/Boys** Leotard, shorts, longs.
C grade it is acceptable to wear a tee-shirt and shorts.
- b. **Artistic Women/Girls** Leotard.
Open C and Novice A & B Grade - it is acceptable to wear bike pants over the leotard.
- c. **Rhythmic** Leotard. Optional to wear toe shoes and unitard.
Open C, Group and Team Grades - it is acceptable to wear bike pants and a close fitting t-shirt.
- d. **Trampoline** Leotards are required in International.
Leotards are preferred in Grades A, B, C and may be worn with bike pants. School PE uniform is acceptable, however no beach shorts, baggy shorts or T-shirts.
Trampoline shoes or white ankle socks are required by all competitors.
- e. **Team Performance** Immodest costumes are not allowed.
- f. **Aerobics (for attire violations please refer to the aerobics handbook).
AEROSKools Attire**

Shoes

Aerobic shoes are required. Aerobic shoes are defined as shoes with adequate shock absorption, lateral support, flexible mid sole and a rigid heel counter.

Examples of improper footwear include martial arts shoes, ballet slippers, jazz shoes and surf brand leisure shoes.

Apparel

Females can wear a one-piece leotard with tights or a two-piece outfit that includes bra top/singlet and bike pants. Males can wear a unitard or form fitting pant/shorts and a singlet. A school physical education uniform can also be worn. Loose fitting clothing is not permitted.

Junior A,B,C and Levels Attire
Attire Code – Exceptions to the FIG Senior Attire.

The following exceptions to the FIG Senior Attire rules may be applied for Junior A,B,C and Levels Divisions (New Zealand competitions only): *Refer to competition specific rules for international competitions.*

- (a) Attire must be neat and discreet.
 - (b) Crop tops are acceptable. Brief bikini tops are not acceptable.
 - (c) One piece leotards are acceptable (with or without key holes).
 - (d) Full length tights are acceptable (with or without flared bottoms).
 - (e) Long singlet tops and bike pants are acceptable provided that they are form fitting.
 - (f) Boys may wear shorts (above the knee).
 - (g) Clean shoes, aerobic or athletic must be worn.
 - (h) White socks must be worn and visible.
8. The minimum number of coaches required to be on the competition floor is one per group/team. The GymSports New Zealand requirement that coaches must be accredited at the required competency level is not required for this event. The competition organisers will ensure that there is an accredited coach available on the competition floor for the duration of the competition. This coach will be available to assist if and when required.

Awards:

- 1. Medals will be awarded to the first three (3) individual all around placegetters in each division.
- 2. Certificates will be awarded to the first six (6) individual all around placegetters in each division.
- 3. Medals and certificates will be awarded to each member of the first three (3) placegetters in the team and group events.

SUMMARY OF SPORT REQUIREMENTS

MEN'S ARTISTIC		
<i>All routines are based on GymSports New Zealand Men's National Program Manual, 2008 version</i>	A Grade Club gymnasts in senior levels with GymSports New Zealand. (Level 8, 9, 10 & SI)	Team and Individual Competition. Optional Level 8 requirements. (six apparatus) November 06 Manual.
	B Grade Club gymnasts in Level 7, retired club gymnasts and above average students.	Team and Individual Competition. Compulsory Level 6 minimum routines (Floor, Rings, Vault, Parallel Bars, High Bar). SV 10.00 – no bonus elements required. NB: <i>No splits on floor. No Pommels.</i>
	C Grade Novice gymnasts and students	Team & Individual Competition. Compulsory routines as detailed on separate pages (Floor, Vault, Parallel Bars, Mini Tramp). NB: <i>No Pommels, Rings or High Bar.</i>

WOMEN'S ARTISTIC		
<i>Routines for International, Club A, Club B and Open C are based on GymSports New Zealand Women's National Programme 2008 version.</i>	International Present Club gymnasts competing GSNZ International Levels.	Team and Individual Competition. Level 10 requirements.
	Club A Present Club gymnasts competing GSNZ Levels 7, 8,9,10	Team and Individual Competition. Level 7 requirements.
	Club B Previous Club gymnasts who competed GSNZ Level 7, 8, 9 or 10 and have since retired and current L6 gymnasts.	Team and Individual Competition. Level 6 Vault Bars, Beam and Floor requirements.
	Open C Previous Club gymnasts who competed GSNZ up to	Team & Individual Competition. Handspring Vault, Level 4 Bars, Beam and

	L6 and have since retired, and current Level 4 & 5 gymnasts.	Floor requirements.
	Novice A* For students and beginners with some gymnastics knowledge (recreation) See Below	Team and Individual Competition. Requirements for Vault, Bar, Beam and Floor detailed on separate pages.
	Novice B* For students and beginners (recreation gymnastics, novice, dance) See Below	Team and Individual Competition. Requirements for Vault, Bar, Beam and Floor detailed on separate pages.

* No gymnast who has ever competed in the WAG Levels system can compete in Novice A or B.

RHYTHMIC		
<i>All exercises are based on GSNZ requirements</i>	International Present club gymnasts competing in International and Stages Grades (SI, JI, Stages 3 and 4) and Level 10	Individual competition. Choice of any three apparatus (Rope, Hoop, Ball, Ribbon, Clubs) Minimum Stage 3 requirements
	Club A Present club members competing in Levels 7-9	Individual competition. Choice of any three apparatus (Rope, Hoop, Ball, Ribbon, Clubs) Minimum Level 7 requirements
	Club B Present club members competing in Levels 4-6	Individual competition. Choice of any three apparatus (Rope, Hoop, Ball, Ribbon, Clubs) Minimum Level 4 requirements
	Open C For students and beginners with some gymnastics knowledge (up to club Level 3)	Individual Competition Choice of two apparatus from Rope, Hoop and Ball. Gymnasts can choose to use either the Level 3 requirements or the requirements detailed on separate pages.
	Year 9-10 Group	Group competition (4-6 gymnasts performing as a group)* -Voluntary Ball Requirements are detailed on separate pages

		* a team of 3 is not permitted
	Year 11-13 Group	Group competition (4-6 gymnasts performing as a group)* -Voluntary Ribbon Requirements are detailed on separate pages * a team of 3 is not permitted

TEAM PERFORMANCE		
<i>Open to Men's Artistic, Women's Artistic, Rhythmic and Trampoline Gymnasts/ Performance Group/Dance Troup/Aerobics etc.</i>	Team Performance Competition Open Division. Can be entered in another section and/or grade in addition to competing in Team Performance.	Team Performance Contest, a minimum of no less than six active participants from the same school. Requirements are detailed in a separate manual.

TRAMPOLINE		
<i>All exercises are based on GSNZ requirements.</i>	Elite Club gymnasts competing in GSNZ Grade 1 and above.	Team and Individual Competition. Compulsory and a voluntary routine. Requirements are detailed on separate pages.
	A Grade Club gymnasts competing in GSNZ Grades 2 & 3.	Team and Individual Competition. Compulsory and a voluntary routine. Requirements are detailed on separate pages.
	B Grade Club gymnasts competing in GSNZ Grades 4 & 5 and students with average ability.	Team and Individual Competition. Compulsory and a voluntary routine. Requirements are detailed on separate pages.
	C Grade Club gymnasts competing in GSNZ Grade 6 and below ,and beginner/novice students.	Team and Individual Competition. Compulsory and a voluntary routine. Requirements are detailed on separate pages.

AEROBICS		
AEROSkools Level 1,2,3	Open to non-club athletes Year 9-10 and Year 11-13	Individual and Teams
Junior International	Age 15-19	Individual, Mixed Pairs and Team3-6
Sub Junior International	Age 12-14	Individual, Mixed Pairs and Teams 3-6
Junior A	Age 15-19	Individual, Mixed Pairs and Teams 3-6
Junior B	Age 12-14	Individual, Mixed Pairs and Teams 3-6
Junior C	Age 10-12	Individual, mixed Pairs and Teams
Hip Hop Open	Age 16 and Over	Groups 5-8
Hip Hop A	Age 14-17	Groups 5-8
Hip Hop B	Age 11-13	Groups 5-8

For GymSport specific competition requirements please refer to the relevant technical handbook.

