

The logo features five stylized, overlapping shapes in blue, green, orange, yellow, and purple, arranged in a circular pattern. To the right of these shapes, the text "NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS" is written in a bold, black, sans-serif font, stacked in four lines.

# NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS

## 2018 TEAM PERFORMANCE MANUAL

Please also refer to the New Zealand Secondary Schools Gymsports Championships General Manual for more information relating to the event.



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*“Growing Great New Zealanders  
through Gymnastics”*

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## TEAM PERFORMANCE

Group performances are designed to visualise the diversity of Gymnastics. This is an exciting event for TEAMS of participants.

### SUMMARY OF REQUIREMENTS

<b>TEAM PERFORMANCE</b>	
<b>Level</b>	<ul style="list-style-type: none"> <li>• OPEN Division</li> <li>• Participation for non-gymnasts, current gymnasts in Men's Artistic and other performance Groups /Dance Troup/Aerobics etc.</li> </ul>
<b>Description</b>	<ul style="list-style-type: none"> <li>• OPEN Team Performance</li> <li>• Competition - a minimum of no less than six active participants from the same school.</li> <li>• Teams can consist of all females, all males, or mixed.</li> <li>• A performer may only compete for one team.</li> <li>• Schools may enter as many teams as they desire and/or event organisers permit.</li> <li>• Team members may be from any Gym Sport, and may compete in other events individually.</li> <li>• Team members can interchange/increase/decrease during a performance.</li> <li>• Length of performance is to be minimum 3 minutes – maximum 5 minutes; this includes entrance and exit from the floor.</li> <li>• The participants may use any hand held apparatus, props or small moveable apparatus.</li> <li>• Performances are on a 12m x 12m sprung floor.</li> </ul>
<b>Attire</b>	<ul style="list-style-type: none"> <li>• Participants are encouraged to make use of costumes, and anything else that may enhance their performance.</li> <li>• Immodest Costumes are not allowed</li> <li>• Jewellery is not allowed, especially visible piercings.</li> </ul>
<b>Music</b>	<ul style="list-style-type: none"> <li>• Music must be on a CD. The recording must be at the start of the CD. No music containing inappropriate lyrics or offensive language will be accepted.</li> <li>• The music must be clearly marked with the following information:               <ul style="list-style-type: none"> <li>○ Name of Team</li> <li>○ Name of School</li> <li>○ Any special instructions for music technician</li> </ul> </li> <li>• On entry form please submit name of music and how long it is going to be.</li> </ul>

## CONSIDERATIONS WHEN MAKING UP THE PERFORMANCE

<b>Team Performance will be ranked based on:</b> <input type="checkbox"/> Technical Artistry	25%
How well the skills and movements are performed. <input type="checkbox"/> Musical Interpretation	25%
How well do the movements go to the music chosen? <input type="checkbox"/> Aesthetic Appeal	25%
“What it looks like – IMPACT!” <input type="checkbox"/> Costume -Use of special effects/costumes to enhance performance.	25%

## THE PERFORMANCE MUST SHOW:

<b>Impression</b>	It is important that the ideas, music, skills, formations, and participants form a harmonious visual totality.
<b>Music/Choreography</b>	The music and movements must fit together in all aspects.
<b>Activity</b>	Continuous activity is crucial at all times. Entry and exit is part of your performance.
<b>Versatility/Variations</b>	The versatility and variations utilized in the performance play an important part in providing expression to the performance.
<b>Fantasy and Creative Zest</b>	To a great extent the use of fantasy creates exciting, new and interesting performances.
<b>Originality</b>	Thinking in non-traditional ways and finding new exercises, new elements, and ways of solving problems.
<b>Dynamics</b>	Changes in the music, using different dynamics in rhythms will keep the audience interest alive
<b>Quality and Technique</b>	Every part of the performance has to be executed with correct technique.
<b>Formations</b>	As a guiding rule for both small and large team performances, the minimum number of different floor patterns and formations during the performance is five.
<b>Direction Changes</b>	Prepare the routine so that the teams turn to face the audience as appropriate.
<b>Costumes</b>	It is recommended to consider the use of different colours, materials, effects, and apparatus for visual impact.
<b>Use of different apparatus</b>	The use of apparatus should be considered an integral part of the performance – including how it is brought onto or taken off of the performance area.

Simple skills done well are better than advanced skills done poorly.