Rhythmic Gymnastics Handbook
2017

Updated February 2018

Please note this handbook must be read in conjunction with the FIG code of points
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Overview of New Zealand Competitive Structure

Introduction
This manual is intended to cover the major Rhythmic Gymnastics competition grades offered throughout New Zealand. The streams are:

Stages and International Grades:

These grades are designed to prepare gymnasts to compete at an international level. The Stages and International grades which are offered in New Zealand are:

- **Senior International** - Age requirement: min turning 16 in year of competition. FIG senior international requirements as per the FIG RG Code of Points
- **Junior International** – Age requirements: min turning 13/max turning 15 in year of competition. FIG junior international requirements as per the FIG RG Code of Points
- **Stage 4** – Age requirement: min turning 10/max turning 12 in year of competition.
- **Stage 3** – Age requirement: min turning 9/max turning 11 in year of competition.
- **Stage 2** – Age requirement: min turning 7/max turning 9 in year of competition. Offered at a club and regional level only (not offered at the New Zealand National Championships).
- **Stage 1** – Age requirement: max turning 7 in year of competition. Offered at a club and regional level only (not offered at the New Zealand National Championships).

Levels Grades:
The Levels grades are designed to be ability, as opposed to age based, thus there is no age restrictions on any of the Levels grades. Ideally a gymnast begins in Level 1 and progresses through the Levels as their skills increase, however gymnasts do not have to start in Level 1.

The Gymnastics New Zealand (GNZ) Levels programme is closely aligned with the FIG Code in that the gymnasts have a choice of what difficulties they perform, thus they will be able to perform difficulties that suit them best, as well as being rewarded for performing more complex apparatus handling.

The Levels offered are:

- **Levels 1, 2 and 3** – Offered at a club and regional level only (not offered at the New Zealand National Championships). These Levels are designed to give gymnasts an introduction into competitive rhythmic gymnastics and the focus should be on introducing fundamental moves with correct posture and basic apparatus technique so as to give a good grounding for more difficult movements to be introduced at the higher levels.

- **Levels 4 and 5** – These are the first Levels that are offered at the New Zealand National Championships.
Zealand National Championships. In body work, both flexibility and strength should be introduced to a greater extent in a progressive way. The emphasis in apparatus handling should still be on basic technique: apparatus technique should be well formed, without statism and should show variety amongst technical groups.

- **Levels 6, 7 and 8** – By now gymnasts should have a good foundation in rhythmic gymnastics. Gymnasts should be in a position of coordinating body difficulties with more complex apparatus handling, and thus more scope is given to show a variety of apparatus handling.

- **Levels 9 and 10** – These grades are based on FIG junior and senior requirements respectively. Gymnasts in these grades are likely to focus on their individual strengths, and emphasis should be on giving a well-rounded performance with moves which complement the gymnast’s music and individual style.

**Groups:**

There are 7 multiples (group) grades. The grades which are recognised across the country are:

- **Grade I:** For Level 1-3 and Stage 1-2 gymnasts under 10 years of age. Offered at a club and regional level only (not offered at the New Zealand National Championships).

- **Grade II:** For Level 1-3 gymnasts, no age restriction. Offered at a club and regional level only (not offered at the New Zealand National Championships).

- **Grade III:** For Stage 3 and 4 gymnasts. A maximum of two Levels gymnasts may participate in this grade as long as the relevant age requirement is met.

- **Grade IV:** For Level 1-6 gymnasts. A maximum of two Stage 3 or 4 gymnasts may participate in this grade.

- **Grade V:** For Level 4-10 gymnasts. A maximum of two International grade gymnasts may also participate in this grade.

- **Grade VI:** This grade is based on the junior international group grade, with FIG junior group requirements. Gymnasts must be a minimum of turning 13, and maximum of turning 15 in year of competition unless they are a current Stage 4 gymnast.

- **Grade VII:** This grade is based on the senior international group grade, with FIG senior group requirements. Gymnasts must be a minimum of turning 16 in year of competition.

For Groups I-V the group can be composed of 4 or 5 gymnasts per showing. Groups VI and VII must be composed of 5 gymnasts per showing.

For all Groups the group is awarded for the combined total of showing 1 and 2.

**Pairs and Trios**

GNZ does not offer Pairs or Trios at a national level. Regions/clubs are welcome to offer Pairs and Trios at a local level – it is suggested that the same requirements are used as for the equivalent group grades.
# New Zealand Levels Requirements 2017-2020

<table>
<thead>
<tr>
<th>Level</th>
<th>Routine</th>
<th>Body Difficulties</th>
<th>Body Difficulties value allowed</th>
<th>Dance Steps</th>
<th>Dynamic Elements/Risk</th>
<th>Apparatus Difficulty</th>
<th>Max Execution</th>
<th>Music Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Free</td>
<td>3 (1 of each)</td>
<td>NA-0.2</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 3 – 1 or 2 rotations</td>
<td>N/A</td>
<td>10.00 pts</td>
<td>30-60 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>Max 1 – R1 or R2</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Free</td>
<td>Max 4 (min 1 of each)</td>
<td>NA-0.3</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 3 – 1 or 2 rotations</td>
<td>N/A</td>
<td>10.00 pts</td>
<td>45-75 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>Max 2 – R1 or R2</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Free</td>
<td>Max 4 (min 1 of each)</td>
<td>0.1-0.3</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 3 – 1-3 rotations</td>
<td>N/A</td>
<td>10.00 pts</td>
<td>45-75 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>Max 2 – R1 or R2</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Free</td>
<td>Min 3, Max 4 (min 1 of each)</td>
<td>0.1-0.3</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 3 – 1-3 rotations</td>
<td>N/A</td>
<td>10.00 pts</td>
<td>60-90 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>Min 1, Max 3 – R1 or R2</td>
<td>Max 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Free</td>
<td>Min 3, Max 5 (min 1 of each)</td>
<td>0.1-0.4</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 3 – 1-3 rotations</td>
<td>N/A</td>
<td>10.00 pts</td>
<td>60-90 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>Min 1, Max 3 – R1 or R2</td>
<td>Max 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Apparatus</td>
<td>Min 3, Max 5 (min 1 of each)</td>
<td>0.1-0.5</td>
<td>Min 1 set for min of 8 secs</td>
<td>Min 1, Max 4 – R1 or higher</td>
<td>Max 2</td>
<td>10.00 pts</td>
<td>60-90 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td>7</td>
<td>Apparatus</td>
<td>Min 3, Highest 6 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Min 1, Max 4 – R2 or higher</td>
<td>No limit</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
<tr>
<td>8</td>
<td>Apparatus</td>
<td>Min 3, Highest 7 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Min 1, Max 4 – R2 or higher</td>
<td>No limit</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
<tr>
<td>9</td>
<td>Apparatus</td>
<td>Min 3, Highest 7 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Min 1, Max 4 – R2 or higher</td>
<td>No limit</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
<tr>
<td>10</td>
<td>Apparatus</td>
<td>Min 3, Highest 9 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Min 1, Max 5 – R2 or higher</td>
<td>No limit</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
</tbody>
</table>
### New Zealand Levels Groups Requirements 2017-2020

<table>
<thead>
<tr>
<th>Grade</th>
<th>Apparatus</th>
<th>Body Difficulties</th>
<th>Body Difficulties Value allowed</th>
<th>Dance Steps</th>
<th>Dynamic Elements</th>
<th>Collaborations</th>
<th>Formations</th>
<th>Max Execution</th>
<th>Music Length</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Free</td>
<td>4</td>
<td>NA-0.2</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 3 – 1 or 2 rotations</td>
<td>Min 4</td>
<td>Min 4</td>
<td>10.00 pts</td>
<td>60-90 secs</td>
<td>Words allowed 1 routine max</td>
</tr>
<tr>
<td>2</td>
<td>Same Apparatus</td>
<td>6 – 3 with exchange*, 3 without</td>
<td>NA-0.3</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 1 – R1 or R2</td>
<td>Min 4</td>
<td>Min 4</td>
<td>10.00 pts</td>
<td>60-90 secs</td>
<td>Words allowed 1 routine max</td>
</tr>
<tr>
<td>4</td>
<td>Same Apparatus</td>
<td>8 – 4 with exchange, 4 without</td>
<td>0.1-0.4</td>
<td>Min 1 set for min of 6 secs</td>
<td>Max 1 – R1 or higher</td>
<td>Min 4</td>
<td>Min 5</td>
<td>10.00 pts</td>
<td>90-120 secs</td>
<td>Words allowed 1 routine max</td>
</tr>
<tr>
<td>5</td>
<td>Mixed Apparatus*</td>
<td>9 - 4 with exchange, 4 without, 1 optional</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Max 1 – R2 or higher</td>
<td>Min 4</td>
<td>Min 6</td>
<td>10.00 pts</td>
<td>120-150 secs</td>
<td>Words allowed 1 routine max**</td>
</tr>
</tbody>
</table>

**Notes**

**Apparatus**

**Grade 5 groups may choose to perform two showings of the same (mixed apparatus) routine or one showing of each (mixed apparatus and same apparatus) routine.**

**Body Difficulties**

- **Level 1-10:** e.g Min 3, Max 6 (min 1 of each) indicates a minimum of 3 difficulties must appear in the routine of which there must be one from each body group. The remaining optional maximum difficulties may be from any of the body groups.

- **Grade 2, 3 & 4:** e.g 6 - 3 with exchange*, 3 without indicates a total of 6 body difficulties must appear in the routine of which there must be a 3 performed with an exchange and 3 performed as isolated body difficulties. The exchanges for Grade 2 do not have to be throws and can instead be rolls or bouncing.

- **Grade 5:** 9 - 4 with exchange, 4 without, 1 optional indicates a total of 9 difficulties must appear in the routine of which there must be a 4 performed with an exchange, 4 performed as isolated body difficulties and one optional.
Body Difficulties value allowed

- **Level 2-3, Grade 1-2**: e.g *Value NA - 0.3* Indicates that the total maximum value any one body difficulty can have (including any additional criteria) is 0.3, difficulties cannot be downgraded. National A difficulties may be included.

- **Level 4-6, Grade 4**: e.g 0.1-0.4 Indicates that the total maximum value any one body difficulty can have (including any additional criteria) is 0.4, difficulties cannot be downgraded.

- **Level 7-10, Grade 5**: *Any FIG* Indicates the body difficulties appearing in the routine can be from any of those listed in the FIG Code of Points and are not limited by a maximum value.

Dance Steps

- e.g *Min 1 set for min of 6 secs* indicates there must be a minimum of 1 set of dance steps appearing in the routine. The dance steps must be at least 6 seconds long as well as match the tempo and rhythm of the music.

Dynamic Elements with Rotation

- **Level 1, Grade 2**: e.g. *Max 1 R1 or R2 only* indicates that there must be a maximum of 1 dynamic element appearing in the routine. This dynamic element may contain a single or double rotation.

- **Level 2-3**: e.g. *Max 2 – R1 or R2 only* indicates there must be a maximum of 2 dynamic elements appearing in the routine. Each dynamic element may contain a single or double rotation.

- **Level 4-6, Grade 4**: e.g. *Min 1 – R1 or R2* indicates there must be a minimum of 1 dynamic element appearing in the routine. Each dynamic element can contain either a single or double rotation.

- **Level 7-10, Grade 5**: e.g. *Min 1 – R2 or higher* indicates there must be a minimum of 1 dynamic element appearing in the routine. Each dynamic element must contain a minimum of a double rotation.

- **Level 1-6** dynamic elements of rotation can not be downgraded, they must only perform the maximum number of rotations stated in the table. Level 7-10 will be evaluated as per the code of points.
<table>
<thead>
<tr>
<th>Level</th>
<th>Routine</th>
<th>Body Difficulties</th>
<th>Body Difficulties Value allowed</th>
<th>Dance Steps</th>
<th>Dynamic Elements</th>
<th>Apparatus Difficulty</th>
<th>Max Execution</th>
<th>Music Length</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Free</td>
<td>Min 3, Max 4(min 1 each)</td>
<td>Base any FIG, max value of 1.0</td>
<td>Min 1 set for min of 6 secs</td>
<td>N/A</td>
<td></td>
<td>10.00pts</td>
<td>45-60 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>Max 1 – Max 3 R1 or higher</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 1</td>
<td>Free</td>
<td>Min 3, Max 5 (min 1 each)</td>
<td>Base any FIG, max value of 1.0</td>
<td>Min 1 set for min of 8 secs</td>
<td>N/A</td>
<td>Min 1, Max 3 – R1 or higher</td>
<td>10.00 pts</td>
<td>60-90 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>No min or max</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 2</td>
<td>Free</td>
<td>Min 3, Max 6 (min 1 of each)</td>
<td>Base any FIG, max value of 1.0</td>
<td>Min 1 set for min of 8 secs</td>
<td>N/A</td>
<td>Min 1 – Max 4 R2 or higher</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routine max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>No min or max</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 3</td>
<td>Free</td>
<td>Min 3, highest 7 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 2 set for min of 8 secs</td>
<td>N/A</td>
<td>Min 1, Max 4 – R2 or higher</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td>No min or max</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 4</td>
<td>Free</td>
<td>Min 3, highest 7 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 2 sets for min of 8 secs</td>
<td>Min 1, Max 4 – R2 or higher</td>
<td>No min or max</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
<tr>
<td></td>
<td>Apparatus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Int</td>
<td>Apparatus</td>
<td>Min 3, highest 9 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Min 1, Max 5 – R2 or higher</td>
<td>Min 1</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
<tr>
<td>Senior Int</td>
<td>Apparatus</td>
<td>Min 3, highest 9 counted (min 1 of each)</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Min 1, Max 5 – R2 or higher</td>
<td>Min 1</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed 2 routines max</td>
</tr>
</tbody>
</table>
# New Zealand International Groups Requirements 2017-2020

<table>
<thead>
<tr>
<th>Grade</th>
<th>Apparatus</th>
<th>Body Difficulties</th>
<th>Body Difficulties Value allowed</th>
<th>Dance Steps</th>
<th>Dynamic Elements</th>
<th>Collaboration</th>
<th>Formations</th>
<th>Max Execution</th>
<th>Music Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 (Stages)</td>
<td>Same</td>
<td>6 - 3 with exchange, 3 without</td>
<td>Base any FIG, max value of 1.0</td>
<td>Min 1 set for min of 8 secs</td>
<td>Max 1 – R2 or higher</td>
<td>Min 4</td>
<td>Min 6</td>
<td>10.00 pts</td>
<td>75-90 secs Words allowed</td>
</tr>
<tr>
<td>6 (Junior )</td>
<td>FIG</td>
<td>7 - 3 with exchange, 3 without, 1 optional</td>
<td>Any FIG</td>
<td>Min 2 set for min of 8 secs</td>
<td>Max 1 – R2 or higher</td>
<td>Min 4</td>
<td>Min 6</td>
<td>10.00 pts</td>
<td>135-150 secs Words allowed 1 routine max</td>
</tr>
<tr>
<td>7 (Senior Int)</td>
<td>FIG</td>
<td>9 - 4 with exchange, 4 without, 1 optional</td>
<td>Any FIG</td>
<td>Min 1 set for min of 8 secs</td>
<td>Max 1 – R2 or higher</td>
<td>Min 4</td>
<td>Min 6</td>
<td>10.00 pts</td>
<td>135-150 secs. Words allowed 1 routine max</td>
</tr>
</tbody>
</table>

## Notes

### Body Difficulties
- e.g. *Min 3, Max 7 (min 1 of each)* indicates a total of between 3 and 7 difficulties must appear in the routine of which there must be a minimum of 1 from each of the body groups.
- e.g. *7 - 3 with exchange, 3 without, 1 optional* indicates a total of 7 difficulties must appear in the routine of which there must be a 4 performed with an exchange, 4 performed as isolated body difficulties and one optional.

### Body Difficulties value allowed
- e.g. *Base of Any FIG, max value of 1.0* indicates the body difficulties appearing on the routine sheet can be any of those listed in the FIG Code of Points however the maximum value of any one difficulty appearing on the routine sheet can only be 1.0.
- e.g. *Any FIG* indicates the body difficulties appearing on the routine sheet can be from any of those listed in the FIG Code of Points and are not limited by a maximum value.

### Dance Steps
- e.g. *Min 1 set for min of 8 secs* indicates there must be a minimum of 1 set of dance steps appearing on the routine sheet. The dance steps must be at least 8 seconds long as well as match the tempo and rhythm of the music.

### Dynamic Elements
- e.g. *Min 1 – R2 or higher* indicates there must be a minimum of 1 dynamic element appearing in the routine. Each dynamic element must contain a minimum of a double rotation.
National A Body Difficulties

National A’s are difficulties that are only recognised in New Zealand and are valid as difficulties for Levels 1-2 only. Each has a value of 0.10.

Leaps

![Image]

Balances

![Image]

National A Dynamic Elements with Rotation (R1)

National A Dynamic element with rotation (or R1) is only recognised in New Zealand and is valid for Level 1-6, Stage 1-2 as well as Grade II & IV group. Unlike the dynamic elements with rotation described in the FIG Code of Points, R1 requires only a single rotation of the body around any axis under a throw. The base value assigned to R1 is 0.10 pts.

Gymnasts are still able to add additional criteria to R1 that is relevant to the skill being performed e.g. without the help of hands, outside visual control.

For more information and a list of criteria, please see the 2017-2020 FIG Code of Points (Section 5.2).

Prohibited Body Difficulties

Any difficulty that uses the back scale position is prohibited in Stage 1-3 and Level 1-5 routines. Failure to comply with these rules will result in a 0.50 pts deduction from the final score.

Freehand Dynamic Rotations

(Valid for Levels 1-5 Freehand and Grade 1 Group routines)

Dynamic elements of rotation can include all elements of rotation (including any 0.1 value rotation difficulties)

Gymnasts may include dynamic rotations in a freehand routine a maximum of three times, Level 1 and 2 can have a max of two rotations in each series, Level 3, 4 & 5 can have a max of three rotations in each series. Additional criteria of change of body rotation axis and/or change of level can be included for an additional 0.1 (change of axis and level is given only once in a series)

The dynamic elements that can be used for freehand should be performed correctly and dynamically like when performed under throws.

The same rules apply as per the code of points regarding repetition of rotations in freehand; you can only perform each type of rotation one time.
### NZ Apparatus Rotation 2017-2020

<table>
<thead>
<tr>
<th>Levels</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Free, Hoop</td>
<td>Free, Hoop</td>
<td>Free, Hoop</td>
<td>Free, Hoop</td>
</tr>
<tr>
<td>Level 2</td>
<td>Free, Rope, Ball</td>
<td>Free, Rope, Ball</td>
<td>Free, Rope, Ball</td>
<td>Free, Rope, Ball</td>
</tr>
<tr>
<td>Level 3</td>
<td>Free, Hoop</td>
<td>Free, Hoop</td>
<td>Free, Hoop, Ball</td>
<td>Free, Hoop, Ball</td>
</tr>
<tr>
<td>Level 4</td>
<td>Free, Rope, Ribbon</td>
<td>Free, Rope, Clubs</td>
<td>Free, Hoop, Ribbon</td>
<td>Free, Hoop, Clubs</td>
</tr>
<tr>
<td>Level 5</td>
<td>Free, Hoop, Ribbon</td>
<td>Free, Hoop, Clubs</td>
<td>Free, Ball, Ribbon</td>
<td>Free, Hoop, Clubs</td>
</tr>
<tr>
<td>Level 6</td>
<td>Hoop, Ball, Clubs</td>
<td>Rope, Ball, Clubs</td>
<td>Rope, Ball, Clubs</td>
<td>Rope, Ball, Clubs</td>
</tr>
<tr>
<td>Level 7</td>
<td>Rope, Hoop, Ball, Clubs</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
</tr>
<tr>
<td>Level 8</td>
<td>Rope, Ball, Clubs, Ribbon</td>
<td>Rope, Hoop, Clubs, Ribbon</td>
<td>Rope, Ball, Clubs, Ribbon</td>
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<tr>
<td>Level 9</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
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<tr>
<td>Level 10</td>
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<table>
<thead>
<tr>
<th>International</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 1</td>
<td>Free, Ball</td>
<td>Free, Hoop</td>
<td>Free, Hoop</td>
<td>Free, Ball</td>
</tr>
<tr>
<td>Stage 2</td>
<td>Free, Hoop, Ball</td>
<td>Free, Hoop, Ball</td>
<td>Free, Hoop, Ball</td>
<td>Free, Hoop, Ball</td>
</tr>
<tr>
<td>Stage 3</td>
<td>Free, Rope, Hoop, Ribbon</td>
<td>Free, Rope, Ball, Clubs</td>
<td>Free, Rope, Hoop, Ribbon</td>
<td>Free, Rope, Ball, Clubs</td>
</tr>
<tr>
<td>Stage 4</td>
<td>Free, Hoop, Ball, Clubs</td>
<td>Free, Rope, Clubs, Ribbon</td>
<td>Free, Rope, Clubs, Ribbon</td>
<td>Free, Rope, Clubs, Ribbon</td>
</tr>
<tr>
<td>Junior International</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
</tr>
<tr>
<td>Senior International</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
<td>Hoop, Ball, Clubs, Ribbon</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Groups</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 1</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Grade 2</td>
<td>Hoop or Ball</td>
<td>Hoop or Ball</td>
<td>Hoop or Ball</td>
<td>Hoop or Ball</td>
</tr>
<tr>
<td>Grade 3</td>
<td>Hoop</td>
<td>Hoop</td>
<td>Hoop</td>
<td>Hoop</td>
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<tr>
<td>Grade 4</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Grade 5</td>
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<td>Mixed</td>
<td>Mixed</td>
<td>Mixed</td>
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<tr>
<td>Grade 6</td>
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<td>5 Ropes, 10 Clubs</td>
<td>5 Hoops, 5 Ribbons</td>
<td>5 Hoops, 5 Ribbons</td>
</tr>
<tr>
<td>Grade 7</td>
<td>5 Hoops, 3 Balls &amp; 2 Ropes</td>
<td>5 Hoops, 3 Balls &amp; 2 Ropes</td>
<td>5 Balls, 3 Hoops &amp; 4 Clubs</td>
<td>5 Balls, 3 Hoops &amp; 4 Clubs</td>
</tr>
</tbody>
</table>

**Note:** Grade 6 and 7 groups may compete either the current or following years prescribed apparatus.
FIG Apparatus Norms

Rope
- Hemp or similar suitable material
- Length proportionate to size of gymnast i.e. no specific length requirement
- No handles except for one or two knots at each end
- Ends may be wrapped with a thin non-slip material in a length corresponding to the width of a hand

Hoop
- Wood or synthetic
- Interior diameter of 80-90cm
- Minimum weight of 300g
- Can be taped in any colour

Ball
- Rubber or soft plastic, antistatic
- Diameter of 18-20cm
- Minimum weight of 400g
- Any colour

Clubs
- Wood or synthetic
- Length of 40-50cm
- Diameter of head 3cm max
- Minimum weight of 150g per club
- Can be taped in any colour

Ribbon

Stick
- Wood, bamboo, synthetic or fibreglass
- Length of 50-60cm
- Diameter maximum of 1cm at thickest point
- Any colour
- Bottom end may be covered by a thin anti-slip material for a maximum length of 10cm
- Fixture connecting Stick to Ribbon may be cord, nylon thread or a moveable ring with a swivel that is no longer than 7cm (not counting the ring at the end of the stick)

Ribbon
- Satin or similar material
- Width 4-6cm
- Total length minimum of 6m
- Minimum weight of 35g
- Any colour
- Doubled at stick end for a maximum of 1 metre
New Zealand Apparatus Norms

Levels

Level 1 to 4 – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:
- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement.
- Ball minimum diameter of 15cm, no weight requirement
- Ribbon length is a minimum of 4.5m, no weight requirement
- Junior clubs may be used (36cm min)

Level 5 to 6 – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:
- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement.
- Ribbon length is a minimum of 5m, no weight requirement

Level 7 to 10 – Refer to the ‘FIG Apparatus Norms’, with the following exception:
- Levels 7-9 Ribbon length is a minimum of 5m, no weight requirement.

Note: the Rhythmic SDC recommends that gymnasts use a 6m ribbon, as gymnasts with short ribbons run the risk of being deducted for insufficient patterns.

International

Stage 1/2/3 – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:
- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement
- Ball minimum diameter of 15cm, no weight requirement
- Junior clubs may be used (36cm min)
- Ribbon length is a minimum of 4.5m, no weight requirement

Junior International / Stage 4 – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:
- Ribbon length is a minimum of 5m and minimum weight of 30g

Senior International – Refer to the ‘FIG Apparatus Norms’
Groups

**Grade II Group** – Refer to the ‘FIG Apparatus Norms’, except:
- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement.
- Ball minimum diameter of 15cm, no weight requirement
- Ribbon length is a minimum of 4.5m, no weight requirement
- Junior clubs may be used (36cm min)

**Grade III-V Group** – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:
- Hoop is either proportionate to size of gymnast* or meets FIG size requirements, and there is no weight requirement
- Ball minimum diameter of 15cm, no weight requirement
- Junior clubs may be used (36cm min)
- Ribbon length is a minimum of 4.5m, no weight requirement

**Note:** the Rhythmic SDC recommends that gymnasts use a 6m ribbon, as gymnasts with short ribbons run the risk of being deducted for insufficient patterns.

**Grade VI Group** – Refer to the ‘FIG Apparatus Norms’, with the following exception:
- Ribbon length is a minimum of 5m and minimum weight of 30g

**Grade VII Group** – Refer to the ‘FIG Apparatus Norms’

*Hoop ‘proportionate to size of gymnast’ refer to the following as a guide; resting upright on the floor, beside the gymnast, the top of the hoop comes at least to the leg line of the leotard.
New Zealand National Levels Programme

Starting Point

It is suggested that every gymnast wanting to compete in the National System starts at Level 1; however gymnasts starting the sport at 10yrs or older may already have the basic skills to begin at a higher Level.

Once a gymnast has competed in a particular Level at a sanctioned competition, they cannot compete in a lower Level. Award scheme and qualification system will determine the competing Level.

The Rhythmic Sports Development Committee (SDC) reserves the right to regrade a gymnast due to extenuating circumstances.

Passing a Level

The idea of the Levels system is that gymnasts can systematically progress through the levels, starting at 1 and finishing at 10. A gymnast ‘passes’ a Level when she achieves a certain standard. This can be done by:

(i) Achieving an all around total pass mark at a single competition or achieving the pass mark in each apparatus at separate competitions

(ii) And having her competition results verified by Gymnastics New Zealand

Once a gymnast achieves the pass mark in any of the way outlined above, that gymnast must progress to the next Level in the following year of competition. The only exceptions to this are:

- Gymnasts in Levels 7-9 may remain in their Level for 2 years regardless of the marks achieved in the first year.
  - In extenuating circumstances the RG SDC can request that a gymnast must progress to the next Level at the end of the first year OR
  - A coach can apply to have a gymnast remain in Levels 7-9 for longer than 2 years using an Application for Regrade form.

- Level 10 gymnasts may stay in Level 10 indefinitely.

- If a gymnast has a significant break from competitive gymnastics, an application may be made to GNZ for consideration to recommence competition at an appropriate Level, using an Application for Regrade form.

- If a coach would like a gymnast to remain in a particular Level despite achieving the pass mark, or would like a gymnast to skip a Level can apply to GNZ to request a gymnast stays in a particular level, using an Application for Regrade form.

Note: A gymnast may progress through more than one Level in a season.
Levels Card Submission

Levels cards are no longer required to be submitted to GNZ. Clubs will be asked to verify scores at with their levels badge orders.

If a coach would like to progress a gymnast within a season, when it is considered that a gymnast has achieved the standard to advance to the next Level, her competition results must be sent for verification along with a re-grade application.

When a gymnast competes at the next Level, this verification must be produced to competition organisers.

Following verification, the gymnast is eligible to purchase the corresponding Levels badge.

Ribbons

When competing in the first competition at any Level, each gymnast will be awarded a ribbon on each of the apparatus she competes, the colour of which recognises her performance level. Thereafter she will gain additional ribbons if her performance level improves to a higher score group.

Note: Some competitions do not offer Ribbons.

Important Points

Judging panels must be submitted to the Rhythmic SDC Judging Advisor for approval prior to a competition. These must also be sent to the Education manager two weeks prior to the competition at education@gymnasticsnz.com.

A copy of the results and judge’s panels from all competitions should be sent to the GNZ Events Manager within three week of completion of the competition.

Ribbons and badges are available for purchase from GNZ.

Gymnasts can pass a Level at a sanctioned event or an unsanctioned event as long as the minimum judging panel requirements are met. Gymnasts can only qualify for GNZ National Championships at a sanctioned event.
# Pass Marks & Ribbon Marks

## Pass Marks

<table>
<thead>
<tr>
<th>Level</th>
<th>Free</th>
<th>Apparatus</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8.000</td>
<td>7.500</td>
<td>15.500</td>
</tr>
<tr>
<td>2</td>
<td>8.500</td>
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<tr>
<td>3</td>
<td>8.750</td>
<td>8.250</td>
<td>25.250</td>
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<tr>
<td>4</td>
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<td>26.000</td>
</tr>
<tr>
<td>10</td>
<td>-</td>
<td>6.500</td>
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## Ribbon Marks

### Levels 1-3

<table>
<thead>
<tr>
<th>Level</th>
<th>Mark</th>
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<tbody>
<tr>
<td>Green</td>
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<tr>
<td>Blue</td>
<td>7.500-8.499</td>
</tr>
<tr>
<td>Red</td>
<td>8.500-9.499</td>
</tr>
<tr>
<td>Gold</td>
<td>9.500 or higher</td>
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</table>

### Levels 4-10 & Stage 3

<table>
<thead>
<tr>
<th>Level</th>
<th>Mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>5.999 or less</td>
</tr>
<tr>
<td>Blue</td>
<td>6.000-7.499</td>
</tr>
<tr>
<td>Red</td>
<td>7.500-8.999</td>
</tr>
<tr>
<td>Gold</td>
<td>9.000 or higher</td>
</tr>
</tbody>
</table>
Rhythmic Gymnastics Application for Regrade

Gymnast Name: Date of birth:
Club: Current Level:
Coach: Level applying for:

Hours training per week:
Scores (totals) from last competition season:

Please outline reasons for wanting to move to a different Level or maintain previous years Level:

Signed Coach:
Signed Club Secretary:
Date:

Return your completed form to Gymnastics NZ, PO Box 9485 Newmarket, Auckland

Gymnastics NZ Rhythmic Gymnastics Sports Development Committee
Regrading Application Reply

Gymnast Name:

Please note that you HAVE / HAVE NOT been granted a re-grade to compete in Level:

Signed: (Rhythmic SDC)
Date:

Gymnastics New Zealand – Rhythmic Gymnastics Handbook 2017
Additional Resources

Need Help? Any questions can in the first instance be addressed to the Rhythmic Gymnastics Sport Development Committee:

Keita McGowan  keitajmccowan@hotmail.com  Interim Chair/Judging Advisor
Marnie Sterner  msterner11@hotmail.com  Coaching Advisor
Tracey Redhead  tracey.redhead@pulmanpark.com

Federation websites:
Below is a list of websites and other information which may be of interest. This list is by no means comprehensive, but rather a good starting point:

Gymnastics New Zealand (GNZ)
- Homepage: http://www.gymnasticsnz.com/
- Email: office@gymnasticsnz.com
- Ph: + 64 9 3773600  Fax: + 64 9 3773608

International Federation of Gymnastics (FIG):
- The General homepage: http://www.fig-gymnastics.com/site/
- The Rhythmic rules page:
  http://www.ﬁggymnastics.com/site/rules/disciplines/rg

Gymnastics Australia:
- Homepage: www.gymnastics.org.au
- Rhythmic technical regulations: