



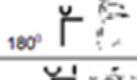
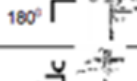
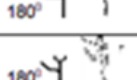
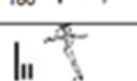
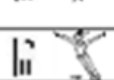
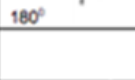

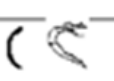





## NZ Secondary School Tier 2 Gymnastic Sports Cup

## Rhythmic Elements 2023




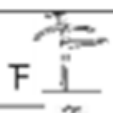


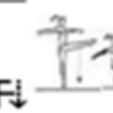
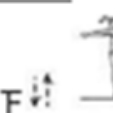
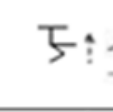
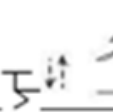


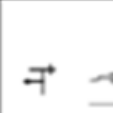


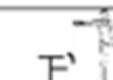

## 8.2. Table Jumps/Leaps Difficulty ( ^ )

Types of Jumps	Value					
	0,10	0,20	0,30	0,40	0,50	0,60
1. Tuck Jump						
2. «Scissors» with bent legs						
3. Jump with stretched legs						
4. Passé jump (free leg bent forward or sideways)						
5. Jump with free leg stretched in front horizontal position						
6. Jump with free leg stretched in a side horizontal position						
7. Jump with free leg stretched in horizontal position of Arabesque						
8. Jump with free leg in horizontal position of Attitude						
9. «Cabriole» forward						
10. «Cabriole» sideways						
11. «Cabriole» backwards or with turn (180° or more)						
12. Jump with arch or with turn (180° or more)						













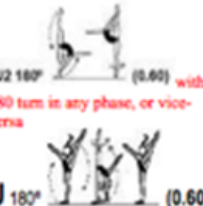
	0.10	0.20	0.30	0.40	0.50	0.60
30. Switch Stag leap (passing with bent or straight leg)						
31. Fouetté (landing on a take-off foot), or with ring with one or both legs						
32. Fouetté split leap, with ring or with back bend of the trunk						
33. Fouetté stag leap, or with ring or back bend of the trunk						
34. « Revoltade » passing one leg stretched over the other						
35. "Entrelacé"						
36. "Entrelacé" in split						
37. Turning Stag leap (Jeté en tournant)						
38. Turning split leap (Jeté en tournant)						
39. Turning whit Switch split leap (Jeté en tournant)						
40. Butterfly (free leg passing through the position close to horizontal, take-off leg passing through horizontal. During the flight, trunk position close to horizontal or below horizontal)						

	0.10	0.20	0.30	0.40	0.50	0.60
21. Split leap, take-off from 2 feet, or with ring or with back bend of the trunk						
22. 2 or more successive split leaps with change of take-off foot					 2 — One Difficulty  3 — (0.70) One Difficulty	
23. Split leap with turn						
24. Switch split leap (passing with stretched legs)						
25. Switch split leap with (passing with bent leg)						
26. Side split leap, take-off from 1 foot						
27. Side split leap, take-off from 2 feet						
28. Switch side split leap (passing with bent leg), (passing with stretched legs)						
29. Stag leap, take off from 1-2 feet, with ring or with turn, or with back bend of the trunk						




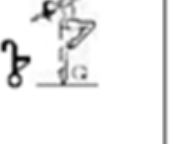
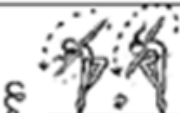





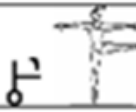
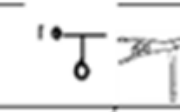

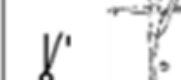
## 9.2. Table of Balances Difficulty (T)


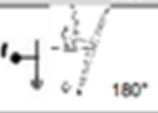
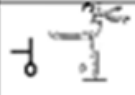

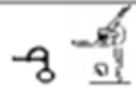



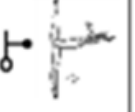








Types of Balances	Balances on the foot				
	0,10	0,20	0,30	0,40	0,50
1. Free leg backward, below horizontal, trunk bent backward					
2. Passé front or side (horizontal position) or with bend of the upper back and shoulders	 				
3. Forward: free leg horizontal (straight or bent), or with the trunk back at the horizontal position					
					
4. With change of gymnast level, support leg bending progressively or and return to stretch position					
					
5. Split with and without hand support or trunk backward at horizontal or below				 	 
6. Side: Free leg horizontal or trunk side at horizontal					

	0.10	0.20	0.30	0.40	0.50
7. Split with or without hand support or trunk side at horizontal					
8. Arabesque: free leg horizontal or with trunk forward or backward at horizontal or below split with or without hand support					
9. Ring with or without hand support or split with horizontal trunk					
10. Attitude, also with trunk bent backward					
11. Cossack, free leg at horizontal: all directions					
12. Cossack, free leg: front or side (foot higher than head), with or without support					
<b>Balances on other parts of the body</b>					
13. Free leg front (foot higher than head), with or without support					
14. Free leg to the side (foot higher than head), with or without support					
15. Free leg back split (foot higher than head), with or without support.					

	0.10	0.20	0.30	0.40	0.50
16. Ring; with or without support					
17. Balance lying on the floor with trunk lifted (legs may be separated to shoulder width)					
18. Balance with support on the chest; with (Kabaeva) or without help of hands	Kb 				
<b>Dynamic Balances</b>					
19. Passing from the stomach to the chest					
20. Dynamic balances with full body wave in all directions in the standing position (front, side, back) or passing to or from the floor					
21. Fouetté: min. 3 same or different shapes with the leg at the horizontal for min. 2 shapes; Leg above horizontal for min. 2 shapes			 Leg at the horizontal for min 2 shapes + min 1 turn		 Leg above horizontal for min 2 shapes + min 1 turn
22. Dynamic balances with support on the forearms with or without the movements of legs (Difficulties are considered the same)					
23. Dynamic Balance with 2 or 3 shapes (Utyasheva); also with turn				 U <sub>2</sub> also vice versa U <sub>3</sub> (0.50)	 U <sub>2</sub> 180° (0.60) with 180° turn in any phase, or vice-versa U <sub>1</sub> 180° (0.60)

10.3. Table of Rotations Difficulty (°)







Types of Rotations	Value				
	0.10	0.20	0.30	0.40	0.50
	Rotations on the foot				
1. Free leg forward, trunk bent forward					
2. Free leg backward, trunk bent backward					
3. "Passé" (forward or side); or with bend of the upper back and shoulders	 				
4. Spiral turn ("tonneau") partial wave on 1 leg					
5. Forward: free leg horizontal (straight or bent)					
					
6. Split forward with or without support or trunk horizontal					
7. Side: Free leg or trunk horizontal					
8. Split side with or without support					

Types of Rotations	0.10	0.20	0.30	0.40	0.50
9. Split side with or without support, trunk horizontal					
10. Arabesque: free leg horizontal or trunk horizontal or backward					
11. Split with or without support					
12. Split with or without support, trunk horizontal or ring					 
13. Penché: body bent at the horizontal or below, leg in back split or ring, rotation on flat foot				 	
14. Attitude or ring with support or backward				 	
15. Fouetté: Passé or with leg stretched at the horizontal then the horizontal in front, side, "arabesque", or "attitude"					









Types of Rotations	0.10	0.20	0.30	0.40	0.50
16. Cossack					
17. Front split; trunk bent back below horizontal from standing position or from the position on the floor					
18. Front split with support passing the free leg into back split balance with support (Gizikova)					
19. Illusion: trunk bent forward / side; also backward					
Rotations on other parts of the body					
20. Rotation on the stomach, legs close to ring or legs in split, without support of the hand (Kanaeva) or on the back (Ralenkova)					
21. Rotation in a split with help of the hand, without interruption bent forward or backward					

### 3.3.2. Hoop







Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Passing through the Hoop with the whole or part of the body	 Rotation (min.1) around the axis on the floor
 Roll of the Hoop over minimum 2 large body segments	
 <ul style="list-style-type: none"> <li>• Rotation (min. 1) of the Hoop around the hand</li> <li>• Free rotation (min. 1) of the Hoop around a part of the body</li> </ul>	 Roll of the Hoop on the floor
 Rotations of the Hoop around its axis: <ul style="list-style-type: none"> <li>• One free rotation between the fingers</li> <li>• One free rotation on the part of the body</li> </ul>	

### 3.3.1. Rope








Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Passing with the whole or part of the body through the open Rope or folded in 2 or more, turning forward, backward, or to the side; also with double rotation of the rope	 <ul style="list-style-type: none"> <li>• Rotation (min. 1), Rope folded in two (in one or two hands)</li> <li>• Rotations (min.3), Rope folded in three or four</li> <li>• Free rotation (min. 1) around a part of the body</li> <li>• Rotation (min. 1) of the stretched, open Rope, held by the middle or by the end</li> <li>• Mills (Rope open, held by the middle, folded in two or more) See Clubs 3.3.4</li> </ul>
 Passing through the Rope with skips/hops <ul style="list-style-type: none"> <li>• Series (min. 3): Rope turning forward, backward, or to the side.</li> <li>• Double rotation of the rope or folded rope (min 1 hop)</li> </ul>	
 Catch of the Rope with one end in each hand	 <ul style="list-style-type: none"> <li>• Wrapping or unwrapping around a part of the body</li> <li>• Spirals with the rope folded in two</li> </ul>
 <ul style="list-style-type: none"> <li>• Release and catch of one end of the rope, with or without rotation (ex: echappé)</li> <li>• Rotations of the free end of the Rope, <b>Rope held by one end</b> (ex: spirals)</li> </ul>	

## 3.3.3. Ball










Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Bounces: <ul style="list-style-type: none"> <li>Series (min.3) of small bounces (below knee level)</li> <li>One high bounce (knee level and higher)</li> <li>Visible rebound from the floor or a part of the body</li> </ul>	 <ul style="list-style-type: none"> <li>"Flip-over" movement of the Ball</li> <li>Rotations of the hand(s) around the Ball</li> <li>Series (min.3) of assisted small rolls</li> <li>Free rotation(s) of the ball on a part of the body</li> </ul>
 Roll of the Ball over min. 2 large body segments	
 Figures eight of the Ball with circle movements of the arm(s)	 <ul style="list-style-type: none"> <li>Roll of the Ball on the floor</li> <li>Roll of the body on the ball on the floor</li> </ul>
 Catch of the Ball with one hand	

### 3.3.4. Clubs

Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	 Series (min.3) of small circles with one Club
 The asymmetric movements of 2 Clubs	 <ul style="list-style-type: none"> <li>• Free rotations of 1 or 2 Clubs on the part of the body</li> <li>• Tapping (min.1)</li> <li>• Small circles of both clubs held in one hand (min. 1)</li> </ul>
 Small throws of 2 Clubs together simultaneously or alternating with rotation and catch	
 Small circles with both Clubs, simultaneously or alternating, one club in each hand (min. 1)	 Rolls of 1 or 2 Clubs on the part of the body or on the floor














## 3.3.5. Ribbon



Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Passing through or over the pattern of the Ribbon	 <ul style="list-style-type: none"> <li>• Rotational movement of the Ribbon stick around the hand</li> <li>• Wrapping (unwrapping)</li> <li>• Movement of the Ribbon around a part of the body created when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or Difficulties with rotation (not during "Slow Turn")</li> </ul>
 Spirals (4-5 loops), tight and the same height in the air or on the floor	
 Snakes (4-5 waves), tight and the same height in the air or on the floor	 Roll of the Ribbon stick on the part of the body
 "Echappé": rotation of the stick during its flight, small and medium height	 "Boomerang": release of the ribbon (the end of the ribbon is held) in the air or on the floor and catch



Add ons to making throws more challenging:

Symbol	Specific Criteria of the throw + 0.10 each time	Symbol	Specific Criteria of the catch + 0.10 each time
	Passing through the apparatus during throw (U, O)		Passing through the apparatus during catch (U, O)
	Throw after bounces on the floor/ throw after rolling on the floor		Direct re-throw/ re-bound without any stops – all apparatus
	Throw of the open and stretched U (held by one end or the middle)		Catch of the Rope with one end in each hand
	Throw with rotation around its axis (Hoop O) or rotation in the horizontal plane (Club(s) II)		Direct catch with rolling of apparatus over the body
	Throws of 2 Clubs (II): simultaneous, asymmetric, "Cascade" (double or triple)*		Catch of the Ball (●) with one hand
	Throw on oblique plane O		Direct catch of the O in rotation
			Mixed catch of U, II

Mastery criteria to support trick ideas:

Symbol	Criteria
	Without the help of the hands
	Outside of visual control
	with a rotation of (180° and more)
<b>BD</b>	Jump, Balance or Rotation Body Difficulty
	Rope and Hoop turning backward (open or folded) Rope - arms crossed during jumps/leaps or skips/hops
	Under the leg/ legs
	transmission without the help of the hands with at least 2 different body parts
<b>3</b> →	Performed in series without interruption

### Rotation skill list

<ul style="list-style-type: none"> <li>• Chaine</li> <li>• Turning cat leap</li> <li>• Grovel</li> <li>• Forward roll</li> <li>• Backwards roll</li> <li>• Turning jump</li> </ul>	<ul style="list-style-type: none"> <li>• Passe turn</li> <li>• Log roll</li> <li>• Fish flop</li> <li>• Chest roll</li> <li>• Forward walkover</li> <li>• Backward walkover</li> </ul>	<ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Elbow cartwheel</li> <li>• Chest cartwheel</li> <li>• One handed cartwheel</li> <li>• One handed forwards walkover</li> <li>• One handed backwards walkover</li> <li>• Handstand bunny jump land on knees</li> </ul>
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