



NZ SECONDARY SCHOOLS

Tier 2 GYMNASTIC SPORTS CUP

TEAM PERFORMANCE MANUAL

2023

This manual outlines the routine requirements for TEAM Performance at the NZ Secondary School Gymnastic Sports Cup event.

This event is endorsed by School Sport NZ



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

1. SUMMARY OF REQUIREMENTS

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

2. CONSIDERATIONS WHEN MAKING UP THE PERFORMANCE

Team Performance will be ranked based on:

Technical Artistry	25%
Musical Interpretation - How well the skills and movements are performed	25%
Aesthetic Appeal - How well do the movements go to the music chosen?	25%
Costume - Use of special effects/costumes to enhance performance. - "What it looks like – IMPACT!"	25%

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

3. THE PERFORMANCE MUST SHOW

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

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