

# 2023-2024

# Rhythmic Gymnastics

# Handbook

(Updated October 2022)



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# Overview of the New Zealand

# Competitive Structure

This manual is intended to cover the rhythmic gymnastics competition grades offered throughout New Zealand.

## Stages and International Grades

These grades are designed to prepare gymnasts to compete at an international level.

- **Senior International** – must be turning 16 years of age or older in the year of competition. FIG senior international requirements are as per the FIG Code of Points.
- **Junior International** – must be turning 13, 14, or 15 years of age in the year of competition. FIG junior international requirements are as per the FIG Code of Points.
- **Stage 4** – must be turning 10, 11, or 12 years of age in the year of competition.
- **Stage 3** – must be turning 9, 10, or 11 years of age in the year of competition.
- **Stage 2** – must be turning 7, 8, or 9 years of age in the year of competition. Offered at a club and regional level only (not offered at the New Zealand Gymnastics Championships).
- **Stage 1** – must be turning up to 7 years of age in the year of competition. Offered at a club and regional level only (not offered at the New Zealand Gymnastics Championships).

## Levels Grades

The Levels grades are designed to be ability-based, as opposed to age-based, so there are no age restrictions. 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 of Points in that the gymnasts have a choice of what difficulties they perform. They can therefore perform difficulties that best suit and can be rewarded for performing more complex apparatus handling.

- **Levels 1 and 2** – offered at a club and regional level only (not offered at the New Zealand Gymnastics 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 3 and 4** – offered at a club and regional level with a club based National Level 3 and 4 event. 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 5, 6 and 7** – 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 8, 9 and 10** – these grades are based on FIG junior and senior international

requirements. Gymnasts in these grades are likely to focus on their individual strengths, and emphasis should be on giving a well-rounded performance with moves that complement the gymnast's music and individual style.

## Groups

There are seven multiples (group) grades as follows:

- **Grade 1** – for Levels 1–4 and Stages 1–2 gymnasts under 10 years of age. Offered at a club and regional level only (not offered at the New Zealand Gymnastics Championships).
- **Grade 2** – for Levels 1–4 and Stages 1–2 gymnasts, no age restriction. Offered at a club and regional level with a club based National Level event.
- **Grade 3** – for Stages 3–4 gymnasts. A maximum of two Levels gymnasts may participate in this grade as long as the relevant age requirements have been met.
- **Grade 4** –for Levels 5–7 gymnasts. A maximum of two Stages 3 or 4 or Level 3 or 4 gymnasts may participate in this grade.
- **Grade 5** – for Levels 5–10 gymnasts. A maximum of two international grade gymnasts may also participate in this grade.
- **Grade 6** – the junior international group grade, with FIG junior group requirements. Gymnasts must be turning 13, 14, or 15 years of age in the year of competition, unless they are a current Stage 4 gymnast.
- **Grade 7** – the senior international group grade, with FIG senior group requirements. Gymnasts must be turning 16 years of age or older in the year of competition.

For Groups 1-5 the group can be composed of 4 or 5 gymnasts per showing. Groups 6 and 7 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 the 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.

## 2023 New Zealand Levels 1 and 2 Requirements

Level	Routine	Body Difficulties	Body Difficulties value allowed	Body Waves	Dynamic Elements/Risk	Apparatus Difficulty	Max TF Execution	Music Length
1	Free	Max 3 (1 of each)	NA-0.3	Min 2	Max 2 – R2	N/A	10.00 pts	30–45 secs
	Hoop				Max 2 – R1 or R2	N/A		
2	Free	Max 3 (1 of each)	NA-0.3	Min 2	Max 2 – R2	N/A	10.00 pts	30–45 secs
	Ball				Max 2 – R1 or R2	N/A		

### Body difficulties value allowed

- **Levels 1–2, Grade 1** – ‘Value NA – 0.3’ in the table above indicates that the total maximum value any one body difficulty can have is 0.3, difficulties cannot be downgraded. National A difficulties may be included. Difficulties will be evaluated in the order of performance (one from each group). Extra difficulties will not be evaluated.





### Dynamic elements with rotation

- **Levels 1–2, Grade 1** – ‘Max 2 – R1 or R2’ in the table above indicates there must be a maximum of 2 dynamic elements appearing in the routine. Each dynamic element may contain a single or double rotation. Dynamic elements of rotation cannot be downgraded; they must only perform the maximum number of rotations stated in the table. Single rotations will NOT be evaluated in freehand routines. R1 in an apparatus routine must be performed under the flight of the apparatus.





Fundamentals – 0.3 will be awarded for either one or two\* of each specific fundamental apparatus technical group correctly performed (attempt is insufficient, max acceptable TF is 0.1).

\*"Required # per exercise" refers to max times a gymnast can receive 0.3 for performing.

Hoop 

Required # per exercise	Specific Fundamental and Fundamental Apparatus Technical Groups
2	 Large Roll of the Hoop over minimum two large body segments
2	 Rotations of the Hoop around its axis around the fingers or a part of the body
1	 Rotation (min. 1) of the Hoop around the hand or around a part of the body
1	 Passing through the Hoop with the whole or part of the body (two large body segments)

Ball 

Required # per exercise	Specific Fundamental and Fundamental Apparatus Technical Groups
2	 Large Roll of the Ball over minimum two large body segments
2	 Figures eight of the Ball with circle movement of the arm(s)
1	 Catch of the Ball with one hand
1	 Bounces: <ul style="list-style-type: none"> <li>• Series (min.3) of small bounces (below knee level) from the floor</li> <li>• One high bounce (knee level and higher) from the floor</li> </ul>

## 2023 New Zealand Levels 3 and 4 Requirements

Level	Routine	Body Difficulties	Body Difficulties value allowed	Body Waves	Dynamic Elements/Risk	Apparatus Difficulty	Max TF Execution	Music Length
3	Free	Max 4 (min 1 of each)	0.1–0.4	Min2	Max 3 – 2–3 rotations	N/A	10.00 pts	45–60 secs
	Apparatus				Max 2 – R1 or R2	N/A		
4	Free	Max 4 (min 1 of each)	0.1–0.4	Min 2	Max 3 – 2–3 rotations	N/A	10.00 pts	45–60 secs
	Apparatus				Max 2 – R1 or R2	N/A		

Body difficulties value allowed


- **Levels 3–4, Grade 2** – ‘Value 0.1 – 0.4’ in the table above indicates that the total maximum value any one body difficulty can have is 0.4, difficulties cannot be downgraded. National A difficulties may NOT be included. Difficulties will be evaluated in the order of performance (minimum one from each group). Extra difficulties will not be evaluated.





Dynamic elements with rotation

- **Levels 3–4, Grade 2** – ‘Max 2 – R1 or R2’ in the table above indicates there must be a maximum of two dynamic elements appearing in the routine. Each dynamic element may contain a single or double rotation. Dynamic elements of rotation cannot be downgraded, they must only perform the maximum number of rotations stated in the table. Single rotations will NOT be evaluated in freehand routines. R1 in an apparatus routine must be performed under the flight of the apparatus.





Fundamentals – 0.3 will be awarded for two of each specific fundamental apparatus technical group and one of each fundamental apparatus technical group correctly performed (attempt is insufficient, max acceptable TF is 0.1).

\*"Required # per exercise" refers to max times a gymnast can receive 0.3 for performing.





Rope 

Required # per exercise	Specific Fundamental and Fundamental Apparatus Technical Groups
2	 Passing with the whole or part of the body through the open Rope turning forward, backward, or to the side; also with: <ul style="list-style-type: none"> <li>• Rope folded in 2 or more</li> <li>• Double rotation of the rope</li> </ul>
2	 <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, Rope held by one end (ex: spirals)</li> </ul>
1	 Skips/hops passing through the Rope <ul style="list-style-type: none"> <li>• Series (min. 3): Rope turning forward, backward, or to the side.</li> </ul>
1	 Catch of the open Rope with one end in each hand without support on another part of the body

Hoop 

Required # per exercise	Specific Fundamental and Fundamental Apparatus Technical Groups
2	 Large Roll of the Hoop over minimum two large body segments
2	 Rotations of the Hoop around its axis around the fingers or a part of the body
1	 Rotation (min. 1) of the Hoop around the hand or around a part of the body
1	 Passing through the Hoop with the whole or part of the body (two large body segments)

Ball 

Required # per exercise	Specific Fundamental and Fundamental Apparatus Technical Groups
2	 Large Roll of the Ball over minimum two large body segments
2	 Figures eight of the Ball with circle movement of the arm(s)
1	 Catch of the Ball with one hand
1	 Bounces: <ul style="list-style-type: none"> <li>• Series (min.3) of small bounces (below knee level) from the floor</li> <li>• One high bounce (knee level and higher) from the floor</li> </ul>

## 2023 New Zealand Levels 5–10 Requirements

Level	Routine	Body Difficulties	Body Difficulties value allowed	Body Waves	Dynamic Elements/Risk	Apparatus Difficulty	Max TF Execution	Max AF Execution	Music Length
5	Free	Min 3, highest 5 counted (min 1 of each)	0.1–0.5	Min 2	Max 3 – 2–3 rotations	N/A	10.00 pts	10.00 pts	60–75 secs
	Apparatus				Max 3 – R1 or higher	Max 5			
6	Apparatus	Min 3, highest 5 counted (min 1 of each)	0.1–0.5	Min 2	Max 3 – R2 or higher	Max 5	10.00 pts	10.00 pts	60–80 secs
7	Apparatus	Min 3, highest 5 counted (min 1 of each)	0.1–0.5	Min 2	Max 3 – R2 or higher	Max 10	10.00 pts	10.00 pts	70–90 secs
8	Apparatus	Min 3, highest 7 counted (min 1 of each, max 1 combined)	Any FIG	Min 2	Max 4 – R2 or higher	Max 10	10.00 pts	10.00 pts	75–90 secs
9	Apparatus	Min 3, highest 7 counted (min 1 of each, min 1 of each, max 1 combined)	Any FIG	Min 2	Max 4 – R2 or higher	Max 15	10.00 pts	10.00 pts	75–90 secs
10	Apparatus	Min 3, highest 9 counted (min 1 of each, max 3 combined)	Any FIG	Min 2	Max 5 – R2 or higher	Max 20	10.00 pts	10.00 pts	75–90 secs

### Body difficulties

- **Levels 5–7** – ‘Min 3, highest 5 counted (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 difficulties may be from any of the body groups.
- **Levels 8–10** – ‘Any FIG’ shown in the table above 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.

## 2023 New Zealand Levels Groups Requirements

Grade	Apparatus	Body Difficulties	Body Difficulties Value allowed	Body Waves	Dynamic Elements	Collaborations	Max TF Execution	Max AF Execution	Music Length
1	Free	4	NA–0.3	Min 2	Max 2 – R2	Min 3 Max 8	10.00 pts	N/A	60–75 secs
2	Same Apparatus	6 – 3 with exchange 3 without	0.1–0.4	Min 2	Max 1 – R1 or R2	Min 3 (any) Max 8	10.00 pts	N/A	75–90 secs
4	Same Apparatus	8 – 3 with exchange 3 without, 2 optional	0.1–0.5	Min 2	Max 1 – R1 or higher	Min 6 (2 of each) Max 12	10.00 pts	10.00 pts	105–120 secs
5	Mixed Apparatus**	10 – 4 with exchange 4 without, 2 optional	Any FIG	Min 2	Max 1 – R2 or higher	Min 9 (3 or each) Max 18	10.00 pts	10.00 pts	135–150 secs

### 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

- **Grades 2 – ‘6 – 3 with exchange\*, 3 without’** in the table above indicates that a total of six difficulties must appear in the routine of which three must be performed with an exchange and three performed as isolated body difficulties.
- The exchanges for Grade 2 MUST be throws and cannot be rolls or bouncing.
- The exchanges for Grade 2 groups require 4m and Grade 4 require 6m distance to fulfill the additional criteria, not 8m.
- **Grade 4 and 5 – ‘8 (10) – 3 (4) with exchange, 3 (4) without, 2 optional’** in the table above indicates a total of eight (ten) difficulties must appear in the routine of which three (four) must be performed with an exchange, three (four) performed as isolated body difficulties and two optional may also be included.

**Collaborations** - Collaborations in Grades 1 and 2 may be “National C’s” – a collaboration of all gymnasts performed with or without throw with gymnasts or apparatus passing over, under or through the apparatus movements or partners. A National C has a value of 0.1.

**Fundamentals** – In Grade 2 0.3 will be awarded for two of each specific fundamental apparatus technical group correctly performed by all gymnasts simultaneously (attempt is insufficient, max acceptable TF is 0.1). Hoop – large Rolls and axis rotations, Ball – large rolls and figure 8s.



## 2023 New Zealand International Requirements

Level	Routine	Body Difficulties	Body Difficulties Value allowed	Body Waves	Dynamic Elements	Apparatus Difficulty	Max TF Execution	Max AF Execution	Music Length
Stage 1	Free	Max 3 (1 of each) Min 1 with Split Line**	NA-0.3	Min 2	Max 2 – R2	N/A	10.00pts	N/A	45–60 secs
	Apparatus				Max 2 – R1 or R2				
Stage 2	Free	Max 4 (min 1 each) Min 2 with Split Line**	0.1–0.40	Min 2	Max 3 – 2–3 rotations	N/A	10.00 pts	N/A	60–75 secs
	Apparatus				Max 2 – R1 or R2				
Stage 3	Free	Min 3, highest 6 counted (min 1 of each) Min 2 with Split Line**	Any FIG	Min 2	N/A	Max 10	10.00 pts	10.00pts	75–90 secs
	Apparatus				Max 3 – R2 or higher				
Stage 4	Free	Min 3, highest 7 counted (min 1 of each, max 1 combined) Min 3 with Split Line **	Any FIG	Min 2	N/A	Max 15	10.00 pts	10.00pts	75–90 secs
	Apparatus				Max 4 – R2 or higher				
Junior International	Apparatus	Min 3, highest 7 counted (min 1 each, max 1 combined)	Any FIG	Min 2	Max 4 – R2 or higher	Max 15	10.00 pts	10.00pts	75–90 secs
Senior International	Apparatus	Min 3, highest 9 counted (min 1 of each, max 3 combined)	Any FIG	Min 2	Max 5 – R2 or higher	Max 20	10.00 pts	10.00pts	75–90 secs

### Body difficulties value allowed

- **Stages 1–2**, e.g 'Value 0.1 – 0.4' indicates that the total maximum value any one body difficulty can have is 0.4; difficulties cannot be downgraded. National A difficulties may NOT be included. Difficulties will be evaluated in the order of performance (minimum one from each group). Extra difficulties will not be evaluated. The rules for Levels 1–4 regarding fundamentals and dynamic elements also apply to Stages 1–2.

\*\* **Stages 1–4** – 0.3 deduction for each missing difficulty with split line, these difficulties must all be from different body groups.

## 2023 New Zealand International Groups Requirements

Grade	Apparatus	Body Difficulties	Body Difficulties Value allowed	Dynamic Elements	Collaborations	Body Waves	Max TF Execution	Max AF Execution	Music Length
3 (Stages)	Same	8 – 3 with exchange, 3 without, 2 optional	Any FIG	Max 1 – R2 or higher	Min 6 (2 of each) Max 12	Min 2	10.00 pts	10.00 pts	105–120 secs
6 (Junior Int)	FIG	8 – 3 with exchange, 3 without, 2 optional	Any FIG	Max 1 – R2 or higher	Min 6 (2 of each) Max 15	Min 2	10.00 pts	10.00 pts	135–150 secs
7 (Senior Int)	FIG	10 – 4 with exchange, 4 without, 2 optional	Any FIG	Max 1 – R2 or higher	Min 9 (3 of each) Max 18	Min 2	10.00 pts	10.00 pts	135–150 secs

- The exchanges for Grade 3 require 6m distance to fulfil the additional criteria, not 8m.

## Body Waves, Dance Steps and Fundamentals

In Level 5+ and Stage 3+ gymnasts are evaluated on dance steps, fundamentals, and body waves as per the code of points as they have a full panel of judges evaluating the routines – Execution (E), Artistry (A), Difficulty Body (DB) and Difficulty Apparatus (DA). For our Elementary grades (Level 1- 4 & Stage 1-2) we do not have full panels of judges – only E and DB – therefore we need to make adjustments to the requirements for these grades.

**Body waves** are evaluated by the DB judges meaning that Elementary grade gymnasts will receive a deduction of 0.3 for each missing full body wave as per the code of points.

**Dance steps** are evaluated by the A judges so there is no longer a DB requirement to include these. The TC strongly encourages coaches to include at least one set of dance steps in Elementary routines to develop this skill as the gymnasts move through to the Junior programme.

**Fundamentals** are evaluated by the DA judges. The TC wants to encourage Elementary gymnasts to include these in routines so that they have these skills developed in preparation for the Junior programme. The DB judges will award 0.3 for each correctly performed Fundamental (max 0.1 TF deduction is acceptable).

## Artistry

In Level 5+ and Stage 3+ gymnasts are now evaluated for the Artistry of the routines. Please read the section in the Code of Points to understand what the judges are looking for. The TC strongly recommend coaches of Elementary gymnasts also familiarise themselves with these deductions so they can consider this when choreographing routines.

## Music Submission

All music for domestic competitions must be submitted in the following format and must be MP3 files. This will match the requirements for music submission for the New Zealand National Championships.

- Individuals - First Name, Last Name, Apparatus
- Groups – Group Name, Grade

## Coach Qualifications

### Coaching Requirements for Endorsed and Qualifying Events

Coaches should have coaching qualifications at the same level that their gymnasts are working.

Gymnastics New Zealand has taken a stepped approach to bring coaches up to the required coaching levels over the next three years.

<b>Athlete Level</b>	<b>Qualification Required – Endorsed and Qualifying Events 2023</b>
Levels 1-4, Stages 1-2, Grades 1-2 Group.	Elementary Coach *
Levels 5-7, Stages 3-4, Grade 3-4 Group	Junior Coach **
Levels 8-10, Junior and Senior International, Grades 5-7 Group	Junior Advanced Coach**

Note:

\* - The qualification may be in progress. A second coach for a group at Foundation/XTND may be permitted

\*\* - May be in progress

Required qualifications will be reviewed on an annual basis. Coaches who are not qualified at the required level will need to apply for dispensation.

### **Coaching Requirements for the New Zealand Gymnastics Championships**

#### RG Junior Coach

- Levels 5-7
- Stages 3-4
- Grades 3–4 group

#### RG Senior Coach

- Levels 8–10
- Junior & Senior international
- Grades 5–7 group

Coaches who are not qualified at the required level will need to apply for dispensation.

## National A Body Difficulties

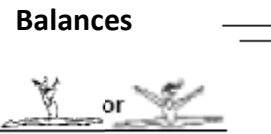
National A's are difficulties that are only recognised in New Zealand and are valid as difficulties for Levels 1–2 only. Each has a value of 0.10.



### Leaps



Scissor leap with legs at horizontal



### Balances

### National A Dynamic Elements with Rotation (R1)

National A dynamic element with rotation (or R1) is valid for Levels 1–5, Stages 1–2 as well as Grades 2 & 4 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. R1 in an apparatus routine must be performed under the flight of the apparatus. Single rotations will NOT be evaluated in freehand routines.

### Additional Criteria (Level 1–4, Stage 1–2, Grade 2)

In the Junior Levels (1–4, Stages 1–2, Grade 2) only the number of rotations and the criteria of change of body rotation axis and/or change of level will be evaluated. Gymnasts are still able to add additional apparatus criteria to R1 or R2 that is relevant to the skill being performed e.g. without the help of hands, outside visual control; but this will not be evaluated.

For more information and a list of criteria, please see the [Rhythmic Gymnastics Code of Points 2022–2024](#)

### Freehand Dynamic Rotations

Valid for Levels 1–5 freehand, Stages 1–2 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 as per the table of requirements. 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 group of rotations one time, isolated or in a series. (Code of Points section 4.3.4 & 4.3.7)

### Prohibited Body Difficulties

Combined difficulties, difficulty in the back scale position and leap #22 (to knees) are prohibited in Stages 1–3 and Levels 1–7. Failure to comply with these rules will result in a 0.50 deduction from the final score.

# 2023–2024 New Zealand Apparatus Rotations

## Levels

	2023	2024
Level 1	Free, Hoop	Free, Hoop
Level 2	Free, Ball	Free, Ball
Level 3	Free, Rope, Hoop	Free, Rope, Hoop
Level 4	Free, Rope, Ball	Free, Rope, Ball
Level 5	Free, Hoop, Clubs	Free, Hoop, Clubs
Level 6	Hoop, Ball, Ribbon	Hoop, Ball, Ribbon
Level 7	Rope, Ball, Clubs	Rope, Ball, Clubs
Level 8	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon
Level 9	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon
Level 10	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon

## International

Stage 1	Free, Ball	Free, Ball
Stage 2	Free, Hoop, Ball	Free, Hoop, Ball
Stage 3	Free, Rope, 2 optional	Free, Hoop, 2 optional
Stage 4	Free, Clubs, 2 optional	Free, Hoop, 2 optional
Junior International	Hoop Ball, Clubs, Ribbon	Hoop Ball, Clubs, Ribbon
Senior International	Hoop, Ball, Clubs, Ribbon	Hoop, Ball, Clubs, Ribbon

## Groups

Grade 1	Free	Free
Grade 2	Hoop or Ball	Hoop or Ball
Grade 3	Hoop	Ball
Grade 4	Same	Same
Grade 5	Mixed	Mixed
Grade 6	5 Ropes, 5 Balls	5 (Pairs of) Clubs, 5 Hoops
Grade 7	5 Hoops, 3 Ribbons & 2 Balls	5 Hoops, 3 Ribbons & 2 Balls

**Note:** 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. In this case they can use any apparatus for their same apparatus routine, it could be one of the same apparatus as they have used in their mixed routine.

**Note:** Grades 6 and 7 groups may compete either the current or the 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

- Satin or similar material
- Width 4–6cm
- Doubled at stick end for a maximum of 1 metre
- Total length minimum of 6m
- Minimum weight of 35g
- 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)

## New Zealand Apparatus Norms

### Levels

**Levels 1–4** – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement.
- Ball minimum diameter of 15cm, no weight requirement

**Levels 5–7** – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement.
- Ribbon length is a minimum of 5m, no weight requirement

**Levels 8–10** – Refer to the ‘FIG Apparatus Norms’, with the following exception:

- Levels 7–9 Ribbon length is a minimum of 5m, no weight requirement.

### International

**Stages 1–3** – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, 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:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement (Stage 4 only)
- Ribbon length is a minimum of 5m and minimum weight of 30g

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

\*For the hoop to be ‘proportionate to size of gymnast’, when resting upright on the floor beside the gymnast, the top of the hoop should come to the leg line of the leotard, at minimum.

### Groups

**Grade 2 Group** – Refer to the ‘FIG Apparatus Norms’, with the following exceptions:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight requirement.
- Ball minimum diameter of 15cm, no weight requirement

**Grades 3-5 Group** – Refer to the ‘FIG Apparatus Norms’, except:

- Hoop is either proportionate to size of gymnast\* or meets FIG requirements, no weight



requirement.

- Ribbon length is a minimum of 5m, no weight requirement.

**Grade 6 Group** – Refer to the 'FIG Apparatus Norms', with the following exception:

- Ribbon length is a minimum of 5m and minimum weight of 30g

**Grade 7 Group** – Refer to the 'FIG Apparatus Norms'

\*For the hoop to be 'proportionate to size of gymnast', when resting upright on the floor beside the gymnast, the top of the hoop should come to the leg line of the leotard, at minimum.

# 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 10 years or older may already have the basic skills to begin at a higher level.

Once a gymnast has competed in a particular Level at an endorsed event, they cannot compete in a lower level without applying for dispensation.

The Rhythmic Technical Committee (TC) 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; and
- (ii) Having her competition results verified by GNZ.

Once a gymnast achieves the pass mark in any of the ways 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 8–9** may remain in their Level for 2 years regardless of the marks achieved in the first year.
- In extenuating circumstances, the RG TC 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 can 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 cards are no longer required to be submitted to GNZ. Clubs will be asked to verify scores 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.

Gymnasts can pass a Level at an endorsed or qualifying event if the minimum judging panel requirements have been met. Gymnasts can only qualify for the New Zealand Gymnastics Championships at a qualifying event.

## Pass Marks & Ribbon Marks

### Pass Marks

Level	Overall
1	14.00
2	16.00
3	24.00
4	25.00
5	45.00
6	40.00
7	42.00
8	58.00
9	60.00
10	63.00

### Ribbon Marks

#### Levels 1–2 and Stages 1–2

- Gold – 9.5+
- Red – 8.5-9.499
- Blue – 7-8.499
- Green – 6.999 and below

#### Levels 3–4

- Gold – 10+
- Red – 9-9.999
- Blue – 7.5-8.999
- Green – 7.499 and below

#### Levels 5–7 and Stage 3

- Gold – 16.5+
- Red – 15-16.499
- Blue – 14-14.999
- Green – 13.999 and below

#### Levels 8–10

- Gold – 18+
- Red – 16.5-17.999
- Blue – 15-16.499
- Green – 14.999 and below

## Rhythmic Gymnastics Application for Re-grade

Gymnast Name	
Date of birth	
Club	
Current Level	
Coach	
Level applying for	
Hours training per week	
Please provide the gymnast's scores (totals) from last competition season.	
Please outline the reasons for wanting to move to a different Level or maintain previous year's Level.	
Signed by Head Coach	
Date	
Contact e-mail address	

Please email your completed form to the TC Coaching Advisor – [erica.deltarg@gmail.com](mailto:erica.deltarg@gmail.com)

The decision of the TC will be advised by email to the contact address provided above.

## Additional Resources

### Technical Committee

Should you have any questions on content contained in this Handbook, these can be addressed to the Rhythmic Gymnastics Technical Committee, as follows:

- Chair: Keita McComb – [keitajmccomb@gmail.com](mailto:keitajmccomb@gmail.com)
- Coaching Advisor: Erica Thorby – [erica.deltarg@gmail.com](mailto:erica.deltarg@gmail.com)
- Judging Advisor: Tracey Redhead – [tracey.redhead@brucepulmanpark.com](mailto:tracey.redhead@brucepulmanpark.com)
- Performance Advisor: Marnie Sterner - [marnie@nhgym.co.nz](mailto:marnie@nhgym.co.nz)
- Competitions Advisor: Alesha Berry – [aleshakateberry@gmail.com](mailto:aleshakateberry@gmail.com)
- Athletes Advisor: Beth Strickland - [beth.strickland@outlook.com.au](mailto:beth.strickland@outlook.com.au)

### Federation websites

Below is a list of websites with other information that may be of interest. This list is by no means comprehensive, but rather a good starting point.

- [Gymnastics New Zealand \(GNZ\)](#)
- [International Federation of Gymnastics \(FIG\)](#)
  - [FIG Rhythmic Rules page](#) (with Code of Points)
- [Gymnastics Australia](#)