

2009 SOUTH ISLAND MASTERS GAMES

RHYTHMIC GYMNASTICS REQUIREMENTS

1. There are 3 sections of competition: Group, Novice and Advanced. Within each section (individual only) there are 4 x age groups: 20-29yrs, 30-39yrs, 40-49yrs and 50yrs+. The Group section is just one category.
2. There are 2 x routines to compete for individuals and 1 x routine for group.
3. You must be over 20yrs of age to enter
4. You must not have competed in competitive Rhythmic Gymnastics for at least 2 years
5. To compete in the Novice section, you must not have competed in Rhythmic Gymnastics previously
6. All music length to be 1,15-1,30 for individuals and 2,15-2,30 for group
7. Attire: Anything that is tight fitting. Tights and a singlet are fine if you do not feel the urge to wear a leotard although this would be welcome.
8. Judging will be the same as the 2009 New Zealand Levels Handbook and 2009 FIG Code

Novice

Apparatus: Freehand and your choice of apparatus

Difficulty 1: Max 8 difficulties

(Free: 2 from each body group. Apparatus: Min 5 GCO Max 3 others), Nat A-D

Difficulty 2: Apparatus – 5.00pt (Risk not required but can be included)

Free – 3.00pt

Advanced

Apparatus: 2 x of your choice of apparatus

Difficulty 1: Max 9 difficulties

(Apparatus: Min 6 GCO Max 3 others), A-F Value (Nat A Flexions allowed)

Difficulty 2: 10.00pt (Risk not required but can be included)

Group

Apparatus: Your choice (can be mixed or same)

Difficulty 1: Max 8 difficulties

Minimum 4 exchanges, Any Value (Nat A Flexions allowed)

Difficulty 2: 7.00pt

Must be 4 or 5 gymnasts. Each group competes the same routine twice.