



**NUNAWADING GYMNASTICS AND SPORTS
CLUB INC.**

**RHYTHMIC GYMNASTICS (RG) SQUAD
INFORMATION**

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Table of Contents

1. What is Rhythmic Gymnastics (RG)	4
1.1 Class Training Hours Per Week.....	4
2. Competitions	6
2.1 How competitions work.....	6
2.2 Warm-up at Competitions	6
2.3 Competition Order.....	6
2.4 How judging works	7
2.5 Competition Season.....	7
Key Competition breakdown:	8
3. Competitions – Level / Apparatus	8
4. Apparatus Specifics	9
4.1 RG Uniform Requirements.....	10
4.2 Competition Checklist.....	10
5. Levels Progression Process	11
5.1 Level Assessment Testing (LAT) / Level Passing Requirements	11
5.2 In-Class Assessments	12

1. What is Rhythmic Gymnastics (RG)

RG (Rhythmic Gymnastics) combines gymnastics, dance and ballet for individuals and groups to perform routines with musical accompaniment. Rhythmic gymnasts work with handheld apparatus on a 13m² floor area to perform graceful and coordinated routines. Harmony between the gymnast, the apparatus, and the music, plus required body skills, is necessary to achieve a balanced and composed performance. The apparatus must be used in both hands, thrown into the air, and kept in constant motion. The required body skills involved in RG include leaps, balances, rotations, and simple acrobatic movements.

RG uses five apparatus, including performing without apparatus to gain body awareness and highlight movement and expression. The apparatus used in RG includes freehand, rope, hoop, ball, clubs and ribbon.

Rhythmic gymnasts can perform individually or in pairs, trios, or groups of 4-8 gymnasts involving working with other gymnasts to throw, roll and toss apparatus to each other whilst working to music.

RG prepares gymnasts to participate in almost any sport by developing fundamental body and movement skills. Through developing these movements, children develop a full range of physical and motor abilities (endurance, strength, power, flexibility, agility, balance, coordination, and speed).

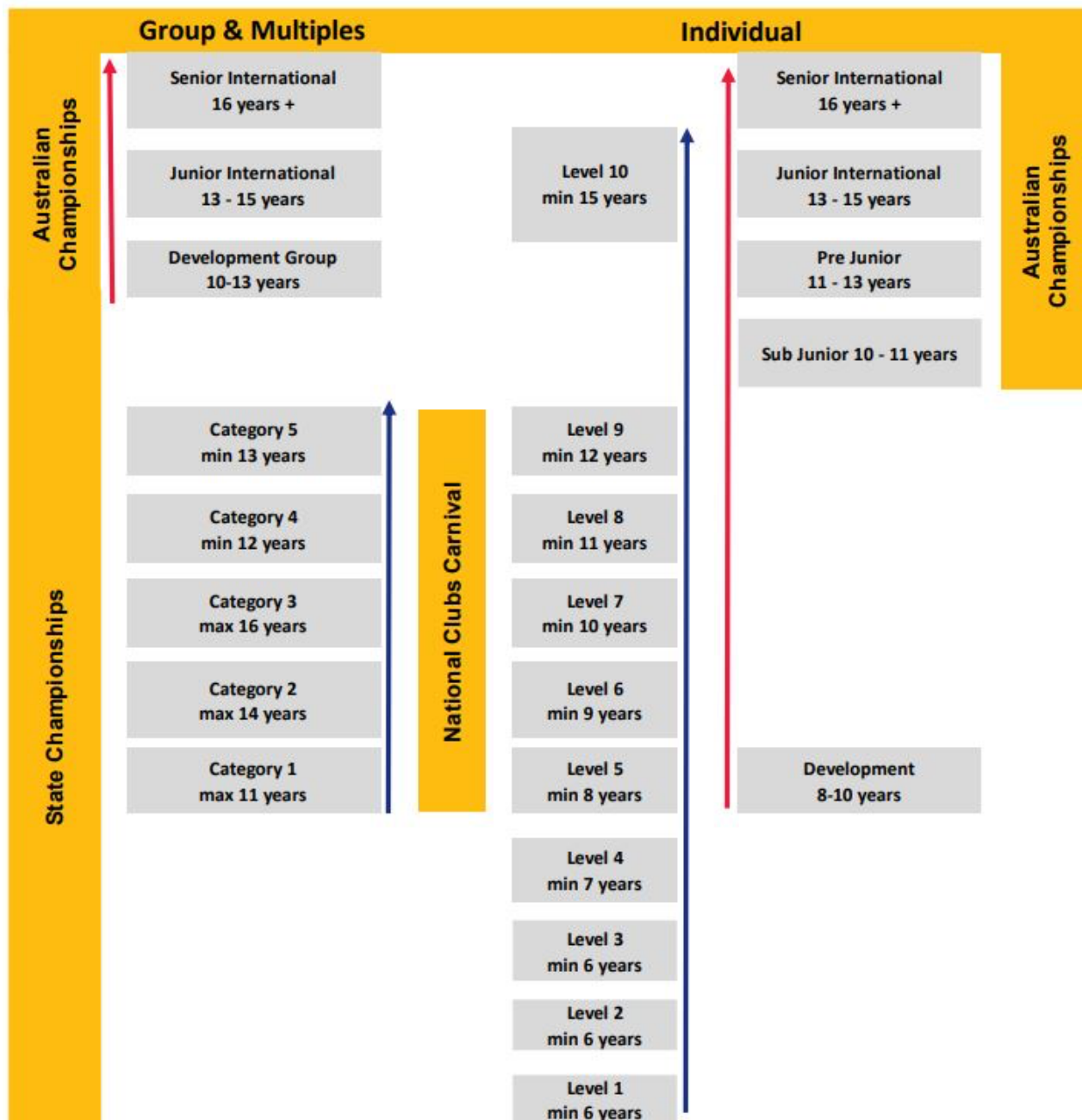
Rhythmic gymnasts can:

- Build hand-eye coordination skills by performing body and apparatus skills simultaneously
- Develop poise, balance, agility and performance skills
- Show expression and emotion through performance
- Stay active, fit and healthy in an innovative and creative way

1.1 Class Training Hours Per Week

RG Level	Number of Sessions	Training Hours
1 - 2	1	2 hours
3	2	1x 2 hours 1x 3 hours
4	2	2x 3 hours
5	2	2x 3.5 hours
6	2	2x 3.5 hours
7	3	2x 3.5 hours 1x 3 hours

RG ALP Pathway and Competition Framework



2. Competitions

2.1 How competitions work

There are 2 different types of Rhythmic competitions: Individual and Group. Both competition types follow similar warm-up preparations and structure of competition.

For Individual Competitions, Level 1 and 2 gymnasts will perform their routine on their allocated floor space (2 strips of floor) individually but may perform at the same time as 1 or 2 other gymnasts.

Level 3 and 4 gymnasts will perform their routine on their allocated floor space (3 strips of floor) individually but may perform at the same time as 1 other gymnast.

Levels 5+ will perform their routine on a full floor (6 strips of floor). Group routines (any Category/Division) will be performed on a full floor (6 strips of floor).

Gymnasts competing in Individual competitions will perform up to 3 routines (4 routines for Levels 7+). Gymnasts competing in Group competitions will vary in the number of routines they perform (usually 1-2 routines)

2.2 Warm-up at Competitions

The following warm-up is convention for the majority of the competitions:

Gymnasts will arrive at least 1 hour before the competition session start time and have 40-60 minutes on a practice floor for general stretching, warm-up and bodywork work/apparatus preparation. This may include a competition floor warm-up of 2-5 minutes (warmup time may vary at each competition).

2.3 Competition Order

Competition workorders are released 1-2 weeks before the competition date. Gymnasts are randomly ordered for each competition.

Whilst other gymnasts/groups are performing on the competition floor, gymnasts waiting to perform their next routine will use the practise floor to prepare. 1 routine before the gymnast's turn to perform, the gymnast and coach will need to stand in the "Standby" area to ensure the gymnast is on time for their routine.

2.4 How judging works

- Rhythmic Judging is based on 4 main requirements – Difficulty of the Body (DB), Difficulty of the Apparatus (DA), Artistry and Execution (E)
 - **Difficulty of the Body (DB)** includes -
 - Body Skills (DB)
 - Apparatus Technical Groups
 - Full Body Waves (W)
 - Dynamic Elements with Rotation (R)
 - **Difficulty of the apparatus (DA)** is a technical apparatus element performed with criteria specific to the apparatus.
 - **Artistry** points will be awarded (score between 0.3-2.0) when a routine includes rhythmical, expressive movements and apparatus techniques, two clear dance steps and a clear guiding idea showing variety of body and apparatus movements which interpret the style of the music.
 - **Execution (E)** is the score given out of 10.000 and judged based on the form, style, and technique used in body and apparatus skills.

2.5 Competition Season

As our Rhythmic Gymnastics (RG) program is a competitive program, all gymnasts must attend at least 1 competition throughout the competition season. Please see the tables below that elaborates on the competitions per year for each level.

RG Level	Average Competitions Per Year
RG Level 1	2-3
RG Level 2	2-3
RG Level 3	3-5
RG Level 4	3-5
RG Level 5	4-6
RG Level 6	4-6
RG Level 7	4-6























Key Competition breakdown:

RG Level	Stick It Comp	Awesome Spooky Comp	Victorian Championships	National Clubs Carnival	Multiples Competition
RG Level 1	✓	✓	✓	x	x
RG Level 2	✓	✓	✓	x	x
RG Level 3	✓	x	✓	x	✓
RG Level 4	✓	x	✓	x	✓
RG Level 5	✓	x	✓	✓	✓
RG Level 6	✓	x	✓	✓	✓
RG Level 7	✓	x	✓	✓	✓






3. Competitions – Level / Apparatus

NG&SC incorporates some elements of RG in their GfA programs during each year. NG&SC also offers a GfA Teams program that has a larger emphasis on RG in a recreational setting.

Once a gymnast has determined that RG is for them and would like join the competitive program, they will join the NG&SC RG specific program. This competitive stream follows RG manual guidelines which includes each level having a set of required Apparatus routines to compete -

Level	2024 Routine Apparatus			
1	FX			
2	FX			
3	FX			
4	FX			
5	FX			
6	FX			
7	FX			
8	FX			
9				

4. Apparatus Specifics

DETAILS		COACHING TIPS
<p>Rope</p> 	<p>The rope is made of a supple, firm material with a thickness of 8-10mm.</p>	<ul style="list-style-type: none"> • The rope can be used with or without knots. • The rope should maintain its shape throughout all movements. • During movements the rope should not hit the floor.
<p>Hoop</p> 	<p>Hoops may be plastic or wood, hollow or solid</p>	<ul style="list-style-type: none"> • The hoop should be held firmly with forefinger along the rim of the hoop for greater control. • Rotations should be around the palm with thumb held at right angles. • Rotations should always maintain a consistent plane. • The hoop should rotate evenly on the axis. • Rolls on the body or floor need to be smooth without bounces.
<p>Ball</p> 	<p>The ball is made of rubber or synthetic material and should rest comfortably in the palm of the hand</p>	<ul style="list-style-type: none"> • The ball should be held loosely in the palm and not grasped. • In bounces the ball must be pushed not slapped. • Rolls on the body or floor need to be smooth without bounces. • On catching, the ball is absorbed into the hand to maintain control.
<p>Clubs</p> 	<p>Clubs can be made of plastic, wood or rubber</p>	<ul style="list-style-type: none"> • For swings and circles the club is held firmly with forefinger along the neck of the club. • Small rotations involve small movement of the wrist only. • Mills should be with the wrists held closely together. • The clubs should rarely be held in the middle.
<p>Ribbon</p> 	<p>The ribbon stick is made from wood or fiberglass, with a length of fabric joined to the stick by a swivel</p>	<ul style="list-style-type: none"> • The stick is held firmly in the palm with forefinger along the stick. • The end of the ribbon should always remain in motion. • Snakes and spirals must have a minimum of four distinct pattern shapes. • In throws and tosses, the entire ribbon must move freely through the air.

4.1 RG Uniform Requirements

Click on the items below to order via our [Club Shop](#)

RG Level	Polo Shirt	JNR Leotard Level 1-3	SNR Leotard Level 4 +	Individual Custom Leotard	Tracksuit Pants	Tracksuit Jacket	Bag – Multiple Options
RG Level 1	✓	✓	✗	✗	✓	Optional	Optional
RG Level 2	✓	✓	✗	✗	✓	Optional	Optional
RG Level 3	✓	✓	✗	✗	✓	Optional	Optional
RG Level 4	✓	✗	✓	✗	✓	✓	Optional
RG Level 5	✓	✗	✓	✓	✓	✓	Optional
RG Level 6	✓	✗	✓	✓	✓	✓	Optional
RG Level 7	✓	✗	✓	✓	✓	✓	Optional

4.2 Competition Checklist

Athletes should use the following checklist to pack their bag / prepare for competitions:

- Competition leotard
- Club Polo shirt to wear for march-on / award presentations
- Club Tracksuit (Jacket is optional for Levels 1-3)
- Apparatus – as required per level
- Toe Socks / Toe Shoes (Level 1 and 2 Optional, Level 3+ required)
- Drink bottle of water
- Small light and healthy snack – rice crackers, dried fruit etc. (minimize lollies)
- Bag for holding drink bottle, snack, toe socks/ toes shoes, uniform and apparatus
- Label all items as they are easily mixed up with other athletes
- Spare hair ties, bun nets, bobby pins, hairspray
- No nail polish, no jewellery
- Blanket – to stay warm during Winter months

5. Levels Progression Process

Each gymnast is continually assessed throughout the year on the progression and refinement of their skills. This is done with in-house competitions, external competitions and within class time depending on the level. Below is Rhythmic Gymnastics specific levelling information, for general information on this process please refer to the [Squad Handbook](#).

5.1 Level Assessment Testing (LAT) / Level Passing Requirements

Rhythmic Gymnasts at NG&SC will advance in the Australian Levels Program (ALP) by meeting multiple criteria.

- **Level 1 and 2 -**
 - Level 1 and 2 gymnasts are scored and placed in Banded Placings (Gold, Silver, Bronze) score results are not published, as Level 1 and 2 are development Levels that encourage participation and fun
 - At NG&SC, our level 1 and 2 gymnasts are moved up levels based on an assessment by both squad coach/es and the head coach.
- **Level 3-9 -**
 - **Coach Assessment -**
 - A coach's assessment will be undertaken by the head coach to help determine if a gymnast will progress to a higher level. Criteria including training habits, body and apparatus progression and behaviour will be considered.
 - **Routine Scores at multiple (2 or more) Victorian sanctioned or Invitational competitions**
 - Level 3+ gymnasts will be recommended to achieve 50% of the projected Total Difficulty scores per routine listed in the ALP (dependent on level requirements)
 - Apparatus Difficulty (DA) points vary, so a base 0.2 score is used in this calculation
 - Level 7+ Body Difficulty (DB) skills are not score limited, so these scores will not be used in this calculation – coach's discretion for total DB score requirements

Level	Total D Score Freehand	Recommended Total D Score Freehand	Total D Score Apparatus	Recommended Total D Score Apparatus
3	3.7	Minimum 1.85 achieved	4.2	Minimum 2.1 achieved
4	4.0	Minimum 2.0 achieved	5.0	Minimum 2.5 achieved
5	4.8	Minimum 2.4 achieved	6.2 Incl. min 1x 0.2 Dynamic Element w Rotation (R)	Minimum 3.1 achieved
6	5.8	Minimum 2.9 achieved	7.8 Incl. 2x 0.2 Dynamic Element w Rotation (R)	Minimum 3.9 achieved
7+	2.8 DA score (DB score individualized – not included)	Minimum 1.4 DA score achieved (DB score individualized – not included)	5.2 Incl. min 2x 0.2 Dynamic Element w Rotation (R) (DB score individualized – not included)	Minimum 2.6 achieved (DB score individualized – not included)

Rhythmic Gymnastics in Victorian currently does not offer a Level Assessment Test (LAT) competition, so it is recommended that Clubs use their own discretion to advance gymnasts to the next level.

5.2 In-Class Assessments

All gymnasts will go through in-class assessments during term 4 to determine whether or not the gymnast has progressed enough throughout the year to compete in the next level the following year. Throughout this process coaches will be in constant communication with parents/ guardians. Final calls will be made in regards to levelling 3 weeks prior to the end of term 4 classes.