

**Rhythmic Gymnastics
Manitoba**

**Interclub Program
2016-2017**

Program Overview

Goal of the program:

- Assist clubs in increasing their athlete membership
- Allow for competitive opportunities for all athletes of all ages and abilities
- Create a positive and fun competition environment.

Designed for:

- Athletes training only once or twice per week
- Athletes who wish to start the sport at an older age
- Clubs that cannot accommodate Provincial or National stream competitive programs
- Clubs with facilities that are not suitable for Provincial or National stream training (eg: low ceilings)

Competition hosting:

- Can be hosted in conjunction with club invitational competition or RGM-hosted events
- Can be hosted as interclub-only event at smaller venues
- Competition organizing committees can decide on whether Interclub athletes compete 1 or 2 routines, but should allow coaches to decide which routine(s) the athlete will compete.

Awards:

- Level 1 athletes will not be ranked, and therefore will receive participation awards (*see Appendices for scoring guidelines*)
- Level 2-6 athletes will receive gold, silver, bronze, and participation awards (*see Appendices for scoring guidelines*)
- Interclub athletes perform 1-2 routines but will not receive all-around awards.

2016-2017 Interclub Program

INDIVIDUAL:

Level & Age	Length of routine	Apparatus Option 1	Apparatus Option 2
Level 1 Ages 7-8	1:00-1:15	Free	Rope
Level 2 Ages 9-10	1:00-1:30	Free	Rope
Level 3 Ages 9, 10, 11	1:00-1:30	Free	Ball
Level 4 Ages 11, 12, 13	1:00-1:30	Hoop	Ball
Level 5 Ages 13, 14, 15	1:00-1:30	Hoop	Ribbon
Level 6 Ages 15 and up	1:00-1:30	Choice (not free)	Choice (not free)

Interclub Program Routine Requirements

Each coach will submit Skill Sheets (*see Appendices*), which should list each skill in order that they appear in the choreography. The maximum number of skills allowed per level can be exceeded, but only the maximum number of skills for that athlete's level will be written on the Skill Sheet. Therefore, the extra skills performed, but not listed on the Skill Sheet, will not be judged.

*NB: No repetition of difficulty form or shape is allowed on the athlete Skill Sheet.

Based on level, coaches can claim a maximum amount of skills on the Skill Sheet.

- Level 1: 6 skills max
- Level 2: 8 skills max
- Level 3: 10 skills max
- Level 4: 10 skills max
- Level 5: 10 skills max
- Level 6: 10 skills max

On the Skill Sheet, all routines, no matter the level, should include **at least one skill** from each of the following categories:

- **1 jump or leap** (as per COP p 31-36)
- **1 balance** (as per COP p 37-44)
- **1 rotation** (as per COP p 45-50)
- **1 dance series** (minimum of 8 seconds)
- **1 acrobatic element** (eg: cartwheel, walkover, forwards roll, etc) - can be performed in series or as part of a DER, but counts only as a single acrobatic element.

E.g.: A level 1 athlete is allowed to indicate 6 skills maximum on the Skill Sheet. That athlete must have 1 jump/leap, 1 balance, 1 rotation, 1 dance series, and 1 acrobatic element = 5 skills total. The last skill can be from the above list (leaps, balances, etc), or can come from the list below (body wave, DER, apparatus difficulty).

The **remaining skills** can be additional skills from the above categories OR:

- **Body wave** to the front, back, side, or worm (free hand routines only)
- **Dynamic Element with Rotation** (as per FIG COP p 24-26, but only 1 rotation minimum)
- **Apparatus difficulty** (as per FIG COP p 27-29, with the exception of rule that AD must be difficult, interesting, or innovative.)

**In apparatus routines, difficulty elements do not need to be performed in conjunction with apparatus manipulation. Apparatus manipulation in difficulties is encouraged and recommended.*

Interclub Scoring and Awards

There will be two types of judges at each Interclub competition: difficulty judges and execution judges. The average score for difficulty judges and the average score for execution judges will be added together for the final score. Each role will be summarized below:

JUDGE 1: DIFFICULTY

Each skill on the athlete's Skill Sheet will be judged out of a maximum of 3 points. Athletes have the opportunity to receive up to 10 bonus points for difficult routines.

JUDGE 1: Scoring Guidelines for all skills (exception: dance series):

0 = No attempt to perform the skill

1 = Attempted skill with 0.5 or more in execution deductions (execution as per FIG COP p 56)

2 = Skill performed with no more than 0.3 in deductions (execution as per FIG COP p 56)

3 = Skill performed with only 0.2 or less in deductions (execution as per FIG COP p 56)

JUDGE 1: Scoring Guidelines dance series only:

0 = No attempt to perform the dance series

1 = Attempted dance series with less than 8 seconds of music, or performed for 8 seconds but with 0.5 in deductions (execution as per COP p 54-56)

2 = Dance series performed for 8 seconds of music with no more than 0.3 in deductions (execution as per FIG COP p 54-56)

3 = Dance series performed for 8 counts, with only 0.2 or less in deductions (execution as per FIG COP p 54-56)

JUDGE 1: Bonus Points:

Use only one IF applicable:

- 5 points for half of all skills on Skill Sheet at 0.2 value or higher (as per COP).
- 10 points for half of all skills on Skill Sheet at 0.3 value or higher (as per COP).

**Can only have 5 OR 10 point bonus, not both. Skills considered for bonus points must be properly executed and awarded a minimum score of 2 (Interclub rules) in order to receive a bonus. Skills considered for bonus: jumps/leaps, balances, rotations, dynamic elements in rotation (DER), and apparatus difficulties (AD).*

JUDGE 2: EXECUTION

The execution judge assigns the athlete a score out of 10 based on the following guidelines:

JUDGE 2: Scoring Guidelines for Execution

1 = No connection to music, complete absence in logical connections in choreography, several large interruptions.

2 = Poor connection to music, general absence in logical connections in choreography, 3 large interruptions.

3 = Some issues with connection to music, some absence in logical connections in choreography, 2 large interruptions.

4 = Some issues with connection to music, some absence in logical connections in choreography, 1 large interruption.

5 = Routine generally connected to music, most connections in choreography are logical, 3 small interruptions.

6 = Routine generally connected to music, most connections in choreography are logical, 2 small interruptions.

7 = Routine generally connected to music, most connections in choreography are logical, 1 small interruption.

8 = Routine well connected to music, most connections in choreography are logical, no interruptions.

9 = Routine well connected to music, connections in choreography are logical, no interruptions, routine is dynamic and demonstrates intricate dance steps, as well as a variety of apparatus handling.

10 = Great connection to music, great logical connections in choreography, no interruptions, routine is dynamic and demonstrates intricate dance steps, as well as a variety of apparatus handling.

**See Appendices for Execution Scoring Card.*

Appendices

SCORING GUIDELINES:

Total possible score and awards received:

- **Level 1: max 38 points**
 - *31-38 points receive Gold award*
 - *22-30 points receive Silver award*
 - *14-21 points receive Bronze award*
 - *0-13 points receive Participation award*

- **Level 2: max 44 points**
 - *37-44 points receive Gold award*
 - *28-36 points receive Silver award*
 - *20-27 points receive Bronze award*
 - *0-19 points receive Participation award*

- **Level 3, 4, 5, and 6: max 50 points**
 - *41-50 points receive Gold award*
 - *33-40 points receive Silver award*
 - *26-32 points receive Bronze award*
 - *0-25 points receive Participation award*

RGM INTERCLUB SKILL SHEET - FOR LEVEL 1 ONLY

Gymnast: _____ Apparatus/ Level: _____

Club: _____

List skills in order	Symbol (as per COP)	Skill Description	Value (as per COP)	Judge's score	Judge's comments
1				<i>/3</i>	
2				<i>/3</i>	
3				<i>/3</i>	
4				<i>/3</i>	
5				<i>/3</i>	
6				<i>/3</i>	

BONUS:

Total Score:

/ 28

_____ **Judge's Initials**

RGM INTERCLUB SKILL SHEET - FOR LEVEL 2 ONLY

Gymnast: _____ Apparatus/ Level: _____

Club: _____

List skills in order	Symbol (as per COP)	Skill Description	Value (as per COP)	Judge's score	Judge's comments
1				<i>/3</i>	
2				<i>/3</i>	
3				<i>/3</i>	
4				<i>/3</i>	
5				<i>/3</i>	
6				<i>/3</i>	
7				<i>/3</i>	
8				<i>/3</i>	

BONUS:

Total Score:

/ 34

_____ **Judge's Initials**

RGM INTERCLUB SKILL SHEET - FOR LEVEL 3/4/5/6 ONLY

Gymnast: _____ Apparatus/ Level: _____

Club: _____

List skills in order	Symbol (as per COP)	Skill Description	Value (as per COP)	Judge's score	Judge's comments
1				<i>/3</i>	
2				<i>/3</i>	
3				<i>/3</i>	
4				<i>/3</i>	
5				<i>/3</i>	
6				<i>/3</i>	
7				<i>/3</i>	
8				<i>/3</i>	
9				<i>/3</i>	
10				<i>/3</i>	

BONUS:

Total Score:

 / 40 _____ Judge's Initials

