

NZ GymClub Challenge

**TEAM PERFORMANCE
Handbook**

2022



Team (or 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
Criteria	<ul style="list-style-type: none"> • Participation for all level and age of participants. • This includes novice, Gym for All, current or retired competitive gymnasts. • Teams can consist of all females, all males, or mixed. • Teams may be all the same skill level or a missed skill level.
Description	<ul style="list-style-type: none"> • A minimum of no less than six active participants from the same club. • A performer may only compete for one team. • Clubs may enter as many teams as they desire and/or event organisers permit. • Team members may be from any gymnastics 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 handheld 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 sent in prior to the event. Details will be sent to those entering this division. • No music containing inappropriate lyrics or offensive language will be accepted. • On entry form please submit name of music and how long it is going to be. • Teams need to bring with them a back up of music on CD or USB.

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%

Please note: The level of skills performed is not considered in the assessment of the performance. Teams should avoid individual performances of skills.

‘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	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 must 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.