



## **EDUCATIONAL GYMNASTICS MEET**

### **GENERAL INFORMATION**

The upcoming gymnastics meet is planned to be a natural outgrowth of the Gymnastics Curriculum. Therefore, it will include floor, mat and apparatus work. Educational Gymnastics, as presented in the written Physical Education Program, will be emphasized, which means that movements devised by the students as well as traditional gymnastics movements will be stressed. Of course, technique, performance and the ability to meet the required elements will be vital judging components.

The purpose of this activity is NOT to create a highly competitive situation, but rather to do the following:

1. Give students a reason to practice and perfect their gymnastic movements beyond the point that is normally demanded by the in-class situation.
2. Provide both students and teachers with the opportunity to observe students from various schools so that a wide variety of gymnastic ideas may be shared among interested people in our schools.
3. To recognize students and schools for their interest in this activity so that it will continue to grow and ultimately be as available to students as are parts of our Recreation Program. This will broaden the scope of our Recreation Program, thereby meeting the needs and interests of a wider population of children.

# **Educational Gymnastics Meet Primary – Junior – Intermediate**

## **REGISTRATION**

- 1/ Complete and forward the pre-registration form to the Department of Physical Education. Names of participants are not required for the pre-registration form, but an estimation of the number of participants will be necessary.
- 2/ Complete and forward the registration forms:
  - (i) primary entries;
  - (ii) junior entries;
  - (iii) intermediate entries;
  - (iv) mass participation event.
- 3/ **SCHOOL DIVISIONS:** Indicate on the PRE-REGISTRATION FORM your preference of dates and every attempt will be made to accommodate your request. Each school will be informed as to the respective date for the Gymnastics Meet. Accommodations will be made on a first come first serve basis. Teams not responding by the given deadline will be assigned a day.

## GENERAL INFORMATION

1. The Meet is open to all levels and will consist of six (6) events in each of the primary and junior divisions, five (5) events in the intermediate division and one mass participation event.
2. In the primary and junior divisions, there will be two events for girls, two events for boys and two mixed events. In the intermediate division, there will be two events designated as girls only, one event designated as boys only, one mixed event and one open event. For the recommended number of boys and girls in each event please check the event sheets.
3. Each school will be allowed two (2) entries in each event.
4. Each participant may enter two (2) events and one mass participation event.
5. Follow the guidelines regarding the number of participants/event ie. 2 boys and 2 girls or 1 boy and 1 girl, etc.
6. All required elements and apparatus arrangements MUST be adhered to.
7. APPARATUS: To facilitate operation of the Meet, the following apparatus will be used; if you have different type, perhaps you can exchange your apparatus temporarily, with a nearby school that is not entering the Meet.
  - (1) 3-sectional wooden bar box (box horse)
  - (2) metal agility stools with the brushed leather tops
  - (3) 3m (10') balance bench
8. MUSIC: Music may only be used where specified in the various events (i.e. Junior Girls #2; Junior Mixed #2, Intermediate Girls #1; Mass Participation Event.) Performers can choose their own music selections providing they meet the following criteria:
  - i. Selection has appropriate content – lyrics, style, etc.
  - ii. Must use the ORIGINAL CD – no copies.... if someone is concerned about losing/damaging their original, they can copy it to a cassette (not another CD).
  - iii. CD selections are to be played from the beginning of a track...no cueing. If they would like to perform to a section in the middle of a track, they can record that section to a cassette.
  - iv. Time limits - 60-90 seconds (Junior Division – Grade 4 – 6)  
- 90-120 seconds (Intermediate Division – Grade 7 – 8)  
Music will be faded at the time limit.
9. SUPERVISION / COACHES: ONE designated coach will be allowed in the event area. All other responsible people accompanying teams must be supervising the remainder of the children seated in the bleachers.

10. **PROPER CLOTHING:** All participants **MUST** be dressed in suitable Physical Education clothing, i.e. shorts and t-shirts, or tights, or school uniforms. Except for health reasons, all students **MUST** work barefooted, in gymnastic slippers or running shoes. **NO SOCKETTES.** Long hair **MUST** be tied back and jewellery must be removed and left with the teacher-coach or parent volunteer. It is suggested that some students may wish to wear a sweater or warm-up suit as well as shoes in between events.
11. **CHANGE ROOMS / WASHROOMS:** There are no change rooms. Students are to be reminded to take valuables with them. The Department of Physical Education will **NOT** be responsible for any losses. Children should **NOT** be in the washrooms during the Meet, except to use the washrooms.
12. **THERE WILL BE NO WARM-UP AREA:** Participants will have a few moments to warm-up prior to performing their routine.
13. **LUNCHES:** Eating in the grandstands is permitted. Please encourage students to clean up after themselves.
14. **AWARDS:** The awards system for the Gymnastics Meet will focus on individual and school participation. **NO OVERALL WINNER WILL BE DECLARED.** Each participant will receive an evaluation of his/her performance and the standard attained i.e.

<u>Standard</u>	<u>WIN IT SEAL</u>
Up to 6.0	– Bronze
6.1 to 7.9	– Silver
8.0 to 10.0	– Gold

This will be placed on their Gymnastics Certificate.

15. **OPERATION OF THE MEET:**

- In each event the participants must sit as directed by the Head Judge/Marshal of the particular event.
- For safety reasons, no equipment may be moved. Be sure to follow the directions for setting up each event. Pay particular attention to where the judges are sitting. Deductions will be made for moving apparatus.
- No other spectator or helper is allowed in the event areas; only the teacher-coach dressed in athletic clothing (i.e. proper footwear) may enter the area for the purpose of assisting a student with apparatus.
- All events will be announced by the Master of Ceremonies. Please listen carefully to the specific instructions.
- Children and spectators must observe the 

QUIET PLEASE
--------------

 notice so that participants and judges will not be disturbed.

**SAFETY**  
**(See OPHEA Safety Guidelines of Gymnastics)**

1. The emphasis of the Gymnastics Meet is on Educational Gymnastics which involves both traditional movements and movements unique to the individual. The required elements for each category are broad enough to enable each participant to answer the task within his or her range of ability.

THEREFORE

Students should not be forced to attempt movements, which are beyond their range of ability.

ALSO

More advanced skills demand greater ability and control, and, hence, more time to master. Participants should be encouraged to include only those movements in their sequence that they can perform with complete competence and confidence.

2. Until a student has acquired complete confidence and skill, a competent spotter MUST assist a student practicing a more advance skill. (PARTICIPANTS SHOULD BE ALLOWED TO PERFORM ONLY THOSE MOVEMENTS AT THE GYMNASTIC MEET WHICH CAN BE EXECUTED CONFIDENTLY, COMPETENTLY, AND UNAIDED BY A SPOTTER.)
3. ADD-A-MATS MUST BE PLACED UNDER THE PARALLEL BARS AND USED WITH ALL OTHER APPARATUS WHEN STUDENTS ARE LEARNING TRADITIONAL GYMNASTIC SKILLS AND PRACTISING MORE DIFFICULT OR ADVANCED MOVEMENTS.

HOWEVER

THE STUDENTS SHOULD BE AWARE THAT THE MERE PLACEMENT OF MATS WILL NOT PREVENT AN ACCIDENT OR INJURY. "CONCENTRATION" AND "CONTROL" IN AND DURING EXECUTION OF MOVEMENTS WILL FACILITATE GREATER SAFETY.

4. A teacher must ALWAYS be present to supervise and to ensure safety standards during gymnastics practice and activity.

## **JUDGING COMPONENTS**

Judges are asked to evaluate the performance in a manner that will create the best learning situation possible. The three basic components for judging are as follows:

### THREE JUDGING COMPONENTS:

- (1) **REQUIRED ELEMENTS**
  - All events have required elements. Judges will be looking to see that the participants are performing the required elements i.e. balancing, hanging, locomotion, etc.
  
- (2) **TECHNIQUE**
  - a) **EXTENSION** - evidence of body extension
  - b) **FLEXIBILITY** - good range of flexibility used appropriately.
  - c) **EFFORT** - combinations of qualities such as strength, suddenness, sustainment, lightness, energetic bursts, slow contractions, etc.
  
- (3) **PERFORMANCE**
  - (a) **VARIETY** – in sequence construction, in movements, in use of apparatus and/or other people.
  - (b) **ORIGINALITY** – movements devised by the student, unusual ways of linking movements, unexpected ideas
  - (c) **TIMING AND FLOW** - sensitive timing evident, starting and finishing position, movements linking imperceptibly one into the other, stressing fluidity, can be readily stopped or can stream onwards.

PLUS

A BONUS FOR AN EXCEPTIONAL ROUTINE, WHICH WILL BE GIVEN BY THE HEAD JUDGE FOR THE FOLLOWING:

“The WOW Factor” – especially outstanding movements, a particularly brilliant routine, etc.

### Marking

- (a) Each judge will evaluate one of the above components of each competitor, i.e. **REQUIRED ELEMENTS, TECHNIQUE, or PERFORMANCE.**
- (b) Each component has three (3) sub-sections
  - i.e. **REQUIRED ELEMENTS – BALANCING**
  - HANGING**
  - ROTATING MOVEMENTS**

One mark will be given for each sub-section as follows:

VERY GOOD –	1.0	HEAD JUDGE'S DISCRETION	
GOOD	.8	“WOW” Factor	.5 – 1.0
AVERAGE	.6		
LACKING	.4		

- (c) Each judge will total the marks for each sub-section (highest possible = 3.0) and give the total to the TABULATOR.

i.e. REQUIRED ELEMENTS (COMPLETED = 1, NOT COMPLETED = 0)

BALANCING	1.0
HANGING	1.0
ROTATING MOVEMENTS	0.0
<b>TOTAL</b>	<b>2.0</b>

TECHNIQUE	PERFORMANCE
EXTENSION 1.0	VARIETY 1.0
FLEXIBILITY 0.4	ORIGINALITY .6
EFFORT 0.8	TIMING & FLOW .6
<b>TOTAL 2.2</b>	<b>TOTAL 2.2</b>

**PLUS:** HEAD JUDGE'S DISCRETION – “WOW Factor” .5  
**TOTAL .5**

**TOTAL SCORE: 2.0 + 2.2 + 2.2 + .5 = 6.9 (Silver Standard)**

- (d) The judges pass their scores to the TABULATOR to record on the Master Score Sheet.
- (e) The Tabulator must:
- (1) Place a check mark on each child's certificate to indicate the strengths of each child's performance. This may be obtained by asking each judge to indicate the best component under each category of REQUIRED ELEMENTS, TECHNIQUE, and PERFORMANCE.
  - (2) Determine the correct seal to be attached to each certificate:  

BRONZE -	Up to 6.0 points
SILVER -	6.1 to 8.0 points
GOLD -	8.0 to 10.0 Points
  - (3) Assist the Head Judge in presenting the certificates to the child immediately after the performances.

# SAMPLE ASSISTANT JUDGE

**Name of Performer: Jim Nastix**

**School: Somersault U**

## Performance

Place a check mark beside the aspect in each category where the performer has achieved the highest grading. <b>Please check one box</b>		Place the numerical score beside the general component. <b>Score each out of 1</b>
<input type="checkbox"/>	a) Variety	<input style="width: 80px; height: 30px;" type="text"/>
<input type="checkbox"/>	b) Originality	<input style="width: 80px; height: 30px;" type="text"/>
<input type="checkbox"/>	c) Timing & Flow	<input style="width: 80px; height: 30px;" type="text"/>
	Total Score (out of three)	

## Required Elements

Balancing	Scoring: 0 = not completed OR 1 = completed <input style="width: 80px; height: 30px;" type="text"/>
Hanging	<input style="width: 80px; height: 30px;" type="text"/>
Rotating Movements	<input style="width: 80px; height: 30px;" type="text"/>
Total Score (out of three)	<input style="width: 80px; height: 30px;" type="text"/>

**Grand Total  
(out of six)**

## Gymnastics Performance Hint Sheet

**Here are some helpful hints for your students as they plan and practice their routines:**

- Be sure to perform all of the Required Elements as listed on the event description worksheet.
- Use various ways of travelling (ie. leaping, hopping, skipping, etc.) Never walk or run to get to a different location. Running is used only to build up speed to perform a skill.
- Use various ways of jumping (star jump, tuck jump, etc.) and landing.
- Use various height levels (high, low and medium) to perform skills.
- Be sure to have variety in balances – on mats, on equipment, in relation to a partner (touching or not touching), using different body parts as a base of support, using various height levels.
- Movements may be done together or separately.
- Use a variety of speeds.
- Keep in mind the minimum and maximum number of seconds your routine must be.
- Do **NOT** touch your hair, tug at your clothes or scratch that annoying itch.
- **Do** tie back long hair.
- **Do** know your routine so that you don't forget what to do and start to make it up as you go.
- Wear appropriate clothing that fits you well – leotard or tee shirt and shorts (Tuck in that shirt.)
- Wear gymnastics slippers or go barefoot. Running shoes are acceptable if necessary.

**Routine quality is evaluated under the following categories:**

**Flexibility:** How well is this shown in the hip, shoulder joints and the back

**Extension:** Are legs and arms extended right out to finger and toe tips?

**Balance:** Is an intended balance held motionless for three seconds? Is balance maintained while in motion

**Flow:** Are there no unnecessary pauses, steps or movements such as tugging at clothes or brushing hair out of the eyes?

**Originality:** Does this routine have any unusual skills or unique ways of combining skills?

**Timing:** Do the movements relate well to the music (if applicable) and the movements of the other members of the group?

**Variety:** Is the same movement used more than twice in a row or more than four times in total? Is there evidence of different speeds and different heights (high medium and low)?

**Landings:** Are the landings on both feet, on balance and “stuck” (i.e. no steps taken after the landing)?

**The “Wow Factor”:** How precisely are the skills performed? Was it an interesting routine to watch?

## PRIMARY GIRLS EVENTS (GIRLS K-3)

**EVENT NUMBER: PRIMARY GIRLS #1** (Individual Event – enter 2 solo teams)

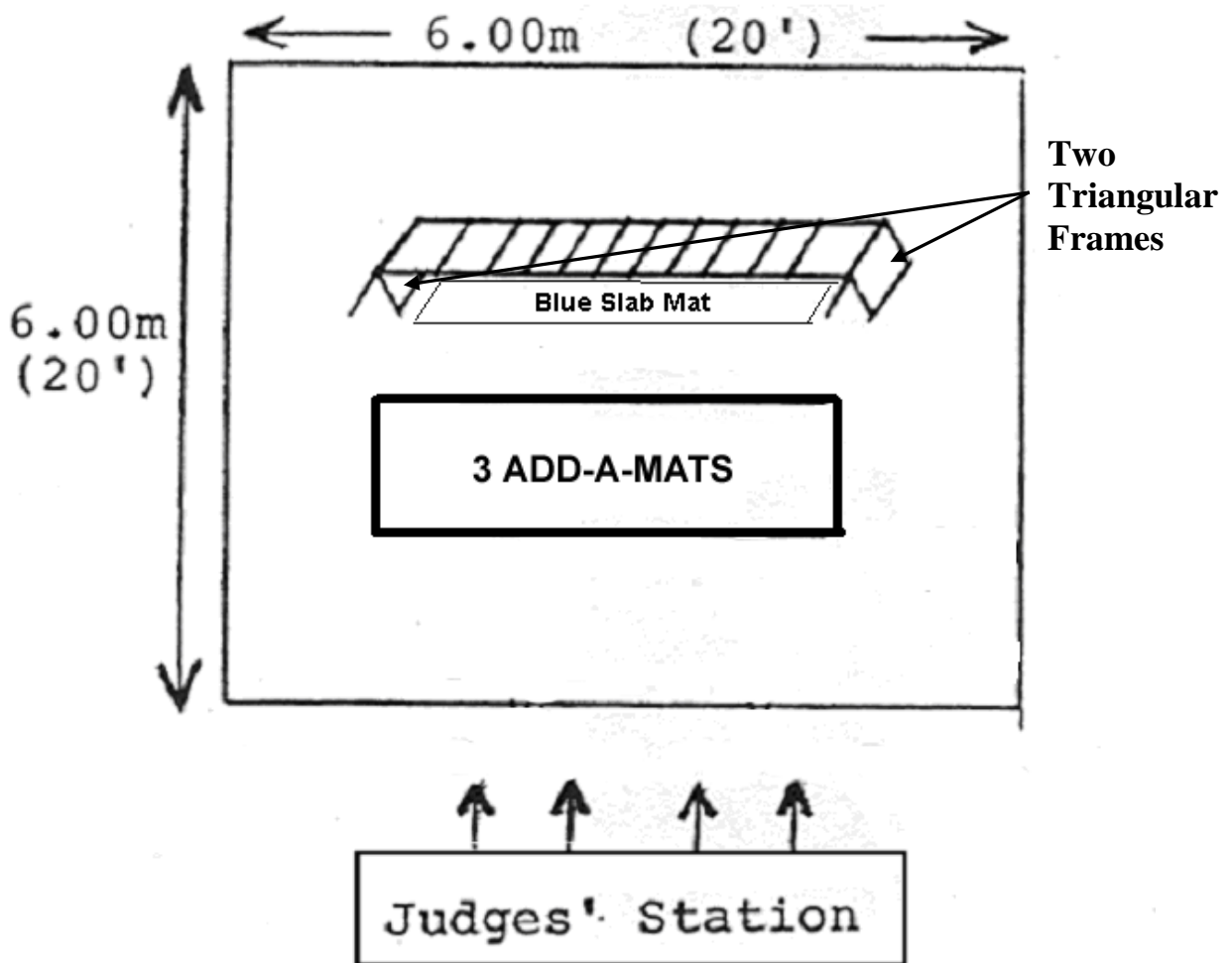
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** hanging, balancing, rotating movements using the ladder, locomotion, jumps and leaps, weight on hands

### **APPARATUS:**

3 Add-a-Mats, two triangular frames, one horizontal ladder (from climber), one blue slab mat. Ladder attached to the highest level of triangular frames. Rung side of triangular frame faces the outside. Ladder with frames centred in front of the judges in the centre of the area (as shown in diagram). The mat is to be placed on the floor as shown in the diagram.

**TIME LIMITS:** 60-90 Seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## PRIMARY GIRLS EVENTS (GIRLS K-3)

**EVENT NUMBER: PRIMARY GIRLS #2** (Enter 2 teams – Partners or Trio)

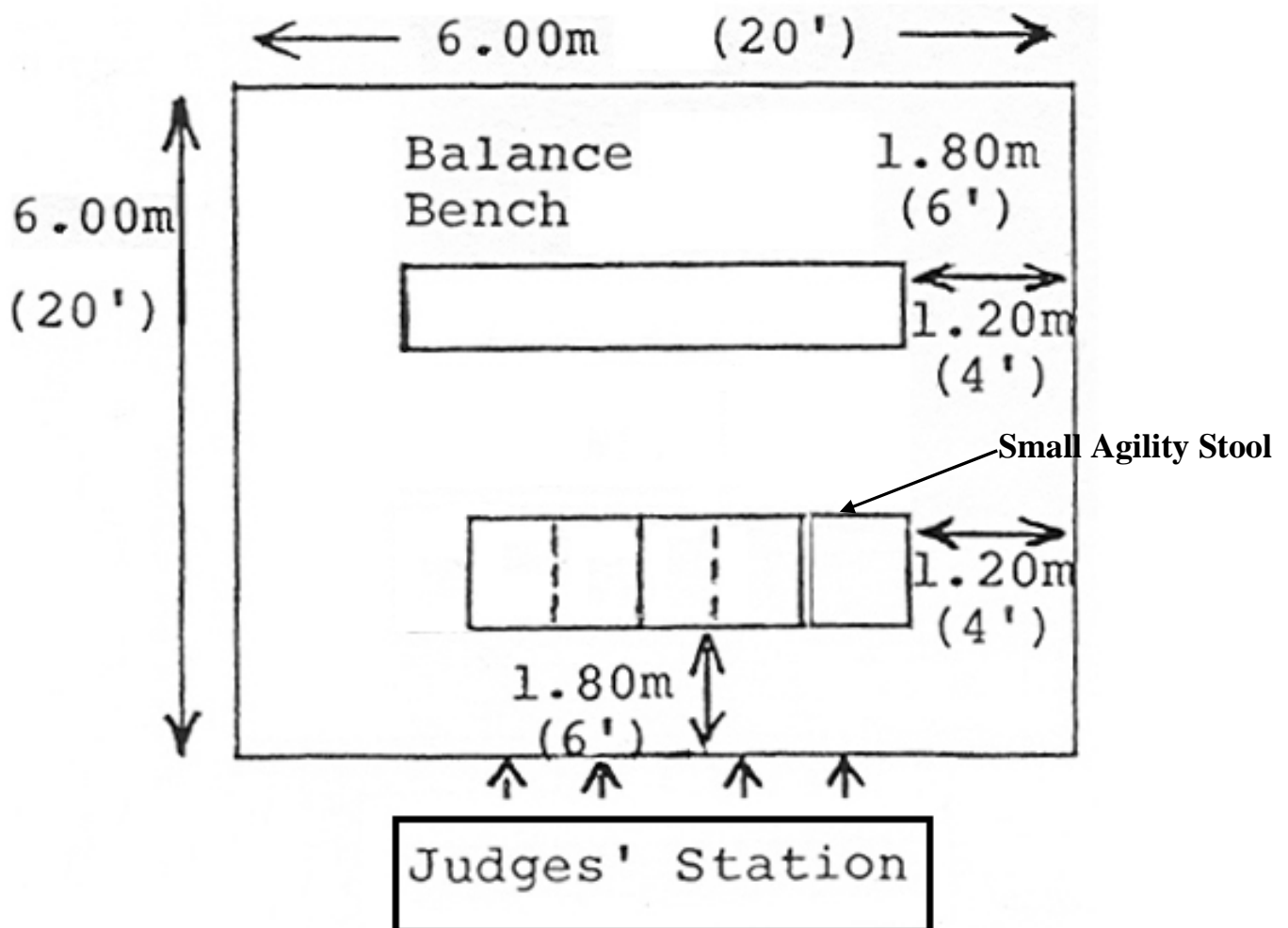
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** traveling, balancing, over/under, dance-like movements

**APPARATUS:**

One balance bench (broad side up): one small agility stool, two ADD-A-MATS arranged as shown in diagram.

**TIME LIMITS:** 60-90 Seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## PRIMARY BOYS EVENTS (BOYS K-3)

**EVENT NUMBER: PRIMARY BOYS #1** (Individual Event – Enter 2 Solo teams)

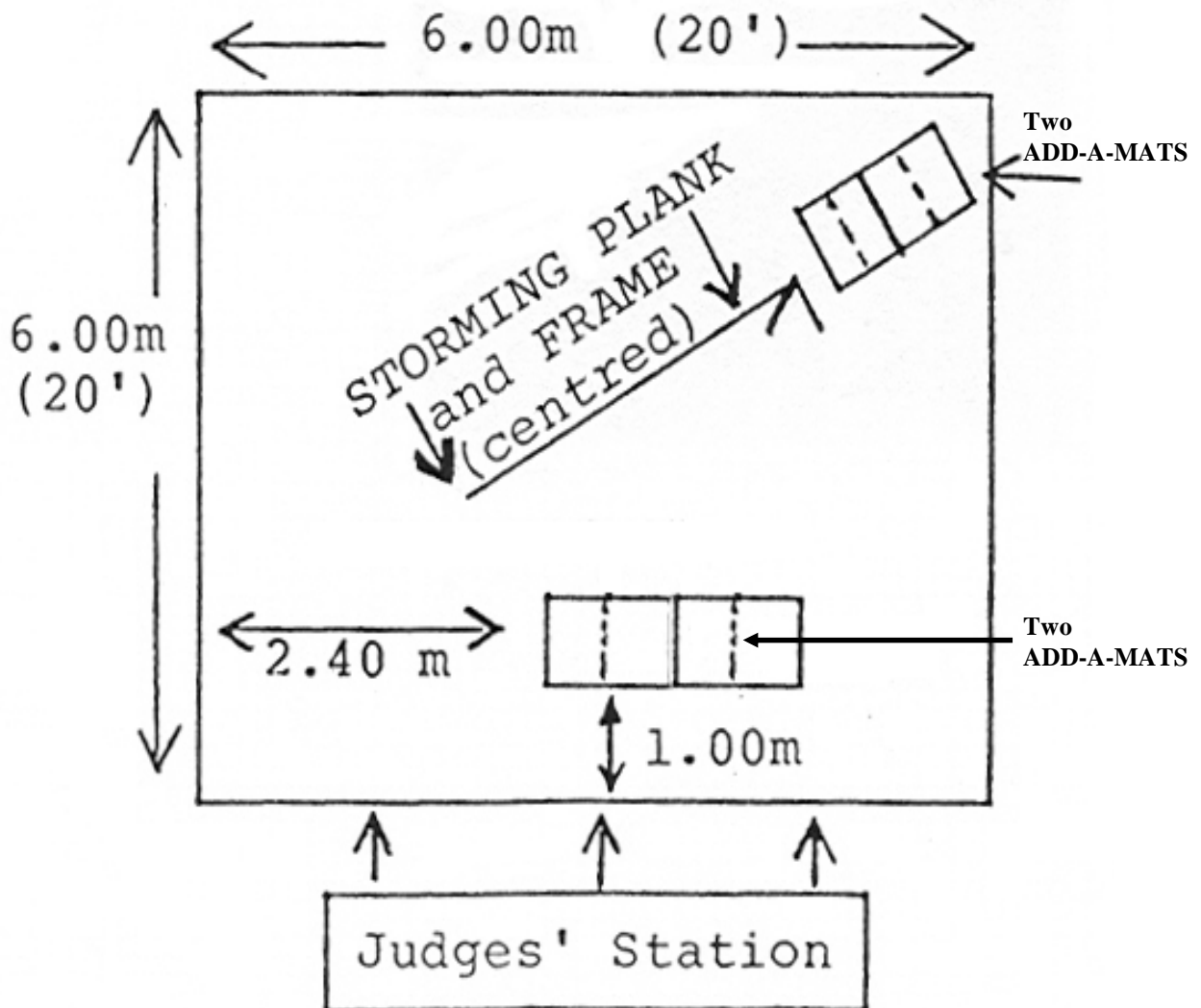
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** flight, rolling, variety in shape, weight on hands

### **APPARATUS:**

One triangular metal stand with laminated plank attached at highest possible level, centred within boundaries, and two ADD-A-MATS joined as in diagram, and two ADD-A-MATS placed as in diagram.

**TIME LIMITS:** 60-90 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## PRIMARY BOYS EVENTS (BOYS K-3)

**EVENT NUMBER: PRIMARY BOYS #2** (Enter 2 teams – Partners or Trio)

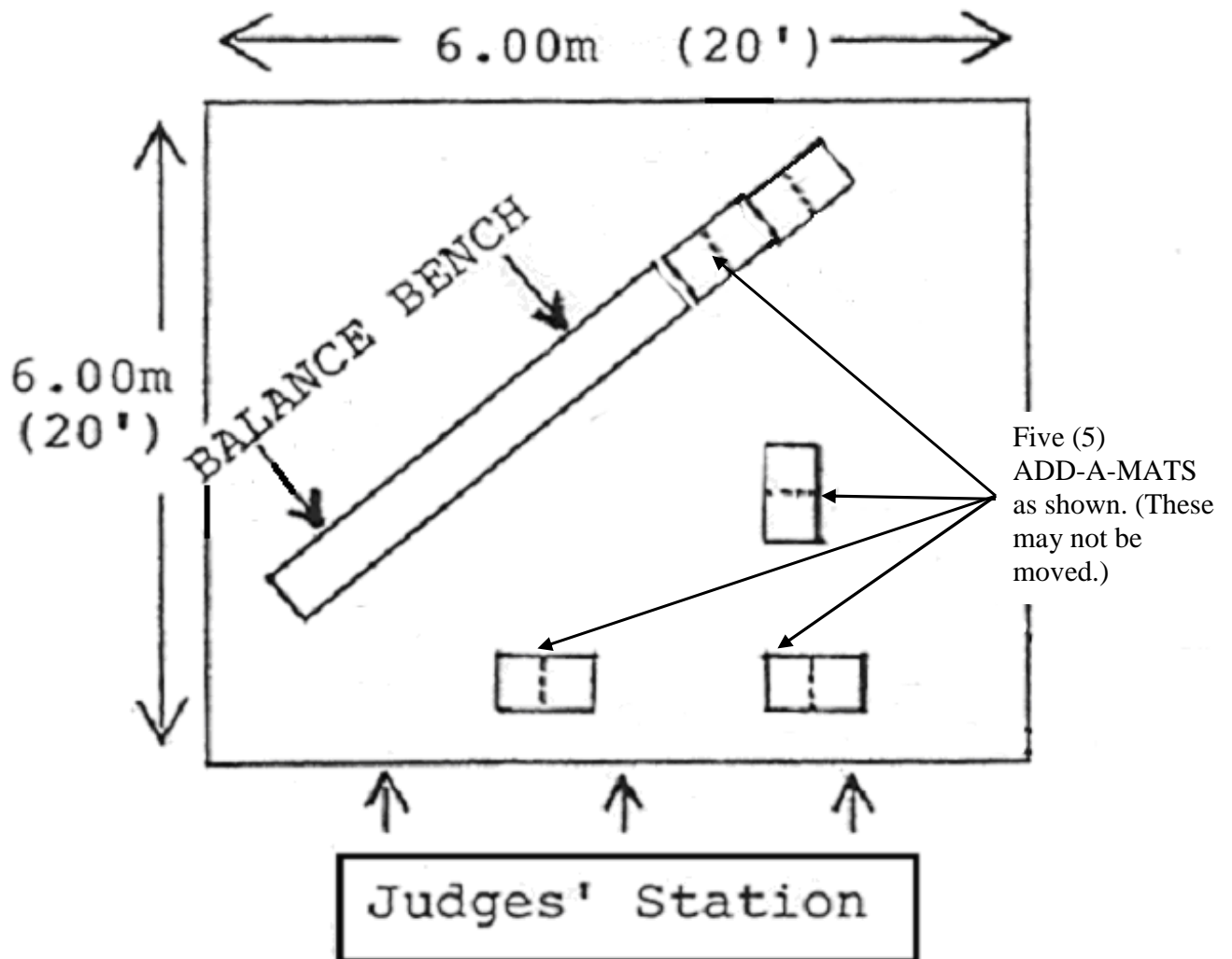
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** traveling, balancing, over/under, weight on hands, using all apparatus and floor space

**APPARATUS:**

One balance bench (broad side up) and five (5) ADD-A-MATS placed on the floor as shown in diagram.

**TIME LIMITS:** 60 to 90 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## PRIMARY MIXED EVENTS (BOYS, GIRLS K-3)

**EVENT NUMBER: PRIMARY MIXED #1** (Enter 2 teams of 4 - 2 girls and 2 boys.  
Schools with smaller teams may enter teams of 2 – 1 girl and 1 boy)

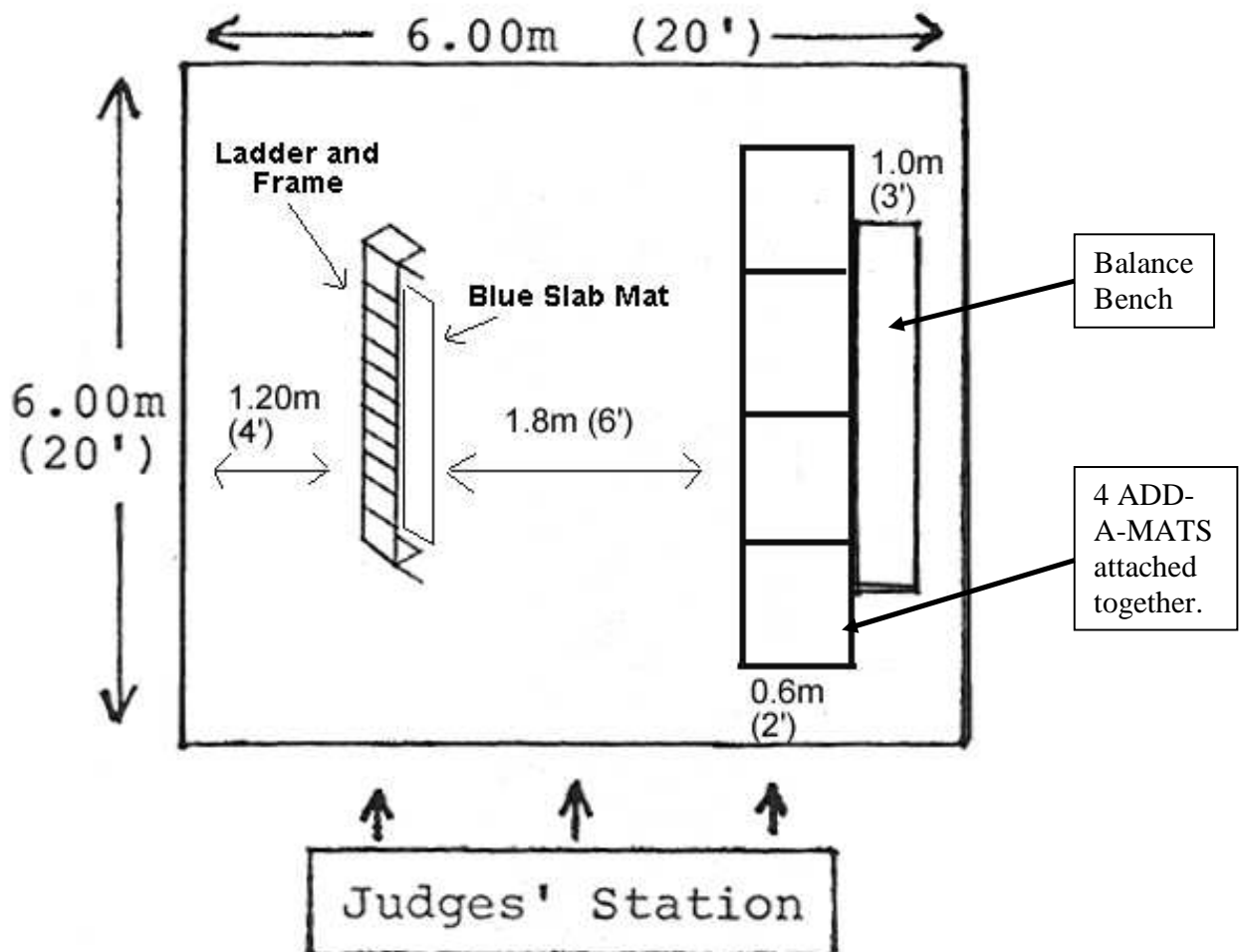
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** rocking and rolling, over/under, locomotion on floor area, jumping and safe landings

### APPARATUS:

Four (4) ADD-A-MATS, one balance bench with broad side up, 1 blue slab mat, 2 triangular frames, 1 horizontal ladder (from climber). Ladder attached to the highest level of triangular frames. Rung side of triangular frame faces the outside.  
All apparatus arranged on floor as shown in diagram.

**TIME LIMITS:** 60 to 90 seconds.



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## PRIMARY MIXED EVENTS (BOYS, GIRLS K-3)

**EVENT NUMBER: PRIMARY MIXED #2** (Enter 2 teams of 4 - 2 girls and 2 boys.  
Schools with smaller teams may enter teams of 2 – 1 girl and 1 boy)

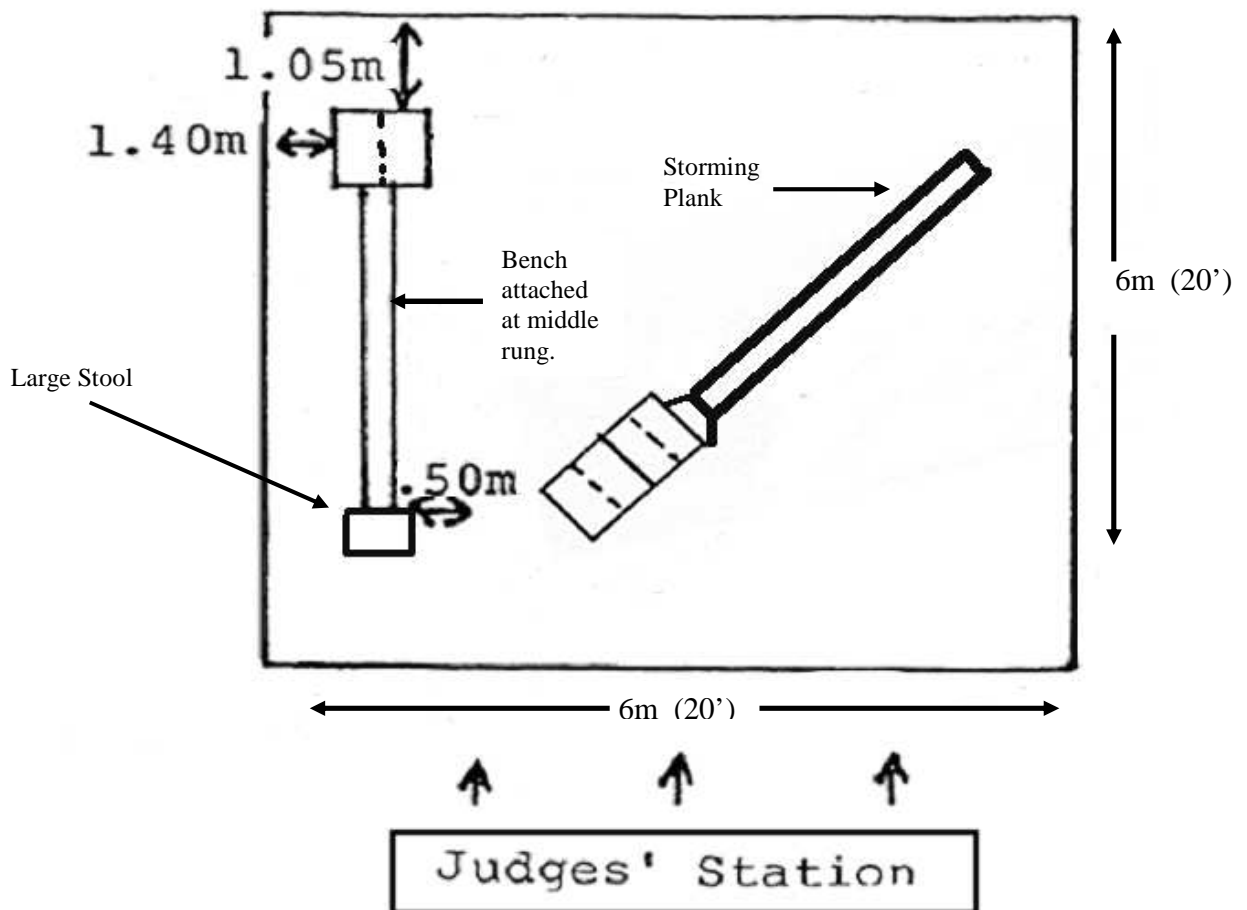
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** strength, teamwork, balance, flight and safe landings

### APPARATUS:

One large agility stool, one balance bench (*attached at middle rung of agility stool*), triangular frame with storming plank attached at highest possible level, three ADD-A-MATS placed as indicated.

**TIME LIMITS:** 60-90 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## JUNIOR GIRLS EVENTS (GIRLS 4-6)

**EVENT NUMBER: JUNIOR GIRLS #1** (Enter 2 teams - Individual or Pair)

**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

### REQUIRED ELEMENTS:

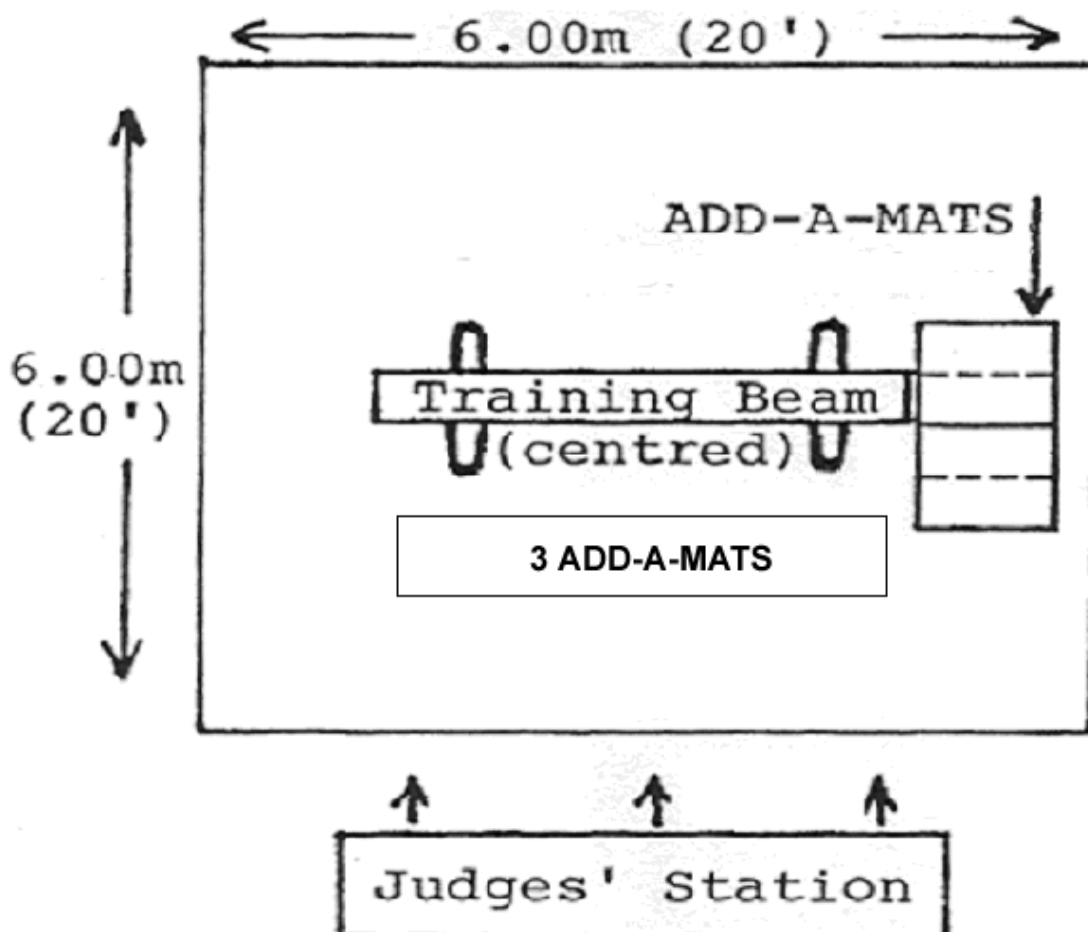
**ON BEAM:** 1 mount, 1 pose or balance, 1 jump or leap, 1 travelling, dance-like sequence (full length of beam), 1 dismount

**ON FLOOR/MATS:** Linking movements so that the gymnast can move from the beam to the mats and back around to the beam again.

### APPARATUS:

One training beam, centred; five ADD-A-MATS placed as shown.

**TIME LIMITS:** 60 to 90 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## JUNIOR GIRLS EVENTS (GIRLS 4-6)

**EVENT NUMBER: JUNIOR GIRLS #2** (Enter 2 teams - Partner Event)

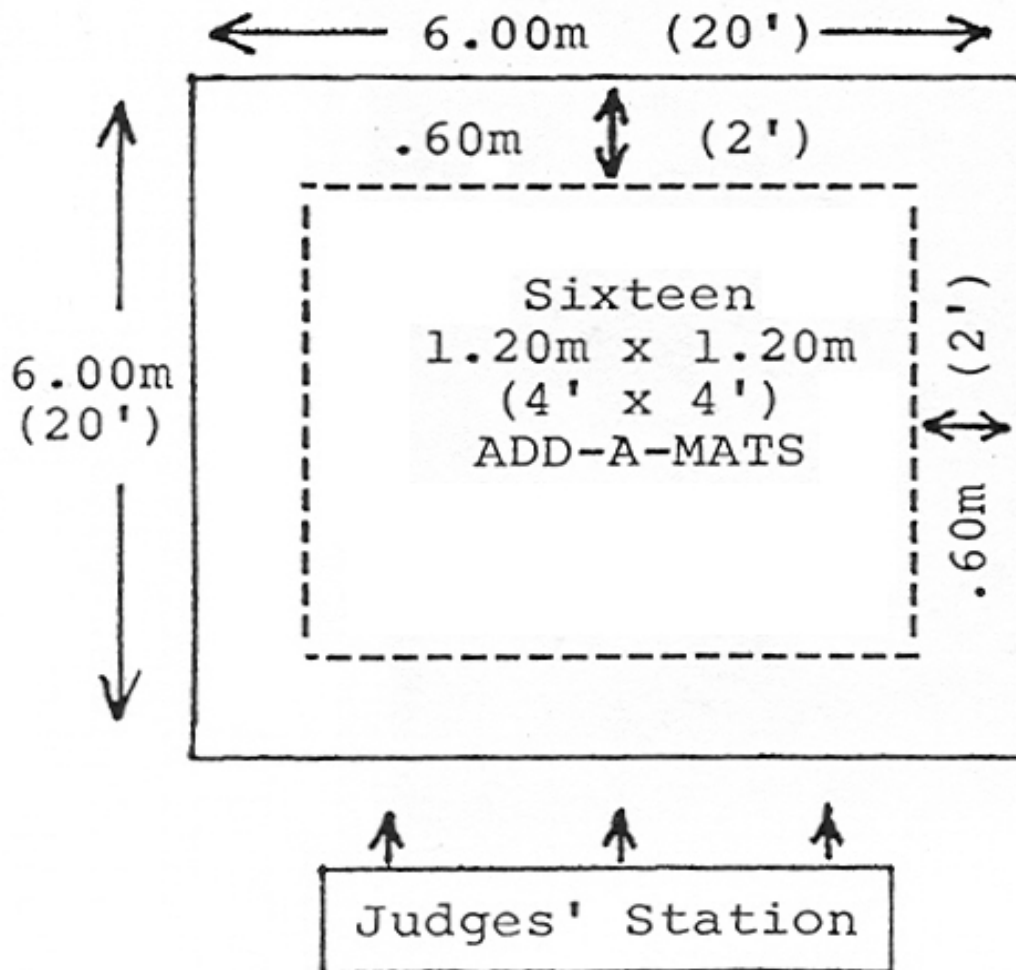
**“Perform a sequence moving throughout all spaces addressing the Required Elements.”**

**REQUIRED ELEMENTS:** meeting and parting, a short dance sequence, use of all corners of the mats.

**APPARATUS:**

Floor and a 4.80m (16') square mat area; **MUSICAL ACCOMPANIMENT REQUIRED.**

**TIME LIMITS:** 60-90 seconds.



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00m (20' x 20')

## JUNIOR BOYS EVENTS (BOYS 4-6)

**EVENT NUMBER: JUNIOR BOYS #1** (Enter 2 teams - Partner Event)

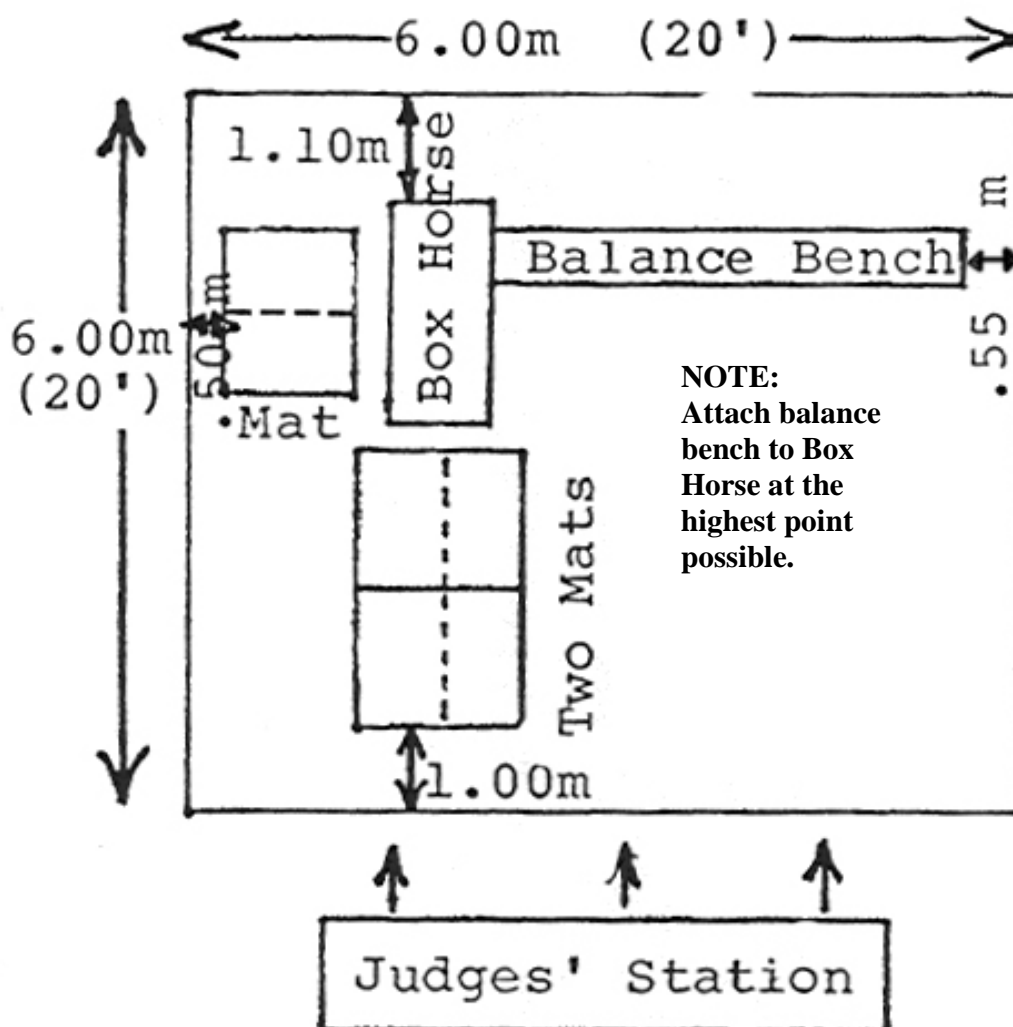
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** weight on hands, rolling, balancing

**APPARATUS:**

Bar Box (two sections), three ADD-A-MATS, one balance bench inclined at highest point possible to the box.

**TIME LIMITS:** 60-90 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## JUNIOR BOYS EVENTS (BOYS 4-6)

**EVENT NUMBER: JUNIOR BOYS #2** (Enter 2 teams - Individual or Pair)

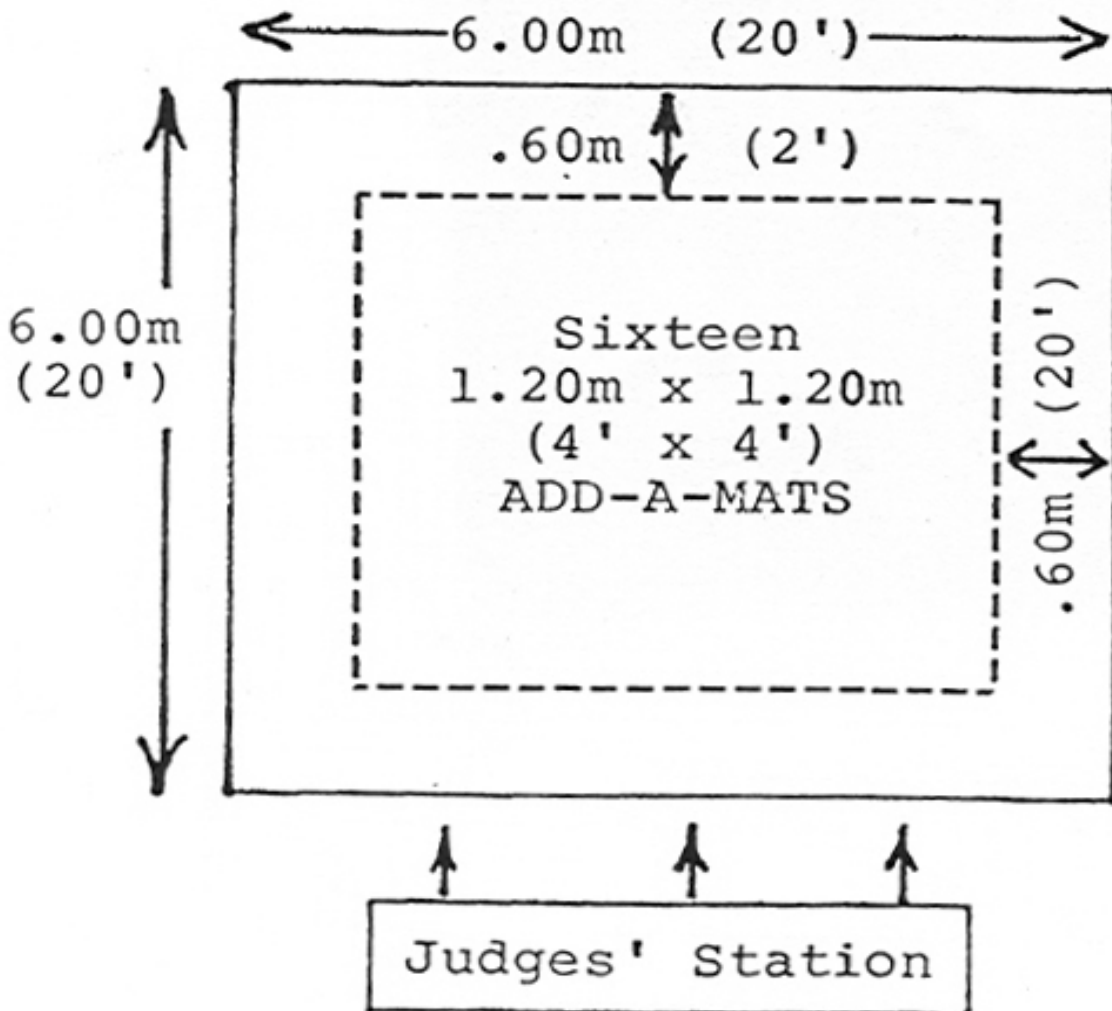
**“Perform a sequence moving throughout all spaces addressing the Required Elements.”**

**REQUIRED ELEMENTS:** 1 strength movement, jumps and leaps, changes in level and direction, 1 continuous tumbling sequence diagonally.

**APPARATUS:**

Floor and a 4.80m (16') mat area.

**TIME LIMITS:** 60-90 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## JUNIOR MIXED EVENTS (BOYS, GIRLS 4-6)

**EVENT NUMBER: JUNIOR MIXED #1** (Enter 2 teams - groups of 4 – any combination of boys and girls)

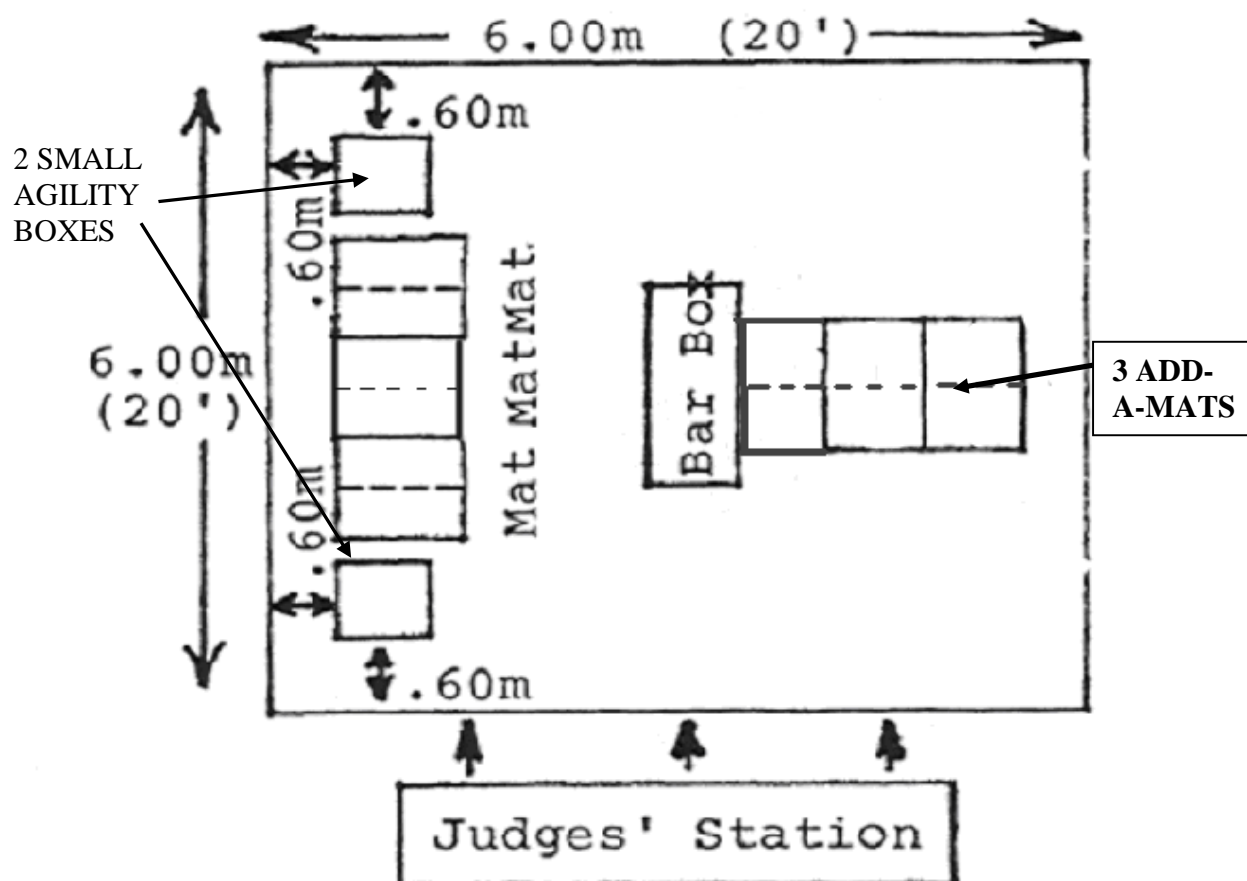
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** vaulting and jumping with safe landings on and off all pieces of equipment. Poses and balances. Use of floor area for traveling.

### APPARATUS:

Two small agility boxes, top two sections of bar box, six (6) ADD-A-MATS. The Bar Box is centred in front of the judges. The two small agility boxes and six ADD-A-MATS must be placed according to diagram.

**TIME LIMITS:** 90 – 120 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## JUNIOR MIXED EVENTS (BOYS, GIRLS 4-6)

**EVENT NUMBER: JUNIOR MIXED #2** (Enter 2 teams - Groups of 2 or 4 – any combination of boys and girls)

**“Perform a sequence moving throughout all spaces addressing the Required Elements.”**

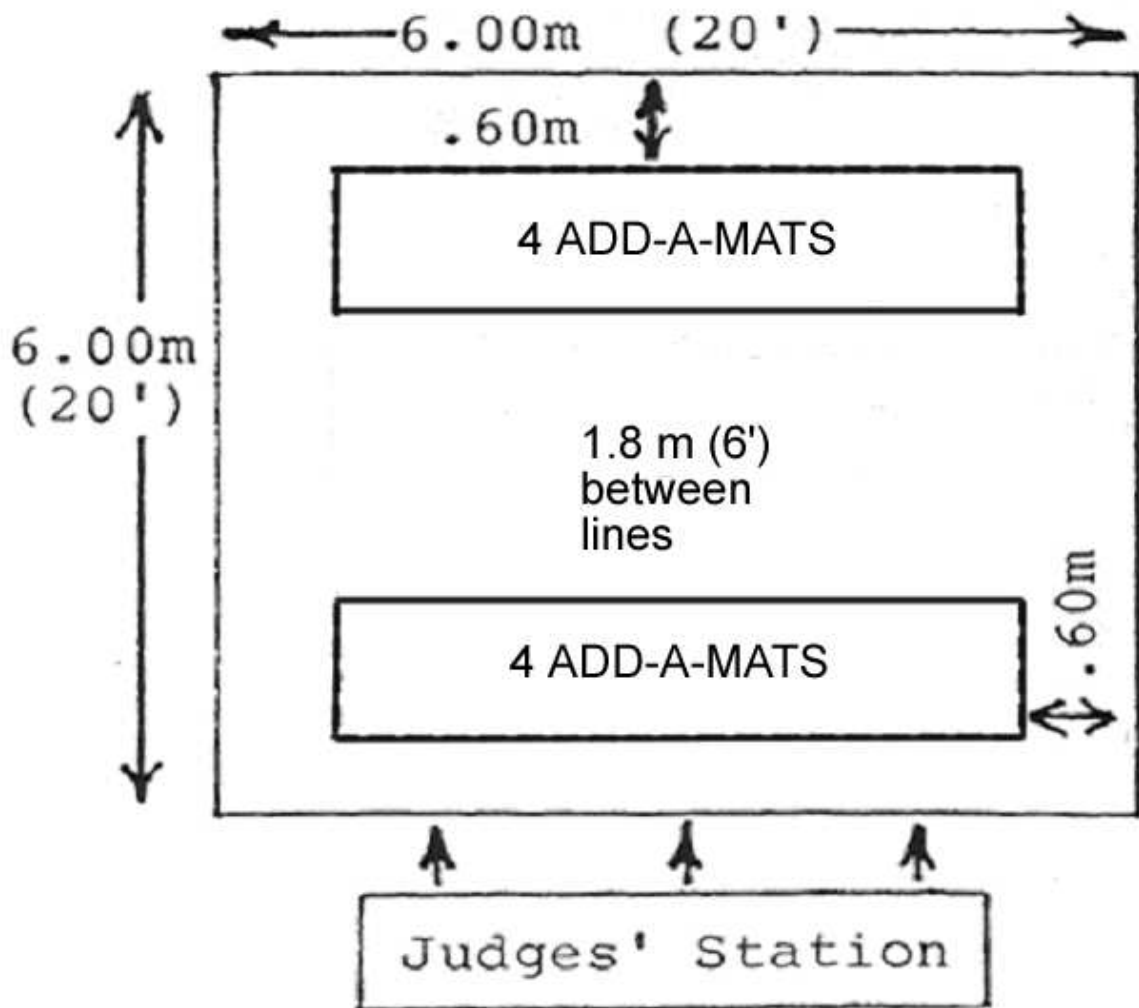
**REQUIRED ELEMENTS:** tumbling, over/under with partner. Use of centre floor space.

**APPARATUS:**

Floor and 8 Add-a-Mats (2 parallel lines of 4 Add-a-mats).

**MUSICAL ACCOMPANIMENT is OPTIONAL.**

**TIME LIMITS:** 90 -120 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20')

## INTERMEDIATE GIRLS EVENTS (GIRLS 7-8)

**EVENT NUMBER: INTERMEDIATE GIRLS #1** (Enter 2 teams - Individual girls  
OR partners OR Group of 4)

**“Perform a sequence moving throughout all spaces  
addressing the Required Elements.”**

**REQUIRED ELEMENTS:** dance-like movements, partner interaction, diagonal movements, symmetrical and asymmetrical poses/partner work.

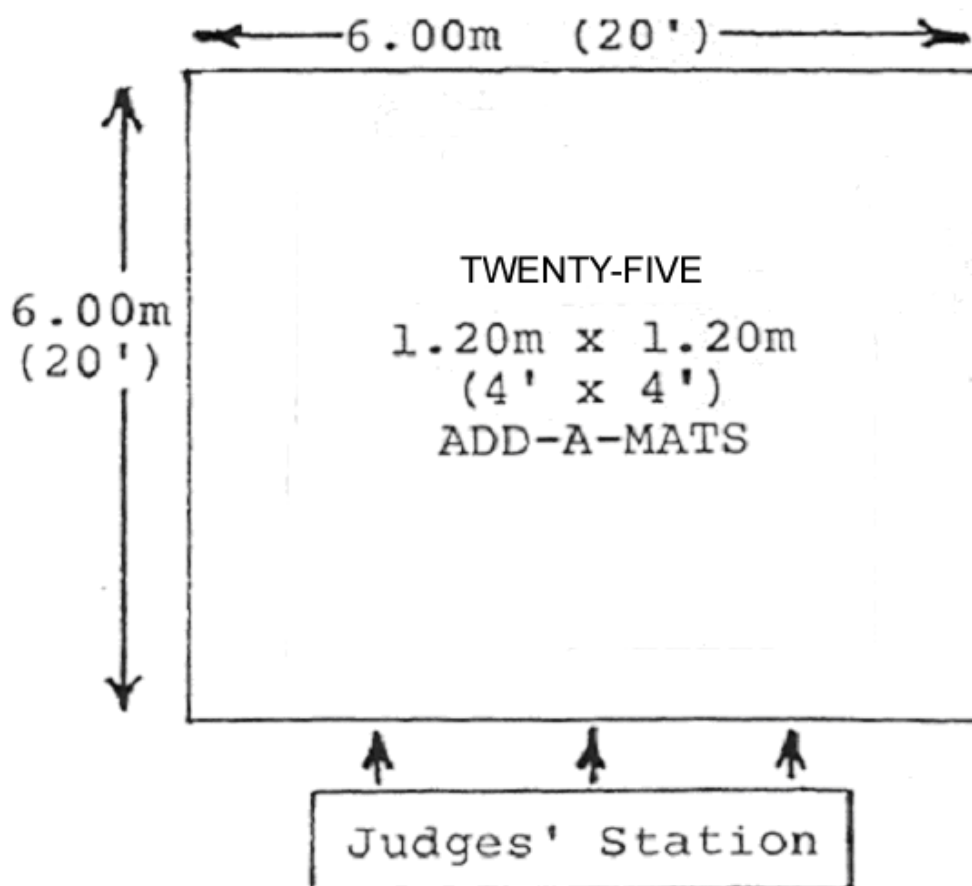
**Symmetry:** requires that both sides of the body are similar in design

**Asymmetry:** one side of the body is different from the other side.

**APPARATUS:**

Floor and mat area 6.00m X 6.00m (20' x 20') with MUSICAL ACCOMPANIMENT.

**TIME LIMITS:** 60 to 90 seconds



**NOTE:** This sequence must be contained within the taped boundaries  
6.00m X 6.00 m (20' x 20')

## INTERMEDIATE GIRLS EVENTS (GIRLS 7-8)

**EVENT NUMBER: INTERMEDIATE GIRLS #2** (Individual Event - Enter 2 solo teams)

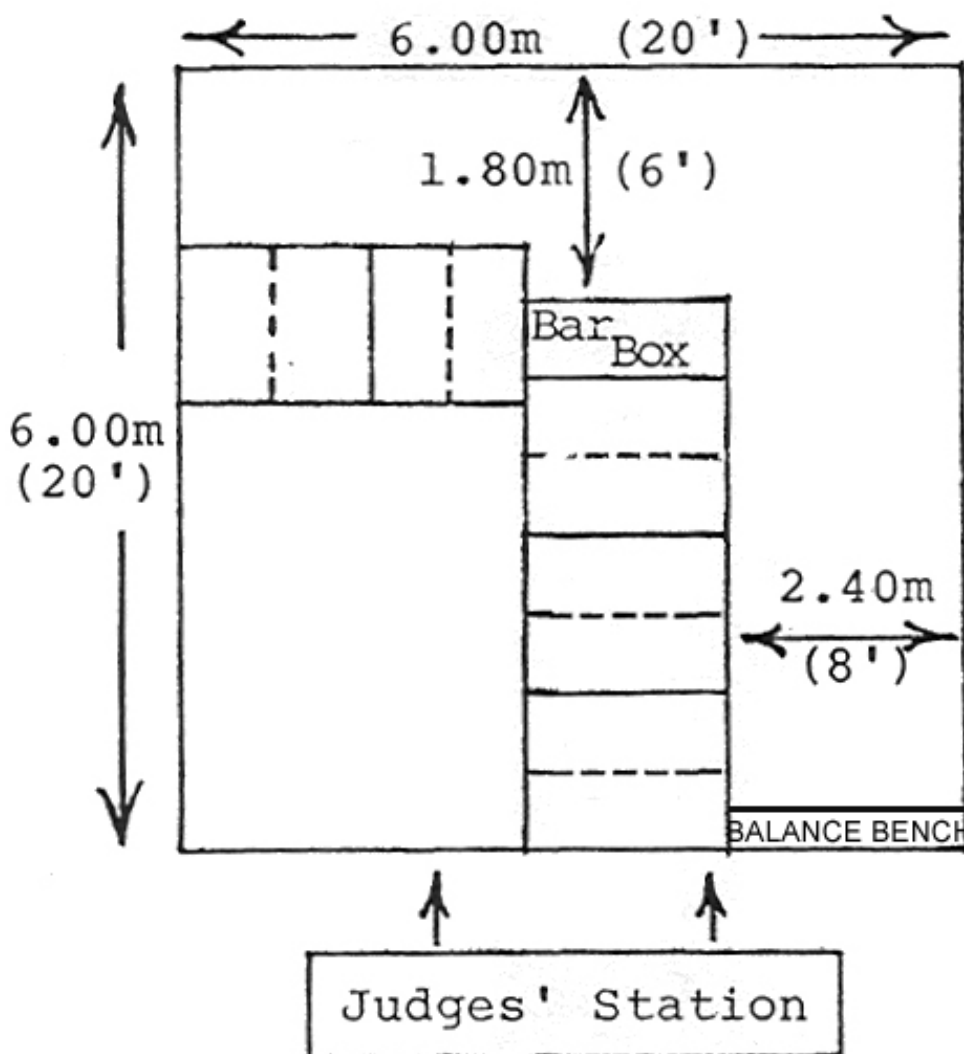
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** weight on hands, 2 vaults, balance

**APPARATUS:**

Bar box (2 sections): balance bench (broad side up), and five (5) ADD-A-MATS.

**TIME LIMITS:** 90 to 120 seconds



**NOTE:** This sequence must be contained within the taped boundaries  
6.00m X 6.00 m (20' x 20')

## INTERMEDIATE BOYS EVENTS (BOYS 7-8)

**EVENT NUMBER: INTERMEDIATE BOYS #1** (Enter 2 teams - Individual or pair)

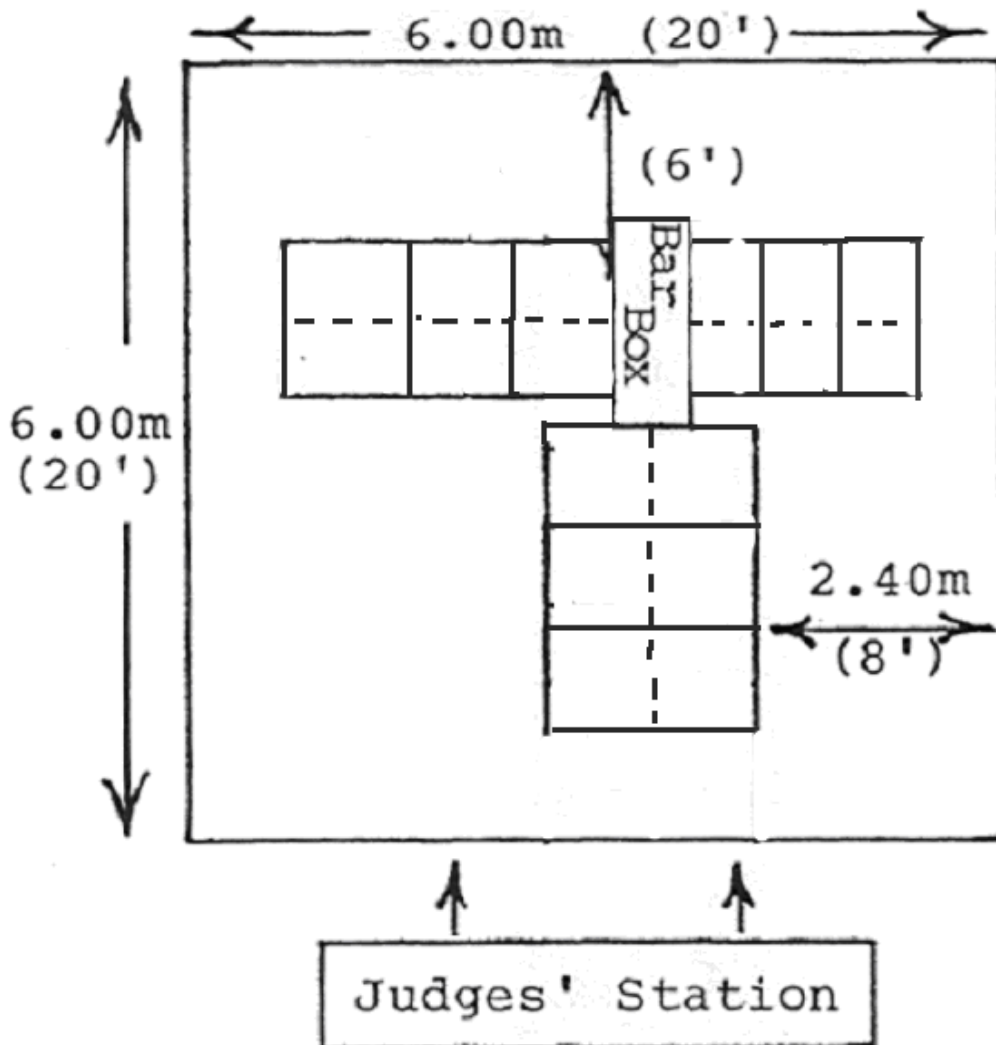
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** 3 vaults and safe landings, strength moves, travel in floor spaces

**APPARATUS:**

Bar Box (2 sections); nine (9) ADD-A-MATS.

**TIME LIMITS:** 90 – 120 seconds



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20').

## INTERMEDIATE MIXED EVENTS (BOYS, GIRLS 7-8)

**EVENT NUMBER: INTERMEDIATE MIXED #1** (Enter two teams - May be a mixed pair or mixed group of 4.)

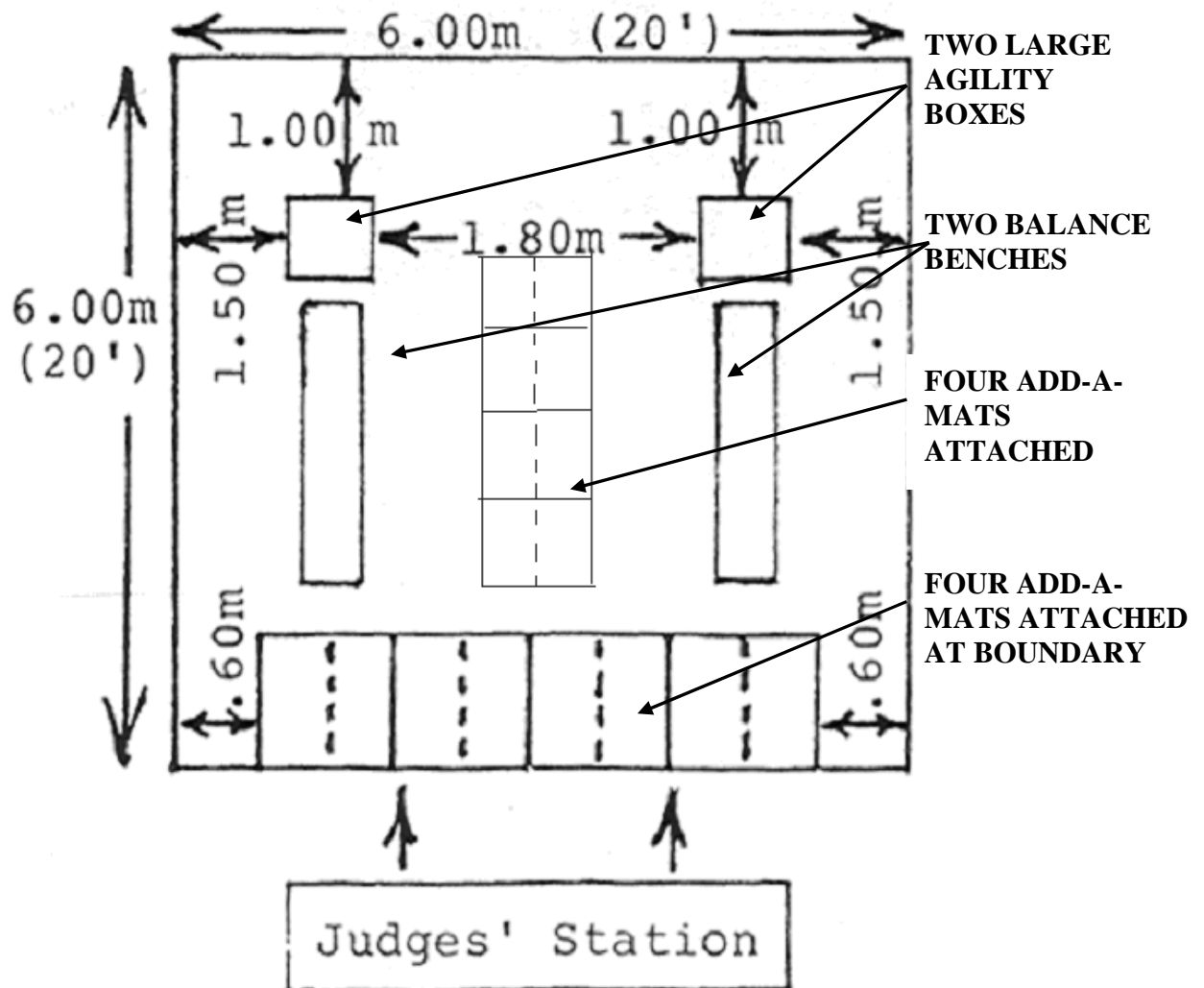
**“Perform a sequence moving throughout all spaces and apparatus addressing the Required Elements.”**

**REQUIRED ELEMENTS:** mirroring movements, balancing, working as a pair

### APPARATUS:

Two large agility boxes: two balance benches: eight ADD-A-MATS as shown in diagram.

**TIME LIMITS:** 90 to 120 seconds.



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20').

## INTERMEDIATE OPEN EVENT (BOYS, GIRLS 7-8)

**EVENT NUMBER: INTERMEDIATE OPEN #1** (Enter two teams – any combination of boys and girls – up to 4 gymnasts.)

**“Perform a sequence moving throughout all spaces addressing the Required Elements.”**

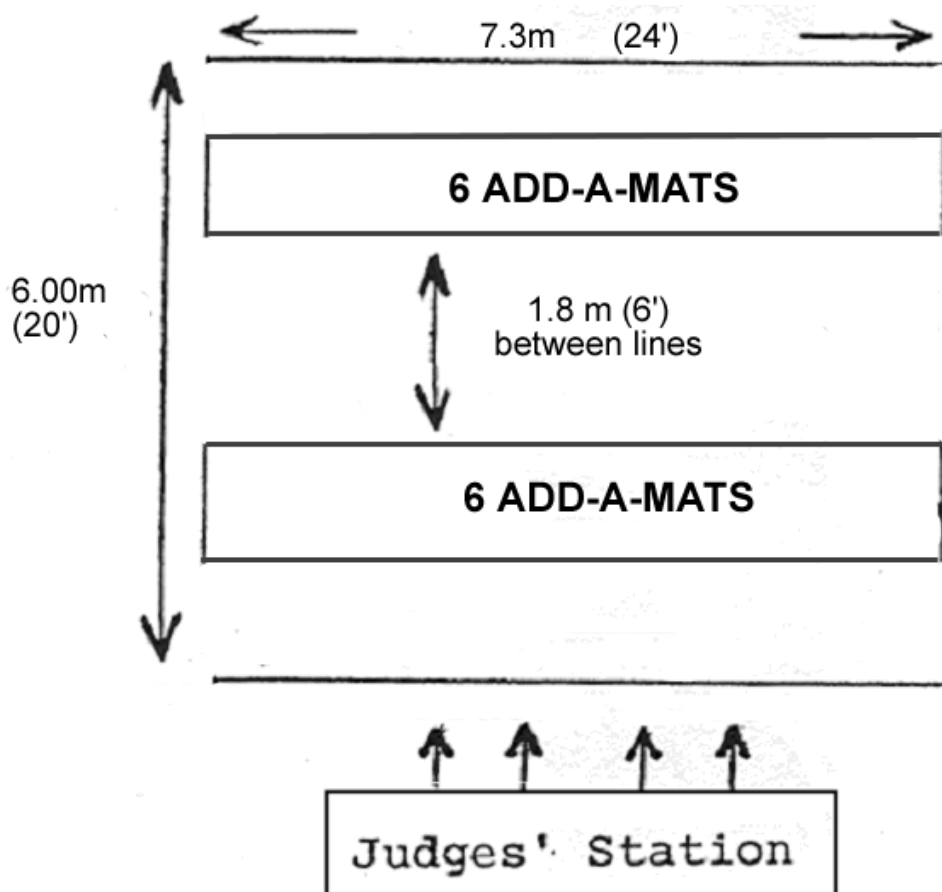
**REQUIRED ELEMENTS:** tumbling, 3 passes along the mats, linking movements

- Gymnasts may also use the floor space between the mats.
- Gymnasts may use partners as apparatus or for balance.
- Individual gymnasts may choose to use one line of mats or both.

### APPARATUS:

Twelve (12) ADD-A-MATS as shown in diagram

**TIME LIMITS:** 90 to 120 seconds.



**NOTE:** This sequence must be contained within the taped boundaries 6.00m X 6.00 m (20' x 20').

## MASS EVENTS (BOYS AND/OR GIRLS K-8)

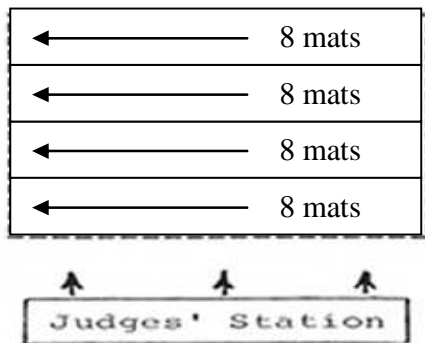
**EVENT NUMBER: MASS PARTICIPATION** (Schools may enter only one group. This group is to be comprised of mainly students NOT participating in any other event.)

**MINIMUM NUMBER:** TWENTY PARTICIPANTS of any age (exceptions may apply for smaller schools)

**REQUIRED ELEMENTS:** Perform a routine of synchronized and coordinated gymnastic and/or dance-like movements from one of the 4 prescribed set-ups.

**APPARATUS ARRANGEMENT:** Schools will be asked to choose from one of the following set-ups.

### Set-up #1: Rectangle

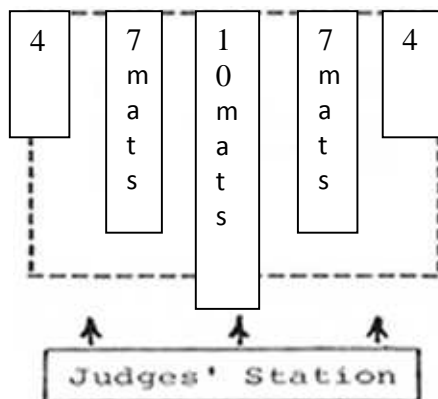


- 32 Mats - connected
- Folds of the mats run horizontally.
- Eight (8) mats across by four (4) rows of mats deep

### Set-up #2: Vertical Columns OR Horizontal Rows

- 32 mats
- strips of 8 mats (running vertically or horizontally) with 4' in between each strip
- Fold of the mats run front to back (vertically) or side to side (horizontally).

### Set-up #3: Vertical columns of varying lengths



- 32 mats
- strips of mats with 4' in between each strip
- Fold of the mats run vertically for the strip of 10.
- Folds of the mats run horizontally for the strips of 7 and 4.

**CONDITIONS:**

- a) No gymnastics large equipment may be used.
- b) You may, however use small implements, e.g. hoops, ropes, beanbags, scarves, rhythm ribbons, rhythm balls, parachute, etc...
- c) **MUSICAL ACCOMPANIMENT is REQUIRED**
- d) individuals may be used as apparatus
- e) Time limit is three (3) minutes MAX.