

**South African Gymnastics Federation  
 Technical Committee  
 RHYTHMIC GYMNASTICS**

**Date:** 1 June 2015

**Re:** PROGRAMME: Team Trophy - South Zone

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<b>GENERAL INFORMATION</b>	
<b>Date:</b>	12 - 13 June 2015
<b>Venue:</b>	Tygerberg Sports Hall, Tygerberg Campus
<b>Spectator Entry Fee:</b>	None. It has been included in the Entry Fee
<b>Arrival Time</b>	Please make sure that you arrive <b>ON TIME</b> for Registration and Warm-up
<b>PROGRAMME: Friday, 12 June</b>	
<b><u>LEVEL 3</u></b>	
13h00 - 14h00	Registration and Warm-up
14h00 - 16h00	COMPETITION LEVEL 3 (95 competitors)
16h00 - 16h30	Prize Giving Level 3
<b><u>LEVEL 2</u></b>	
15h30 - 16h30	Registration and Warm-up
16h30 - 18h00	COMPETITION LEVEL 2 (71 competitors)
18h00 - 18h30	Prize Giving Level 2

<b>PROGRAMME: Saturday, 13 June</b>	
<b><u>LEVEL 1</u></b>	
<b>07h00 - 08h00</b>	<b>Registration and Warm-up</b>
<b>08h00 - 09h30</b>	<b>COMPETITION LEVEL 1 (60 competitors)</b>
<b>09h30 - 10h00</b>	<b>Prize Giving Level 1</b>
<b><u>LEVEL 4</u></b>	
<b>09h00 - 10h00</b>	<b>Registration and Warm-up</b>
<b>10h00 - 11h30</b>	<b>COMPETITION LEVEL 4 (43 competitors)</b>
<b>11h30 - 12h00</b>	<b>Prize Giving Level 4</b>
<b><u>LEVEL 5</u></b>	
<b>11h00 - 12h00</b>	<b>Registration and Warm-up</b>
<b>12h00 - 13h30</b>	<b>COMPETITION LEVEL 5 (21 competitors)</b>
<b>13h30 - 14h00</b>	<b>Prize Giving Level 5</b>
<b><u>LEVEL 6</u></b>	
<b>13h00 - 14h00</b>	<b>Registration and Warm-up</b>
<b>14h00 - 15h30</b>	<b>COMPETITION LEVEL 6 (18 competitors)</b>
<b>15h30 - 16h00</b>	<b>Prize Giving Level 6</b>
<b><u>LEVEL 7</u></b>	
<b>15h00 - 16h00</b>	<b>Registration and Warm-up</b>
<b>16h00 - 17h15</b>	<b>COMPETITION LEVEL 7 (9 competitors)</b>
<b>17h15 - 17h45</b>	<b>Prize Giving Level 7</b>

<b>COMPETITION OVERVIEW</b>	
<b>Sections</b>	Level 1-7
<b>Carpets</b>	Level 1 to 3 will have 3 carpets Level 4 and 5 will have 2 carpets Level 6 and 7 will have 1 carpet
<b>Judging Panels</b>	Level 1 to 3 will have 2 panels per carpet Level 4 and 5 will have 2 panels per carpet Level 6 and 7 will have 2 panels per carpet
<b>Age Groups for Individual Awards:</b>	Please note that we will be including more Age Groups to assist with competition organisation: Level 1 - U6, U7, U8, U9, U10, U11, O11 Level 2 - U7, U8, U9, U10, U11, O11 Level 3 - U7, U8, U9, U10, U11, O11 Level 4 - U9, U11, U13, U15, O15 Level 5 - U9, U11, U13, U15, O15 Level 6 - U9, U11, U13, U15, O15 Level 7 - U9, U11, U13, U15, O15
<b>Apparatus</b>	Level 1 - Dance & Rope Level 2 - Hoop & Ball Level 3 - Clubs & Ribbon Level 4 - Dance & Hoop only Level 5 - Dance & Clubs only Level 6 - Dance & Ball only Level 7 - Dance & Rope only
<b>Individual Awards:</b>	All Gymnasts will receive medals according to their performance
<b>Age Groups for Teams:</b>	Please note that we will have the following team sections: Level 1 - U7 (gymnasts U6 and U7) Level 1 - U9 (gymnasts U8 and U9) Level 1 - U11 (gymnasts U10 and U11) Level 1 - O11 (all gymnasts O11) Level 2 - U7 (gymnasts U7) Level 2 - U9 (gymnasts U8 and U9) Level 2 - U11 (gymnasts U10 and U11) Level 2 - O11 (all gymnasts O11) Level 3 - U7 (gymnasts U7) Level 3 - U9 (gymnasts U8 and U9) Level 3 - U11 (gymnasts U10 and U11) Level 3 - O11 (all gymnasts O11) Level 4 - Open Age Group Only Level 5 - Open Age Group Only Level 6 - Open Age Group Only Level 7 - Open Age Group Only

<p><b>Team Rules:</b></p>	<ul style="list-style-type: none"> <li>• A Team consists of a maximum of 3 members and a minimum of 2 members</li> <li>• Team Sections are above</li> <li>• Each Club may enter as many Teams as they wish in each Age Group</li> <li>• The 2 highest scores of each apparatus will be totalled for the Team Result</li> <li>• No Team ties will be allowed a count-out will be applied</li> </ul>
<p><b>Team Awards:</b></p>	<p>The best Team per Level per Team Age Group will be awarded a trophy</p>
<p><b>Judges:</b></p>	<p>Each Club must provide a minimum of 2 Judges for the duration of the Competition</p>
<p><b>Volunteers:</b></p>	<p>Each Club must please provide a minimum of 1 Volunteer for the duration of the Competition Annette will be in touch with each Club to get the details of the volunteers</p>