

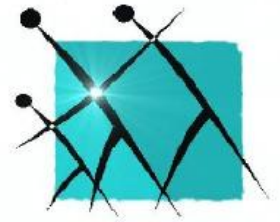
**SAGF**



South African Gymnastics Federation

# Gym for All

*Excellence through Participation*



13<sup>th</sup> April 2016

Circular 2/2016

Criteria for participation at the National Gym for Life Challenge 2016

1. All participants must be members of SAGF. All schools/clubs and their members need to be registered as Cat A, B or C institutions and gymnasts. Cat D institutions and gymnasts are able to upgrade to Cat A, B or C by paying the necessary registration fee to SAGF.
2. Each group is required to perform at least once in their Province before attending the National event. Provinces can either organise a Provincial GFL event or groups can perform their item at one of the competitive discipline provincial trials.
3. The registration for the event will be done online using the SAGF management system and the closing date for entries will need to be adhered to.
4. All entry fees need to be paid in full by the closing date. The fee will be determined in due course (once we have the costs from the LOC).
5. By participating in the National GFL Challenge, groups will become eligible for participation in the World GFL Challenge. The group qualifies for the World Challenge, not individual participants, so the group members and the performance can change between the 2 Challenges.

## Technical criteria

1. Performances must be between 2 and 4 minutes long.
2. Minimum group size is 4 active performers.
3. Floor size and surface – 13 x 13m Rhythmic gymnastic carpet.
4. Group leaders will be required to email their music to the organiser a week before the event. Leaders will be required to have a copy of the music on a CD or flash drive, in case of any technical glitches.
5. No gymnastics apparatus will be provided. Groups are advised to contact clubs in Cape Town should they require any apparatus.
6. Performances should comprise of at least 50% gymnastics elements.
7. The criteria for evaluation are:
  - Entertainment value

GFA Manager: Caron Henry

GFA PM: Chair - Barbara Murphy (Technical), Themba Lephuthing (Development),  
Anton Jordaan (Admin)

- Innovation, originality and variety
  - Technique, quality and safety
  - Overall impression
8. Group performances will be evaluated by a panel of evaluators. The score of each evaluator is added together to determine the final group score. Based on their final score, groups will be awarded gold, silver or bronze medals. Each group member will receive a medal and certificate of participation.