



Gymnastics For All

Performance Group

Rules and Guidelines

2013-2015

These Rules and Guidelines were written in April 2013 by
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Article I. Goals

USA Gymnastics Performance Gymnastics Objectives:

- An opportunity to achieve teamwork and unity with a high level of coordinated gymnastics movement among all the group members.
- An opportunity to perform exhibition-only routines at GymFests.
- An opportunity to compete routines at the USA Gymnastics for All Challenge at Nationals held once a year.
- An opportunity to perform exhibition-only routines at the World Gymnaestrada.
- An opportunity to compete routines at the World Gym For Life Challenge.

Article II. Program

Performance Gymnastics is both a competitive and non-competitive sport within the Gymnastics for All (GfA) discipline of USA Gymnastics.

Section 2.1 GymFests

Performance Groups have the opportunity to perform exhibition-only routines at any GymFests held during the year throughout the country. All exhibitions are for display to the enjoyment of the audience. There is no limit to the number of GymFests a Group may participate in during the year. Numerous opportunities are available nationwide annually.

Section 2.2 Nationals – Gymnastics for All Challenge

Performance Groups may also compete in the USA Gymnastics, Gymnastics for All Challenge and have their routines evaluated for a Bronze, Silver or Gold Award. Athletes may only participate in one (1) routine for the GfA Challenge.

Section 2.3 World Gymnaestrada and FIG Gala

The World Gymnaestrada, a 10-day event held every four years at various FIG Federation locations around the world, is strictly a non-competitive event, hosting about 20,000 participants from many countries. Various sized groups of athletes of different levels, skills and ages may represent the United States at this event as part of the USA delegation. There are many performance opportunities for USA Delegation members including group performances, city performances, national evenings, large group performances and the FIG Gala. Participation will be determined based on experience and size of the group. Groups will also have an opportunity to submit a required video to the USA Gymnastics' Delegation Leaders and request to participate in the FIG Gala which is the grand finale' exhibition of the 10 day event at this World Gymnaestrada event.

Requirement: *Anyone wishing to represent the USA at a World Gymnaestrada must be a part of the official USA Gymnastics Delegation in order to participate in any of these WG events.*

(See World Gymnaestrada Rules and Regulations: www.fig-gymnastics.com)

Section 2.4 World Gym For Life Challenge

Another opportunity is the World Gym For Life Challenge held every 4 years (2 years after the WG). This competition offers gymnastic groups the opportunity to participate in a contest and have their performance evaluated.

Requirement: *Anyone wishing to represent the USA at a World Gym For Life Challenge must be a part of the official USA Gymnastics Delegation in order to participate. (See World Gym For Life Challenge Regulations: www.fig-gymnastics.com)*

Article III Membership

Section 3.1 Athlete Requirements

All Athletes participating in a USA Gymnastics sanctioned event must have the appropriate and valid USA Gymnastics Membership in one of the following categories: Introductory Athlete, Athlete, Junior Professional or Professional. All of these memberships are available through USA Gymnastics member services on the www.usagym.org website.

Section 3.2 Coach Membership Requirements

Each group must have a designated Coach/Leader who is a USA Gymnastics Professional Member in Group Gymnastics/GfA who may perform and/or serve as a coach. All Coaches are obligated to follow the USA Gymnastics Code of Ethics.

Article IV Performance Guidelines

NOTE: These numbers are guidelines and as such are dependant upon the rules and guidance provided by each Meet Director and for each venue and performance opportunity.

Section 4.1 Group Sizes

- **Minimum age limit in Performance Gymnastics is five (5) years of age.**
- **USA Gymnastics GymFest** – All groups shall be comprised of no less than six (6) active performers.
- **National Gymnastics for All Challenge** – All groups shall be comprised of no less than size (6) active performers.
- **World Gymnaestrada** – All groups shall be comprised of no less than ten (10) active performers and selected by the USA Gymnastics committee. There is also an opportunity for smaller and/or individuals to participate in various other WG events.
- **World Gym For Life** – All groups shall be comprised of no less than two (2) active performers.
- **FIG Gala at World Gymnaestrada** – Determined by the host and venue.

Section 4.2 General Times – Clean Floor to Clean Floor

The times stated below must include the time it may take to gather props, costumes, materials and equipment off of the performance floor and sidelines.

NOTE: These times are recommendations and are depending upon the rules and guidance provided by each Meet Director and for each venue and performance opportunity. Please make a special note that the following times can be changed by the Meet Host based on variables of the event and regarding the venue.

- **USA Gymnastics GymFests and Nationals**
 - 6-9 Athletes *Up to 3 to 5 minutes*
 - 10-20 Athletes *Up to 5 to 8 minutes*
 - 25+ Athletes *Up to 8 to 10 minutes*
- **National Gymnastics for All Challenge** – Maximum 5 minutes

- **World Gymnaestrada** – Time limits will be approved and selected by the USA Gymnastics committee and given to each group
- **World Gym For Life** – Maximum 5 minutes
- **FIG Gala** – Maximum 3:30 minutes

Section 4.3 Music

- Groups are free to select appropriate, instrumental or lyrical, non-suggestive and non-illicit language music of their choice for their routine.
- Group Leaders must be prepared to submit the composer, performer and arrangement of the music to event organizers prior to event as well as provide either a digital or CD copy of the music.

Section 4.4 Theme

- Performances should correspond to a theme with their music and costumes.
- It should be clear to the casual observer that the performance develops and expands upon a recognized theme or story.
- It is also permissible for groups to have a “free or abstract” way to display their routines without a particular theme.
- USA Gymnastics committee encourages groups to make the composition interesting by telling a story with a beginning, climax and end.

Section 4.5 Choreography

- Choreography should fit the music.
- The basics for creating an exercise is the use of thoughts, ideas and emotions and to know gymnastics, have imagination and the ability to combine all into an acceptable piece of entertainment.
- Choreography should be age appropriate.
- The theme and the skills (activity) must be continuous and flow with a common thread throughout the entire program.
- The choreography should have variations of repetition of dance, skills and music but not so much as to tire the audience.
- Choreography should delight the audience and entertain.
- Tumbling in the choreography routine should include variations of patterns and the routine should not stress many lines of cross tumbling.
- Proper gymnastics technique should be used.
- The choreography can include elements from dance, gymnastics, acrobatic gymnastics, rhythmic props, mini-tramp, trampoline, wheel, long scarves, gymnastic equipment and any other props related to the theme such as masks, poles, sticks, wings, large balls, etc.
- Transitions between the movements and the different parts of the performance must flow one into the other.
- Entrances and Exits must be a part of the total performance.

Section 4.6 Costumes

- Costumes can be a surprise element in routines. Participants enjoy the costumes as much as the audience. Theme related, colorful, creative and other accessories can add to your performance. These can be added to your teams’ leotards at your discretion.
- There are no curtains or drapes to hide the participants on the sides; do not undress in the view of the public or stand talking or playing while not on the floor; kneel down and use boxes to store and hide your costumes and props.

- Costumes must coordinate with the theme of the routine and be age appropriate
- Coaches and/or spotters must be wearing matching costumes or discreet outfits such as black tops and pants.

Section 4.7 Props and Equipment

- The performance arena at a GymFest is usually a minimum of a 42' x 42' carpet bonded foam on top of a wood floor,
- All varieties of props and equipment can be used such as rhythmic props, long scarves, mini-tramp, trampoline, wheel, gymnastic equipment and any other props related to the theme such as chairs, umbrellas, masks, poles, sticks, wings, large balls, hats, capes, etc.
- Large props are acceptable but must be arranged with the meet hosts before any Gymfest.
- Props must be stored in locked containers at an event, so planning is important. Security is not the responsibility of the event hosts.
- A list of gymnastics equipment must always be published by the events' organizers; any special equipment beyond this list will be the responsibility of the performing group.

Section 4.8 Safety Guidelines

- No dive rolls from a rebound device.
- See USA Gymnastics Acro Rules and Regulations for safety guidelines:
www.usagym.org
- All USA Gymnastics Safety standards and Guidelines should be followed.
- All equipment such as mini-tramp, trampoline, vaults, wheels, large boxes, rebound devices must have at least one USA Gymnastics certified coach at each piece of equipment.
- Certified Coaches should be used and are allowed on the floor and/ or equipment when needed for spotting and safety.

Article V Evaluation Scoresheet ~ Gymnastics For All Challenge

The Performance Team Evaluation Score Sheet must be used by all the USA Gymnastics evaluators at the USA Gymnastics for All Challenge. It is available on the www.usagym.org website.