



Hand Apparatus Handbook

Individual Hand Apparatus Competition

Age Categories – Under 8yrs, Under 10yrs, Under 12yrs, Under 14yrs Under 16yrs and Under 18yrs

Males and Females to compete in their separate categories

The Recreational Gymnastics Committee reserves the right to split or combine age groups depending on the number of entries received.

Apparatus

Hoop

The hoop may be made of plastic or similar, with an inner diameter of 600mm to 910mm It must weigh from 250grams at least 300 grams or above depending on size. Each gymnast should have a hoop size appropriate to their height-the recommended height is at hip level.

Ball

The ball must be made of rubber, with a diameter of 150mm (Under 8), 170(Under 12) & 185mm(Over 12).

It must weigh at least 300g(150mm) -400g minimum for a 185mm ball.

Ribbon

The ribbon is a single ribbon made from satin, rayon or silk.

All ribbons are 5cms in width but there are 4 different lengths depending on age.

Under 6 3 metres

Under 8 & under 12 4 metres

Under 16 5 metres

Over 16 6 metres

The ribbon is attached to a fibreglass or plastic stick with or without a rubber grip. The ribbon must stay in perpetual, fluid motion throughout the routine.

Rope

The rope has no set length because it is relative to the height of the gymnast and approximately 10mm thick. The length guideline is taken as when the gymnast stands in parallel on the rope it should have the knot at each end level with their armpit.

General Information

- The floor area will be an area of a 10m x12m non sprung floor as provided by the host Banbridge Leisure Centre.
- The hand apparatus used should be of a similar size and standard to FIG equipment.
- In accordance with accepted practices at Rhythmic Competitions, a standby piece of hand apparatus may be placed at the side of the floor area.
- In the event of a major error leading to the loss or breakage of the apparatus in use, the gymnast may pick up the standby apparatus to finish the routine.
- The exercise will be a voluntary routine to music incorporating the five compulsory elements as shown in the tables.
- The duration of the routine should be 1 minute 15 seconds - 1 minute 30 seconds
- Routines may be performed to music which can contain lyrics. The lyrics must be appropriate otherwise coaches / gymnasts run the risk of music been muted for the remainder of their performance.
- Should the music fail during a performance, gymnasts must carry on with their routine. Re-runs will only be permitted if the equipment is at fault, time permitting.
- The start and finish positions and compulsory elements should be linked with dance and movement appropriate to the music, showing artistry and style with personal expression and highlights as appropriate.
- The hand apparatus should be incorporated into the linkages and should be kept moving as the routine flows.
- All areas of the floor should be used, and the body should work at varying levels and speeds.

Plane

An imaginary surface where moves are performed, i.e. wheel, door and table.

Wheel plane

An imaginary surface to either side of the gymnast.

Door plane

An imaginary surface in front or behind the gymnast.

Table plane

An imaginary surface on the horizontal around the gymnast.

Judging

- Each exercise will be marked out of 10.00 marks for execution.
- A maximum of 10 marks will be awarded for difficulty & compulsory element values as below along with Musicality, Performance and Use of Space and Directions.
- Each routine will require 6 body difficulties- 2 leaps, 2 balances and 2 rotations.
- These will be worth 0.5 – 1.0 each, all of which are detailed in the table below with diagrams to follow.

Leaps		Balances		Rotations	
0.5	1.0	0.5	1.0	0.5	1.0
Scissor	Stag	Passe	Arabesque	Passe	Straight Leg
Cabriole	Cosack	Front Attitude	Straight Leg	Spiral Turn	Arabesque
Jete	Split Leap	Cobra	Attitude to back	Low leg to back	Y stand with support
Half Turn	Full Turn	Y Stand (with support)	Y Stand (no support)	Splits roll	Back Splits Roll

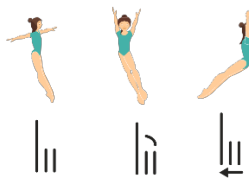
- Each compulsory element is valued at 0.50.
- Omission of a compulsory element or body difficulty will incur a penalty of 0.5.
- Any gymnastic or acrobatic moves (only rolls, cartwheels and walkovers are authorized-no elements of free rotation are authorised) in addition to the five compulsory elements will be subject to general and execution deductions as appropriate to performance, however no additional value marks will be awarded.

Musicality 0.1 – 1.0 may be awarded

Performance 0.1- 0.5 may be awarded

Use of Space and Directions 0.1 - 0.5 may be awarded

Leaps



“Cabriole” forward, backward, or to the side

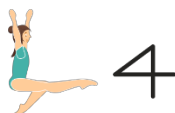
During the take-off, the swing leg is raised forward, backward, or to the side, to 45° (or more).

The take-off leg, coming off the floor, strikes the previously raised leg at 45° (or more). Finally, the gymnast lands on the take-off leg.



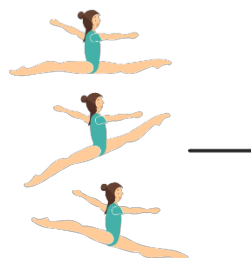
“Scissors” leap with switch of legs standard Forwards “Scissors” leap with legs forwards up to 90 degrees

Take-off on 1 foot, switch of legs backward into ring: The ring must be performed by both legs consecutively.



“Cossack” jump, with different positions of the legs, or with turn

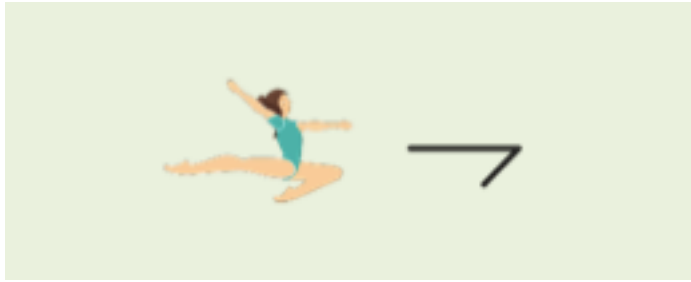
The foot of the bent leg must be near the height of the pelvis, and the knee must be at horizontal or above.



. Split leap (take-off from 1 or 2 feet)

A split position of 180° is required at the highest point of the leap.

The split position may be horizontal and will also be accepted when the 180° position is maintained with 1 of the legs above and the other below a horizontal position.



Stag leap (take-off from 1 or 2 feet)

The front leg must be maximally bent, foot close to the thigh.

The legs must be 180° apart, the stag position may be horizontal and will also be accepted when the 180° position is maintained with 1 of the legs above and the other below a horizontal position.



Jette

Turning split leap (jeté en tournant).

Balances



Passé forward or side (horizontal position), also with bend of the upper back and shoulders



Arabesque Free leg horizontal backward, also with trunk forward at the horizontal, also with back bend of the trunk



Front Attitude
lifted.



Straight Leg



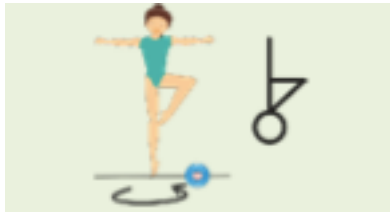
Cobra Lying on the floor with the trunk

Attitude to the back Attitude, also ring with help



Y Balance with or without support

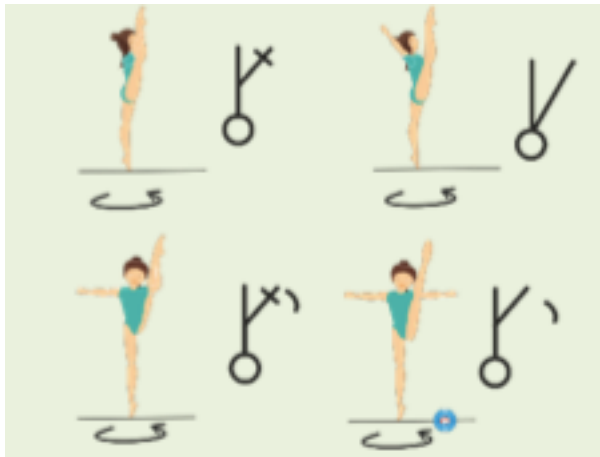
Rotations



Passe “Passé” forward or to the side

Entrance to the pivot and fixation of the Passé position can be: By bending the free leg immediately, or by a circular movement of the free leg.

Base of the pivot 360°.



Straight Leg - During the rotation it is necessary to fix the split position.

The rotation is evaluated after the support foot is on relevé and the free leg takes the split position, and until this shape is no longer held.

Base of the pivot 360°.



Arabesque - Free leg horizontal backward, also with trunk forward at the horizontal, also with back bend of the trunk



Spiral Turn - Spiral turn ("Tonneau") on 1 leg

During base pivot 360° the gymnast must perform consecutively 2 body positions:

- *Back bend of the trunk with the head moving backward*
- *Trunk and head bend forward*

During the rotation, the illusion of a spiral must be achieved. Every additional rotation must be performed in the same, specified manner.

The leg position is free: The foot may be near the knee or lower. Free leg fixed for 360° is not a requirement.



Low Leg to the back – like front attitude in reverse



Y Balance with support - During the rotation it is necessary to fix the split position.

The rotation is evaluated after the support foot is on relevé and the free leg takes the split position, and until this shape is no longer held. Base of the pivot 360°.

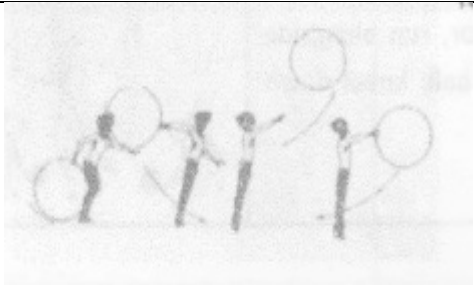


Front & Back Splits Roll-

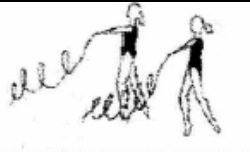
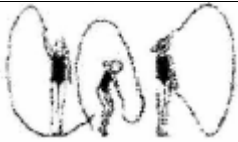
Rotation in split with help of the hand, trunk bent forward or backward

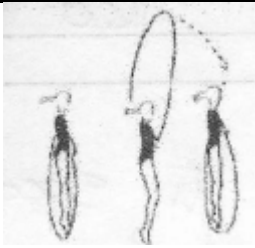
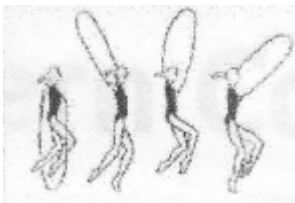
No additional value is given for additional rotations. Base of the rotation 360°.

Compulsory Elements

Hoop	Compulsory Elements	Skill
1.	Rotations on one hand, keep hoop between thumb and first finger. Rotations can be performed in any plane.	
2.	Turn Over Spin Stand the hoop vertically on the floor Use finger and thumb on top of hoop, spin hoop then collect it	
3.	Skip through hoop: Different ways of skipping on the spot. Hoop turning forwards / backwards, feet together, jogging or dance steps.	
4.	Swing throw: hoop in throwing hand, fingers over the top, swing arm down and back, hoop off the floor. Swing arm forwards and release hoop above head	
5.	Roll on the floor: stand sideways to direction of roll. Using fingers on top, push hoop into a roll. Perform skill alongside hoop then collect hoop	

Ball	Compulsory Elements	Skill
1	Bounce Ball on the spot; 2 medium bounces, 3 quick bounces (Rhythm 1,2,cha,cha,cha) Perform once with right hand then once with left hand	
2	Roll Ball up both arms to chest, and back down the arms	
3	Swing ball down and out to right side and down across to the left side: 3 swings with feet apart. Repeat with ball in other hand	
4	Swinging arm forward and upward, throw ball with right hand and catch in both hands	
5	Roll Ball along the floor, run alongside and overtake the ball; kneel down and collect the ball.	

Ribbon	Compulsory Elements	Skill
1	Coil ribbon – stirring action with wrist to make small circles with ribbon, whilst running backwards	
2	Swing right arm out to the side, ribbon in table plane, then across to the left side; across right side and turn to right, ribbon in table plane, swing across body to finish on right side	
3	Figure of 8 – with ribbon, swinging right arm down and back to the left side then to right side of body	
4	Swing and snake – run forwards and swing right arm forward and upward, run backward with right arm stretched forward, wrist working from side to side to show horizontal snake pattern of ribbon.	
5	Snake ribbon – holding wand in right hand, work wrist up and down, whilst turning to the right. Repeat to the left with wand in left hand.	

Rope	Compulsory Elements	Skill
1.	Skipping: different ways of skipping on the spot – rope turning forwards/ backwards/ fast /slow turn of the rope, single or double turn of the rope, feet together, jogging or dance steps.	
2.	Travelling Skip: Rope turning forwards / backwards, fast or slow turn of the rope, single or double turn of the rope, jogging, chasses or dance steps	
3.	Helicopter swing: Two-fold rope; figure 8 swing overhead then under feet with jump. Keeping rope flat in table plane	
4.	Open rope swing – swing rope forwards then back on the left side, right hand into left arm pit stepping back on to left foot, swing rope forwards; feet together, then back on the right side stepping back onto the right foot, left hand into right arm pit.	
5.	Release and catch from a swing, one end of the rope in each hand, simple toss away one end of rope, swing other hand up to bring free end of the rope up to catch, either in the free hand or in the hand already holding one end.	