



**British
Gymnastics**
More than a sport

Next Step Rhythmic

Competition
Support Pack



Introduction

Welcome to the British Gymnastics (BG) Next Step Rhythmic Resource.

Next Step builds upon the basic skills learnt in Key Step Gymnastics, by introducing specific disciplines such as Trampoline, Cheerleading, Acrobatics and now Rhythmic.

Both Key Step and Next Step aim to provide safe, enjoyable and fun experiences that will improve learning and lead to life-long participation in physical activity.

This resource provides materials which can be used by coaches, teachers, participants, sports development officers, school games organisers and many more helpers and volunteers.

This Competition Pack has been designed to accompany the online resource which is available through the Partner Schools 'log in' on the British Gymnastics website. This gives an interactive look at the Competition programme and shows video clips and teaching points for all the skills and sequences. It is recommended that both the competition support pack and the online resource are viewed before setting up or taking part in a Next Step Rhythmic Competition.

The Next Step competition resources are designed to:

- Build upon techniques and skills from the Key Step Competition framework
- Enrich the school competition structure by incorporating different disciplines
- Be used in clubs to widen the Gymnastics for All offer and promote other disciplines
- Make effective use of the core skills shown in the British Gymnastics Award Schemes
- Be easily accessible to Teachers and Coaches with limited experience of Rhythmic Gymnastics
- Engage young volunteers in the planning, organising and managing of competitions and events
- Improve club-to-school links for both participants and volunteers, and building a strong, local gymnastics community
- Be modified or adapted to suit the needs of different performers, including disabled participants

Rhythmic Gymnastics is very strongly linked with dance and as a sport, originated in France and Germany. It has developed widely in Europe over the last 40 years and in 1984 Rhythmic Gymnastics became an Olympic sport.

The great thing about Rhythmic Gymnastics is that it doesn't require any overly sophisticated or large apparatus and this means that there is great opportunity for development of the activity in schools and clubs.

Rhythmic Gymnastics involves floor work with the use of small hand apparatus, most of which is already available in schools and clubs. Fundamental manipulative skills, and hand-eye co-ordination skills, which are the basis of every child's physical learning and development, are in fact the basis of the sport of Rhythmic Gymnastics.

There are five major hand apparatus used in Rhythmic; Rope, Ball, Hoop, Ribbon and Clubs

The Next Step Rhythmic competition routines are split into three levels:

Step 1 - For beginners. This 'Step' is ideal for those who have never done Rhythmic Gymnastics before and is a great place to start.

Step 2 - For intermediate performers. The perfect progression from Step 1 or for new rhythmic performers with a gymnastics background.

Step 3 - For competent performers. Progression from Step 2 is expected due to the techniques needed in this step, which can be used for club performers with a strong gymnastics background.

Each 'Step' offers a choice of apparatus and 'set' or 'optional' sequences:

Step 1 - Hoop **or** Ball set sequence

Step 2 - Ribbon set sequence **or** Hoop or Ball optional sequence

Step 3 - Rope set sequence **or** Ribbon optional sequence.

The apparatus and body skills differ in each step and aim to show progression throughout the competitive framework.

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Organising a Next Step Competition

There are several factors to consider when organising a competition before, during and after the event. The points below aim to give the competition organiser an idea of what tasks need to be done to ensure a successful and smooth competition.

Before the Competition

- Set a date and time for the event
- Choose a venue with enough space for a performance area, an audience area and a warm-up area
- Ensure you have the correct equipment and mats
- Decide on the age groups or target groups that will be invited to compete
- Build a programme for the day. A running order to ensure that there is enough time and space for everyone to compete
- Recruit judges and support personnel
- Set the rules for participation – age groups, ability levels, British Gymnastics membership
- Ensure all administration for the event is in place – invitation letters, entry forms, registration sheets, rules publicised, judging sheets, excel results log sheet, certificates/medals ordered
- Publicise the event
- Ensure that all finance is covered – is there an entry cost to cover the venue hire etc
- Risk Assessments in place
- Timetable of the day confirmed
- Invite VIP's – Guests, Local Authority Representatives, Head Teachers etc.

On the Day

- Lay out the gym accordingly
- Have an organisers' meeting to ensure everyone knows their roles on the day
- Judges' meeting to ensure all judges are marking according to the same criteria
- Registration of participants
- Music collected from teams
- First Aid provision in place
- Presentations of certificates and medals – presentation party to present the awards

- Refreshments

After the competition

- De-brief the organisers
- Circulate the results to all schools/clubs/teams
- Letters of thanks to all volunteers and support teams
- Finalise accounts to ensure all money has been collected and banked

Next Step Rhythmic Individual Routines

Step 1 - Hoop or Ball- Set Sequence

The body skills and apparatus skills that are included in the sequence are as follows:

Five of each skill should be included (5 Body skills and 5 Apparatus skills)

Body Skills Passé Balance
 Chainé Turn
 Kneeling Bend
 Cat Leap
 Dance & Travel steps

Hoop Skills Skip Through
 Spin on floor
 Swings (door plane)
 Roll on floor
 Rotation on hand

Or

Ball Skills Bounces with travel
 Roll down arms
 Swings (door plane)
 Roll on floor
 Tosses

The Sequence may be performed if you wish, to music of your choice.
Any genre of music is acceptable – orchestral, classical, pop, vocal etc.

Approximate time - 60 seconds. Music can be faded at the end.

Hoop Set Sequence

Suggested count of eight for each of the sections listed below

Start: Feet together, knees bent slightly & feet twisted to R side, Hoop held vertically in both hands, out to L side in door plane

1. Jump twisting feet to L side, moving Hoop across & out to R side, jump feet to face front, Hoop in front, arms bent. Repeat to other side, then repeat it all.
2. 8 spring jetés, (jogs) R – L – R – L – R – L – R – L turning on spot 360° to R, Hoop held flat above head, and tilted up and down.
3. 4 Skips forward through Hoop towards front – 8 counts (skip, step – skip, step – skip, step – skip, step).
4. Spin Hoop on floor in front of body & Passé Balance. Collect Hoop.
5. Step & swing with knee bend down and out to side R, Hoop held in both hands in door plane (vertically). Repeat swing to L side. Repeat again to R side, releasing L hand, & pass Hoop overhead from R to L hand, finish with Hoop out to R side in both hands.
6. Repeat all of No. 5 starting with swing to L side.
7. Run round in curve to R (clockwise) holding Hoop in 2 hands in table plane (horizontally) just below shoulder height.
8. Step sideways R foot towards front of area & chaîné turn, Hoop held in two hands above head in table plane. Squat down, bringing Hoop over body & flat onto floor, then place hands on floor & bunny jump to side out of Hoop
9. From squat, move onto L knee, placing L hand on the floor over edge of Hoop, stretch R leg out sideways and arch (bend) sideways/slightly backwards with free (R) arm overhead.
10. Recover from side bend, stand up, and prepare for roll of Hoop
11. Roll Hoop towards side/front corner, run several steps & do a Cat Leap alongside Hoop. Collect Hoop.
12. Travel sideways to R with 3/4 Grapevine Steps, rotating Hoop on one or two hands in door plane.

Finish in position (pose) of choice

Ball Set Sequence

Suggested count of eight for each of the sections listed below

Start: feet together, knees bent slightly & feet twisted to R side, Ball held in both hands, up resting in front of L shoulder

1. Jump twisting feet to L side, moving Ball across and out to R side, jump feet to face front, Ball in front of chest, arms bent. Repeat to other side, then repeat it all again.
2. 8 spring jetés, (jogs) R – L – R – L – R – L – R – L turning on spot 360° to R, Ball rotating forwards between two hands.
3. 6 side gallops towards front, R foot, bouncing Ball 1 or 2 hands (1 bounce on each gallop). Catch Ball, feet together facing front.
4. Step forward and roll Ball up chest with two hands, stretch arms forward & let Ball roll down to hands whilst doing a Passé Balance.
5. Step & swing with knee bend down and out to side R (door plane) Ball balanced on R hand. Repeat swing to L side. Repeat again to R side, & pass Ball overhead from R to L hand, finish with Ball on L hand, arm across body out to R side.
6. Repeat all of No. 5 starting with swing to L side.
7. Run round in curve to R (clockwise) holding Ball on R hand, taking arm from across body out to R side in table plane.
8. Step sideways R foot towards front of area & Chainé Turn, passing Ball behind waist from R hand to L & back to R. Squat down, then move forward onto knees whilst placing Ball onto front of R shoulder with R hand & hold it there.
9. Place L hand to side on floor & stretch R leg out straight to side. Arch (bend) sideways/backwards, keeping Ball on shoulder.
10. Recover from side bend, stand up, and prepare for roll of Ball
11. Roll Ball towards side/front corner, run several steps & do a Cat Leap alongside Ball. Collect Ball (one hand if possible).
12. Grapevine steps to R side, tossing Ball 3/4 times, 1 or 2 hands.
Finish in position (pose) of choice.

Step 2 - Ribbon Set Sequence or Hoop or Ball Optional Sequence

Ribbon Set Sequence Skills

The body skills and apparatus skills that are included in the sequence are as follows:

Five of each skill should be included (5 Body skills and 5 Apparatus skills)

Body Skills Passé Balance
 Dance steps
 Scissor Leap
 Body Wave
 Double Chainés Turn (2 turns)

Ribbon Skills Snakes of the Ribbon
 Coils (small circles) of the Ribbon
 Swings (horizontal side to side)
 Fig. 8 holding Ribbon end in one hand
 Toss & Catch of Ribbon Stick

The Sequence may be performed if you wish, to music of your choice.
Any genre of music is acceptable – orchestral, classical, pop, vocal etc.

Approximate time - 60 seconds. Music can be faded at the end.

Ribbon Set Sequence

Suggested count of eight for each of the sections listed below

Start: kneeling on R knee, sitting back on heel, L foot on floor beside R knee. R hand palm upwards holding Ribbon stick beside R hip, stick and ribbon behind body (back by R foot), head down.

1. Slowly rise up onto toes of both feet, then lift one foot up into Passé Balance, whilst bringing R arm forward and up above head, with horizontal snakes, wrist moving side to side.
2. 8 jogs (springs, jetés) on the spot with 360° turn to R, R arm forwards and snaking vertically, wrist moving up and down.
3. Repeat above with 360° turn to L.
4. Few running steps (or chassé) forwards into Scissor Leap, swing R arm forwards, up and back full circle, finishing arm in front.
5. Pause on toes, both feet together, R arm high above head, with fingers pointing down and performing coils with the Ribbon in front & to side of body L arm stretched sideways, shoulder height.
6. Step to side R swinging R arm across front of body and out to R side at shoulder height (table plane) leaving L foot pointed on floor at side. Transfer weight across to L swinging R arm across front of body and out to L side at shoulder height (table plane).
Swing again to R side into 360° turn to R with 3 steps : R – L – R allowing ribbon to float horizontally around at shoulder height on turn. Finish weight on R foot, arm out to R.
7. Repeat the swings starting to the L and on turn to the L, circle R arm overhead. Finish weight on L foot, R arm across body to L.
8. Immediately place finger & thumb of L hand lightly around the end of the stick and the swivel, and swinging the R arm out to R side with a quarter R turn (to face sideways on to front) feet together, pull the Ribbon through the fingers & thumb until the end of Ribbon is caught and gripped in the L hand, straight into a Figure of Eight. i.e. With L arm at shoulder height in front and holding Ribbon end, swing R arm down and back on R side into full circle up and over the top of the L arm and down to L side, Repeat Figure of Eight once more.

9. Perform two more Figure Eights together with a Body Wave.
10. Still holding Ribbon end, turn quarter L to face front swinging R arm underneath L arm and toss Ribbon stick up and over L arm to catch again in R hand.
11. Step side R into chainé turn to R x 2, circling ribbon outwards overhead on each turn.
12. Stretching R arm forwards and low, coil the Ribbon outwards whilst running backwards on toes, and into a slight curve to L. Turn, half turn to R with swing of R arm down in front of body and up to finish with flick of Ribbon over R shoulder, weight on R foot, L foot placed beside R on toes, heel lifted, L hand on hip, head turned to R

Finish in position (pose) of choice.

Hoop or Ball Optional Sequence

Construct your own sequence choosing **one** body skill from each of the five listed categories, in the order they are listed.

You choose which Leap, Balance, Turn and Bend is used.

You make up your own Dance Steps and Travel Steps.

Any apparatus skill from the list given can be linked with **any** of the body skills, so although you may perform the apparatus skills in any order, you must show each of the five apparatus skills at some point – either with or without a body skill.

You are allowed to repeat apparatus skills, but must show variety.

Dance steps & travelling steps must be included but you can use more than one and also use other link moves of choice.

The routine is to include 5 body skills & 5 apparatus skills, each worth 1.0 mark (10 marks in total)

Body Skills

1. **Leaps** – choose one from the following:
a) Stag Leap b) Scissors Leap c) Jump Turn 360°
2. **Balances** – choose one from the following:
a) Passé Balance b) Front Leg Lift c) Knee Balance
3. **Turns** – choose one from the following:
a) Passé Pivot b) Double Chainés c) Mushroom Pivot
4. **Bends/Waves** – choose one from the following:
a) Front Body Wave b) Circumduction c) Kneeling Bend
5. **Dance/Travel Steps** – at least two series of your own choice

Hoop Skills Rotations – at side, in front, or overhead
Boomerang Roll
Spin on Floor with hand contact
Swings (horizontal side to side) into turn & pass behind
Throw & Catch of the Hoop

Ball Skills Bounces-static or travelling, varied heights
Roll on the floor
Roll on the body
Swings (forward & back at side)
Throw & Catch of the Ball

Both the body skills and the apparatus skills allow you plenty of choice. You can select your own movements and decide how to put them together. Try to make a flowing sequence where movements are continuous and link easily from one into the next.

It will help if you try to work in counts of eight for each part.

It will also help greatly if you listen to the music and try to keep in time with it by performing appropriate moves with the beats or accents in the music, and move accordingly with the slow or fast parts of the music. This will result in good marks for musical expression and interpretation.

The Sequence may be performed to music of your choice. Any genre of music is acceptable – orchestral, classical, pop, vocal etc.

Approximate time - 60 seconds. Music can be faded at the end.

Step 3 – Rope Set Sequence or Ribbon Optional Sequence

Rope Set Sequence Skills

The body skills and apparatus skills that are included in the sequence are as follows:

Five of each skill should be included (5 Body skills and 5 Apparatus skills)

Body Skills Back Bend on Knees
 Mushroom Pivot Turn
 Turning Cat Leap
 Front Leg Lift Balance
 Dance Steps

Rope Skills Skips on Spot
 Travelling Skips
 Swings of Rope
 One-end Release of Rope
 Two-fold Ropework – helicopters and jump over

The Sequence may be performed if you wish, to music of your choice.
Any genre of music is acceptable – orchestral, classical, pop, vocal etc.

Approximate time - 60 seconds. Music can be faded at the end.

Rope Set Sequence

Suggested count of eight for each of the sections listed below

Start: Facing R diagonal front, kneeling on both knees, sitting on heels and curled forwards over knees, Rope folded in 3 lying across knees, arms outstretched sideways, and fingertips on floor.

1. Uncurling top half of body, lift arms up sideways to overhead (5th position), bend arms & bring them down to place on centre of folded Rope on knees. Slide hands along Rope and grip ends.
2. Kneel up (open knees slightly) and stretching arms up overhead, lean back and arch into back bend.
3. Recover to upright position on knees, stand up retaining knot of Rope in each hand release centre loop, swing two-fold Rope in Figure of Eight down on R side then L side, then again R & L.
4. Open Rope and perform eight boxer skips (jogging one foot to other) on the spot, then eight more with arms crossing on 5th, open on 6th, cross on 7th, open on 8th.
5. Travel forwards with four slow skips, with a Pas de Bas (3 step pattern) on each skip, arms stretching high overhead each time.
6. Continue high arm swing overhead and place R foot forward on heel, toe lifted high then trap Rope under R foot, bend R knee in preparation for Pivot, R arm forwards, L arm sideways holding tension on Rope. Mushroom Pivot holding both arms forwards/sideways and keeping tension on Rope Immediately at end of Pivot, release Rope from R foot opening arms sideways, Rope in 'U' shape in front of body.
7. Step and swing to side L (pendulum swing) with L arm up, R arm down keeping arc of the Rope, repeat swing to R, then to L again into 360° turn to L swinging Rope overhead keeping arc of the Rope, finishing with swing to L.
8. Repeat the above swings and turn, starting with swing to R first and turn to R.
9. At end of turn and on swing to R, release end of Rope from L hand, and with quarter turn to L, run forwards with Rope trailing on floor behind in R hand, perform a high hop in passé position pulling R arm through from behind to

front to flick end of Rope up in front and catch end in L hand.

10. Immediately (as end of Rope is caught), swing both arms down on R side of body with half turn to R opening arms out sideways into four slow backward skips on the spot, feet together, two jumps on each rope turn, arms doing full extended circle overhead.
11. On last back circle, stop feet, bend knees a little and lift the heels to trap Rope under the heels, slight pause, then swing Rope up from behind and as arms come overhead, put both knots into the R hand and swing Rope inwards overhead to perform helicopter circles overhead
12. Turn L and run in curve to L and chassé L foot leading into turning cat leap to L, finish facing sideways on to front.
13. Perform a balance on the toes of one foot, free leg extended straight forwards, Rope performing three helicopter swings overhead.
14. Catch the loop of the Rope in L hand, with quarter turn to face front and jump over (skip through) two-fold Rope.
15. Let go of loop from L hand and whilst making another helicopter swing overhead, keep hold of folded Rope in R hand, but grip one knot in L hand and pull it downwards through the R hand to finish Rope in three – one third single and vertical in front and $\frac{2}{3}$ double Rope overhead.
Continue helicopters with $\frac{2}{3}$ Rope and perform a dance step: spring to side R onto R foot, close L to R, spring again to side R and place L heel on floor at side, repeat step to L, then again to R, jump feet together with knee twist to R, repeat jump with knee twist to L.
16. Catch loop of Rope in L hand (Rope now three-fold) and place the folded Rope around the neck and perform **either** a Cartwheel or a Forward or Backward or Scrabble Roll.

Finish in position of choice on the floor, in contact with Rope.

Ribbon Optional Sequence

Construct your own sequence choosing **one** body skill from each of the five listed categories, in any order.

You choose which Leap, Balance, Turn and Bend.

You make up your own Dance Steps and Travel Steps.

Any apparatus skill from the list given may be linked with **any** of the body skills, so although you can perform the apparatus skills in any order, you must show each of the **five** apparatus skills at some point – either with or without a body skill.

You are allowed to repeat apparatus skills, but must show variety.

Dance steps & travelling steps must be included but you can use more than one and also use other link moves of choice.

Body Skills

1. **Leaps** – choose one from the following:
a) Jump Turn 360° b) Cabriole c) 2 consecutive Stag Leaps
2. **Balances** – choose one from the following:
a) Arabesque b) Front or side Leg Lift c) Knee Balance
3. **Turns** – choose one from the following:
a) Double Passé Pivot b) Mushroom Pivot c) Front Leg lift
4. **Bends/Waves** – choose one from the following:
a) Back Body Wave b) Splits c) Kneeling or standing Bend
5. **Dance/Travel Steps** – at least two series of own choice.

Ribbon Skills Snakes of the Ribbon with the Pivot Turn
Coils (small circles) of the Ribbon with one set of Dance Steps
Swings (side to side, Ribbon either vertical or horizontal)
Fig. 8 with spirals (Ribbon circle horizontal inwards overhead & underneath in front)
Toss/small throw & catch of Ribbon stick

Both the body skills and the apparatus skills allow you plenty of choice. You can select your own movements and you can decide how to put them together. Try to make a flowing sequence where movements are continuous and link easily from one into the next.

It will help if you try to work in counts of eight for each part.

It will also help greatly if you listen to the music and try to keep in time with it by performing appropriate moves with the beats or accents in the music, and move accordingly with the slow or fast parts of the music. This will result in good marks for musical expression and interpretation.

The Sequence should be performed to music, of your choice (ANY type – orchestral, classical, pop, vocal etc.)

Approximate time: 60-90 seconds. Music can be faded at the end, however preferably edited as a complete piece of music with a definite start and finish.

Next Step Rhythmic Groupwork Routines

To enable participants to perform as a team, set sequence as described for Individual performance at each level can be performed as a Group Sequence as follows:

Step 1 - Hoop

Step 2 - Ribbon

Step 3 – Rope

There will be two possibilities for Group performances at each level, either:

1. **Large Group** – minimum of 10 gymnasts

Everyone performs the set routine together en masse, each gymnast working within their own space, but doing the same sequence, and following the same direction and floor pattern.

2. **Small Group** – minimum of 4, maximum 9 gymnasts.

Numbers to be decided by the teacher/coach, dependent upon the ages, ability levels and social skills of the participants.

The group performs the set routine with optional formations/patterns/shapes shown by the group members through changes of direction, level, timing etc.

Marks for both large and small group work sequences will be awarded for:

- Inclusion of all the Set Skills
- Technical Performance – How neat and controlled the moves are
- Synchronisation of the whole group
- Musical interpretation and expression
- Overall Impression

Step 1- Groupwork Hoop Sequence

The set hoop routine as stated for Individuals and as set out below. For Groupwork, apply the blue text to create different formations and patterns with group members.

Suggested count of eight for each of the eight sections listed below

Start: Feet together, knees bent slightly & feet twisted to R side, Hoop held vertically in both hands, out to L side in door plane

Group starts in centre of floor space, fairly close together, choice of group formation, and which direction each individual is facing.

1. Jump, twisting feet to L side, moving Hoop across & out to R side, jump feet to face front, Hoop in front, arms bent.
Repeat to other side.
4 spring jetés, R – L – R – L turning on spot 360° to R, Hoop held in door plane (vertically) in front.
Group perform No. 1 in Unison.
2. 4 Skips forward through Hoop towards front;
(skip, step – skip, step – skip, step – skip, step)
All group members perform skips travelling outwards away from centre, either to various sides/corners or for all to go to same side/corner.
3. Spin Hoop on floor in front of body & Passé Balance. Collect Hoop.
All/each member chooses which direction to face and perform this in unison.
4. Step & swing to side L, Hoop held in both hands & swinging down & out to side in door plane (vertically).
Repeat swing to R side.
Repeat again to L side, releasing R hand, & passing Hoop overhead from L hand to R hand, finish with Hoop extended to L side in both hands.
Perform in Canon, with one or more gymnasts at a time. Face whichever way suits the team and whilst waiting for their turn, the participants may show pose or small dance movement.
5. Run round in a semi-circle curve to R (clockwise) holding Hoop in 2 hands, table plane (horizontally) just below shoulder height.
Step sideways R foot towards front of area & chaîné turn, Hoop held in two hands above head in table plane.
On run round, group members run clockwise into a small or large circle.
Choose which direction for each gymnast to perform chaîné turn.

6. Squat down, bringing Hoop over body & flat onto floor. Place hands on floor and bunny jump to side out of Hoop. From squat, move onto one knee, placing nearest hand on the floor over edge of Hoop, stretch other leg out sideways and arch (bend) sideways/slightly backwards with free arm overhead.

Choose which direction for each gymnast to face.

7. Stand up with Hoop, Roll Hoop towards side/front corner, run several steps and do a cat leap alongside Hoop. Collect Hoop.

Hoop to be rolled in different directions so that the gymnasts cross over each other. This can be performed in Unison or in Canon.

8. Travel sideways to R with 3/4 Grapevine Steps, rotating Hoop on one or two hands in door plane.

As performing grapevine, gymnasts to work their way into a straight line – line can be front/back, side/side or diagonal.

Finish: Perform own movement of choice whilst in the line showing changes of level. Move into group shape for finish in position or pose of choice.

Step 2 - Groupwork Ribbon Sequence

The set Ribbon routine as stated for Individuals and as set out below. For Groupwork, apply the blue text to create different formations and patterns with group members.

Suggested count of eight for each of the eight sections listed below

Start: kneeling on R knee, sitting back on heel, L foot on floor beside R knee. R hand palm upwards holding Ribbon stick beside R hip, stick and Ribbon behind body (back by R foot), head down.

Group starts in a straight line – either side/side, front/back or diagonal.

1. Slowly rise up onto toes of both feet, then lift one foot up into Passé Balance, whilst bringing R arm forward and up above head, with horizontal snakes, wrist moving side to side.
Perform No. 1 in Canon, one or more gymnasts at a time starting to rise up.
2. 8 jogs (springs, jetés) on the spot with 360° turn to R, R arm forwards and snaking vertically, wrist moving up and down.
Perform in Unison.
3. Repeat above with 360° turn to L.
Perform in Unison but each gymnast moving slightly out of the line into a different group formation.
4. Few running steps (or chassé) forward into Scissor Leap, swing R arm forwards, up and back full circle, finishing arm in front.
Choose direction of travel – can be the same, or different for different gymnasts.
5. Pause on toes, both feet together, R arm high above head, with fingers pointing down and performing coils with the Ribbon in front & to side of body L arm stretched sideways, shoulder height.
Perform in unison in arrival place following the travel, but with each gymnast taking up a different pose (position) to perform the coils.
6. Step to side R swinging R arm across front of body and out to R side at shoulder height (table plane) leaving L foot pointed on floor at side. Transfer weight across to L swinging R arm across front of body and out to L side at shoulder height (table plane). Swing again to R side into 360° turn to R with 3 steps : R – L – R allowing Ribbon to float horizontally around at shoulder height on turn. Finish weight on R foot, arm out to R.

Perform No. 6 and No. 7 in any order, can be the same or different for different gymnasts, facing any direction or each other, could be performed in Unison or in Canon.

7. Repeat the swings starting to the L and on turn to the L, circle R arm overhead. Finish weight on L foot, R arm across body to L.
8. Immediately place finger & thumb of L hand lightly around the end of the stick, & the swivel, and swinging the R arm out to R side with a quarter R turn (to face sideways on to front) feet together, pull the Ribbon through the fingers & thumb until the end of Ribbon is caught and gripped in the L hand, straight into a Figure of Eight i.e – with L arm at shoulder height in front and holding Ribbon end, swing R arm down and back on R side into full circle up and over the top of the L arm and down to L side, Repeat Figure of Eight once more.
All gymnasts face the same way to perform the Figure Eight, the second half of No. 8 and the Body Wave No. 9. Extra swings might be needed to get into step together.
9. Perform two more Figure Eights together with a Body Wave.
10. Still holding Ribbon end, turn quarter L to face front swinging R arm underneath L arm and toss Ribbon stick up and over L arm to catch again in R hand.
Gymnasts face direction of choice for toss.
11. Step side R into chainé turn to R x 2, circling Ribbon outwards overhead on each turn.
Perform No.11 in Canon, choose direction of travel, some/all may turn to R or L.
12. Stretching R arm forwards and low, coil the Ribbon outwards whilst running backwards on toes, and into a slight curve to L.
Turn half turn to R with swing of R arm down in front of body and up to finish with flick of ribbon over R shoulder, weight on R foot, L foot placed beside R on toes, heel lifted, L hand on hip, head turned to R.

Finish: All gymnasts running backwards towards the centre and towards each other (not too close), finish facing direction of choice and position of choice in group formation

Step 3 - Groupwork Rope Sequence

The set Rope routine as stated for Individuals and as set out below. For Groupwork, apply the blue text to create different formations and patterns with group members.

Suggested count of eight for each of the eight sections listed below

Start: Facing R diagonal front kneeling on both knees, sitting on heels and curled forwards over knees, Rope folded in 3 lying across knees, arms outstretched sideways, fingertips on floor.

Start in Group formation of choice, at centre back of floor space, all facing R front corner.

1. Uncurling top half of body, lift arms up sideways to overhead (5th position), bend arms & bring them down to place on centre of folded Rope on knees. Slide hands along Rope and grip ends.
Perform No. 2 and No. 3 in Unison.
2. Kneel up (open knees slightly) and stretching arms up overhead lean back and arch into back bend.
3. Recover to upright position on knees, stand up retaining knot of Rope in each hand release centre loop, and keeping wrists close together swing two-fold Rope in Figure of Eight down on R side then L side, then again R & L.
As stand up, group split into two sub groups, one facing front R corner one facing front L corner.
4. Open Rope and perform four boxer skips (jogging one foot to other) on the spot, then four more with arms crossing on 5th, open on 6th, cross on 7th, open on 8th
In Canon- one group performs all of No. 4 whilst the other group continues with the Figure of Eight swings on the R & L sides, then sub groups switch skills.
5. Travel forwards with four slow skips, with a Pas de Bas (3 step pattern) on each skip, arms stretching high overhead each time
In Unison, each of the two sub groups travels to the corner they are facing.
6. Continue high arm swing overhead and place R foot forward on heel, toe lifted high then trap Rope under R foot, bend R knee in preparation for Pivot, R arm forwards, L arm sideways holding tension on Rope. Mushroom Pivot holding both arms forwards and keeping tension on Rope. Immediately at end of Pivot, release Rope from R foot opening arms sideways, Rope in 'U' shape in front of body.

- Choose which direction to face to perform No. 6
7. Step and swing to side L (pendulum swing) with L arm up, R arm down keeping arc of the Rope, repeat swing to R, then to L again into 360° turn to L swinging Rope overhead keeping arc of the Rope, finishing with swing to L.
[Perform No. 7 and No. 8 in any order, each group going the same or different ways.](#)
 8. Repeat the above swings and turn, starting with swing to R first and turn to R.
 9. At end of turn and on swing to R, release end of Rope from L hand, and with quarter turn to L, run forward with Rope trailing on floor behind in R hand, perform a high hop in passé position pulling R arm through from behind to front to flick end of Rope up in front and catch end in L hand.
[Two sub groups run towards each other with Rope trailing on floor into hop and catch end of Rope, meeting up to face a partner \(not too close\).](#)
 10. Immediately (as end of Rope is caught) swing both arms down on R side of body with half turn to R opening arms out sideways into four slow backward skips on the spot, feet together, two jumps on each rope turn, arms doing full extended circle overhead.
[Face partner and Mirror each other on backward skips.](#)
 11. On last back circle, stop feet, bend knees a little and lift the heels to trap Rope under the heels, slight pause, then swing Rope up from behind and as arms come overhead, put both knots into the R hand and swing Rope inwards overhead to perform Helicopter circles overhead.
[Face and Match partner getting into and performing Helicopters.](#)
 12. Turn L and run in curve to L and chassé L foot leading into turning cat leap to L, finish facing sideways on to front.
[In own space with partner, run round each other with chassé and cat leap to swap places and finish one behind the other \(not too close\), facing direction of choice.](#)
 13. Perform a Balance on the toes of one foot, free leg extended straight forwards, Rope performing three helicopter swings overhead
[Rear gymnast perform No. 13, front gymnast performs a Knee Balance with the same Helicopters](#)
 14. Catch the loop of the Rope in L hand, with quarter turn to face front and jump over (skip through) two-fold Rope
[Front gymnast stands and both perform No. 14 in Canon.](#)

15. Let go of loop from L hand and while making another helicopter swing overhead, keep hold of folded Rope in R hand, but grip one knot in L hand and pull it downwards through the R hand to finish Rope in three – third single vertical in front and 2/3 double Rope overhead.
Continue helicopters with 2/3 Rope and perform a dance step : spring to side R onto R foot, close L to R, spring again to side R and place L heel on floor at side, repeat step to L, then again to R, jump feet together with knee twist to R, repeat jump with knee twist to L.

Whole group performs Dance Step in Unison, then add travelling steps of choice to move into a different group formation.

16. Catch loop of Rope in L hand (Rope now three-fold) and place the folded Rope around the neck and perform either a Cartwheel or a Forward or Backward or Scramble Roll.

Perform acrobatic skill in direction of choice.

Finish: in a position and group formation of choice showing different levels, everyone in contact with one or more Ropes, separately or inter-twined.

Next Step Rhythmic Judging Information

Some common Teaching Points, applicable to most movement actions, either with the body or with apparatus :

- Footwork should be light, mostly performed on toes (not flat feet).
- The body should be controlled and poised, showing good body tension.
- Arms should be stretched and elegant. Most apparatus actions performed with stretched arms (apparatus **away** from body).
- The grip on the apparatus is optional, comfortable and **not too tight** and can change/adapt during an action if needed.
- The apparatus should be kept **in motion** as much as possible.
- The link of body action and apparatus action to be smooth and logical, both moving (except the body in held balance positions).
- All actions to have controlled start and finish positions.

All sequences are marked out of 20.

5 marks are allocated to the Body Skills

5 marks are allocated to the Apparatus Skills

10 marks are allocated to the Overall Impression of the sequence.

The following pages give templates for judging cards that can be used and the marking criteria that should be implemented.

Next Step Rhythmic – Step 1 – Ball Set Sequence Judging Card			
Skill	Marks available	During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed	Score Given
Dance Step	1	Feet together on jumps, feet & ankles stretched throughout, light and bouncy	
	0.5	Feet apart on the jumps and/or feet & ankles not stretched, heavy footwork	
	0	Dance steps not recognisable or not performed.	
Bounce Ball	1	Bounce Ball with one hand, light fingers, with control, above hip height.	
	0.5	Ball bounced with 2 hands or with 1 hand below hip level, or slapping with hand.	
	0	Ball not under control and/or Ball lost.	
Roll Ball on arms	1	Smooth roll of Ball up chest and down stretched arms, and Ball caught in the hands.	
	0.5	Roll is attempted but is not clear, or is jerky and/or stops in the arms.	
	0	Roll is not performed or Ball is dropped.	
Passé Balance	1	Balance is held, on the toes, for the duration of the roll of the Ball down the arms	
	0.5	Balance is held for only part of the roll of the Ball and/or is performed on a flat foot	
	0	Balance not performed, or fall out of balance, or shape not recognisable or Ball lost	
Swing Ball	1	Smooth swing, Ball stays in plane throughout, arms extended sideways on swings	
	0.5	Ball not staying in plane throughout, swing jerky, arms bent	
	0	Ball is lost or the swings are performed with the Ball in 2 hands.	
Chainé Turn	1	Feet tight together, on toes, Ball passed smoothly from 1 hand to other behind back	
	0.5	Turn is performed with feet apart, or not on toes, and/or Ball not passed smoothly	
	0	Turn is not performed or is less than 180° or Ball is lost during turn	
Kneeling Bend	1	Leg stretched, in line with body, slight side/back bend of body, support arm straight	
	0.5	Bent leg, not in line with body and /or no bend of body or support arm bent	
	0	Position not shown, or fall out of position, or Ball is lost	
Roll Ball	1	Ball rolled smoothly in straight line, no bounces or wobbles, picked up in 1 hand	
	0.5	Ball rolled without control and bounces or wobbles and/or is picked up in 2 hands.	
	0	Ball rolled too fast & too far, or too slowly & less than 2m, or roll not performed	
Cat Leap	1	Knees up in front to chest level, toes pointed, both arms circle forward & up	
	0.5	Knees low, toes not pointed, or heavy landing, and/or without arm circle	
	0	Cat leap not performed, or is not recognisable, Ball dropped or not picked up	
Tosses of Ball	1	All tosses continuous, approx. head height, smooth light catches	
	0.5	2 tosses are less than 10 cms. high and/or jerky or heavy catch	
	0	The Ball is dropped during any of the tosses or the tosses are not performed.	
Overall Impression	10	At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.	
		Routine is performed neatly with stretched legs, pointed toes, light footwork	
		Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
		Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
		Performance shows good musical interpretation, expression and rhythm	
		Routine is performed with confidence, good posture, head up, and a smile!	
Total	20		

Next Step Rhythmic – Step 1 – Hoop Set Sequence Judging Card			
Skill	Marks available	During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed	Score Given
Dance Steps	1	Feet together on jumps, feet & ankles stretched throughout, light and bouncy	
	0.5	Feet apart on the jumps and/or feet & ankles not stretched, heavy footwork	
	0	Dance steps not recognisable or not performed.	
Skip thro' Hoop	1	Skips through smooth & clean, toes pointed, Hoop not touching feet or floor	
	0.5	Skips performed hesitantly and/or hoop touches feet or floor during skips	
	0	Skips not performed or Hoop is dropped.	
Spin Hoop	1	Hoop stays on the same spot, remains vertical, shows at least two clear rotations	
	0.5	Hoop shows at least 1 clear rotation but moves off the spot and/or begins to drop	
	0	Hoop does not complete one clear rotation.	
Passé Balance	1	Balance is held, on the toes, for at least the duration of 1 Hoop rotation	
	0.5	Balance is held for only part of a rotation and/or is performed on a flat foot	
	0	Balance not performed, or fall out of balance, or shape is not recognisable	
Swing Hoop	1	Smooth swing, Hoop stays in plane throughout, arms extended sideways on swings	
	0.5	Hoop not staying in plane throughout, swing jerky, arms bent	
	0	Hoop not in plane and arms not stretched, and/or Hoop touches the floor or dropped	
Chainé Turn	1	Turn is performed feet together, on toes, Hoop held flat above head, arms straight	
	0.5	Turn is performed with feet apart or not on toes, and/or Hoop at angle, arms bent	
	0	Turn is not performed or is less than 180° or Hoop is lost during turn	
Kneeling Bend	1	Leg stretched, in line with body, bend of body, support arm straight, head back	
	0.5	Bent leg, not in line with body and /or no bend of body or support arm bent	
	0	Position not shown, or fall out of position	
Roll Hoop	1	Hoop rolled smoothly in straight line, no bounces or wobbles, picked up in 1 hand	
	0.5	Hoop rolled without control and bounces or wobbles and/or is picked up in 2 hands.	
	0	Hoop rolled too fast & too far, or too slowly & less than 2m, or roll not performed	
Cat Leap	1	Knees up in front to chest level, toes pointed, both arms circle forward & up	
	0.5	Knees low, toes not pointed, or heavy landing, and/or without arm circle	
	0	Cat leap not performed, or is not recognisable, Hoop dropped or not picked up	
Rotate	1	Rotations are on the hand, smooth, Hoop stays in door plane and vertical	
	0.5	Rotations shown but jerky, or Hoop travels up the arm and/or Hoop not vertical	
	0	Rotations not performed, or Hoop is lost, or Hoop goes above elbow	
Overall Impression	10	At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
Total	20	Routine is performed with confidence, good posture, head up, and a smile!	

Next Step Rhythmic – Step 2 – Ball Optional Sequence Judging Card			
Skill	Marks available	During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed	Score Given
Leap / Jump	1	Strong take-off, good elevation, clear & extended body shape, soft landing	
	0.5	Lacks elevation, and/or poor body shape, or heavy and/or uncontrolled landing	
	0	Skill not performed or not recognisable and/or apparatus dropped or lost	
Balance	1	Balance held for 2 seconds, body & legs tight, on toes, clear body shape	
	0.5	Balance not held/fall out of balance, poor body shape, apparatus not controlled	
	0	Balance not shown or apparatus dropped and/or lost	
Turn	1	Turn/s complete, controlled, on toes, clear body shape	
	0.5	Turn/s incomplete and/or lack control, not on toes, apparatus not controlled	
	0	Turn/s not shown, apparatus dropped and/or lost	
Bend / Wave	1	Clear bend or wave of body shown with control, apparatus controlled	
	0.5	Incomplete bend or wave and/or lacks control, or apparatus uncontrolled	
	0	Skill not performed, or apparatus lost or dropped	
Dance / Travel Steps	1	Step pattern clear, light footwork, stretched ankles & toes, apparatus moving	
	0.5	Dance step not clear, footwork heavy, toes not pointed, and/or apparatus static	
	0	Dance step not performed, and/or apparatus dropped or lost	
Bounces of Ball	1	Rhythmic, smooth, light bounces using fingers, continuous, with body movement	
	0.5	Bounces lack rhythm and/or jerky, small loss of Ball or body movement not clear	
	0	Rhythmic bounces not shown and/or Ball dropped or lost	
Roll Ball on Floor	1	Smooth roll, body movement during roll, clean pick up with one or two hands	
	0.5	Roll bouncy or too fast/slow, or unclear body movement shown, fumbled pick up	
	0	Ball lost and/or no body movement shown during roll, Ball dropped in pick up	
Roll Ball on Body	1	Ball rolled smoothly on body, clean collection at end, linked with body movement	
	0.5	Roll jerky, and/or fumbled collection, or body movement not in harmony with Ball	
	0	Roll not performed or Ball dropped or lost and/or no body movement shown	
Swing Ball	1	Arms stretched, Ball held lightly in one hand, swings smooth and in Plane	
	0.5	Ball is held against the wrist or forearm and/or swings jerky or not in Plane	
	0	Swings not performed and/or Ball is dropped or lost	
Throw/Catch Ball	1	Swing & throw with stretched arm, smooth throw up & in front of head, stretched follow-through, soft catch with one hand	
	0.5	Throw lacks height, swing jerky and/or arm bent, Ball too far forward or behind	
	0	Ball not caught and/or gymnast has to run to retrieve Ball	
Overall Impression	10	At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
.	Routine is performed with confidence, good posture, head up, and a smile!		
Total	20		

Next Step Rhythmic – Step 2 – Hoop Optional Sequence Judging Card			
Skill	Marks available	During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed	Score Given
Leap / Jump	1	Strong take-off, good elevation, clear & extended body shape, soft landing	
	0.5	Lacks elevation, and/or poor body shape, or heavy and/or uncontrolled landing	
	0	Skill not performed or not recognisable and/or apparatus dropped or lost	
Balance	1	Balance stable and held for 2 seconds, body & legs tight, clear body shape	
	0.5	Balance not held/fall out of balance, poor body shape, apparatus not controlled	
	0	Balance not shown or apparatus dropped and/or lost	
Turn	1	Turn/s complete, controlled, on toes, clear body shape	
	0.5	Turn/s incomplete and/or lack control, not on toes, apparatus not controlled	
	0	Turn/s not shown, apparatus dropped and/or lost	
Bend / Wave	1	Clear bend or wave of body shown with control, apparatus controlled	
	0.5	Incomplete bend or wave and/or lacks control, or apparatus uncontrolled	
	0	Skill not performed, or apparatus lost or dropped	
Dance/ Travel Steps	1	Step pattern clear, light footwork, stretched ankles & toes, apparatus moving	
	0.5	Dance step not clear, footwork heavy, toes not pointed, and/or apparatus static	
	0	Dance step not performed, and/or apparatus dropped or lost	
Hoop Rotations	1	Rotations on the hand, smooth, Hoop stays in plane, performed with body movement	
	0.5	Rotations jerky, loss of plane, and/or less than 3 rotations shown	
	0	Rotations not performed, and/or Hoop is dropped or lost	
Boomerang Roll Hoop	1	Hoop rolls smoothly, in straight line, returns to gymnast, body movement shown	
	0.5	Roll is incomplete or jerky and/or Hoop falls and/or body movement not clear	
	0	Hoop does not return and/or boomerang is not linked with a body movement	
Spin Hoop	1	Hoop spins continuously, at least 3 times, on floor, fingers in contact, clean pick up	
	0.5	Spinning is jerky or less than 3 spins and/or Hoop touches body or collection is fumbled	
	0	Spin not shown and/or Hoop is dropped	
Swing Hoop	1	Hoop stays in plane, arms extended, smooth change of grip, turn smooth and on toes	
	0.5	Hoop not stay in plane, and/or change of grip fumbled, or turn not smooth, not on toes	
	0	Hoop dropped or lost, and/or turn not complete 360°	
Throw/Catch Hoop	1	Swing & throw with stretched arm/s, smooth throw up & in front of head, stretched follow-through, clean catch with one or two hands	
	0.5	Throw lacks height, swing jerky and/or arm bent, Hoop too far forward or behind	
	0	Hoop not caught and/or gymnast has to run to retrieve Hoop	
<i>Overall Impression</i>	10	At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
Total	20	Routine is performed with confidence, good posture, head up, and a smile!	

Next Step Rhythmic – Step 2 – Ribbon Set Sequence Judging Card			
Skill	Marks available	During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed	Score Given
Snakes of Ribbon	1	Snakes continuous, at least 6, same size, clear shape, no tangle, no touching body	
	0.5	Uneven size/shape of snakes, less than 3 snakes shown, and/or Ribbon brushed body	
	0	Snakes not shown, Ribbon tangled	
Passé Balance	1	Balance is held, on the toes, whilst Ribbon snakes at least 6 times	
	0.5	Balance held for only a couple of snakes and/or performed on flat foot	
	0	Balance not performed and/or fall out of balance or shape not clear, or Ribbon tangled	
Dance Steps	1	Footwork light, stretched, legs close together, Ribbon continuous, clear snakes	
	0.5	Feet & ankles not stretched on springs, legs slightly apart, and/or snakes uneven	
	0	Dance steps not recognisable or not performed, Ribbon completely knotted	
Scissor Leap	1	Both legs swing up in front, both straight, toes pointed, land lightly on one foot	
	0.5	Performed with one or both legs low and/or knees bent, heavy landing	
	0	Scissor Leap not performed or is not recognisable	
Coils of Ribbon	1	Coils continuous, at least 6, same size, clear rounded shape, no tangle or touching body	
	0.5	Uneven size/shape of coils, less than three coils shown, Ribbon brushes body	
	0	Coils not shown, Ribbon tangled and/or stick dropped	
Swing of Ribbon	1	Ribbon stays at shoulder height, off floor, in smooth curve, and arms stretched	
	0.5	Swings are not smooth, Ribbon drops to floor during or between turns, arm/s bent	
	0	Turn is not performed, Ribbon loses shape or gets tangled, or wrapped round body	
Fig. Eight of Ribbon	1	Ribbon stays in plane at side of body, shows large smooth circles, arm stretched	
	0.5	Ribbon not in plane, touches body and/or circles too small	
	0	Figure of Eights not shown, and/or Ribbon tangled or stick dropped	
Body Wave	1	Wave through whole body, controlled finish on toes, Ribbon smooth with clear shape	
	0.5	Partial Body Wave, and/or Ribbon out of shape or uncontrolled finish	
	0	No Body Wave, and/or Ribbon tangled, or stick dropped	
Toss & Catch Stick	1	Strong Toss of stick, above head height, Ribbon curved, catch handle with one hand	
	0.5	Toss low and/or not overhead, or Ribbon tangled	
	0	Toss not performed, or Ribbon completely tangled or stick dropped	
Chainés Turns	1	Turns smooth, no stops, feet together, on toes, Ribbon in smooth large circle overhead	
	0.5	Stop between turns, or feet apart or not on toes, and/or Ribbon not overhead & smooth	
	0	One or two turns not performed, and/or Ribbon tangled and not circling or stick dropped	
Overall Impression	10	At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
.	Routine is performed with confidence, good posture, head up, and a smile!		
Total	20		

Next Step Rhythmic – Step 3 – Ribbon Optional Sequence Judging Card			
Skill	Marks available	During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed	Score Given
Leap / Jump	1	Strong take-off, good elevation, clear & extended body shape, soft landing	
	0.5	Lacks elevation, and/or poor body shape, or heavy and/or uncontrolled landing	
	0	Leap not performed or not recognisable and/or apparatus dropped or lost	
Balance	1	Balance stable and held for 2 seconds, body & legs tight, clear body shape	
	0.5	Balance not held/fall out of balance, poor body shape, apparatus not controlled	
	0	Balance not shown or apparatus dropped and/or lost	
Turn	1	Turn complete, and controlled, on toes, clear body shape	
	0.5	Turn/s incomplete and/or lack control, not on toes, apparatus not controlled	
	0	Turn/s not shown, apparatus dropped and/or lost	
Bend / Wave	1	Smooth bend (curve) of body, control in and out of bend, head back	
	0.5	Bend of body uneven or incomplete or lacks control and/or apparatus not controlled	
	0	Bend not shown or apparatus dropped	
Dance / Travel Steps	1	Step pattern clear, light footwork, pointed toes, body contact with moving apparatus	
	0.5	Dance step not clear, footwork heavy, toes not pointed, and/or apparatus static	
	0	Dance step not performed, and/or apparatus dropped or lost	
Snakes of Ribbon	1	Snakes continuous, at least 6, same size/shape, no tangle of Ribbon, no touching body	
	0.5	Uneven size/shape snakes, less than three snakes shown and/or tangle or touch body	
	0	Snakes not shown, Ribbon tangled or wrapped around body	
Coils of Ribbon	1	Coils continuous, at least 6, same size / shape, no tangle of Ribbon, no touching body	
	0.5	Uneven size/shape of coils, less than 6 coils shown, Ribbon brushes body	
	0	Coils not shown, Ribbon tangled or stick dropped	
Swings of Ribbon	1	Ribbon continuous, off floor throughout, smooth curve, arms stretched	
	0.5	Swings are not smooth and/or Ribbon drops to floor or touches body, or arms bent	
	0	Ribbon loses shape or gets tangled or stick is dropped	
Figure Eight of Ribbon	1	Ribbon stays in plane horizontally, clear of body, large smooth circles, arm stretched	
	0.5	Ribbon not in plane and/or circles too small or Ribbon touches body	
	0	Figure of Eights not shown, and/or Ribbon tangled or stick dropped	
Toss & Catch Stick	1	Strong Toss of stick, above head height, Ribbon curved, one hand catch of handle	
	0.5	Toss low and/or not overhead, or Ribbon tangled	
	0	Toss not performed, or Ribbon completely tangled or stick dropped	
Overall Impression	10	At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.	
		Routine is performed neatly with stretched legs, pointed toes, light footwork	
		Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
		Apparatus handling smooth, clean changes of grip & changes of plane, no drops	
		Performance shows good musical interpretation, expression and rhythm	
		Routine is performed with confidence, good posture, head up, and a smile!	
Total	20		

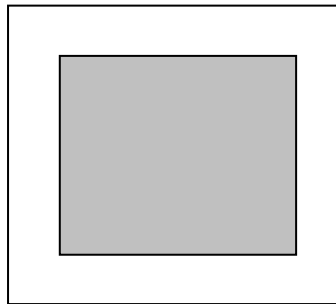
Next Step Rhythmic – Step 3 – Rope Set Sequence Judging Card			
Skill	Marks available	During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed	Score Given
Back Bend on Knees	1	Continuous curve of body, fingers/apparatus touch floor, controlled bend and recovery	
	0.5	Bend of body uneven or incomplete, and/or loss of balance on bend or recovery	
	0	Bend not shown or complete loss of balance or Rope dropped	
Skips on spot with Rope	1	Footwork light & springy, stretched feet & arms, Rope continuous and smooth, no trips	
	0.5	Skips not continuous, or feet & ankles not stretched, small trip in Rope	
	0	Skips not performed and/or several trips in the Rope	
Travelling Skips with Rope	1	Clear pas-de-bas, pointed toes, travel at least 4m. arms stretched, Rope continuous	
	0.5	Ankles not stretched, travel less than 4m. and/or arms bent or small trip in Rope	
	0	No travel shown, and/or several trips in Rope, or Rope dropped	
Mushroom Pivot	1	Turn complete 360°, controlled, on toes, clear body shape, arms stretched Rope taut	
	0.5	Turn incomplete and/or lack control, not on toes, Rope not controlled or not taut	
	0	Turn not shown, and/or Rope not under foot or Rope dropped	
Swings with Rope	1	Rope stays in plane, smooth arc overhead, arms extended, turn smooth and on toes	
	0.5	Rope not staying in plane, or Rope kinks or drops, or turn not smooth and not on toes	
	0	Rope dropped, and/or turn not completed	
Release of Rope	1	Light drop of Rope, smooth curve on swing though, clean catch, and high Hop	
	0.5	Rope bangs on floor and/or has kinks on swing through, or fumbled catch or Hop low	
	0	Rope is dropped or not caught, or Hop is not performed	
Turning Cat Leap	1	Full 360° turn, knees high, legs change & light landing, Rope horizontal overhead	
	0.5	Turn incomplete and/or leg change not evident or knees low, Rope not stay in plane	
	0	Cat Leap not performed or Rope dropped or tangled with body	
Twofold Rope work	1	Rope stays horizontal overhead, clean catch of loop, clean jump over	
	0.5	Rope loses plane overhead and/or catch fumbled or slight trip in Rope on jump over	
	0	Rope dropped, and/or jump over not completed	
Front Leg Balance	1	Balance held for at least 2 seconds, body & legs tight, on toes, clear body shape	
	0.5	Balance not held/fall out of balance, poor body shape, apparatus not controlled	
	0	Balance not shown or apparatus dropped and/or lost	
Dance Steps	1	Step pattern clear, light footwork, pointed toes, in contact with & moving apparatus	
	0.5	Dance step not clear, footwork heavy, toes not pointed, and/or apparatus static	
	0	Dance step not performed, and/or apparatus dropped or lost	
Overall Impression	10	At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
.	Routine is performed with confidence, good posture, head up, and a smile!		
Total	20		

Choreography Tips

Individual Optional routines

Use of Floor Area

- Use as much of the floor space as possible; corners, sides, middle, showing an interesting floor plan (not up and down the same line)
- Travel along both linear and curved pathways
- In curved pathways, circulate both clockwise and anti-clockwise
- Don't go too near the edges, especially with apparatus. For example, use the area as shaded below -



Use of Levels

- As well as Medium level (steps, turns, travel), use High level (leaps & jumps) and Low level (kneeling, rolling etc.)

Use of Direction

- When travelling, move forwards, or backwards or sideways.
- When showing static moves - face different directions, including the diagonal, to give the best possible view to the judges.

Overall

- Show as much variety as possible in everything.
- Include some acrobatic elements such as rolls or cartwheels.
- Make sure there are sufficient travelling steps/moves.
- Try to show some different dance steps.
- Make the start and finish positions interesting.
- Show poses/positions/balances to give the best view to the judges.

Appendix A – Invitation letter

Dear School/Club

(Name of School/Club) will be hosting a Next Step Rhythmic Competition on (Insert Date) and (Time).

The event is to be held at (Insert Venue) and will include (insert the 'Steps') for ages (Insert ages groups/key stages).

This is an opportunity for those children who have never taken part in a gymnastics competition, to experience a safe and enjoyable event.

The competition will follow the recommended format in the Next Step Rhythmic Competition pack.

Each participant will receive a (insert presentation here – certificate/medal/trophy).

You can enter up to () children in each age group. The top () scores in each activity will be used to calculate the overall team scores.

If you would like to join us and take part in the competition, please complete the application form and return to me by ().

If you have any queries please do not hesitate to contact me on telephone number () or email ().

Kind regards

Appendix B – Application Form

Next Step Rhythmic Competition Application Form

Name of School/Club:

Teacher/Coach in charge of team:

School Contact Address:

Contact Telephone number:

Contact Email:

Please complete the box below showing the number of children you will enter in each age group competition.

	Year/Age	Year/Age	Year/Age
Step 1			
Step 2			
Step 3			
Groupwork - Large			
Groupwork - Small			

Please return this completed for to the following address by ()

(Insert Address)

If you have any queries please do not hesitate to contact me.

Appendix C – Competition Programme

The Programme can be laid out as a leaflet or booklet or A4 sheet, it is entirely the decision of the Competition organisers as to which is preferred. The below information shows the main requirements of a competition programme.

Next Step Rhythmic Competition Programme – Banks Road School, Monday 24th June 2013.

Welcome

Give a brief welcome to the teams, naming the teams taking part today and the coaches and thanking them for attending.

General Information for Coaches/Teachers and Competitors

- Please give the names of your team members to the competition registrations desk on arrival.
- Please hand any music to the music steward. If using a tape or CD., ensure that it is clearly labelled and marked with the team name and/or competitor's name on the case and on the tape/CD itself.
- Each competitor must be suitably dressed to perform.
- Jewellery and watches must not be worn by coaches/teachers or competitors during the competition.
- Changing rooms and showers will be available on the day.
- Teams will perform in the order shown in the programme. Please be ready to perform in advance of you given time slots.
- Warm-Up arrangements are ()
- Refreshments will be served ()

Names of Judges and Officials

Competition Organiser:
Announcer:
Music Steward:
Judges:
Floor Manager:
Scoring Runners:
Door Programme Sales:
Refreshments:

Competition Programme (Insert start times)

Doors Open:
Registration:
Warm-Up:
March on/Lead the teams out:
Timing for different rounds of competition:
Presentations:
Closing:

Appendix D – Health and Safety

British Gymnastics is committed to ensuring that robust ethical standards are being upheld in our sport, and ensuring that gymnastics is safe and accessible for all. The welfare of all our members is of paramount importance; and in particular, the welfare of our members who are under the age of eighteen years.

The following policies can be downloaded from www.british-gymnastics.org via Ethics and Welfare then downloads:

- Health, Safety and Welfare Policies
- Child Protection Policy
- Equality Policy
- Code of Dress Policy

As a BG Partner School you also have access to British Gymnastics' Ethics and Welfare Team who can offer advice and assistance.

Appropriate Qualifications for Teachers

'Safe Practice in Physical Education and School Sport', (2004 Edition), states that 'School staff/coaches involved in teaching or coaching any form of gymnastics must be appropriately trained, either through Initial Teacher Training (ITT) or Continuing Professional Development (CPD) opportunities. CPD opportunities will need to be provided to compensate for any shortfall in ITT. School staff and coaches teaching the sport of gymnastics should attend courses specific to the activities they plan to deliver to pupils.

British Gymnastics has developed a range of courses for teachers that aim to provide technical subject knowledge and support in an interesting, practical and easily accessible way. There are three levels of courses and teachers are able to select the level most appropriate for their stage of development;

- Gymnastics for Teachers
 - Introductory level
 - Intermediate level – Primary & Secondary
 - Advanced level
- Trampoline for Teachers
 - Level 1
 - Level 2
- Award Scheme Course for Teachers

You do not need a separate specific gymnastics qualification to deliver the Next Step Rhythmic Competition, however CPD is advised if you wish to improve your knowledge and understanding of the discipline and sport.

Appropriate qualifications for coaches

We strongly recommend that when Next Step Rhythmic is delivered in a Club environment, it is done so under the supervision of a BG Level 2 qualified coach. The Level 2 coach does not have to be a Rhythmic specific coach; any BG Level 2 qualification will be acceptable **in this circumstance**.

All coaches delivering Next Step Rhythmic in a Club environment must have current British Gymnastics membership.

Gymnast to coach/teacher ratios

There are a number of factors to consider when making recommendations with regard to the ratio of participants to coach/teacher in Gymnastics and Trampoline activities. These factors might include: the age and stage of development of the participants, the level and type of activity, the experience of the participants and coach, and the type of facility and equipment available.

However, the coach in charge must always make an assessment (i.e. a risk assessment) of each situation and must determine a ratio of participants to coach/es that is reasonable, safe and effective.

Please note that there should always be at least two responsible adults in the gymnasium.

To ensure that a safe and effective coaching/teaching situation is maintained, British Gymnastics recommends the following reasonable ratio of participants to coach/teacher in this instance:

Suitably qualified British Gymnastics coaches or teachers must supervise all gymnastics activities.

The recommended maximum number of participants to one apparatus/station is 8 participants. Normally, one coach would not be expected to supervise more than 16 recreational gymnasts, without other suitably qualified coaches being in attendance.

Where more than one apparatus/station is to be supervised, the coach or teacher in charge must carefully assess the following:

- The age, stage of development, experience, varying ability and number and discipline of the participants.
- The coaches' own qualifications and experience.
- Their ability to observe, advise, support and respond to the difficulties of anyone in the gymnastics area.
- The level and type of activity and suitability of the apparatus arrangements.

When working with disabled participants, a competent assessment of the risk to the individual and other participants must be made when determining the ratio of gymnasts to coach. Depending on the nature of the disability, one-to-one supervision may be necessary. For further information please visit the Ethics and Welfare section of our website, where you can view our Equality Policy and a copy of the Equality Act 2010.