

# Rhythmic Xpress – A USA Gymnastics GfA Program in support of grass roots Rhythmic Gymnastics

## MISSION

1. Easy access to rhythmic gymnastics for new people
2. Alternative program for recreationally competitive athletes and coaches

## PHILOSOPHY

Kids who participate in sports like soccer and baseball are able to “play the game” after only a few practices. Kids who participate in gymnastics are asked to spend years in training before they can participate in a “game situation.” The Rhythmic Xpress program allows kids who want to play without high level competitive aspirations the opportunity to do so in an official USA Gymnastics setting.

Rhythmic Xpress is similar to the Artistic Xcel program in that it allows an option for athletes to participate in gymnastics while also being active in school and family activities.

The rules for Rhythmic Xpress have been laid out to put the focus on personal progress rather than competitive placement. Therefore athletes can be challenged and happy in a single level for multiple years. We appeal to event host clubs to follow the competition guidelines for this purpose. Simple changes such as posting scores and naming event champions will ultimately undermine this goal

## BASIC PARTICIPATION INFORMATION

- Athletes must have a current USA Gymnastics Introductory membership.
- Coaches must be USA Gymnastics professional members.

Athletes may participate in up to 3 individual apparatus events and 2 group routines at a single competition. Price per entry is to be held at \$20 per individual routine and \$15 per athlete in each group routine. Therefore, the max entry fee for any single athlete will not exceed  $(\$20 \times 3) + (\$15 \times 2) = \$90$ .

In addition each team is encourage/allowed to compete one TEAM FX Routine for each 8 athletes they have entered in the competition. The routine will be judged and receive achievement awards for the team but will not incur an additional cost.

## PARTICIPATION LEVELS

Individual and Group Routine competition will include 3 levels of participation:

- Level A is for athletes who perform primarily JO and FIG .1 skills. Corresponds loosely to JO levels 3 and 4.
- Level B is for athletes who perform primarily FIG .1 and .2 skills. Corresponds loosely to JO levels 5 and 6.
- Level C is for athletes who perform primarily FIG .2 skills and higher. Corresponds to JO levels 7 and 8.

HUGS competition (for athletes with special needs) will include 4 levels of individual competition and is outlined in a separate document.

- BRONZE Level is for athletes who perform seated. Corresponds to Special Olympic Levels A and B.
- SILVER Level corresponds to Special Olympic Levels C and 1.
- GOLD Level corresponds to Special Olympic Levels 2 and 3.
- PLATINUM Level corresponds to Special Olympic Level 4.

## ROUTINE COMPOSITION REQUIREMENTS (top half of score sheet)

Composition requirements are listed on the score sheets. *Refer to USA Gymnastics Junior Olympic Program Technical Handbook for JO and FIG skill list and Dance Sequence description.*

Individual Levels A, B, and C must include the following:

- 5 Body Skills with Apparatus Handling – one each Leap/Jump, Pivot, Balance plus one additional from two different categories.
- 1 Dance Sequence with Apparatus Handling
- Apparatus Handling from each of the four basic handling groups.

Group Apparatus Routines for Levels A, B, and C must include the following:

- 3 Body Skills with Apparatus Handling – one each Leap/Jump, Pivot, Balance performed synchronized or in canon.
- 2 Large Exchanges with Body Skill – one skill from two different groups
- 1 Interaction with Apparatus Handling

TEAM FX Routine (no levels) must include the following:

- 3 Body Skills – one each Leap/Jump, Pivot, Balance performed synchronized or in canon.
- 2 Interactions
- 1 Dance Sequence performed synchronized

## XPRESS CATEGORIES (bottom half of score sheet)

Categories are described generally on the score sheet. Xpress categories are intended to encourage variety, originality, risk and performance ability.

- General Body Execution – includes basic posture, form and execution of torso, arms, legs and head.
- Apparatus Handling – strong basic technique and use of a variety of apparatus skills. Includes straight arms, exactness of planes, throw trajectories and clean catching technique.
- Choreography – routines should include interesting choreography including use of levels and space and integration of apparatus with body movement.
- Overall Impression – includes use of facial and body expression, musicality and crowd appeal.

## RECOMMENDED EVENT PROCEDURES

Maximum entry fee is \$20 per athlete per event/\$15 per athlete per group apparatus routine.

1 judge per individual routine; 2 judges per group routine

Organize rotations by grouping apparatus routines together. Mixed levels are appropriate for smaller events.

Coaches should turn in sheets ahead of warm-up for the session. A designated secretary puts the sheets in order during warm-up period.

Coach or assistant should turn in music when the athlete is on deck and picked up immediately following the routine. An mp3 player may be left with the music production table, but the coach or assistant must confirm which music to play while the athlete is on deck.

Scores are NOT flashed. A secretary is needed to add scores and enter into simple spreadsheet or handwritten log sheet.

Achievement awards are prepared and presented within 10 minutes of the end of the session.

Score sheets are returned to the coaches following the session.

## JUDGES

Judges for the Rhythmic Xpress program are not required to have a current JO or FIG judging certification. Teams are encouraged to bring their own Judge (could be an assistant coach or retired athlete) to the event OR the meet director may ask the contracted judges to work the Rhythmic Xpress session. Payment is recommended to be \$1 per routine judged.

## AWARDS

Achievement Awards are required for ALL Rhythmic Xpress events.

- 8.0 and up = FIRST level Achievement Award
- 6.5 to 7.95 = SECOND level Achievement Award
- Below 6.5 = THIRD level Achievement Award

All-around or overall high score Special Award may be presented at the discretion of the Meet Director.

## Rhythmic Xpress – Individual Apparatus – Levels A, B, C

List the 5 Body Skills and 1 Dance Sequence with Apparatus Handling in the appropriate boxes. Each Body Skill and Dance Sequence must have a Handling. List skills in the order they occur in the routine.

Level A – JO and FIG .1 skills    Level B – FIG .1 and .2 skills    Level C – FIG .2 skills and higher

ATHLETE NAME		Level:	Apparatus:	
BODY SKILL LIST	HANDLING	VALUE	FAULTS	SCORE
1.		1.0		
2.		1.0		
3.		1.0		
4.		1.0		
5.		1.0		
6.		1.0		
<b>EXPRESS CATEGORIES</b>				
General Body Execution	Posture Equal sides Use of arms Knees/Feet	1.0		
Apparatus Handling	All groups Proper technique Variety Risk	1.0		
Choreography	Use of levels Use of floor space Integrate apparatus	1.0		
Overall Impression	Musicality Body and face expression Mastery Crowd Appeal	1.0		
<b>FINAL SCORE</b>		<b>10.0</b>		

Judge's Signature \_\_\_\_\_

## Rhythmic Express – GROUP Apparatus – Levels A, B, C

3 Body Skills with Handling; 2 Large Exchanges; 1 Interaction

List requirements with Handling in the order they occur in the routine.

Each requirement must have a Handling.

Level A – JO and FIG .1 skills

Level B – FIG .1 and .2 skills

Level C – FIG .2 skills and higher

GROUP NAME		Level:	Apparatus:	
BODY SKILL LIST	HANDLING	VALUE	FAULTS	SCORE
1.		1.0		
2.		1.0		
3.		1.0		
4.		1.0		
5.		1.0		
6.		1.0		
<b>EXPRESS CATEGORIES</b>				
General Body Execution	Posture Equal sides Use of arms Knees/Feet	1.0		
Apparatus Handling	All groups Proper technique Variety Risk	1.0		
Group Execution	Synchronization Formations Group Unity	1.0		
Overall Impression	Musicality Body and face expression Mastery Crowd Appeal	1.0		
<b>FINAL SCORE</b>		<b>10..00</b>		

Judge's Signature \_\_\_\_\_

## Rhythmic Xpress – TEAM FX (no level designations)

List 3 Body Skills, 2 Interactions, 1 Dance Sequence in the order they occur in the routine. Body skills must be synchronized or in canon to receive credit.

TEAM NAME				
BODY SKILL LIST	VALUE	FAULTS	SCORE	
1.	1.0			
2.	1.0			
3.	1.0			
4.	1.0			
5.	1.0			
6.	1.0			
EXPRESS CATEGORIES				
General Body Execution	Posture Equal sides Use of arms Knees/Feet	1.0		
GROUP Execution	Synchronization Formations Group Unity	1.0		
Choreography	Use of levels Use of floor space Integrate apparatus	1.0		
Overall Impression	Musicality Body and face expression Mastery Crowd Appeal	1.0		
<b>FINAL SCORE</b>		<b>10.0</b>		

Judge's Signature \_\_\_\_\_