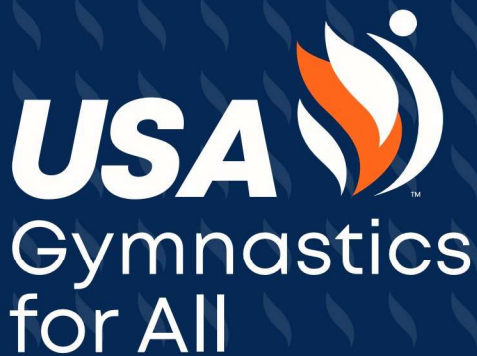


2024-2027



Group Performance Guidelines



**January
2024**

USA Gymnastics Group Performance Objectives

- An opportunity to achieve teamwork and unity with a high level of coordinated gymnastics movement among all the group members.
- Include all ages and ability levels in an activity that encourages fitness, fundamentals, fun, friendships, and creativity.
- An opportunity to perform at festivals locally, nationally, and internationally.
- An opportunity to perform at the World Gymnaestrada.

Program

Group Performance is a non-competitive activity within the Gymnastics for All (GfA) discipline of USA Gymnastics. Gymnasts of any age and ability level perform as a group to music while displaying a wide variety of gymnastics elements. Costumes, props, and equipment can be used to enhance the presentation.

GymFests

Groups can perform at any GymFests held during the year throughout the country and the world. All exhibitions are for display and for the enjoyment of the audience. There is no limit to the number of GymFests a Group may participate in during the year.

USA Gymnastics for All National GymFest

Groups have multiple opportunities to participate with a Group Performance. Specifics regarding the number of performances, the performance area, equipment and time limits will be provided with the registration information.

World Gymnaestrada

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 about 50 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. Anyone wishing to represent the USA at a World Gymnaestrada must be a part of the official USA Gymnastics Delegation.

Membership

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: Athlete, Competitive Coach or Recreational Coach. All of these memberships are available through USA Gymnastics member services on the www.usagym.org website.

Coach Membership Requirements

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

Performance Guidelines

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

Group Sizes

- USA Gymnastics for All National GymFest – All groups shall be comprised of no less than six (6) active performers.
- World Gymnaestrada – All groups shall be comprised of no less than ten (10) active performers. Opportunities will be assigned based on experience. There is also an opportunity for smaller and/or individuals to participate in various other WG events.

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 dependent 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 for All National GymFest
 - 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
- World Gymnaestrada – Time limits will be based on participation determined by USA Gymnastics

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 digital copy at the event.

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.

Choreography

- Choreography should fit the music.

- The basis for creating a routine 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, gymnastics 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.

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 should be wearing matching costumes or discreet outfits such as black tops and pants.

Props and Equipment

- The performance area 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.
- Security of props 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.

Safety Guidelines

- See USA Gymnastics Acro Rules and Regulations for safety guidelines: www.usagym.org
- All USA Gymnastics Safety standards and Guidelines should be followed.
- Certified Coaches with USA Gymnastics Professional memberships should be used and are allowed on the floor and/ or equipment when needed for spotting and safety.