

**Organised by the Gymnastics Association of Hong Kong, China**  
**Subvented by the Leisure and Cultural Services Department**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Badges Award Scheme**  
**〈 Gymnastics 〉**

**Purpose:** To encourage students to actively participate in gymnastics and set standards for various gymnastics skills, thereby enabling students to understand their personal skill levels and challenge themselves.

**Type of Badges:**

1. Three levels of awards, namely Junior Bronze, Silver and Gold
2. Content of Tests

	<b>Rhythmic Gymnastics</b>	<b>Artistic Gymnastics</b>	
<b>Junior Bronze</b>	Side split, split, shoulder rotation, flexibility of waist, pre-acrobatic elements, jumps/leaps, rotations, balances, simple rope and ball routines	Handstand facing wall, Bridge, Japana flat, Stretched jump with full turn, Shoulder stand, Forward roll, Backward roll, Back scale, Straddle jump, Vault: Squat on and stretched jump to land	
<b>Junior Silver</b>	Side split, split, shoulder rotation, flexibility of waist, pre-acrobatic elements, jumps/leaps, rotations, balances, simple rope and hoop routines	Split, Side scale, Head stand, Forward roll to straddle stand, Backward roll to straddle stand, Backward body wave, Cartwheel, Leap forward with half turn	
		Vault:	Tuck jump up to vault and straddle jump down, Squat vault

<b>Junior Gold</b>	Side split, split, shoulder rotation, flexibility of waist, pre-acrobatic elements, jumps/leaps, rotations, balances, simple ribbon and hoop routines	Handstand forward roll, Dive roll, Bridge then up to stand (Women) /Head spring (Men), Round off, Pike jump	
		Horizontal bar:	Backward circle mount, Cast down
		Parallel bars (Men):	One leg swings forward and half turn to stand, Jump to straddle sit
		Balance beam (Women):	Jump to squat, Tuck jump off
		Vault:	Straddle vault
<b>Intermediate and Advanced Bronze, Silver and Gold</b>	The Gymnastics Association of Hong Kong, China (the Association) also provides assessments for intermediate and advanced badges. Those interested can contact the Association directly for enquiries.		

	<b>Aerobic Gymnastics</b>	<b>Acrobatic Gymnastics</b>	
<b>Junior Bronze</b>	Forward and backward march, Jog, Skip, Knee lift, Kick, Jack, Lunge, March	Compulsory Items - Individual	Tuck forward roll, Tuck backward roll, Straddle jump , Straight jump full turn (360°)

		Compulsory Items - Pair	Half squat handles one leg balance, Back pull balance, Scale, Standing hand
		Optional Items (Pick any 2)	Back leaning rest, Standing knee traction balance, Feet overlapped and balance, Squat in
<b>Junior Silver</b>	Forward and backward march, Jog, Forward and side skip, Knee lift, 4-sided kick, Jack, Lunge, Star jump, March	Compulsory Items - Individual	Forward roll astride, Stoop backward roll, Cartwheel, Handstand by the wall for 3 seconds,
		Compulsory Items - Pair	Back leaning rest, Standing knee traction balance stand, Feet overlapped and balance stand, Squat in
		Optional Items (Pick any 2)	Back to back knee stand, Belly balance Stand, Straddle sit handstand, Throwing stand

<b>Junior Gold</b>	Turn around march, Step touch, Jog, Skip, Knee lift, Side kick, Lunge, Tuck jump, Jack, Air turn 180°, Transition down, Push up, Linking, Transition up, Backward march and march	Compulsory Items - Individual	Cartwheel with 1/2 twist inward (round off), Back arch, Double cartwheel Head hand stand for 2 seconds
		Compulsory Items - Pair	Back to back knee stand, Belly balance stand, Straddle sit handstand, Throwing stand
		Optional Items (Pick any 2)	Half crouch front scale, Back leaning rest and stand, Throw, jump and half turn (180°), Straddle sit stand
<b>Intermediate and Advanced Bronze, Silver and Gold</b>	The Association also provides assessments for intermediate and advanced badges. Those interested can contact the Association directly for enquiries.		

3. Rating standard :

- i. All trainees must start from the Junior Bronze Award. Only those who pass the Bronze Award can apply for the Junior Silver Award. The same method applies to all awards.
- ii. The Badges Award Scheme for Junior Bronze, Silver and Gold Awards is applicable to gymnastics training courses of the Outreach Coaching Programme under the School Sports Programme. All trainees will be



# Key Points of Rhythmic Gymnastics Skills

## 1. Freehand Exercises

### A. Basic Posture

Standing posture with head straight, shoulder relaxed, chest up, back straight, stomach tucked in, pelvis raised, hips squeezed, thighs extended, heels touching each other, and feet turning out 45°. Basic hand posture requires fingers to relax naturally and stretch out. Basic hand positions are based on seven basic hand positions in ballet. Wave movements include trunk and arm waves, and front, back and side waves of whole body.

### B. Basic Footwork

Soft step: Point your feet outward. Shift your weight from toe to forefoot.

Toe step: Point your feet outward with Relevé. Shift your weight from toe to forefoot.

Gallop leap: Jump and land on one foot. Slide forward and jump once, then jump one step forward again.

### C. Attitude

Lift a leg to the front (devant), side (a la seconde) or to the back (derrière).

Turn the leg out and bend it at 90-degree angle.

## 2. Ball Exercise

The shape of the hand should match the sphere while holding the ball. When bouncing the ball, the body should be consistent with the movement of the ball. When throwing the ball forward, straighten your arms, swing forward overhead, and release the ball from the fingertips. When catching the ball, put your hands up towards the ball, so that the ball can fall from the fingertips to the palm. When rolling the ball, the ball cannot bounce, and should be co-ordinated with the body movement.

## 3. Rope Exercise

Hold the rope with your thumb and index finger. Swing the rope with the shoulder as the axis and apply the force to the end of the rope. Rotate the rope with the wrist as the axis and keep the rope straight. When skipping, swing the rope with the wrist as the axis as well. The rope cannot touch the ground. Swinging and

skipping should be co-ordinated. Tiptoe when the feet are off the ground and land gently. Throw the rope with strength and keep the shape of the rope.

#### **4. Ribbon Exercise**

Hold the lower end of the stick with the palm. Straighten the index finger and put it on the stick, while holding the stick end with the other four fingers. Swing with gentle force with the shoulder as the axis. Rotate with even force using the shoulder as the axis as well. There should not be waves on the circle. When practising basic Snakes, swing the wrist up and down or left and right. Basic Spirals require the wrist to swing inward or outward. Figure-of-eight requires the wrist to swing inward and outward respectively.

#### **5. Hoop Exercise**

Grip the hoop with the thumb and the other four fingers. Rotate the hoop with the shoulder as the axis. When passing through the vertical part, bend the arm slightly and do not let the circle touch the ground. For basic rotation, the thumb and the other four fingers are separated while the four fingers are together. Rotate the hoop between the thumb and index finger, on the palm and also the back of the hand. Spiral requires rotation around the vertical axis, and the axis cannot be shifted. Throw the hoop with the shoulder as the axis. Straighten the entire arm upward towards the hoop. Catch the hoop between the thumb and the index finger, and put down the arms along the hoop. When rolling the hoop on the floor, the hoop should not bounce and should be stable, and the rolling route should be correct.

## Standards and Assessment of the Gymnastics Medal

Award		Junior Bronze	Junior Silver	Junior Gold
Skills				
Physical Fitness	1. Side split	Split at least 100°	Split at least 140°	Split at least 170°
	2. Split	Split at least 100° (with hand assistance)	Split at least 140° (with hand assistance)	Split at least 180° (with hand assistance)
	3. Shoulder rotation	Hold the rope with both hands shoulder width apart and lift it horizontally	Rope folded in three, lift and pull the rope behind the ears at 45°	Rotation of shoulders with the rope folded in three
	4. Flexibility of waist	Backbend with feet touching the head)	Back arch (bridge) with straight hands	Back arch (bridge) with legs together
	5. Pre-acrobatic elements	Side roll	Rolling on the floor	Front roll/ Forward roll
Body Difficulty	6. Jumps/leaps	Stretched jump and Tuck jump	Front/Side Chassis and Forward Cabriole	Small split leap and Stretched jump with full turn
	7. Rotations	Scuttle with full turn with Relevé and Step turn with full turn	Chaînés with full turn and 180° Pasée turn	180° forward rotation with free leg (30°) and 180° forward rotation with Arabesque (30°)
	8. Balances	Releve on both feet (3s) and Pasée balance on flat foot (3s)	Front/Side free leg 45° on flat foot (3s) and Pasée balance with Relevé (2s)	Front/Side free leg 45° with Relevé (2s) and Arabesque balance at 45° on flat foot (3s)

Award		Junior Bronze	Junior Silver	Junior Gold
Skills				
Use of Apparatus	9. Simple routines	<p>Rope exercises (each action is for four beats)</p> <ol style="list-style-type: none"> <li>1. Starting position: Wrapping and unwrapping</li> <li>2. Sail (hook both legs)</li> <li>3. Passing through the rope with three forward skips</li> <li>4. Side to side swings in Passé balance</li> <li>5. Forward rotation of rope with left hand while running</li> <li>6. Forward rotation of rope with right hand while Chassis</li> <li>7. Rotation of the rope overhead with full turn with scuttle</li> <li>8. Rotation of the rope with both hands and finish</li> </ol>	<p>Rope exercises (each action is for four beats)</p> <ol style="list-style-type: none"> <li>1. Release the rope while turning and catch</li> <li>2. Pass through the rope with two backward skips, then catch the middle of the rope with both hands</li> <li>3. Vertical mills (three steps forward)</li> <li>4. Front and back swings with both hands (hook both legs)</li> <li>5. Two rotations towards left side with right hand while turning</li> <li>6. One forward rotation towards right side, then small throw</li> <li>7. Catch while Passé balance (1s). Rope folded in two with one end in each hand</li> <li>8. Pass through the rope with the legs moving forward accordingly, lift the leg back while wrapping around the rope, then sit on the floor and finish</li> </ol>	<p>Ribbon exercises (each action is for four beats)</p> <ol style="list-style-type: none"> <li>1. Hold the stick end with your left hand and place it behind your back, while doing a vertical Snakes with your right hand (Chaînés)</li> <li>2. Side rotation with one hand, pass the ribbon from the right hand to the left hand behind the back (legs in a lunge position)</li> <li>3. Large circle in front of the body, small run and pass through the circle (4 steps forward)</li> <li>4. Pass the stick from the right hand to the left hand, then turn around</li> <li>5. Figure of eight rotation on left and right sides (2 to 3 steps forward)</li> <li>6. When turning around, put your right hand behind your back to make small spirals (with toe step)</li> <li>7. When turning the ribbon around, take the ribbon with the left hand, then hold the</li> </ol>

				<p>ribbon with both hands, and pass through the ribbon with alternate legs</p> <p>8. After putting the ribbon on feet, turn around and throw the ribbon with your feet and finish</p>
Use of Apparatus	9. Simple routines	<p>Ball exercises (each action is for four beats)</p> <ol style="list-style-type: none"> <li>1. Roll the ball in front of the body from right to left with toe step, then bounce the ball once</li> <li>2. Roll the ball in front of the body from left to right with toe step, then bounce the ball once</li> <li>3. Figure eight with both hands while doing full turn (scuttle)</li> <li>4. Clamp the ball between the right shoulder and right neck while making waves with hands, then roll the ball forward with both hands</li> <li>5. Hand dribble and jogging (walking diagonally)</li> <li>6. Throw the ball with both hands at the back (clap once when the ball is indoors)</li> <li>7. Catch the ball with both</li> </ol>	<p>Hoop exercises (each action is for four beats)</p> <ol style="list-style-type: none"> <li>1. Rotate the hoop with one hand in front of the body, then with both hands (Side Chassis)</li> <li>2. Roll over the back with turn</li> <li>3. Rotate the hoop on the floor (Side to side swings in Passé balance with turn)</li> <li>4. Vertical figure of eight (Left and right Relevé on the spot for four times)</li> <li>5. Pass the hoop through the legs accordingly</li> <li>6. Then throw a horizontal hoop with both hands</li> <li>7. Pass the hoop through the body from the head, then stop the hoop at the ankle by separating the legs</li> </ol>	<p>Hoop exercises (each action is for four beats)</p> <ol style="list-style-type: none"> <li>1. Rotate the hoop with the right hand with Relevé</li> <li>2. Rotate the hoop over the head, then pass the hoop through the body from the head (small run)</li> <li>3. Roll the hoop from the right arm to the back and catch</li> <li>4. Rotate the hoop with the left hand, then with the right hand (Left and right Relevé on the spot for four times)</li> <li>5. Rotate the hoop over the head and pass the hoop through the body (Jump step)</li> <li>6. Pass the hoop through the body from the head, then jump out with the left and right legs alternatively</li> <li>7. Roll the hoop on floor in a changing direction</li> </ol>

		<p>hands in front of the chest in a kneeling position, then sit on the floor</p> <p>8. Sit on the floor with both legs together and switch the ball with your left and right feet and finish</p>	<p>8. Rotate the hoop at the ankle, then walk three to four steps and finish</p>	<p>while Passé turn (180°)</p> <p>8. After catching the hoop with the right hand, throw and catch the hoop with one hand in a lunge position and finish</p>
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## Standards and Assessment of the Artistic Gymnastics Medal

Award Skills	Junior Bronze	Junior Silver	Junior Gold
1	Handstand facing wall	Split	Handstand forward roll
2	Bridge	Side scale	Dive roll
3	Japana flat	Head stand	Bridge then up to stand (Women) /Head spring (Men)
4	Stretched jump with full turn	Forward roll to straddle stand	Round off
5	Shoulder stand	Backward roll to straddle stand	Pike jump
6	Forward roll	Backward Body wave	Horizontal bar : Backward circle mount
7	Backward roll	Cartwheel	Horizontal bar: Cast down
8	Back scale	Leap forward with half turn	Balance beam: Jump to squat (Women)/ Parallel bar: Jump to Straddle sit (Men)
9	Straddle jump	Tuck jump up to vault and straddle jump down	Balance beam: Tuck jump off (Women)/ Parallel bars: One leg swings forward and half turn to stand (Men)
10	Vault: Squat on and stretched jump to land	Squat vault	Straddle vault

## Standards and Assessment of the Aerobic Gymnastics Medal

Award Count	Bronze	Silver	Gold
1 <sup>st</sup> & 9 <sup>th</sup> 8-count	Forward and Backward March	Forward and Backward March	Turn Around March Step Touch
2 <sup>nd</sup> & 10 <sup>th</sup> 8-count	Jog	Jog	Jog
3 <sup>rd</sup> & 11 <sup>th</sup> 8-count	Skip	Forward and Side Skip	Skip Knee Lift
4 <sup>th</sup> & 12 <sup>th</sup> 8-count	Knee Lift	Knee Lift	Side Kick Lunge
5 <sup>th</sup> & 13 <sup>th</sup> 8-count	Kick	4-Sided Kick	Tuck Jump Jack/ Air Turn 180°
6 <sup>th</sup> & 14 <sup>th</sup> 8-count	Jack	Jack Lunge	Transition down Push up
7 <sup>th</sup> & 15 <sup>th</sup> 8-count	Lunge	Jog Star Jump	Linking Transition up
8 <sup>th</sup> & 16 <sup>th</sup> 8-count	March	Backward March and March	Backward March and March

## Standards and Assessment of the Acrobatic Gymnastics Medal

Award Skills	Junior Bronze	Junior Silver	Junior Gold
Compulsory Items- Individual			
1	Tuck forward roll	Forward roll astride	Cartwheel with 1/2 twist inward (round off)
2	Tuck backward roll	Stoop backward roll	Back arch
3	Straddle jump	Cartwheel	Double cartwheel
4	Straight jump full turn (360°)	Handstand by the wall for 3 seconds	Head hand stand for 2 seconds
Compulsory Items- Pair			
5	Half squat handles one leg balance	Back leaning rest	Back to back knee stand
6	Back pull balance	Standing knee traction balance stand	Belly balance stand
7	Scale	Feet overlapped and balance stand	Straddle sit handstand
8	Standing hand	Squat in	Throwing stand
Optional Items (Pick any 2)			
9	Back leaning rest	Back to back knee stand	Half crouch front scale
10	Standing knee traction balance	Belly balance stand	Back leaning rest and stand
11	Feet overlapped and balance	Straddle sit handstand	Throw, jump and half turn (180°)
12	Squat in	Throwing stand	Straddle sit stand