

USA GYMNASTICS

RHYTHMIC GYMNASTICS JUNIOR OLYMPIC PROGRAM LEVELS 3-8 and GROUP



Apparatus Chart – JO Program (2013-2016)

Level	2013	2014	2015	2016
Level 3	Floor Rope Ball	Floor Rope Ball	Floor Rope Ball	Floor Rope Ball
Level 4	Floor Rope Hoop	Floor Hoop Ball	Floor Rope Ball	Floor Rope Hoop
Level 5	Floor Rope Hoop Ball	Floor Rope Hoop Ball	Floor Rope Hoop Ball	Floor Rope Hoop Ball
Level 6	Floor Rope Ball Clubs	Floor Hoop Ball Ribbon	Floor Rope Hoop Clubs	Floor Rope Ball Ribbon
Level 7	Floor Rope Hoop Clubs	Floor Hoop Ball Ribbon	Floor Rope Ball Clubs	Floor Hoop Ball Ribbon
Level 8	Floor Hoop Ball Clubs	Floor Rope Hoop Ribbon	Floor Hoop Ball Clubs	Floor Rope Ball Ribbon
Level 9/10 JR	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon	Rope Hoop Ball Clubs	Rope Hoop Ball Clubs
Level 9/10 SR	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon

Group

Beginner	Floor Hoop or Ball	Floor Hoop	Floor Ball	Floor Ball
Intermediate	Floor Ball	Floor Ball	Floor Hoop	Floor Hoop
Advanced	Floor Hoop	Floor Hoop	Floor Ball/ Hoop (see note below) or Ribbon	Floor Ball/ Hoop(see note below)
JR Group	5-Hoops 10-Clubs	5-Hoops 10-Clubs	5-Ribbons 5-Balls	5-Ribbons 5-Balls
SR Group	5 – Clubs 3-ball/2-ribbon	5 – Clubs 3-ball/2-ribbon	5-Ribbons 6-clubs/2-hoops	5-Ribbons 6-clubs/2-hoops

Note: Duet – 1 hoop, 1 ball; Trio – 2 hoops, 1 ball; 4 gymnasts – 2 hoops, 2 balls; 5 gymnasts – 3 hoops, 2 balls

Generalities – SPECIFICATIONS

A. Facility

1. FIG regulation for the interior dimension of the floor area is 13 X 13 meters for individual, Group, Trio and Duet Competition, with a security zone of a minimum of 1 meter wide.
2. The floor area must be clearly marked showing the outer boundary of the floor so that the material itself is in bounds. In other words, a gymnast must step over the line to receive an out of bounds deduction.
3. The official FIG ceiling height, unobstructed, is a minimum height of 12 meters (39.37 feet); however, a minimum of 8 meters (26.24 feet) is required for JO competition.
4. A physical barrier should be set up with a recommended distance of at least 10 feet from the edge of the carpet (see Rules and Policies for additional specs).

B. Routine Regulation

- i. In levels 3-4 all routines are optional but compulsory for each club. For example: all the Level 3s from the same club perform the same routine. Slight variations in the body difficulty selection are tolerated. This rule applies to all events. For clubs with gymnasts of various age ranges within one level, one music/composition may be used for children and another for juniors/seniors if deemed appropriate.
- ii. In levels 3-4, the Meet Director may elect to have gymnasts compete 2 at a time on the carpet; routines should be choreographed for half of the floor area.
- iii. In levels 5-9, the gymnasts compete one at a time.

C. Music

CD Regulations:

- i. **Levels 3-4:** A separate CD is required for each club for each event. Each CD must be marked with the following:
 - a. Club name
 - b. Apparatus symbol
- ii. **Levels 5-8+ Groups:** A separate **high-quality** CD is required for each gymnast for each event even if the entire team uses the same music. Each CD must be marked with the following:
 - a. Gymnast's full name
 - b. Club name
 - c. Apparatus symbol

Length of Program: The stopwatch will start when the gymnast begins to move and will stop as soon as the gymnast is totally motionless.

Level 3: 1 minute max

Levels 4-6: 1 minute to 1:30 max

Levels 7-8: 1:15-1:30 max

Music Regulation: The music may be interpreted by one or several instruments including the voice used as an instrument without words.

- Penalty: 0.50 point for Music not conforming to regulations

NOTE: In case of incorrect music it is the responsibility of the gymnast/group to stop the routine immediately; they will restart the routine immediately with their own music. A request to repeat exercise after the completion of the routine will not be accepted

D. Attire

The USA Junior Olympic Program utilizes all the FIG rules governing attire (see Rules & Policies). *Per the FIG a correct gymnastics leotard:*

- Must be in non-transparent material; therefore, leotards with some part in lace or sheer material will have to be lined from the trunk to the chest
- Must have a neckline of the front and back of the leotard from no further down than half of the sternum and the lower line of the shoulder blades
- May be with or without sleeves; narrow straps are not allowed
- The skirt must be fitted to the hips (the look of a "ballet tutu" is forbidden; "fluffy" skirts, which are not fitted closely to the hips, or skirts with the "puffy" feathered look that come out beyond the waist and pelvis)

Level 3 and 4 gymnasts must wear 1 leotard for all routines.

Level 5 and 6 gymnasts may wear 2 different leotards max.

Levels 7 and 8 gymnasts may wear up to 4 leotards max.

Group leotards must be identical in style and color, the only exception is in the case of a patterned fabric where slight variations are acceptable.

E. Apparatus – General Regulation

- i. See Rules & Policies for specific regulations.
- ii. An equipment check may be conducted at all USA Gymnastics sanctioned meets and will be checked officially at Regional and Junior Olympic Championships.
- iii. Apparatus specifications can be found in the Rules and Policies.

F. Panel Composition

1. Levels 3 and 4: 1 or 2 judge(s) per panel.

*Level 4: 2 judges per panel (minimum) for State and Regional Meets: all gymnasts of the same age category are judged by the same panel of judges for each event. If gymnasts compete 2 at a time, gymnasts of the same age category must compete on the same side of the floor to ensure the same age category gymnasts are judged by the same judges (Ex: all gymnasts Child B must compete on the same side for all events).

In the case of 2 judges per panel:

Judge 1 evaluates D and E;

Judge 2 evaluates A.

In Levels 3-4, two athletes may compete one at a time or two at time on the same mat at the discretion of the Meet Director or Organizers. The program encourages 2 gymnasts at a time on the same mat.

2. Levels 5 and 6: 2 judges per panel
3. **Judge 1** evaluates D and E;
Judge 2 evaluates A.

4. Levels 7 and 8: 2 judges minimum per panel:

Invitational & State Competitions:

Judge 1 evaluates D

Judge 2 evaluates E

Regional Competitions: 4 Judges per panel (Total of 8 judges for Double Panel):

2 judges on each panel will judge D

2 judges on each panel will judge E

5. Group Competition

Invitational & State Competitions:

Minimum of two (2) judges (one per panel) must be used.

Regional Competitions:

Minimum of four (4) judges (two per panel) must be used.

G. Neutral Deductions: Neutral Deductions will be taken by the Meet Referee. In the case that the Meet Referee is an acting panel judge or there is no Meet Referee, the Difficulty/Execution Judge (J1) on each panel will be responsible for applying the deductions.

	Deduction
Length of exercise not conforming to regulations	0.05 for each second under or over time
Attire of gymnast not conforming to regulations	0.30
Apparatus not conforming to official regulations	0.50
For each crossing of the boundary of the floor area by the apparatus or one or two feet or by any part of the body touching the ground outside the specified area or any apparatus leaving the floor area and returning by itself	0.30 each
For late presentation by the gymnast(s)	0.50
For gymnast or each Group gymnast who changes floor areas or ends her exercise outside the floor area or leaves the floor area during the exercise	0.30
Use of a replacement apparatus when the lost or broken apparatus remains within the marked floor	0.50
Coach communicating (verbally or non-verbally) with gymnast or judges during exercise	0.50
Music not conforming to regulations	0.50
Musical introduction without movement longer than 4 seconds	0.30
For excessive delays in routine preparation which delay the competition	0.50

PROGRAM GOALS

LEVELS 3-6

The Base of Rhythmic Gymnastics

- ❖ The focus of levels 3-6 in rhythmic gymnastics is **basic technique**—first with the body and then with the equipment. A gymnast can only successfully approach levels 7-8 with a solid technical foundation.
- ❖ Parallel to learning this foundation—**basic technique**—is maintaining physical health. To this end coaches and gymnast must focus on the development of proper body alignment (square shoulders and hips in all positions) and equal work with the right and left sides of the body and, when using the apparatus, equal work with the right and left hands. Only with a solid technical base and alignment may gymnasts attempt more physically demanding elements in the future.
- ❖ In Levels 3, 4, and 5 and Beginner Group, clubs have the option of competing with the Compulsory Routines, a set of pre-choreographed routines, or creating their own routines in compliance with the rules. The current Compulsory Routines may be performed with slight coach adjustments to the routine in order to remain consistent with the 2013 specific rules for each level. All gymnasts will be evaluated equally on the performance and execution of whichever routine chosen: Compulsory or Optional. The Compulsory Routines and all support materials are available at the Online Store at www.usa-gymnastics.org.

Difficulty: The values of the difficulties will be calculated in accordance with FIG values and then multiplied by a factor to obtain the Difficulty score. Some additional Junior Olympic-only Difficulties have been added.

Apparatus/Artistry: Since mastering proper basic technique is the goal of the Level 3-6 Program, the fundamental body movements and the apparatus technical groups fundamental to rhythmic gymnastics are the foundation of a composition. Learning to coordinate movements with the music and, later, starting to connect with the character of the music are basic goals of Artistry.

Execution: The execution will be judged using the FIG execution deductions—the judge penalizes errors with the body and/or equipment technique, an indication that the gymnast has not yet mastered the basic technique of the body and/or apparatus. This method aims to differentiate between athletes based primarily on fundamental body and apparatus technique.




LEVELS 7-8

A Progression

- ❖ Gymnasts should begin in Level 7 once the Difficulty and Artistry requirements of Levels 3-6 are mastered. The focus of levels 7-8 is gradual preparation with calculated progressions towards the Elite level. Level 7-8 is a developmental version of the FIG program.
- ❖ Differences between the FIG rules and those in Level 7 and/or Level 8 were adjusted to preserve the health of the body according to the age and development level of the gymnast and to support the emphasis on proper body and apparatus technique.

GENERALITIES: Levels 3-6, Beginner and Intermediate Groups Difficulty, Artistry, Execution

BODY DIFFICULTY

- Difficulties from each group of body movements should be present in the exercise: Jumps/Leaps , Balances , Rotations 
- Each difficulty is counted only once within a body group.
- In all routines, all body difficulty requirements must be present in each routine. Penalty for unauthorized distribution = 0.3 penalty for each missing or additional difficulty (taken from the final Difficulty score by the Difficulty judge).
- Within a body element group, an identical shape may not be repeated (*exceptions*: series of maximum 3 jumps/leaps with identical shape performed in succession without intermediate steps are allowed; jumps/leaps can also be performed with take-off from two feet even when it is not specified in the Table, which does not change the value of the leap and will be considered as different jumps/leaps and can be performed in the same exercise).
- Any additional difficulty above the maximum allowance (regardless of its value) = 0.3 penalty (*taken from the final Difficulty score by the Difficulty judge*).
- If a gymnast performs a difficulty with a basic value above the allowed limit, the difficulty will not be evaluated.
- If a gymnast performs a difficulty with greater amplitude than required, the gymnast will be awarded the allowed value. Example: Level 6: a gymnast perform a 1080° rotation in releve in front attitude position (0.6 value), but she is only allowed to perform 0.4 value difficulties; the judge will award 0.4 for the first 720° with no penalty for higher amplitude or additional rotations.
- Right/Left leg designation in level 3-6 floor routines: the “leg” used is determined by: Leaps: front leg (switch, scissors, Entrelace - the front leg in the final shape); for jumps around the vertical axis - the side of the leading shoulder during rotation. Balances: raised leg (if leg raised to the front or side) or support leg (if leg raised to the back). Balances with change of shape: will follow general rules for balances (Exception: balances which involve movement of the free leg through various positions - “ronde” or “fouetté” - can be counted as either Right or Left.) Pivots: support leg. “Neutral” difficulties: performed either on two legs equally (for example: ring jump with 2 feet) or on another body part without a split position (chest, knees, elbows, etc).
- For each missing body difficulty on opposite leg/side for level 3-6 floor routines = 0.3 penalty (*taken from the final Difficulty score by the Difficulty judge*). If neutral difficulty is used (example: ring jump with 2 feet, etc.), then the remaining number of difficulties must be executed 50% on the opposite leg/side. A minimum of 2 difficulties per routine must be executed on the opposite leg/side.
- A difficulty will only be valid if the apparatus is in motion, held on the palm of the hand or on another part of the body (simple hanging is prohibited).

BODY DIFFICULTY NOTES:

1. In all difficulties with ring, the foot or another segment of the leg should be very close to the head (touching is not required)
2. In all difficulties with back bend of the trunk, the trunk must perform the predominant action (touching is not required).
3. The support leg whether stretched or bent does not change the value of the difficulty (balance or rotation). A “slight tolerance” (20 degree maximum) of the bent position of the free leg (ex: top leg in penche rotation) is also allowed.
4. In an exercise a gymnast may perform only one Difficulty with “Slow Turn” in “relevé” or on flat foot. Value: 0.10 point + Difficulty element value (see Table).

The “slow turn” is not authorized on the knee, on the arms, or in the “Cossack” position. A penalty of 0.30 (taken by the D judge from the final “D” score) will apply if the gymnast performs and declares more than one difficulty with slow turn or difficulty with “slow turn” on the arms, knees or in the “Cossack” position.


TABLE OF DIFFICULTIES:

In order to facilitate a more gradual, safe progression into the higher level difficulties, additional difficulties have been added to the FIG Code to be utilized in **Levels 3-6, Beginner and Intermediate Groups only**. These additional JO-specific difficulties are indicated in the separate Table of the **additional** JO Difficulties and may be used in addition to the FIG table of difficulties.

BODY DIFFICULTY NOTES: LEVELS 5-6, Beginner and Intermediate Groups ONLY

Elements with body rotations such as walkovers and rolls and/or full body waves performed either standing or on the floor (which are not Difficulties listed in the table) can be added before or after the Difficulties under the condition that these elements must end in the corresponding Difficulty or must begin immediately at the end of the Difficulty without any interruption.

Maximum one time each (1 walkover or roll and 1 body wave) in an exercise

- Repetition of the same body rotation element (different technique or start position) is not allowed.
- Value: 0.10 point + Difficulty element value
- In case the gymnast did not correctly execute  or **S**, the Difficulty is valid but the value of the added element (+0.10 point) is cancelled.
- If additional waves or walkovers are added above the maximum, they will not be evaluated and only the basic difficulty value will be given
- Note: “Dynamic waves” (see table of difficulties for balances) are standing body waves forward with feet together and starting or ending with releve and wave down to the floor. These exact waves cannot be added for an additional 0.1. However, if a wave is performed with a slightly different technique (for example, feet separate), it can be added.
- Note: A body wave or body rotation element added to a body difficulty for a value of 0.1 does not satisfy the artistry requirements for body wave or isolated acrobatic element.

APPARATUS ELEMENTS

TECHNICAL GROUPS: the basic apparatus handling movements in rhythmic gymnastics and serve as the composition requirements. *See Video Glossary for examples.*

- **Series:** Any time a “series” is indicated, a minimum of 3 of the required elements (hops, rotations, etc.) is necessary to be valid.
- **Figure 8:** a movement in which a large “8” is created and performed with large movement of the entire arm.
- **Partial Figure 8 with return:** circle movement of the arm with rotation of the hand in towards the body and return to start position.
- **Junior Olympic Figure 8 (Rope):** rotations of the rope folded in half alternating side to side with the action of the wrist.
- **Sail (Rope):** each hand holds one end of the rope and with the open rope perform continuous circular arm movements from one side of the body to another completing a full circle, maintaining the open rope position.
- **Unstable Balance on a part of the body:** The apparatus is balanced in a position where there is a risk of loss/on a small surface of the body as long as it is not “squeezed” in the position (thus no risk of loss). During an element of rotation, it is possible for the ball to be placed in the back (the back is a large part of the body but during this element, the ball can be lost). Examples include (but not limited to): the ball on the palm of the hand or the neck without the hands; one club held by another club, the clubs on the chest or neck, etc.

Note for Levels 3-5: If a gymnast performs Required Apparatus Elements above the minimum requirement (see specific requirements for each apparatus), the gymnast will be awarded the minimum Required Apparatus Element. Example: Level 4 gymnast performs 1 unassisted roll of the ball across 2 arms open to the side. (Minimum requirement: 1 unassisted roll of the ball on 1 part of the upper body). Additionally, the minimum Required Apparatus Elements may be performed with or without a body difficulty.

THROWS (levels 3-6, Beginner and Intermediate Groups): The height of a **large throw** must be two body lengths of the gymnast measured from her head. A **medium throw** must be one body length of the gymnast measured from her head. Only the height of the boomerang throw of the ribbon, the throw of a fully stretched rope, or the clubs throw with horizontal rotations, may be less

Note concerning required apparatus elements:

Valid for the Artistry:

- an attempt to perform the apparatus element according to its definition which results, finally, in a loss

Invalid for the Artistry:

- Not attempting at all
- Not performing according to the definition



MUSIC

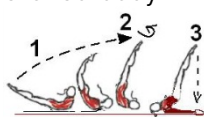
- ❖ The primary artistic objective is learning how to coordinate movements to the music.

CHOREOGRAPHY

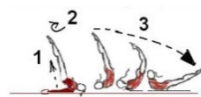
- ❖ Movements must be *logically connected* by passing from one movement or a movement sequence to another (and not displaying pauses, abrupt changes, or disconnections between movements).
- ❖ The gymnast must be in contact with the apparatus at the beginning and end of the exercise.
- ❖ The composition of the exercise should demonstrate variety in all areas: traveling/steps; levels; speed; hand, arm, trunk, and head movements; awareness of floor pattern.
- ❖ All required body waves must use the total body. If a gymnast uses a total body wave as one of her difficulties or as part of a difficulty, she needs to perform an additional body wave(s) to fulfill the composition requirements.

Notes: as part

- ❖ Rhythmic Steps: A sequence of a **minimum 8 steps** coordinated with the music which expresses a *rhythm* (not only regular timing) and character of the music. The steps may be classical dance steps, folkloric dance steps, any steps mentioned in Physical Education manuals, etc. The apparatus must be in motion during the steps. The entire rhythmic steps sequence may not be performed on the floor.
- ❖ Rhythmic Steps with change of direction: Steps defined above with changes of direction of the body (not necessarily changing the directions on the floor).
- ❖ Large Traveling: Movements which progress the gymnast around the carpet including, but not limited to, skips, hops, rhythmic steps, run, etc.
- ❖ Modalities: “ways” in which you do things. For example, different travel modalities would be skipping, hopping, running, walking.
- ❖ Pre-Acrobatic Elements:
Only the following groups of pre-acrobatic elements are authorized:
 - Forward, backward and side rolls without flight
 - Walkovers forward, backward, cartwheels without flight
 - Walkovers performed with different types of support (on the chest, on the shoulders, on the hand(s)) and/or techniques are considered as different pre-acrobatic elements.
 - «Chest roll/Fish - flop»: walkover on the floor on one shoulder with passing through the vertical of the stretched body



forwards



backwards

- “Dive Split Leap”: leap with trunk bent forward followed directly by one or more rolls is valid for
R (Dynamic element with Rotation)

LEVELS 3-4 ONLY:

- “Log” roll (lateral roll in a stretched body position, legs together)
- Lateral roll in tuck position
- Seated lateral roll (rotation around the vertical axis in a seated position)

The following elements are authorized but not considered as pre-acrobatic elements:

- Dorsal support on the shoulders
- Side or front splits on the floor, without any stop in the position (except JO additional body difficulty value 0.1 for levels 3-4 ONLY)
- Support on one or two hands or on the forearms without any other contact with the floor, without walkover/cartwheels and without stopping in the vertical position.

All groups of authorized pre-acrobatic elements may be included in the exercise on the condition:

- that they are coordinated with a technical element of the apparatus.
- the gymnast should be in contact with the apparatus in the beginning, in the end or during the whole element

PENALTY: Additional acrobatic elements in levels 3-5 floor routine and level 3 apparatus routines- 0.30

MUSICALITY

- The gymnast performs her movements/steps connected with the rhythm within the musical phrases and emphasizes the musical transitions

EXPRESSION

- The gymnast’s emotional interpretation of the music expressed through her facial and body movement

EXECUTION

Execution refers to *how* every movement is performed. FIG **technical penalties** are used.

Statism of the Apparatus: Static apparatus is held firmly by one or two hands and/or by one part or more than one part of the body for longer than the length of one body movement element (ex: a preparatory element for the difficulty and the difficulty itself). **A difficulty performed with static apparatus will not be valid.**

SCORE RANGES

There is a maximum of 0.8 difference between the Difficulty scores and 0.50 difference tolerated between the scores in Artistry and Execution.













SYMBOLS



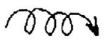
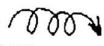







All judges are required to use the judging symbols for evaluating Artistry and Execution. The noted symbols will be used to resolve any discrepancies between judges' scores.



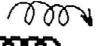


PENALTIES by the D JUDGE

Unauthorized distribution of body difficulties	0.30
Additional Body Difficulty above the maximum	0.30
For each missing body difficulty on opposite leg/side for floor routines	0.30
For performing/declaring more than 1 slow turn with a Body Difficulty or for difficulty with "slow turn" on the arms, knees or in the "Cossack" position	0.30
For unauthorized performance of a Mixed Difficulty in Levels 3-5	0.30
For performance of more than 1 Mixed Difficulty in Level 6	0.30

TECHNICAL GROUPS (Levels 3-6)

Rope	
Open rope held by both hands, rope turning forward, backward or laterally: Jumps or Leaps into the rope	
Open rope held by both hands, rope turning forward, backward or laterally: skips or hops into the rope	
Throws and catches	  <ul style="list-style-type: none"> • Open rope, held by the end  • Open rope, held in the middle 
Toss of one end ("échappé")	
Rotations of the rope	 <ul style="list-style-type: none"> • Folded rope, held at the ends or in the middle  • open rope held in the middle  • open rope held at the end 
Handling :	 <ul style="list-style-type: none"> • swings • circles • figure eights • « sails »
• spirales	
Notes <ol style="list-style-type: none"> 1. The rope can be held by both hands or by one hand either open or folded in 2, 3 or 4; however, the primary technique is with the open rope held at the ends by both hands during the jumps/leaps or skips/hops. 2. It is also possible to perform wrapping, spiral, rebounding, and mills movements. These elements, as well as the movements with the folded or knotted rope, are not typical of this apparatus; therefore, they must not overwhelm the composition. 3. Jumps/leaps or skips/hops into the rope must be performed in all directions: forward, backward, with turns, etc. 	

Hoop	
Passing through the hoop	
Elements over the hoops	
Rolls:	 <ul style="list-style-type: none"> • Over the body  • On the floor 
Rotations:	 <ul style="list-style-type: none"> • Around one hand or another part of the body • Around one axis of the hoop : hoop standing on the floor or on a part of the body, or being in suspension 
Throws and catches	 <ul style="list-style-type: none"> • with rotations of the apparatus  • on oblique plan 
Handling:	 <ul style="list-style-type: none"> • Swings • Circles • Figure eights

Ball	
Throws and catches	
Bounces	
Free rolls:	<ul style="list-style-type: none"> • over the body  • on the floor 
Handling:	 <ul style="list-style-type: none"> • thrusts • swings • circles • Figure eights • « Flip over» with or without circular movements of the arms (ball balancing on one hand or on a part of the body) • Rotations of the hand around the ball • Small rolls • Accompanied rolls

Notes.

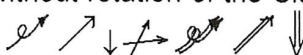
1. The handling of the ball held with 2 hands is not typical of this apparatus; therefore, they must not overwhelm the composition.
2. The execution of all technical groups with ball supported on the hand is correct only when fingers are joined in a natural manner. A **"grasped" ball is considered to be static.**
3. The ball held on the hand without autonomous movement of the arm is considered to be static; therefore, it is only allowed during a **single** body movement.
4. **Catches :** The ball is generally caught with one hand. A catch with both hands will lower the value of the Mastery element by one tenth (0,10), Exception: Catches outside the visual field.

Clubs

Small circles ○

Mills ✕

Throws with or without rotation of the Club/s during the flight (1 or 2) or asymmetric throws and catches



Asymmetric movements +

Tapping ||

Handling: ∞

- « Thrusts », swings, circles with the arms
- « Thrusts », swings, circles of the apparatus
- Figure eights
- Free rotation of the clubs
- Rolls of the clubs











Notes.

1. The typical technical characteristic, is handling of both Clubs together, therefore, this technical work should be predominant in the composition.
2. The basic norm of handling the Clubs, is to be held by the head, therefore, any other forms of holding the Clubs – example: by Club's body or neck - must not be predominant.
3. Asymmetric movements must be performed with different movements of each club (shape or amplitude and work plane or direction). Small rotations with time delay or performed in different directions are not considered asymmetric movements, because they have the same shape and the same amplitude.
4. Asymmetric throws may be performed with one or 2 hands at the same time. The movements of the two clubs during flight must be of different shape or amplitude (one throw higher than the other), or of different plane or direction.
5. Rolling, rotation, rebounding, or sliding movements must not overwhelm the composition.











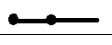





Valid for Ball and Clubs

Unstable Balance of the apparatus ⌢









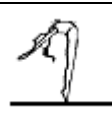

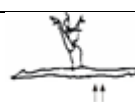

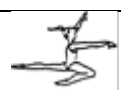





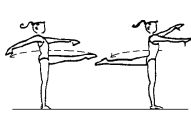


- The apparatus is balanced in a position where there is a risk of loss/on a small surface of the body (including the palm of the hand with ball)
- The apparatus is not "squeezed" (exception: in the back during an element of rotation)

Ribbon	
Snakes (4-5 waves)	
Snakes on the floor	 (drawn on the floor)
Spirals (4-5 loops)	
Spirals on the floor	 (drawn on the floor)
Handling:	 <ul style="list-style-type: none"> • « Thrusts » • Swings • Circles • Figure eights • Figure eights on the floor  (drawn on the floor) • Rotation of the Ribbon stick around the hand • Roll of the stick on a part of the body
Boomerang throws	
Tosses ("échappé")	
Throws	
Passing through or over the pattern formed by the ribbon with the whole body or a part of the body	
<p>Note : It is also possible to perform rebounds (push backs), wrapping and unwrapping movements with the apparatus. However, as with all elements non specific to the technique of the apparatus, these elements must not overwhelm the composition.</p>	

Level 6: Criteria for throws and catches

Additional Criteria	
	Outside of visual control during the throw/catch
	Without the help of the hands during the throw/catch
	Passing through the apparatus during throw/ catch
Specific throws of the apparatus	
	With rotations around its diameter; on horizontal or vertical plane
	Oblique plane
	Throw/catch of 2 Clubs simultaneously. (Note: throw OR catch, but no additional 0.1 for catching two clubs)
	Asymmetric throw of 2 Clubs Mixed catch of Rope/Clubs
	Throw and/or catch under the leg/ legs
	Throw after bounces on the floor, after rolling on the floor
	Clubs: throws in cascade or alternating
	Open Rope
Specific catches of the apparatus	
	Direct catch in a roll
	Direct Re-throw/re-bound
	Direct catch in rotation (hoop)
	Catch of the Rope with one end in each hand
	Catch of the Ball with one hand from Large throw

JUNIOR OLYMPIC TABLE OF ADDITIONAL DIFFICULTIES FOR LEVELS 3-6, Beginners and Intermediate Group ONLY

LEAPS 		BALANCES 		ROTATIONS 	
0.10					
Split leap legs at least 160°(front or side) Levels 3-4		Penche: Held with hand support on floor		Leg at the horizontal, front or side, 180°	
Sissone take off from two feet		On the knees with arch Levels 3-4; Standing arch	 	Leg at the horizontal, chest bent forward with help of hands, 180	
Split leap forward, take-off from both feet, legs at least160° Levels 3-4 only		On the floor chest stand			
Stag leap at least 160°- Levels 3-4		Splits with chest forward Levels 3-4			
Vertical jump with turn (180 °)					
0.20					
		On the knees with arch and lifted leg		Leg at the horizontal, chest bent forward without help of hands, 180 °	
		Back split			
		Balance on flat foot from leg front horizontal to leg back (or vice versa) with movement of the leg at the horizontal plane (each position held)		Leg at the horizontal back, also attitude,180°	
				Back split with help, or ring with help, 180 °	

1.9.1. Table of Jumps/ Leaps Difficulties (∧)

1.9.1.1. Basic characteristics:

- **defined** and **fixed shape** during the flight
- height sufficient to show the corresponding shape

1.9.1.2. For all jumps/ leaps which do not have in the base ring, back bend, rotation 180°: ring +0.10, back bend +0.20, rotation 180° or more +0.20

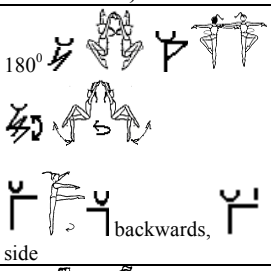
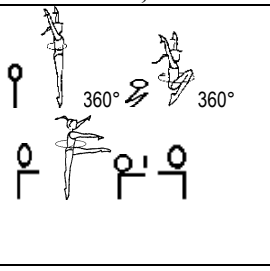

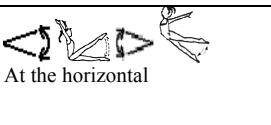
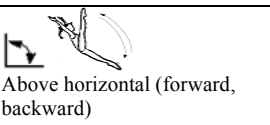
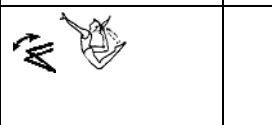
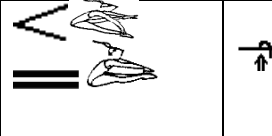

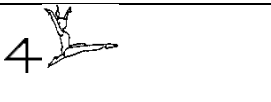
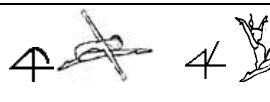
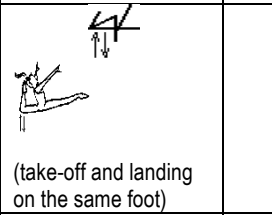


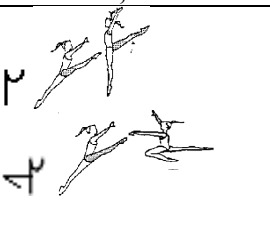
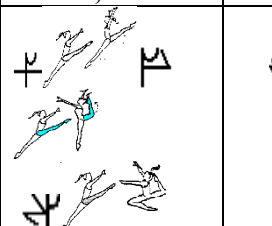


In this case the following symbol should be added to the symbol of the existing leap: rotation 180°: ∪, ring ∠, back bend ∩.

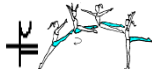

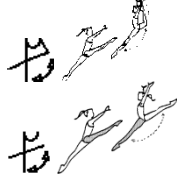


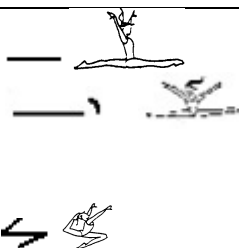
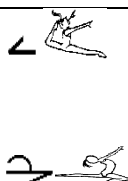
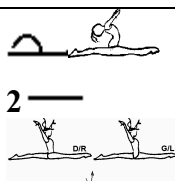



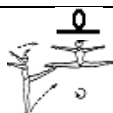
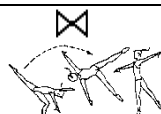
Examples: — (0.20) + rotation 180° = ∪ (0.40); — (0.50) + ring = ∠ (0.60); — (0.50) + back bend =

∩ (0.70), — (0.40) + back bend = ∩ (0.60)

- To base of jumps (№ 9, 10) can be added the following criteria: passing with bent legs in split - 0.10 (≡); passing with straight legs in split - 0.20 (≡)

Examples: — (0.20) + passing with bent legs in split (0.1) = ≡ (0.30); — (0.20) + passing with straight legs in split (0.2) = ≡ (0.40)

	0,10	0,20	0,30	0,40	0,50
1. Vertical Jumps with rotation of the body on 180°, as well as 360°	180°  side backwards,	360° 			
2. «Cabriole» (forward, side, backwards); arch					
3. «Scissor» Leaps with switch of legs in various positions; in ring	At the horizontal 	Above horizontal (forward, backward) 			
4. Pike jumps. Straddle Jumps					
5. «Cossack» Legs in various positions; in ring			 (take-off and landing on the same foot)		
6. Ring					
	0,10	0,20	0,30	0,40	
7. «Fouette» Legs in various positions					

					
	0,10	0,20	0,30	0,40	0,50
8. «Entrelace». Legs in various positions					
9. Split and stag leaps in: ring; with back bend; with trunk rotation. These Jumps/Leaps, performed with take-off from 1 or 2 feet, are considered as different Difficulties. In case of take-off from 2 feet, the symbol  should be added below the Jump symbol					
10. Turning split leaps -legs in various positions, according criteria					
11. «Butterfly»					





1.9.2. Table of Balance Difficulties (T)

1.9.2.1. Basic characteristics:

- defined and clearly fixed shape (stop position)
- executed on the toes, flat foot, or different parts of the body

1.9.2.2. Slow turn:


It is possible to perform **only one slow turn on “relève” or on flat foot**. The value of the balance is determined by adding 0.10 for the flat foot / 0.20 point for “relève” to the base value of the Balance for 180 degree slow turn or more during the difficulty.

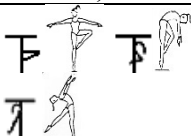
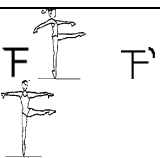

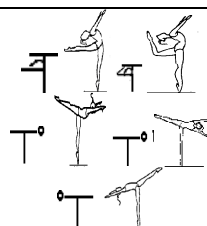
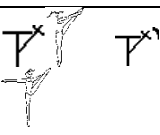
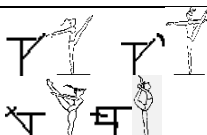
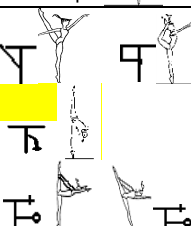
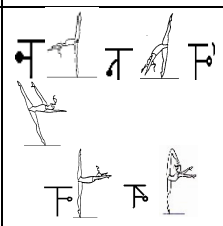


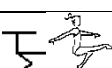
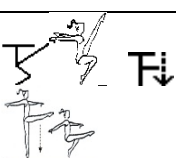

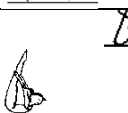
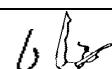
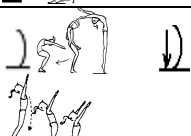
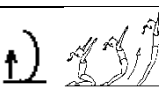
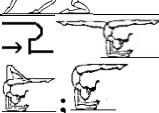
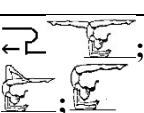


The following symbol is added to the symbol of the existing balance:  or  (Example:  , )





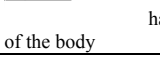





- In case slow turn is not correctly performed during the Balance Difficulty, the value of Difficulty + slow turn value will not be valid.

- It is not authorized to perform a slow turn on the knee, on the arms, or in the “Cossack” position

1.9.2.3. Difficulties #2 & #3 may be performed on flat foot. The value is reduced by 0.10 and the balance symbol should include an

arrow down (Example :  =0.40 points)

	0,10	0,20	0,30	0,40	0,50
1. Free leg below horizontal in: “Passe,” with body bent forward or backward					
2. Free leg at the horizontal in different directions, body bent forwards, backwards, sideways					
3. Free leg high up in different directions; body at the horizontal level or below, with or without help					
4. Fouetté (min. 3 different shapes, on “relève” with a minimum of 1 turn of 90° or 180°). Each Balance shape must be clearly fixed.			 Fouetté Leg at the horizontal for 2 shapes min. + min 1 turn		 Fouetté: Leg above horizontal for 2 shapes min.+ min 1 turn
5. “Cossack:” free leg at: horizontal level; high up; with gymnast changing level					
6. Balances with support on various parts of the body					
7. Dynamic balance with full body wave					
8. Dynamic balance with or without leg movement with				 or	 half turn of the body

support on various parts of the body.	(movement forward into elbow stand)	(movement backward through a bridge into elbow stand)	<div>      </div>	<div>      </div>
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1.9.3. Table of Rotation Difficulties (♫)

1.9.3.1. Basic characteristics

- **minimum basic rotation of 360°** (except rotation #3 ↓↓, ↑↑)
- **defined and fixed shape** during the entire rotation
- executed on the toes (Pivot), flat foot, or on the support of different parts of the body

1.9.3.2. Additional rotations:

- Each additional rotation **on releve** of 360° increases the level of the Difficulty by the base value for isolated and Multiple Rotation Difficulties and as part of Mixed Difficulties
- Each additional rotation of 360° on **flat foot or another part of the body** increases the level of the Difficulty by 0.20 point
- Rotations with **back bend of the trunk** (#3, value 0.40 and 0.50): different starting positions ("Start standing", «Start from the floor») require different techniques; therefore, these Rotations are considered to be different. It is possible to perform 1 time per exercise Rotation from "Start standing" position,
1 time - «Start from the floor» position regardless of the chosen base rotations (180°/360°).
- **For possible change of gymnast's level** (support leg bending progressively, return to stretch position) + **0.10 point for each**.

	0,10	0,20	0,30	0,40	0,50
1. Passe . Free leg below horizontal, body bent forward or backward; Spiral turn with wave ("tonneau")					
2. Free leg straight or bent on the horizontal level; body bent on the horizontal level.					
3. Free leg high up with or without help; body bent on the horizontal level or below horizontal					
4. «Cossack» (free leg on the horizontal level); body bent forwards.					
5. «Fouetté»					
6. "Illusion" forward, side, backwards; Spiral turn with full body wave; "penche" rotation					
7. Rotation on various parts of the body					

LEVEL 3 FLOOR

DIFFICULTY = FIG value – 0.50 max.

- 5 body difficulties
- Value: 0.1
- Floor: 1 difficulty from each body group and 2 additional difficulties, each from different body groups. Minimum 2 difficulties must be executed on opposite leg/side
- Calculation of Score (5 Difficulties @ 0.10 each X 5 = 2.50 max)

ARTISTRY = 2.5 max

- Composition requirements @ 0.2 each = 1.4 max
 - 2 series Rhythmic steps (0.2 each)
 - 1 body wave
 - 1 wave with both arms, any direction
 - 2 acrobatic elements minimum/maximum: (0.2 each)
 - 1 “chaîne” turn on releve
- Musicality: Connection between movements/steps and music 0.0-0.7 = 0.7 max
- Expression: Harmony between character of the music and movements/ emotions conveyed by gymnast 0.0-0.4 = 0.4 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 10.0

LEVEL 3 APPARATUS

DIFFICULTY = FIG value – 0.50 max

- 5 body difficulties
- Value: 0.1
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups
- Calculation of Score (5 Difficulties @ 0.10 each X 5 = 2.50 max)

ARTISTRY = 2.5

- Minimum Required Apparatus Elements @ 0.2 each = 1.0

Rope

1. 1 jump through the rope rotating forward
2. 1 series of skips/hops through the rope
3. 1 series of rotations of the rope folded in half
4. 1 toss of 1 end of the rope (start with open rope laying on the floor and swing end up to hand)
5. Swing of the rope held by 2 hands, arms open

Ball

1. 1 bounce
2. Series of rotations of the ball between 2 hands
3. 2 swings, each more than $\frac{1}{4}$ of a circle, with straight arms passing the ball from hand to hand
4. Any (assisted/unassisted) 1 roll of the ball on 1 part of the upper body
5. Throw above head from straight arm(s) + ball bouncing off the floor + catch of the ball with the hand(s)

- Composition: 4 requirements @ 0.2 each = 0.8
 - 1 series Rhythmic steps
 - 1 Body wave
 - 1 acrobatic element - minimum/maximum
 - 1 Large traveling with apparatus handling
- Musicality 0.0-0.4 = 0.4 max
- Expression 0.0-0.3 = 0.3 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 10.00

LEVEL 4 FLOOR

DIFFICULTY = FIG value– 1.00 max

- 5 body difficulties - 1.00 FIG value Maximum
- Value: 0.1- 0.2
- Floor: 1 difficulty from each body group and 2 additional difficulties, each from different body groups. (Minimum 2 difficulties must be executed on opposite leg/side)
- Calculation of Score (5 Difficulties, values 0.1 and/or 0.2, @ 1.00 max X 3 = 3.00 max)

ARTISTRY = 3.0 max

- Composition requirements @ 0.2 each = 1.4 max
 - 2 series Rhythmic steps (0.2 each)
 - 1 body wave: forward
 - 1 body wave: backward
 - 2 acrobatic elements minimum/maximum: (0.2 each)
 - 2 “chaîne” turns on releve in a row
- Musicality 0.0-1.0 = 1.0 max
- Expression 0.0-0.6 = 0.6 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 11.00

LEVEL 4 APPARATUS

DIFFICULTY = FIG value – 1.00 max

- 5 body difficulties - 1.00 FIG value Maximum
- Value: 0.1- 0.2
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups
- Calculation of Score (5 Difficulties, values 0.1 and/or 0.2, @1.00 max X 3 = 3.00 max)

ARTISTRY = 3.0 max

- Minimum Required Apparatus Elements @ 0.2 each = 1.4 (*identical handling may not be repeated*)

Rope:

1. 1 jump through the rope rotating backward (from 1 foot, 2 feet, etc.)
2. 1 series of skips/hops through the rope with the rope rotating backward
3. 1 JO Figure 8 (rope folded in half)
4. 1 toss of 1 end of the rope ("échappé")
5. 1 "sail"
6. 1 large figure "8"
7. 1 medium throw (any)

Hoop:

1. 1 passing through the hoop with at least one part of the body
2. 1 roll on the floor
3. 1 series of rotations on the floor around axis
4. 1 series of rotations around hand(s)
5. 1 series of swings with passing hoop from hand to hand in different planes and/or directions
6. 1 small throw of the hoop with rotation around its diameter
7. 1 medium throw (any)

Ball:

1. 1 series of bounces
 2. 1 series of swings, each more than ¼ of a circle, with passing ball from hand to hand with change(s) of direction(s) and/or planes and/or level(s)
 3. 1 unassisted roll of the ball on 1 part of the upper body (not on the leg(s))
 4. 1 roll (any) on any part(s) of the body (except on the arm(s))
 5. 1 medium throw above head from straight arm(s) + catch of the ball on hand(s)
 6. Unstable balance of the ball (held on the palm of the hand or held on other part of the body) during rotation of the body
 7. Partial Figure "8"
- Composition: 4 requirements @ 0.2 each = 0.8
 - 1 series Rhythmic steps
 - 1 Body wave
 - 1 acrobatic element
 - 1 Large traveling with apparatus handling (run, walks, rhythmic steps, etc.)
 - Musicality 0.0-0.5 = 0.5 max
 - Expression 0.0-0.3 = 0.3 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 11.0

LEVEL 5 FLOOR

DIFFICULTY = FIG value – 1.50 max

- 5 body difficulties – 1.50 FIG value Maximum
- Value: 0.1-0.2-0.3
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups (Minimum 2 difficulties must be executed on opposite leg/side)
- Calculation of Score (5 Difficulties, values 0.1, 0.2 and/or 0.3 , @ 1.50 max X 2 = 3.0 max)

ARTISTRY = 4.0 max

- Composition requirements @ 0.2 each = 2.4 max
 - 1 series Rhythmic steps
 - 1 series Rhythmic steps with traveling
 - 1 series Rhythmic steps with change of direction
 - 1 full body wave: forward
 - 1 full body wave: backward
 - 1 side body wave
 - 1 isolated acrobatic element minimum/maximum
 - A minimum/maximum 2 acrobatic elements and/or elements of rotation on horizontal axis *in a row* –
 - Variety in the use of levels, directions of body movements and modalities of travelling
 - 2 elements of rotation on vertical axis *in a row*
 - Sufficient use of movement with hands, arms, neck, trunk, and head
 - Use of the entire floor area
- Musicality 0.0-1.0 = 1.0 max
- Expression 0.0-0.6 = 0.6 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 12.00

LEVEL 5 APPARATUS

DIFFICULTY = FIG value – 1.50 max

- 5 body difficulties – 1.50 FIG value Maximum
- Value: 0.1-0.2-0.3
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups
- Calculation of Score (5 Difficulties, values 0.1, 0.2 and/or 0.3, @ 1.50 max X 2 = 3.0 max)

ARTISTRY = 4.0 max

- Apparatus: 1.8 maximum
 - Minimum Required Apparatus Elements @ 0.2 each = 1.4 (*identical apparatus elements may not be repeated*)
 - 2 different medium throws with different techniques = 0.2 each

Rope:

1. 1 jump/leap through folded rope (rope folded in half) or with double rotations of the rope
2. 1 series of skips/hops through the rope with change of direction(s) of the body and/or apparatus
3. 1 series of rotations of the rope folded in half with change of plane(s) and/or level (s)
4. 1 series of rotations of the open rope held in the middle
5. 1 toss of 1 end of the rope ("échappé")
6. 1 "sail"
7. 1 "spiral" (3 or more rotations of 1 free end of the rope)

Hoop

1. 1 passing through the hoop with any jump/leap/skip
2. 1 rotation around axis of the hoop: around the hand or on/around a part of the body
3. 1 series of rotations around the hand with change of plane(s) and/or level(s) and/or direction(s) of the hoop and/or body
4. 1 series of rotations around a part of the body (except the hand)
5. 1 boomerang roll on the floor
6. 1 roll on 1 part of upper part of the body
7. 1 large figure "8"

Ball:

1. 1 series of small bounces with change of rhythm
 2. 1 bounce with part of the body (except hands)
 3. 1 large roll across 2 arms opened to the side
 4. 1 large roll over any 2 parts of the body
 5. 1 rotation of the hand around the ball
 6. 1 large circle
 7. 1 large figure "8"
- Composition: 6 requirements @ 0.2 each = 1.20
 - 1 series Rhythmic steps
 - 1 series Rhythmic steps with change of direction
 - 1 body wave
 - 1 acrobatic element
 - Variety in the use of levels, directions of body movements and modalities of travelling
 - Use of the entire floor area
 - Musicality 0.0- 0.6= 0.6 max
 - Expression 0.0-0.4 = 0.4 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 12.00

LEVEL 6 FLOOR

DIFFICULTY = FIG value – 2.00 max.

- 5 body difficulties – 2.00 FIG value Maximum
- Value: 0.1-0.2-0.3-0.4
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups (Minimum 2 difficulties must be executed on opposite leg/side)
- Calculation of Score (5 Difficulties, values 0.1,0.2,0.3 and/or 0.4, @ 2.00 max X 2 = 4.00 max)

ARTISTRY = 4.0 max

- Composition requirements @ 0.2 each = 2.4 max
 - 1 series Rhythmic steps
 - 1 series Rhythmic steps with change of direction
 - 1 series Rhythmic steps with traveling
 - 1 full body wave: forward
 - 1 full body wave: backward
 - 1 side body wave
 - 1 acrobatic element
 - 2 acrobatic elements/elements of rotation on horizontal axis *in a row*
 - Variety in the use of levels, directions of body movements and modalities of travelling
 - 2 elements of rotation on vertical axis *in a row*
 - Sufficient use of movement with hands, arms, neck, trunk, and head
 - Use of the entire floor area
- Musicality 0.0-1.0 = 1.0 max
- Expression 0.0-0.6 = 0.6 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 13.00

LEVEL 6 APPARATUS

DIFFICULTY = FIG value – 2.00 max

- 5 body difficulties – 2.00 FIG value Maximum
- Value: 0.1-0.2-0.3-0.4
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups
- Calculation of Score (5 Difficulties, values 0.1,0.2,0.3 and/or 0.4, @ 2.00 max X 2 = 4.00 max)

ARTISTRY = 5.0 max

- Apparatus: 2.6 max
 - Technical Groups: 8 different *Apparatus Elements* @ 0.2 each = 1.6
(minimum of one from each Technical Group; identical apparatus elements may not be repeated) **Note:** toss/catch is not a required apparatus element; however, additional tosses may be used to fulfill the apparatus element requirement)
 - Technical Groups: 2 apparatus elements, each on a body difficulty @ 0.2 each = 0.4
(these 2 apparatus elements may be part of the 8 different Apparatus Elements above)
 - 3 different technique/type of throws:
 - 1 medium throw with at least 1 criteria (see table of criteria for Level 6) = 0.2
 - After a medium throw, 1 catch with at least 1 criteria (see table of criteria for Level 6) = 0.2
 - 1 additional large throw with 1 Rotation of the body around any axis during the flight of the apparatus = 0.2
- Composition: 6 requirements @ 0.2 each = 1.2 max
 - 1 series Rhythmic steps
 - 1 series Rhythmic steps with change of direction
 - 1 Body wave
 - Use of the entire floor area
 - 2 apparatus handling performed with non-dominant hand (0.2 each)
 - **Note:** these 2 may be one of the 8 required handlings
- Musicality 0.0-0.7 = 0.7 max
- Expression 0.0-0.5 = 0.5 max

EXECUTION = 5.0 max

TOTAL = (D+A+E) = 14.00


GENERALITIES: LEVELS 7-8 and Advance Groups

DIFFICULTY

- Difficulties from each group of body movements should be present in the exercise:
Jumps/Leaps \wedge , Balances $\overline{\text{T}}$, Rotations \circ
- Each difficulty is counted only once within a body group
- **«Same shape»:**
 - An identical relation between the trunk/legs/hands during the entire development of the Difficulty.
 - A **repetition of the same shape** - within each group of body difficulties regardless of the presence/absence of rotation, or walkover, or the number of body rotations, or slow turn, or body wave– **is not counted. Exception:** in the case of a series (maximum 3) of the same Leaps/Jumps and identical Rotation Difficulties (Pivots) connected with heel support.
- A Body Difficulty is valid if executed:
 - With a minimum of 1** Fundamental Technical element specific to each apparatus and/or an element from the Other Technical apparatus groups **during:**
 - **the isolated Difficulty**
 - each component of a **Multiple Rotation Difficulty (Pivots)** and **each component of a Mixed Difficulty.** (see explanation below)
 - ❖ During every three fouettes in a Multiple rotation, one different Fundamental technical element or element from the Other Technical apparatus groups is required
 - ❖ During every three illusions, one different Fundamental technical element or element from the Other Technical apparatus groups is required
 - * If the apparatus technical element is executed with a major alteration of the basic technique, the Body Difficulty is not valid (Major alteration=a technical fault of the apparatus greater than -0.10, See technical execution faults).
 - Without** one or more of the following **serious Technical faults:**
 - Major alteration of the basic characteristics specific to each group of body movements
 - Loss of the apparatus during the Difficulty, including 1 or 2 Clubs
 - Loss of balance during the Difficulty with support on the hand(s) or apparatus or fall
 - Static apparatus
- A Difficulty is in connection with a throw of the apparatus:
 - if the apparatus is thrown at the beginning, during, or towards the end of the Difficulty
 - if the apparatus is caught at the beginning, during, or towards the end of the Difficulty

- in the series of 3 Leaps Difficulties, it is possible to perform the throw of the apparatus on the first leap and catch of the apparatus on the 3rd Leap. The second Leap which is performed under the flight of the apparatus (without a Technical element of the apparatus) is counted as a Difficulty.
- Any Difficulty performed with a value lower than entered on the form will not count
 - Exception Rotation difficulties: in cases of incomplete rotations compared to the amount of rotations indicated on the form, the Difficulty is evaluated according to the number of executed rotations.
 - Difficulties executed with a higher value will maintain the value indicated on the form.
 - Any Difficulty executed with greater amplitude than required by the definition of the corresponding Difficulty will not change the value of the Difficulty.
- Any additional difficulty above the maximum allowance (regardless of its value) =0.3 penalty (*taken from the final Difficulty score by the Difficulty judge*).
- If a gymnast performs a difficulty with a basic value above the allowed limit, the difficulty will not be evaluated. (0.00 points)
- Levels 7-8 ALL ROUTINES: The exercise must be represented by all the body movement groups equally. In case of unequal/unauthorized distribution = 0.3 for each missing or additional difficulty (taken from the final Difficulty score by the Difficulty judge)
- Levels 7-8: Score Forms
 - Prior to the start of competition, start of the rotation, or routine, the Judge will check the Body Difficulty symbols and values
 - No form deductions will be taken, but body difficulties written incorrectly (wrong symbol) or repeated will not be counted/given credit. Judges will mark mistakes on the official forms during all competitions leading to the Junior Olympics.
 - In the case of an incorrect value, the judge will apply the correct value and amend the final total
 - If the exercise accidentally stops for a long time (serious execution fault) and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties

NOTES:

- In all difficulties with ring, the foot or another segment of the leg must be as close as possible to the head, predominant action of the leg (touching is not required)
- In all difficulties with back bend of the trunk, the trunk must perform the predominant action (touching is not required).
- The support leg whether stretched or bent does not change the value of the difficulty (balance or rotation)
- In an exercise a gymnast may perform only one Difficulty with “Slow Turn” in “relevé” or on flat foot. Value: 0.10 point for flat foot / 0.20 point for “relevé” + Difficulty element value (see Table of Difficulties).
- The “slow turn” is not allowed on the knee, on the arms, or in the “Cossack” position. A penalty of 0.30 (taken by the D judge from the final “D” score) will apply if the gymnast performs and declares more than one difficulty with slow turn.
- During a multiple rotation difficulty, Fundamental technical elements can be the same as long as they are performed during each of the components (example: roll and roll) In the case of the Other apparatus Technical Groups— apparatus elements must be different for each component of the multiple difficulty.
- Only during a series (identical pivot or jump): if the gymnast performs a Fundamental or Other element, the same apparatus element may be repeated on each difficulty (ex: 2 turning leaps with identical spirals of the ribbon or hoop passing under the leg). In all other cases: If Apparatus Technical Element performed identically during Body Difficulties, the Difficulty is not counted (No penalty)
- In case of 2 different fouette balances in the same routine ALL 6 shapes must be different. But it is possible to perform a shape (ex. Attitude) one time isolated and once within a fouette balance.
- Elements with body rotations such as walkovers and rolls and/or full body waves performed either standing or on the floor (which are not Difficulties listed in the table) can be added before or after the Difficulties under the condition that these elements must end in the corresponding Difficulty or must begin immediately at the end of the Difficulty without any interruption. Repetition of the same body rotation element is not allowed.
 - Value: 0.10 point + Difficulty element value
 - In case the gymnast did not correctly execute  or **S**, the Difficulty is valid but the value of the added element (+0.10 point) is cancelled.
 - “Dynamic waves” (see table of difficulties for balances) are standing body waves forward with feet together and starting or ending with releve. This exact wave cannot be added for an additional 0.1. However, if the wave is performed with a slightly different technique (for example, feet separate), it can be used.

MIXED DIFFICULTY:

- 2 or more different Difficulties from the same or different groups of body movements
- **Each component counts as 1 Difficulty**
- Connected:
 - without intermediary step (\wedge),
 - with or without heel support (\top),
 - in case of Rotation (\circ) either with plie-releve or from releve to flat foot, or another part of the body, depending on the type of Rotation
- Each connection **without interruption: + 0.10 point**
Example: ($\wedge + \wedge$) or ($\top + \top$) or ($\circ + \circ$) or ($\wedge + \top$) or ($\top + \circ$) or ($\wedge + \circ$) etc.
Example: ($\circ 1 \top 1$) = 0.40 + 0.40 + 0.10 for connection = 0.90 point
 - In case the gymnast fails to execute one of the Difficulties that composes the Mixed Difficulty, the remaining Difficulties which are correctly executed are counted but the 0.10 point for the connection(s) is subtracted.
Example: ($\cancel{\circ 1 \top 1}$) = 0.00 + 0.40 + 0.00 for connection = 0.40 point
 - In case the gymnast performs each Difficulty correctly but performs the connection with a technical fault (hop or interruption), both Difficulties are valid but the 0.10 point for the connection(s) is subtracted. **Example:** ($\circ 1 + \text{hop} + \top 1$) = 0.40 + 0.40 + 0.00 for connection = 0.80 point

MULTIPLE ROTATION DIFFICULTY (“Fouette”)

- Counts as 1 Difficulty
- 2 or more **identical or different** shape “Fouette” connected **with heel support** (no bonus given for connection)
- It is possible to perform 2 or more identical shapes one time **or different “Fouetté” shapes combined** one time (0.10 for connection is not added).
- In the case of a slide(s) during the fouette, the Difficulty is valid with an **E** Penalty, slide(s) - 0.10

Examples:

- ($\top 221$) = 0.50 point
- ($\circ 22$) = 0.80 point
- ($\top 22 \top 1$) = 0.90 point
- $\top 1111$: For Fouette with the leg in horizontal position : it is possible for the gymnast to perform various shapes in horizontal within the same fouette, but each form must be performed consecutively and not alternating shapes.
- ($\top 11 \top 11 \top 1$) = 0.80 point → 0.60 (the same shape must be executed consecutively before changing into the next shape, not alternating shapes)

- **MULTIPLE ROTATION DIFFICULTY (Pivots)**

- **All Pivots count as 1 Difficulty**

- 2 or more Rotations with **different** shapes
- Connected **without heel support**
- Calculation: value of the first Pivot base + value of the second Pivot base (only in the case that the minimum basic rotation in each shape is complete without a technical fault - hop or interruption). **No bonus given for connection.**

Examples:

- Inscription: on the official form after the symbol of each pivot, indicate the number of rotations: (~~1~~ 1 ~~2~~) = 0.20 + 0.20 = 0.40 point
- In case the gymnast fails to execute the minimum basic rotation in the any of the shapes but correctly executes the minimum basic rotation in the other shape(s), the correctly executed Rotations will be valid.

$$(\cancel{1} 1 \cancel{2}) = 0.00 + 0.10 = 0.10 \text{ point}$$

$$(\cancel{1} 1 \cancel{2}) = 0.20 + 0.00 = 0.20 \text{ point}$$

$$(\cancel{1} 2 \cancel{2} 1) = 0.40 (720^\circ) + 0.10 (360^\circ) = 0.50 \text{ point}$$

- In the case of an interruption in the Rotation (hop), only the value of the Rotations already performed prior to the interruption will be valid.

$$(\cancel{1} 2 \cancel{1}) = 0.20 (360^\circ + \text{hop}) + 0.00 = 0.20 \text{ point}$$

- In the case of hop during the connection, the value of complete Rotations already performed up to the hop will be valid. **E Penalty for the hop – 0.30**

$$(\cancel{1} 2 + \text{hop} + \cancel{1}) = 0.40 + 0.00 = 0.40 \text{ point}$$

APPARATUS

A gymnast may only declare the maximum number of apparatus elements (Dynamic Elements with Rotation (DER) and Apparatus Combinations) on the form. For DER declared above the maximum, the judge will only judge up to the maximum allowance and will cross of the remaining declared elements. A gymnast may perform more than the minimum number of Fundamental Handling Requirements.

FUNDAMENTAL TECHNICAL GROUPS REQUIREMENTS:

- There are “Fundamental” Technical Groups which are basic/essential to each apparatus
- Each routine must have a certain number of Fundamental Technical Elements. These elements may be performed in any way, including during Body Difficulties or the Dance Steps Combinations and must be declared on the form



























FUNDAMENTAL AND OTHER APPARATUS TECHNICAL GROUPS


























- Apparatus technical elements are not limited but cannot be performed identically during Body Difficulty (except for during the series of Jumps/leaps and pivots).

Examples :




- Circles and “figure eight” executed on different planes and/or amplitude
- Unstable balance of Clubs executed on various parts of the body
- Rolls of Clubs and Ribbon stick on different parts of the body

Summary Table of Fundamental Technical Groups specific to each apparatus and Other Apparatus Technical Groups

Apparatus	Fundamental Apparatus Technical Groups	Other Apparatus Technical Groups
	 Passing through the Rope with a Jump/Leap, Rope turning forward, backward, or to the side	 * Series (min. 3) of rotations, Rope folded in two <ul style="list-style-type: none"> One rotation of the open, stretched Rope, held by the middle or by the end
	 Passing through the Rope with series (min.3) of small hops, Rope turning forward, backward, or to the side	 Small throw and catch  Wrapping
	 "Echappé"	
	 Spirals (double or more rotation of the Rope's end during "Echappé")	
	 <ul style="list-style-type: none"> Figures eight or "sail" movement with ample movement of the trunk (Rope held in <u>two hands</u>) Large circles (Rope held in two hands) 	
	 Catch of the Rope with one end in each hand	
	 Passing through the Hoop with the whole or part of the body	 Passing over the Hoop with the whole or part of the body
	 Roll of the Hoop over minimum 2 large body segments  Roll of the Hoop on the floor	 Small throw and catch
	 Series (min. 3) of rotations around the hand One free rotation around a part of the body	
	 Rotations of the Hoop around its axis: <ul style="list-style-type: none"> One free rotation between the fingers 1 free rotation on the part of the body Series (min.3) of rotations on the floor 	
	 Roll of the Ball over minimum 2 large body segments  Roll of the Ball on the floor: <ul style="list-style-type: none"> Large (min 1 meter) roll of the Ball on the floor Series (min.3) of small rolls of the Ball on the floor 	
	 Bounces: <ul style="list-style-type: none"> Series (minim.3) of small bounces (below knee level) <ul style="list-style-type: none"> One high bounce (knee level and higher) Visible rebound from a part of the body 	 <ul style="list-style-type: none"> "Flip-over" movement of the Ball Rotations of the hand/s around the Ball A series (min 3) of assisted small rolls Roll of the body over the Ball on the floor "Thrust"/push of the ball from different parts of the body
	 Figures eight with "flip over" of the ball with circle movements of the arms (circumduction) and ample movement of the trunk	 Small throw and catch
	 Catch of the Ball with one hand	

	 Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	 "Cascade" throws (double or triple)
	 Series (min.3) of small circles with both Clubs	 <ul style="list-style-type: none"> Free rotations of 1 or 2 Clubs on the part of the body or on the floor Rolls of 1 or 2 Clubs on the part of the body or on the floor Rebound of 1 or 2 Clubs from the body "Sliding" movements Tapping (min. 1) Trust/push of the Club(s) from different parts of the body
	 The asymmetric movements of 2 Clubs must be different in their shape or amplitude and in the work planes or direction	 Series (min. 3) of small circles with 1 Club
	 Small throws/ catches with rotation of 2 Clubs together simultaneously or alternating	 Small throw and catch of 1 Club  Throws or catches of 2 Clubs, simultaneous  Throw or Catch of 2 Clubs, asymmetric
	 Spirals (4-5 waves), tight and same height  Spirals on the floor	<ul style="list-style-type: none">  "Boomerang"(in the air or on the floor)
	 Snakes (4-5 waves), tight and same height  Snakes on the floor	 <ul style="list-style-type: none"> Rotational movement of the Ribbon stick around the hand Roll of the Ribbon stick on the part of the body Rebound of the stick from the part of the body Wrapping Movement of the ribbon around a part of the body created when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or Difficulties with rotation (not during "Slow Turn")
	 Passing through or over the pattern of the Ribbon	
	 "Echappé"	 Small throw and catch (close to the body)
	Note for all apparatus: small throw – close to the body	
	NOTE: Criteria for DER or Apparatus combination that represent a Fundamental element below may be used in the calculation of Fundamental Technical requirements	
		

Summary table of Other Apparatus Technical Groups Valid For All Apparatus

	Throws or catches Medium throw – one to two heights of the gymnast. Large throw – more than 2 heights of the gymnast
	Apparatus handling (apparatus in motion): <ul style="list-style-type: none"> • Figure 8 with ample body movement (not for Rope and Ball) • Large circles (for rope folded or open in one hand, mills) • Transmission of the apparatus around any part of the body or under the leg(s)
	Unstable balance on the part of the body

Unstable Balance of Apparatus:

- The apparatus is held without the help of the hand(s) on a small surface of the body segment (neck, foot, back of the hand) or with a difficult body-apparatus relationship with risk of loss of the apparatus (including the Ball on the open hand during a Rotation Difficulty)
- The apparatus cannot be squeezed by any part of the body in order to be considered an unstable balance .
- **Exception:** Ball, and Club(s), can be held (squeezed) behind the back during body movements with rotation or Difficulty with rotation (during “Slow Turn” not allowed).
- Rope (open or folded in half) and stick of Ribbon balanced behind the back (not squeezed) during body movements with rotation or Difficulty with rotation

Static Apparatus

- The apparatus is held firmly or squeezed by one/two hands
- The apparatus is held firmly or squeezed by one or several parts of the body during more than one body movement
- The apparatus is held for a preparation movement for the Difficulty and the Difficulty itself or two Difficulties in a row.
- **Penalty** by the Execution (E) Judge: 0.30 point for static apparatus

DYNAMIC ELEMENTS WITH ROTATION (DER)

- There is no minimum requirement for Dynamic elements with Rotation.

1. Dynamic elements with Rotation and throw- DER (\tilde{R}) consist of the throw of the apparatus and:

- Minimum 2 Rotations of the body without interruption around any axis during the throw, flight or catch of the apparatus
- A loss of visual control of the apparatus
- With or without passing to the floor
- A Catch of the apparatus **during or at the end of the rotation(s)**
- In case of a technical fault **0.1** during the catch (incorrect catch, 1-2 steps, etc), the DER is valid and E penalty is applied.

2. The value of the dynamic elements with rotation (\tilde{R}) can be increased with the following conditions:

- type of the throw
- number of body rotations during the throw or flight of the apparatus
- type of the catch during or at the end of the final rotation

3. Base Value and Criteria of R

Base value	Criteria
R 2 =0.20	2 dynamic elements with body rotation
R 3 =0.30 or more (R 4, etc.)	3 or more dynamic elements with body rotation (+ 0.10 for each additional rotation)

4. Additional Criteria for R :




- Additional criteria may be performed during the throw and/or catch of the apparatus and/or during the body rotation (see Summary Table of Additional Criteria)
- For each additional criteria, the base value of the R is increased by 0.10 point.
- The value of the R is determined by the number of rotations (minimum 2 without interruption) performed and criteria correctly executed
- On the official Difficulty form, the total number of rotations intended and the symbols for the additional criteria will be declared:

Example: R 3 \oplus =0.50

Example: \oplus R 2 \oplus =0.50

Summary Table of Additional Criteria for R

Additional Criteria R	
\oplus	Change of body rotation axis under the throw or during the catch of the apparatus
\otimes	Outside of visual control during the throw/catch
\neq	Without the help of the hands during the throw/catch
\lrcorner	Change of level without adjustment or traveling during the throw or catch
\ominus	Passing through the apparatus during throw/ catch
Specific throws of the apparatus	
$\ominus \oplus$	With rotations around its diameter; on horizontal or vertical plane
\oslash	Oblique plane
\rightrightarrows	Throw of 2 Clubs (simultaneous)
$\uparrow \rightarrow$	Asymmetric throw of 2 Clubs Mixed catch of Rope/Clubs
\diagup	Throw and/or catch under the leg/legs
$\downarrow \nearrow$	Throw after bounces on the floor, after rolling on the floor.
$\nearrow \nearrow$	Clubs: throws in cascade or alternating. Two clubs must be in the air simultaneously during some part of the cascade
$\bullet \bullet$	Open Rope
Specific catches of the apparatus	
\downarrow	Direct catch in a roll
$\downarrow \nearrow$	Direct re-throw/re-bound

	Catch of the Rope with one end in each hand
	Catch of the Ball with one hand
	Direct catch in rotation

5. Rotation element (Chainée and pre-acrobatic elements) can be used only once as a part of R , isolated or in a series of 2 or more Chainée. (Note: “in series” means- one after another directly. This applies to chainée and pre-acrobatic elements.). For repetition of chainée or an pre-acrobatic element during R , the R with the identical repetition is not valid.

Note: Catch of the apparatus with 2 hands (except catch of the ball with 2 hands outside the visual control): DER Valid, Execution deduction – 0.1.

6. It is possible to use Body Difficulties with Rotations only of a value of 0.10 point in R without writing them on the official Difficulty form and without taking them into consideration during the calculation of the total value of Body Difficulty.
- During throw or catch of the apparatus in DER it is possible to use Body Difficulty with Rotation (Jumps/Leaps and Rotations of 180 degrees and more) of a value **more than 0.10 point** with taking them into consideration during the calculation of total number of rotations in DER. This Body Difficulty must be declared

Pre-acrobatic elements: can be performed **once** in an exercise:

- As a part of a Body Difficulty with different rotation techniques
 - The same pre-acrobatic element can be performed as a part of R , isolated or in a series of 2 or more elements.
 - The pre-acrobatic element that was performed in a series cannot be performed once more in isolation as part of R
 - All pre-acrobatic elements must be performed without a stop position or with a very short stop during a catch of the apparatus.
 - Note: the same pre-acrobatic element can be performed one time added to a Body Difficulty and one time in either DER /Apparatus Combination
6. Only the following groups of pre-acrobatic elements are authorized:
- Forward, backward and side rolls without flight
 - Walkovers forward, backward, cartwheels without flight
 - Walkovers performed with different types of support (on the chest, on the shoulders, on the hand(s)) and/or techniques are considered as different pre-acrobatic elements.
 - «Chest roll/Fish - flop»: walkover on the floor on one shoulder with passing through the vertical of the stretched body



- “Dive Split Leap”: leap with trunk bent forward followed directly by one or more rolls is valid for R (Dynamic element with Rotation)

Example: “Dive Split Leap +roll” followed directly by another 2 rolls = R 3 (3 Dynamic elements with Rotation). It is possible to use criteria “change of level” \neg for the Dive Split Leap during R

8. The following elements are authorized but not considered as pre-acrobatic elements:

- Dorsal support on the shoulders
 - Side or front splits on the floor, without any stop in the position
 - Support on one or two hands or on the forearms without any other contact with the floor, without walkover/cartwheels and without stopping in the vertical position.
9. All groups of authorized pre-acrobatic elements may be included in the exercise on the condition:
- that they are coordinated with a technical element of the apparatus.
 - the gymnast should be in contact with the apparatus in the beginning, in the end or during the whole element

APPARATUS COMBINATIONS









































- Valid only when performed **without any execution penalty**
- **Each combination:** Value 0.2
- Element combinations **must be different (no repetition)**
- Consists of and written on the form as follows:
 - BASE: Fundamental and/or Other Apparatus Technical Groups
 - + a minimum 2 criteria. Example:  (~~~~)
- OR
 - 2 BASES: Fundamental and/or Other Apparatus Technical Groups + minimum 1 criteria Example:  (~~~~)
- Combinations of each Apparatus Difficulty **must be made with a different Base each time (no repetition of the Base)**
- If the Base or any one of the 2 criteria is not performed (skipped) or not executed correctly (fault), the Apparatus Difficulty is not valid
- Apparatus Combinations can also be performed during: Body movement Difficulty (D) or Dance steps combination S→

Table of Criteria for Apparatus Combinations


	Without visual control
	Without help of the hand(s) { Note: in case of a roll, the impulse comes without use of the hand(s)}
	Passing through the apparatus during throw/catch ( , )
	Double rotation of the  /  / during jumps/leaps or skips/hops Very fast rotations of the club(s) during the flight 
	Passing through the apparatus rotating backwards  / 
	With rotation (180 degree and more)
	Transmission without the help of the hands with at least 2 different body parts .Note: HANDLING is the base for this criteria
 	2 or 3 large rolls of the apparatus over different body segments  ,  ,  , 
	Large roll over different body segments in a position on the floor
	Direct catch with rolling of the apparatus on the body  ,  , 

	Direct catch with passing through the apparatus  Catch of the Rope with one end in each hand
	Direct catch of the apparatus in rotation 
	Catch of the Ball with one hand
	Asymmetrical throw of 2 Clubs/ Mixed catch  Cross of the arms during leaps/jumps or skips/hops
	<ul style="list-style-type: none"> • Throw and/or catch under the leg/legs • Technical apparatus movements performed under the leg/ legs during rotation (mills, spirals, rotations of the hoop, ect.)
	Direct Re-throw
	Throw of the open, stretched Rope

Note: In addition to the table above, it is also possible to use the criteria of “Specific throws and catches” in Table of Additional Criteria for  (see DER) for Apparatus Combinations.

DANCE STEPS COMBINATION ()

Continuous, connected dance steps (from ballroom, folklore, modern dance, *etc.*) showing different rhythmical patterns with the apparatus in motion during the entire combination and performed:

- **Minimum of 12 steps** in accordance with the tempo, rhythm of the music
- To convey the character and emotional response of the music through body and apparatus movements
- The actual dance steps must have **variety** in the levels, directions, speed and modalities of movement according to the **tempo, rhythm, music character and accents**.
- The transitions from one movement to another should be logical and smoothly connected, without unnecessary stops or prolonged preparatory movements in accordance with the **tempo, rhythm, music character and accents**
- With partial or complete traveling
- It is possible to perform some dance movements on the floor, but a Dance Step Combination performed entirely on the floor is not valid.
- For Apparatus: Coordinated with **Fundamental and the Other Apparatus Technical group(s)**:
 - From the same and/or different groups, or series
 - Minimum 1 Fundamental apparatus group is required
 - It is possible to include throws (small, medium, large) during the dance step if it supports the idea of the dance, or helps increase amplitude and dynamism in the movement, or for the purpose of performing part of the dance steps under the flight, as long as there is a minimum 1 Fundamental apparatus group present.
 - **Only** Fundamental Apparatus Groups must be declared on the forms before the symbol 

Movements of both the body and apparatus during the Dance Steps Combinations must show variety in the following:

- Planes of the apparatus
- Levels of the body and apparatus movement
- Directions in the steps and apparatus movements
- Speed in the body and apparatus movements in harmony with the music
- Modalities of handling the apparatus and of moving the body through the dance steps

➤ Dance Steps will not be valid with:

-fall of the gymnast or loss of the apparatus

-missing a minimum **1** Fundamental apparatus element

-less than 12 steps of dance

-the entire combination performed on the floor (only partially is possible).

- **Note:** small technical faults of 0.10 are penalized by the **E** Judges and the Combination is valid

MUSICALITY/EXPRESSION (Level 7-8 Floor routines)

EXPRESSION (face and body): The gymnast's emotional interpretation of the music expressed through her facial and body movement

Body Expression is characterized by:

- A synthesis of strength, beauty and elegance of movements
- Participation of all body segments in movement (head, shoulders, trunk, hands, arms, legs)
- The facial expressions must also communicate the theme of the music and the message of the composition
- Variety in the speed and intensity (dynamism) of the gymnast/apparatus movements, which should reflect the dynamism of the movement
- A continuity of movements without interruptions or unnecessary stops or long preparatory elements

The Judge awards from 0.0 to 0.6 (0.6 awarded only in the case that the facial and body expression is consistent and predominant throughout the entire routine).

MUSICALITY- The gymnast performs her movements/steps connected with the rhythm within the musical phrases and emphasizes the musical transitions

There should be a total correlation between the movements and the music, performed by:

- The contrast of movements in accordance with the **tempo, rhythm and music accents**
- The ability to express the character and emotional responses to the music through body movements and continuous apparatus work

- An exercise which is connected to the music only in the beginning and the end is considered as the use of a “background music
- **Harmony between character and rhythm of music and the movements throughout entire routine (no relationship between rhythm, character and movements=Background Music) Examples:**
 - The Judge awards 1.0 if, throughout the entire routine, the movement is well-connected to the music and the style of movements closely match the theme of the music.
 - The Judge awards 0.0 if there is no musical theme whatsoever or if there is no connection between music and movement (ie: gymnast could perform the same routine to any piece of music).
 - The Judge deducts for Absence of harmony between:- the rhythm of the music and the movement or the character of the music and the movements (each time 0.10 up to 1.0)

SCORE RANGES

Difficulty: There is a maximum tolerated difference between the scores of 1.00 maximum.

Execution: There is a maximum of 0.50 difference tolerated between the scores in Execution (artistic and technical faults)

Penalties by the D Judges for Floor routines (Levels 7-8)

Penalties	0.30	0.50
	<ul style="list-style-type: none"> Form/ exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty Any additional difficulty above the maximum allowance (regardless of its value) All Difficulties, in the order of their execution above norms, are cancelled. If the exercise accidentally stops for a long time (serious execution fault) and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties. 	
	More than one "slow turn" Difficulty per exercise	
	For each Difficulty performed but not declared on the official form (except those with or without rotation with value 0.10 used in Dance Steps Combination)	

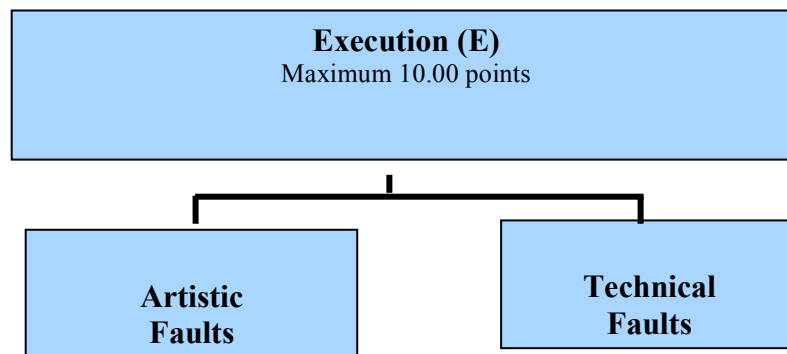
Penalties by the D Judges for Apparatus routines (Levels 7-8)

Penalties	0.30	0.50
	<ul style="list-style-type: none"> Form/ exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty Any additional difficulty above the maximum allowance (regardless of its value) All Difficulties, in the order of their execution above norms, are cancelled. If the exercise accidentally stops for a long time (serious execution fault) and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties. 	Form/exercise is missing 1 Dance Steps Combination S→→
	For each missing required Fundamental Apparatus element	
	More than one "slow turn" Difficulty per exercise	
	For each Difficulty performed but not declared on the official form. Except Difficulty with value 0.1: <ul style="list-style-type: none"> With rotation used in DER and Mastery With or without rotation used in Dance Steps 	Form/exercise has More than 3 Dynamic Elements with Rotation R↑ (for level 8), more than 2 Dynamic Elements with Rotation R↑ (for level 7)

Note: In case there is a difference between the textual description of the Difficulty and the drawing in the table of Difficulties, the text prevails.

INDIVIDUAL EXERCISES EXECUTION (E)

EXECUTION (E) of the Individual exercises consists of:



Artistic Components :

1. Unity of Composition :

- The main objective is to create an artistic image, expressed through the body and apparatus movements and the character of the music.
- The character of the music should define the guiding idea/theme of the composition, and the gymnast must convey this guiding idea to the audience from the beginning to the end of the exercise.
- The composition should be developed by the technical, aesthetic and connecting elements, where one movement passes smoothly into the next, including contrasts in the speed/intensity (dynamism), amplitude and levels of the movements, performed in relationship with the music.
- The composition should not be a series of disconnected Body Difficulties or apparatus elements, but the transitions from one movement to another should be logical and smoothly connected, without unnecessary stops or prolonged preparatory movements before body or apparatus elements.
- In the beginning and in the end of the exercise the gymnast has to be in contact with the apparatus. The position of the gymnast in the beginning of the exercise has to be justified and used for the initial movement of the apparatus. Start and final positions should not be extreme.

Penalty by the Execution (E) Judge: 0.30 point for Unjustified or extreme start or final position

2. Music and Movement :

- There should be a total correlation between the movements and the music, performed by:
 - The contrast of movements in accordance with the **tempo, rhythm** and **music accents**
 - The ability to express the character and emotional responses to the music through body movements and continuous apparatus work
- An exercise which is connected to the music only in the beginning and the end is considered as the use of a "background music."

3. Body Expression is characterized by:

- A synthesis of strength, beauty and elegance of movements
- Participation of all body segments in movement (head, shoulders, trunk, hands, arms, legs)
- The facial expressions must also communicate the theme of the music and the message of the composition

- Variety in the speed and intensity (dynamism) of the gymnast/apparatus movements, which should reflect the dynamism of the movement

4. Use of Space (variety): The floor area must be used completely:

- Different **levels** (gymnast in flight, standing, on the floor, etc.)
- Variety of **directions/trajectories** of body/apparatus movements (forward, backwards, etc.)
- Variety in the **modalities** of travelling
 - **Penalty** by the Execution (E) Judge: 0.30 point for lack of variety in the use of the floor area levels, directions/trajectories of body/apparatus movements and modalities of travelling

5. Technical Faults

-Right/ Left hand work (50% of the apparatus movements):

- Should be evenly distributed in the exercise
- Individual exercise: for Hoop, Ball, and Ribbon.
- Not required for Group exercise
- Lack of balance between Right/Left hand work
- **Penalty** by the Execution (E) Judge: 0.30 point

6. Execution Penalties (Artistic and Technical)

Note: Artistic and technical deductions entered separately for the final execution score (for apparatus only)

Penalties	0.10	0.30	0.50 or more
Artistic Faults			
Music - movement	Absence of harmony between the rhythm and the character of the music and the movements, isolated occurrences (0.10 each time, up to 1.00)		Absence of harmony between the rhythm and the character of the music and the movements during a part(s) of the exercise
			Absence of harmony between the rhythm and the character of the music and the movements during all exercise-entirely lacking rhythm and character (1.00)
Body Expression	Isolated segmentary movements	Absence of body and facial expression in the majority of the exercise (0.3) Lack of variety in the speed and intensity during the whole exercise (dynamism) -0.3	Total absence of body (segmentary movements) and facial expression
Use of space (variety)		Lack of variety in the use of the floor area, levels, directions/ trajectories of body/apparatus movements and	

		modalities of travelling	
Technical Faults: each fault must be penalized every time			
Penalties	0.10	0.30	0.50 or more
Music		Absence of harmony between music-movement at the end of the exercise due to a loss of the apparatus: 0.30 + loss of the apparatus	Absence of harmony between music-movement at the end of the exercise
Generalities	Incomplete movement		
	Travelling without throw: adjusting the body position on the floor	Unjustified or extreme start or final position	
Basic technique	Body segment incorrectly held during a movement (each time, up to a maximum of 1.00 point)		
	Loss of balance: additional movement without travelling	Loss of balance: additional movement with travelling	Loss of balance with support on one or both hands or on the apparatus
			Total loss of balance with fall: 0.70
		Static gymnast *	
Leaps/Jumps	Lack of amplitude in the shape; heavy landing		
Balances	Lack of amplitude in the shape; Shape neither fixed nor held		
Rotations	Lack of amplitude in the shape; Shape neither fixed nor well-defined		
	Support on the heel during a part of the rotation when performed in "relevé"	Axis of the body not at the vertical and ending with one step	
	Travelling (sliding) during the rotation	Hops during the rotation or interruption	
Pre-acrobatic Elements	Heavy landing	Unauthorized technique	

*Static gymnast: the gymnast should not remain static (motionless) if at any moment she is not in contact with the apparatus (for example: throws, rolls of the apparatus over the floor, etc)

Apparatus			
Loss of the apparatus (for the loss of 2 Clubs in succession: the judge will penalize one time based on the total number of steps taken to retrieve the farthest clubs)		Loss and retrieval without travelling	Loss and retrieval after a short travelling (1-2 steps)
			Loss and retrieval after a large travelling (3 or more steps) or outside the floor area (regardless of distance): 0.70
			Loss of the apparatus and use of the replacement apparatus: 0.70
			Loss of the apparatus (no contact) at the end of the exercise: 0.70
Technique	Imprecise trajectory and catch in flight with 1 - 2 step	Imprecise trajectory and catch in flight with 3 or more steps	
	Incorrect catch or with the help of one hand or the body Involuntary contact with the body with alteration of the trajectory	Static apparatus **	
		Lack of balance between right/left hand work	
Rope			
Basic technique	Incorrect handling: amplitude, shape, work plane, or for the rope not held at both ends (each time, up to a maximum of 1.00 point)		
	Loss of one end of the rope with a short stop in the exercise		
Penalties	0.10	0.30	0.50 or more
	Feet caught in the rope during jumps or hops		
	Knot in the rope	Involuntary wrappings around the body or part of it with interruption of the exercise	
Hoop			
	Incorrect handling: alteration in the work plane, vibrations (each time, up to a maximum of 1.00 point) Irregular rotation on the vertical axis		

	Catch after throw: contact with the forearm	Catch after throw: contact with the arm	
	Incorrect roll with bounce and involuntary, incomplete roll over the body (each)		
	Sliding on the arm during rotations		
	Passing through the hoop: feet caught in the hoop		
Ball			
Basic technique	Incorrect handling: ball held against the forearm (each time, up to a maximum of 1.00 point)		
	Incorrect roll with bounce and involuntary, incomplete roll over the body (each)		
	Involuntary catch of the ball with both hands (Exception: catches outside the visual field)		
Clubs			
Basic technique	Incorrect handling (each time, up to a maximum of 1.00 point)		
	Irregular movements or interruption of the movement during small circles and mills and arms too far apart during the mills		
	Alteration of synchronization in the rotation of the 2 clubs during throws and catches		
	Lack of precision in the work planes of the clubs during asymmetric movements		
Ribbon			
Basic technique	Alteration of the pattern formed by the ribbon (each time, up to a maximum of 1.00 point)		
	Incorrect handling: imprecise passing/transmission, ribbon stick involuntarily held in the middle, incorrect connection between the patterns, snap of the ribbon (each time, up to a maximum of 1.00 point)	Involuntary wrappings around the body or part of it with interruption in the exercise	

	Snakes and Spirals: loops or waves insufficiently tight/loops or waves not of the same amplitude (height, length) (each time, up to a maximum of 1.00 point)		
	Knot without interruption in the exercise	Knot with interruption in the exercise	
	The end of the Ribbon stays on the floor involuntarily during the performance of pattern, throws, echappes, etc.(each time)		

LEVEL 7 FLOOR

DIFFICULTY = 6 body difficulties (0.7 maximum value of each) = 4.0 max

- The exercise must be represented by all body movement groups equally: 2 from each body group

ARTISTRY = 4.0 max

- Composition requirements @ 0.2 each = 2.4 max
 - 1 series Rhythmic steps (see page 9)
 - 1 series Rhythmic steps with change of direction (see page 9)
 - 1 series Rhythmic steps with traveling
 - 1 body wave front
 - 1 body wave back
 - 1 side body wave
 - 1 acrobatic element
 - 2 acrobatic elements/elements of rotation on horizontal or vertical axis *in a row*
 - Variety (shapes of difficulties, rhythmic steps)
 - Sufficient use of movement with hands, arms, neck, trunk, and head
 - . Logical transitions and smooth connections between movements
 - Sufficient use of entire floor area
- Note: A body wave or body rotation element added to a body difficulty for a value of 0.1 does not satisfy the artistry requirements for body wave or isolated acrobatic element.
- Musicality 0.0-1.0 = 1.0 max
- Expression 0.0-0.6 = 0.6 max
















EXECUTION (technical faults) = 6.0 max.














TOTAL = (D+A+E) = 14.00

LEVEL 7 APPARATUS

DIFFICULTY: 5.00 points maximum consisting of:

- **BODY DIFFICULTY:** Maximum 6 body difficulties (0.7 maximum value each)
 - The exercise must be represented by all body movement groups equally:
 - 2 from each body group (must be different)
- **APPARATUS**
 - **FUNDAMENTAL TECHNICAL REQUIREMENTS:** Minimum 8 different required in each routine (see table below).
 - For each missing required fundamental apparatus elements: 0.3

Apparatus	Fundamental Apparatus Technical Groups	
 	 Passing through the Rope with a Jump/Leap, Rope turning forward, backward, or to the side	2
	 Passing through the Rope with series (min.3) of small hops, Rope turning forward, backward, or to the side	2
	 Catch of the Rope with one end in each hand	1
	 Figures eight or “sail” movement with ample movement of the trunk (Rope held in two hands)	1
	 Spirals OR “Echappe”	2
	 Roll of the Hoop over minimum 2 large body segments	3
	 Roll of the Hoop on the floor	1
	 Series (min. 3) of rotations around the hand	1
	 Rotations of the Hoop around its axis: <ul style="list-style-type: none"> ▪ One free rotation between the fingers ▪ 1 free rotation on the part of the body ▪ Series (min.3) of rotations on the floor 	3
	 Roll of the Ball over minimum 2 large body segments	3
	 Bounces: <ul style="list-style-type: none"> ▪ Series (minim.3) of small bounces (below knee level) or ▪ One high bounce (knee level and higher), or ▪ Visible rebound from a part of the body 	2
	 Figures eight with “flip over” of the ball with circle movements of the arms and ample movement of the trunk	2

	 Catch of the Ball with one hand from Large or Medium Throw	1
	 Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	2
	 Series (min.3) of small circles with both Clubs	2
	 The asymmetric movements of 2 Clubs must be different in their shape or amplitude and in work planes or direction	2
	 Small throws/ catches with rotation of 2 Clubs together simultaneously or alternating	2
	 Spirals (4-5 waves), tight and same height  Spirals on the floor	2
	 Snakes (4-5 waves), tight and same height  Snakes on the floor	2
	 Passing through or over the pattern of the Ribbon (pattern for each must be different)	2
	 "Echappé"	2

- **APPARATUS COMBINATIONS:** No minimum or maximum requirements.
- **DANCE STEPS:** Value 0.3 each (minimum 1 required)
- **DER:** Maximum 2 per routine

EXECUTION = 10.0 max (artistic and technical faults)

TOTAL = (D +E) = 15.00

LEVEL 8 FLOOR

DIFFICULTY = 6 body difficulties (0.9 max. value each) = 5.0 max

- The exercise must be represented by all body movement groups equally: 2 from each body group

ARTISTRY = 4.0 max

- Composition requirements @ 0.2 each = 2.4 max
 - 1 series Rhythmic steps (see page 9)
 - 1 series Rhythmic steps with change of direction (see page 9)
 - 1 series Rhythmic steps with traveling
 - 1 body wave: front
 - 1 body wave back
 - 1 side body wave
 - 1 acrobatic element
 - 2 acrobatic elements/elements of rotation on horizontal or vertical axis *in a row*
 - Variety (shapes of difficulties, rhythmic steps)
 - Sufficient use of movement with hands, arms, neck, trunk, and head
 - Logical transitions and smooth connections between movements
 - Sufficient use of entire floor area
- Note: A body wave or body rotation element added to a body difficulty for a value of 0.1 does not satisfy the artistry requirements for body wave or isolated acrobatic element.
- Musicality 0.0-1.0 = 1.0 max
- Expression 0.0-0.6 = 0.6 max





















EXECUTION (technical faults) = 6.00 max








Total = (D+A+E) = 15.00

LEVEL 8 APPARATUS

DIFFICULTY: 6.00 points maximum consisting of:

- **BODY DIFFICULTY:** Maximum 6 body difficulties (0.9 maximum value each)
 - The exercise must be represented by all body movement groups equally:
 - 2 from each body group (must be different)
- **APPARATUS**
 - **FUNDAMENTAL TECHNICAL REQUIREMENTS:** Minimum 8 different required in each routine (see table below).
 - For each missing required fundamental apparatus elements: 0.3

Apparatus	Fundamental Apparatus Technical Groups	
	 Passing through the Rope with a Jump/Leap, Rope turning forward, backward, or to the side	2
	 Passing through the Rope with series (min.3) of small hops, Rope turning forward, backward, or to the side	2
	 Spirals	2
	 Catch of the Rope with one end in each hand	1
	 Figures eight or “sail” movement with ample movement of the trunk (Rope held in two hands)	1
	 Roll of the Hoop over minimum 2 large body segments	3
	 Roll of the Hoop on the floor	1
	 Series (min. 3) of rotations around the hand	1
	 Rotations of the Hoop around its axis: <ul style="list-style-type: none"> ▪ 1 free rotation on the part of the body ▪ Series (min.3) of rotations on the floor 	3
	 Roll of the Ball over minimum 2 large body segments	3
	 Bounces: <ul style="list-style-type: none"> ▪ Series (minim.3) of small bounces (below knee level) , or ▪ One high bounce (knee level and higher) , or ▪ Visible rebound from a part of the body 	2
	 Figures eight with “flip over” of the ball with circle movements of the arms and ample movement of the trunk	2
	 Catch of the Ball with one hand from Large or Medium Throw	1
	 Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	2
	 Series (min.3) of small circles with both Clubs	2
	 The asymmetric movements of 2 Clubs must be different in their shape or amplitude and in work planes or direction	2
	 Small throws/ catches with rotation of 2 Clubs together simultaneously or alternating	2

	 Spirals (4-5 waves), tight and same height	2
	 Spirals on the floor	
	 Snakes (4-5 waves), tight and same height	2
	 Snakes on the floor	
	 Passing through or over the pattern of the Ribbon (pattern for each must be different)	2
	 "Echappé"	2

- **APPARATUS COMBINATIONS:** No minimum or maximum requirements
- **DANCE STEPS:** Value 0.3 each (minimum 1 required)
- **DER:** Maximum 3 per routine

EXECUTION = 10.0 max

TOTAL = D+E = 16.00

Junior Olympic Group Program

Purpose of Group

The purpose of the group program is to introduce the gymnast to ensemble work. Cooperation is an essential part of a successful group experience. The program allows all ages and abilities to participate in group exercises.

- **The group program consists of three levels:**
Beginner
Intermediate
Advanced
- Group exercise may be performed as Duet, Trio, 4 gymnasts or 5 gymnasts.

All groups of the same level will be judged the same regardless of the number of participants. The groups may be split into categories based on number of participants when the number of groups participating exceeds 3 of one type. For example, if there are 4 groups competing Beginner group– 2 Duets, a 4 group and a 5 group, they will all compete in the same category. However, if there were 10 Beginner groups competing – 5 duets, 4 trios, a 1 group of 5, then the groups may be split into Beginner Duets, Beginner Trios and Beginner Group of 5.

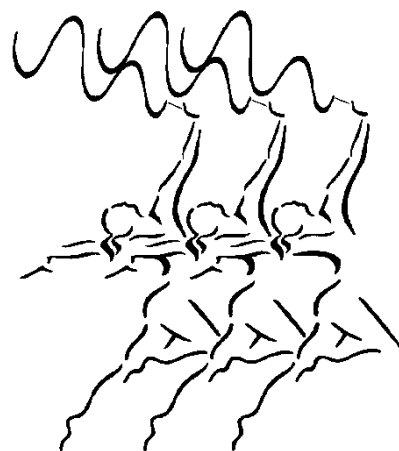
- Beginner, Intermediate and Advanced Groups will compete one Apparatus Exercise and one Floor Exercise as indicated on the Apparatus chart.
- A gymnastics club may enter more than one team; however, at least 50% of the group must be different members.
- Apparatus must all be of the same size. The size of the apparatus is determined by the majority of the age group of the group.
See Rules and Policies.
- Leotards must be identical in style and color. The only exception is when a patterned material is used, slight variations are tolerated.

Music

Beginner Group 1:30 to 2:00 minutes

Intermediate Group 2:00 to 2:30 minutes

Advanced Group 2:00 to 2:30 minutes



Judging the Group Exercise

- Group will be judged by 2 Panels:
 - Difficulty/ Execution and Artistry panel- for Beginner level
 - Difficulty/Artistry Panel and an Execution Panel- for Intermediate and Advance Levels
- Note: If more judges are available, two separate panels are recommended for Difficulty and Artistry for Intermediate and Advanced Groups.
- Each group exercise must be judged by a minimum of 4 judges at Regional competition. All other competitions may be judged by a minimum of 2 judges.
- For a panel of 4 judges the maximum difference in the range of 4 scores is 0.80. The high and the low are dropped and the two middle scores are averaged. The maximum difference between the two middle scores is 0.50.
- All Neutral deductions apply.
- An exchange is only valid if the apparatus changes from one gymnast to another. An exchange is not valid if the apparatus stays in one place and the gymnasts move to the apparatus.
- Exchanges are only valid by throwing (passing and rolling are not exchanges). All gymnasts must catch for the exchange to be valid. If there is a drop, the exchange value = no credit.
- Exchanges may not contain Difficulties.
- Difficulties must be completed and validated by all gymnasts for the Difficulty to receive credit. Difficulties of different values may be performed simultaneously, however the lowest value will be the value of the Difficulty. Difficulties must be performed simultaneously or in succession because all gymnasts must perform the Difficulty to receive value.
- Each group exercise must have different floor patterns (Formations).

❖ **Collaboration:**

Elements with Collaboration imply:

- All 5 gymnasts, together or in subgroups (couple, trio, etc.) must be in contact either directly or by means of the apparatus
 - Performed with different modalities by one or several gymnasts (with or without throw of apparatus by one or more gymnasts, different directions, variety of traveling and formations, etc.)
 - The elements of cooperation are well-organized with the apparatus work
- Collaborations must be performed by all group members to receive credit.

Prohibited elements with Collaboration:

- Action or positions by leaning on 1 or several partners without contact with the floor, maintained for longer than 4 movements (4 seconds)
- Carrying or dragging a gymnast over the floor for more than 2 steps
- Walking-with more than 1 support- over 1 or several gymnasts grouped together
- Forming pyramids
- Penalty** by Execution (E) Judges: 0.3 for each prohibited element(s); the collaboration is not valid

BEGINNER GROUP: Floor Routine

DIFFICULTY = 3.0 max

4 Difficulties (0.1-0.2 value only) X 2.5 = 2.0 max

2 Collaborations @ 0.50 each = 1.0 max

- 1 must be with acrobatic element (min.1 gymnast)

ARTISTRY = 3.0 max

- Composition requirements @ 0.2 each = 1.4 max
 - 2 series Rhythmic steps (0.2 each)
 - 1 body wave: forward
 - 1 body wave: backward
 - 1 acrobatic element
 - Variety in the use of the levels, directions of body movements and travelling modalities
 - Variety in formations (amplitude, design)
- * Musicality 0.0-1.00 = 1.00 max
- * Expression 0.0-0.6 = 0.6 max

EXECUTION (synchronization, formations, basic body technique) = 5.0 max

TOTAL = (D+A+E) = 11.00

BEGINNER GROUP: Apparatus Routine

DIFFICULTY = 4.0 max

4 Difficulties (0.1-0.2 value only) X 2.5 = 2.0 max

2 Collaborations @ 0.50 each = 1.0 max

2 Exchanges (by throwing) @ 0.50 each = 1.0 max.

ARTISTRY = 4.0 max

- Minimum Required Apparatus Elements 7 @ 0.2 each = 1.4 *(identical handling may not be repeated)*

Ball (see level 4 individual program requirements):

-Series of bounces

-1 series of swings, each more than ¼ of a circle, with passing ball from hand to hand with change(s) of direction(s) and/or planes and/or level(s)

-1 unassisted roll of the ball on 1 part of the upper body (not on the leg(s))

-1 roll (any) on any part(s) of the body (except on the arm(s))

-1 medium throw above head from straight arm(s) + catch of the ball on hand(s)

-Unstable balance of the ball (held on the palm of the hand or held on other part of the body) during rotation of the body

-Partial Figure "8"

- Composition requirements @ 0.2 each = 1.0 max
 - 1 series Rhythmic steps (level 3-6 individual program requirement)
 - 1 body wave
 - 1 acrobatic element
 - Variety in formations (amplitude, design)
 - 1 Large traveling with apparatus handling (run, walks, rhythmic steps, etc.)
- * Musicality 0.0-1.0 = 1.0 max
- * Expression 0.0-0.6 = 0.6 max

EXECUTION (synchronization, formations, basic body and apparatus technique) = 5.0 max
TOTAL = (D+A+E) = 13.00

INTERMEDIATE GROUP: Floor Routine

DIFFICULTY = 4.0 max

4 Difficulties (0.1-0.2-0.3- 0.4 and 0.5 value) = 2.0 max

4 Collaborations @ 0.50 each = 2.0 max

- 1 must be with acrobatic element (min.1 gymnast)

ARTISTRY = 4.0 max

- Composition requirements @ 0.2 each = 2.4 max
 - 3 series Rhythmic steps (levels 3-6 individual program requirement)
 - 3 different body waves
 - 2 acrobatic elements/elements of rotation on horizontal axis *in a row*
 - Variety in the use of the levels, directions of body movements and travelling modalities.
 - 2 elements of rotation on vertical axis *in a row*
 - Sufficient use of movement with hands, arms, neck, trunk, and head
 - Variety in formations (amplitude, design)
 - Logical transitions and smooth connections between movements

* Musicality 0.0-1.00 = 1.00 max

* Expression 0.0-0.6 = 0.6 max

EXECUTION (synchronization, formations, basic body technique) = 6.0 max

TOTAL = (D+A+E) = 14.0

INTERMEDIATE GROUP: Apparatus Routine

DIFFICULTY = 6.0 max

4 Difficulties (0.1-0.2-0.3- 0.4 and 0.5 value) = 2.0 max

5 Collaborations @ 0.50 each = 2.5 max

- 1 must be with throw

- 1 must be with acrobatic element (min.1 gymnast)

3 Exchanges (by throwing) @ .50 each = 1.5 max

Note: All throws for Exchanges must be different type/ technique

ARTISTRY = 2.0 max

Minimum Required Apparatus Elements 5 @ 0.2 each = 1.0 (*identical handling may not be repeated*):

- minimum 1 from each technical group

- 2 of them must be on Difficulty

- Composition requirements @ 0.2 each = 1.0 max
 - 1 series Rhythmic steps (levels 3- 6 individual program requirement)
 - 1 series Rhythmic steps with traveling
 - 1 body wave
 - Variety in the use of the levels, directions/ trajectories of body/ apparatus movements and travelling modalities
 - Variety in formations (amplitude, design)

EXECUTION (Artistic and Technical Faults) (synchronization, formations, basic body and apparatus technique) = 10.0 max

TOTAL = (D+A+E) = 18.00

ADVANCED GROUP: Floor Routine

DIFFICULTY = 6.0 max

4 Difficulties (0.1-0.2-0.3-0.4-0.5- 0.6-0.7 and 0.8 value) = 3.0 max

6 Collaborations @ 0.50 each = 3.0 max

-1 must be with acrobatic element (min. 1 gymnast)

ARTISTRY= 4.0 max

Composition requirements @ 0.2 each = 2.4 max

- 3 series Rhythmic steps
- 3 different body waves
- Variety in the use of the levels, directions of body movements and travelling modalities
- 2 acrobatic elements/elements of rotation on horizontal or vertical axis *in a row*
- Variety (shapes of difficulties, rhythmic steps)
- Sufficient use of movement with hands, arms, neck, trunk, and head
- Variety in formations (amplitude, design)
- Logical transitions and smooth connections between movements

* Musicality 0.0-1.00 = 1.00 max

* Expression 0.0-0.6 = 0.6 max

EXECUTION (synchronization, formations, basic body technique) = 6.0 max

TOTAL = (D+A+E) = 16.0

ADVANCED GROUP: Apparatus Routine

DIFFICULTY = 8.00 max.

4 Difficulties (0.1-0.2-0.3-0.4-0.5- 0.6-0.7 and 0.8 value) = 3.0 max

6 Collaborations @ 0.50 each = 3.0 max

- 1 must be with multiple exchanges
using different techniques (with or without throw)
- 1 with throw (with or without risk)
- 1 with acrobatic element (min.1 gymnast)

4 Exchanges (by throwing) @ 0.50 each = 2.0 max

-1 Exchange with minimum 6M distance

-3 additional Exchanges

Note: All throws for Exchanges must be different type/ technique

ARTISTRY = 2.0 max

Minimum Required Apparatus Elements 5 @ 0.2 each = 1.0 (*identical handling may not be repeated*): - minimum 1 from each technical group: 2 of them must be on Difficulty

- Composition requirements @ 0.2 each = 1.0 max
 - 1 series Rhythmic steps
 - 1 series Rhythmic steps with traveling
 - 1 body wave

- Variety in the use of the levels, directions/ trajectories of body/ apparatus movements and travelling modalities
- Logical transitions and smooth connections between movements

EXECUTION (Artistic and Technical Faults) (synchronization, formations, basic body and apparatus technique) =10.0 max

TOTAL = (D+A+E) = 20.0

GROUP EXERCISES
EXECUTION (E)

Note: Artistic and technical deductions entered separately for the final execution score (for Intermediate and Advance group-apparatus only)

Penalties	0.10	0.30	0.50 or more
Music - movement (each gymnast)	Lack of synchronization between individual rhythm and that of the group		Absence of harmony between music-movement at the end of the Exercise (one time, regardless of the number of gymnasts)
		Absence of harmony between music-movement at the end of the exercise due to a loss of the apparatus: 0.30 + loss of the apparatus	
Synchronization and harmony	Lack of synchronization in the amplitude or intensity of expression between the gymnasts (each time, up to a maximum of 1.00 point)		
Formations and travelling	Alteration of the formation		Collision between the gymnasts/apparatus (+ all the consequences)
	Imprecision in the direction and the shape of the travelling		

Body movements			
Generalities	Incomplete movement		
	Travelling without throw: adjusting the body position on the floor		
Basic technique	Body segment incorrectly held during a movement (each time, up to a maximum of 1.00 point)		
	Loss of balance: additional movement without travelling (each gymnast)	Loss of balance: additional movement with travelling (each gymnast)	Loss of balance with support on one or both hands or on the apparatus (each gymnast)
			Total loss of balance with fall – 0.70 (each gymnast)
		At the beginning of the exercise one or several gymnasts are without apparatus for more than 4 movements (more than 4 seconds)	

		During the Collaboration one or several gymnasts are without apparatus or they are immobile for more than 4 movements (more than 4 seconds)	
		Static gymnast * (each gymnast)	
		At the end of the exercise, all gymnasts are not in contact with the apparatus.	
Leaps/Jumps	Lack of amplitude in the shape; heavy landing		
Balances	Lack of amplitude in the shape; Shape neither fixed nor held		
Rotations	Lack of amplitude in the shape; Shape neither fixed nor well-defined		
	Support on the heel during a part of the rotation performed in releve	Axis of the body not at the vertical and ending with one step	
	Travelling (sliding) during the rotation	Hops during the rotation or interruption	
Pre-acrobatic Elements	Heavy landing	Unauthorized technique	

Static gymnast(s):

- the gymnast should not remain static (motionless) if at any moment she is not in contact with the apparatus (for example: throws, rolls of the apparatus over the floor, etc)
- visible immobility of one or several gymnasts for more than 4 movements (more than 4 seconds) during the Collaborations

Penalties	0.10	0.30	0.50 or more
Apparatus			
Loss of the apparatus <i>(for the loss of 2 clubs in succession: the judge will penalize one time based on the total number of steps taken to retrieve the farthest clubs)</i> (each gymnast)		Loss and retrieval without travelling	Loss and retrieval after a short travelling (1-2 steps)
			Loss and retrieval after a large travelling (3 or more steps) or outside the floor area - 0.70
			Loss of the apparatus and use of the replacement apparatus- 0.70
			Loss of the apparatus (no contact) at the end of the exercise 0.70
Technique	Imprecise trajectory and catch in flight with 1- 2 step (each gymnast)	Imprecise trajectory and catch in flight with 3 or more steps (each gymnast)	
	Incorrect catch or with the help of one hand or the body Involuntary contact with the body with alteration of the trajectory	Static apparatus ** (each gymnast)t	
Rope			
Basic technique	Incorrect handling: amplitude, shape, work plane, or for the rope not held at both ends (each time, up to a maximum of 1.00 point)		
	Loss of one end of the rope with a short stop in the exercise (each gymnast)		
	Feet caught in the rope during jumps or hops (each gymnast)		
	Knot in the rope (each gymnast)	Involuntary wrappings around the body or part of it with interruption of the exercise (each gymnast)	

Hoop			
Basic technique	Incorrect handling: alteration in the work plane, vibrations (each time, up to a maximum of 1.00 point) Irregular rotation on the vertical axis		
	Catch after throw: contact with the forearm	Catch after throw: contact with the arm	
	Incorrect roll with bounce and involuntary, incomplete roll over the body (each)		
	Sliding on the arm during rotations		
	Passing through the hoop: feet caught in the hoop (each gymnast)		
Ball			
Basic technique	Incorrect handling: ball held against the forearm (each time, up to a maximum of 1.00 point)		
	Incorrect roll with bounce and involuntary, incomplete roll over the body (each)		
	Involuntary catch of the ball with both hands (Exception: catches outside the visual field) For Exchange and DER (each time, regardless of the number of gymnasts)		
Clubs			
Basic technique	Incorrect handling: each time, up to a maximum of 1.00 point		
	Irregular movements or interruption of the movement during small circles and mills and arms too far apart during the mills		
	Alteration of synchronization in the rotation of the 2 clubs during throws and catches		
	Lack of precision in the work planes of the clubs during asymmetric movements		
Ribbon			
Basic technique	Alteration of the pattern formed by the ribbon (each time, up to a maximum of 1.00 point)		
	Incorrect handling: imprecise passing/transmission, ribbon stick involuntarily held in the middle, incorrect connection between the patterns, snap of the ribbon (each time, up to a maximum of 1.00 point)	Involuntary wrappings around the body or part of it with interruption in the exercise (each gymnast)	

	Snakes and Spirals: loops or waves insufficiently tight/loops or waves not of the same amplitude (height, length) (each time, up to a maximum of 1.00 point)		
	Knot without interruption in the exercise (each gymnast)	Knot with interruption in the exercise (each gymnast)	
	Throws and "echappe": ribbon stays on the floor involuntarily (each time regardless of the number of gymnasts)		

Penalties	0.10	0.30	0.50 or more
Artistic Faults (Intermediate and Advance Groups ONLY)			
Music - movement	Absence of harmony between the rhythm and the character of the music and the movements, isolated occurrences (0.10 each time, up to 1.00)		Absence of harmony between the rhythm and the character of the music and the movements during a part(s) of the exercise
			Absence of harmony between the rhythm and the character of the music and the movements during all exercise-entirely lacking rhythm and character (1.00)
Body Expression	Isolated segmentary movements	Absence of body and facial expression in the majority of the exercise (0.3) Lack of variety in the speed and intensity during the whole exercise (dynamism) -0.3	Total absence of body (segmentary movements) and facial expression
Organization of the collective work		Prohibited elements with Collaboration	

Individual Exercise (Levels 7-8)

JUDGE
Gymnast
Name

Difficulty (D)

Judge N°

Date



Difficulty	JUDGE	Difficulty	JUDGE	Difficulty	JUDGE
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
TOTAL					
0.3 Penalty: For each missing required fundamental apparatus element For each Difficulty performed but not declared on the official form (except those with rotation with value 0.10 listed in DER) More than one "slow turn" Difficulty per exercise Form/ exercise consists of less than 6 Difficulties of each Body Group, penalty for each missing Difficulty More than 6 Difficulties declared		PENALTY 0.5 penalty: Min. 1 S → Max. 2 R (level 7) Max. 3 R (level 8)-0.5			
FINAL SCORE					
JUDGE					

Coach Signature.....

Judge Signature.....

Individual Exercise (Levels 7-8)

Difficulty (D) & Artistry (A)

JUDGE
Gymnast
Name

Judge No°

Date



DIFFICULTY		JUDGE	ARTISTRY	
Value			Composition Requirements @0.2 each= 2.4 max	
			Series of rhythmic steps	
Value			Series of rhythmic steps (change direction)	
			Series of rhythmic steps (traveling)	
Value			1 Body wave front	
			1 Body wave back	
Value			1 Body wave side	
			1 Isolated Acro	
Value			2 Acro/rotation element <i>in a row</i> on horizontal or vertical axis	
			Variety	
Value			Sufficient use of movement	
			Logical transitions/smooth connections	
Value			Use of entire floor area	
Difficulty Total (COACH) :				
Difficulty Total (JUDGE) :			Composition (JUDGE):	
0.3 Penalty: * **For each Difficulty performed but not declared on the official form *More than one "slow turn" Difficulty per exercise *Form/ exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty More than 6 Difficulties declared		D PENALTY:	MUSICALITY	
			0.0 – 1.0 max	
			EXPRESSION	
			0.0 – 0.6 max	
FINAL DIFFICULTY SCORE (JUDGE):			FINAL ARTISTRY SCORE (JUDGE):	

Coach Signature.....

Judge Signature.....