

**RHYTHMIC GYMNASTICS PROVINCIAL NATIONAL AND NATIONAL TECHNICAL
RULES**

2011 - 2012

These rules are for:

- **Provincial National Individuals Levels:3B, 4-6& National Levels 7-10**
- **Provincial National Groups (GCG Pre Nov-SeniorGroups + Open Group) and National Level Groups**

CHAPTER V

REG. 5.1 PROVINCIAL STREAM TECHNICAL PROGRAM

2012 GCG Rhythmic Provincial Individual Program

AGE as of Dec 31/2012	“A” (new or returning Provincial Athletes)	“B” (new or returning Provincial Athletes)	“C” (returning National Stream* or Provincial Athletes)	ARTISTRY & D2
Level 1 7-8 Born 2005-2004		<i>Free Rope</i>	4 A, B (0.80) Free & Rope require 1body diff. from each group	(A) Maximum 10.00 TO FOLLOW FIG CODE OF POINTS (D2) Levels 5 & 6 Maximum 10.00 (D2) Levels 3 & 4 Maximum 8:00 (D2) Levels 1 & 2 Maximum 6:00 TO FOLLOW FIG CODE OF POINTS: Apparatus Difficulties (Mastery with and without throws and risk) MAXIMUM ONE RISK
Level 2 8, 9 Born 2004-2003	<i>Free Rope</i>	6 A, B (1.20) Free: minimum of one Rope: 2 Jumps/Leaps 2 Pivots 2 Choice	<i>Free Ball</i> 6 A, B (max 1.20) Free – Minimum of one Max. 2 from any group Ball: 2 Flexibility/Waves 2 Jumps/Leaps 2 Choice	
Level 3 9, 10 Born 2003-2002	<i>Free Hoop</i>	6 A, B (1.20) Free & Hoop: Minimum of one Max. 2 from any one group	<i>Free Hoop Ball</i> 8 A, B (1.60) Free & Hoop: Minimum of one Max. 2 from any one group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	
Level 4 10, 11, 12 Born 2002-01-00	<i>Free Ball</i>	8 A B C (2.4) Free: 2 from each group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	<i>Free Ball Rope</i> 8 A B C D (3.2) Free: 2 from each group Rope: 3 Jumps/Leaps 3 Pivots 2 Choice Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	
Level 5 13, 14, 15 Born 99-98-97	<i>Free Rope Ribbon</i>	8 A B C D (3.2) Free: 2 from each group Rope & Ribbon: 3 Jumps/Leaps 3 Pivots 2 Choice	<i>Rope Clubs Choice</i> 8 A B C D E (4.0) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Ribbon: 3 Pivots 3 Jumps/Leaps 2 Choice Choice: according to apparatus	
Level 6 16 & up Born 96-95-94 etc.	<i>Ball Hoop Choice</i>	8 A B C D E (4.0) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Hoop: 2 from each group Choice: according to apparatus	<i>Ribbon Clubs Choice</i> 8 A B C D E F (4.8) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Clubs: 3 Balances 3 Pivots 2 Choice Choice: according to apparatus	
Music - Length of Routines Levels 3, 4, 5 & 6 (1:15 – 1:30) Level 1B (50-75 seconds) & 2 (60-90 seconds)				
Scripts are required for 3B - 4A – 4B – 4C – 5A – 5B – 5C – 6A – 6B – 6C				

Body Difficulties: A higher level body difficulty, if executed correctly, will be evaluated as maximum value for that level. (If Level 3A performs a ‘D’, Difficulty the value awarded would be 0.2)

Choice: Apparatus of choice (does not include "Free") One set of awards will be given for choice apparatus. All Around is the total of three routines.

National Stream Athletes: National Stream Individuals from the previous year, must enter Category "C" (age appropriate level; Level 4C, 5C or 6 C)


Returning athletes younger than Level 4C must enter the age appropriate "B" category.

FREE D2 5.0 as per National Pre Novice & Novice - Refer to the following document for more detailed information





- | | |
|--|----------|
| 1. Series of Rhythmic Steps | Max. 1.2 |
| 2. Body Waves | Max. 1.5 |
| 3. Pre-Acrobatic/Risk Preparation "PR" | Max. 1.3 |
| 4. Elements with Rotation | Max. 1.0 |

Pre-Novice and Novice Free Routine D2 Requirement

Free Routine D2 – MAX 5.00 points

1. **SERIES OF RHYTHMIC STEPS**  (minimum of four steps) 0.3 EACH
TOTAL MAXIMUM SCORE: 1.20 points

Category Examples:

- Series of rhythmic steps with change of direction or level   0.3 EACH
- Series of rhythmic steps with movement forward, backwards, sideways, with or without traveling   0.3 EACH

2. **BODY WAVES**  0.1 OR 0.3 EACH
TOTAL MAXIMUM SCORE: 1.50 points

a). **0.30 EACH** (see choices below)

Choice of:

- Total body wave forward or backward
- Total body wave sideways
- Total body wave on a position on the floor (worm)
- Circular body wave (Examples: combining of total body wave backwards followed by total body wave forward, executed without any interruption; sideways body wave to the one side followed by a sideways body wave to the opposite side)
- "moving body wave" body wave executed during traveling or body wave added to a difficulty (can be used once with difficulty and once without)

b). **0.10 for each partial body wave or use of body** (contraction and relaxation) for the maximum score of 0.30



3. RISK PREPARATION "R"

TOTAL MAXIMUM SCORE: 1.30 points

- a). Series of two or three dynamic elements: 0.3 for each basic (without change of levels or axis of rotation). 0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

NOTE: Follow the definition of dynamic element under risk category in the FIG Code of points, p. 58, reg. 2.3.

Examples:

- Series of 2 dynamic elements with rotation R (0.30 p.)
- Series of 2 dynamic elements with change of the axis of rotation R  (0.4)
- Series of 3 pre – acrobatic/dynamic elements with change of level R  (0.5)

4. ELEMENTS WITH ROTATION  0.2 each
TOTAL MAXIMUM SCORE: 1.00 points.

There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

- a.) athlete can use all choices from option A
- b.) athlete can use all choices from option B
- c.) athlete can use a combination of choices from options A & B

Option A: The following difficulties listed below which are of “A” difficulty value are the only additional difficulties which can be used to meet the criteria “elements with rotation” for D2. Therefore if one of the “A” difficulties listed below have been used in the routine for D1 value, it cannot then be used for D2 value.

- All “A” Level Pivot Difficulties (applicable “A” level difficulties from 2009-2012 COP are: 8.3.1, 8.3.2, 8.3.47).
- All shapes of jumps/leaps, the base of which exist in rotation only (applicable “A” level difficulties from 2009-2012 COP are: 3.3.28, 3.3.42, 3.3.47). Please note this is the opposite of the 2009-2012 definition of Jump/Leap in Rotation and is applicable only to the Free Routines for D2.
- All body elements regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (applicable “A” level difficulties from 2009-2012 COP are: 6.3.22, 6.3.23, 6.3.26)

Option B: Only the following difficulties listed below which are of “B” level or higher difficulties can be used to meet the criteria of “elements with rotation” and can be scripted in the boxes next to each other for both D1 and D2.

- All “B” Level or Higher Pivot Difficulties used also for D1 (isolated or in combination)
- All shapes of jumps/leaps, “B” Level or higher also used for D1, the base of which exist without rotation only (3.3.10 E, G and H, 3.3.11 E, G and H, 3.3.19 F, 3.3.22 F, 3.3.24 H)
- All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (6.3.17 F, 6.3.18 D, E, F and G, 6.3.19 F and G) or around the horizontal axis (walkover) on 1 or 2 hands (see 2009-2012 COP: see 2.3.2 plus errata). Please note this refers only to the flexibilities in the COP which are shown with walkover (6.3.11 B and C, 6.3.12 C and D, 6.3.13 C and D, 6.3.14 D and E, 6.3.15 D and E, 6.3.16 E and F, 6.3.19 F and G, 6.3.29 C, E, F, 6.3.31 F)

NOTE for the Free Routine D2 Program: There can be no “double dipping” for example, if an illusion is used for a pre-acrobatic/risk preparation element, it cannot also be used for an element of rotation – so on and so forth.

2012 GCG Rhythmic Provincial Group Program

Age as of Dec 31/2012	# of Gymnasts Apparatus	Routine Length	Difficulty (D1)	Difficulty (D2)	Artistry (A)
Pre-Novice 7, 8, 9 Born 2005 – 2004- 2003	2 or 3, 4 or 5 Free	1:00 - 1:30	Difficulties – A B 4 Isolated difficulties (0.8)	Refer to Individual Free Routine notes Max. 5.0 PLUS Collaboration 0.1 simple collaboration 0.2 with any of the actions listed in the FIG COP Page 111, REG. 3.2.5; 3.2.6 0.3 with body rotation	Maximum 10.00 4 Formations
Novice 9, 10, 11, 12 Born 2003 - 2002 – 2001 - 2000	2 or 3 4 or 5 Ball	1:30 – 2:00	Difficulties - A B C D 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (4.6)	(D2) = 8.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Junior 13, 14, 15 Born '99 – '98 – '97	<u>Choice of:</u> Single Apparatus: Rope or Ball <u>or Choice of:</u> 1 rope/ 1ball 2 ropes/ 1ball 2 ropes/ 2 balls	Group of 2 or 3 - 1:30 – 2:00 Group of 4 or 5 – 2:15 – 2:30	Difficulties - A B C D E 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (5.0)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Senior 16 & up Born '96 – '95 – '94 etc.	<u>Choice of:</u> Single Apparatus: Hoop or Ribbon <u>or Choice of:</u> 1 ribbon / 1 hoop 2 ribbons/ 1 hoop 2 ribbons /2hoops 3 ribbons/2 hoops	FIG 2:15 to 2:30	Difficulties – A B C D E F 4 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (6.4)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 6 Formations

Scripts are required for ALL GROUPS

* NEW OPEN GROUP CATEGORY

Open Group	Group of 4 or 5	1 type of apparatus	GCG – RG Program	FIG (2'15" – 2'30")
Novice & /or Junior &/or Senior		2012 Hoop	FIG Junior Rules	
National and Provincial				

GCG PROVINCIAL PROGRAM GROUP RULES:

Group Composition & Eligibility:

Athletes may compete in a group one age level up from the level they compete as individuals (excludes Pre Novice)

An athlete cannot compete in both a Provincial Duo & a Provincial 4/5 Group

- An athlete cannot compete in any type of Provincial Group & also a National Group of any type
- Exception: an athlete may compete in one Provincial or National Group, AND one AGG Group.

Body Difficulties:

- A higher level body difficulty, if executed correctly, will be evaluated as maximum for that level. (e.g: If a Junior group performs a 'F' difficulty, the value awarded would be **0.5**)
- Balanced use of body groups

Junior & Senior Groups:

- Junior & Senior group routines may either be single-apparatus routines or mixed- apparatus routines. Groups will continue to compete, & awards given, as groups of 2 or 3 as one competition & set of awards, & groups of 4 or 5 as another competition and set of awards, regardless of the apparatus chosen.

GCG OPEN CATEGORY GROUP RULES: (Program to be reassessed at the 2012 AGM)

1. Age: Novice and/or Junior and/or Senior
2. Gymnasts could be a mix of Provincial Stream and National Stream gymnasts, or Provincial only or National only
3. Group size: 4 or 5 gymnasts
4. Technical Requirements: National Junior Program
5. Apparatus
 - 2012: 4 or 5 hoops
 - 2013: 4 or 5 hoops
6. One routine presented twice in competition
7. Award for group of 4 and 5 together, based on the total score of the two presentations
8. A gymnast can compete only in 1 group category (National group or a Provincial group or Open group category but not in two or three categories).

NATIONAL STREAM TECHNICAL PROGRAM

Category	Competition	Apparatus	Authority	Time
Pre-Novice 9-10	Individual	Free + 2 apparatus	GCG/RG PROGRAM	1'15" – 1'30"
	Group 2 or 3 4 or 5	1 type of apparatus		1:00- 1:30 FIG (2'15"– 2'30")*
Novice 10-12	Individual	Free + 3 apparatus	GCG/RG PROGRAM	1'15" – 1'30"
	Group 2 or 3 4 or 5	1 type of apparatus		1:30 – 2:00 FIG (2'15"– 2'30")*
Junior 13- 15	Individual	4 apparatus	FIG Junior Program	1'15" – 1'30"
	Group 2 or 3	1 type of apparatus	FIG Junior Group Program of 5	1:30-2:00
	5	1 type of apparatus		FIG (2'15" – 2'30")
	4	2 different exercises		FIG (2'15"- 2'30")
1 type of apparatus 2 different exercises				
Senior 16 and up	Individual	4 apparatus	FIG Senior Program	1'15" – 1'30"
	Group 2	1 type of apparatus- 1 routine	FIG Senior Group Program	FIG (2'15" – 2'30")
	3 and 4	2 types of apparatus -1 routine		FIG (2'15" – 2'30")
	5	2 routines		FIG (2'15" – 2'30")
		1) 2 types of apparatus		
2) 1 type of apparatus				
Open Group Novice &/or Junior & or Senior National and Provincial	Group Of 4 or 5	1 type of apparatus 2012 Hoop	GCG-RG Program FIG Junior Rules	FIG (2'15" – 2'30")

REG. 5.3 TECHNICAL PROGRAM ROTATION 2012

Reg. 5.3.1 Pre-Novice Category

INDIVIDUAL				Calendar Year	GROUP
Free		Rope	Ball		
X		X	X	2010	2,3, 4 or 5 ball
X		X	X	2011	2,3,4,or 5 ropes
X		X	X	2012	2,3,4, or 5 ropes

Technical Requirements: See next page

2012
NATIONAL PRE-NOVICE - INDIVIDUAL PROGRAM

Age: 9-10 Born 2003, 2002

APPARATUS

FREE - ROPE - BALL

REGULATIONS

ROUTINE LENGTH - 1:15 to 1:30
 ROPE - Length proportionate to height; one knot on each end
 BALL - 16 - 20 cm in diameter; weight min. 300 grams




DIFFICULTY (D1) - MAXIMUM 4.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty F: 0.6
THE TOTAL SCORE MUST NOT EXCEED 4.00
 Perform 3 GCO from 2 groups & 2 choice
 Rope (GCO 3 jumps/leaps & 3 pivots) Ball (GCO 3 jumps/leaps & 3 flexibility/waves)
 Free: Perform 2 GCO from each of the 4 groups

DIFFICULTY (D2) - MAXIMUM 6.00

Apparatus difficulties (Mastery with & without throws and risk)
 Maximum two risks

DIFFICULTY D(2) FREE - MAXIMUM 5.00

Maximum 1.2	<u>Series of Rhythmic Steps</u> 
Maximum 1.5	<u>Body Waves</u> 
Maximum 1.3	<u>Pre-Acrobatic/Risk Preparation "PR"</u>
Maximum 1.0	<u>Elements with Rotation</u> 

*Refer to table below for more detailed information

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.
 Penalty: 0.50 if this norm is not respected.
FIG Rule Applies

EXECUTION - MAXIMUM 10.00

NATIONAL PRE NOVICE - GROUP PROGRAM

Age: 9 - 10 Born 2003 - 2002

APPARATUS

ROPE

REGULATIONS

ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5

1:00 - 1:30 for groups of 2 or 3

ROPE: Length proportionate to height; one knot on each end

DIFFICULTY (D1) DIFFICULTY (D1) – MAXIMUM 4.0) - MAXIMUM 4.00

4 isolated difficulties - maximum value of each difficulty F: 0.6

4 exchanges - maximum value for each exchange 1.0

THE TOTAL SCORE MUST NOT EXCEED 4.00

DIFFICULTY (D2) - MAXIMUM 6.00

Apparatus difficulties (Mastery with & without throws and risk)

Maximum two risks

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.

Penalty: 0.5 if this norm is not respected

FIG Rule Applies

EXECUTION - MAXIMUM 10.00

Reg. 5.3.2 Novice Category

INDIVIDUAL				Calendar	GROUP
F r e e	Rope	Hoop	Ball	Year	
X	X	X	X	2010	Rope
X	X	X	X	2011	Hoop
X	X	X	X	2012	Hoop

Technical Requirements: see next page

2012

NATIONAL NOVICE - INDIVIDUAL PROGRAM

Age: 10 - 12 Born 2002, 2001, 2000

APPARATUS

FREE - ROPE - HOOP - BALL

REGULATIONS

ROUTINE LENGTH - 1:15 to 1:30

ROPE - Length proportionate to height; one knot on each end

HOOP Minimum 75 cm. in diameter, weight minimum 200 grams

BALL - 16 - 20 cm in diameter; weight min. 300 grams

DIFFICULTY (D1) - MAXIMUM 6.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty J: 1:00

THE TOTAL SCORE MUST NOT EXCEED 6.00

Perform 3 GCO from 2 groups & 2 choice

Rope (GCO 3 jumps/leaps & 3 pivots) Ball (GCO 3 jumps/leaps & 3 flexibility/waves)

Free & Hoop: 2 GCO from each of the 4 groups

DIFFICULTY (D2) - MAXIMUM 8.00

Apparatus difficulties (Mastery with & without throws and risk)

Maximum two risks

Additional A difficulties allowed for mastery (D2)

DIFFICULTY D(2) FREE - MAXIMUM 5.00

Maximum

1.2

Series of Rhythmic Steps 

Maximum

1.5

Body 
Waves

Maximum

1.3

Pre-Acrobatic/Risk Preparation "PR"

Maximum

1.0

Elements with Rotation 

*Refer to table below for more detailed information

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.

Penalty: 0.50 if this norm is not respected.

FIG Rule Applies

EXECUTION - MAXIMUM 10.00

2012

NATIONAL NOVICE - GROUP PROGRAM

Age: 10 - 12 Born 2002, 2001, 2000

APPARATUS

HOOP

REGULATIONS

ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5

1:30 - 2:00 for groups of 2 or 3

HOOP Minimum 75 cm. in diameter, weight minimum 200 grams

DIFFICULTY (D1) - MAXIMUM 6.00

4 isolated difficulties - maximum value of each difficulty J: 1.0

4 exchanges - maximum value for each exchange 1.0

THE TOTAL SCORE MUST NOT EXCEED 6.00

DIFFICULTY (D2) - MAXIMUM 8.00

Apparatus Difficulties (Mastery with & without throws and risk)
Maximum two risks

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.

Penalty: 0.50 if this norm is not respected.

FIG Rule Applies

EXECUTION - MAXIMUM 10.00

Calendar						GROUP
Rope	Hoop	Ball	Clubs	Ribbon	Year	
-	X	X	X	X	2011	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS
-	X	X	X	X	2012	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS
-	X	X	X	X	2013	2 or 3 HOOPS 4 or 5 HOOPS AND 4 or 5 CLUBS
-	X	X	X	X	2014	2 or 3 HOOPS 4 or 5 HOOPS AND 4 or 5 CLUBS

Open Group Novice &/or Junior & or Senior National and Provincial	Group Of 4 or 5	1 type of apparatus 2012 Hoop	GCG-RG Program FIG Junior Rules	FIG (2'15" – 2'30")
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Technical Requirements: See next page

2012
NATIONAL JUNIOR - INDIVIDUAL PROGRAM
Age 13 - 15 Born 1999 - 1998 - 1997
APPARATUS
HOOP - BALL – CLUBS - RIBBON
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; weight minimum 400 grams CLUBS - 40 TO 50 cm, minimum 150 gm each RIBBON – minimum 5 m. in length; GCG no weight requirement
DIFFICULTY (D1) - MAXIMUM 7.00
Maximum 10 Body Movement Difficulties. Value of each difficulty: 1.00 maximum 3 GCO from each of the 2 groups & maximum 4 GCNO free of choice Ball (3 jumps/leaps & 3 flexibility/waves) Clubs (3 balances & 3 pivots) Ribbon (3 pivots & 3 jumps/leaps) The Hoop exercise must be represented by all the body movement groups as follows: Minimum 2 GCO from each group & 2 additional free of choice
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk)
ARTISTRY (A) Music & Composition - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work Penalty: 0.50 if this norm is not respected
EXECUTION - MAXIMUM 10.00

2012
NATIONAL JUNIOR - GROUP PROGRAM
Age 13 - 15 Born 1999 - 1998 - 1997
APPARATUS
1 Exercise Ropes & 1 Exercise Balls for groups of 4 or 5 1 Exercise Balls for groups of 2 or 3
REGULATIONS
ROUTINE LENGTH - 2:15 - 2:30 for groups of 4 or 5 1:30 - 2:00 for groups of 2 or 3
DIFFICULTY (D1) - MAXIMUM 7.00
Body movement difficulties 10. 7.00 points maximum (minimum 4 exchanges) Value for each difficulty 1.00 maximum <i>Balanced use of the compulsory body groups</i>
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws & risk)
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work. Penalty: 0.50 if this norm is not respected.
EXECUTION - MAXIMUM 10.00

Reg. 5.3.4 Senior Category

INDIVIDUAL					Year	GROUP	
Rope	Hoop	Ball	Clubs	Ribbon		1 type of Apparatus	2 types of Apparatus
	X	X	X	X	2011 & 2012	5 BALLS (FIG)	3 RIBBONS / 2 HOOPS (FIG)
						2 BALLS (group of 2)	2 RIBBONS / 1 HOOPS (group of 3) 2 RIBBONS / 2 HOOPS (group of 4)
	X	X	X	X	2013 & 2014	10 CLUBS (FIG)	3 BALLS / 2 RIBBONS (FIG)
						4 CLUBS (group of 2)	2 BALLS / 1 RIBBON (group of 3) 2 BALLS / 2 RIBBONS (group of 4)
						5 RIBBONS (FIG)	6 CLUBS / 2 HOOPS (FIG)
						2 RIBBONS (group of 2)	4 CLUBS / 1 HOOP (group of 3) 4 CLUBS / 2 HOOPS (group of 4)

SENIOR DEVELOPMENT GROUP 2012: 3 ribbons and 2 hoops

Technical Requirements: According to the FIG Code of Points in force.

2012
NATIONAL SENIOR - INDIVIDUAL PROGRAM
APPARATUS
HOOP - BALL – CLUBS - RIBBON
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; weight minimum 400 grams CLUBS - 40 TO 50 cm, minimum 150 gm each RIBBON - Minimum 6 m long
DIFFICULTY (D1) - MAXIMUM 10.00
Maximum 12 Difficulties (Level A and higher) The total value of body movement difficulties is obtained by adding the 1) value of the difficulties belonging to the compulsory body movement groups (GCO) specific to the apparatus, as follows: Minimum 8 GCO in exercise of 12 - 10 difficulties Minimum 6 GCO in exercise of 9 or less difficulties 2) Plus the value of a maximum 4 difficulties, if any, from the non compulsory body movement groups (GCNO), which can be used by choice (one, two or three different groups) Refer to page 13 in the code. HOOP must have minimum 2 & maximum 4 difficulties from each group.
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk) Apparatus Originality
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
EXECUTION - MAXIMUM 10.00

2012

NATIONAL SENIOR - GROUP PROGRAM

APPARATUS

5 BALLS / 3 RIBBONS, 2 HOOPS
Duo - 2 Balls; Trio 2 Ribbons/1 Hoop; Group of Four 2 Ribbons/2 Hoops

REGULATIONS

ROUTINE LENGTH - 2:15 - 2:30

DIFFICULTY (D1) - MAXIMUM 10.00

Maximum 14 difficulties (level A or higher)
The exercise must have minimum 6 difficulties with exchange of level D or higher.
See Summary Table of Exchange Difficulties in code.
The value of difficulties WITHOUT exchange are as follows:
A=0.1,B=0.2,C=0.3,D=0.4,E=0.5,F=0.6,G=0.7,H=0.8,I=0.8,J=0.9,J=0.10 or more

DIFFICULTY (D2) - MAXIMUM 10.0

Unlimited number of apparatus Mastery elements with or without throw,
with or without collaboration between the gymnasts, with risk or originality.

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

EXECUTION - MAXIMUM 10.00

Senior Development: Same requirements as senior group

