
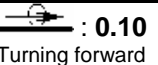

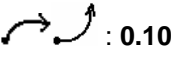






GCO = JUMPS/LEAPS

 BASIS: 0.00	GCO Difficulty / total body wave element	For each additional <u>jump/leap/ pivot</u> max. 3	Series (for apparatus elements)	Without hands (body or on open hand)	On the floor (with loss of contact)	Outside the visual field	Change of plane/direction of the apparatus	Passing totally <u>above the apparatus</u> (jumps/ leaps)	For each add. <u>passing into the apparatus</u> (during the same jump/leap) or with <u>rope folded in 2</u>	Rotation of the body	Passing the apparatus <u>below</u> a jump/leap or <u>passing</u> <u>without</u> use of hands
 : 0.10 Turning forward	0.10	0.20			0.10		0.10 *1		0.10	0.10	
 : 0.10 Turning forward					0.10		0.10 *1		0.10	0.10	
 : 0.10	0.20	0.30		0.10	0.10	0.10	0.10		0.10 double rotation of the end	0.10	0.10
	0.10			0.10		0.10	0.10	0.10		0.10	0.10
 With hands	0.10			0.10	0.10			0.10			0.10



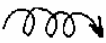


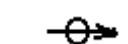

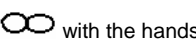
***NOTES :**

1. Change of plane/direction of the apparatus:

- a. For jumps/leaps or skips/hops, this criterion includes the rope turning in different directions other than the direction of the body
- b. When there is a double change (plane and direction), the value is doubled (0.10 + 0.10)







GCO = the 4 body movement groups

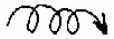
 BASIS : 0.00	GCO difficulty / total body wave element	For each addit. jump/leap/pivot max. 3	Series (for apparatus elements)	Without hands (body or on open hand)	On the floor (with loss of contact)	Outside the visual field	Change of plane/direction of the apparatus	Passing totally above the apparatus (jump/leap)	For each addit. passing through the apparatus (during the same jump/leap)	Rotation of the body	Passing the apparatus below a jump/leap, or passing without using hand
 : 0.10 large*1 (minimum 2 segments) on the body with impulse from the hand	0.10		0.10	0.10	0.10	0.10	0.10			0.10	
 On the floor, directly forward or backward	0.10			0.10	0.10	0.10	0.10	0.10		0.10	
 around one hand (series)	0.10			0.10		0.10				0.10	0.10 passing without help of hand
 around the axis, on the hand or on the floor	0.10		0.10	0.10 For each	0.10	0.10		0.10		0.10	
 partial / total (jump/leap or skips/hops), with help of hand(s)	0.10	0.20		0.10	0.10	0.10	0.10 (with jump/leap or skips/hops)		0.10 (with jump/leap or skips/hops)	0.10	
 - partial (with hands) - partial (roll on the floor)	0.10					0.10	0.10	0.10		0.10	
 with the hands	0.10			0.10	0.10						0.10


*NOTE : 1.Group  : Concerning rolls on arms spread apart, the large roll must be performed on **both** arms.




GCO = Flexibility / Waves

 BASIS: 0.00	GCO difficulty / total body wave element	For each additional jump/leap / pivot max. 3	Series (for apparatus elements)	Without hands (body or open hand)	On the floor (with loss of contact)	Outside the visual field	Change of plane/direction of the apparatus	Passing totally above the apparatus (jump/leap)	For each additional passing through the apparatus (during the same jump/leap)	Rotation of the body	Passing the apparatus below a jump/leap, or passing without using hand
 series	0.10			0.10	0.10	0.10	0.10*3	0.10 (1 bounce)		0.10	
 :0.10 Large *1 (min. 2 segments) impulse from the hand	0.10		0.10	0.10	0.10	0.10				0.10	
 with hands	0.10			0.10	0.10		0.10*2				0.10

*NOTES :1. Group  : Concerning rolls on arms spread apart, the large roll must be performed on **both** arms.




2. Group  : The change of plane/direction of the apparatus includes the following criteria :

- Small spirals in succession
- Figure eights with change of plane and ample motion of the trunk
- Rotations of the hand around the ball
- Series of small successive rolls
- Large roll (minimum. 2 segments) accompanied
- Etc.



3. Group  and criterion « Change of plane/direction »: A change in the rhythm of bounces is considered a change of plane/direction.



GCO = Balance



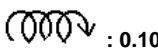
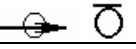
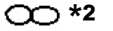
 BASIS : 0.00	GCO Difficulty / Total body <u>wave</u> element	For each additional <u>jump/leap</u> / <u>pivot</u> max. 3	<u>Series</u> (for apparatus elements)	<u>Without</u> <u>hands</u> (body or on open hand)*2	<u>On the</u> <u>floor</u> (with loss of contact)	<u>Outside</u> <u>the</u> <u>visual</u> <u>field</u>	<u>Change of</u> <u>plane/direction</u> <u>of the</u> <u>apparatus</u>	<u>Passing</u> <u>totally</u> <u>above the</u> <u>apparatus</u> (jump/leap)	<u>For each</u> <u>additional</u> <u>passing</u> <u>through the</u> <u>apparatus</u> (during the same jump/leap)	<u>Rotation</u> <u>of the</u> <u>body</u>	<u>Passing the</u> <u>apparatus below</u> <u>a jump/leap</u> <u>or</u> <u>passing without</u> <u>using hand</u>
 : 0.10 1 mills (double or triple)	0.10		0.10			0.10	0.10*3			0.10	
Asymmetric movements	0.10		0.10	0.10	0.10	0.10	0.10			0.10	
 *1 With hands	0.10		0.10	0.10 For each	0.10	0.10	0.10				0.10

* **NOTES :**






1. The technical group of  also includes free rotations of the clubs and rolls of the clubs.
2. The criterion « without hands » (with a part of the body or on the open hand) also includes “with help of one of the two clubs”.
3. Group  and criterion « Change of plane/direction »; drawing a half-circle or half-circles (0.10 each) with mills is considered a change of plane/direction.



GCO = Pivot

 BASIS : 0.00	GCO Difficulty / Total body wave element	For each additional <u>jump/leap / pivot</u> max. 3	Series (for apparatus elements)	Without hands (body or on open hand)	On the floor (with loss of contact)	Outside the visual field	Change of Plane / direction of the apparatus	Passing totally <u>above the apparatus</u> (jump/leap)	For each additional <u>passing through the apparatus</u> (during the same jump/leap)	Rotation of the body	Passing the apparatus <u>below a jump/leap</u> or <u>Passing without using hand</u>
 : 0.10	0.10	0.20	0.20*1			0.10				0.10	
 : 0.10	0.10	0.20	0.20*1			0.10	0.10*3			0.10	
	0.10		0.10				0.10*3	0.10	0.10	0.10	
 *2 With hands	0.10			0.10	0.10						0.10

***NOTES :**

- Groups  and  and « Series » criterion:
 - A series of spirals and snakes (0.20) already includes and requires the criterion "Change of plane/direction of the apparatus".
 - The series may also consist of snakes and spirals alternatively.
- The Technical Group  also includes the rotation of the hand around the stick and the roll of the stick.
- Groups  and  and « Change of plane/direction » criterion: Partial passing of the body (ex. the arm) through the pattern formed by the ribbon (+0.10 if spirals) with total passing of the stick, followed by a toss without rotation of the stick, is considered as a change of plane/direction.

Egle Abruzzini

Egle Abruzzini,
President of the RG-TC