



Code of Points
LEVELS 6-8

The participation pathways served by this program in rhythmic gymnastics:

RHYTHMIC DEVELOPMENTAL PROGRAM			
An outlet for physical fitness and activity for children through sport	A teaching progression for both teaching and learning the base of competitive RG	A pathway to the DVP Championships	A pathway to the elite/international level

APPARATUS CHART 2025-2028

Level 6	Level 7	Level 8
Floor Rope Hoop Ribbon	Floor Hoop Ball Clubs	Floor Ball Clubs Ribbon

PROGRAM GOALS

The focus of levels 6-8 is gradual preparation with calculated progressions towards the Elite level. Level 6-8 is a developmental version of the FIG program. Differences between the FIG rules and those in Level 6, 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.

Difficulty of Body (DB): The DB values will be calculated per FIG COP values.

Composition requirements: Since continuing to master **proper** basic technique is the goal of the Level 6-8 Program, the fundamental body movements and the apparatus technical groups fundamental to rhythmic gymnastics are the foundation of compositions.

Execution: Execution will be judged using the FIG technical execution faults. The judge penalizes errors with the body and/or apparatus technique, indicating that the gymnast has not yet mastered the correct body and/or apparatus technique.

GENERALITIES

Facility

- Regulation for the interior dimension of the floor area is 13 X 13 meters for individuals, with a minimum of a 1-meter-wide security zone.
- 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.
- The official FIG ceiling height, unobstructed, is a minimum of 12 meters (39.37 feet); however, a minimum of 8 meters (26.24 feet) is required for level 6–8 competition.
- A physical barrier should be set up with a recommended distance of at least 10 feet from the edge of the carpet (see the *Rhythmic Rules and Policies* for additional specs).

Routine Regulation

- Levels 6–8 gymnasts compete one at a time.

Judges Panel Composition

- **Invitational & State Competitions:** 2 judges minimum per panel
Judge 1 evaluates **D**
Judge 2 evaluates **E**
- **Regional Competitions:** 6 Judges minimum per panel:
 - 2 judges on each panel will judge **D**
 - 2 judges on each panel will judge **TF**
 - 2 judges on each panel will judge **A**
- **Time/Line judges:** 2 judges for Regional Competitions (USA Gymnastics valid membership and a minimum of 16 years of age is required for a line/time judge)

REQUIREMENT FOR MUSICAL ACCOMPANIMENT:

- According to the Meet Directives, each piece of music must be recorded on a USB, or uploaded on the internet.
 - File naming requirement for .mp3 files:
NAME_CLUB_APPARATUS_LEVEL.mp3
- The music may be interpreted by one or several instruments, including the voice used as an instrument. Non-typical music of Rhythmic gymnastics characters is forbidden (example: sirens, car engines, etc.) and *penalized 0.5* for "music not conforming to regulations." Spoken words without a melodic backdrop (instruments) and not clearly identifiable as any genre of "a capella" song (e.g., rap being a genre of song), are considered "non-typical musical character" and will be penalized.
- Musical accompaniment of voice with words (English language only) may be used for individual exercises with respect to ethics.
- Music not respecting ethical norms will be *penalized* as "music not conforming to regulations." The penalty is taken for explicit words and unethical topics without explicit words. Unethical topics include but are not limited to swearing, dirty talk, violence, discrimination, etc. Any judge who recognizes unethical lyrics should report them immediately to the Meet Referee.
- Each exercise, in its totality, must be performed to music. If the music stops for any reason, the gymnast must stop the exercise. An exercise where the music disappears (technical problems) in any part cannot be evaluated.
- In case the music plays incorrectly: As soon as the gymnast realizes that the music is incorrect, it is the responsibility of the gymnast to stop the exercise: A request concerning the music after completion of the exercise will not be accepted.
- If the wrong music is played or the gymnast could not hear the start of the music:
 - The gymnast may stop on the floor area, resume the starting pose, and immediately perform the exercise with the correct music.
 - If the correct music is not immediately available, the announcer will ask the gymnast to leave the floor area and the gymnast will be re-announced when the music is available.
 - * If a music problem arises after the gymnast begins to perform and the music stops completely:
 - The gymnast must stop the exercise and exit the floor area.

- If the gymnast continues the exercise without music, the Head Judge will signal to stop the exercise.
- After approval of the Head Judge, the gymnast will be re-announced and will perform the exercise again immediately.
- If a temporary music problem (distortion, short interruptions, etc.) arises after the gymnast has begun performing:
 - The gymnast may choose to complete the exercise performing to the distorted music and be evaluated accordingly, **OR**
 - The gymnast may choose to stop the exercise and exit the floor area:
- *After approval of the Meet Referee, the gymnast will be re-announced and will perform the exercise again immediately.
- A gymnast may repeat the routine only in case of a « force major » fault (Sound system error, electricity shut down, etc.) only with the approval of Meet Ref.

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

Levels 6-8: 1'15" to 1'30"

- Before the first movement of the gymnast, a musical introduction of a maximum of 4 seconds (without body and/or apparatus movement) is tolerated; a musical introduction of more than 4 seconds is *penalized*.
- Timing related to all exercises (preparation before the exercise, gymnast's exercise duration) will be done in full-second increments.

Attire

- Below the waistline of the leotard/unitard (exception: skirt, that is attached to the leotard) the attire must be:
 - no transparent material
 - No sheer/ lace type of fabric
 - no nude color
- The neckline of the front and back of the leotard must be no further down than half of the breastbone (sternum) and the lower line of the shoulder blades.

- Transparent material or nude color fabric is not allowed to cover the following: the front of the torso, including the breastbone/upper bust, until the waist. Specifically, the breasts and navel must be covered in non-transparent fabric. Transparent fabric (Sheer/ Lace type of material) or nude color fabric may be used above the upper bust, on the back just above the lower line of the shoulder blades, on the sides of the torso, and on the sleeves.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum); undergarments worn beneath the leotard should not be visible beyond the seams of the leotard itself.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every body part; this also includes tight-fitting sleeves.
- The leotard must be all in one piece. It is not possible for a gymnast to wear a leotard and separate additional "socks," "gloves," decorative legwarmers, belts, etc.
- It is allowed to wear long tights over or under the leotard. Shorts, semi-length tights, and similar are not allowed
- May be with or without sleeves, narrow straps are allowed.
- A skirt must not fall further than the pelvic area over the leotard, tights, or the unitard.
- The skirt must be fitted to the hips (the look of a "ballet tutu" is forbidden; "fluffy" skirts, which are not fit closely to the hips, or skirts with the "puffy" feathered look that come out beyond the waist and pelvis)
- Decorative appliques or details on the leotard/unitard are allowed only if those are:
 - fully and completely attached to the leotard/unitard when the attire is motionless.
 - Lying flat on the attire
- * It is not permitted to decorate leotards with light-emitting diodes (LED).
- It is allowed to wear a full-length one-piece leotard if it is tight-fitting (unitard).
- For unitards: The length and colors(s) of the fabric covering the legs must be identical on both legs. And follow the other general rules for the leotards. Some details/decoration may vary from one leg to another but must follow the general rules mentioned above.
- It is not permitted to voluntarily adjust the design of the leotard during the exercise.
- It is forbidden to wear large and dangling jewelry that jeopardizes the gymnast's safety. Piercings are not allowed.
- The hairstyle must be neat and compact. Decorative details are allowed, but they must not be bulky and/or jeopardize the gymnast's safety. Hair decorations must be close to the bun/compact to the hair and cannot

extend from the hair onto any part of the skin. It is not permitted to voluntarily adjust the hairstyle during the exercise

- Make-up should be clear and light. Theatrical masks are not allowed. It is not permitted to voluntarily adjust the make-up during the exercise.
- Bandages or support pieces must be of skin color and not be in other colors.
- Gymnasts may perform their exercises with bare feet or gymnastics slippers. Note: *no penalty* is taken if the gymnastics slipper involuntarily comes off during her performance.

Floor area

- Each exercise will have to be performed entirely on the official floor area.
- Any Difficulty or Artistry component started outside the floor area will not be evaluated (during or at the end of the exercise).
- If the Difficulty or Artistry component is started inside the floor area and finished outside the floor area, the Difficulty will be evaluated
- Execution and Artistry penalties are generally applied for the entire exercise duration, including movements performed outside the floor area.
- Any part of the body or apparatus touching outside the boundary of the official floor or leaving the official floor area will be *penalized*.

Specific Examples:

- a) **Consecutive loss** of both clubs outside the official floor area (0.10+ 0.10 *penalties*)
- b) **Simultaneous loss** of two apparatus **at the same time** outside **the same line**: 2 Clubs are lost together at the same time outside the same line/ 2 Clubs are locked together and leave the official floor area simultaneously:

(0.10 *penalty* one time)



- c) **Simultaneous loss** of 2 apparatus **at the same time** outside **2 different lines**: 2 Clubs are lost together at the same time outside 2 different lines. (0,10+ 0.10 *penalties*)

Apparatus: General Regulation

- See the *Rhythmic Rules & Policies* for specific regulations.
- Equipment will be checked officially at the Development Program National Championships.
- *Penalty: 0.50 p. For apparatus not conforming to official norms*

** Equipment checks are recommended at Regional Championships.

Replacement Apparatus: Placement around the floor area

- If, during the exercise, the apparatus is lost and leaves the official floor area, the use of a replacement apparatus is allowed.
- The gymnast may only use a replacement apparatus that has been placed prior to the start of the exercise by her coach. The replacement apparatus must meet USA Gymnastics specifications (see *Rhythmic Rules & Policies*)
- A gymnast may use the maximum number of replacement apparatus (1) placed around the official floor with applicable penalties.
- If the apparatus is lost during the exercise but does not leave the official floor area, the use of the replacement apparatus is not allowed; the gymnast must take her own apparatus from inside the official floor area (*No Line penalty for voluntarily removing an apparatus from the floor area. No Line penalty for voluntarily removing the second Club from the floor area to use the replacement Clubs as a pair*).
- If the apparatus is lost during the exercise, leaves the floor area, and then returns by itself to the floor area, the use of a replacement apparatus is allowed (*no penalty*).
- If the gymnast, for any reason, chooses to change the apparatus, the apparatus that is no longer used must be completely removed from the floor area (*no Line penalty*) before the end of the exercise. If the replaced apparatus or any part of it remains on the floor area until the end of the exercise: *Penalty: 0.30 p. for non-removal of a replaced apparatus.*

Explanations / Examples	
Situation	Evaluation
• The gymnast loses her apparatus, and it rolls out of the floor area. • The gymnast takes the replacement apparatus. • The lost apparatus rolls back onto the floor area. • The gymnast does not remove the returned apparatus from the floor area.	• Execution judge: 1.00 p. 1 time for the loss of apparatus. • Line judge: 0.10 p. for the lost apparatus leaving the floor area. • Head judge: 0.30 p. for non-removal of the apparatus that returned to the floor area.
• The gymnast loses her apparatus, and it rolls out of the floor area. • The gymnast takes the replacement apparatus. • The lost apparatus rolls back onto the floor area. • The gymnast removes the returned apparatus from the floor area and continues with the replacement apparatus.	• Execution judge: 1.00 p. 1 time for the loss of apparatus. • Line judge: 0.10 p. for the lost apparatus leaving the floor area. • Head judge: No penalty.
• The gymnast loses her apparatus, and it rolls out of the floor area. • The gymnast takes the replacement apparatus. • The lost apparatus rolls back onto the floor area.	• Execution judge: 1.00 p. 1 time for the loss of apparatus. • Line judge: 0.10 p. for the lost apparatus leaving the floor area. • Head judge: No penalty.

• The gymnast takes her own apparatus back and removes the replacement apparatus from the floor area.	
• The gymnast loses her apparatus, and it rolls out of the floor area. • The lost apparatus rolls back onto the floor area. • The gymnast takes the replacement apparatus. • The gymnast removes the returned apparatus from the floor area and continues with the replacement apparatus.	• Execution judge: 1.00 p. 1 time for the loss of apparatus. • Line judge: 0.10 p. for the lost apparatus leaving the floor area. • Head judge: No penalty.

UNUSABLE APPARATUS:

- Prior to the start of the exercise, if a gymnast determines the apparatus is unusable (**Example:** knots in the Ribbon) without a competition time delay, she may take a replacement apparatus, which will be accounted for from one of the reserve apparatus possible to use (*no penalty*).
- The Time judge will start a stopwatch when each gymnast starts preparing the starting pose, to control the duration of an eventual delay.
- If the gymnast delays the competition by more than 30 seconds, e.g., by trying to open the knots before deciding to take the replacement apparatus: *Penalty by the Time judge: 0.50 p. for excessive exercise preparation, which delays the competition.*
- During the exercise, if the apparatus becomes unusable, the use of a replacement apparatus is allowed (*no penalty*). *No Line penalty* for voluntarily removing an unusable apparatus from the floor area.
- If the replacement apparatus breaks during the exercise, the gymnast must stop the exercise. After permission from the Head Judge, the gymnast can repeat the exercise at the end of the rotation or according to the decision of the Head Judge.

Broken Apparatus or Apparatus caught in the ceiling

- The gymnast will not be penalized for a broken apparatus or apparatus caught on the ceiling and will only be penalized for the consequences of various technical errors.
- If the apparatus breaks or is caught on the ceiling during an exercise, the gymnast will not be authorized to start the exercise over.
 - * In such a case, the gymnast may:
 - Stop the exercise
 - Remove the broken apparatus (in case of broken apparatus) outside the official floor area (**no penalty**) and continue the exercise with a replacement apparatus

Note: If the gymnast continues with a broken apparatus, the exercise will not be evaluated

- If a gymnast **stops the exercise** due to a broken apparatus or apparatus caught in the ceiling, the exercise will be evaluated in the following way:
 - Difficulties already performed in a valid way will be counted
 - Artistry will give 0.00
 - Technical Execution will give 0.00
 - Time penalties are applied according to the duration performed
 - No line penalty for leaving the floor area when the exercise has been interrupted.
- If a gymnast **stops** the exercise due to a broken apparatus or apparatus caught on the ceiling **at the end of the exercise (last movement)**, the exercise will be evaluated in the following way:
 - Difficulties already performed in a valid way will be counted, **applying any relevant penalties for missing Difficulty components.**
 - Artistry will deduct all relevant penalties
 - Execution will deduct all penalties applied during the exercise, including "loss of apparatus (no contact) at the end of the exercise"
- If a gymnast stops her exercise due to an injury or unforeseen circumstance during the performance, the exercise will be evaluated as per stopping the exercise due to a broken apparatus.
- **If a gymnast continues the exercise with a broken apparatus, the exercise will be evaluated until the moment of breaking, as an Interrupted exercise.**

Line / Time Judges

- Control the timing of the duration of the exercise
- Control time violations and record the exact amount of time over or under the time limit
- If a gymnast loses the apparatus at the end of the exercise and does not present a final pose or does not return to the floor area because the music has ended, the Time judge calculates the moment the gymnast retrieves the apparatus or leaves the clearance zone (1 m) as the last movement.
- Determine crossing of the boundary of the official floor area by the apparatus, by one or two feet, or by any part of the body as well as apparatus leaving the official floor area
- Raise a flag for the apparatus and/or body crossing the boundary or leaving the floor area

- Raise a flag if a gymnast changes the official floor area or leaves the official floor area during the exercise
- Sign and submit the appropriate written record with any violation or deduction to the head judge

Neutral Deductions

The Meet Referee will apply neutral Deductions. If the Meet Referee is an acting panel judge or there is no Meet Referee, the Difficulty Judge (J1) on each panel will be responsible for applying the deductions.

The total of these penalties will be deducted from the Final score

	Explanation	Penalty
1	Length of exercise not conforming to regulations. For each additional or missing second (counted in full second increments) on the time of the exercise.	0.05
2	Dress of the gymnast not confirming to the regulations	0.30
3	For not allowed jewellery or piercings	0.30
4	For hair style not conforming to official norms	0.30
5	For emblem not conforming to official norms: Only National Team athletes officially assigned to represent the United States in international competition may wear the National Emblem on competition attire.	0.30
6	Bandages or support pieces not confirming to the regulations	0.30
7	For any part of the body or apparatus touching outside the boundary of the official floor area or leaving the official floor area. The gymnast will not be penalized for the below-mentioned cases: • Apparatus and/or gymnast touches the line • Apparatus passes the boundary of the official floor area without touching the ground • Apparatus is lost at the end of the last movement of the exercise • Apparatus leaves the official floor area after the end of the exercise. No Line penalty is taken after the last movement, even if the music is still playing. • Unusable apparatus is removed outside the official floor area • Broken apparatus is removed outside the official floor area • Apparatus caught in the ceiling (beams, lights, scoreboard, etc.) • 2nd Club is voluntarily removed outside the floor area in order to use the replacement Clubs in a pair • An apparatus that has been replaced (is no longer used) is removed outside the floor area	0.10 each
8	For early or late presentation by the gymnast	0.50
9	If a gymnast finishes the exercise outside the official floor area	0.30
10	Coach communicating (verbally or non-verbally) with the gymnast, music personal, or judges during exercise	0.50
11	Music not conforming to regulations	0.50
12	For apparatus not conforming to official norms	0.50
13	A musical introduction of more than 4 seconds	0.30
14	Excessive delays in routine preparation which delay the competition (more than 30 seconds)	0.50
15	For gymnast warming up in the competition hall, or staying on/returning to the floor area after the end of the exercise	0.50

16	Wrong apparatus chosen according to start order; (penalty deducted from the exercise that was initially missed)	0.50
17	For using any apparatus not previously placed by the coach (not penalized if re-using the gymnast's own lost apparatus)	0.50
18	For unauthorized use of replacement apparatus (original apparatus did not leave the floor area)	0.50
19	A replaced apparatus, or any part of it, is left on the floor area until the end of the exercise	0.30
20	For make-up not conforming to the rules	0.30

DIFFICULTY

There are 4 components of the Difficulty (**D**) score: Difficulty of Body (**DB**), Dance steps combinations (**S**), Dynamic Elements with Rotation (**R**), and Difficulty of Apparatus (**DA**).

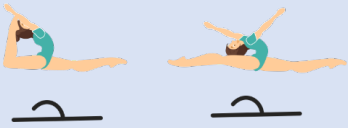
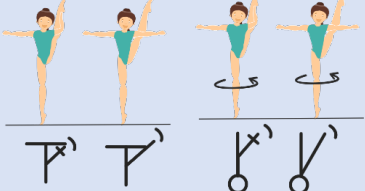
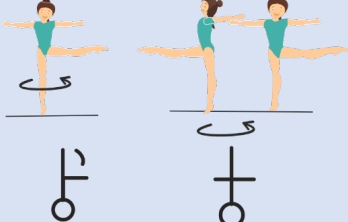
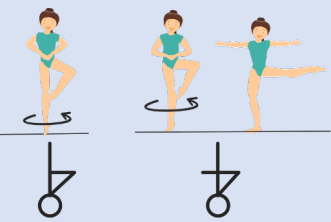
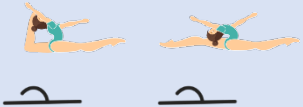
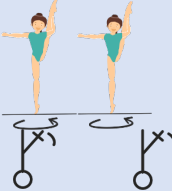
The Floor Difficulty score is comprised only of Difficulty of Body (**DB**), Dance steps combinations (**S**), and Full Body Waves (**W**).

DIFFICULTY of BODY (**DB**)

- Definition: DB** elements are Jump, Balance, and Rotation elements from the Difficulty Tables
Note: In case there is a difference between the textual description of the **DB** and the drawing in the Tables of **DB**, the text prevails
- Difficulties from each group of body movements should be present in the exercise: Jumps/Leaps $\wedge$, Balances $\top$, Rotations $\circ$ (**0.30 penalty for each Body Group missing**)
- Each difficulty is counted only once within a body group. If the **DB** is repeated (same box), the Difficulty is not valid (**No Penalty**)

Explanations / Examples	
What if a gymnast attempts to take a DB shape but loses balance and lowers the leg, or attempts to catch the leg but fails to hold the leg, and tries another time?	If the gymnast makes a technical fault in the preparation and immediately restarts the preparation, this is not a repetition, and the 2 nd try is evaluated.

- It is possible to perform **2 of the same** jumps/leaps or pivots in series. "Same" means the same box in tables "Difficulties of Body" # 1-3.
 - Each jump/leap or pivot in the series is evaluated separately
 - Each jump/leap or pivot in the series counts as 1 jump/leap or pivot Difficulty

Explanations / Examples	
Same DBs : This group of drawings may be used only one time in the same exercise (isolated or in series)	
Different DBs : Each of these drawings may be used in the same exercise	
Isolated DBs	
	Same DBs (same box)
	Different DBs (different boxes)
	Different DBs (different boxes)
	Different DBs (different boxes)
Series of DBs	
	Same box: Series valid
	Same box: Series valid

- Any additional difficulty above the maximum allowance (regardless of its value) = **0.3 penalty** (one-time 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. (**No penalty**)
- All body difficulty requirements must be present in each routine (**Penalty 0.30** for unauthorized distribution for each missing or additional difficulty (taken from the final Difficulty score by the Difficulty judge).

Note: see specific requirements for Difficulty of Body distribution for each level

- Right/Left leg designation in level 6-8 Floor routines. The “leg” used is determined by the following:
 - 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. (Note: Leaps #22(see Table #1 of **DB**) could be used to fulfill a requirement of “**DB** on opposite leg”)
 - Balances: raised leg (if the leg is raised to the front or side) or support leg (if the leg is raised to the back). (Note: “Italian Fouette” balance could be used to fulfill a requirement of “**DB** on opposite leg” if executed entirely on the opposite leg)
 - Pivots: raised leg (if the leg is raised to the front or side) or support leg (if the leg is raised to the back).
 - “Neutral” difficulties: performed either on two legs equally (for example, ring jump with two feet, straddle jump, “butterfly” jump) or on another body part without a split position (chest, knees, etc.).
- Each missing **DB** on opposite leg/side for levels 6-8 Floor routines = **0.3 penalty** (taken from the final Difficulty score by the Difficulty judge).

Explanations
Neutral Difficulties may not substitute the opposite leg/side requirement

- Penalties for missing the minimum required number of Difficulties and non-compliance with special requirements are applied when a Difficulty element is not attempted at all
- **DB** is valid when performed according to the technical requirements listed in the Tables of Difficulties #1-3
- Evaluation of **DB** is determined by the body shape presented: to be valid, all **DB** must be performed with a **fixed and defined shape**, which means the trunk, legs, and corresponding body segments are in the correct positions to identify a valid **DB** shape.
 - Examples:** • 180° split position
 - touching any part of the leg for Difficulties with the back bend of the trunk
 - closed ring position
 - stag position

- When the shape is recognizable with a **small deviation** of 10° or less of one or more of the body segments, the **DB** is valid with an *Execution **Penalty**: 0.10 for a small deviation for each incorrect body segment*
- When the shape is recognizable with a **medium deviation** of 11–20° of one or more of the body segments, the **DB** is valid with an *Execution **Penalty**: 0.30 for a medium deviation for each incorrect body segment*
- When the shape is not sufficiently recognizable with a **large deviation** of more than 20° of one or more of the body segments, the **DB** is not valid and receives an *Execution **Penalty**: 0.50 for each incorrect body segment.*

Explanations	
How can the judges understand the difference between 10° deviations and 11° deviations?	The angels are just a guideline. Judges will learn to think in terms of small, medium, and large deductions

* **Exception:** the criteria “back bend of the trunk” performed during Jumps/Leaps, Balances, or Rotations with a large deviation will receive an *Execution penalty*, but the base value of the Jump/Leap, Balance, or Rotation may be valid if available in the table without “back bend” and performed according to the basic characteristics.

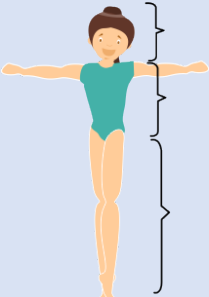
Explanation		
Intended	Performed	Valid
		

- If **DB** is performed with greater amplitude than mentioned in the Tables of **DB**, the value of **DB** does not change.
- Any **DB** performed with a value lower than entered on the D Form will be counted, except in the cases where deviation exceeds the tolerance.
- For Balances and Rotations: The support leg, whether stretched or bent, does not change the value of the Difficulty.
- For Balances and Rotations: It is not possible to support on the support leg, or hold the support leg with the hand(s) or the apparatus: The DB will not be valid (major alteration of the basic characteristics; definition of the shape). Only slight touching is permitted.

- In all **DB** with the ring, touching any part of the head (including the hairstyle/bun) is required for the correct shape. DB without touching, up to a maximum 20° deviation, is valid with an Execution penalty
 - In all **DB** with the back bend of the trunk, the head must be in contact with the leg. Touching any part of the leg is required for the correct shape. DB without touching, up to a maximum 20° deviation, is valid with an Execution penalty
 - **DB** must be performed with a **minimum 1 apparatus technical element**, specific to each apparatus, executed according to its definition in Tables #1-2 on pages 51-61.
- A **DB** is in connection with an apparatus technical element if the apparatus technical element is performed **at the beginning, during, or towards the end of the DB**.

Explanations / Examples	
What is "beginning" and what is "towards the end" of a jump/leap?	A jump/leap begins when the gymnast has lost contact with the floor. "Towards the end" is the last part of the flight phase. When the gymnast regains contact with the floor the Difficulty has ended.
What is "beginning" and what is "towards the end" of a balance?	A balance (except Dynamic balances) begins the moment that the gymnast reaches the required shape. "Towards the end" is the last moment that the gymnast is still in the required shape, and still on relevé (if the balance is performed on relevé). When the gymnast has left the shape or relevé (if the balance is performed on relevé), the Difficulty has ended. A Dynamic balance begins with the initiation of the 1st movement and ends with the ending of the last movement. When the gymnast is back on 2 feet, or lying flat, the Dynamic balance has ended.
What is "beginning" and what is "towards the end" of a rotation?	A rotation in fixed shape begins the moment that the gymnast reaches the required shape. "Towards the end" is the last moment that the gymnast is still in the required shape, and still on relevé (if the rotation is defined on relevé). When the gymnast has left the shape or relevé (if the rotation is defined on relevé), the Difficulty has ended. Other types of rotations begin with the initiation of the 1st movement and end with the ending of the last movement. When the gymnast has stopped rotating or is back on 2 feet, the Difficulty has ended.

- **Apparatus technical elements must be different during DB:**

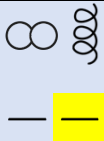
Explanations / Examples	
Apparatus technical elements are different if they are performed:	In different planes Planes are evaluated relative to the space: Horizontal, frontal, sagittal • The “planes” criterion does not apply for <u>spirals/ tapping</u>. Spirals/tapping must have different directions (see below) and/or different level.
	“Different directions” is evaluated as follows: - <u>Passing through</u> the apparatus: Passing into the apparatus – passing out of the apparatus – complete passing forward – complete passing backward – complete passing sideways – are different. -Technical elements performed in <u>different directions relative to the body</u> are different, e.g.: Spirals with the arm in front of the body, spirals with the arm to the side, spirals with the arm behind the body. -All other variations of direction are considered the <u>same apparatus technical element</u> , e.g.: • Same mills forward and mills backward • Same small circles with 2 Clubs inward and small circles with 1 Club inward + 1 club outward • Same spirals inward and spirals outward • Same large circle inward and large circle outward • Same large roll from left to right and from right to left
	On different levels  Level 1: Head to shoulders Level 2: Chest to waist Level 3: Hips to feet
	Technical elements executed with different body parts, as follows: • <u>With</u> different parts of the body, e.g., bounce with the hand, bounce with the knee • <u>On</u> different parts of the body • Rolls and sliding <u>over</u> different parts of the body • For bounces, once <u>under the leg</u> and once not under the leg are different • Different parts of the body <u>passing through</u> the apparatus, e.g., arms and trunk, legs and trunk, whole body
	Different techniques of throws

- **Identical apparatus technical elements**

- If the apparatus technical element is **performed identically** during 2 separate DBs, the **2nd DB** in chronological order is not valid (**no penalty**).
- To be valid, each **DB** must present at least 1 new (not performed in any previous DB in the exercise) apparatus technical element; additional apparatus technical elements may be repetitions.
- Identical apparatus technical elements performed on **2 different DBs** (from the same or different Body Groups) are **not considered “different”** apparatus technical elements.
- Identical apparatus technical elements performed with the **right hand and after with the left hand** are **not considered “different”** apparatus technical elements.
- For **“Fouetté” balance**, 1 apparatus technical element is required at any phase of the balance to validate the DB. This technical element may not be a repetition of an identical apparatus technical element performed on a different DB. As long as this requirement is met, it is possible to perform additional technical elements of the apparatus.

Explanations / Examples	
If a gymnast performs the same bounce of the Ball during a jump and then during a balance, the balance will not be valid.	
If a gymnast performs spirals of the Ribbon during a pivot and then, in another part of the exercise, performs another pivot with the same spirals, the 2 nd pivot (in chronological order) will not be valid.	
If a gymnast performs a turning leap under the flight of the apparatus and then, in another part of the exercise, performs a pivot under the flight of the apparatus, the pivot will not be valid.	
If a gymnast performs spirals + a large circle over the head in a Fouetté balance and then performs another pivot with the same large circle over the head in another part of the exercise, the pivot will not be valid.	
Can apparatus technical elements performed in a full body wave be repeated identically in a DB?	Yes. The full body waves are not DBs and eventual apparatus technical elements are not recorded by the DB judges.

- A **series** of jumps/leaps may be performed with **identical or different apparatus technical elements** for each DB.

Explanations / Examples	
Difficulties	Explanation
	Different apparatus technical elements (large circle, spirals) are permitted within a series .

To be valid, a **DB** must be performed **without the following technical faults:**

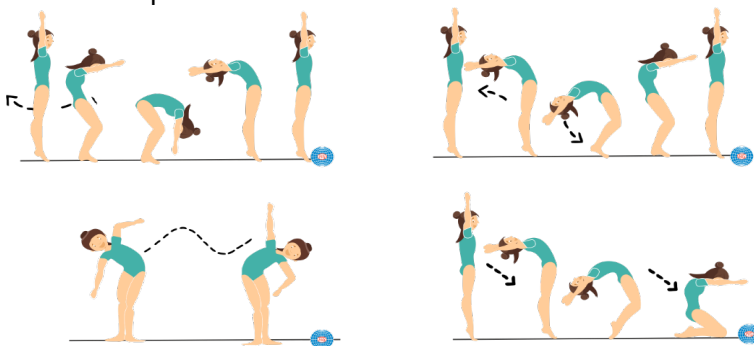
- A major alteration of the basic characteristics specific to each group of **DB**
- Loss of balance with support on one or both hands or on the apparatus
- Total loss of balance with fall of the gymnast while performing the **DB**
- A loss of apparatus during **DB**
- Apparatus handling is not performed according to the definition
- Landing on the knee(s)
- Difficulty started outside the floor area
- Any part of the Difficulty performed after the end of the music

Body Waves (W)

- All required body waves must be a full body wave.
- A **full body wave** is a sequential contraction and decontraction of all the muscles of the body, along the “chain” of body segments like an “electric current,” from the head, through the pelvis, to the feet (or vice-versa).
- A full-body wave involves all segments from the head, through the pelvis, to the feet, or vice-versa.

Examples:

- Full wave forward standing or with passing from the floor
- Full wave back standing or with passing to the floor
- Side wave
- Spiral wave on two legs (spiral turn)
- Full wave performed on the floor



Evaluation of the criterion, according to the definition:

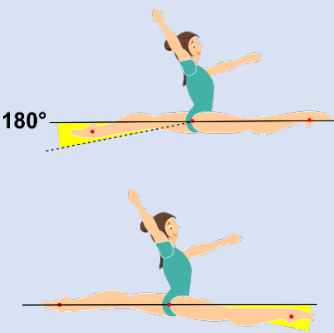
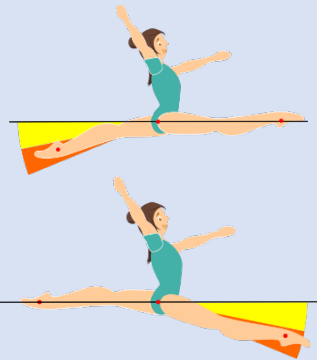
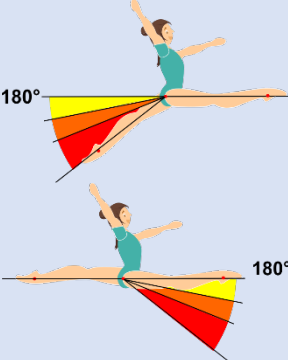
- Bending backward and forward, without sequential motion through the body (segments participate simultaneously, not sequentially): *Not valid*.
- Sequential contraction of all body segments, but missing decontraction: *Not valid*.
- Sequential contraction and decontraction from the hips to the head, without participation of the knee and ankle joints: *Not valid*.

Explanations	
Same Body Waves	The same feet (together or parallel), same leg(s) position and same direction and the same level
Different Body Waves	Different directions, different feet or different leg position, and/or different level. 3 different levels: standing on the feet, standing on the knee(s), or laying on the floor. Standing body wave is considered different than body wave performed with traveling.

- The apparatus must be in motion during the wave (not static).
- Body waves may be performed isolated or connected to other difficulties (without any additional difficulty value) to fulfill this requirement.
- Body Waves must be entered in the D Form using a symbol (**W**).

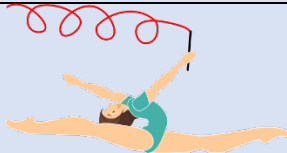
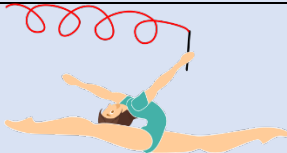
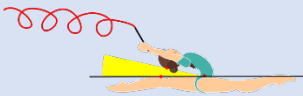
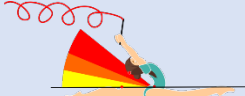
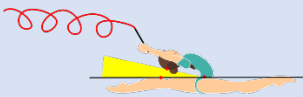
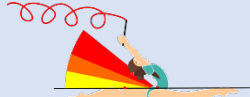
Jumps/ Leaps

- All Jumps/Leaps Difficulties must have **the following basic characteristics**:
 - **Defined** and **fixed shape** during the flight
 - **Height** (elevation) of the Jumps or Leaps sufficient to show the corresponding shape
- A Jump or Leap **without a well-defined shape** (according to the definition in Table # 1) **and sufficient height to show a single fixed shape** will be penalized for Execution.

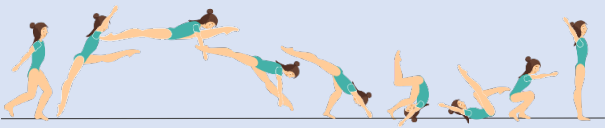
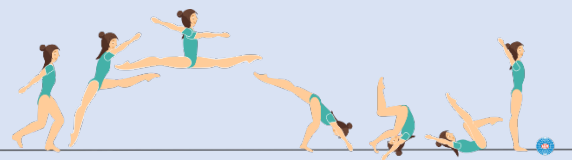
Explanations / Examples		
Jumps/leaps with value and deviations		
<i>DB valid: 0.30 p.</i>	<i>DB valid: 0.30 p.</i>	<i>DB not valid: 0.00 p.</i>
		
<i>Small deviation of the split position</i>	<i>Medium deviation of the split position</i>	<i>Large deviation of the split position</i>
<i>Execution penalty 0.10 p.</i>	<i>Execution penalty 0.30 p.</i>	<i>Execution penalty 0.50 p.</i>

- Jump/**Leap** take-off from one or two feet (unless otherwise mentioned in Table #1) are considered the **Same Shape**.
- Regardless of the number of rotations during the flight, the shape of the **DB** can be performed only once (different numbers of rotations during the flight of the same jump are also considered as the Same Shape).
 - The rotation (180° or 360°) of the body during the flight is evaluated from the **position of the plié** for take-off to the position of the plié for landing.
 - For all Jumps/ leaps, which include rotation(s): the value of the Jump is determined by the rotation(s) performed; for a Jump with less than 180°, the base value of the Difficulty (without rotation) may be given if available in the table without rotation and performed according to the basic characteristics.
- It is possible to perform Jump/ Leaps with take-off and landing on one leg in series. A series of Jumps/Leaps consists of **2 same Jumps/ Leaps**, performed with or without an intermediary step (depending on the type of Jump/Leap).
- If a gymnast performs a series of Jumps/Leaps and 1 or more jumps/leaps in the series is executed with a large deviation in the shape, **or without a valid apparatus technical element**, the

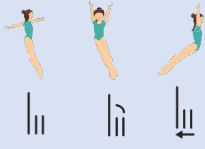
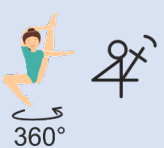
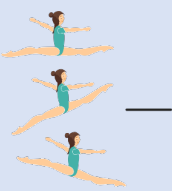
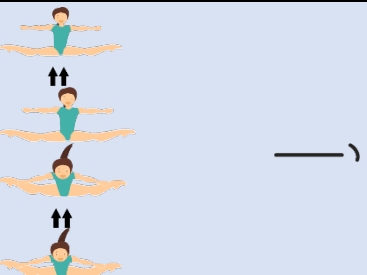
principle of “series” is not present, but all executed shape(s) are valid, with corresponding *Execution penalties*, also in the case that the apparatus technical element is repeated identically.

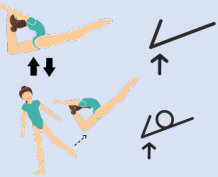
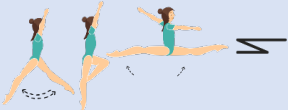
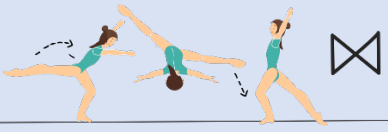
Explanations / Examples		
Example 1: Series of leaps		
DB valid: 0.50 p.	DB valid: 0.50 p.	
		
Example 2: Series of leaps with deviation + isolated leap		
DB valid: 0.50 p.	DB valid: 0.30 p.	DB not valid: Repetition of DB
		
Series		Isolated
Execution penalty:		
Deviation back bend 0.10 p.	Deviation back bend 0.50 p.	No Execution penalty
Example 3: Isolated leap + series of leaps with deviation		
DB valid: 0.30 p.	DB valid: 0.50 p.	DB not valid: Repetition of DB
		
Isolated	Series	
Execution penalty:		
No Execution penalty	Deviation back bend 0.10 p.	Deviation back bend 0.50 p.

- Jumps or Leaps consisting of more than one main action (**Example:** split leap with ring) must be performed in such a way that, **during the flight**, they **create a single and clearly visible image of a fixed and well-defined shape**, rather than two different images and shapes. (swing technique, see *Execution*). When evaluating such jumps or leaps, the deviation principles are applied. If there is no moment (no image) where all actions are within 20° deviation at the same time, the Difficulty is not valid.
- The “Dive Leap” (Leap with trunk bent forward, ending directly in a roll) **is not considered a Leap Difficulty but a pre-acrobatic element**.

Explanations / Examples	
	Pre-acrobatic element "dive leap" Not evaluated as DB Counts as 1 rotational element
	DB split leap + pre-acrobatic element "roll forward" Split leap is evaluated as DB Roll forward counts as 1 rotational element

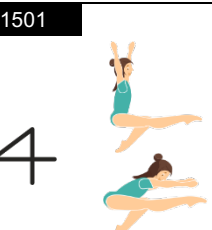
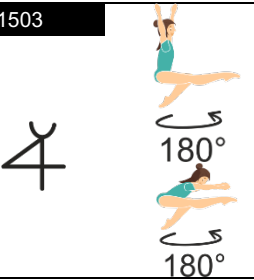
Technique for specific Jump/Leap Difficulties:

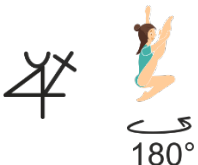
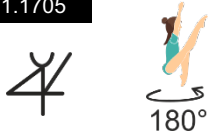
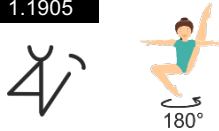
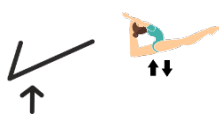
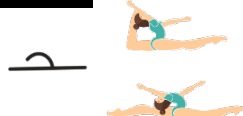
Explanations / Examples	
	"Cabriole" forward, backward, or to the side During the take-off, the swing leg is raised forward, backward, or to the side, to 45° (or more). The take-off leg, coming off the floor, strikes the previously raised leg at 45° (or more). Finally, the gymnast lands on the take-off leg.
	"Scissors" leap with switch of legs backward into ring Take-off on 1 foot, switch of legs backward into ring. The ring must be performed by both legs consecutively.
	Pike jump with legs together or apart Pike jump is always performed with the trunk bent forward over or between the legs.
	"Cossack" jump, with different positions of the legs, or with turn The foot of the bent leg must be near the height of the pelvis, and the knee must be at horizontal or above.
	"Cossack" jump "Zhukova" Cossack jump with straight leg to the side high up, whole foot higher than head, with help of the arm opposite to the raised and straight leg. The foot of the bent leg must be near the height of the pelvis, and the knee must be at horizontal or above. Turn 360° to the opposite side of the raised leg.
	Split leap (take-off from 1 or 2 feet) A split position of 180° is required at the highest point of the leap. The split position may be horizontal and will also be accepted when the 180° position is maintained with 1 of the legs above and the other below a horizontal position.
	Side split jump/leap (take-off from 1 or 2 feet) A horizontal split position of 180° is required at the highest point of the jump/leap.

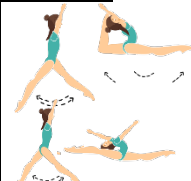
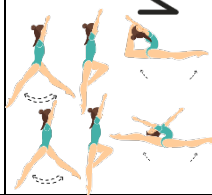
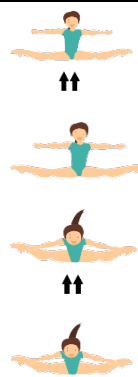
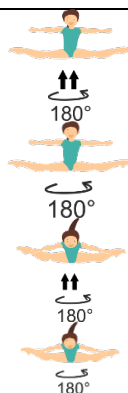
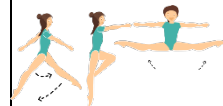
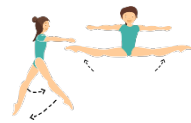
	Jumps “Zaripova” and “Agiurgiuculese” Take-off and landing on the back leg. During these Difficulties both criteria “split” and “ring” are required.
	Stag leap (take-off from 1 or 2 feet) The front leg must be maximally bent, foot close to the thigh. The legs must be 180° apart, the stag position may be horizontal and will also be accepted when the 180° position is maintained with 1 of the legs above and the other below a horizontal position.
	Stag leap with ring or back bend (take-off from 1 or 2 feet) The front leg must be maximally bent, foot close to the thigh. The legs must be 180° apart, the stag position may be horizontal and will also be accepted when the 180° position is maintained with 1 of the legs above and the other below a horizontal position. Ring: The back leg should be in a closed ring position. <u>Touching any part of the head is required for the correct shape.</u> Back bend: Touching any part of the leg is required for correct shape.
	Switch split leap with straight leg Before leg switch, the front leg is lifted to minimum 45°. After leg switch, a split position of 180° is required at the highest point of the leap.
	Switch split leap with bent leg Before leg switch, the front knee is lifted to horizontal position (passé). After leg switch, a split position of 180° is required at the highest point of the leap.
	Fouetté A leg switch is not performed; executed with a 180° turn during the flight, performed over the longitudinal axis of the take-off leg and landing on the take-off leg.
	Entrelacé A leg switch is performed; executed with 180° turn during the flight, performed over the longitudinal axis of the take-off leg and landing on the swing leg.
	“Butterfly” jump The legs consecutively draw semi-circles in the air. The highest point of each leg must be at the horizontal or higher than horizontal. During the flight, the trunk is in a position at the horizontal or slightly below horizontal. The trunk cannot be vertical down. Minimum 180° turn from take-off to landing.

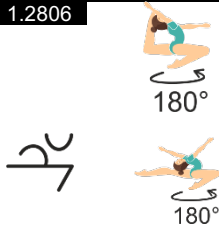
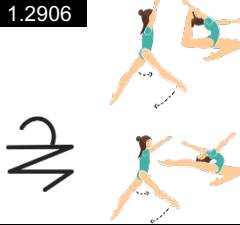
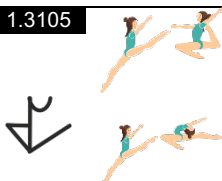
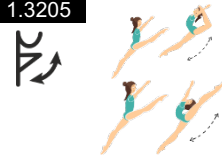
1. Table Jumps/ Leaps Difficulty (∧)

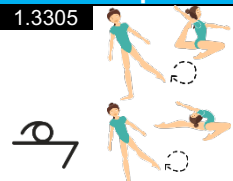
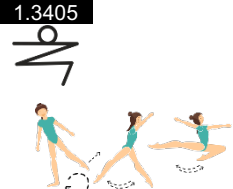
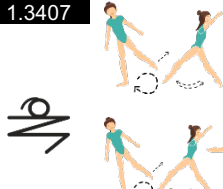
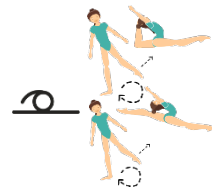
Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
1. Tuck jump with 360° turn, take-off from 2 feet	1.101  360° 						
2. "Scissors" forward with bent legs and 360° turn ("cat leap")	1.201  360° 						
3. Vertical jump with straight legs and turn, take-off from 2 feet	1.301  360° 		1.303  720° 				
4. Vertical jump with bent leg (passé), with turn	1.401  360° 		1.403  720° 				
5. Vertical jump with free leg stretched forward at the horizontal, with turn		1.502  180° 	1.503  360° 				
6. Vertical jump with free leg stretched to the side at the horizontal, with turn		1.602  180° 	1.603  360° 				
7. Vertical jump with free leg stretched backward at the horizontal, with turn		1.702  180° 		1.704  360° 			

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
8. Vertical jump with free leg bent backward at the horizontal (attitude), with turn		1.802 		1.804 			
9. "Cabriole" forward	1.901 						
10. "Cabriole" to the side	1.1001 						
11. "Cabriole" backward	1.1101 						
12. "Scissors" leap with switch of legs forward: Legs consecutively at the horizontal	1.1201 						
13. "Scissors" leap with switch of legs backward: At 45° or with ring	1.1301 	1.1302 					
14. Pike jump with legs together or apart, take-off from 1 or 2 feet			1.1403 				
15. "Cossack" jump: Straight leg forward at the horizontal, with or without trunk bent forward, also with turn	1.1501 		1.1503 				

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
16. "Cossack" jump: Straight leg forward, high up, whole foot higher than head, with help, also with turn		1.1602 		1.1604 			
17. "Cossack" jump: Straight leg forward, high up, whole foot higher than head, without help, also with turn			1.1703 		1.1705 		
18. "Cossack" jump: Straight leg to the side high up, whole foot higher than head, with help of the hand of the same side, also with turn, also "Zhukova" with help of the opposite hand and 360° turn		1.1802 		1.1804 	1.1805 		
19. "Cossack" jump: Straight leg to the side high up, whole foot higher than head, without help, also with turn			1.1903 		1.1905 		
20. Ring with 1 leg or 2 legs ("Kabaeva"), take- off from 1 or 2 feet		1.2002 	1.2003 				
21. Split leap, also with ring/back bend of the trunk, take-off from 1 or 2 feet. Zaripova: Split leap with ring, take-off and landing on the same leg			1.2103 	1.2104 	1.2105 		

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
22. 2 or 3 consecutive split leaps with change of take-off foot (Evaluated as 1 DB)					1.2205 2 —  √ 2		1.2207 3 —  √
23. Switch split leap, passing with straight legs, also with ring/back bend					1.2305 		1.2307 
24. Switch split leap, passing with bent leg, also with ring/back bend				1.2404 		1.2406 	
25. Side split leap, take-off from 1 or 2 feet, also with trunk bend forward, also with turn			1.2503 		1.2505 		
26. Switch side split leap, passing with bent leg, also passing with straight legs (with turn 90°)				1.2604 	1.2605 		

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
27. Stag leap, take-off from 1 or 2 feet, also with ring/back bend of the trunk		1.2702 		1.2704 			
28. Stag leap, take-off from 1 or 2 feet, with turn of the body. Also with ring/back bend of the trunk. "Bessonova" from 1 leg.				1.2804 		1.2806 	
29. Switch stag leap, passing with straight leg, also with ring/back bend of the trunk				1.2904 		1.2906 	
30. "Fouetté": Leg at the horizontal, or with greater amplitude. Also with ring/back bend of the trunk		1.3002 	1.3003 				
31. "Fouetté" with cabriole, with stag, or with ring/ back bend of the trunk		1.3102 	1.3103 		1.3105 		
32. "Entrelacé": Legs at the horizontal, or with greater amplitude. Also with ring/back bend of the trunk			1.3203 		1.3205 		

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
33. Turning stag leap, also with ring/back bend of the trunk			1.3303 		1.3305 		
34. Turning stag leap with switch of straight leg, also with ring/back bend of the trunk					1.3405 		1.3407 
35. Turning split leap (jeté en tournant), also with ring/back bend of the trunk. Agiurgiuculese: Turning split leap with ring, take-off and landing on the same leg				1.3504 	1.3505 	1.3506 	
36. Turning split leap with switch of straight legs, also with ring/back bend of the trunk						1.3606 	
37. "Butterfly" jump: With minimum 180° turn from take-off to landing					1.3705 		

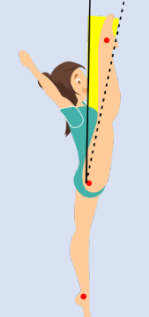
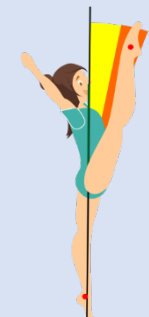
Balances

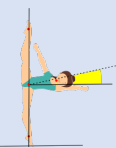
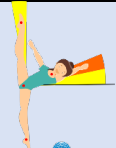
There are 3 types of balance Difficulties, depending on the balance technique and the type of support:

- 1) Executed on the foot: On the toes on relevé, or on flat foot
- 2) Executed on other parts of the body: On the chest, etc.
- 3) Executed in motion: "Dynamic balances"

Basic characteristics of the 3 types of balance Difficulties:

- 1) Balances executed on the foot: On the toes on relevé, or on flat foot
 - **Defined** and clearly **fixed shape**
 - **Stop position** fixed in the shape for a **minimum of 1 second**
 - 2) Balances executed on other parts of the body: On the chest, etc.
 - **Defined** and clearly **fixed shape**
 - **Stop position** fixed in the shape for a **minimum of 1 second**
 - 3) Balances executed in motion: "Dynamic balances"
 - **Clearly defined shape:** All relevant parts of the body are in the correct position at the same moment of time
 - Smooth and **continuous movements** from each shape to the next
- Balances without clearly well-defined shapes (according to the definition presented in Table #2) will not be valid as a Difficulty and will be **penalized in Execution**

Explanations / Examples		
Balances with value and deviations		
<i>DB valid: 0.50 p.</i>	<i>DB valid: 0.50 p.</i>	<i>DB not valid: 0.00 p.</i>
		
<i>Small deviation of the split</i>	<i>Medium deviation of the split</i>	<i>Large deviation of the split</i>
<i>Execution penalty 0.10 p.</i>	<i>Execution penalty 0.30 p.</i>	<i>Execution penalty 0.50 p.</i>

Explanations / Examples				
Balances with values and deviations				
	Pictogram	Deviation	Execution penalty	Evaluation
1		<i>Small deviation of the split</i>	0.10 p.	DB valid
2		<i>Small deviation of the trunk</i>	0.10 p.	DB valid
3		<i>Medium deviation of the split</i>	0.30 p.	DB valid
4		<i>Small deviation of the split Medium deviation of the trunk</i>	0.10 + 0.30 p.	DB valid
5		<i>Medium deviation of the split Medium deviation of the trunk</i>	0.30 + 0.30 p.	DB valid
6		<i>Large deviation of the trunk</i>	0.50 p.	DB not valid

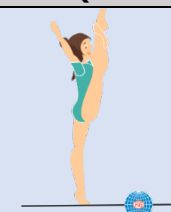
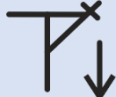
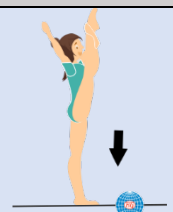
- Balance Difficulties **executed on the foot** (on the toes on relevé, or on flat foot) and **executed on other parts of the body** must be performed with a **stop position for a minimum of 1 second fixed in the shape.**

-The fixation of these balance Difficulties should be executed **without any additional movements** of the body during the fixed position (legs and trunk). If, during the fixed position there is a loss of balance without travelling, such as “shaking” of the support foot, movement of the ankle during relevé, or raising part of the support foot, the Difficulty is still valid, with corresponding Execution penalties.

- If the shape of the balance is well-defined and the apparatus technical element is executed correctly (e.g., side split without support with a bounce of the Ball during the shape), but the stop position is insufficient (**less than 1 second**), the balance is **valid with an Execution penalty: 0.30 p. "shape not held for a minimum 1 second"**.
- If the **stop position is not presented** at all (swing/kick), the DB is **not valid** (major alteration of the basic characteristics).

Explanations
<i>Support on the apparatus or floor before or after a Balance DB:</i> <i>Due to the loss of balance, if a gymnast puts her hand down as support in preparation for the DB, and after performing the DB with a stop position and correct apparatus handling, the DB is valid. Still, a technical fault for the loss of balance with support is applied.</i> <i>If a gymnast performs a Balance Difficulty with a stop position and correct apparatus handling and after puts her hand down as support (due to the loss of balance), the DB is not valid because the loss of balance with support happens while the gymnast remains in any phase of the balance position.</i>

- Balances on foot may be performed on the toes in relevé or flat foot. For flat foot, the value of the Difficulty is reduced by 0.10, and the symbol will include an arrow (↓) on the D form

Explanations / Examples			
Value of balances			
Performed on the toes (relevé)		Performed on flat foot	
			
DB valid: 0.30 p.		DB valid: 0.20 p.	

- It is not possible to perform the same shape of Balances on the toes (relevé) and on a flat foot in the same exercise.
- A gymnast may not perform a Balance with a **"Slow Turn."** **A penalty of 0.30** (taken by the D judge from the final D score) will apply if the gymnast performs a difficulty with a "slow turn."
- **Dynamic Balances** are performed as smooth and **continuous movements** from one shape to another, and do not need stop positions in any phase of the Balance. The Difficulty is valid if a gymnast performs Dynamic Balance with a stop position. (**No Penalty**)

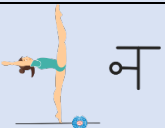
- Dynamic Balance Difficulties must be executed with a minimum **1 apparatus technical element, performed** according to its definition in Tables #1 and 2 on pages 51-61 (Fundamental or Non-Fundamental apparatus technical element) **at any phase during the Difficulty**- including the swing phase.

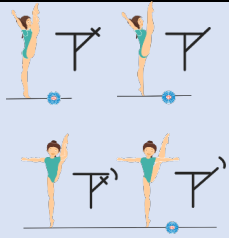
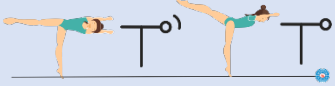
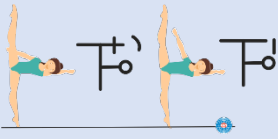
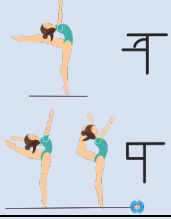
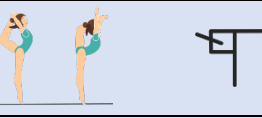
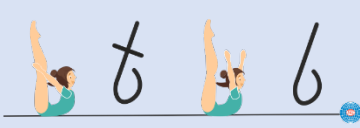
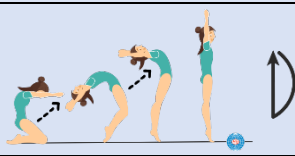
- **Fouette Balance is one Balance Difficulty** performed with:
 - A minimum 3 same or different shapes performed on relevé, with compulsory heel support between each shape, without hopping, without any type of travelling, and without touching the floor with the lifted leg, hand(s), or any other body part
 - Each shape shown with a clear accent (**clear position**), without any rotation in the shape
 - With or without the help of the hands
 - With a minimum of 1 turn of 90°, 180°, or 270°, performed between any 2 shapes

Explanations
<i>Definition of the shapes in Fouetté balances: For the 0.5 p. Fouetté balance, the gymnast may choose among all existing shapes that are defined with the leg above horizontal. Some of these shapes require split, other shapes have other definitions (e.g., ring balance). Each chosen shape is evaluated according to its definition.</i>

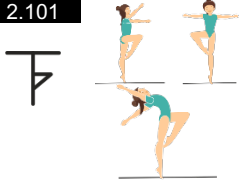
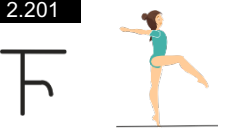
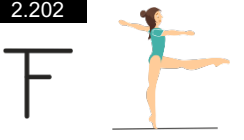
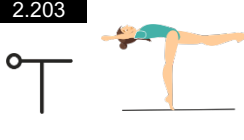
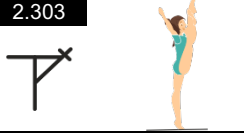
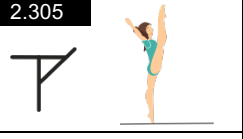
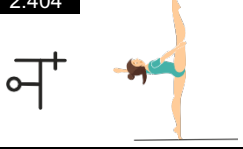
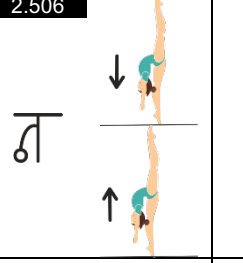
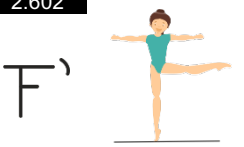
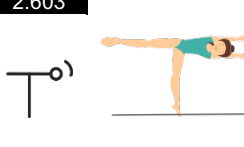
- It is possible to repeat the same shape within one Fouetté Balance, but it is not possible to repeat any of these shapes isolated or in another Fouetté Balance.
 - Each exercise can contain maximally 1 Fouetté balance: Either 0.50 p. or 0.30 p. A 2nd Fouetté balance (regardless of value) will not be evaluated (*no penalty*).
 - Note: 0.5 Value Fouette is not allowed in the level 6 routine. If executed, the difficulty will not be evaluated. (**No penalty**)

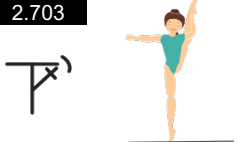
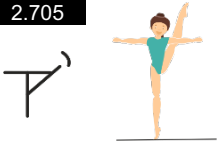
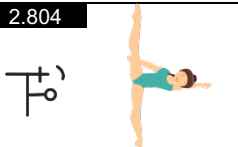
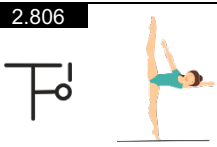
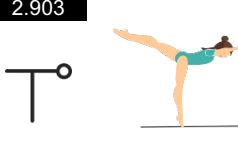
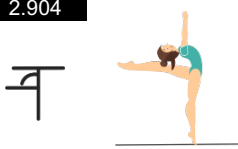
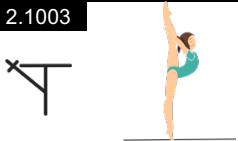
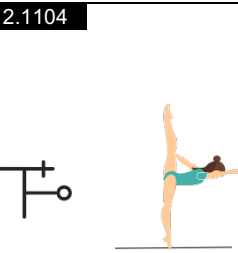
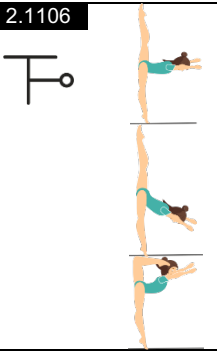
Technique for specific Balance Difficulties:

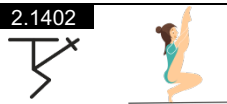
Explanations / Examples	
	Free leg horizontal forward, side, or backward (Arabesque) Horizontal position of the free leg (thigh) and the maximum vertical position of the body
	Free leg bent forward, horizontal or higher <i>Knee bent 30°</i> Horizontal <i>or higher</i> position of the free leg (thigh) and the maximum vertical position of the body
	Free leg horizontal forward with trunk backward at the horizontal Trunk and free leg should be on the same horizontal line, or free leg slightly above the horizontal, holding the trunk straight without bending back
	Front split with trunk backward at the horizontal Split is required The trunk should be held straight without bending back

	Front split without help, trunk backward below horizontal Starting from a standing position or from a seated position Split is required The balance can be performed: - With or without touching the support leg with the head - With or without touching/holding the support leg with the hand/arm
	Front split with or without help Side split with or without help Split is required
	Free leg horizontal to the side with the trunk side at the horizontal Free leg horizontal backward with trunk forward at the horizontal The horizontal position of the head, trunk, and free leg (or free leg slightly above the horizontal) must be fixed, holding the trunk straight without bending back
	Side split with trunk horizontal to the side, with or without help Split is required The trunk should be held straight, at the horizontal The position of the neck and head is free <i>Pike position in hip area of more than 20° - DB is not valid</i>
	Back split with help Split is required Touching is NOT required
	Free leg high up backward, without help Split is NOT required; whole foot above the head is required Touching is NOT required
	Arabesque with trunk bent backward Attitude with trunk bent backward Ring without help <u>Touching is required</u>
	Attitude Horizontal position of the free leg (thigh) and the maximum vertical position of the body
	Ring with help Ring with leg on the shoulder, with or without help of the arm <u>Touching is required</u>
	On the chest with or without help: "Kabaeva" The shoulders do not touch the floor Legs are straight – they may be together or separated to shoulder width
	Dynamic balance from kneeling to standing Passing from kneeling to standing, over the toes, with or without back bend of the trunk (both techniques are correct). Legs together or slightly apart.

2. Table of Balances Difficulty (T)

Types of balances	Balances executed on the foot						
	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
1. Passé forward or side (horizontal position), also with bend of the upper back and shoulders	2.101 						
2. Free leg forward : horizontal or higher: Straight or bent 30°, also with trunk backward at the horizontal	2.201 	2.202 	2.203 				
3. Front split with or without help			2.303 		2.305 		
4. Front split with or without help, trunk backward at the horizontal				2.404 		2.406 	
5. Front split, trunk backward below horizontal: From standing or seated position						2.506 	
6. Free leg horizontal to the side, also with trunk to the side at the horizontal		2.602 	2.603 				

Types of balances	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
7. Side split with or without help			2.703 		2.705 		
8. Side split with or without help, with trunk to the side at the horizontal				2.804 		2.806 	
9. Arabesque: Free leg horizontal backward, also with trunk forward at the horizontal, also with back bend of the trunk		2.902 	2.903 	2.904 			
10. Back split with help, also foot above head without help			2.1003 		2.1005 		
11. Back split with or without help, trunk forward at the horizontal or below, or with ring without help				2.1104 		2.1106 	
12. Attitude, also ring with help/with the leg on the shoulder, also ring without help/attitude with back bend of the trunk		2.1202 	2.1203 	2.1204 			

Types of balances	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
13. "Cossack": Free leg forward or side (horizontal position)	2.1301 						
14. "Cossack": Free leg forward, foot higher than head, with or without help		2.1402 	2.1403 				
Balances executed on other parts of the body							
15. Lying on the floor with the trunk lifted. Kabaeva: On the chest with or without help	2.1501 		2.1503 	2.1504 			
Balances executed in motion							
16. Passing from lying on the floor with the trunk lifted to the chest				2.1604 			
17. Dynamic balance from kneeling to standing, over the toes, with or without back bend			2.1703 				
18. Fouetté consisting of min. 3 same or different shapes (Evaluated as 1 DB)			2.1803  Leg at the horizontal for min. 2 shapes + min. 1 turn		2.1805  Leg above the horizontal for min. 2 shapes + min. 1 turn (not allowed in level 6)		
							

Rotations

There are 2 types of Rotation Difficulties:

- 1) Rotations on 1 leg, normally on the toes (releve)
- 2) Rotations on other parts of the body

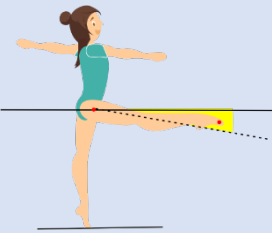
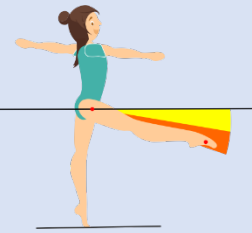
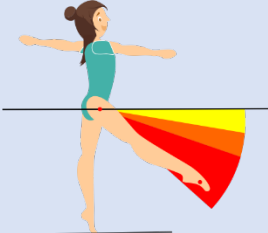
Explanations
<i>A Rotation Difficulty executed on the toes (releve) of the support leg is called a Pivot. A Pivot must be executed in a high releve position. If a Pivot is executed in a low releve, the Difficulty is valid with an Execution Penalty.</i>
<i>Pivots can be inward Pivots "En dedans" (Pivot executed in the same direction as the support leg) or outward Pivots "En dehors" (Pivot executed in the opposite direction of the support leg). These inward and outward Pivots are the same Difficulties.</i>

- All rotation Difficulties must have the **following basic characteristics**:
 - Fixed and **well-defined shape**
 - Minimum **basic rotation 180°** in the following shapes: 3.505, 3.804, 3.805, 3.1903 (see Table # 3)
 - Minimum **basic rotation 360°** in all other rotation Difficulties

- Minimum **basic rotation in all other Rotation Difficulties: 360°**:

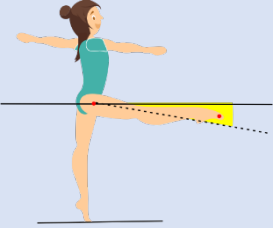
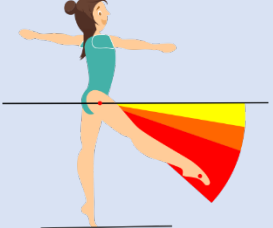
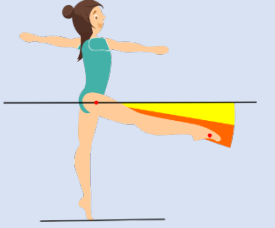
Explanations
A Well-defined shape means that the correct shape taken by the gymnast is held fixed during a minimum basic rotation (360° or 180°)

- Rotation Difficulties without a clearly well-defined shape (according to the definition presented in Table #3) or not recognizable or not held at all, will not be valid as a Difficulty and will be penalized for Execution

Explanations / Examples		
Pivots with value and deviations		
Base DB valid: 0.30 p.	Base DB valid: 0.30 p.	Base DB not valid: 0.00 p.
		
<i>Small deviation of the free leg</i>	<i>Medium deviation of the free leg</i>	<i>Large deviation of the free leg</i>
<i>Execution penalty 0.10 p.</i>	<i>Execution penalty 0.30 p.</i>	<i>Execution penalty 0.50 p.</i>

- **Rotation Difficulties will be evaluated according to the number of rotations performed:**

- The amount of rotation is evaluated from the moment that a well-defined shape is taken and until the moment the gymnast starts leaving the shape.
- Once the gymnast has left the well-defined shape, or has presented a shape with a **large deviation**, no further rotations are evaluated.

Explanations / Examples		
Isolated pivot with additional rotations, performed with different deviations		
First 360°:	Next 360°:	Last 720°:
		
Small deviation of the free leg	Large deviation of the free leg	Medium deviation of the free leg
DB value: 0.30 p. for the first 360° Once the gymnast has left the well-defined shape, no further rotations are evaluated.		
Execution penalty: 0.50 p. for large deviation The highest Execution penalty is taken 1 time for the same body position during 1 DB.		

- For pivots defined on relevé, additional rotations must be performed without heel support. In the case of a heel support, no further rotations are evaluated.

Explanations / Examples
• If during a pivot which is defined on relevé a gymnast supports on the heel during part of the rotation: ○ If the executed amount of rotation is less than the required basic rotation, the Difficulty is not valid. ○ If the executed amount of rotation is more than the required basic rotation, and an apparatus technical element has already been performed, the value of rotation(s) executed before the support will be valid.
• For rotations executed with hop or sliding, subsequent rotation(s) will be evaluated, with corresponding Execution penalties.

- If the gymnast loses the apparatus or loses the balance and supports/falls, in any part of the rotation Difficulty– including after a successful basic rotation– the whole **DB** is not valid.

- Different rotations are rotations from different boxes, regardless of the number of rotations performed.
- The value of a rotation DB is increased by 0.10 p. for each additional rotation above the base 360° for:
 - Pivots with a base value 0.10 p.
 - Fouetté pivots, regardless if additional rotations are with or without heel support
 - Example  : 360° + 360° + 360° + 1080° = 6 rotations = base 0.10 p. + 5 additional rotations x 0.10 p. = totally 0.60 p.
 - Example  : 360° + 720° + 720° = 5 rotations = base 0.20 p. + 4 additional rotations x 0.10 p. = totally 0.60 p.
 - Rotation in back split without help: Trunk horizontal, below horizontal, or with ring (Sakura)
 - Rotations on another part of the body
- The value of a rotation DB is increased by 0.20 p. for each additional rotation above the base 360° for:
 - Pivots with a base value 0.20 p. and more
- The value of a rotation DB is increased by 0.10 p. for each additional rotation above the base **180°** for rotations on another part of the body.
- The value of a rotation DB is increased by 0.20 p. for each additional rotation above the base **180°** for pivots 3.505, 3.804, 3.805.
- In the case of incomplete rotations compared to the number of rotations indicated on the **D form**, the Difficulty is evaluated according to the number of executed rotations (must have a minimum basic rotation)
- To be valid, rotation Difficulties must be performed with a minimum of **1 apparatus technical element**, executed in any valid phase of the rotations, according to its definition in tables #1-2 (see pages 51-61)
- For **all rotation Difficulties**, apparatus technical elements performed while in a large deviation are not recorded.
- For **pivots**, apparatus technical elements performed while on flat foot are not recorded.
- If a gymnast performs a series of pivots and 1 or more pivots in the series is executed with a large deviation in the basic rotation or with incomplete basic rotation, the principle of "series" is not present, but all executed shape(s) are valid, with corresponding *Execution penalties*, also in the case that the apparatus technical element is repeated identically.

Explanations / Examples	
Pivots in series: With deviation and incomplete base	
	
360°	360°
Large deviation, not valid	Medium deviation, valid, 1 DB
	
180°	360°
Incomplete base, not valid	Valid, 1 DB

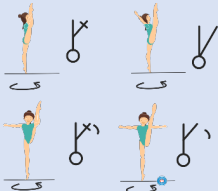
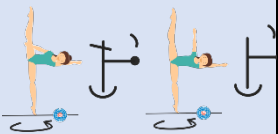
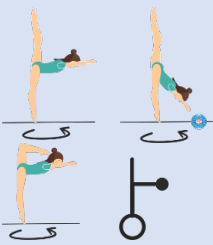
- **Rotation in back split without help: Trunk horizontal, below horizontal, or with ring (Sakura):**

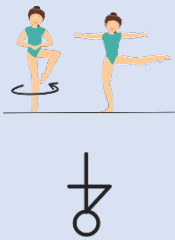
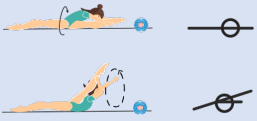
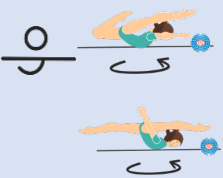
- This rotation may be performed on relevé, on flat foot, or with a combination of relevé and flat foot.
- Regardless of the relevé/flat foot, this is evaluated as 1 Difficulty and can be used only once in the exercise.
- Regardless of the relevé/flat foot, the value is increased by 0.10 p. for each additional rotation

- **Fouette Pivot (allowed only in levels 7-8)**

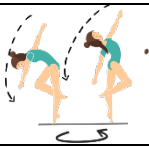
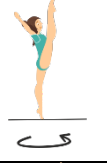
- 2 or more **identical shapes**, connected **with heel support**, are counted as **1 Difficulty**.
- Fouetté pivot may be performed **1 time** in each exercise, using **1** of the described shapes (passé 0.10 p. OR front 0.20 p. OR side 0.20 p.). If different shapes are combined, only the rotations performed in the 1st shape (before changing shapes) are evaluated.
- **1 apparatus technical element** is required **within the 1st 2 rotations** of Fouetté: No later than the heel support at the end of the 2nd rotation.
- **Additional rotations** do not require additional apparatus technical elements: Any apparatus technical elements presented in the additional rotations are not recorded by the judge and may be used in other Difficulties.
- Note: Fouette pivot is not allowed in the level 6 routine. If executed, the difficulty will not be evaluated. (**No penalty**)

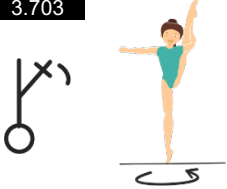
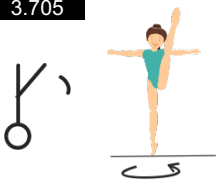
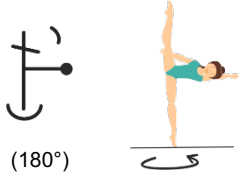
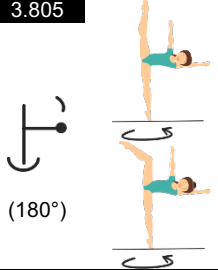
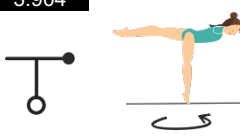
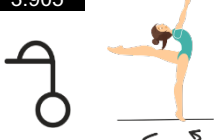
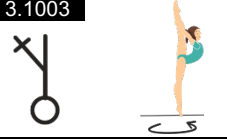
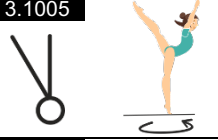
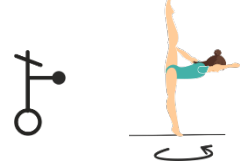
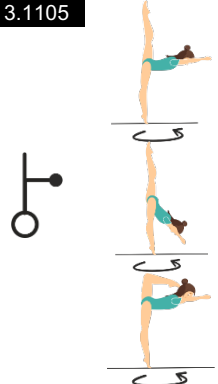
Technique for specific Rotation Difficulties:

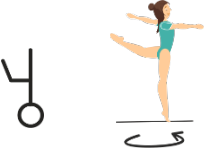
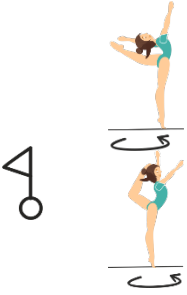
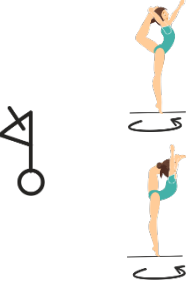
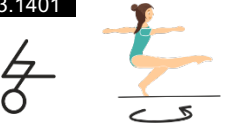
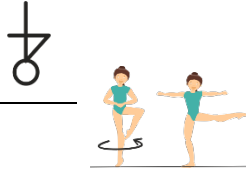
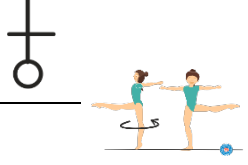
Explanations / Examples	
	"Passé" forward or to the side Entrance to the pivot and fixation of the Passé position can be: By bending the free leg immediately, or by a circular movement of the free leg. Base of the pivot 360°.
	Spiral turn ("Tonneau") on 1 leg During base pivot 360° the gymnast must perform consecutively 2 body positions: • Back bend of the trunk with the head moving backward • Trunk and head bend forward During the rotation, the illusion of a spiral must be achieved. Every additional rotation must be performed in the same, specified manner. The leg position is free: The foot may be near the knee or lower. Free leg fixed for 360° is not a requirement.
	Split forward or to the side, with or without support During the rotation it is necessary to <u>fix the split position</u>. The rotation is evaluated after the support foot is on relevé and the free leg takes the split position, and until this shape is no longer held. Base of the pivot 360°.
	Side split with trunk horizontal to the side, with or without help <u>Split is required.</u> The trunk should be held straight, at the horizontal. The position of the neck and head is free. Base of the pivot 180°. <i>Pike position in hip area of more than 20° - DB is not valid</i>
	Split backward, with help <u>Split is required.</u> The rotation is evaluated after the support foot is on relevé and the free leg takes the split position, and until this shape is no longer held. Touching the head by the leg is NOT required. Base of the pivot 360°.
	"Cossack" pivot An initial impulse with the help of the hand/hands pushing the floor is allowed. The degrees of the rotation count from the moment when the hand(s) leave the floor and the free leg is horizontal. The position of the pivot is considered correct even if the gymnast is "sitting" on the heel of the support leg – heel raised from the floor. It is possible to have different starting positions of the rotation, as well as different endings, the main objective is that the final rotation is controlled and clean (without falling). Base of the pivot 360°.
	Back split without help, trunk horizontal, below horizontal, "Sakura" Rotation on relevé, on flat foot, or with a combination of relevé and flat foot. The trunk should remain at the horizontal or below during an entire basic rotation and during eventual additional rotations. <u>Split position required.</u> Sakura: The foot of the free leg should be in a closed ring position, <u>touching required.</u> Base of the rotation 360°.

	Fouetté: With passé Consists of a series of repeated turns en dehors, at a high tempo and in the same spot. Each component consists of rotation on relevé in passé + an open position with plié. - Minimum 360° rotation in passé between each plié. - In the open position, the free leg extends to the side at 90°. - <u>For the last rotation of the series, the open position is optional:</u> The last component is valid with and without the open position with plié. The counting of Fouetté rotations starts immediately after the plié and push-off. - It is permitted to use the 1st rotation to lift the free leg into passé: This rotation is valid, and no deviation penalty is taken for this rotation, as long as the free leg reaches 90° in time for the 1st plié. (For deviations up to 20°, the rotation is valid with an Execution penalty.) - For the subsequent rotations, the free leg must be in passé throughout the rotation and at 90° in the open position. (For deviations up to 20°, the rotation is valid with an Execution penalty.) Fouetté pivot with passé may be performed using another technique where the working leg goes through the rond de jambe en l'air and extends to the side at 90°. If the Fouetté pivot is performed using this technique, the rond de jambe en l'air may be done <u>before</u> the rotation in shape.
	Fouetté: straight leg at the horizontal (forward or to the side) Consists of a series of repeated turns en dehors, at a high tempo and in the same spot. Each component consists of rotation on relevé with the straight leg at the horizontal + a plié. - Minimum 360° rotation between each plié. - The free leg is continuously at 90°. - <u>For the last rotation of the series, the plié is optional:</u> The last component is valid with and without the plié. The counting of Fouetté rotations starts immediately after the plié and push-off. - It is permitted to use the 1st rotation to lift the free leg into horizontal position: This rotation is valid, and no deviation penalty is taken for this rotation, as long as the free leg reaches 90° in time for the 1st plié. (For deviations up to 20°, the rotation is valid with an Execution penalty.) - For the subsequent rotations, the free leg must be at the horizontal (90°) throughout the rotation and the open position. (For deviations up to 20°, the rotation is valid with an Execution penalty.)
	Rotation in split with help of the hand, trunk bent forward or backward No additional value is given for additional rotations. Base of the rotation 360°.
	Rotation on the stomach, legs close to ring Pushing with the hands to initiate the rotation. The head must be close to some part of the legs. Base of the rotation 360°.
	Rotation "Ashram" Rotation "Kanaeva" Pushing with the hands to initiate the rotation. Rotation executed on the stomach/chest. Ashram: Legs high up in stag position with help. Kanaeva: Legs high up in split position, arms to the side or up. Base of the rotation 180°.

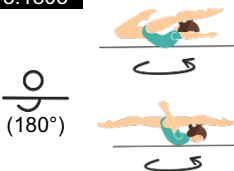
3. Table of Rotations Difficulty (o)

Types of rotations	Rotations on 1 leg, normally on the toes on relevé						
	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
1. Passé forward or side (horizontal position)	3.101 						
2. Spiral turn ("Tonneau") on 1 leg			3.203 				
3. Free leg forward: horizontal or higher, straight or bent 30°		3.302 	3.303 				
4. Front split with or without help			3.403 		3.405 		
5. Elkatib: Front split with trunk backward at the horizontal (180°)					3.505 		
6. Free leg horizontal to the side, also with trunk to the side at the horizontal			3.603 		3.604 		

Types of rotations	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
7. Side split with or without help			3.703 		3.705 		
8. Side split with or without help, with trunk to the side at the horizontal (180°), also Raffaelli with free leg bent (180°)				3.804 	3.805 		
9. Arabesque: Free leg horizontal backward, also with trunk forward at the horizontal, also with back bend of the trunk			3.903 	3.904 	3.905 		
10. Back split with help, also foot above head without help			3.1003 		3.1005 		
11. Back split with help: Trunk forward at the horizontal Back split without help: Trunk forward at the horizontal, below horizontal, or with ring (Sakura): Executed on relevé, on flat foot, or combining relevé/flat foot. +0.10 p. for each additional rotation				3.1104 	3.1105 		

Types of rotations	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
12. Attitude, also ring without help/attitude with back bend			3.1203 		3.1205 		
13. Ring with help/with the leg on the shoulder			3.1303 				
14. "Cossack": Free leg forward or side (horizontal position)	3.1401 						
15. Fouetté: Passé, or with straight leg at the horizontal forward or to the side (<u>allowed only in levels 7-8</u>)	3.1501 	3.1502 					

Rotations on other parts of the body

16. Ralenkova: Rotation on the back	3.1601 						
17. Rotation on the stomach, legs close to ring		3.1702 					
18. Rotation on the stomach/chest, legs in stag position with help (Ashram) (180°) or in split position without help (Kanaeva) (180°)			3.1803 				
19. Rotation in split with help, trunk bent forward (No extra value for additional rotations)	3.1901 						
20. Rotation in split with help, trunk bent backward (No extra value for additional rotations)		3.2002 					

DIFFICULTY OF APPARATUS

1. Apparatus Technical Elements

FUNDAMENTAL AND NON-FUNDAMENTAL APPARATUS TECHNICAL ELEMENTS:

- Every apparatus ($\cup, \circ, \bullet, \parallel, \emptyset$) has 4 Fundamental apparatus technical elements. Each element is listed in its box.
- Every apparatus ($\cup, \circ, \bullet, \parallel, \emptyset$) has Non-Fundamental apparatus technical elements. Each element is listed in its box.
- Fundamental apparatus technical elements may be performed during Difficulties of the Body (**DB**), Difficulty of Apparatus (**DA**), Catches from **R** or **Pre-R**, connecting elements between Difficulties or Dance Steps Combinations (**S**), and must be declared on the **D** form.
- **Requirements:** Each exercise must have a minimum number of each Fundamental Apparatus Groups **Penalty: 0.30 for each missing Fundamental apparatus element:**
 - Penalties for missing the minimum required number of Fundamental apparatus elements are applied when a Fundamental apparatus element is not attempted at all or when performed not according to its definition. (Note: No penalty applies when a gymnast attempts to perform the required Fundamental apparatus element according to its definition but with execution fault and/or a loss of apparatus)
 - A gymnast may perform more than the minimum required number of Fundamental Apparatus Elements
- Certain apparatus technical elements that include 2 required actions to be valid (a release in any form and a catch) may validate only 1 **DB** and 1 **DA** element; such elements include:

- Bounce of the Ball
 - Small throw/ catch of any apparatus (and all its variations)
(Note: **DB** performed under a small throw is not valid)
 - Rebound of any apparatus (except Ball) from the floor
 - Echappe of the Ribbon
 - Boomerang of the Ribbon
- **“High/medium throw”** and **“Catch from a high/medium throw”** are **two different** apparatus technical elements/Bases. If a “high/medium throw” is correctly executed for a **DB** or **DA** element but the subsequent “Catch from a high/medium throw” results in a loss of apparatus, the technical element/ Base “high/medium throw” is valid and the technical element/ Base “Catch from a high/medium throw” is not valid.
- Ribbon and Ball exercises: 1 **DB** must be performed using the non-dominant hand for Fundamental or Non-Fundamental apparatus technical elements.

Explanations
<i>To be valid, the entire Apparatus Technical element (Fundamental or Non-Fundamental) must be executed with/on the non-dominant hand.</i> <i>Apparatus technical elements, including two required actions (a release in any form and a catch), may only validate the “non-dominant hand” requirement if both actions are executed with a non-dominant hand. Such elements include:</i> • Bounce of the Ball • Small throw/ catch of Ball/ Ribbon (and all its variations) • Echappe of the Ribbon <i>Boomerang of the Ribbon: all 3 phases (release, pull back, and catch of the stick) must be executed with a non-dominant hand.</i> <i>The Apparatus Technical element that involves rolling or transmitting the apparatus from one hand to another will not be valid for a “non-dominant hand” requirement.</i>

1. Summary Tables of Apparatus Technical Groups specific to each apparatus

Rope

Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Passing with the whole or part of the body through the open Rope turning forward, backward, or to the side; also, with: - Rope folded in 2 or more - Double rotation of the rope	 • Rotation (min. 1), Rope folded in 2: 2 knots in 1 hand 1 knot in each hand 2 knots in 1 hand and the middle of the rope in the other - Rotations (min.3) of the whole Rope folded in 3 or 4 - Free rotation (min. 1) around a part of the body - Rotation (min. 1) of the whole stretched, open Rope, held by the middle or by the end - Mills (Rope open, held by the middle, folded in 2 or more) (See Clubs for explanation)
 - Release and catch of 1 end of the rope, with or without rotation (ex: Echappé) - Rotations of the free end of the Rope, Rope held by 1 end (ex: spirals)	
 Skips/hops passing through the Rope Series (min. 3): Rope turning forward, backward, or to the side.  Catch of the open Rope with 1 end in each hand, without support on another part of the body	
Explanations	
The Rope can be held open, folded in 2, 3, or 4 times (by 1 or 2 hands), but the basic technique is when the open rope is held by 1 end in each hand during Jumps/ Leaps and skips/ hops, which is possible to perform in all directions: forward, backward, with turns, etc.	
Elements such as wrapping, rebounding, and mills movements, as well as the movements with the folded or knotted Rope, are not typical of this apparatus; therefore, they must not overwhelm the composition.	
	A minimum of two large body segments (Example: head + trunk; arms + trunk; trunk + legs, etc.) must pass through. The passing may be the whole body in and out, passing in without passing out, or vice versa.
	Echappé is a movement with 2 actions: - release of 1 end of the Rope - catch the end of the Rope by the hand or the other part of the body after half-rotation of the rope • A DB is valid if either release or catch (not both) is performed during the DB
	After a throw, the catch of the open Rope must be performed with 1 end in each hand without support on the foot, knee, or another part of the body. The throw may be Small/Medium/High
	Spiral variations: - Release like "Echappé" followed by multiple (2 or more) spiral rotations of 1 end of the Rope and catch of the end by the hand or another part of the body • A DB is valid if either the release or catch or multiple spiral rotations (2 or more) are performed during the DB
	Wrapping: It is possible to "wrap" or "unwrap" during DB; these actions are considered different apparatus handling

HOOP

Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Large Roll of the Hoop over minimum 2 large body segments	 Roll of the Hoop on the floor
 Rotations of the Hoop around its axis: Around the fingers or around or on the part of the body (min.1)	 Rotation (min.1) on the floor around the axis
 Rotation of the Hoop around the hand or around a part of the body (min. 1)	 Sliding of the Hoop over minimum 2 large body segments
 Passing through the Hoop with the whole or part of the body (2 large body segments)	

Explanations	
<i>The Technical elements with Hoop (with and without throw) must be performed on various planes, directions, and axes</i>	
	-A minimum of two large segments of the body must pass through the Hoop: Example: head/neck + trunk; arms + trunk; trunk + legs, etc. -The passing through the Hoop may be : the whole body in and out, or passing in without passing out, or vice versa.
	- Large Roll: A minimum of 2 large segments of the body must be passed over without interruption Example: from the right hand to the left hand over the body; trunk + legs; arm + back, etc. - Note for a large roll in a balance DB (except dynamic balances): The impulse for the roll and the impulse for the DB can be done at the same time as the impulse for the DB, or after the impulse for the DB. After the initial impulse, the balance DB is expected to be fixed for the duration of the roll. If not, the DB criterion is not valid for the large roll DA, and the large roll is not a valid apparatus technical element for the balance DB.
	-During rotation of the Hoop on the floor, the gymnast's hand/ fingers can be in contact with Hoop, or it can be a "free" rotation of the Hoop - A DB can be performed when giving the impulse, or with passing over the Hoop, or with retrieval of the Hoop (not with the Hoop rotating freely next to the gymnast performing the DB).
	-Roll may be small, medium, or large. -A DB can be performed when giving the impulse, or with passing over the Hoop, or with retrieval of the Hoop (not with the Hoop rolling freely next to the gymnast performing the DB).

Fundamental Technical Groups		Non-Fundamental Apparatus Technical Groups	
 Large Roll of the Ball over minimum 2 large body segments	 - Roll of the Ball on the floor (min. 1) - Series of 3 small rolls: a combination of small rolls on the body - Series of 3 assisted small rolls on the body		
 Figure eight of the Ball with a circle movement of the arm(s)	 "Flip-over" movement of the Ball (min. 1) - Rotation(s) of the hand(s) around the Ball (min.2) - Free rotation(s) of the Ball on the part of the body, including the free rotation of the ball on top of the finger (min.1)		
 Catch of the Ball with 1 hand	 Rebound on the floor after a high throw and direct retrieval using different parts of the body (not the hands)		
 Bounces: - Series (min.3) of small bounces (below knee level) from the floor - High bounce (knee level and higher) from the floor (min.1)			
Explanations			
Handling of the ball held with 2 hands is not typical for this apparatus; therefore, it must not overwhelm the composition			
The execution of all Technical Groups with the Ball supported on the hand is correct only when fingers are joined in a natural manner, and the Ball does not touch the forearm			
	Small Roll	Large Roll	
	A minimum of 1 segment of the body must be passed over Examples of a body segment: hand to shoulder, neck to lower back; foot to knee, etc. Note: small rolls are only valid in a series of 3	A minimum of 2 large segments of the body must be passed over without interruption Examples: from the right hand to the left hand over the body; trunk + leg(s); arm + back, etc. Note for a large roll in a DB Balance (except Dynamic Balances): The impulse for the roll can be done at the same time as the impulse for the DB , or after the impulse for the DB . After the initial impulse, the balance DB is expected to be fixed for the duration of the roll. If not, the DB criterion is not valid for the large roll DA , and the large roll is not a valid apparatus technical element for the balance DB .	
	Figures eight of the Ball with circular movements of the arm(s): 2 consecutive circles of the arms must be completed		
	Must be from a high/medium throw (<u>not</u> from a small throw/thrust) without additional support of the body, including the other hand		
	An active bounce consists of an active release (the gymnast pushes the ball to the floor) and a retrieval. Apparatus Elements where the ball falls passively to the floor do not belong to any apparatus technical group. DB may be performed during the pushing phase, during the contact with the floor, or during the retrieval.		

	<i>* Rotations of the hand(s) around the Ball (minimum 2 rotations required):</i> -A rotational movement of the hands around the Ball, with the fingers of the hand joined together in a natural manner. -The Ball is in constant contact with the hand (there is no flight phase). -Rotation(s) are to be performed using the whole hand/palm (not only with the fingertips) <i>* Free rotation(s) of the Ball on the part of the body (minimum 1 rotation required)</i> <i>* "Flip-over" movement of the Ball (minimum 1 rotation required):</i> -A rotational movement of 1 hand around the Ball, or rotation of the Ball around 1 hand -The Ball is in constant contact with the hand (there is no flight phase)
	-The roll may be small or large. -A DB can be performed when giving the impulse, or with retrieval of the Ball (not with passing over the rolling ball, and not with the Ball rolling freely next to the gymnast performing the DB).

CLUBS

Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 Mill(s): 1 mill consists of a minimum 4-6 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/hands each time, held by the end (small head)	 • Free rotations of 1 or 2 Clubs (unlocked or locked) on or around a part of the body or around the other Club • Tapping the Clubs against each other (min. 1 tap) or tapping the floor (min. 2 taps)• • Sliding of the Club over minimum 2 large body segments
 Small throw(s) of unlocked 2 Clubs with 360° rotation and catch: together simultaneously or alternating Note: A small throw of two Clubs without 360° rotation of both Clubs is not a valid apparatus technical element.	 Small throw of 2 locked clubs and catch
 Asymmetric movements of 2 Clubs	 Roll of 1 or 2 Clubs on the part of the body or on the floor  Large Roll over a minimum 2 large body segments with 1 or 2 Clubs
 Small circles (min. 1) with both Clubs, simultaneously or alternating, with 1 club in each hand held by the end (small head)	 • Series (min.3) of small circles with 1 Club held by the end (small head)

Explanations	
The typical technical characteristic is to work with both Clubs together, 1 in each hand, with the small head inside the palm of the hand. This technical work should be predominant in the composition. Any other forms of holding the Clubs must not predominate, such as holding by the Club's body or neck or 2 clubs joined together	
Tapping, rolling, rotating, rebounding, or sliding movements also must not overwhelm the composition	
×	-A "Mill" is composed of a minimum of 4 small circles of the Clubs (2 on each side) with time delay and alternating crossed and uncrossed wrists each time. The hands should be as close together as possible. -Mills can be on the vertical (the circle impulse can be either forward or backward, clockwise or counterclockwise) or horizontal plane (the circle impulse can be either right or left) -Mills can be 2-set and 3-set: •2-circle (double) mills – min. 4 alternating small circles of the Clubs (2 on each side). Wrists/hands crossed, then uncrossed. •3-circle (triple) mills – min. 6 alternating small circles of the Clubs (3 on each side with a cross of the hands each time).
+	-Must be performed with different movements of shape or amplitude and work planes or direction of each Club -Clubs must be 1 in/ on each hand (no throws, no asymmetric/cascade throws, no rolls on the floor) -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. It does not include large asymmetric throws of two Clubs -Tapping does not have a clear working plane/direction and cannot be part of asymmetric movements
∞	-Tapping the 2 Clubs against each other. Minimum 1 tap. -Tapping 1 or 2 Clubs against the floor. Minimum 2 consecutive taps (2 Clubs at the same time is not sufficient).

RIBBON

Fundamental Apparatus Technical Groups	Non-Fundamental Apparatus Technical Groups
 • Spirals (min. 3 loops), tight and the same height in the air or on the floor  AND/OR • "Swordsman" (min. 3 loops)	 • Rotational movement of the Ribbon stick around the hand • Wrapping (unwrapping) • Stick held without hands (e.g., neck, knee, elbow) creating a full circle pattern of the fabric around the body during movements with rotation, or Difficulties with rotation
 Snakes (min. 3 waves), tight and the same height in the air or on the floor	
 "Boomerang": release, pull back of the stick by holding the end of the Ribbon, and catch of the stick	 Roll of the Ribbon stick on the part of the body  Large Roll of the stick over a minimum of 2 large body segments
 "Echappé": rotation of the stick during its flight and catch of the stick	 Passing with the whole or part of the body through or over the pattern of the Ribbon

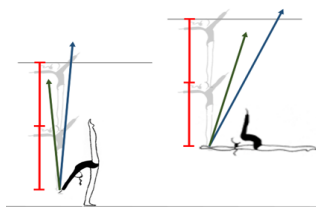
Explanations	
All elements not specific to the Ribbon technique must not overwhelm the composition (Examples: wrapping/ unwrapping, sliding of the stick, thrust/ push).	
	"Swordsmen": the entire stick, together with the arm, passes into the spiral pattern formed by the Ribbon (the stick is like the "sword"); the exit of the stick from the spiral pattern is optional: pull back of the arm/ stick or small throw/ "echappe."
	A "boomerang" consists of 3 parts: 1) A release (throw) of the stick into the air or along the floor. -There are no restrictions regarding the Ribbon fabric: The end may be held, the fabric may be sliding over the body/through the hand, or the Ribbon may be entirely free for any duration, as long as the end is retrieved before the stick touches the floor or stops along the floor. 2) A pull back achieved by holding the end of the fabric (maximally 50 cm from the end), executed while the fabric is extended in the air (with or without the stick touching the floor) or extended along the floor. * The pull back is executed: - during the flight, - immediately at the end of the flight, -for releases along the floor. Also, it's possible after a short period of Ribbon extended along the floor. * A boomerang may be executed with 1 or more pullbacks before catching the stick. All actions between the initial release and the catch of the stick belong to the same single apparatus technical element (not 2 or more separate boomerangs). 3) A catch of the stick. An element that only includes a pullback of the Ribbon and catch of the stick, without a release, does not meet the definition of a boomerang. A gymnast cannot have one DB during boomerang throw and a cabriole during boomerang catch for DA. A gymnast can do DB or during the throw, or under the boomerang, or during the catch.
	A minimum of 2 large segments of the body must pass through the pattern of the Ribbon (Example: head/neck + trunk; arms + trunk; trunk + legs, etc.) The passing through or over the pattern of the Ribbon may be: the whole body in and out, or passing in without passing out, or vice versa.
	"Echappe" is a type of small throw that includes the rotation of the stick in flight ; and a catch of the stick. The technique of the rotation of the stick in flight is possible for a high/medium throw and will be evaluated as a high/medium throw (not an "Echappe") depending on its height.
	For all types of catches of the Ribbon, the apparatus should normally be caught by the end of the stick. It is permitted to intentionally catch the Ribbon by its material within a zone of approximately 50 cm from the attachment, provided that this catch is justified for the next movement or the final pose. If the Ribbon is unintentionally caught by the fabric (by mistake), the technical element is not valid and cannot validate any Difficulty.

2. TABLES OF NON-FUNDAMENTAL APPARATUS TECHNICAL ELEMENTS VALID FOR ALL APPARATUS

HIGH and MEDIUM THROWS AND CATCHES OF THE APPARATUS

	High throw of the apparatus: <i>more than 2 heights of the standing gymnast</i> Medium throw of the apparatus: <i>1 to 2 heights of the gymnast</i>
	High/ Medium throw of 2 Clubs. <i>For asymmetric and cascade throws, it is sufficient that 1 Club meets the throw height requirement</i>
	Catch of the apparatus from the flight of a high/medium throw
	Simultaneous Catch of 2 unlocked Clubs from the flight of a high/medium throw. <i>Both of the Clubs' flight must meet the height requirement</i>

Explanations	
What does it mean to catch "from the flight"?	Once the apparatus is thrown, the apparatus is in free flight in the air. To <u>catch</u> is to retrieve the apparatus from this flight. If instead, the gymnast intentionally lets the apparatus rebound on the floor before retrieval, this is not a catch but a <u>rebound</u> .
For the height of throws: from which point the height of the throw is measured?	Throw height is measured from the point where the apparatus is released.
Is the catch valid if the apparatus touches the floor?	If the gymnast takes the apparatus in a controlled manner at the same time as part of the apparatus makes contact with the floor, the catch is valid but an Execution penalty may apply (see Execution).



Examples:

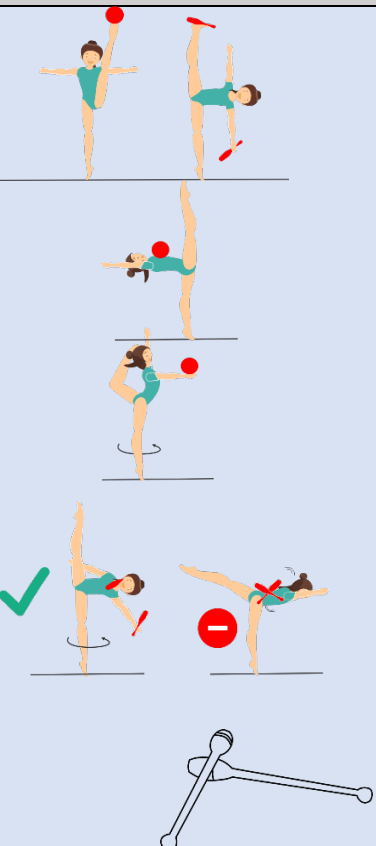
SMALL THROWS AND CATCHES OF THE APPARATUS

→	Small throw and catch of the apparatus from the flight: close to the body, not more than 1 height of the standing gymnast: • with throw/thrust/push into the air • with rebound on the body • with apparatus dropped from a height (free fall) • for throw of 1 club: with or without 360° rotation
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UNSTABLE BALANCE: A difficult body-apparatus relationship with risk of loss of the apparatus, defined in 3 sub-groups:

1. Apparatus freely balanced (not squeezed) on a small surface
2. Apparatus squeezed between body segments/apparatus
3. Freely hanging/suspended apparatus (not squeezed)

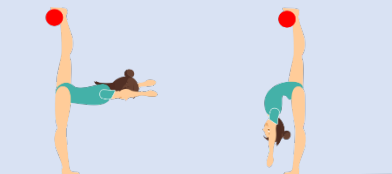
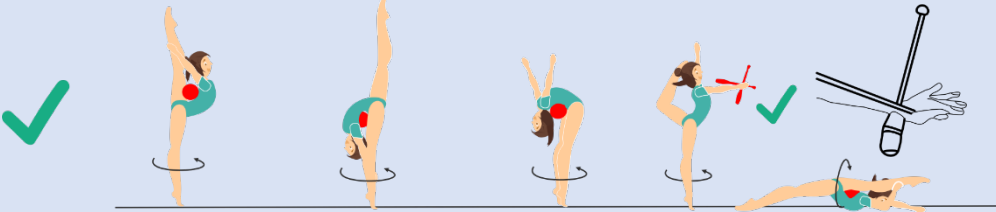
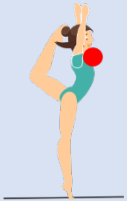
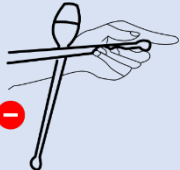
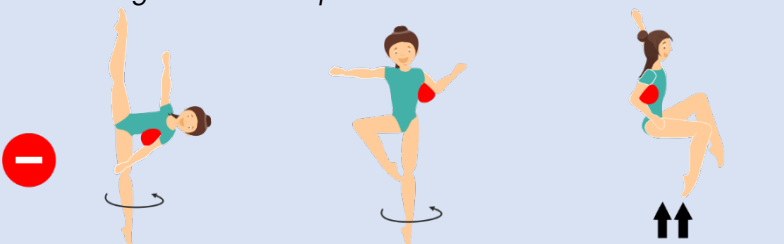
1) Apparatus freely balanced (not squeezed) on a small surface:

Explanations / Examples	
Small surfaces and segments (not squeezed)	
 	Top of the foot: <u>With or without rotation</u> Chest: Only with <u>Ball</u> when not squeezed by another body segment: <u>With or without rotation</u> Open palm: Only with <u>Ball</u> during a <u>rotation DB</u> Neck (<u>not the back</u>): Only during a <u>rotation DB</u> 1 Club held in a position of "unstable balance" on the neck is considered valid as an unstable balance only when the other Club executes a technical movement; not valid for 2 Clubs crossed on the neck. 1 Club balanced on the other Club is considered as an unstable balance during <u>any type of DB with rotation</u> (not valid for slow turn)

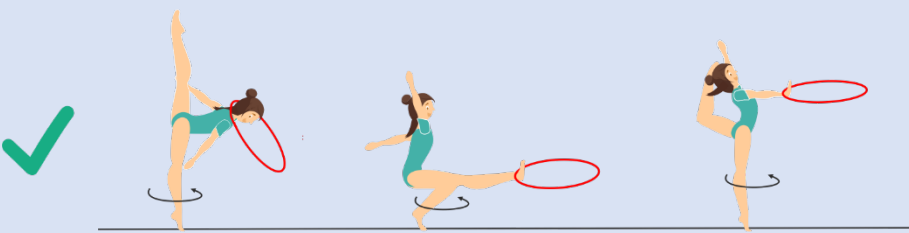
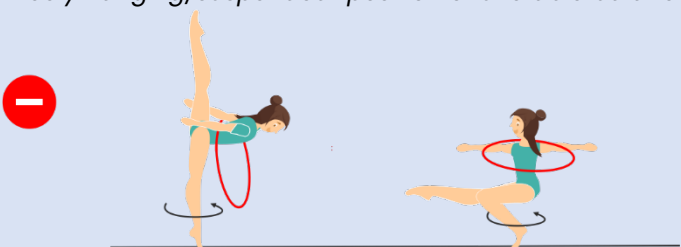
Explanations / Examples			
Open palm			
			
Correct execution	Ball held against the forearm	Ball held against the forearm and squeezed	Ball grasped and squeezed
No penalty	E – 0.10 p.	E – 0.10 p.	E – 0.10 p.
 valid	 valid	 Not performed	 Not performed

- The pictures show the general principles for the technical element "unstable balance" in the palm.
- Each technical element may be performed at the beginning, during, or towards the end of a DB
- When a rotation DB is performed with a valid unstable balance maintained for 360°, this technical element validates the DB, even if the ball is squeezed in another part of the Difficulty

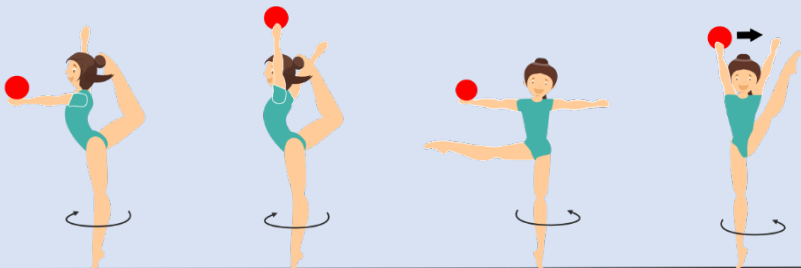
2) Apparatus squeezed between body segments/apparatus

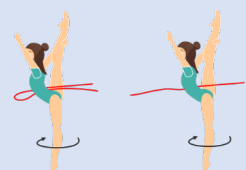
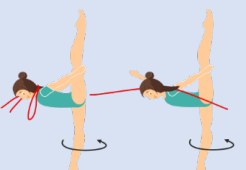
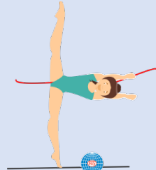
Explanations / Examples	
Apparatus squeezed using the foot/feet: With or without rotation	
	
Apparatus squeezed between any other body segments/apparatus: Only during a rotational element	
	   Only valid squeezed <u>during a rotational element</u>, not during a balance DB   A Club held by the other on the inner side of the hand is not considered as unstable balance
Apparatus squeezed between the arm and any part of the body: NOT VALID	
	The apparatus squeezed between the arm, and any part of the body is not valid as an unstable balance regardless of the presence of a rotational element: 

3) Freely hanging/suspended apparatus (not squeezed)

Explanations / Examples	
Freely hanging/suspended apparatus (not squeezed) Only during a rotation DB	
	
Freely hanging/suspended apparatus with additional support: NOT VALID	
	Apparatus rested on a body segment with additional support of the arms is not valid as a "freely hanging/suspended" position of unstable balance. 

Unstable balance positions considered the same vs. different:

Explanations / Examples	
	<u>Same</u> During rotation DBs, a Ball held in front in the left hand and later held in front in the right hand is considered the same position. <u>Different</u> Different unstable positions for the Ball held on the open hand during rotation DBs: The arm must be clearly front, side, above, etc., or must visibly change the unstable balance position from a hand to the other during a rotation DB. Examples:  Visible change from a hand to the other. Only above the head
	<u>Different</u> Different unstable positions for 1 Club held by the other Club on the outer side of the hand during a rotation DB: The arm position must change to be different: In front of the body, on the side of the body, etc.

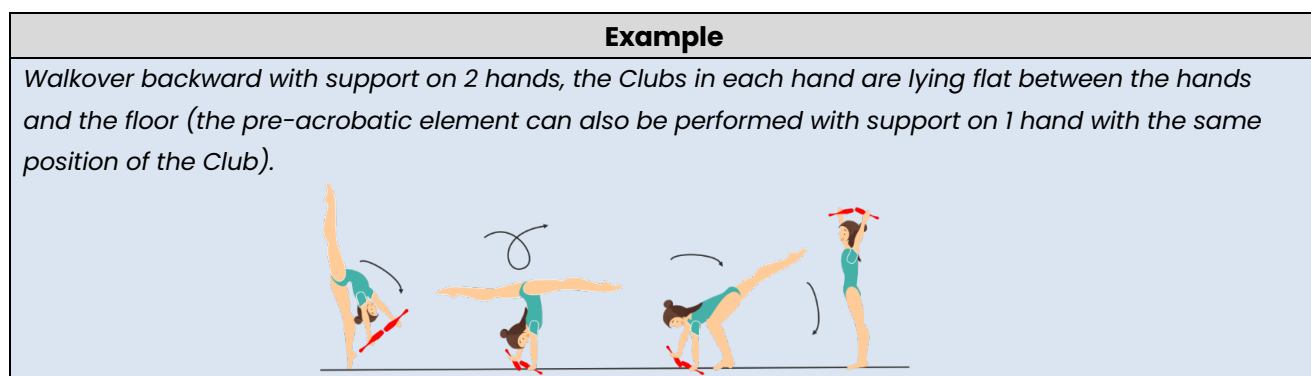
Explanations / Examples	
 	Rope balanced behind the back or suspended/hanging on a part of the body during DB with rotation, Rope open or folded in 2, are considered the <u>same</u> unstable balance positions: Example 1: Same apparatus technical element  Example 2: Same apparatus technical element 
	Invalid unstable balance positions:  _____ Rope hanging on the neck during a balance  _____ Open Rope is placed along the back

APPARATUS HANDLING (means that apparatus must be in motion)

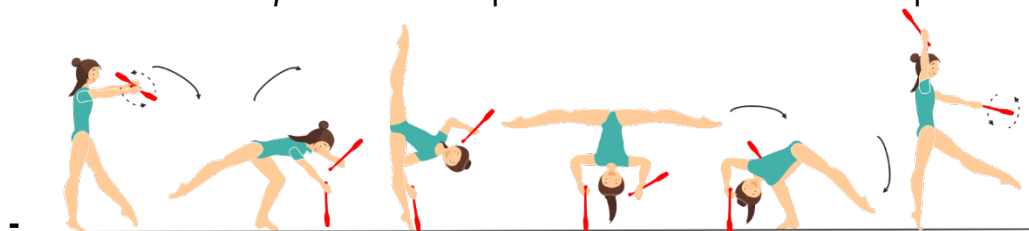
	- Large circles (including "Sail" for Rope): - For ribbon: Circle(s) may be medium or large; both sizes are seen as the same apparatus technical element (all other aspects being the same) - Figure eight (not for Ball): - Transmission of the apparatus around any part of the body or under the leg(s) from the hand or a part of the body to another hand or a part of the body - Transmission without the help of the hands with at least 2 body parts (not the hands) Passing over the apparatus with the whole or part of the body without transmission of the apparatus from the hand or a part of the body to another hand or a part of the body
Explanations	
	Medium or Large circle: apparatus must complete a full circle of 360° Figure eight: 2 consecutive circles must be completed

Static Apparatus

- The apparatus must be in motion or in an unstable balance position, not simply held/squeezed for a **long time**
- Static apparatus is apparatus held/ squeezed:
 - "Apparatus held" means that the apparatus is held firmly with 1 or 2 hands and/ or by 1 part or more part(s) of the body (not in an unstable position)
 - Apparatus held "for a long time" means held for **4 or more seconds**
 - When **1 Club is working** or in flight it is acceptable that the other Club is motionless (*no penalty for static apparatus*).
 - Static **support on the apparatus** (composition or execution fault) is not permitted. However, it is permitted to perform pre-acrobatic elements with the apparatus lying flat between the hand and the floor for a very short time (**less than 4 seconds**).



- A pre-acrobatic element performed with **support entirely on the apparatus** without contact of any part of the body with the floor is **unauthorized**. Execution will *penalize* 0.30 p. for unauthorized technique.



2. Difficulty of Apparatus (DA)

DIFFICULTY OF APPARATUS (DA) is a technical apparatus element (a “Base”) performed with specific criteria for the apparatus.

- It consists of the following:
 - **1 Apparatus BASE** (see allowed Bases for each apparatus in the tables on pages 74-79) + a **minimum 2 criteria** (both criteria must be executed during the 1 Base)
 - OR**
 - **“Catch from a high/medium throw” + a 2nd apparatus base + minimum 1 criterion which is executed during both bases**
 - The principle for “catch from a high throw” ↓ is also valid for ↓ (Ball and Clubs) and ↓↓ (Clubs)
 - The 2 bases must be performed without interruption and without a pause between

Explanation
If a gymnast performs <u>more than</u> the minimum 2 criteria, the DA is valid- ↓ (⊗ ≠ ○)

Value of DA

- When the DA consists of 1 apparatus Base + 2 criteria: the value of the Base determines the **DA** value.

Example: for Hoop and Ball

Base	Value	Criteria	DA Value
Large Roll 	0.30		0.30

- When the **DA** consists of “Catch from a high throw” + a 2nd apparatus base + 1 criterion: The value of the **DA** is the value of the **highest base + an additional 0.10 p.** for the 2nd base

Example: Hoop and Ball

Base	Value	Base	Value	Criteria	DA Value
Catch from a High/medium throw ↓	0.30	Large Roll 	0.30		0.30 (highest base) + 0.10 (2nd base) = 0.40 p.

- When the **DA** is performed with **2 apparatus Bases and 2 criteria**, the Base executed with 2 criteria will be valid; if both Bases are executed with 2 criteria, the highest Base will determine the value.

Example: Ribbon

Base	Value	Base	Value	Criteria	DA Value
Spirals (held by the fabric) 	0.30	High/medium throw ↗	0.20	 	0.30 (highest base) Spirals performed outside the visual field during rotation

- 2 consecutive apparatus Bases** are evaluated as 2 separate **DA** only when there is a clear end to (stop after) the 1st Base before the 2nd Base is started.

Example: Ball

Base	Value	Base	Value	Criteria	DA Value
Large Roll 	0.30	Small throw/catch →	0.20	 	0.30 Large roll from the neck to the feet, direct and without stop, small throw from the feet, catch the Ball with the back. The small throw is combined with the roll, so its catch does not become a new DA .

- For small throws/catches: the variations of "small throw" are not a separate or second Base but rather all are possibilities for the base "small throw" → :
 - with throw/thrust/push into the air
 - with rebound on the body
 - with apparatus dropped from a height (free fall)
 - for throw of one Club: with or without 360° rotation

- All bases with 2 or more actions (see page 49) are counted as 1 base for each total element, and not, for example, 1 base small throw for the 1st phase + 1 base rebound on the body for the 2nd phase.
- **Bases** performed during **DA** may be used to fulfill the Fundamental Technical apparatus requirements.
- **DA** may not be performed during Dance steps combinations (**S**)
- **DA** may not be performed at any phase of a **Pre-R or R** element.
(Example: the catch of a re-throw of an **R** is not valid for **DA**)
- Base “High/ medium throw” (All apparatus): throws could be the same (max. 1 time per exercise) or different than those used in **R/Pre-R**.
- **Level 6 Requirements:**
 - 1) **DA** must be made with a different Base each time (no repetition of the Base).
Exception:
 - **DA** with Bases of 2 Fundamental Technical Groups for Ribbon (spirals and snakes): maximum 2 times per routine each
 - 2) Allowed **DA** Bases for Level 6 are highlighted in orange in the tables of **DA Bases** on 74-79)
- **Levels 7-8 Requirements:**
 - 1) **Each** Base may be used a **maximum of 2 times (valid for all apparatus except the Ball) but cannot be performed with an identical technique.** If the same Base is repeated, **DA** will count as an attempt of **DA** and is not valid.
 - 2) **Ball:** Base “Large roll of the Ball over minimum 2 large body segments:” maximum 5 times per routine as long as each roll is different/different technique. If the same roll is repeated, **DA** will count as an attempt of **DA** and is not valid
 - 3) **Ribbon:** Base “Boomerang:” Maximum 2 times per routine regardless of the value of Base (see *table of **DA Bases** on pages 74-79*)

- **2 Consecutive same apparatus Bases** (applicable to levels 7–8 only): the same Base performed in the same body-apparatus relationship, without stopping the apparatus for 2 or more consecutive body elements/ Difficulties of Body will only validate as 1 DA.

Example/ Explanations
<i>The <u>same</u> spiral with the Ribbon performed in the same arm position for 2 consecutive body elements: walkover forward passing into Balance “free leg forward split without help, trunk backward below horizontal” is evaluated as 1 DA. Spiral (outside the visual field + rotation and DB). This counts as 1 of 2 pre-acrobatic elements</i>

- **2 separate apparatus bases** performed **with 2 criteria each**, in the **same body element/Body Difficulty** is evaluated as 2 DA, the 2nd DA counts as an attempt of DA and is not valid.
- When **2 apparatus bases** are combined, without “catch from a high throw”, and **only 1 criterion** is executed: This is not evaluated as a DA.

Explanations / Examples					
Base	Value	Base	Value	Criteria	DA value
Spirals (held by the fabric) 	0.30 p.	High throw 	0.20 p.		Not a DA

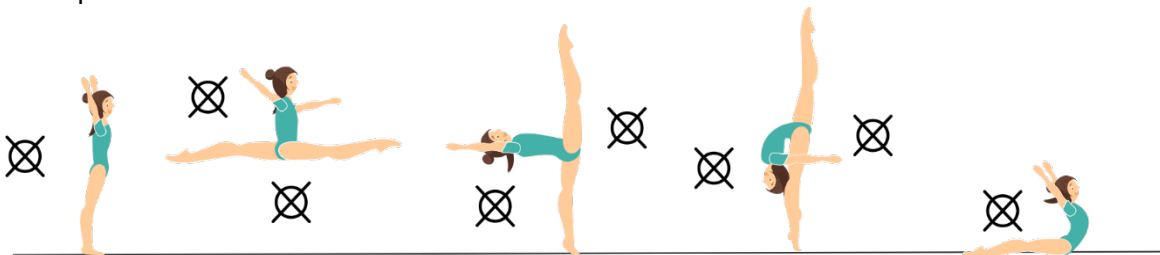
Criteria for DA

- **Table of criteria for DA valid for all apparatus:** criteria are valid under the conditions listed in the table; criterion listed as “N/A” in the **DA** Tables (pages 74–79) indicates that this criterion is “Not Available” for that Base and cannot be counted among the minimum 2 criteria:

Criteria for DA

Outside the visual field

Examples of the zones considered "outside the visual field":



- For all types of apparatus elements:

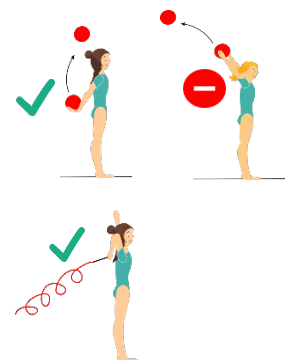
- The criterion "outside the visual field" is evaluated for the position of the arm, or body part, which executes the apparatus element(s), according to the above zones (when most of the working arm, or most of the working leg, is in a position according to the above zones).
- Elements performed in front or on the side of the body are not valid for this criterion, even if the trunk is bent back.
- The complete apparatus base, or a complete action among the defined 2 or more actions, must be performed outside the visual field. *Exceptions:*
 - Large rolls and sliding are "outside the visual field" if any part (beginning, middle, or end) of the roll is performed in a zone defined as "outside the visual field".
 - Mills are "outside the visual field" if minimum 2 of 4 circles are performed in a zone defined as "outside the visual field".
 - Passing through (rope, hoop, ribbon) is "outside the visual field" if the body part that starts the action of passing is in the zone defined as "outside the visual field."

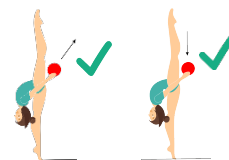
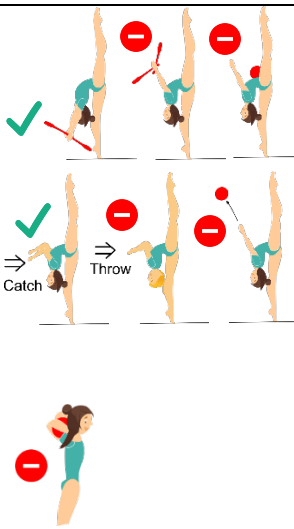
- For throws/rebounds/re-throws:

- It is not enough that the apparatus travels backward: The throwing arm or other body part executing the throw/rebound/re-throw must be in a zone defined as "outside the visual field".

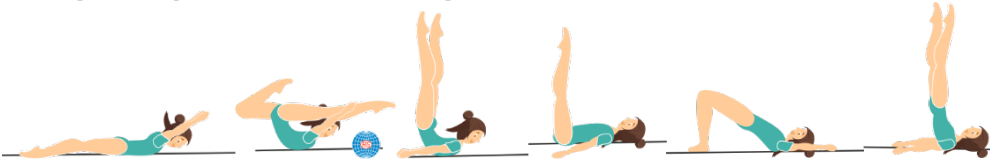
- For apparatus elements performed with help of the hand(s):

- "Outside the visual field" is generally only given for techniques where the working arm is down/back, not for techniques where the working arm is up/back (near the head), except the following 3 points:
 - For spirals and snakes, "outside the visual field" is also given when the working arm is up/back and the working hand is behind the vertical line.



	When the <u>trunk is bent backward</u> below horizontal, "outside the visual field" is given for bases performed anywhere on the <u>posterior/back side of the trunk</u>. 
	- When the <u>trunk is bent backward</u> below horizontal, "outside the visual field" is given for bases performed on the trunk/front side of the body at <u>chest level or lower</u>. This point does not apply for any type of throwing action, but for catches after small throws, etc. - When the gymnast lies on the floor, face up: Bases performed with the help of the hands, with arms overhead, are not "outside the visual field". "Outside the visual field" is not given for the Ball caught in 2 hands behind the neck with both arms be. If caught with 1 hand, criteria "outside the visual field" is given. - For apparatus elements performed without help of the hand(s): All bases performed without hands while the gymnast is upside down in a cartwheel are considered outside the visual field. 
≠	<u>Without the help of the hands</u> The apparatus must have a complete autonomous technical movement without the help of the hands, which can be initiated: - With an impulse from another part of the body - With an initial impulse from the hand(s), but thereafter the apparatus must have a <u>complete</u> autonomous technical movement without the hand(s) - For large rolls and sliding: Also possible with an initial impulse from the hand(s), when the roll or sliding ends without using the hands Not valid for: - direct catch in rotation on the straight arm (O) - throwing/catching the apparatus on the back of the hand(s) - catch of a Club on the inner side of the hand/forearm, using the other Club

	<u>Under the leg/legs</u> In a difficult body-apparatus relationship performed under the leg/legs. Minimum the working hand must be under the leg/legs. Examples:  Note for Clubs: When mills are performed with 1 arm on each side of the leg, the mills themselves occur under the leg, and the criterion "under the leg" is valid regardless of the body's orientation. For the throw: at least the hand must be under the leg. Note for Ribbon: To get "under the leg" for bases with the stick held in hand, minimum the hand must be under the leg
	<u>Rotation</u> • Minimum 360° • <u>The whole definition of the base must be shown at some phase of the rotation.</u> It is acceptable that the base is completed before the rotation is completed. For large rolls, the impulse for the roll and the impulse for the rotation may be done at the same time. • This criterion is not valid for DB, which includes a rotation. • This criterion may be combined with "position on the floor" if the 360° rotation is performed while <u>maintaining the position on the floor from the beginning to the end of the base.</u>
W	<u>Full body wave:</u> Provided that the wave is performed by the whole body (<i>see more on page 18</i>) The whole definition of the base must be shown at some phase of the wave. It is acceptable that the base is completed before the wave is completed.

==	<u>Position on the floor</u> Apparatus elements performed while in a position on the floor from the beginning to the end of the DA: • On the floor, support on any part of the stomach and/or chest • On the floor, support on any part of the back and/or neck • Lying completely down on the side The leg position is free. For bases with 2 or more actions, it is sufficient to be in the position on the floor during the action that has 2 criteria (<u>release or catch</u>). Examples of positions <u>VALID</u> as “position on the floor”:  Examples of positions <u>NOT valid</u> as “position on the floor”: 
DB	<u>Difficulty of Body</u> • Performed with a DB with a value of 0.10 p. or more • A DB that is defined by a rotation or a position on the floor may only be counted as DB. • During each DB, a maximum of 1 DA may be performed. Any additional DA in the same DB (e.g., in a Fouetté balance or Fouetté pivot) counts as an attempt of DA and is not valid. • Series of leaps and rotations: 1 DA on each DB in the series is possible, if performed according to the DA requirements. E.g., identical repetition of a DA counts as an attempt of DA and is not valid. • DB of any value performed with criteria DB will be counted toward the maximum allowed number of DB per exercise. • The DB criterion is only given while the DB is valid. E.g., in rotation DB the criterion is not given for bases performed after a large deviation. In fouetté pivots, the criterion is not given for bases performed after an incomplete rotation Note for large roll in a balance DB (except dynamic balances): The impulse for the roll can be done at the same time as the impulse for the DB, or after the impulse for the DB. After the initial impulse, the balance DB is <u>expected to be fixed for the duration of the roll</u>. If not, the DB criterion is not valid for the large roll DA, and the large roll is not a valid apparatus technical element for the balance DB.

- **Maximum number of pre-acrobatic elements** from different groups of pre-acrobatic elements used for the criterion “rotation” **allowed during DA is 2:**
 - Pre-acrobatic elements are evaluated in chronological order: the first 2 will be evaluated.
 - Any additional **DA** with a pre-acrobatic element counts as an attempt of **DA** and is not valid (regardless of 2 other valid criteria). *No penalty is taken.*
 - A repetition of the same pre-acrobatic element performed in 2 (or more) separate **DA** counts as an attempt of **DA** and is not valid (regardless of 2 other valid criteria). *No penalty is taken.*
 - Pre-acrobatic elements in **DA** may be the same or different than those used in **R**.
 - When a **pre-acrobatic element** is connected to a **DB** (with or without DA) or used for **choreography**, this pre-acrobatic element **does not** count as 1 of 2 pre-acrobatic elements, and this group of pre-acrobatic elements **can** be repeated for DA.
 - When a DA continues through a **pre-acrobatic element and a DB**, this counts as 1 of 2 pre-acrobatic elements.
- A **maximum of 2 consecutive DA may be performed in a position on the floor:**
 - After **2 DA** performed in consecutive position(s) defined as “position on the floor,” the gymnast must pass through minimum 1 connecting move or Difficulty that is not in “a position on the floor” before the gymnast is permitted to return to any “position on the floor.”
 - Any additional consecutive **DA** on the floor (until the gymnast has left the floor) counts as an attempt of DA and is not valid (regardless of 2 other valid criteria).
- **DA** can be performed during Difficulty of Body (**DB**):
 - The criteria **DB** may be used a maximum of **2** times in the exercise, evaluated in performance order

- Any **repetition of a DB** (including shapes performed within a Fouetté balance), with or without DA in this Difficulty **will not be evaluated as a DA, even if two other criteria (except the DB criterion) are performed. Exception: Series of DBs are permitted (see table above).**

Explanations / Examples
Example 1: • Stag leap, no DA performed • Later in the exercise, stag leap with DA: Repetition of stag leap, DA not evaluated Example 2: • Fouetté balance with passé shape, no DA performed • Passé balance with DA: Repetition of passé, DA not evaluated
• A repetition of the same DB will not be valid; the DA will not be valid, regardless of the number of the additional criteria performed (No Penalty) • The presence of DB criteria in a DA is evaluated regardless of how many additional criteria are executed • DB criteria apply and calculate towards the maximum allowed number (max. 2), including DB of 0.10 value (See additional explanations on pages 69-70)

- **Each group of vertical rotations may be used 1 time in DA.** If a vertical rotation from the same group is repeated (isolated or in a series) in another **DA** (regardless of a different variation), this **DA** will not be valid.

Explanations
• The presence of a vertical rotation in the DA element is evaluated regardless of how many additional criteria are executed. • A repetition of the same vertical rotation or vertical rotation from the same group performed in 2 (or 3) separate DA elements will not be valid; the DA will not be valid, regardless of the number of additional criteria performed.

- When **catching a high/medium throw and with a large roll** that starts with the arm to the front or the side, the criteria "outside the visual field" is not valid for the catch and is not recognized as the minimum 1 criteria executed during both Bases. A different criterion is required during both the catch and the large roll to validate the **DA** with two apparatus Bases.

Evaluation of DA

- An identical repetition of a **DA** element will not be valid:
 - 1) an identical repetition of an entire combination of Base(s) and criterion/a

2) a repetition of a **DB** (including shapes performed isolated or within a fouetté balance) will not be valid a **DB** criterion

* For all bases with 2 or more actions (see page 49), the 2 criteria must be performed in the same action (for example: not 1 on the throw and 1 on the catch). The actions are evaluated in chronological order:

-If 2 criteria are performed during the small throw, but 1 or both criteria are not valid: The “small throw” DA is counted an attempt of DA and is not valid DA, irrespective of 2 valid criteria during the catch.

-If 1 criterion is performed during the release of a boomerang, and 2 criteria are performed during the catch of boomerang: The “boomerang” DA is valid

- **DA** elements will be valid when the defined requirements for the apparatus Base and criteria are met.

Example: Hoop

Base	Value	Base	Value	Criteria	DA Value
Rotation 	0.20	Transmission without hands 	0.20	 	0.20
Explanations/Examples					
-A gymnast declares on the D form and attempts to perform DA with the 2 Bases “rotation of the hoop around a part of the body”  and “transmission without hands”  + 2 criteria. But the Hoop does not actually rotate. The DA is still valid because the definition of the 1 base and 2 required criteria is met.					
A gymnast attempts to perform DA with the base “roll of the Ball <u>over 2 large body segments</u> ,” but the Ball does not actually roll over 2 large segments. This counts as an attempt of DA and is not valid because the definition of the base is not met. Depending on the roll, an Execution penalty may apply.					

Differentiation between **DA** and incorrectly performed **R/Pre-R**:

- A high throw and catch with a rotation of 360° or more under the flight is the nature of **R/Pre-R**. Such elements are always evaluated as **R/Pre-R**, never as **DA**.

- When the gymnast does not perform a rotation under the flight: A throw during a rotation and/or catch during a rotation will be evaluated as **DA**, if the definition of **DA** is fulfilled
- **DA elements will not be valid in the following cases:**
 - A Base or criteria not performed according to its definition
 - Loss of apparatus during a **DA** element
 - More than **2 DA** with "DB" criteria, evaluated in chronological order
 - More than **2 DA** with pre-acrobatic elements as "rotation" criteria, evaluated in chronological order
 - More than **2 consecutive DA** in a position on the floor
 - The pre-acrobatic element from the same group performed in more than **1 DA**
 - A vertical rotational element from the same group performed in more than **1 DA**
 - Loss of balance with support on 1 or 2 hands or on the apparatus
 - Total loss of balance with fall of the gymnast while executing **DA**
 - Performed during any phase of **R, Pre-R**, or Dance steps combination (**S**)
 - Ribbon unintentionally caught by the fabric (by mistake)
 - Repetition of the Base (except those Bases which are allowed to be repeated- see *Exceptions on pages 65-66*)
 - **DA** started outside the floor area
 - Any part of the **DA** performed after the end of the music

DA BASES AND CRITERIA

ROPE ∪ (Level 6)

Base	Base symbol	Value	Criteria							Specific criteria		
			⊗	≠	≠	○	=	w	DB	∞	←	×
Passing through the Rope with the whole body or part of the body (2 large body segments)		0.3	v	v	N/A	v	v	v	v	v	v	v
Passing through the Rope with series of skips/hops (min. 3)		0.3	v	v	N/A	v	N/A	N/A	N/A	v	v	v
Catch of the open Rope with 1 end in each hand without support on another part of the body from high/medium throw		0.4	v	N/A	v	v	v	v	v			
Echappé and catch OR Spirals: Rotations of the free end of the Rope, Rope held by 1 end		0.3	v	v	N/A	v	v	v	v			
Small throw/catch (including free fall)		0.2	v	v	v	v	N/A	v	v			
High/medium throw		0.3	v	v	v	v	v	v	v			
High/medium throw of the open Rope held by the middle OR held by the end		0.4	v	v	v	v	v	v	v			
Catch after high/ medium throw		0.3	v	v	v	v	v	v	v			
Symbol	Explanations / Examples											
∞	Double (or more) rotation of the apparatus during jumps/leaps or skips/hops											
←	Rope turning backward											
×	Cross of the arms during jumps/leaps or skips/hops. In a series of skips/hops, it is possible to perform crossed and uncrossed arms, or all with crossed arms.											
⊗ ~~~~~	It is not possible to perform these bases as two Bases in one DA; Only one Base is valid in a single DA element.											
	Allowed Bases for Level 6 highlighted in orange											

DA BASES AND CRITERIA

HOOP ○

Base	Base symbol	Value	Criteria						
			⊗	≠	≠	○	=	W	DB
Large roll of the Hoop over minimum 2 large body segments	⊗	0.30	v	v	N/A	v	v	v	v
Free rotation of the Hoop around its axis: Around part of the body (except hands) or on a part of body (not valid on open palm)	⊖	0.30	v	v	N/A	v	v	v	v
Rotation (min. 1) of the Hoop around part of the body (not the hands and not on a straight arm)	○	0.20	v	N/A	N/A	v	v	v	v
Passing through the Hoop with the whole body or part of the body (2 large body segments)	⊖	0.20	v	v	v	v	v	v	v
Roll of the Hoop on the floor	⊗	0.20	v	v	N/A	v	N/A	v	v
Rotation (min. 1) on the floor around the axis	⊖	0.20	v	v	N/A	v	N/A	v	v
Transmission without the help of the hands between at least 2 body parts (not the hands)	∞	0.20	v	N/A	N/A	v	v	v	v
Sliding of the Hoop over minimum 2 large body segments	∞	0.20	v	v	N/A	v	v	v	v
Small throw/catch (including free fall)	→	0.20	v	v	v	v	N/A	v	v
Thrust, push, rebound: Using different parts of the body except hands/arms	→	0.20	v	v	v	v	N/A	v	N/A
High/medium throw	↗	0.20	v	v	v	v	v	v	v
High/medium throw with rotation around the axis	↗	0.30	v	v	v	v	v	v	v
Catch of the Hoop from the flight of a high/medium throw	↓	0.30	v	v	v	v	v	v	v

Symbol	Explanations / Examples
↗	High/medium throw with rotation of the Hoop around its axis while in flight: -Throw of the Hoop by rotating it around the vertical or horizontal axis in flight, maintaining the plane of rotation from the beginning to the end of Hoop's flight. -The initial impulse is set during the throw of the Hoop by 1 or 2 hands, or by a different part of the body.
↓ →	• It is possible to combine the 2 bases "Catch from a high throw" and "rebound on the body" in 1 DA .
⊖	• Rotation(s) around the fingers only valid when executed isolated, without any transmission(s) of the hoop from one hand to another hand

DA BASES AND CRITERIA

BALL ●

Base		Base symbol	Value	Criteria						
				⊗	≠	≠	○	=	w	DB
Large roll of the Ball over minimum 2 large body segments		∞	0.30	v	v	N/A	v	v	v	v
Catch of the Ball with 1 hand from high/medium throw		↓	0.40	v	N/A	v	v	v	v	v
Bounce	1 high bounce (knee level and higher) from the floor	∨	0.20	v	v	N/A	v	v	v	v
	Series (min. 3) of small bounces from the floor		0.20	v	v	N/A	v	v	v	v
Free rotations of the Ball on a part of the body		∞	0.20	v	N/A	N/A	v	v	v	v
Transmission without the help of the hands between at least 2 body parts (not the hands)		∞	0.20	v	N/A	N/A	v	v	v	v
Small throw/catch (including free fall)		→	0.20	v	v	v	v	N/A	v	v
Thrust, push, rebound: Using different parts of the body except hands/arms		→	0.20	v	v	v	v	N/A	v	N/A
High/medium throw		↗	0.20	v	v	v	v	v	v	v
Catch of the Ball from the flight of a high/medium throw		↓	0.30	v	v	v	v	v	v	v
Rebound on the floor after a high/medium throw and direct retrieval (any height, not with hands/arms)		↘	0.30	v	v	N/A	v	v	v	v
Symbol	Explanations / Examples									
∨	Series (min. 3) of small bounces from the floor. The 2 criteria must be performed in the same action (e.g., not 1 criterion in the 1 st bounce and another criterion in the 3 rd bounce). The actions are evaluated in chronological order.									
↓ ↓ ↘	Only 1 base related to the catch of the Ball from a high/medium throw is valid in a single element: Either ↓ (catch the Ball from the flight of a high/medium throw) or ↓ (catch of the Ball with 1 hand from a high/medium throw) or ↘ (rebound on the floor after a high/medium throw and direct retrieval) but not any of these together as 2 bases in 1 DA .									
↓ →	It is possible to combine the 2 bases “Catch from a high/medium throw” with “rebound on different parts of the body except hands/arms” in 1 DA .									

DA BASES AND CRITERIA



Base	Base symbol	Value	Criteria						
Mills (min. 4/6 circles)		0.30	v	N/A	v	v	v	v	v
Small throw of 2 unlocked Clubs/catch		0.30	v	v	v	v	N/A	v	v
Small circles with 2 Clubs		0.20	v	N/A	v	v	v	v	v
Large roll over minimum 2 large body segments		0.30	v	v	N/A	v	v	v	v
Free rotations of 1 or 2 Clubs on or around a part of the body or around the other Club		0.20	v	v	N/A	v	v	v	v
Transmission without the help of the hands between at least 2 body parts (not the hands)		0.20	v	N/A	N/A	v	v	v	v
Sliding of the Club over minimum 2 large body segments		0.20	v	v	N/A	v	v	v	v
Small throw of 2 locked Clubs and catch		0.20	v	v	v	v	N/A	v	v
• Small throw/catch (including free fall) • Rebound from the floor		0.20	v	v	v	v	N/A	v	v
Thrust, push, rebound: Using different parts of the body except hands/arms		0.20	v	v	v	v	N/A	v	N/A
High/medium throw		0.20	v	v	v	v	v	v	v
High/medium throw of 2 unlocked Clubs		0.30	v	v	v	v	v	v	v
Catch of the Club from the flight of a high/medium throw		0.30	v	v	v	v	v	v	v
Catch of 1 Club from the flight of a high/medium throw in 1 hand, the other Club already held in the same hand		0.40	v	N/A	v	v	v	v	v
Simultaneous catch of 2 unlocked Clubs from the flight of a high/medium throw		0.50	v	v	v	v	v	v	v

Symbol	Explanations / Examples
⇒	Small throws of 2 unlocked Clubs/catch: Minimum 2 criteria must be performed on the same action (e.g., catch). The criteria may be performed 2 with the same Club, 1 with each Club, or more than 1 with each Club. In every case, this is 1 DA .
↗	High/medium throw of 2 unlocked Clubs: the 2 Clubs may be thrown: • Simultaneously, the 2 clubs parallel in the flight • Asymmetric • In cascade For asymmetric and cascade throws, it is sufficient that 1 Club meets the throw height requirement. Cascade: A cascade throw is a throw of 2 Clubs, 1 after the other, with both Clubs in flight at some point in time. This type of throw is 1 base; therefore, the necessary criteria can be executed with the 1st or 2nd Club thrown, as long as at least 1 Club is a high/medium throw. Minimum 2 criteria must be performed on the same action (throw #1 or throw #2), regardless of the height of this action.
⇓	Simultaneous catch of 2 unlocked Clubs: The Clubs may be caught by any part of the Club.
↓ ⇓ ↓	*Only 1 base related to the catch of the Club(s) from a high throw is valid in a single DA: Either ↓ (catch of the Club from the flight of a high/medium throw) or ⇓ (simultaneous catch of 2 unlocked Clubs from the flight of a high/medium throw) or ↓ (catch of 1 Club from the flight of a high/medium throw in 1 hand, the 2nd Club already held in the same hand). No combination of these bases is given as a single DA with 2 bases. *The catch of the 2 Clubs after a cascade throw or after an asymmetric throw is a single DA, 1 time: -If after a cascade or asymmetric throw, the 2 Clubs are caught simultaneously. The base "simultaneous catch of 2 Clubs" may be evaluated. -If after a cascade or asymmetric throw, the 2 Clubs are not caught simultaneously. The base "catch from a high/medium throw" may be evaluated 1 time. DA will not be given for the catch of an eventual small throw (no new base), and not a 2nd time for "catch from a high/medium throw".

DA BASES AND CRITERIA

RIBBON

Base	Base symbol	Value	Criteria						
				$\neq$	$\neq$		$=$	W	DB
Spirals/ "Swordsman" ($\neq$ not valid) (max. 2 for lev.6)		0.30	v	v	N/A	v	v	v	v
Snakes (max. 2 for lev.6)		0.30	v	v	N/A	v	v	v	v
Boomerang in the air		0.40	v	v	v	v	v	v	v
Boomerang with release and/or pull back along the floor		0.30	v	v	v	v	v	v	v
Echappé and catch (small throw)		0.20	v	v	v	v	v	v	v
Large roll of the Ribbon stick over minimum 2 large body segments		0.30	v	v	N/A	v	v	v	v
Passing with the whole body or part of the body through or over the pattern of the Ribbon		0.20	v	N/A	v	v	v	v	v
Stick held without hands (e.g., neck, knee, elbow) during movements or Difficulties with rotation (not "slow turn"), creating a full circle pattern of the fabric around the body		0.20	v	v	N/A	N/A	v	v	v
Transmission without the help of the hands between at least 2 body parts (not the hands)		0.20	v	N/A	N/A	v	v	v	v
Small throw/catch (including free fall)		0.20	v	v	v	v	N/A	v	v
Thrust, push, rebound: Using different parts of the body except hands/arms		0.20	v	v	v	v	N/A	v	N/A
High/medium throw		0.30	v	v	v	v	v	v	v
High/medium throw from sliding on the floor		0.30	v	v	v	v	v	v	v
Catch of the Ribbon from the flight of a high/medium throw		0.30	v	v	v	v	v	v	v
Symbol	Explanation: Additional Specific Bases: Ribbon								
	Sliding movement of the Ribbon on the floor before a throw. Holding the Ribbon by the end (or 50 cm from the end) and making a large circle with the arm to give an impulse to the Ribbon, which causes a sliding movement of the Ribbon along the floor (throughout the sliding movement, the Ribbon should move and not lie on the floor). The throw must occur immediately upon catching the fabric/ stick with the hand or foot.								
	Allowed Bases for Level 6 highlighted in orange								

Dynamic Element with Rotation (**R**)

Definition: a combination of a high/medium throw, 2 or more rotational elements, and a catch of the apparatus

Requirements: R must have **3 components** and will be valid only when all these 3 components are met:

1) High/ Medium throw of the apparatus (*see definition on page 57*) performed before the 1st rotation or during the 1st rotation.

- A small throw is not valid
- Each throw must have a different throw technique (regardless of criteria)

2) Minimum 2 complete rotational elements (“base rotations”)

- A minimum of 2 base rotations with 360° for each rotation must be performed **under the flight** of the apparatus
- For additional steps taken before or after the 2 valid base rotations due to an imprecise trajectory: **R** valid, **E** Penalty
- 2 base rotations of the body must be performed:
 - Under the flight of the apparatus
 - With a complete 360° for each rotation
 - Without any additional step(s) between the base rotations. A pause without any step or displacement between the base rotations is tolerated.
 - Around any axis
 - With or without passing to the floor
 - With or without change of the axis of the rotational elements

3) Catch of the apparatus after the base rotations: During the last additional rotation or after the rotations.

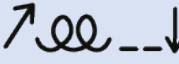
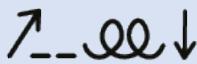
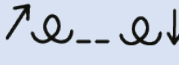
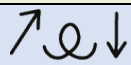
- Additional rotations are evaluated after the 2 base rotations and will be valid even with additional steps between/after rotations, with an Execution penalty.

-The apparatus must be caught from the flight. **R** with a catch after a rebound on the floor is not valid.

Note for Ribbon: any part of the stick (not the fabric) must be caught to be valid (possible *Execution penalty* for the incorrect catch)

Note for Rope: both ends must be caught for **Pre-R** to be valid (level 6)

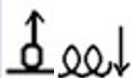
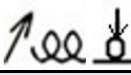
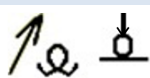
Explanation
The catch of the Rope may be performed in the following ways; however, the Pre-R is not valid when only 1 end is caught: - 1 end in each hand without the support of any part of the body  -The ends of the Rope tied together * In case of an Open Rope throw/catch, is it possible to catch: - 1 end of the Rope, and then immediately catch the second end of the rope without delays by swinging or rebounding on the floor. - Catch the rope simultaneously by one end and the middle part

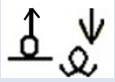
Explanations / Examples		
Relement	Explanation	Evaluation
	High/medium throw, 2 base rotations under the flight, catch	R2 – requirements completed
	High/medium throw, 2 base rotations under the flight, 2 steps, catch	R2 – requirements completed Execution penalty 0.10 p. for an imprecise trajectory with 2 steps
	High/medium throw, 2 steps followed by 2 base rotations under the flight, catch	R2 – requirements completed Execution penalty 0.10 p. for an imprecise trajectory with 2 steps
	High/medium throw, 1 st base rotation, 2 additional steps, 2 nd base rotation, catch	Not valid: Interruption between the base rotations Execution penalty 0.10 p. for an imprecise trajectory with 2 steps
	High/medium throw, 1 base rotation under the flight, catch	Not valid: Not 2 rotations under the flight
	High/medium throw during a rotation, catch during a rotation	Not valid: Not 2 rotations under the flight
	High/medium throw, 1 st base rotation under the flight, catch during the 2 nd base rotation	Not valid: Not 2 rotations under the flight
	High/medium throw during the 1 st rotation, 1 rotation under the flight, catch	Not valid: Not 2 rotations under the flight

Choice of rotational elements: the 2 base rotations and any additional rotations

may be any version of the following groups of complete 360° of rotational elements listed in the corresponding tables:

- Pre-Acrobatic elements
- Vertical rotations (includes **DB** with rotation 360° with a value of 0.10)
- **DB** rotations of 360° or more with a value of 0.20 or more (See **DB** Tables # 1 and 3)
- When **R** is performed with **DB**:
 - The **DB** counts as 1 rotational element, also when the **DB** includes multiple rotations from a single impulse.
 - An attempted **DB** with rotation, performed in a non-valid manner, does not count as a rotation nor as a DB criterion (**R** valid if the base definition is met without this rotation).
 - **DB** without rotation or **DB** defined with 180° rotation is not allowed (**R** not valid).
 - the last rotation of **R** cannot be used as preparation for a **DB** without rotation (**R** is not valid)
- **DB with rotation with a value of 0.20 or more** may be used a maximum of **1 time in each R** and will be valid as a rotational element and **DB**:
 - The **DB** with rotation may only be performed **during the throw or catch** of the apparatus.
 - Only **DB** that are defined with rotation of 360° or more, and with a value of 0.20 p. or more, may be used in **R**.
 - Repetition of a **DB** 0.20 p. or more used previously in the exercise is not permitted: A repeated **DB** 0.20 p. or more does not count as a rotation (**R** valid if the base definition is met without this rotation).
 - The **DB of 0.2 value and higher with rotation** must be declared on the official D form and counted toward the total number of **DB** per exercise
 - If the **DB** is performed during the throw, but the apparatus is lost at the end of the **R**, the **DB** is still valid (**R** not valid)

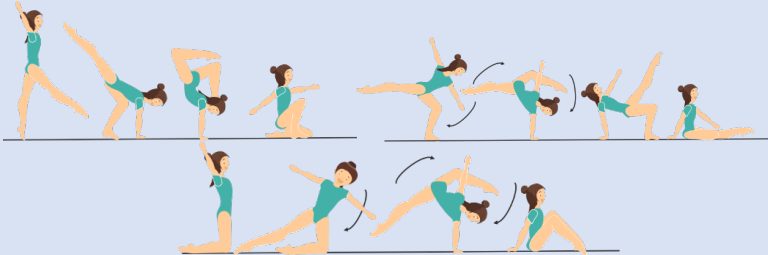
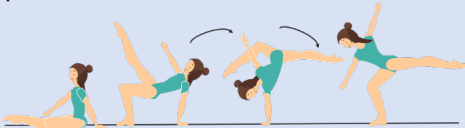
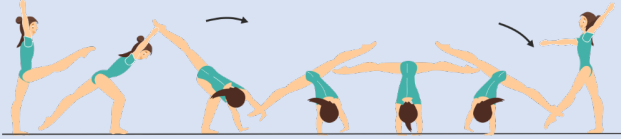
R element	Explanation: DB with rotation in R	Value
	High/medium throw during the 1st rotation (DB), 2 base rotations under the flight, catch	R3= 0.3 1 DB valid
	High/medium throw, 2 base rotations under the flight, catch during the 3rd rotation of DB	R3=0.3 1 DB valid
	High/medium throw, the 1st rotation under the flight, catch during the 2nd rotation (DB)	R not valid Missing 2 base rotations under the flight 1 DB valid

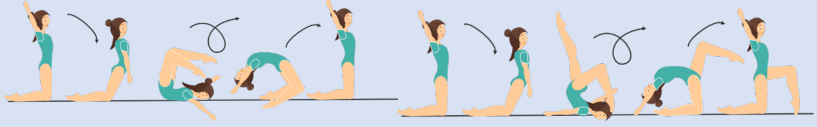
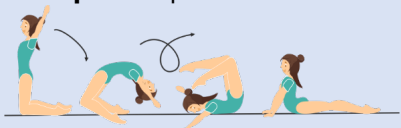
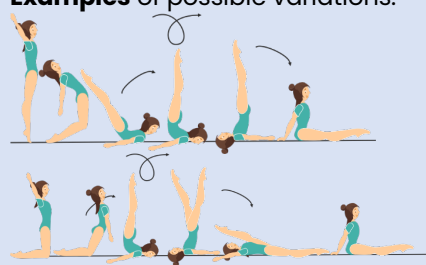
	High/medium throw during the 1st rotation (DB), the 2nd rotation under the flight, catch	R not valid Missing 2 base rotations under the flight 1 DB valid
	High/medium throw, the 1st rotation under the flight, the 2nd rotation under the flight (DB), the 3rd rotation under the flight, catch	R not valid DB not valid
	High/medium throw, attitude pivot of 720° under the flight, catch	Not an R DB not valid

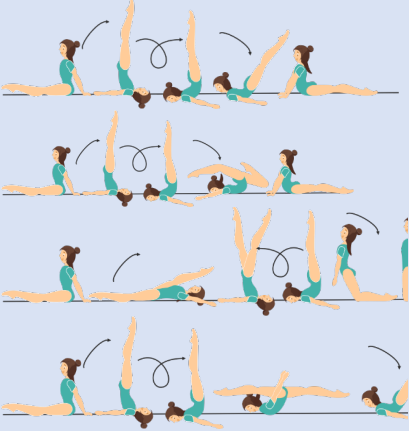
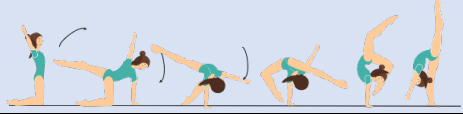
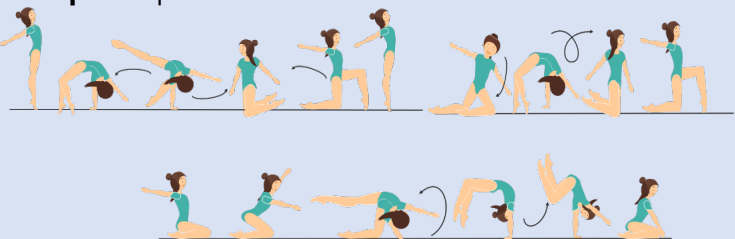
- If a gymnast changes the axis or technique of the body rotation during a pre-acrobatic element, the first phase of the body rotation defines the classification of the pre-acrobatic element. *Examples:*
 - Walkover forward, ending sideways like a cartwheel = walkover forward
 - Lateral rotation with trunk arched, ending by rolling down over the chest = lateral rotation
- **Each type of rotation** (pre-acrobatic or vertical) may be **used in only 1 R** each: Either isolated, in a series, or repeated in any order within the **R**. If a rotation is repeated in another **R** (regardless of a different variation) the **additional R will not be valid**.
- All groups of authorized pre-acrobatic elements may be included in the exercise on the condition that they are performed without flight or fixation in a handstand position **except for a short pause (not more than 1 second) in order to catch the apparatus during the element**.
 - Flight or fixation in a handstand position (more than 1 second) are **unauthorized** techniques of pre-acrobatic elements. In this case, the pre-acrobatic element is evaluated for Difficulty, but **Execution will penalize 0.30 p. for unauthorized technique**.

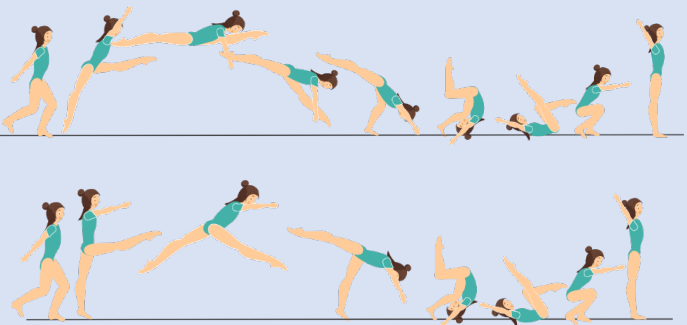
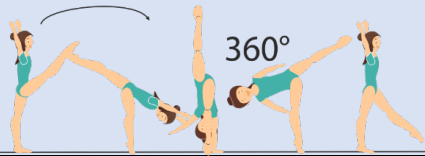
Pre-Acrobatic Elements

Only the following groups of pre-acrobatic elements are authorized:

No	Group	Examples of opportunities for variation	
1	Walkover forward	Starting position: Standing, kneeling, sitting, etc. Middle support: 1 hand, 2 hands, elbows, head, etc. Ending position: Standing, kneeling, sitting, on 1 leg*, etc. Leg movements: Front split, side split, legs together in any phase, leg switch, ronde, cabriole/clapping, cycling, etc., with straight or bent knee(s) Examples of possible variations: 	
2	Walkover backward	Starting position: Standing, kneeling, sitting, etc. Middle support: 1 hand, 2 hands, elbows, head, etc. Ending position: Standing, kneeling, sitting, on 1 leg*, etc. Leg movements: Front split, side split, legs together in any phase, leg switch, ronde, cabriole/clapping, cycling, etc., with straight or bent knee(s) Example of a possible variation:  * Note: A walkover forward/backward may be ended in position on 1 leg with the trunk down, for the purpose of a balance DB. This is valid as 360° rotation, but this connection to a DB is not permitted in R	
3	Cartwheel	Starting position: Standing, kneeling, etc. Middle support: 1 hand, 2 hands, elbows, head, chest, neck, etc. Ending position: Standing, kneeling, sitting, etc. Leg movements: Side split, legs together in any phase, leg switch, clapping, etc., with straight or bent knee(s) Note: Cartwheels that end lying flat are accepted as complete (360°) rotations. 	
4	Roll forward	Starting position: Standing, kneeling, etc. Technique: Over the head, over a shoulder, etc. Ending position: Standing, kneeling, sitting, through split, etc. Leg movements: Legs together, consecutively, split, etc., with straight or bent knee(s) Note: A roll may be ended in a lying position, for the purpose of catching the apparatus (valid as 360° rotation).	

5	Roll backward	Starting position: Standing, kneeling, sitting, etc. Technique: Over the head, over a shoulder, etc. Ending position: Standing, kneeling, sitting, through split, stag position, etc. Leg movements: Legs together, consecutively, split, etc., with straight or bent knee(s)
6	Chest roll forward	Starting position: Standing, kneeling, lying flat, etc. Ending position: Standing, kneeling, through split, etc. Leg movements: Legs together, consecutively, split, etc., with straight or bent knee(s) Examples of possible variations: 
7	Chest roll backward	Starting position: Standing, kneeling, etc. Ending position: Lying flat, kneeling, through split, etc. Leg movements: Legs together, consecutively, split, etc., with straight or bent knee(s) Example of a possible variation: 
8	Fish flop forward (back arch rolling onto the chest, passing over the shoulder with kip, rolling over the back)	Starting position: Standing, kneeling, etc. Ending position: Sitting, etc. Leg movements: Legs together, consecutively, with split, cycling, etc., with straight or bent knee(s) Note: Fish flops that start or end lying flat are accepted as complete (360°) rotations. Examples of possible variations: 

9	Fish flop backward (rolling onto the back, passing over the shoulder with kip, back arch rolling over the chest)	Starting position: Ending Position: Leg movements: Standing, sitting, etc. Lying flat, kneeling, through split, etc Legs together, consecutively, with split, cycling, etc., with straight or bent knee(s) Note: Fish flops that start or end lying flat are accepted as complete (360°) rotations. Examples of possible variations: 
10	Lateral rotation passing through a bridge, ending with a kick into a split	Starting position: Ending position: Leg movements: Kneeling, standing, etc Standing Split with a back bend to standing Note: This is a pre-acrobatic element only; the ending position is not a DB. Example of a possible variation: 
11	Lateral rotation with trunk arched back	Starting position: Middle support: Support options: Standing, kneeling, etc. 1 hand, 2 hands, elbows, chest, etc. With passing through the bridge on 1-2 legs or with the legs off the floor Ending position: Leg movements: Standing, kneeling, lying flat, etc. Legs together, consecutively, with split, etc., with straight or bent knee(s) Note: This element is evaluated from the moment that the gymnast starts arching backward into a bridge. The rotation may continue on the knees, without interruption, to complete 360°. Examples of possible variations: 

12	Dive leap	Flight: With 180° split, without 180° split Technique: Straight, over a shoulder, etc. Ending position: Standing, kneeling, through split, etc. Leg movements: Bent knees, straight knees, legs consecutively (for the roll) Examples of possible variations: 
13	Illusion (rotation on 1 leg, with the other leg raised, with 360° rotation in the vertical plane)	Middle phase: With the trunk horizontal or lower, with or without hand support Ending position: Trunk facing any direction, ending kneeling, etc. Leg movements: With straight legs or with bent leg(s) in any phase Note: Illusion is valid with 360° rotation in the vertical plane: From upright, passing through flexed position, and back to upright position. Illusion does not require 360° rotation in the horizontal plane: It is not necessary to start and end facing the same direction. Example of a possible variation: 

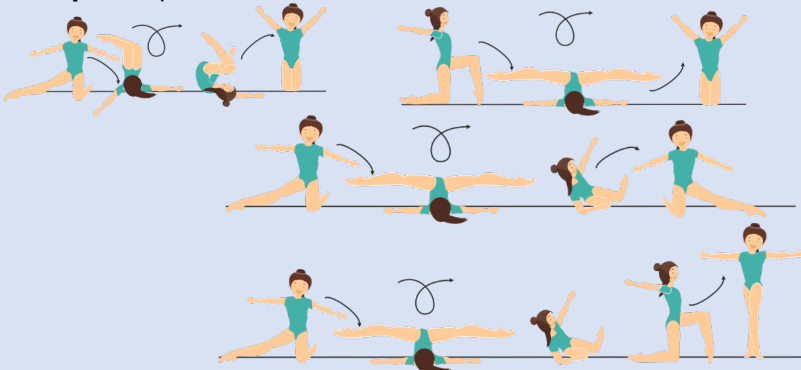
Note about Dive Leap: This pre-acrobatic element consists of a Leap (Flight phase is required; **split is not required**) with the trunk bent forward, followed directly by 1 roll.

- A Dive Leap may be performed in **R** as the 1st rotation; a minimum of 1 additional rotation is required to fulfill the 2 Base Rotations.
- The criterion "Change of level" $\bar{Z}$ is given when Dive Leap is performed during R

Example: "Dive Leap" followed directly by another roll/rotation = **R2** $\bar{Z}$

- If a dive leap is performed after the **1st** rotation, it does not count as a rotational element (R is valid if the base definition is met without this rotation).

Vertical Rotations

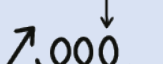
No	Group	Examples of opportunities for variation
1	Upright: With jump/skip/hop with rotation, with turning steps with rotation on 1 or 2 feet	With or without jump/skip/hop Freely chosen leg position: Any combination of straight leg(s), bent knee(s), lifted knee(s), with a fixed shape or with dynamic positions Freely chosen trunk position: Straight, bent forward, bent backward, with a fixed shape or dynamic positions
2	Seated: Rotation in a seated or kneeling position, with or without passing through a split	Trunk upright The rotation may start standing or seated but always passes through a seated or kneeling position. Freely chosen leg position, including the possible passing through any split positions Note: A seated lateral roll belongs to the group "seated" regardless of the starting/ending position
3	Lying: Lateral roll	The body rotates laterally, lying on the floor from the beginning to the end of the rotation or with passing from kneeling to the back. Freely chosen leg position Examples of possible variations: 

Value of R: the base value (minimum 2 base rotations with a complete 360° for each rotation) of **R: 0.20**

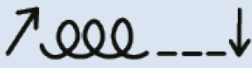
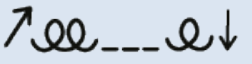
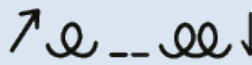
- The base value of R can be increased by using **additional criteria**. Additional criteria may be performed during the throw of the apparatus, under the flight, and/ or during the catch of the apparatus

Summary Table of Additional Criteria for R during the flight of the apparatus

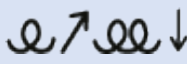
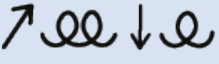
During the flight of the apparatus	
Symbol	Additional Criteria R + 0.10 or +0.20 each time
R3 R4 etc. (+0.10)	Additional complete 360° rotation of the body: During the throw, under the flight of the apparatus, or with the catch coordinated with any phase of the final rotation
 (+0.10)	Change of body rotation axis or change of level * during any rotations. In each R , only 1 criterion is valid: the change of axis or the change of level – not both . Note*: 2 levels are evaluated: 1. flight/standing and 2. floor.
Series (+0.20)	A series of 3 or more identical*, uninterrupted pre-acrobatic elements (see pages 85-88) under the flight . Note*: "Identical" means that the pre-acrobatic elements are from the same group and executed with the same variation

Explanations / Examples		
General criteria during the throw, the flight, catch of the apparatus		
R element	Explanation	Value
	High/medium throw, 3 chainé rotations under the flight, catch	R3 = 0.30 p. Not a series of <u>pre-acrobatic</u> elements
	High/medium throw, 3 forward rolls under the flight, catch	R3 S = 0.50 p. Series of pre-acrobatic elements
	High/medium throw, 3 forward walkovers under the flight – the last is performed with the legs together, catch	R3 = 0.30 p. <u>Not identical</u> pre-acrobatic elements
	High/medium throw during the 1 st forward roll, 2 forward rolls under the flight, catch	R3 = 0.30 p. Series not fully <u>under the flight</u>
	High/medium throw, 2 forward rolls under the flight, catch while the gymnast still rotates in the 3 rd forward roll.	R3 = 0.30 p. Series not fully <u>under the flight</u>

- **1 additional rotation** is evaluated **during the throw**, before the 2 base rotations, provided that this rotation is connected to the base **without any additional step** and that the throw happens during and not after this rotation. A pause without any step or displacement is tolerated.
- **Additional rotations after the 2 base rotations** will be valid even with additional steps: all criteria correctly executed will be valid. *Execution*
Penalty for imprecise trajectory and any additional technical faults.

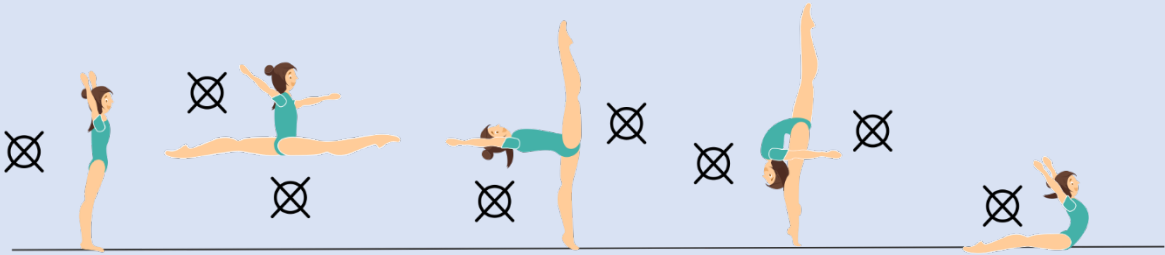
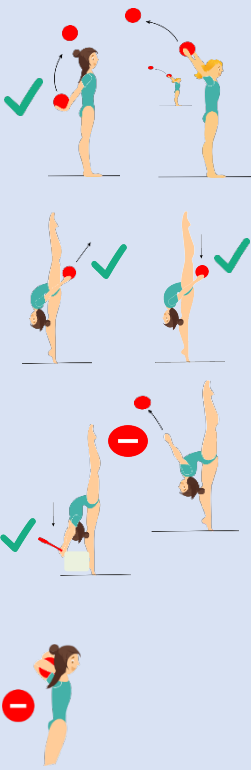
Explanations		
	High/medium throw, 3 vertical rotations under the flight, 3 steps, catch	R3= 0.3 Requirements completed: E Penalty 0.30 for imprecise trajectory with 3 steps
	High/medium throw, 2 base rotations without interruption followed by 3 steps and a 3rd rotation, catch	R3 =0.3 E Penalty 0.30 for imprecise trajectory with 3 steps
	High/medium throw, 1 rotation followed by 2 steps, 2 rotations, catch	R2 =0.2 Additional rotation before the 2 base rotations must be connected without additional steps. E penalty 0.10 p. for an imprecise trajectory with 2 steps

- Any rotation completed before the throw and any rotation initiated after the catch of the apparatus is not valid

Explanations / Examples		
	1 rotation, high/medium throw after this rotation, followed by 2 base rotations, catch	R2 = 0.20 p. Requirements completed (base), but the 1 st rotation is not connected to the throw.
	High/medium throw, 2 base rotations under the flight, catch of the apparatus followed by a 3 rd rotation	R2 = 0.20 p.

Summary Table of General Additional Criteria for R during the throw and catch of the apparatus

Symbol	General Criteria for All Apparatus: + 0.10 each time
	Outside the visual field
	Without the help of the hands

Explanations / Examples	
General criteria for all apparatus, during the throw or during the catch	
⊗	Outside the visual field Examples of the zones considered "outside the visual field".  - For <u>all types</u> of throws/catches: • Throws/catches performed in front or on the side of the body are not valid for this criterion, even if the trunk is bent back. • To receive "outside the visual field" for a throw/rebound, it is not enough that the apparatus travels backward: The <u>throwing arm</u> or other <u>body part executing the throw/rebound</u> must be in a zone defined as "outside the visual field." - For throws/catches performed <u>with the help of the hand(s)</u>: • "Outside the visual field" is <u>generally</u> only given for techniques where the throwing arm is <u>down/back</u>, not for techniques where the throwing arm is up/back (near the head), except for the following 2 points: ○ When the trunk is bent backward below horizontal, "outside the visual field" is given for <u>throws and catches</u> anywhere on the posterior/back side of the trunk. ○ When the trunk is bent backward below horizontal, "outside the visual field" is given for <u>catches</u> on the <u>trunk/front side</u> of the body, caught at <u>chest level or lower</u>. • "Outside the visual field" is <u>not given for the Ball caught in 2 hands behind the neck with both arms bent</u>. If caught with 1 hand, criteria "outside the visual field" is given. • All throws/catches performed without hands while the gymnast is upside down in a cartwheel are considered outside the visual field. 
≠	Without the help of the hands Not valid for: • direct catch in rotation on the straight arm (○) • throwing/catching the apparatus on the back of the hand(s) • catch of a Club on the inner side of the hand/forearm, using the other Club

Summary Table of General Additional Criteria for R during the throw and catch of the apparatus

Symbol	Specific Criteria of the throw + 0.10 each time	Symbol	Specific Criteria of the catch + 0.10 each time
	Passing through the Hoop (○) with the whole or part of the body during the throw. A minimum of 2 large segments of the body must pass through the Hoop Example: head + trunk; arms + trunk; trunk + legs, etc.		Passing through the Hoop (○) with the whole or part of the body during the catch. A minimum of 2 large segments of the body must pass through the Hoop Example: head + trunk; arms + trunk; trunk + legs, etc.
	Throw after rolling on the floor : ○ Only valid when performed together with ≠		Direct rebound on the body without any stops, without arm(s) or hand(s): ○● Note: Rebounds on the arm(s) or hand(s) are not valid  , but the criterion ≠ is given for rebounds on the arm(s) or other body parts
			Direct catch with rolling of apparatus over minimum 2 large body segments Not valid: additional criteria ≠ is not given for the arm/ hand regardless of the position of the palm Valid: Additional criterion ✕ is valid if any part of the roll is outside the visual field
	Throws of 2 unlocked Clubs (): • Simultaneously • Asymmetric • "Cascade" Asymmetric throw may be performed with 1 or 2 hands at the same time. The movements of the 2 Clubs during flight must be of different amplitude (1 throw higher than the other) and in a different plane or direction. Cascade" throw		Catch of 2 unlocked Clubs () simultaneously
			Catch of the Ball (●) with 1 hand Without additional support of the body or the other hand
			Direct catch of the Hoop (○) with rotation around another part of the body, without hands Not valid: Additional criteria "without hands" ≠ is not given for rotation on the straight arm
			Under the leg(s)

Explanation: Evaluation of Cascade Throws

- Cascade throw is the throw of 2 Clubs, one after the other, with both in flight at one point in time.
- For **each separate R** with cascade, a maximum 2 throws are evaluated: No criteria given for a 3rd throw in cascade nor for a re-throw used as a 3rd throw
- Minimum 1 throw must be high, with 2 base rotations under this flight. The other throw may have any height. The order of throws of different heights is free (high – low, low – high).
- Rotations are only evaluated in relation to 1 flight
- Each criterion is given maximally 1 time for the throwing action and maximally 1 time for the catching action (not 1 time for each Club).
- Any throw or catch performed before or during the base rotations are evaluated as part of the “throwing action”.
- Any throw or catch performed after the base rotations are evaluated as part of the “catching action.”

- **“Direct re-bound of the body without any stops ()”:**
 - **A re-throw at the end of the R** or immediately after the **R** belongs to the **R** but does not give any criteria (no criterion exists for “re-throw,” and other criteria are not given, e.g., not throw without hands). This type of throw or its catch will never be evaluated as **DA**
 - The re-bound is part of the main action of **R** (part of the initial throw for **R**); it is necessary to **catch the re-bound** for **R** to be valid.
 - **Criteria performed during the re-bound** are valid: Each criterion is given a maximum of 1 time, for the catch and re-bound together.
 - **Criteria during the catch** after the re-bound is not evaluated as part of **R** (nor **DA**)
- **“Direct catch of the Hoop with rotation around on another part of the body” ():** If performed **using the elbow or neck or leg, etc. (not straight arm)**, this criterion will be valid as well as the additional criteria “without the help of the hands.”
- **“Throw of 2 unlocked Clubs”:** This criterion is given only once for a throw that is performed either simultaneously, as asymmetric, or in cascade. For asymmetric and cascade throws, it is sufficient that 1 Club meets the throw height requirement
- **R** will not be valid with “Boomerang” performed in any phase
 - Only the maximum allowed number of **R** may be declared on the D form. For **R** declared above the maximum, the judge will only judge up to the maximum allowance in chronological order and will cross off the remaining declared elements.

- **R will not be valid in the following cases:**
 - With a small throw of the apparatus
 - Missing 2 complete base rotations under the flight
 - 1 or both base rotations Incomplete (not 360°)
 - Interruption between 2 base rotations
 - Loss of apparatus
 - Catch of the ribbon by the material (instead of the ribbon stick)
 - Performed with a boomerang in any phase
 - Total loss of balance with the fall of the gymnast
 - **R** performed with **DB** without rotation or with **DB** defined as 180°, including the last rotation of **R**, used as preparation for such **DBs**
 - Repetition of a high/medium throw of the identical technique
 - Repetition of a pre-acrobatic element from the same group in more than 1 **R**
 - Repetition of a vertical element from the same group in more than 1 **R**
 - **R** performed with 2 **DB**, one on the throw and one on the catch (**R** performed with 2 **DB** value 0.20 p. or more, 1 on the throw and 1 on the catch)
 - **DB** performed under the flight (**DB** value 0.20 p. or more performed under the flight)
 - Difficulty started outside the floor area
 - Catch of the apparatus after the end of the music

Explanation: Incomplete Vertical base rotation

The Vertical rotation is evaluated by foot/feet position (Vertical rotations Group #1) or by trunk position (Vertical rotations Groups #2-3, see page 88)

*If, after completing 2 Base Rotations under the flight, the gymnast changes the intended direction of her body position in order to save the apparatus from a loss (due to the imprecise trajectory), **R** is valid (Execution penalty applies).*

Dance Steps Combination (S)

- A Dance Steps Combination is a specific sequence of movements with the body and apparatus dedicated to expressing the stylistic interpretation of the music. It is choreographed according to the character, rhythm, tempo, and accents of the music (*see more on page 112*)
- Minimum duration of 8 seconds with the apparatus in motion: starting from the first dance movement, all steps must be clear and visible for the entire 8-second duration.
- Coordinated with the music, which expresses a *rhythm* (not only regular timing),
- 2 modalities of traveling (*for definition, see page 116*)
- No pre-acrobatic element(s), no **DA** or high/medium throw(s) allowed.
- Part of the S must be performed with displacement (not the full S in the same place on the floor area).
- Part of the S must be performed in upright positions (not the full S lying, kneeling, seated, etc.).

Explanations
○ <i>All steps must be clear and visible for the duration of the full 8 seconds, starting with the first dance movement. The last steps in the combination cannot be simple walking, which looks like the preparation for the next Difficulty element</i> ○ <i>The steps may be classical dance steps, folkloric dance steps, etc.</i> ○ <i>If a gymnast completes 8 seconds meeting all requirements, and after she loses the apparatus, she has met the definition, and the Combination is valid with any corresponding technical penalties.</i> ○ <i>If a gymnast performs Dance Steps for 16 seconds, 2 combinations may be validated as long as there are 2 combinations, each meeting the requirements, within the 16 seconds. If 16 seconds only includes one set of requirements, this is one Combination.</i> ○ <i>Perfect Dance Steps Combinations do not reduce the penalty for missing Character in the Dance Steps combination (see pages 113–114).</i>

- The following are possible during Dance Steps Combination:
 - **DB** with a value of 0.10 maximum (Examples: “Cabriole” jump, “Passe” balance). This **DB** will not be counted toward the maximum allowed number of **DB** per routine.
 - Small throw(s) if they support the idea of the dance or help increase variety in the movement

Guide for creating Dance Steps Combination:

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

- Planes/axis 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 Combinations **will not be valid in the following cases:**

- Less than 8 complete seconds of the dance
- The entire combination performed on the floor (only partially is possible).
- Loss of apparatus during 8 consecutive seconds.
- Loss of balance during steps with support on 1 or 2 hands or on the apparatus
- Total loss of balance with a fall of the gymnast during 8 seconds.
- No relation between the rhythm of the music and the body/apparatus movements
- With pre-acrobatic element(s)
- With high/medium throw (note: any “boomerang” throw with ribbon is allowed)
- With **DB (0.2 value or higher)**
- Static apparatus
- 2 modalities of traveling are missing
- With **R**
- With **DA**
- Gymnast without contact with the apparatus for 5 or more seconds
- When **S** started outside the floor area

D Score Forms (Apparatus routines only)

- Before the start of the competition, the beginning of the rotation, or routine, the Judge will check the Difficulties symbols and values.
- No form deductions will be taken, but repeated **DB**, **R/Pre-R**, and/ or **DA** above the maximum allowed numbers will not be counted/given credit. Judges will mark mistakes on the official D forms during all competitions leading up to the Development Program National Championship.
- **DB** of 0.10 value during Dance Steps Combination (**S**) should not be declared on the D form.
- Required Full body waves must be entered in the D Form using the symbol (**W**) without declaring any value.
- Pre-acrobatic elements used for the criterion “rotation” during **DA** must be entered in the D form using a specific symbol: “ **acro.**”
- Pre-R element in level 6 apparatus routines must be entered in the D form using a specific symbol: **Pre-R**.
- In Ball and Ribbon routines, a 1 required **DB** with a non-dominant hand must be entered in the D form using a specific symbol: **L** (in addition to writing a symbol of Fundamental/ Non-fundamental Apparatus element)
- Some examples of a symbol written incorrectly when the **DB** is still valid (no penalty):
 - Declare:  T° Perform:  T° (incorrect symbol for apparatus handling)
 - Note: performed Fundamental Apparatus element can be counted toward the Fundamental apparatus requirement
 - Declare: T° Perform:  T° (no apparatus handling declared)
 - Note: performed Fundamental Apparatus element can be counted toward the Fundamental apparatus requirement
 - Declare:  Perform  (incorrect **DB** symbol): “new” correct value will be given

- Declare ↓ on **DB** and performs ↓ during the **DB**: catch with 2 hands or the help of one hand or the body (incorrect apparatus handling declared as these are different Apparatus Technical Groups).
- ⚡ Missing the number of rotations does not mean the wrong symbol: no penalty. Judge will give what the gymnast actually executed during the routine.
- **DB** performed with a value lower than entered on the D form will be counted:

Explanation/Example		
Written on the D form	Performed	Valid
		

- Writing example: **DB** leap is used as one of the rotations during **R** (Note: **DB** with rotation is the first rotation of **R**:

0.4 + 0.3 = 0.7	
	
R 3	

- 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.
- During the competition, the judge should validate all Difficulties/criteria performed by the gymnast, regardless of what is declared on the form. This rule applies to **DB, W, R/Pre-R, S, DA**, and apparatus Fundamental technical requirements. The final D value of the exercise cannot exceed the maximum allowed value for each level.
- Difficulty Elements (**DB/R/Pre-R, DA**) will be evaluated in chronological performance order, regardless of the technical execution errors by the gymnast, meaning whether those are valid or not and whether those **DB/R/Pre-R** and/ or **DA** were declared on the D form by the coach. Additional Difficulties performed above the maximum allowed number per each type of Difficulty (**DB/R/Pre-R, DA**) will not be evaluated.

Penalties by the D Judge

Unauthorized distribution of DB (for each missing or additional)	0.30
Additional DB above the maximum allowance (1-time penalty)	0.30
<u>Note:</u> except DB of 0.10 value during S, R	
For performing a “slow turn” with a DB	0.30
For each missing DB on the opposite leg/side (Floor routine)	0.30
For each missing required Fundamental Apparatus element	0.30
For each missing Dance Steps Combination (apparatus routines)	0.30
For missing Full Body wave (apparatus routines)	0.30
For missing 1 Dynamic Element with Rotation R (for level 8)	0.30
For missing 1 DB by using a non-dominant hand (Ball and Ribbon)	0.30

Note: For specific penalties concerning pre-acrobatic elements/ rotational elements in the Floor routine, see specific composition requirements for each Level on the following pages.

LEVEL 6: FLOOR

DIFFICULTY (D)

Difficulties of Body+ Composition **Components**

8 Difficulties of Body (DB)

- Maximum Value of the Difficulties of Body (**DB**): 0.5 each
- The exercise must be represented by all body movement groups: A minimum of 2 from each body group. 2 additional difficulties, each from a different body group.
- Minimum 1 leap/jump, 1 pivot /rotation, and 1 balance must be executed on the opposite leg/side, and it must be executed entirely on the opposite leg/side to be valid.

Composition Components

- Value is given (accredited) for each composition component performed according to its definition.

Max allowed # for credit	Composition components	Value
3	Dance Steps Combinations	0.30 each
1	Full Body wave forward	0.20
1	Full Body wave backward	0.20
1	Full Body wave different/ free of choice	0.20
6	Pre-acrobatic element (isolated or in a row. Must be from different groups- see pages 85-88)	2 Required
1	Combination of "min. 2 rotational elements in a row" with a change of axis and/or change of level (see examples of vertical rotations and pre-acrobatic elements on pages 85-89)	1 Required
Composition penalty		Penalty
<i>Less than 2 pre-acrobatic elements</i>		<i>0.30 (global)</i>
<i>More than 6 pre-acrobatic elements</i>		<i>0.30 (global)</i>
<i>Missing "2 rotational elements in a row" requirement</i>		<i>0.30</i>

EXECUTION (E)

Artistic + Technical Faults = 10.00 max

LEVEL 6 APPARATUS

	DIFFICULTY COMPONENTS				
Body		Minimum #	Maximum #	Value	Penalty for missing
Difficulty of Body	DB	1 Jump/Leap	5 DB	Max. 0.50 (for each)	0.30 (for each)
		1 rotation			
		1 Balance			
		2 additional DBs from different body groups			
*Ribbon routine		1 DB with a non-dominant hand (see page 50)			0.30
		Fundamental or Non-Fundamental apparatus element			
Full Body Waves	W	1			0.30
Apparatus		Minimum #	Maximum #	Value	Penalty for missing
Fundamental Technical Groups		1 of each			0.30 (for each)
		See Table # 1 (next page)			Penalty when not attempted
Difficult of Apparatus	DA	1	5	See DA Bases	
			Evaluated in chronological order; additional DA not evaluated (no penalty)	Valid L6 Bases in orange	
Pre-R Elements	R	See table #2 (page 104)	Additional Pre-R not evaluated (no penalty)	0.30 (each)	0.00
Dance Steps	S	2		0.30 (each)	0.3 (for each)

NOTE: Penalties for missing the minimum required number of Difficulties and non-compliance with special requirements are applied when a Difficulty element is not attempted at all.

EXECUTION: (Artistic and Technical): 10.0

LEVEL 6 APPARATUS TABLE #1

Apparatus		Fundamental Apparatus Technical Groups (Minimum 1 each)
U		Passing with the whole or part of the body through the open Rope turning forward, backward, or to the side; also, with: - Rope folded in 2 or more - Double rotation of the rope
		Passing through the Rope with a series (min.3) of skips/hops with the Rope turning forward, backward, or to the side
		Catch of the open Rope with one end in each hand without support on another part of the body
		- Release and catch of one end of the rope, with or without rotation (ex: Echappé) OR - Rotations of the free end of the Rope, Rope held by one end (ex: spirals)
O		Large Roll of the Hoop over a minimum of two large body segments
		Rotation (min.1) of the Hoop around the hand or around a part of the body
		Rotations (min.1) of the Hoop around its axis around the fingers or around or on the part of the body.
		Passing through the Hoop with the whole or part of the body (two large body segments)
		Spirals (min. 3 loops), tight and same height in the air or on the floor, executed with the non-dominant hand . (<u>Note: the required 1 DB with a non-dominant hand cannot fulfill this requirement</u>)
		Snakes (min. 3 waves), tight and same height in the air or on the floor, executed with the non-dominant hand . (<u>Note: the required 1 DB with a non-dominant hand cannot fulfill this requirement</u>)
		"Echappé" (small):-rotation of the stick during its flight

LEVEL 6 APPARATUS TABLE #2

	Pre-R Elements	
Max allowed # for credit	Rope and Hoop	Value
1	Medium/high throw with 1 rotation of the body (min. 360°) around any axis during the flight of the apparatus and catch	0.30
1	Medium/high throw with 1 different rotation of the body (min. 360°) around any axis during the flight of the apparatus and catch	0.30
<i>Note: Rope</i>	<i>A maximum of 1 Pre-R element in performance order may be executed with two ends tied together; the second Pre-R element with the ends tied together are not valid for Pre-R.</i>	
Max allowed # for credit	Ribbon	Value
1	Medium/high throw with 1 rotation of the body (min. 360°) around any axis during the flight of the apparatus (not valid for boomerang) and catch	0.30
1	Boomerang (any type: on the floor or in the air), no height requirement	0.30

Explanation of Pre-R Elements requirements
2 Pre-R throws must be with different techniques/types in order to be valid. The minimum required height for 2 Pre-R throws is medium (except Boomerang). A catch of the stick is required to validate Boomerang and Pre-R with Ribbon. DA may not be performed at any phase of a Pre-R element No penalty for missing a Pre-R element and/or missing a Boomerang throw (Ribbon) Pre-R may contain more than 1 rotation of the body under the flight of the apparatus. In such a case, the Pre-R is valid, and the value of the Pre-R remains the same. Repetition of a pre-acrobatic element from the same group in Pre-R is prohibited. 2nd Pre-R is not valid. Repetition of a vertical element from the same group in Pre-R is prohibited. 2nd Pre-R is not valid.

LEVEL 7: FLOOR

DIFFICULTY (D)

Difficulties of Body+ Composition **Components**

8 Difficulties of Body (DB)

- Maximum Value of the Difficulties of Body **(DB)**: 0.6 each
- The exercise must be represented by all body movement groups: Minimum of 2 from each body group. 2 additional difficulties, each from a different body group
- Minimum 1 leap/jump, 1 pivot/rotation, and 1 balance must be executed on the opposite leg/side, and it must be executed entirely on the opposite leg/side to be valid.

Composition Components

Value is given (accredited) for each composition component performed according to its definition

Max allowed # for credit	Composition components	Value
3	Dance Steps Combinations	0.30 each
1	Full Body wave forward	0.20
1	Full Body wave backward	0.20
1	Full Body wave different from above/free of choice (regardless of feet and body position)	0.20

Composition penalty	Penalty
<i>More than 6 pre-acrobatic elements (isolated or in a row)</i>	<i>0.30 (global)</i>

EXECUTION (E)

Artistic + Technical Faults = 10.00 max

LEVEL 7 APPARATUS

DIFFICULTY COMPONENTS					
Body		Minimum #	Maximum #	Value	Penalty for missing
Difficulty of Body	DB	1 Jump/Leap	5 DB	Max. 0.60 (for each)	0.30 (for each)
		1 Balance			
		1 Rotation			
		2 additional DBs from different body groups			
*Ball routine		1 DB with non-dominant hand (see page 50)			0.30
		Fundamental or Non-Fundamental apparatus element			
Full Body Waves	W	1			0.30
Apparatus		Minimum #	Maximum #	Value	Penalty for missing
Fundamental Technical Groups		1 of each			0.30 (for each)
		See Table # 1 (Next page)			Penalty when not attempted
Difficulty of Apparatus	DA	1	7	See DA Bases	
			Evaluated in chronological order; additional DA not evaluated (no penalty)		
Dynamic Elements with Rotation	R		1- Pre-R (pages 103, 106), 1-R	See R Calculations	
			additional R/Pre-R not evaluated (no penalty)		
Dance Steps	S	2		0.30 (for each)	0.30 (for each)

Note: Penalties for missing the minimum required number of Difficulties and non-compliance with special requirements are applied when a Difficulty element is not attempted at all

EXECUTION: (Artistic and Technical): 10.00

LEVEL 7 APPARATUS TABLE #1

Apparatus	Fundamental Apparatus Technical Groups (Minimum 1 each)
	 Large Roll of the Hoop over a minimum of two large body segments
	 Rotation (min. 1) of the Hoop around the hand or around a part of the body
	 Passing through the Hoop with the whole or part of the body (two large body segments)
	 Rotations (min.1) of the Hoop around its axis around the fingers or around or on the part of the body.
	 Large Roll of the Ball over a minimum of two large body segments
	 Bounces: - Series (min. 3) of small bounces (below knee level) from the floor; OR - One high bounce (knee level and higher) from the floor
	 Figure eight of the Ball with circle movement of the arm(s)
	 Catch of the Ball with one hand from a High/Medium Throw (note: without the additional support of the body, including the second hand. Not from a small throw/thrust)
	 Mill(s): one mill consists of a minimum of 4-6 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time, held by the end (small head)
	 Small circles (min. 1) with both Clubs, simultaneously or alternating, one club in each hand held by the end (small head)
	 The asymmetric movements of the 2 Clubs must be different in their shape or amplitude and in work planes or direction.
	 Small throw(s)/catch(es) with rotation (min. 360°) of 2 Clubs together (unlocked) simultaneously or alternating

Explanation of Pre-R/ R Element requirements
Pre-R/ R throws must be with different techniques/types in order to be valid. Repetition of a pre-acrobatic element from the same group in Pre-R versus R is prohibited. 2nd D is not valid. Repetition of a vertical element from the same group in Pre-R versus R is prohibited. 2nd D is not valid.

LEVEL 8: FLOOR

DIFFICULTY (D)

Difficulties of Body+ Composition **Components**

8 Difficulties of Body (DB)

- Maximum Value of the Difficulties of Body (**DB**): 0.7 each
- The exercise must be represented by all body movement groups: a minimum of 2 from each body group. 2 additional difficulties, each from a different body group.
- Minimum 1 leap/jump, 1 pivot/rotation, and 1 balance must be executed on the opposite leg/side, and it must be executed entirely on the opposite leg/side to be valid

Composition Components

Value is given (accredited) for each composition component performed according to its definition

Max allowed # for credit	Composition components	Value
3	Dance Steps Combinations	0.30 each
1	Full Body wave forward	0.20
1	Full Body wave backward	0.20
1	Full Body wave different/ free of choice (regardless of feet and body position)	0.20

Composition penalty	Penalty
<i>More than 6 pre-acrobatic elements (isolated or in a row)</i>	<i>0.30 (global)</i>

EXECUTION (E)

Artistic + Technical Faults = 10.00 max

LEVEL 8 APPARATUS

	DIFFICULTY COMPONENTS				
Body		Minimum #	Maximum #	Value	Penalty for missing
Difficulty of Body	DB	1 Jump/Leap	5 DB	Max. 0.70 (for each)	0.30 (for each)
		1 Balance			
		1 Rotation			
		2 additional DBs from different body groups			
*Ball and Ribbon routines		1 DB with non-dominant hand (see page 50)			0.30
		Fundamental or Non-Fundamental apparatus element			
Full Body Waves	W	1			0.30
Apparatus		Minimum #	Maximum #	Value	Penalty for missing
Fundamental Technical Groups		1 of each			0.30 (for each)
		See Table # 1 (Next page)			Penalty when not attempted
Difficulty of Apparatus	DA	1	9	See DA Bases	
			Evaluated in chronological order; additional DA not evaluated (no penalty)		
Dynamic Elements with Rotation	R	1	2	See R Calculations	0.30 (for missing 1 required)
			Additional R not evaluated (no penalty)		
Dance Steps	S	2		0.30 (each)	0.30 (for each)

Note: Penalties for missing the minimum required number of Difficulties and non-compliance with special requirements are applied when a Difficulty element is not attempted at all

EXECUTION: (Artistic and Technical): 10.00

LEVEL 8 APPARATUS TABLE #1

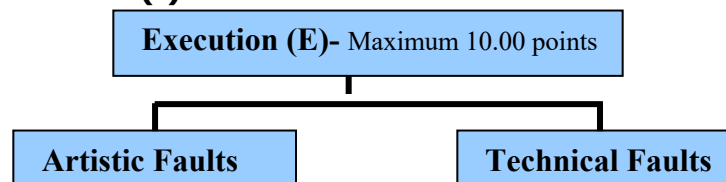
Apparatus	Fundamental Apparatus Technical Groups (Minimum 1 each)
	 Large Roll of the Ball over a minimum of two large body segments
	 Bounces: - Series (min. 3) of small bounces (below knee level) from the floor OR - One high bounce (knee level and higher) from the floor
	 Figure eight of the Ball with circular movements of the arm(s)
	↓ Catch of the Ball with one hand from a High/medium Throw (Notes: without the additional support of the body, including the second hand. Not from a small throw/thrust)
	✕ Mill(s): one mill consists of a minimum of 4-6 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time, held by the end (small head)
	 Small circles (min. 1) with both Clubs, simultaneously or alternating, one club in each hand held by the end (small head)
	⊕ The asymmetric movements of the 2 Clubs must be different in their shape or amplitude and in work planes or direction.
	⇒ Small throws of unlocked two Clubs with 360° rotation and catch: together simultaneously or alternating
	 Spirals (min. 3 loops), tight and same height in the air or on the floor, and/or "Swordsman." <u>One must be executed with a non-dominant hand.</u> (Note: a required 1 DB with a non-dominant hand could not fulfill this requirement)
	 Snakes (min. 3 waves) are tight and of the same height in the air or on the floor. <u>One must be executed with a non-dominant hand.</u> (Note: a required 1 DB with a non-dominant hand could not fulfill this requirement)
	 Boomerang
	 "Echappé" (small): rotation of the stick during its flight

EXECUTION (E)

Evaluation by the Execution Judge

- The Execution Judge demands that elements be performed with aesthetic and technical perfection.
- The gymnast is expected to include in her exercise only elements that she can perform with complete safety and with a high degree of artistic and technical mastery. The E-judge will deduct all deviations from that expectation.
- The E-judge is not concerned with the difficulty of an exercise. The judge is obligated to deduct equally for any error of the same magnitude regardless of the difficulty of the element or the connection.
- The E-Judge (and the D-judge) must remain up to date with modern Rhythmic gymnastics, must know at all times what the most current performance expectation for an element should be, and must know how standards are changing as the sport evolves. In this context, they must also understand what is possible, what is reasonable to expect, what is an exception, and what is special.
- All deviations from the correct performance are considered artistic or technical errors and must be evaluated accordingly by the judges. The amount of the deduction for small, medium, or large errors is determined by the degree of deviation from the correct performance. The following deductions will apply for each and every visible technical deviation from the expected perfect performance. These deductions must be taken regardless of the difficulty of the element or exercise.
 - Small Error 0.10: any minor or slight deviation from the perfect technical execution
 - Medium Error 0.30: any distinct or significant deviation from the perfect technical execution
 - Large Error 0.50 or more: any major or severe deviation from the perfect technical execution
- Note: Execution technical faults must be penalized every time and for each element at fault.

EXECUTION (E) of the Individual exercises consists of:



ARTISTIC COMPONENTS

1. **RHYTHM:** The primary artistic objective is learning how to coordinate movements to the music.

- a) The movements of the body and the apparatus must correlate precisely with the musical accents and the musical phrases; both the body and apparatus movements should emphasize the tempo/pace of the music.
- b) Movements that are performed separately from the accents or disconnected from the tempo established by the music are *penalized 0.1 each time up to 2.00 points*.

Examples:

- When movements are visibly emphasized before or after the accents
 - When a clear accent in the music is “passed through” and not emphasized by movement
 - When movements are unintentionally behind the musical phrase
 - When the tempo changes and the gymnast is in the middle of slower movements and cannot reflect the change in speed (off the rhythm)
 - When a gymnast loses her apparatus
- c) The end of the composition should correlate precisely with the end of the music. When a gymnast completes her exercise and assumes her final pose before the end of the music, or after the music has finished or does not make a clear stop before leaving the floor area, the penalty for lack of harmony between music and movement at the end of the exercise is taken.

2. **EXPRESSION:** The gymnast’s emotional interpretation of the music is expressed through her facial and body movements.

- a) Ample participation of the different body segments (head, shoulders, trunk, rib cage, hands, arms, legs, and face) creates plastic movements that convey character, emphasize the accents, and create amplitude.
- b) Regardless of the physical size or height of the gymnast, movements of the body segments are performed with maximum range, breadth, and extension.
- c) The gymnast has an expressive, energetic connection to the music, engaging the audience in her performance.
- d) Segmentary, rigid, or underdeveloped body movements are penalized according to the degree of prevalence in the exercise

Body Expression	Isolated moments where not all segments participate fully by the gymnast	Participation of body segments and facial expression by gymnast during all Dance steps combinations and in some additional parts of the exercise	Partial participation of body segments and facial expression by gymnast only during all Dance steps combinations	Partial participation of body segments and facial expression by gymnast only during 1 Dance steps combinations	Total absence of body (segmentary movements) and facial expression by gymnast throughout the exercise
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- There is a *specific penalty for exaggerated facial expressions, grimaces, mimicking, lip-syncing, and similar (Penalty-0.3)*. Also, these techniques are not evaluated as “facial expression,” and hence, overuse of these techniques increases the risk of insufficient facial expression

3. **DYNAMIC CHANGES: Creating Contrast**

- A composition structured around a specific piece of music uses the changes in tempo and intensity to create contrasts.
- The tempo (the time frequency of the beats or the pulse of the music)
- and intensity of the gymnast’s movements, as well as the movement of the apparatus, should reflect changes in the tempo and intensity of the music, in order to create Dynamic changes

Dynamic change in music	→	Dynamic change in movement
Change in volume, tempo, and/or style		Change in speed, style, or intensity

- Dynamic changes may create contrasts in 3 different ways, in harmony with the structure of the music:
 - 1) Contrasts in the tempo or intensity of the movements appearing instantly, from a part of the exercise to the next part.
 - 2) A gradual increase or reduction in tempo or intensity of the movements, within a part of the exercise.
 - 3) Creating a contrast through movement(s) (min. 2) that intentionally demonstrate(s) tempo/intensity that is opposite of the general tempo/intensity. Examples include performing a few musical phrase(s) extremely slow or extremely fast.
- *There are many other methods of modifying tempo and intensity, e.g., short stops/pauses/poses, or single movements with continuous

changing of tempo/intensity within the movement. Only the 3 methods defined above are recognized as the required component for the Artistry evaluation

E) An exercise without any contrast or change in speed, style, or intensity with respect to musical changes lacks dynamism and is *penalized*.

2 Dynamic changes are encouraged to avoid penalties

4. CONNECTIONS: A “link” between two movements or Difficulties.

- a) The following changes in a gymnast’s movements should be linked together with a clear purpose where one movement passes logically and smoothly into the next:
 - Changes in levels
 - Changes in the directions of the body movements
 - Changes in the directions and planes of the apparatus
- b) The performance order of Difficulties is unrestricted; however, the arrangement of Difficulties should respect the choreographic principle that the Difficulties should be arranged logically with connecting elements and movements in harmony with the character of the music.
- c) Connections between movements that disrupt the unity of the composition are penalized, for example, but not limited to :
 - Transitions from one movement or Difficulty to another that are illogical and abrupt, including changes in directions or levels between movements or Difficulties
 - Prolonged preparatory movements before Difficulties. For example: “walking” preparation steps, which do not support the idea or character of the composition)
 - Unnecessary stops between movements that are not related to the rhythm or character
- Illogical, abrupt, or prolonged connections will be *penalized 0.1 each time up to 2.00 point*. (Note: The evaluation of connections concerns the construction of the composition, not the execution. There is no connection penalty while the gymnast halts/pauses performing her composition due to execution mistakes such as running after the lost apparatus)
- d) At the beginning and the end of the composition, the gymnast must be in contact with the apparatus (*0.3 penalty applies if this requirement is not met.*)

5. CHARACTER IN DANCE STEPS COMBINATION

- A Dance Steps Combination is a specific sequence of movements with the body and apparatus dedicated to expressing the stylistic interpretation of the music. Therefore, a Dance Steps Combination must have a defined character in the movement.
- The stylized movements of the body segments, the speed and intensity of the movements, and the choice of traveling modalities should be carefully selected for the specific music on which they are performed.
- The construction of movements should include all the body segments that fit the specific music, including the head, shoulders, hands, arms, hips, legs, feet, etc.
 - a. The movements should have a clearly defined style emphasizing the unique interpretation of the character of the music; that style or character of movements should be developed from the beginning to the end of the Dance Steps Combination.
 - b. A defined character of movement: steps that reflect a style or theme of movement, could be but are not limited to :
 - Any classical dance steps
 - Any ballroom dance steps
 - Any folkloric dance steps
 - Any modern dance steps
 - c. Changes in the character of the Dance steps should reflect changes in the character in the music.
 - d. Starting from the first dance movement, a Dance Steps Combination must have a defined character in the movements throughout at least 8 seconds. If the character is interrupted, for example, for 1-2 seconds while performing an apparatus element with steps without character or the absence of the character for the entire duration of Dance steps, the Combination will be *penalized*.

6. USE OF THE FLOOR AREA

- Traveling is wide and comprehensive through the floor area so that the floor area is covered by the gymnast's movement, who must travel to all

parts of the floor area (although not necessarily touching the physical four corners).

- Insufficient use of the entire floor area is penalized: the gymnast performs the majority of the exercise in one part of the carpet, or the gymnast travels exclusively back and forth along the same line of the carpet.
- The movement across the floor area and between different levels should be in continuous development, without staying for a long time in any place on the floor area: Penalty 0.30 p. each time when the same placement on the floor area is maintained for 3 or more Difficulties in a row.

7. VARIETY:

- The modalities of traveling (the mode in which the gymnast travels/moves around the floor area) should be varied and diverse, in harmony with a specific music style and the movements' character. *For example, different travel modalities include skipping, hopping, running, jumping, and walking* (Note: change of level is not considered a different modality).

Artistic Faults

Penalties	0.10		0.20		0.30			0.40			0.50	
Dance Steps (Penalty apply for each combination)			Absence of character in the Dance steps combination									
Body Expression	Isolated moments where not all segments participate fully by the gymnast		Participation of body segments and facial expressions by gymnast during all Dance steps combinations and in some additional parts of the exercise		Partial participation of body segments and facial expression by gymnast only during all Dance steps combinations			Partial participation of body segments and facial expression by gymnast only during 1 Dance steps combinations			Total absence of body (segmentary movements) and facial expression by gymnast throughout the exercise	
					For exaggerated facial expressions, grimaces, mimicking, lip-syncing							
Dynamic Changes					Only 1 Dynamic Change performed						No Dynamic changes performed	
Use of the floor area					Insufficient use of the entire floor area							
Composition (composition fault)					Lack of contact with the apparatus at the beginning and end							
					Start or Finish position: extreme or not aesthetic.							
Music-movement at the end of the exercise											Absence of harmony between music-movement at the end of the exercise	
Connections (Isolated interruption; each time)	Penalties											
	0.10	0.20	0.30	0.40	0.50	0.60	0.70	0.80	0.90	1.00		
	1.10	1.20	1.30	1.40	1.50	1.60	1.70	1.80	1.90	2.00		
RHYTHM (Isolated interruption; each time)	0.10	0.20	0.30	0.40	0.50	0.60	0.70	0.80	0.90	1.00		
	1.10	1.20	1.30	1.40	1.50	1.60	1.70	1.80	1.90	2.00		

EXPLANATIONS FOR TECHNICAL FAULTS PENALTIES

Explanations of Execution penalties for body movements :

- For “Body segment incorrectly held during a body movement,” 1 penalty is taken “for **each incorrect segment**,” and the penalty is taken “**each time**.” This means:
 - Same segment on one or both sides of the body:
 - One or both knees bent at the same time: 0.10 p. for “knees” 1 time
 - One or both feet (not pointed at the same time, **low releve, foot rotated inwards**) : 0.10 p. for “feet” 1 time
 - Jump(s)/leap(s), with preparation:
 - 1 split leap with 1 or both knees and 1 or both feet incorrectly held: 0.10 p. for knees and 0.10 p. for feet = 0.20 p.
 - Chassé with 1 or both knees and 1 or both feet incorrectly held + split leap with 1 or both knees and 1 or both feet incorrectly held: 0.10 p. for knees and 0.10 p. for feet in the chassé + 0.10 p. for knees and 0.10 p. for feet in the leap = 0.40
 - Chassé with 1 or both knees and 1 or both feet incorrectly held + split leap with 1 or both knees and 1 or both feet incorrectly held + split leap with 1 or both knees and 1 or both feet incorrectly held: 0.10 p. for knees and 0.10 p. for feet in the chassé + 0.10 p. for knees and 0.10 p. for feet in the 1st leap + 0.10 p. for knees and 0.10 p. for feet in the 2nd leap = 0.60 p.
 - Rotational elements:
 - Series of **vertical rotations**, e.g., 3 chainés, each with bent knees: 0.10 p. for knees 1 time = 0.10 p.
 - Series of **pre-acrobatic elements**, e.g., 3 walkovers, each with bent knees: 0.10 p. for knees for each pre-acrobatic element = 0.30 p.

- Walkover + 3 chainé + 2nd walkover, each with bent knees: 0.10 p. for the 1st walkover, 0.10 p. for the chainés, 0.10 p. for the 2nd walkover = 0.30 p.

D) Various types of traveling :

- 6 walking steps, performed with incorrectly held feet = 1 modality = 0.10 p. 1 time
 - 4 marching steps, performed with incorrectly held feet = 1 modality = 0.10 p. 1 time
 - 1 dance steps combination with 3 different modalities, performed with incorrectly held feet = *penalty* for each modality = 0.30 p.
- The **symmetrical position** of the shoulders and trunk during Body Difficulties is an essential aspect of the body technique, particularly for the gymnast's health. Asymmetrical positions will be *penalized* as "segment incorrectly held."
 - **Deviations in Body Difficulties:**
 - Each penalty will be applied separately for each fault. If a Body Difficulty has several incorrect shapes, the *penalty* is taken for each deviation from the correct shape.

Explanations / Examples		
Performance	Description	Execution penalties
	Medium deviation of the split Medium deviation of the trunk	0.30 p. + 0.30 p.

- Jump/leap with **swing technique** :
 - Jumps/leaps have 3 phases. Take-off, flight phase, and landing. The gymnast should develop the full potential of the jump/leap (the required shape) during the highest phase of the flight rather than 2 different shapes. If this requirement is not met, a *penalty* for "swing technique" (kip movement) must be applied.

- If during a balance Difficulty, the following faults happen: Shape not held for a minimum of 1 second, and loss of axis with an additional step:
 - The *penalty* is 0.30 p. + 0.30 p.
- In rotation, Difficulties, **sliding**, **hopping**, and **loss of balance** may occur in combination :
 - "Sliding" refers to a slight, smooth displacement during the rotation, resulting from the gymnast's center shifting to different part(s) of the supporting foot/forefoot.
 - A "hop" is a loss of balance with or without traveling.
 - In the same rotation Difficulty, the gymnast is only *penalized* once for sliding OR once for loss of balance, even if there are different technical faults at different moments of the Difficulty:
Example :
Sliding near the beginning, loss of balance with hop near the middle, and loss of axis with an additional step at the end = total 0.30 p.
- Each body segment is penalized only once during the DB (maximally 0.10 p. for the knee(s), maximally 0.10 p. for the foot/feet, maximally 0.10 p. for the arm(s).
- "Static gymnast" applies when the gymnast is motionless for 4 or more seconds. (Example: forgetting the exercise, the gymnast stays still on the floor area, trying to remember for 4 or more seconds.)

Explanations of Execution penalties for technique with Ribbon :

- If a small **knot** forms in the Ribbon and after a few movements it becomes a medium/large knot, only 1 *penalty* for the knot is taken (the higher penalty for a medium/large knot).
- **Ribbon staying on the floor** is *penalized* when the fabric lies still on the floor. No *penalty* is taken when the fabric is moving on the floor.
- The *penalty* for **the Ribbon staying on the floor** is not taken while the gymnast has halted/paused the exercise due to another error (knot, wrapping, loss of apparatus, etc.).

- For all types of **catches of the Ribbon**, the apparatus should normally be caught by the end of the stick. It is permitted to intentionally catch the Ribbon by its material within a zone of approximately 50 cm from the attachment, provided that this catch is justified for the next movement or the final pose. If the Ribbon is unintentionally caught by the fabric (by mistake) or is caught by the stick but not by the end, the *penalty* for “incorrect catch” is taken.

Explanations of Execution penalties for technique of all apparatus :

- The *penalty* for **an imprecise trajectory is taken if a technical fault due to an imprecise throw** is visible. For example, if the gymnast has to run or change the intended direction in order to save the apparatus from a loss.
- On the line for simple stepping in place/imprecise trajectory in the *penalty* table, **only the highest applicable penalty is taken.**
Example :
 - Right after the throw, the gymnast performs 1 simple step in place. After that, the gymnast realizes that the trajectory is imprecise and runs 3 steps towards the apparatus, which is caught in flight. Total *penalty* 0.30 p. for an imprecise trajectory with 3 steps to save the apparatus.
- The *penalty* for an **imprecise trajectory** is only taken when the apparatus is **caught in flight**: If an imprecise trajectory ends with a loss of apparatus, only the loss of apparatus is *penalized*, according to the total number of steps taken: Steps while the apparatus is flight + steps after the apparatus has fallen to the floor.
- All apparatus must be caught without the involuntary **help of the other hand**.
Exceptions where the other hand may be voluntarily used:
 - Rope: With a catch of an open Rope
 - Hoop: When the Hoop is rotating around the horizontal axis
 - Ball: When catching outside of the visual field
 - Clubs: When catching joined Clubs
 - Ribbon: When intentionally caught by the material
- The *penalty* for **incorrect catch** is taken when the intended catch is interrupted by an extra move by the gymnast in order to save the apparatus from falling and/or to continue to the next movement.

- If during a catch, the apparatus **touches the floor at the same time** as the gymnast touches the apparatus, and the gymnast immediately gains control of the apparatus, this is not a loss of apparatus. Depending on the type of catch, an *Execution penalty* may apply for the incorrect catch.

Examples:

- The Hoop is caught with the hand at the same time as the bottom part of the Hoop touches the floor: *Penalty* for incorrect catch.
- The flat Hoop is blocked against the floor using the legs at the same time as the bottom of the Hoop touches the floor: Correct catch, *no penalty*.
- The Ribbon stick is blocked between the knees at the same time as the tip of the Ribbon stick touches the floor: Correct catch, *no penalty*.

Explanations of combinations of penalties :

- When the gymnast perform several Execution faults with the apparatus **during the same DB**, each box in the penalty table is applied once.

Example :

- Passe pivot with alteration of the pattern (spirals) + alteration of the pattern (snakes) + involuntary wrapping around the body. *Penalty 0.10 p.* for alteration of the pattern *+penalty 0.30 p.* for wrapping = 0.40 p.
- While a gymnast has **lost the apparatus** and is traveling to retrieve the apparatus, and eventually when traveling to return to the floor area (before resuming the performance):
 - **For this duration, no additional penalties** are taken for body segments and apparatus handling.
 - For this duration, **penalties are only taken** for loss of balance (with or without support or fall) and for additional losses of apparatus.

SCORE RANGES

There is a maximum of 0.7 difference between the Difficulty scores and a 0.50 difference tolerated between the scores in Execution.

SYMBOLS

All judges are required to use the judging symbols to evaluate routines. The noted symbols will be used to resolve any discrepancies between judges' scores.

TECHNICAL FAULTS

1. TECHNIQUE OF THE BODY MOVEMENTS			
Penalties	Small 0.10	Medium 0.30	Large 0.50 or more
Generalities	Incomplete movement or insufficient amplitude in the shape of Full Body Waves		
	Incomplete movement or lack of amplitude in the shape of Pre-Acrobatic elements		
	Adjusting the body position (Example During preparation, shifting the hand position on the floor without loss of balance, etc.)		
		Static gymnast (4 or more seconds)- see p. 120	
Basic technique	Body segment incorrectly held during a body movement (1 penalty for each incorrect segment, taken each time:), including the incorrect foot/releve, knee position, hip position, bent elbow, uncontrolled arm position, raised or asymmetric shoulders, asymmetric position of the trunk, etc.		
	Loss of balance: additional movement <u>without traveling</u> (e.g., hop without traveling, shifting of the forefoot or shaking of the supporting foot/leg, unintentional compensatory movement, etc.)	Loss of balance: additional movement <u>with traveling</u> (e.g., additional step, hop with traveling, loss of axis with an additional step, etc.)	Loss of balance with support on 1 or 2 hands or on the apparatus
			Total loss of balance with fall: 0.70
Jumps/ Leaps	Heavy landing	Incorrect landing: visible arched back during the final phase of landing	
	Jump/leap with swing technique ("kip movement")		
	Incorrect shape with small deviation	Incorrect shape with medium deviation	Incorrect shape with large deviation
Balances	Incorrect shape with small deviation	Incorrect shape with medium deviation	Incorrect shape with large deviation
		Shape not held for a minimum 1 second	
Rotations	Incorrect shape with small deviation	Incorrect shape with medium deviation	Incorrect shape with large deviation

(Each penalty is applied 1 time per rotation DB)	Involuntary support on the heel during a Pivot		
	Sliding		
Pre-acrobatic elements and elements from vertical rotation groups	Heavy landing	Unauthorized technique of pre-acrobatic elements	
		Walking in the handstand position (2 or more support changes)	

Explanation
<i>The penalties in blue boxes indicate that one penalty from this line can be taken for a technical fault.</i>

2. TECHNIQUE WITH THE APPARATUS			
Penalties	Small 0.10	Medium 0.30	Large 0.50 or more
Generalities 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>			Loss and retrieval of the apparatus without traveling
			Loss and retrieval of the apparatus after 1-2 steps: 0.70
			Loss and retrieval of the apparatus after 3 or more steps: 1.00
			Loss of the apparatus outside the floor area (regardless of distance): 1.00
			Loss of the apparatus which does not leave the floor area and use of the replacement apparatus: 1.00
			Loss of the apparatus, no contact with the apparatus at the end of the exercise: 1.00
Technique	Imprecise trajectory and catch in flight by adjusting the position or with 1-2 steps to save the apparatus	Imprecise trajectory and catch in flight with 3-4 steps to save the apparatus	Imprecise trajectory and catch in flight with 5 or more steps to save the apparatus
	Incorrect catch: Example: Catch with involuntary help of the other hand to save the apparatus, involuntary catch in the Ribbon fabric, etc. (See also Ball, exception for 2 hands)	Incorrect catch with involuntary contact with the body	
		Static apparatus * (see page 61)	

Rope			
Penalties	Small 0.10	Medium 0.30	Large 0.50 or more
Basic technique	Incorrect handling: amplitude, shape, work plane, or for the rope not held at both ends (each time)		
		Loss of 1 end of the Rope	
		Feet caught in the rope during jumps or hops	
	Rope involuntary touching the body or the floor	Involuntary wrappings around the body or part of it without interruption in the exercise	Involuntary wrappings around the body or part of it with interruption in the exercise
	Knot without interruption in the exercise		Knot with interruption in the exercise
Hoop ○			
Basic technique	Incorrect handling or catch: alteration in the work plane, vibrations, irregular rotation on the vertical axis (each time)	Handling with involuntary contact with the body (Example: Blocking the hoop against the body during/after rolls, ect.)	
	Catch after throw: Contact with the forearm	Catch after throw: Contact with the arm	
	Involuntary, incomplete roll over the body		
	Incorrect roll with bounce		
	Sliding on the arm during rotations of the Hoop		
		Passing through the hoop: feet caught in the hoop	

Ball ●			
Basic technique	Incorrect handling: Ball held against the forearm ("grasped") or visibly squeezed by the fingers (each time)	Handling with involuntary contact with the body (Example: Blocking the Ball against the body during/after rolls, after bounces, etc.)	
	Involuntary, incomplete roll over the body		
	Incorrect roll with bounce		
	Catch with the involuntary help of the other hand (Exception: catches outside the visual field may use 2 hands)		
Clubs ♯			
Basic technique	Incorrect handling: Irregular movement, arms too far apart during mills, interruption of the movement during small circles, etc. (each time)		
	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 ⑩			
Basic technique	Alteration of the pattern formed by the Ribbon: snakes, spirals insufficiently tight, not the same height, amplitude, etc. (each time)		
	Involuntary contact with the body	Involuntary wrappings around the body or part of it or around the stick without interruption	Involuntary wrappings around the body or part of it or around the stick with interruption
	Incorrect handling: imprecise passing or transmission, Ribbon stick involuntarily held in the middle, incorrect connection between the patterns, snap of the Ribbon (each time)		
	Small knot with minimal impact on the handling		Medium /Large knot: impact on the handling
	The end of the Ribbon stays on the floor involuntarily during the performance of patterns, throws, échappés, etc. (up to 1 meter.)	Part of the Ribbon stays on the floor involuntarily during the performance of patterns, throws, échappés, etc. (more than 1 meter)	

Individual Exercise Levels 6, 7, 8

JUDGE
Gymnast
Name

Difficulty (D)

Judge No°

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		
TOTAL								
0.3 Penalty: *For each missing required Fundamental apparatus element *For each Difficulty performed but not declared on the form (except those with a value of 0.10 used in S or R) *Form/ exercise consists of less than 1 Difficulty of each Body Group, penalty for each missing Difficulty * Any additional difficulty above the maximum allowance (except for difficulty of 0.1 value during S, R) * For any Difficulty with "slow turn." * For missing 1 DB by using a non-dominant hand (Ball and Ribbon)			0.3 Penalty: * Min. 2 S (Missing from form/exercise) *Min. 1 R (level 8) *Min. 1 Full Waves (W)					
FINAL SCORE JUDGE								