



# 2023 - 2024 -

RHYTHM CAT MANUAL



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## Introduction

### What is Rhythm Cat?

The Rhythm Cat program is a pre-competitive Gymnastics Saskatchewan Rhythmic Gymnastics (RG) program for athletes who are seven years and older. It provides gymnasts the opportunity to participate as individuals and/or as a small group with the apparatus choices at their given age level. The program follows the LTAD levels of Fun, Fitness, and Fundamentals of Gymnastics, and Building the Skills of Gymnastics.

The Rhythm Cat program is modified each year to ensure its alignment with the GCG Provincial Stream Individual and Group Programs for the current competitive year. The program allows clubs, gymnasts, coaches and judges to develop skills that could be transferred into the provincial stream program should they choose to pursue it.

Athletes, coaches and judges in the Rhythm Cat program are not limited to involvement in Rhythm Cat activities and are encouraged to expand their gymnastics experience and physical literacy through participation in other gymnastics disciplines.

### Main Philosophy of the Rhythm Cat Program

- To offer a program that is fun and rewarding for all participants;
- To provide an introductory competition program that is welcoming to new clubs, gymnasts, and judges;
- To encourage the development of a base of developmental athletes in Rhythmic Gymnastics;
- To emphasize participation over performance scores;
- To reward athletes for their participation and personal development.

### Eligibility/Registration

Each club with Rhythm Cat athletes performing at an event must have a minimum club registration at the Inter-Club level. Please reference the current club membership handbook or contact Gymnastics Saskatchewan for more information. Athletes are permitted to register in other gymnastics disciplines as well, and at whichever level appropriate for that discipline. The athlete is not required to pay more than one fee, and the highest fee must be paid to Gymnastics Saskatchewan for the athletes' membership registration.

Recreational or performance gymnasts are eligible to transfer to Rhythm Cat at any time but will be required to pay the difference in fee to Gymnastics Saskatchewan. Athletes participating in the provincial competitive program as an individual and/or group member may **not** participate in Rhythm Cat events as individuals and/or group members.

Individual gymnasts may compete one or two routines. If performing one routine, it must be the compulsory routine for that age group.

Groups may be comprised of two to five gymnasts. The group must perform with one of the specified apparatus for their level.

Gymnasts may participate in a group and individual routine at the same event.

## Levels and Age Categories

For the 2023-2024 season, the following levels apply:

Level	Birth Year	Age as of Dec 2024
Pre-Novice	2017, 2016	7, 8
Novice	2015, 2014, 2013	9, 10, 11
Junior	2012, 2011, 2010	12, 13, 14
Senior	2009, 2008, 2007	15, 16, 17
Open	2006 and earlier	18+

**Commented [DJ1]:** Should we be eliminated the possibility of active start participants, and just start at 7?

**Commented [JL2R1]:** Let's leave the starting age at 6, that way it aligns with the provincial program

A gymnast may register in one age category higher than their birth year dictates at the discretion of their coach.

## Training Recommendations

Athletes in this program should train 1 to 2 times a week for 1 to 3 hours per class but not more than 6 hours per week of training.

\* Refer to the [Gymnastics Canada Long Term Athlete Development Model](#) for more detailed recommendations.

## Coaching

Each participating club must have at least one coach who is certified Gymnastics Foundations Rhythmic or NCCP Level 1 Rhythmic to be on the floor with the gymnasts. Comp 1 or NCCP Level 2 Rhythmic is strongly encouraged.

A coach may stand at the edge of the competition floor but is not to enter the performing area during a routine.

There is no deduction for a coach reminding a gymnast what skill is next.

## Judging

- Minimum age to judge: 12 years for provincial stream competitive gymnasts, 14 for all others.
- Judging honoraria as per Gym Sask Technical Regulations.
- The head judge at a Rhythm Cat competition must be a minimum Level 1 Provincial Judge and approved by the RG technical coordinator for each event according to the RG technical regulations.
- All judges must also abide by all judging regulations as outlined in the Gym Sask tech regs including uniforms and general conduct.

## Events

- Double panels should be encouraged when there are over 40 athletes and at least 8 judges.
- Rhythmic carpets must be provided for the competition area by host clubs.
- No scores are to be flashed. Coaches should receive their scripts and scores at the end of the competition for feedback on routines.
- Awards should be presented at the end of each competition, but the order of which is up to the host club.
- The table of general faults should be distributed to all execution judges by the host club.
- All Difficulty judges will be provided with copies of scripts for the routines they will be judging.
- Events should have a minimum of 4 judges, however more are encouraged.

## Scoring

**Difficulty (D Score)** is made up of the technical difficulties in the routine. This includes all body difficulties (balances, rotations, leaps/jumps), dance steps combinations, body waves, apparatus difficulties and Risks/DERs.

Each body difficulty is worth the value listed in the table of elements. Each apparatus difficulty and dance step series are worth 0.3. DERs are calculated according to the definition on page 7.

Gymnasts may not exceed the number of requirements for their age category for any score.

All body and apparatus difficulties to be evaluated should be listed in the order in which they will be performed on the routine script to assist new judges. For the benefit of the gymnast, judges will evaluate and award all skills listed on the script, regardless of what order they're performed. All routines are required to have a script submitted prior to the competition by the deadline set by the host club.

**Artistry Score** is comprised of the artistic faults of the routine. Artistic faults are applied when the movement does not suit the music, the entire performance floor is not utilized, varied body and apparatus elements are not shown, or the choreography is disjointed.

**Technical Score** is comprised of the technical faults of the routine. Technical faults are applied when body or apparatus difficulties are performed with faults, such as incorrect body or apparatus shapes, or drop of the apparatus.

The Artistry and Technical faults are combined and subtracted from 10.0 for the total Execution score. Max Execution score is 10.

**Total Score = E Score + D Score**

There is no official Rhythm Cat scoring program. It is up to the host club of a competition to ensure all scoring is recorded correctly, efficiently, and submitted to Gymnastics Saskatchewan after the competition.

## Awards

The Rhythm Cat program encourages a fun, rewarding, and positive participation experience. Each individual athlete should receive a medal for their All-Around score (AA), a ribbon for each routine performed, and a certificate or small gift of participation.

No scores will be flashed during the competition to encourage a positive performance environment for all athletes. Results will be distributed to club coaches at the end of the meet and must be submitted to Gymnastics Saskatchewan. Results should not be posted at the event, or on any media outlet.

Athlete awards should be presented in a random order to ensure that less emphasis is placed on ranking. No podium should be used when presenting athletes with certificates, medals and ribbons. The announcer should announce the age group and then call up the athletes by name in random order and have them stand side by side. Use a similar fashion when presenting group awards.

### Pre--Novice Awards

A participation ribbon will be awarded for each event in which the athlete participates as well as a medal for all around participation. Each participant should also be presented with a certificate or gift of participation. Scores are not tabulated or recorded, and will not be handed out to coaches or athletes. Comments on routines will be provided.

**Individual Routine Awards:**

Judges will score and evaluate the routine and provide scores and comments on the script. Comments should focus on positive aspects of the athlete's performance and encourage further development.

Athletes in each age category (except for Pre-Novice) will receive ribbons for their compulsory and optional routines.

Each athlete should be ranked in thirds based on each routine score. Each third receives the same award; top third receives a red ribbon, middle third receives a blue ribbon, and lower third receives a white medal. If there are less than 6 participants in any age category, then the host club may choose to award just red and blue ribbons.

**Individual All Around Awards:**

Athletes (except for Pre-Novice) are each ranked in thirds based on their total scores (combined score of Compulsory and Optional routines), in their respective category. Each third receives the same award; top third receives a gold medal, middle third receives a silver medal, and lower third receives a bronze medal. If there are less than 6 participants in any age category, then the host club may choose to award just gold and silver medals.

**Group All Around Awards:**

Groups may be awarded medals in thirds, similar to the Individual All Around Awards. If there are less than 6 groups in any given category, the host club may choose to award coloured medals in consultation with participating club coaches.

## Technical Information

- Each routine has a specified list of routine elements that must be performed. The required elements may be performed in any order within the routine.
- Body difficulties are to be selected from attached tables on pages 14-16. **Body elements outside of this manual will not be credited.**
- A script, listing the required elements in the order of performance, must accompany the registration for each event. There are no penalties for scripting errors but errors may result in gymnasts not receiving full value of skills if judges miss a skill.
- Host clubs should provide a minimum of 30 minutes of general warm up before competition. Individual floor time may be provided but must not exceed 3 minutes per athlete or group.
- There will be no timing of routines during the competition.
- Coaches are to select their own music and choreograph their own routines.
- Individual Routine Length:
  - Pre-Novice and Novice: 1:00-1:30
  - Junior, Senior, and Open: 1:15-1:30
- Group Routine Length: Various according to every level, see page 9 for more details.
- Groups will perform their routines twice during the competition and will be awarded their highest score.
- Downgrading of skills by the judges (ie changing the value of a balance or pivot based on what the gymnast actually performs) is allowed as per the current FIG standards. The head judge at the competition has final say in any downgrading.
- An appropriate gymnastic leotard/gym suit must be worn. All outfits should conform to the rules outlined in the FIG Code of Points (see page 19). Dance costumes are permitted at coach's discretion. Fitted "athletic wear" is acceptable for the Open category only.

## Routine Requirements

- Gymnasts must perform the required number of body difficulties listed for their age category. Additional body difficulties are not permitted.
- Gymnasts must perform the required number of apparatus and body elements listed for their age category. Additional apparatus handling skills may be performed but will not receive any value and do not need to be listed on the script.
- Maximum value for any Body Difficulty is 0.4.
- All routines must contain a minimum one (1) Dance Steps Combination.
- Apparatus routines are recommended to contain at least one risk, if a routine is not including a risk a large throw should be included instead.
- All apparatus routines must contain a minimum of one apparatus difficulty. Maximums are per each age group.
- The majority of all apparatus handling should be “Fundamental” in nature to that apparatus, as per the FIG Code of Points. See page 17 for tables. There are no deductions in regards to this rule, however all RC coaches should be encouraged to know the fundamentals and incorporate them into their routines.
- Gymnasts should demonstrate a balance of use of the left and right sides of the body throughout the routine.
- No element or shape may be repeated.
  - Examples: Same toss (plane, method, etc) or apparatus, same shape of body difficulty, etc.
  - Exceptions for acrobatic shapes: may be repeated in a series or with different support.
    - IE 2 handed cartwheel then cartwheel on the forearms or one hand later in routine = ALLOWED
    - 2 handed cartwheel performed alone and then as part of a series later in routine = NOT ALLOWED
- All balances must be visibly held (as per the “21” rule). Balances performed on flat foot should be designated as such in the scripts, and will receive a value 0.1 lower than the full score.
- Pivots must be a minimum of 360 degrees on the designated axis. Any pivots on the feet must be in relevé.
- All body elements must be performed in combination with a form of apparatus handling (for Novice & up). Gymnasts will not receive points for the body element if the apparatus is not in motion.
- All elements of the routine will be judged for execution according to the faults listed on page 10.

## Technical Definitions

**Large Throw:** A large throw of the apparatus, required in routines where risks are not attempted. No rotation of the body is required, but the gymnast must be in motion, ie. Performing a pose, balance, jump/leap, dance steps, etc, which may also be scripted if desired. May only be performed once.

Value: 0.1

**Body Wave:** A stationary element where the body contracts and extends in a sequential pattern. Gymnast must use all body segments possible (ie no single arm waves). Can be done forwards, backwards, sideways, or on the floor (ie worm or on the knees)

Value: 0.1

**Risk (Dynamic Element of Rotation):** A large throw of the apparatus with the rotation of the body around any axis during the throw or flight of the apparatus. Minimum one rotation is required.

Base Value: 0.2 (0.1 for throw + 0.1 for one rotation)

Each additional rotation of the body or change in axis or level will add an additional 0.1 value, up to a maximum of 0.4. One rotation of the body may be performed during the "catch" of the apparatus and still be included as part of the risk.

**Apparatus Difficulty:** When performing with an apparatus, a demonstration of at least one Fundamental/Other Apparatus Technique in combination with at least one Apparatus Difficulty Criteria. See pages 17-18 for table of apparatus groups and criteria.

Value: 0.3

**Dance Steps Combination:** A minimum of 8 seconds of continuous connected dance steps (may be from ballroom, folklore, modern dance, etc.) showing different rhythmical patterns, combined with continuous apparatus movement (free routines must substitute with continuous arm movement).

Value: 0.3

**Collaborations:** In a group routine, an element that is performed which requires participation by all gymnasts (ie. A lift, an exchange, a group skill, etc). May be with or without throw/exchange of apparatus.

Value: 0.3

**Pre---Acrobatic Element:** Isolated element such as a cartwheel, fan roll, shoulder roll, walk over, etc.

Value: 0.1

**Acrobatic Risk Series:** Connected movements of rotational elements. May be the repetition of the same acrobatic element (ie. Two cartwheels performed in a row), or may be a combination of varied skills (ie. Chaîné turn, cartwheel, bum roll). Maximum of 3 rotations/elements in a series.

Value: 0.1 for each rotational element. Additional 0.1 for each change in level or axis. Max. value 0.4

**Exchange:** Large throw of the apparatus to another gymnast.

Value: 0.3



## Rhythm Cat Individual Routines-Required Routine Elements (D Score)

Age Category	Body Difficulties	Compulsory Routine	Optional Routine (Choose 1 Apparatus)
<b>Pre-Novice</b>  Routine Length: 1:00-1:30	<b>3 or 4 Body Difficulties</b> <i>Min 1 of each type</i>	<u>FREE</u> <ul style="list-style-type: none"> <li>• <b>Pre-Acrobatic Elements</b> (Min/max 1)</li> <li>• <b>Acrobatic series</b> (Min 1, max 2)</li> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>	<u>BALL OR ROPE OR HOOP</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty</b> (Min 1, max 2)</li> <li>• <b>Large Throw or Risk</b> (min/max 1)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>
<b>Novice</b>  Routine Length: 1:00-1:30	<b>3 or 4 Body Difficulties</b> <i>Min 1 of each type</i>	<u>FREE</u> <ul style="list-style-type: none"> <li>• <b>Pre-Acrobatic Elements</b> (Min 1/max 2)</li> <li>• <b>Acrobatic series</b> (Min 1, max 2)</li> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>	<u>BALL OR ROPE OR HOOP</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty/Acro Series (Free)</b> (Min 1, max 2)</li> <li>• <b>Large Throw or Risk</b> (min/max 1)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>
<b>Junior</b>  Routine Length: 1:15-1:30	<b>4 or 5 Body Difficulties</b> <i>Min 1 of each type</i>	<u>BALL</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty</b> (Min 1, max 3)</li> <li>• <b>Large Throw or Risk</b> (Min 1, max 2)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>	<u>CHOICE</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty/Acro Series (Free)</b> (Min 1, max 3)</li> <li>• <b>Large Throw or Risk</b> (Min 1, max 2)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>
<b>Senior</b>  Routine Length: 1:15-1:30	<b>4-6 Body Difficulties</b> <i>Min 1 of each type</i>	<u>CHOICE</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty/Acro Series (Free)</b> (Min 1, max 4)</li> <li>• <b>Large Throw or Risk</b> (Min 1, max 2)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>	<u>CHOICE</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty/Acro Series (Free)</b> (Min 1, max 4)</li> <li>• <b>Large Throw or Risk</b> (Min 1, max 2)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>

<p><b>Open</b></p> <p>Routine Length 1:15-1:30</p>	<p><b>4-6 Body Difficulties</b> <i>Min 1 of each type</i></p>	<p><u>CHOICE</u></p> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty</b> (Min 1, max 4)</li> <li>• <b>Large Throw or Risk</b> (min 1, max 2)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>	<p><u>CHOICE</u></p> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Apparatus Difficulty/Acro Series (Free)</b> (Min 1, max 4)</li> <li>• <b>Large Throw or Risk</b> (min 1, max 2)</li> <li>• <b>Body Wave</b> (Min 1, Max 2)</li> </ul>
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## Rhythm Cat Group Routines-Required Routine Elements (D | Score)

Age Category	Body Difficulties	Apparatus
<b>Pre-Novice</b>  Routine Length: 1:15-1:45	<b>3 Body Difficulties</b> <i>Min 1 of each type</i>	<u>FREE</u> <ul style="list-style-type: none"> <li>• <b>Pre-Acrobatic Elements</b> (Min/max 1)</li> <li>• <b>Acrobatic series</b> (Min 1, max 2)</li> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Body Wave</b> (Min/max 1)</li> <li>• <b>Min 3 collaborations, max 6</b></li> <li>• <b>Min 4 formations</b></li> </ul>
<b>Novice</b>  Routine Length: 1:15-2:00	<b>3-4 Body Difficulties</b> <i>Min 1 of each type</i>	<u>BALL OR ROPE</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Body Wave</b> (Min/Max 1)</li> <li>• <b>Large throw or Risk</b> (Min/Max 1)</li> <li>• <b>Min 2 collaborations</b></li> <li>• <b>Min 2 exchanges, max 3</b></li> <li>• <b>Min 4 formations</b></li> </ul>
<b>Junior</b>  Routine Length: 1:45-2:30	<b>4-5 Body Difficulties</b> <i>Min 1 of each type</i>	<u>BALL OR ROPE OR HOOP</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Body Wave</b> (Min/max 1)</li> <li>• <b>Large throw or Risk</b> (Max 1)</li> <li>• <b>Min 4 collaborations, max 7</b></li> <li>• <b>Min 3 exchanges, max 4</b></li> <li>• <b>Min 4 formations</b></li> </ul>
<b>Senior</b>  Routine Length: 2:00-2:30	<b>5-6 Body Difficulties</b> <i>Min 1 of each type</i>	<u>BALL, RIBBON, CLUBS, OR HOOP</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Body Wave</b> (Min/max 1)</li> <li>• <b>Large throw or Risk</b> (Max 2)</li> <li>• <b>Min 5 collaborations</b></li> <li>• <b>Min 4 exchanges</b></li> <li>• <b>Min 5 formations</b></li> </ul>
<b>Open</b>  Routine Length 2:00-2:30	<b>5-6 Body Difficulties</b> <i>Min 1 of each type</i>	<u>BALL, RIBBON, CLUBS OR HOOP</u> <ul style="list-style-type: none"> <li>• <b>Dance Series</b> (Min 1, max 3)</li> <li>• <b>Body Wave</b> (Min/max 1)</li> <li>• <b>Apparatus Difficulty</b> (Min 1, max 4)</li> <li>• <b>Large throw or Risk</b> (Max 2)</li> <li>• <b>Min 5 collaborations</b></li> <li>• <b>Min 4 exchanges</b></li> <li>• <b>Min 5 formations</b></li> </ul>

**Commented [JL3]:** -Can we remove ADs from group  
 -change Collaborations to min 3, max 6 (PN, Novice)/  
 7 (Junior)/8 (Senior/Open)  
 -Change Exchanges to min 2, max 3 (Novice)/4  
 (Junior/Senior/Open)  
 -list formations at the bottom of each box as there's no  
 difficulty score for this aspect of the routine, only artistic  
 penalty

**Commented [DJ4R3]:**

**Commented [DJ5R3]:**

## Table of Technical Faults (Part 1 of E Score)

<b>Body Faults</b>	<b>Deduction</b>
Incomplete Movement	0.1
Travelling without throw: adjusting body position on the floor	0.1
Body segment held incorrectly (bent, fixed, etc)	0.1 each time, up to 1.0
Loss of balance (Wobble)	0.1
Heavy landing on a leap or acrobatic element	0.1
Shape of an element not fixed or held	0.1
Heel down during a rotation element	0.1
Axis of the body not straight during a pivot	0.3
Hops during a rotation	0.3
Static gymnast	0.3
Asymmetrical position of the shoulders and/or trunk during a body difficulty	0.3
Loss of balance (hops)	0.3
Loss of balance with support of hand (s) or apparatus	0.5
Total loss of balance with fall	0.7
<b>Apparatus Faults</b>	<b>Deduction</b>
Imprecise trajectory of throw with 1 or 2 steps	0.1
Incorrect catch or help from another body part	0.1
Incorrect shape, plane, or handling	0.1 each time, up to 1.0
Feet caught in the rope, hoop, or ribbon	0.1
Incorrect roll of the ball or hoop (bounces as it rolls)	0.1
Lack of synchronization of club rotations	0.1
Small knot in ribbon/rope (does not impair shape or handling) *	0.1
Involuntary wrapping around the body with rope or ribbon	0.3
Lack of balance between right and left hands	0.3
Loss of one end of the rope with interruption in the exercise	0.3
Large knot in rope or ribbon with interruption in the exercise	0.3
Imprecise trajectory of throw with 3 or more steps	0.3
Loss of the apparatus with no steps	0.3
Loss of the apparatus with 1 or 2 steps	0.5
Loss of the apparatus with 3 or more steps	0.7
Loss of the apparatus at the end of the routine	0.7
<b>Group Faults (in addition to the above)</b>	<b>Deduction</b>
Collision of gymnasts/apparatus (in addition to all subsequent deductions)	0.1
Lack of synchronization between individual movement and that of the group	0.1
Imprecise line(s) within a formation	0.1

**Commented [JL6]:** Can we add the following Technical deductions for Individual:

- 0.3 – asymmetrical position of the shoulders and/or trunk during a body difficulty
- 0.3 – loss of balance (with hops)
- 0.3 – loss of one end of the rope with interruption in the exercise
- 0.3 – large knot in rope or ribbon with interruption in the exercise

Technical deductions for Group (same as individual with the following additions):

- 0.1 – collision of gymnasts/apparatus (in addition to all subsequent deductions)
- 0.1 – lack of synchronization between individual movement and that of the group
- 0.1 – imprecise line(s) within a formation

\*NOTES: There should only be a one-time penalty of 0.1 for a small knot in the rope or ribbon that does not impair the shape, plane, or handling of the apparatus. Gymnasts will be penalized for being static (0.3) if they stop to untie a knot and they will be penalized in technical execution if the knot impairs the shape, plane or handling of the apparatus (0.1 each time up to 1.0 max).

## Table of Artistry Faults (Part 2 of E Score)

<b>Artistry Faults</b>	<b>Deduction</b>
<i>A defined character is present between or during the majority (but not all) of the connecting elements/movements and dance steps</i>	<b>0.1 (one time)</b>
<i>A defined character or style is not fully developed in the dance steps; they are mainly walking, running or skipping to the accents without regard to the specific musical style. A defined character is present between or during some of the connecting elements and movements.</i>	<b>0.3 (one time)</b>
<i>There is no defined character of movement between the difficulties, which are presented as only a series of difficulties without a style of movement connected to the music. The dance steps and connecting movements have no defined character.</i>	<b>0.5. (one time)</b>
Absence of logical and smooth transitions from one movement to the next	0.1 each time (max 1.0)
Absence of harmony between movements and music	0.1 each time (max 1.0)
Lack of variety in directions/travel	0.1
Entire floor area is not used	0.1
Lack of variety in levels and modalities of travelling	0.1
Lack of variety in planes, directions, and types of apparatus elements	0.1
Lack of contact with apparatus at end of routine	0.3
Lack of body expression (segmentary, rigid movements in entire exercise)	0.3
Lack of dynamic change	0.3
Not ending with the music (gymnast either stops before music ends or continues after music has ended)	0.5
<b>Group Faults (in addition to the above)</b>	<b>Deduction</b>
Illogical transitions from one formation to the next	0.1
Lack of variety in formations	0.1
Lack of variety in exchanges	0.1
Lack of variety in collaborations	0.1

Judges deduct only one for character based on entire routine composition (0.1, 0.3, OR 0.5)

























**Commented [JL7]:** Can we add the following Artistic deduction for Individual:  
-0.3 for no Dynamic change

























Artistic deductions for Group (same as Individual with the following additions):

- 0.1 – illogical transitions from one formation to the next with mostly walking or running
- 0.1 – lack of variety in formations
- 0.1 – lack of variety in exchanges
- 0.1 – lack of variety in collaborations

## Jumps and Leaps























Clicking on the symbol to the left of each skill description will take you to a video example via YouTube (if available).




















	Tuck Jump (180) 	<b>0.1</b>
	Catleap turn 	<b>0.1</b>
	Straight Jump 	<b>0.1</b>
	Passé Jump 180 	<b>0.1</b>
	Arabesque 180° (Front) 	<b>0.1</b>
	Cabriolle 	<b>0.1</b>
	Arch jump 	<b>0.1</b>
	Scissor 	<b>0.1</b>
	Cossack 	<b>0.1</b>
	Ring 	<b>0.1</b>
	Stag 	<b>0.1</b>
	High scissor 	<b>0.2</b>

	High Cossack 	<b>0.2</b>
	Double Stag 	<b>0.2</b>
	Switch Stag 	<b>0.2</b>
	Fouetté 	<b>0.2</b>
	Fouetté Stag 	<b>0.2</b>
	Double Ring 	<b>0.3</b>
	Split 	<b>0.3</b>
	Entrelacé 	<b>0.3</b>
	Straddle Jump (High Chest) 	<b>0.3</b>
	Turning Stag 	<b>0.3</b>
	Straddle Jump (Low Chest) 	<b>0.4</b>
	Turning Double Stag 	<b>0.4</b>

## Balances

Clicking on the symbol to the left of each skill description will take you to a video example via YouTube (if available).

	Low arabesque with back bend		<b>0.1</b>
	Passé		<b>0.1</b>
	Bent Passé		<b>0.1</b>
	Cossack		<b>0.1</b>
	Knee Balance		<b>0.1</b>
	Chest Lift		<b>0.1</b>
	Down over toes		<b>0.1</b>
	Elbow Stand		<b>0.1</b>
	Back Attitude		<b>0.2</b>
	Front Arabesque		<b>0.2</b>
	Back Arabesque		<b>0.2</b>

	High Cossack		<b>0.2</b>
	Up over toes		<b>0.2</b>
	Front Assisted Split		<b>0.3</b>
	Side Assisted Split		<b>0.3</b>
	Superman		<b>0.3</b>
	Back Ring assisted		<b>0.3</b>
	Fouette (min 2 shapes with 1 turn)		<b>0.3</b>
	Front split unassisted		<b>0.4</b>
	Side split unassisted		<b>0.4</b>
	Penché		<b>0.4</b>

















Balances with values 0.2 and higher performed on flat foot:

















- Copy and paste this symbol next to the balance symbol. Position as required.
- Lower the value of the balance by 0.1



## Rotations

Clicking on the symbol to the left of each skill description will take you to a video example via YouTube (if available).

	Bent Passé 	<b>0.1</b>
	Low arabesque with back bend 	<b>0.1</b>
	Passé 	<b>0.1</b>
	Fouette* 	<b>0.1</b>
	Cossack 	<b>0.1</b>
	Illusion 	<b>0.1</b>
	Split roll 	<b>0.1</b>
	Front Arabesque 	<b>0.2</b>

	Front attitude 	<b>0.2</b>
	Back Arabesque 	<b>0.2</b>
	Back Attitude 	<b>0.2</b>
	Front assisted split 	<b>0.3</b>
	Side assisted split 	<b>0.3</b>
	One foot tonneau 	<b>0.3</b>
	Superman 	<b>0.3</b>
	Penché 	<b>0.4</b>

\*Fouette pivots – add 0.1 for each consecutive 360° rotation that will be performed.



## Additional Difficulty Symbols

Clicking on the symbol to the left of each skill description will take you to a video example via YouTube (if available).

<a href="#">R</a>	Pre-Acrobatic element	0.1
<a href="#">S</a> →	Dance Steps Series	0.3
<a href="#">AD</a>	Apparatus Difficulty <i>description</i>	0.3
	Large Throw	0.1
	Bodywave	0.1





Group		
<a href="#">C</a>	Collaboration	0.3
	Exchange	0.3

Acrobatic Risk Series/Risks or DERs (without throw (free) /with throw (apparatus)) <i>*select appropriate value for the routine type</i>					
<b>R</b>	Risk with 1 rotation	0.1/0.2	Change of Level		Copy symbol next to R and add 0.1 to value
<b>R<sub>2</sub></b>	Risk with 2 rotations	0.2/0.3	Change of Axis		Copy symbol next to R and add 0.1 to value
<b>R<sub>3</sub></b>	Risk with 3 rotations	0.3/0.4			





## Additional Resources

### Fundamental Apparatus Groups





#### 3.3.1. Rope

Fundamental Apparatus Technical Groups	
	Passing with the whole or part of the body through the open Rope or folded in 2 or more, turning forward, backward, or to the side; also with double rotation of the rope
	Passing through the Rope with skips/hops <ul style="list-style-type: none"> <li>Series (min. 3): Rope turning forward, backward, or to the side.</li> <li>Double rotation of the rope or folded rope (min 1 hop)</li> </ul>
	Catch of the Rope with one end in each hand
	<ul style="list-style-type: none"> <li>Release and catch of one end of the rope, with or without rotation (ex: echappé)</li> <li>Rotations of the free end of the Rope (ex: spirals)</li> </ul>





#### 3.3.2. Hoop

Fundamental Apparatus Technical Groups	
	Passing through the Hoop with the whole or part of the body
	Roll of the Hoop over minimum 2 large body segments
	<ul style="list-style-type: none"> <li>Rotation (min. 1) of the Hoop around the hand</li> <li>Free rotation (min. 1) of the Hoop around a part of the body</li> </ul>
	Rotations of the Hoop around its axis: <ul style="list-style-type: none"> <li>One free rotation between the fingers</li> <li>One free rotation on the part of the body</li> </ul>





#### 3.3.4. Clubs

Fundamental Apparatus Technical Groups	
	Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time
	The asymmetric movements of 2 Clubs
	Small throws of 2 Clubs together simultaneously or alternating with rotation and catch
	Small circles with both Clubs, simultaneously or alternating, one club in each hand (min. 1)

#### 3.3.3. Ball





















Fundamental Apparatus Technical Groups	
	Bounces: <ul style="list-style-type: none"> <li>Series (min.3) of small bounces (below knee level)</li> <li>One high bounce (knee level and higher)</li> <li>Visible rebound from a part of the body</li> </ul>
	Roll of the Ball over min. 2 large body segments
	Figures eight of the Ball with circle movements of the arms
	Catch of the Ball with one hand

#### 3.3.5. Ribbon

Fundamental Apparatus Technical Groups	
	Passing through or over the pattern of the Ribbon
	Spirals (4-5 loops), tight and the same height in the air or on the floor
	Snakes (4-5 waves), tight and the same height in the air or on the floor
	"Echappé": rotation of the stick during its flight, small and medium height

## Additional Criteria for Apparatus Difficulty

### 6.4. Criteria:

Symbol	Criteria
	Without the help of the hands
	Outside of visual control
	with a rotation of (180° and more)
BD	Jump, Balance or Rotation Body Difficulty
	Rope and Hoop turning backward (open or folded) Rope - arms crossed during jumps/leaps or skips/hops
	Under the leg/ legs
	transmission without the help of the hands with at least 2 different body parts
	Performed in series without interruption
	Double (or more) rotation of the apparatus during jumps/leaps or skips/hops
	Position on the floor (also valid with support on the knee)
	Passing through the apparatus during throw or catch
	Throw after bounces on the floor Throw after rolling on the floor Direct re-throw/ re-bound
	Throw of the open and stretched U (held by one end or middle of the Rope)
	Throw with rotation around its axis (Hoop, Clubs)
	Throws of 2 Clubs ( II ): simultaneous, asymmetric, "Cascade" (double or triple)*
	Catch of the Rope with one end in each hand
	Small/medium asymmetric throw of 2 Clubs
	Direct catch with rolling of apparatus over the body
	Catch of the Ball ( ● ) with one hand
	Direct catch of the ○ in rotation
	Mixed catch of U, II

## Proper Dress of Gymnasts (from FIG Code of Points)

### 5. DRESS OF GYMNASTS (INDIVIDUAL AND GROUP)

#### 5.1. REQUIREMENTS for GYMNASTICS LEOTARDS

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest).
- The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- 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 part of the body; however, decorative applications or details are allowed as long as the applications do not jeopardize the safety of the gymnast.
- The leotards of Group gymnasts must be identical (of the same material, style, design and color). However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated.

#### 5.1.1. It is allowed to wear:

- Long tights over or under the leotard.
- A full-length one-piece leotard (unitard) provided that it is tight-fitting.
- The length and colors(s) of the fabric covering the legs must be identical on both legs (the “harlequin” look is forbidden), only the style (cut or decorations) may be different.
- A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
- The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the hips of the gymnast
- Gymnasts may perform their exercises with bare feet or gymnastics slippers.
- The hair style must be neat and trim and the make-up clear and light.
- 

#### 5.1.2. It is not allowed to wear jewellery or piercings which jeopardize the safety of the gymnast.