

TECHNICAL PROGRAM

REG. 5.1 PROVINCIAL STREAM TECHNICAL PROGRAM

2010 GCG Rhythmic Provincial Individual Program

AGE as of Dec 31/2010	"A" (new or returning Provincial Athletes)		"B" (new or returning Provincial Athletes)		"C" (returning National Stream* or Provincial Athletes)		ARTISTRY : All Categories
Level 1 7-8 Born 2003-2002			Free Rope	4 A, B (0.80) Free & Rope require 1 body diff. from each group (rope: balances require 1 technical movement only)			(A) Maximum 10.00 TO FOLLOW FIG CODE OF POINTS (D2) Maximum 10.00 for Levels 5 & 6 (D2) Maximum 8:00 for Levels 3 & 4 (D2) Maximum 6:00 for Levels 1 & 2 TO FOLLOW FIG CODE OF POINTS: Apparatus Difficulties (Mastery with and without throws and risk) MAXIMUM ONE RISK
Level 2 8, 9 Born 2002-2001	Free Rope	6 A, B (1.20) 3 GCO Free – minimum of one GCO from each group (rope: balances require 1 technical movement only)	Free Ball	6 A, B (max 1.20) 3 GCO Free – minimum of one GCO from each group (ball: balances require 1 technical movement only)			
Level 3 9, 10 Born 2001-2000	Free Hoop	6 A, B (1.20) Minimum 1 GCO from each group Max. 2 from any one group (hoop: balances require 1 technical movement only)	Free Hoop Ball	8 A, B (1.60) 4 GCO Free & Hoop: Max. 2 from any one group (hoop & ball: balances require 1 technical movement only)			
Level 4 10, 11, 12 Born 2000-99-98	Free Ball	8 A B C (2.4) 4 GCO Free: 2 from each group	Free Ball Rope	8 A B C D (3.2) 4 GCO Free: 2 from each group	Rope Hoop Ribbon	8 A B C D E (4.0) 4 GCO Hoop: 2 from each group	
Level 5 13, 14, 15 Born 97-96-95	Free Rope Ribbon	8 A B C D (3.2) 4 GCO Free: 2 from each group	Ball Ribbon Choice	8 A B C D E (4.0) 4 GCO If choice is hoop: 2 from each group	Rope Clubs Choice	8 A B C D E F (4.8) If choice is hoop: 2 from each group	
Level 6 16 & up Born 94-93-92 etc.	Rope Hoop Ribbon	8 A B C D E (4.0) 4 GCO Hoop: 2 from each group	Hoop Clubs Choice	8 A B C D E F (4.8) 4 GCO Hoop: 2 from each group	Hoop Clubs Choice	8 A B C D E F G (5.6) 4 GCO Hoop: 2 from each group	
Music - Length of Routines FIG (1:15 – 1:30) Level 1 & 2 (50-60 seconds) as per 2007 AGM							
Scripts are required for 3B- 4A-4B-4C-5A-5B-5C-6A-6B-6C							

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

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

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


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

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


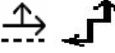
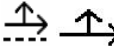
1. Series of Rhythmic Steps Max. 1.2
2. Body Waves Max. 1.5
3. Pre-Acrobatic/Risk Preparation "PR" Max. 1.3
4. Elements with Rotation Max. 1.0


Pre–Novice and Novice Free Routine D2 Requirement

Free Routine D2 – MAX 5.00 points

1. Series of Rhythmic Steps  (minimum of four steps) 0.2 or 0.3 each for the maximum score of 1.20 points. Maximum of two series from each category mentioned below will be credited

Category Examples:

- Series of rhythmic steps without or with traveling  0.2
- Series of rhythmic steps with change of direction or level  0.3
- Series of rhythmic steps with movement forward, backwards, sideways  0.3

2. Body waves  0.1 or 0.3 each for the maximum score of 1.50 points

a). 0.30 for each (see choices below)

Choice of:



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


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

3. Pre–Acrobatic/Risk Preparation “PR” for the maximum score of 1.30 points

a). Series of two or three pre-acrobatics providing that the last rotation is around the horizontal axis: 0.3 for each basic (without change of levels or axis of rotation) series of two acrobatic/dynamic elements; 0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

Examples:

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

4. Elements with Rotation  0.2 each for the maximum score of 1.00 points. There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

a.) athlete can use all choices from option A

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

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

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

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

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

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

2010 GCG Rhythmic Provincial Group Program

Age as of Dec 31/2010	# of Gymnasts Apparatus	Length	Difficulty (D1)	Difficulty (D2)	Artistry (A)
Pre-Novice 7, 8, 9 Born 2003 – 2002 - 2001	2, 3, 4 or 5 Free	1:00 to 1:30	Difficulties – A B 4 Isolated difficulties (0.8)	(D2)= Refer to INDIVIDUAL FREE ROUTINE NOTES. MAX: 5.0 <u>Collaboration</u> 0.1 simple collaboration 0.2 with any of the actions listed in the FIG COP Page 111, REG. 3.2.5; 3.2.6 0.3 with body rotation	Maximum 10.00 4 Formations
Novice 9, 10, 11, 12 Born 2001 - 2000 - '99 – '98	2 or 3 4 or 5 Ball	1:30 – 2:00	Difficulties - A B C D 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (4.6)	(D2) = 8.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Junior 13, 14, 15 Born '97 – '96 – '95	2 or 3 4 or 5 Hoop	1:30 – 2:00 2:15 – 2:30	Difficulties - A B C D E 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (5.0)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Senior 16 & up Born '94 – '93 – '92 etc.	<u>Choice of:</u> Single Apparatus: Rope or Ribbon <u>or Choice of:</u> 1 ribbon/ 1 rope 2 ribbons/ 1 rope 2 ribbons /2 ropes	FIG 2:15 to 2:30	Difficulties – A B C D E F 4 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (6.4)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 6 Formations
Scripts are required for ALL GROUPS					

NOTES TO GCG PROVINCIAL PROGRAM GROUP RULES:

Group Composition & Eligibility:

Athletes may compete in a group one age level up from the level they compete as individuals (excludes Pre Novice 7 and 8 year old)
An athlete cannot compete in both a Provincial Duo & a Provincial 4/5 Group

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

Body Difficulties:

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

Senior Groups:

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

REG. 5.2

NATIONAL STREAM TECHNICAL PROGRAM

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

REG. 5.3 **TECHNICAL PROGRAM ROTATION 2009**

Reg. 5.3.1 Pre-Novice Category

INDIVIDUAL				Calendar Year	GROUP
Free		Rope	Ball		
X		X	X	2009	2,3, 4 or 5 hoops
X		X	X	2010	2,3,4,or 5 balls

Technical Requirements: See next page

2010
NATIONAL PRE-NOVICE - INDIVIDUAL PROGRAM

Aug. 23

Age: 9-10 Born 2001,2000

APPARATUS

FREE - ROPE - BALL

REGULATIONS

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




DIFFICULTY (D1) - MAXIMUM 4.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty F: 0.6
however the total score must not exceed 4:00
 Perform 4 GCO
 Maximum of one difficulty from each of the non compulsory body groups
 Free: Must show balanced use of the body difficulties

DIFFICULTY (D2) - MAXIMUM 6.00

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

DIFFICULTY D(2) FREE - MAXIMUM 5.00

- Maximum 1.2 Series of Rhythmic Steps 
 - Maximum 1.5 Body Waves 
 - Maximum 1.3 Pre-Acrobatic/Risk Preparation "PR" 
 - Maximum 1.0 Elements with Rotation
- *Refer to table below for more detailed information


ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

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






EXECUTION - MAXIMUM 10.00


Pre–Novice and Novice Free Routine D2 Requirement

Free Routine D2 – MAX 5.00 points

1. Series of Rhythmic Steps  (minimum of four steps) 0.2 or 0.3 each for the maximum score of 1.20 points. Maximum of two series from each category mentioned below will be credited

Category Examples:

- Series of rhythmic steps without or with traveling  0.2
- Series of rhythmic steps with change of direction or level   0.3
- Series of rhythmic steps with movement forward, backwards, sideways   0.3

2. Body waves  0.1 or 0.3 each for the maximum score of 1.50 points

a). 0.30 for each (see choices below)

Choice of:



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


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

3. Pre–Acrobatic/Risk Preparation “PR” for the maximum score of 1.30 points

a). Series of two or three pre-acrobatics providing that the last rotation is around the horizontal axis: 0.3 for each basic (without change of levels or axis of rotation) series of two acrobatic/dynamic elements; 0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

Examples:

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

4. Elements with Rotation  0.2 each for the maximum score of 1.00 points. There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

- d.) athlete can use all choices from option A
- e.) athlete can use all choices from option B
- f.) athlete can use a combination of choices from options A & B

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

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

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

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

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

2010					
NATIONAL PRE NOVICE - GROUP PROGRAM					
<i>Aug. 23</i>					
Age: 9 - 10 Born 2001 - 2000					
APPARATUS					
BALL					
REGULATIONS					
ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5 1:00 - 1:30 for groups of 2 or 3 BALL - 16 TO 20 cm in diameter; weight min. 300 grams					
DIFFICULTY (D1) - MAXIMUM 4.00					
4 isolated difficulties - maximum value of each difficulty F: 0.6 4 exchanges - maximum value for each exchange 1.0 HOWEVER TOTAL SCORE MUST NOT EXCEED 4.00					
DIFFICULTY - (D2) MAXIMUM 6.00					
Apparatus difficulties (Mastery with & without throws and risk) Maximum one risk					
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00					
Requirement: Balance between left hand / right hand work. Penalty: 0.5 if this norm is not respected FIG Rule Applies					
EXECUTION - MAXIMUM 10.00					

Reg. 5.3.2 Novice Category

INDIVIDUAL				Calendar	GROUP
Free	Rope	Hoop	Ball	Year	
X	X	X	X	2009	Rope
X	X	X	X	2010	ROPE

Technical Requirements: see next page

2010
NATIONAL NOVICE - INDIVIDUAL PROGRAM

Aug. 23

Age: 10 - 12 Born 2000, 1999, 1998

APPARATUS

FREE - ROPE - HOOP - BALL

REGULATIONS

ROUTINE LENGTH - 1:15 to 1:30

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

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

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

DIFFICULTY (D1) - MAXIMUM 6.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty J: 1:00
however the total score must not exceed 6:00

Perform 4 GCO

Maximum 2 difficulties from each of the non compulsory body groups

NOTES

Free & Hoop: Must show balanced use of the body difficulties

DIFFICULTY (D2) - MAXIMUM 8.00

Apparatus difficulties (Mastery with & without throws and risk)

Maximum one risk

Additional A difficulties allowed for mastery (D2)

DIFFICULTY D(2) FREE - MAXIMUM 5.00

Maximum

1.2

Series of Rhythmic Steps 

Maximum

1.5

Body Waves 

Maximum

1.3

Pre-Acrobatic/Risk Preparation "PR"

Maximum

1.0

Elements with Rotation 

*Refer to table below for more detailed information

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.


Penalty: 0.50 if this norm is not respected.

FIG Rule Applies






EXECUTION - MAXIMUM 10.00


Pre–Novice and Novice Free Routine D2 Requirement

Free Routine D2 – MAX 5.00 points

1. Series of Rhythmic Steps  (minimum of four steps) 0.2 or 0.3 each for the maximum score of 1.20 points. Maximum of two series from each category mentioned below will be credited

Category Examples:

- Series of rhythmic steps without or with traveling  0.2
- Series of rhythmic steps with change of direction or level   0.3
- Series of rhythmic steps with movement forward, backwards, sideways   0.3

2. Body waves  0.1 or 0.3 each for the maximum score of 1.50 points

a). 0.30 for each (see choices below)

Choice of:



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


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

3. Pre–Acrobatic/Risk Preparation “PR” for the maximum score of 1.30 points

a). Series of two or three pre-acrobatics providing that the last rotation is around the horizontal axis: 0.3 for each basic (without change of levels or axis of rotation) series of two acrobatic/dynamic elements; 0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

Examples:

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

4. Elements with Rotation  0.2 each for the maximum score of 1.00 points. There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

- g.) athlete can use all choices from option A
- h.) athlete can use all choices from option B
- i.) athlete can use a combination of choices from options A & B

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

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

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

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

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

2010

NATIONAL NOVICE - GROUP PROGRAM

Aug. 23

Age: 10 - 12 Born 2000, 1999, 1998

APPARATUS

ROPE

REGULATIONS

ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5
1:30 - 2:00 for groups of 2 or 3
Rope - Length proportionate to height; one knot on each end

DIFFICULTY (D1) - MAXIMUM 6.00

4 isolated difficulties - maximum value of each difficulty J: 1.0
4 exchanges - maximum value for each exchange 1.0
TOTAL SCORE MUST NOT EXCEED 6.00

DIFFICULTY (D2) - MAXIMUM 8.00

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

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

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

EXECUTION - MAXIMUM 10.00

Reg. 5.3.3 Junior Category NOTE: FIG PROGRAM IS 5 HOOPS & 5 RIBBONS

Calendar						GROUP
Rope	Hoop	Ball	Clubs	Ribbon	Year	
X	X	X	X		2009	2 or 3 RIBBONS 4 or 5 HOOPS & 4 or 5 RIBBONS
X	X	X	X		2010	2 or 3 RIBBONS 4 or 5 HOOPS & 4 or 5 RIBBONS
	X	X	X	X	2011	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS
	X	X	X	X	2012	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS

2010
NATIONAL JUNIOR - INDIVIDUAL PROGRAM
Age 13 - 15 Born 1997 - 1996 - 1995
APPARATUS
ROPE - HOOP - BALL - CLUBS
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 ROPE - Length proportionate to height; one knot on each end HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; weight minimum 400 grams CLUBS - 40 TO 50 cm, minimum 150 gm each
DIFFICULTY (D1) - MAXIMUM 7.00
Maximum 10 Body Movement Difficulties. Value of each difficulty: 1.00 maximum Minimum 7 GCO difficulties in an exercise of 8 - 10 difficulties Minimum 5 GCO difficulties in an exercise of 7 (or less) difficulties The Hoop exercise must be represented by all the body movement groups as follows: Minimum 2 difficulties of each body movement groups, in an exercise of 8 - 10 difficulties Minimum 1 difficulty - maximum 2 - of each body movement group, in an exercise of 7 (or less)
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk) <i>Maximum two risks</i>
ARTISTRY (A) Music & Composition - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work Penalty: 0.50 if this norm is not respected
EXECUTION - MAXIMUM 10.00
2010
NATIONAL JUNIOR - GROUP PROGRAM

Age 13 - 15 Born 1997 - 1996 - 1995
APPARATUS
1 Exercise Ribbons & 1 Exercise Hoops for groups of 4 or 5 1 Exercise Ribbons for groups of 2 or 3
REGULATIONS
ROUTINE LENGTH - 2:15 - 2:30 for groups of 4 or 5 / RIBBON LENGTH minimum 5m. 1:30 - 2:00 for groups of 2 or 3
DIFFICULTY (D1) - MAXIMUM 7.00
Body movement difficulties 10. 7.00 points maximum (minimum 4 exchanges) Value for each difficulty 1.00 maximum <i>Balanced use of the compulsory body groups</i>
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws & risk) <i>Maximum 2 risks</i>
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work. Penalty: 0.50 if this norm is not respected.
EXECUTION - MAXIMUM 10.00

Reg. 5.3.4 Senior Category

INDIVIDUAL					Year	GROUP	
Rope	Hoop	Ball	Clubs	Ribbon		1 type of Apparatus	2 types of Apparatus
X	X	X		X	2009	5 HOOPS	3 RIBBONS/ 2 ROPES
					& 2010	2 HOOPS	2 RIBBONS / 1 ROPE 2 RIBBONS / 2 ROPES
X	X	X	X		2011	5 BALLS	3 RIBBONS/ 2 HOOPS
					& 2012	2 BALLS	2 RIBBONS / 1 HOOPS 2 RIBBONS/ 2 HOOPS

SENIOR DEVELOPMENT GROUP *2009: 3 ribbons and 2 ropes*

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

2010
NATIONAL SENIOR - INDIVIDUAL PROGRAM
APPARATUS
ROPE - HOOP - BALL - RIBBON
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 ROPE - Length proportionate to height; one knot on each end HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; wight minimum 400 grams RIBBON - Minimum 6 m long
DIFFICULTY (D1) - MAXIMUM 10.00
Maximum 12 Body Movement Difficulties Minimum 8 GCO in exercise of 12 - 10 difficulties Minimum 6 GCO in exercise of 9 or less difficulties Plus the value of a maximum 4 difficulties, if any, from the non compulsory body movement groups (NGCO), which can be used by choice (one, two or three different groups) Value of the difficulties: A=0.1,B=0.2,C=0.3,D=0.4,E=0.5,F=0.6,G=0.7,H=0.8,I=0.9,J=1.00 or more HOOP must have at least 2 & not more than 4 difficulties from each group.
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk) Apparatus Originality
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
EXECUTION - MAXIMUM 10.0

2010 NATIONAL SENIOR - GROUP PROGRAM
APPARATUS
5 HOOPS / 3 RIBBONS, 2 ROPES Duo - 2 Hoops; Trio 2 Ribbons/1 Rope; Group of Four 2 Ribbons/2 Ropes
REGULATIONS
ROUTINE LENGTH - 2:15 - 2:30
DIFFICULTY (D1) - MAXIMUM 10.00
Maximum 14 difficulties The body difficulties of A level, normally valid, can be used in the exercise without being evaluated and must not be declared for the value of the Difficulty (D1) The value of difficulties WITHOUT exchange are as follows: A=0.1,B=0.2,C=0.3,D=0.4,E=0.5,F=0.6,G=0.7,H=0.8.I=0.8,J=0.9,J=010 or more Minimum of 6 difficulties with exchange of A or higher
DIFFICULTY (D2) - MAXIMUM 10.0
Apparatus Difficulties (Mastery with & without throws and risk) Originality
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
EXECUTION - MAXIMUM 10.00

Senior Development: Same requirements than the senior group