

Rhythmic Gymnastics Level 2 (Cycle 6) Syllabus

Judging:

The rhythmic programme
Difficulty
Execution
Dress and apparatus
Deductions
Composition
FIG judge's sheet examples - difficulty

National Development Plan 2010 Onwards:

Structure and regulations
Club grades

Practical Delivery:

Stamina, strength and suppleness
Stamina
Running
Strength
Suppleness (flexibility)
Ballet, dance and posture training
Arm positions
Leg positions
Basic ballet exercises at the barre
Centre work

Composition of Exercises:

Choreography
Dynamic aspects
Music
Spatial aspects
Sequence construction
Forwards roll
Cartwheel

Body Difficulties:

Jumps and leaps
Balances
Rotations

Apparatus:

Apparatus requirements
Swing and throwing
Throwing and catching
Changes of plane
Ribbon
Clubs