

Rhythmic Gymnastics

Basic Code

(Cycle 14)

V4 February 2019

British
Gymnastics
More than a sport

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INTRODUCTION

The Basic Code has been put together by the RG Technical Committee for use for Level 1 and Level 2 gymnasts performing as individuals and for Level 1 and Level 2 duets/trios/groups.

The Basic Code should be read together with the description of Levels 1 and 2, and the competition requirements set out in the Competition Handbook.

Unless otherwise stated in this Basic Code, the provisions of the FIG Code of Points 2017-2020 shall apply.

CALCULATION OF SCORE

The same judge(s) shall evaluate D1/2 and D3/4 elements of the exercise, using the single D sheet annexed to the Basic Code. The judge(s) shall agree a single common score for these elements, which shall be the D score.

The Artistic Faults and Technical Faults deductions shall be calculated as described in this Basic Code, and deducted from 20.00 to give an Execution score.

The total score shall be calculated as per the Code of Points:

D score + E score – Time, Line and Coordinator Judge penalties

INDIVIDUAL EXERCISES

DIFFICULTY

1. General

- 1.1 Difficulty tariff sheets shall not be submitted. Instead, the Difficulty judge will complete a sheet recording the Difficulty which they award. The form of sheet and a completed example are annexed.

2. Body difficulty (BD)

- 2.1 Any body difficulties from the Code of Points may be used, as well as any of the Recommended Body Difficulties (for any age group) published by the RGTC which are current at the time. Each shall have a value of **0.3**.

2.1.1 In the case of jumps/leaps, all difficulties shall have a value of 0.3 regardless of whether rotation, ring or back bend is added to the base shape. The addition of these criteria will however mean that the difficulties are treated as different shapes – for example, stag leap and stag leap with ring will both be permitted to be in the same exercise; each will have a value of 0.3.

2.1.2 Balances performed on the foot (including those with a value in the Code of Points of 0.1) may be performed on releve or flat foot to be awarded 0.3. The addition of a slow turn on flat foot or releve will not increase the value beyond 0.3.

2.1.3 In the case of rotation difficulties performed on releve, if the difficulty is performed with 360 degree rotation the value is **0.3**. If the rotation is 720 degrees or more the value is **0.5**. The value does **not** increase beyond 0.5 if the rotation is 1080 degrees or more.

2.1.4 In the case of rotation difficulties performed on flat foot or another part of the body, if the difficulty is performed with 360 degree rotation the value is **0.3**. If the rotation is 720 degrees or more the value is **0.4**. The value does **not** increase beyond 0.4 if the rotation is 1080 degrees or more.

2.1.5 A change in the gymnast's level (i.e. support leg progressively bending or stretching) during a balance or rotation difficulty will not increase the value of the difficulty.

- 2.2 Please see the competition requirements contained in the Competition Handbook for the minimum and maximum number of body difficulties for each body difficulty group and in total.

2.2.1 If the gymnast **successfully performs** (as opposed to merely attempts) more than the maximum number of body difficulties from a body difficulty group or overall, the judge stops awarding those difficulties performed after the maximum number of difficulties have been **awarded**. However **no** penalty shall be applied.

2.2.2 If the gymnast does not **attempt** the minimum number of difficulties from one of the body difficulty groups or overall a penalty of **0.3** shall be taken.

- 2.3 Each body difficulty may be awarded only once in the exercise. If a body difficulty is repeated, the repetition will not count but there will be **no** penalty.
- 2.4 Pivots with change of shape are not permitted. If a pivot with change of shape is performed only the first shape shall be evaluated. **No** penalty will be applied.
- 2.5 Each body difficulty must be performed in connection with the apparatus, i.e. not with the apparatus simply held. However the apparatus element does **not** need to constitute a Fundamental or Non-Fundamental Group.
- 2.6 There is no requirement for a minimum number of apparatus elements to be performed with the non-dominant hand during BD. If however the gymnast does perform a Fundamental or Non-Fundamental apparatus element with their non-dominant hand on a BD, then the gymnast shall be awarded an additional **0.1**.

3. Dance steps (S)

- 3.1 Dance steps must comply with the criteria set out in the Code of Points, except that if the Fundamental handling of the apparatus is slightly deficient (e.g. 2 rotations of the rope folded in three instead of 3) the dance steps shall still be counted (though the Fundamental handling – see para 4.1 below – would not).
- 3.2 The value of each set of dance steps is **0.3**.
- 3.3 The competition requirements contained in the Competition Handbook set out the minimum number of sets of dance steps required to be **attempted** for each age/level. The penalty for each missing set of dance steps attempted is **0.3**.

4. Apparatus

- 4.1 If an apparatus element from a Fundamental group is successfully performed, the gymnast shall be awarded **0.1**.
- 4.2 **Each** element from the Fundamental group may be **awarded** up to a maximum of **three** times, however each repetition must be different (for example, rotations of the hoop on the hand and rotations of the hoop on the foot would be treated as different).
- 4.3 Please see the competition requirements for details of the apparatus difficulty (AD) which each age group/level may claim. Each successfully performed element of apparatus difficulty shall have a value of **0.2**, **0.3** or **0.4**, as determined in accordance with the Code of Points.
- 4.4 If an element of apparatus difficulty which uses an element from the Fundamental groups is awarded, **both** 0.1 for the Fundamental and 0.2, 0.3 or 0.4 for the AD may be awarded.

5. Dynamic elements of rotation (R)

- 5.1 Please see competition requirements set out in the Competition Handbook for maximum number of Rs permitted to be **awarded** – any additional Rs successfully performed shall not be awarded, but there shall be **no** penalty.

- 5.2 R shall have the same value as in the Code of Points. In addition, any R performed with single rotation of the body (where permitted in the competition requirements) shall have a value of **0.1**.
- 5.3 Free exercises may use the R specific to free exercises, as set out in the competition requirements.

EXECUTION

1. Technical Faults

- 1.1 Technical faults shall be judged as per the Code of Points.

2. Artistic Faults

- 2.1 Artistic faults shall be judged using the sheet set out in the annex. This is the same as the sheet used for the Code of Points, except that there is another option for deduction for lack of dynamic changes (0.1).
- 2.2 In addition, there is **no** deduction for lack of an element from each Fundamental apparatus group.

DUETS, TRIOS AND GROUP

DIFFICULTY

1. General

- 1.1 Difficulty tariff sheets shall not be submitted. Instead, the Difficulty judge will complete a sheet recording the Difficulty which they award. The form of sheet and a completed example are annexed.

2. Body difficulty (BD)

- 2.1 Any body difficulties from the Code of Points may be used, as well as any of the Recommended Body Difficulties (for any age group/level) published by the RGTC which are current at the time. Each shall have a value of **0.3**.
- 2.1.1 In the case of jumps/leaps, all difficulties shall have a value of 0.3 regardless of whether rotation, ring or back bend is added to the base shape. The addition of these criteria will however mean that the difficulties are treated as different shapes – for example, stag leap and stag leap with ring will both be permitted to be in the same exercise; each will have a value of 0.3.
- 2.1.2 Balances performed on the foot may be performed on releve or flat foot to be awarded 0.3. The addition of a slow turn on flat foot or releve will not increase the value beyond 0.3.
- 2.1.3 In the case of rotation difficulties performed on releve, if the difficulty is performed with 360 degree rotation the value is **0.3**. If the rotation is 720 degrees or more the value is **0.5**. The value does **not** increase beyond 0.5 if the rotation is 1080 degrees or more.
- 2.1.4 In the case of rotation difficulties performed on flat foot or another part of the body, if the difficulty is performed with 360 degree rotation the value is **0.3**. If the rotation is 720 degrees or more the value is **0.4**. The value does **not** increase beyond 0.4 if the rotation is 1080 degrees or more.
- 2.1.5 A change in the gymnasts' level (i.e. support leg progressively bending or stretching) during a balance or rotation difficulty will not increase the value of the difficulty.
- 2.2 The difficulties may be of the same type for all gymnasts or of different types. The lowest value difficulty performed by one of the gymnasts will determine the value of the difficulty for the duet/trio/group (for example:- 1 gymnast performs pivot with one rotation and the other 2 gymnasts perform the pivot with 2 rotations, the value will be 0.3).
- 2.3 Difficulties will not be valid if they are not performed by all the gymnasts, either due to a composition fault or any of the technical faults of one or several gymnasts.

- 2.4 The simultaneous performance of 3 or more different body difficulties by the gymnasts is not authorized.
Example: at the same time: «jeté with a turn» by 3 gymnasts, «Cossack jump» by 1 gymnast and total body wave with spiral ("Tonneau") by 1 gymnast. If the duet/trio/group perform three or more difficulties at the same time, the difficulties will **not** be evaluated. However no penalty shall be applied.
- 2.5 Please see the competition requirements contained in the Competition Handbook for the minimum and maximum number of body difficulties for each body difficulty group and in total. All gymnasts in the duet/trio/group must abide by the minimum and maximum requirements by performing difficulties either together or by subgroups or in very rapid succession.
- 2.5.1 If the gymnasts **successfully perform** (as opposed to merely attempt) more than the maximum number of body difficulties from a body difficulty group or overall, the judge stops awarding those difficulties performed after the maximum number of difficulties have been **awarded**. However **no** penalty shall be applied.
- 2.5.2 If the gymnasts do not **attempt** the minimum number of difficulties from one of the body difficulty groups or overall a penalty of **0.3** shall be taken.
- 2.6 Each body difficulty may be awarded only once in the exercise. If a body difficulty is repeated, the repetition will not count but there will be **no** penalty.
- 2.7 Pivots with change of shape are not permitted. If a pivot with change of shape is performed only the first shape shall be evaluated. **No** penalty will be applied.
- 2.8 The gymnasts will **not** receive an extra 0.1 for the addition of a wave or rotation before or after a body difficulty. However if a wave or rotation is added to a difficulty, **no** penalty will be applied.
- 2.9 Each body difficulty must be performed in connection with the apparatus, i.e. not with the apparatus simply held. However the apparatus element does **not** need to constitute a Fundamental or Non-Fundamental Group.
- 3. Exchange difficulty (ED)**
- 3.1 Please see the competition requirements contained in the Competition Handbook for the minimum and maximum number of exchange difficulties by throw, by roll/bounce and by passing the apparatus.
- 3.1.1 If the gymnasts **successfully perform** (as opposed to merely attempt) more than the maximum number of difficulties with exchange from a type of exchange (i.e. throw, roll/bounce, passing) or overall, the judge stops awarding those difficulties with exchange performed after the maximum number have been **awarded**. However **no** penalty shall be applied.
- 3.1.2 If the gymnasts do not **attempt** the minimum number of difficulties with exchange from one of the types of exchange or overall a penalty of **0.3** shall be taken.

- 3.2 An exchange difficulty **by throw** does **not** need to be combined with any criteria to be valid. The value of an exchange difficulty by throwing the apparatus is **0.3**.
- 3.3 An exchange difficulty **by roll/bounce** does **not** need to be combined with any criteria to be valid. The value of an exchange difficulty by roll or bounce of the apparatus is **0.2**.
- 3.4 An exchange difficulty **by passing** the apparatus must be combined with at least one of the criteria to be valid. The value of an exchange difficulty by passing the apparatus is **0.1**.
- 3.5 The exchanges may be of the same level for all gymnasts or of different levels. The lowest value exchange will determine the value of the exchange.
- 3.6 The value of an exchange may be increased by adding any of the criteria listed in the Code of Points to the release and/or catch element of any exchange (whether by throwing, rolling/bouncing or passing), or during the flight of the apparatus as per the Code of Points. Each criteria shall carry a value of **0.1**.

4. Dance steps (S)

- 4.1 Dance steps must comply with the criteria set out in the Code of Points, except that if the Fundamental handling of the apparatus is slightly deficient (e.g. 2 rotations of the rope folded in three instead of 3) the dance steps shall still be counted (though the Fundamental handling – see para 5.1 below – would not).
- 4.2 The value of each set of dance steps is **0.3**.
- 4.3 The competition requirements contained in the Competition Handbook set out the minimum number of sets of dance steps required to be **attempted** for each age/level. The penalty for each missing set of dance steps attempted is **0.3**.

5. Apparatus

- 5.1 If an apparatus element from a Fundamental group is successfully performed by **all** gymnasts, the gymnasts shall be awarded **0.1**.
- 5.2 **Each** element from the Fundamental group may be **awarded** up to a maximum of **three** times, however each repetition must be different (for example, rotations of the hoop on the hand and rotations of the hoop on the foot would be treated as different).
- 5.3 There is **no** deduction for failing to perform all of the Fundamental apparatus groups.



6. Dynamic elements of rotation (R)

- 6.1 Please see competition requirements set out in the Competition Handbook for maximum number of Rs permitted to be **awarded** – any additional Rs successfully performed shall not be awarded, but there shall be **no** penalty.

- 6.2 Rs shall have the same value as in the Code of Points. In addition, any R performed with single rotation of the body (where permitted in the competition requirements) shall have a value of **0.1**. Free exercises may use the R specific to free exercises, as set out in the competition requirements.

7. Collaborations

- 7.1 The competition requirements contained in the Competition Handbook set out the minimum number of Collaborations required to be **attempted** for each age/level. The penalty for each missing set of Collaborations attempted is **0.3**.
- 7.2 The Collaborations which may be used, and their respective values, are as follows: :

Symbol	Value	Description
C	0.1	Without throw of the apparatus: Gymnasts or apparatus passing over, under, or through the apparatus movements or partners
CC	0.2	Minimum 2 transmissions during the Collaboration with a minimum of 2 types of passing (listed below) by one or more apparatus: <ul style="list-style-type: none"> • throw: small or medium • rolls • bounces • sliding • rebound • etc.
	As per Code of Points	As per Code of Points
	As per Code of Points	As per Code of Points
CR, CR2, CRR, CRR2, CRRR	As per Code of Points	As per Code of Points

- 7.3 Free exercises may use the collaborations specific to free exercises, as set out in the competition requirements.

EXECUTION

1. Technical Faults

- 1.1 Technical faults shall be judged as per the Code of Points.

2. Artistic Faults

- 2.1 Artistic faults shall be judged using the sheet set out in the annex. This is the same as the sheet used for the Code of Points, except that there are more options for deductions for:

2.1.1 lack of character (0.2 and 0.4);

2.1.2 dynamic changes (0.1);

2.1.3 body expression (0.1 and 0.3);

2.1.4 variety (exchanges) (0.1);

2.1.5 variety (collaborations) (0.1);

2.1.6 variety (directions and travelling) (0.2); and

2.1.7 variety (apparatus) (0.1).

- 2.2 See competition requirements in the Competition Handbook for the number of formations and types of collective work required to be performed according to level and age.

**LEVEL 1 & 2 DIFFICULTY
INDIVIDUAL**



Club _____ Gymnast No _____ Gymnast Name _____

		Attempted but not awarded	Awarded	Total value
Jumps/leaps (0.3 each)	Add 0.1 if apparatus performed in non-dominant hand			
Balances (0.3 each)				
Rotations (0.3 unless 720° on releve when = 0.5, or 720° when not on releve = 0.4)				
Dance steps (0.3 each)				
		Awarded		
Fundamentals (0.1 each) Max 3 for each – must be different				
Apparatus Difficulty				
R				
PENALTIES: <ul style="list-style-type: none"> Fewer difficulties (in respect of a body group or in total) than the minimum required are <u>attempted</u>: 0.3 Fewer dance steps than the minimum required are <u>attempted</u>: 0.3 			Subtotal:	
			Penalties:	
			TOTAL:	

Judge Signature _____ Judge No _____

LEVEL 1 & 2 DIFFICULTY
INDIVIDUAL



Club XYZ Gymnast No 1 Gymnast Name ABCD

		Attempted but not awarded	Awarded	Total value	
Jumps/leaps (0.3 each)	Add 0.1 if apparatus performed in non-dominant hand	-	-	0	
Balances (0.3 each)			ㄟ ㄟ	0.6	
Rotations (0.3 unless 720° on releve when = 0.5, or 720° when not on releve = 0.4)		ㄣ	ㄣ ₂	0.5	
Dance steps (0.3 each)		√	√	0.3	
		Awarded			
Fundamentals (0.1 each) Max 3 for each – must be different)	⌘⌘⌘ ⌘⌘⌘ ⊖→ ○ ○			0.5	
Apparatus Difficulty	○(≠⊗)			0.2	
R	R ₁			0.1	
PENALTIES: <ul style="list-style-type: none">Fewer difficulties (in respect of a body group or in total) than the minimum required are <u>attempted</u>: 0.3Fewer dance steps than the minimum required are <u>attempted</u>: 0.3				Subtotal:	2.2
				Penalties: (no leaps attempted)	0.3
				TOTAL:	1.9

Judge Signature ABC Judge No 1

CYCLE 14
L1 & L2 INDIVIDUAL
EXECUTION - ARTISTIC FAULTS

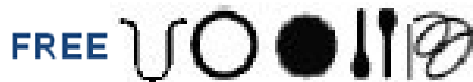


Gymnast No _____ Name _____ Club _____

Character	0.1			0.3				0.5	0.7	
				0.3 no contact with apparatus at start / end (composition fault)						
				0.3 unjustified start position						
Connections	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Rhythm	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Music and Movement				0.3 musical introduction longer than 4 seconds without movement				0.5 absence of harmony between music & movement at end		
Dynamic changes	0.1			0.3						
Body Expression	0.1							0.3		
				0.2 absence of min 2 different body waves						
Variety (directions)				0.2 use of directions and trajectories						
				0.2 in one place on the floor area for a long time						
				0.2 entire floor area is not used						
Variety (levels and travelling)				0.2 use of levels and modalities of traveling						
Variety (apparatus)				0.2 planes, directions, types of apparatus elements						
TOTAL:										

Judge Signature _____ Judge No _____

**LEVEL 1 & 2 DIFFICULTY
DUET, TRIOS & GROUPS**



Club _____ Group No _____ Duet / Trio / Group (*please circle*)

	Attempted but not awarded	Awarded	Total value
Jumps/leaps (0.3 each)			
Balances (0.3 each)			
Rotations (0.3 unless 720° on releve when = 0.5, or 720° when not on releve = 0.4)			
Dance steps (0.3 each)			
Exchanges (throw 0.3, roll/bounce 0.2, pass 0.1)			
Collaborations			
	Awarded		
Fundamentals (0.1 each) Max 3 for each – must be different			
R			
PENALTIES: <ul style="list-style-type: none"> Fewer body difficulties (in respect of a body group or in total) than the minimum required are <u>attempted</u>: 0.3 Fewer exchange difficulties than the minimum required are <u>attempted</u>: 0.3 Fewer dance steps than the minimum required are <u>attempted</u>: 0.3 Fewer collaborations than the minimum required are <u>attempted</u>: 0.3 		Subtotal:	
		Penalties:	
		TOTAL:	






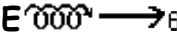
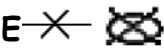

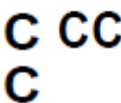




Judge Signature _____ Judge No _____

LEVEL 1 & 2 DIFFICULTY
DUETS, TRIOS & GROUP



Club XYZ Junior Group No 1

~~Duet / Trio~~ / Group (please delete)

	Attempted but not awarded	Awarded	Total value	
Jumps/leaps (0.3 each)	-	-	0	
Balances (0.3 each)			0.3	
Rotations (0.3 unless 720° on releve when = 0.5, or 720° when not on releve = 0.4)			0.5	
Dance steps (0.3 each)			0.3	
Exchanges (throw 0.3, roll/bounce 0.2, pass 0.1)		 	0.3 0.2	
Collaborations			0.4	
	Awarded			
Fundamentals (0.1 each) Max 3 for each – must be different)	  		0.5	
R			0.1	
PENALTIES: <ul style="list-style-type: none">Fewer difficulties (in respect of a body group or in total) than the minimum required are <u>attempted</u>: 0.3Fewer difficulties with exchange than the minimum required are <u>attempted</u>: 0.3Fewer dance steps than the minimum required are <u>attempted</u>: 0.3Fewer collaborations than the minimum required are <u>attempted</u>: 0.3			Subtotal:	2.6
			Penalties: (no leaps attempted)	0.3
			TOTAL:	2.3

Judge Signature ABC Judge No 1

CYCLE 14
L1 & L2 GROUP
ARTISTIC FAULTS



No _____ Club _____ Duet / Trio / Group

Contact with apparatus/ gymnasts				0.3 at start or during the exercise, 1 or more gymnasts are without apparatus for more than 4 secs						
				0.3 none of the gymnasts are in contact with any apparatus at end						
				0.3 at start, a gymnast remains in a lift position for longer than 4 secs						
Character	0.1			0.3		0.5		0.7		
Connections between formations				0.2						
Rhythm (harmony between music and movement)	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Music and movement				0.3 musical introduction longer than 4 seconds without movement				0.5 absence of harmony between music & movement at end		
Dynamic changes	0.1			0.3						
Body Expression	0.1			0.3						
Variety (formations)				0.2 lack of balance between amplitude / design		0.3 less than required no. of formations				
				0.2 long stop in a formation						
Variety (exchanges)	0.1 lack of variety in the throws			0.2 lack of variety in the throws						
Variety (collective work)				0.2 one type of collective work overwhelms the composition						
Variety (collaborations)				0.2 one type of collaboration overwhelms the composition				0.3 prohibited elements with collaboration		
Variety (directions and travelling)	0.1 lack of variety in use of directions and travelling			0.2 lack of variety in use of directions and travelling						
				0.2 entire floor area is not used						
	0.1 insufficient variety in the use of levels and modalities of travelling			0.2 insufficient variety in the use of levels and modalities of travelling						
Variety (apparatus)	0.1 lack of variety in the planes, directions, techniques of apparatus elements			0.2 lack of variety in the planes, directions, techniques of apparatus elements						
TOTAL:										

Judge Signature _____ Judge No _____