

**Rhythmic Gymnastics
Competition Requirements
2019 - 2020**

Age Group	Format	Exercise Length	Body Difficulties (BD)				Difficulty				Execution
			Rotation	Balance	Leap/Jump	Total BDs	Exchange Difficulties (ED)	Dance Steps (S)	Dynamic Rotations (R)	Collaboration (C)	
Senior L3-5	Group	2:15 to 2:30	Min 1	Min 1	Min 1	Min 4	Min 4	Min 1	Max 1	Min 4	Min 6
							Max 9				
	Trios	1:45 to 2:00	Min 1	Min 1	Min 1	Min 4	Min 4	Min 1	Max 1	Min 4	Min 5
							Max 9				
	Duets	1:45 to 2:00	Min 1	Min 1	Min 1	Min 4	Min 4	Min 1	Max 1	Min 4	Min 3
							Max 9				
Senior L1-2	Group	2:00 to 2:15	Min 1	Min 1	Min 1	Min 4	Min 4 (no max on throws, max 2 by roll/bounce, max 1 by passing)	Min 1	Max 1	Min 4	Min 6
							Max 9				
	Trios	1:30 to 1:45	Min 1	Min 1	Min 1	Min 4	Min 4 (no max on throws, max 2 by roll/bounce, max 1 by passing)	Min 1	Max 1	Min 4	Min 5
							Max 9				
	Duets	1:30 to 1:45	Min 1	Min 1	Min 1	Min 4	Min 4 (no max on throws, max 1 by roll/bounce, max 1 by passing)	Min 1	Max 1	Min 3	Min 3
							Max 9				
Junior L3-5	Group	2:15 to 2:30	Min 1	Min 1	Min 1	Min 3	Min 3	Min 2	Max 1	Min 4	Min 6
							Max 7				
	Trios	1:45 to 2:00	Min 1	Min 1	Min 1	Min 3	Min 3	Min 2	Max 1	Min 4	Min 5
							Max 7				
	Duets	1:45 to 2:00	Min 1	Min 1	Min 1	Min 3	Min 3	Min 2	Max 1	Min 3	Min 3
							Max 7				
Junior L1-2	Group	2:00 to 2:15	Min 1	Min 1	Min 1	Min 3 (max value 0.6 each)	Min 3 (no max on throws, max 1 by roll/bounce, max 1 by passing)	Min 2	Max 1	Min 4	Min 6
							Max 7				
	Trios	1:30 to 1:45	Min 1	Min 1	Min 1	Min 3 (max value 0.6 each)	Min 3 (no max on throws, max 1 by roll/bounce, max 1 by passing)	Min 2	Max 1	Min 4	Min 5
							Max 7				
	Duets	1:30 to 1:45	Min 1	Min 1	Min 1	Min 3 (max value 0.6 each)	Min 3 (no max on throws, max 1 by roll/bounce, max 1 by passing)	Min 2	Max 1	Min 2	Min 3
							Max 7				
Espoir L3-5	Group (Free)	1:45 to 2:00	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6 (max value 1.0 each)	n/a	Min 2	Max 1	Min 4	Min 6
	Group (App'tus)	1:45 to 2:00	Min 1	Min 1	Min 1	Min 3 (max value 1.0 each)	Min 3	Min 2	Max 1	Min 4	Min 6
							Max 7				
	Trios (Free)	1:15 to 1:30	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6 (max value 1.0 each)	n/a	Min 2	Max 1	Min 3	Min 5
	Trios (App'tus)	1:15 to 1:30	Min 1	Min 1	Min 1	Min 3 (max value 1.0 each)	Min 3	Min 2	Max 1	Min 3	Min 5
							Max 7				
	Duets (Free)	1:15 to 1:30	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6 (max value 1.0 each)	n/a	Min 2	Max 1	Min 2	Min 3
	Duets (App'tus)	1:15 to 1:30	Min 1	Min 1	Min 1	Min 3 (max value 1.0 each)	Min 3	Min 2	Max 1	Min 2	Min 3
							Max 7				
Espoir L1-2	Group (Free)	1:30 to 1:45	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6 (max value 0.6 each)	n/a	Min 2	Max 1 (can be single rotation for 0.1)	Min 4	Min 6
	Group (App'tus)	1:30 to 1:45	Min 1	Min 1	Min 1	Min 3 (max value 0.6 each)	Min 3 (can be by throw, roll/bounce or passing)	Min 2	Max 1 (can be single rotation for 0.1)	Min 4	Min 6
							Max 7				
	Trios (Free)	1:00 to 1:15	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6 (max value 0.6 each)	n/a	Min 2	Max 1 (can be single rotation for 0.1)	Min 3	Min 5
	Trios (App'tus)	1:00 to 1:15	Min 1	Min 1	Min 1	Min 3 (max value 0.6 each)	Min 3 (can be by throw, roll/bounce or passing)	Min 2	Max 1 (can be single rotation for 0.1)	Min 3	Min 5
							Max 7				
	Duets (Free)	1:00 to 1:15	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6 (max value 0.6 each)	n/a	Min 2	Max 1 (can be single rotation for 0.1)	Min 2	Min 3
	Duets (App'tus)	1:00 to 1:15	Min 1	Min 1	Min 1	Min 3 (max value 0.6 each)	Min 3 (can be by throw, roll/bounce or passing)	Min 2	Max 1 (can be single rotation for 0.1)	Min 2	Min 3
							Max 7				

NOTES

- For L1-2 generally, see Basic Code
- All exchanges to be throws, as per Code of Points, unless specified otherwise
- For exchanges by roll/bounce or passing, see Basic Code
- Dance steps in free routines will carry a value of 0.3, and must be performed in accordance with all requirements for dance steps as set out in the Code of Points, except to the extent that they relate to apparatus
- Free exercises: gymnasts may perform max one R in each exercise (same criteria and value as for R in free individual routines)
- Collaborations in free exercises to be evaluated as follows:-

Type of collaboration	Value	Symbol	Explanation
Collaboration of gymnasts with min 2 times passing above, below or through the other gymnasts	0.1	CC	- The two passes may be performed by the same or different gymnasts. - The same type of passing may be used twice within the same CC. - A form of passing used in one Collaboration (CC, CR or CL) cannot be used later in another Collaboration (CC, CR or CL) - No limit on number of CCs which may be awarded in an exercise
Collaboration of gymnasts with min 1 gymnast passing above, below or through gymnasts with a dynamic element of body rotation (WITHOUT LIFT)	0.2	CR	- The same rotational element may be used maximum one time in Collaborations (CC, CR, CL, CLR). - The provisions of the Code of Points with regard to what is considered the "same rotational element" shall apply. - Max 3 CRs awarded per exercise. - Max 6 CR / CL / CLRs may be awarded per exercise
Collaboration of gymnasts with min 1 gymnast being lifted and another gymnast passing beneath her	0.2	CL	- Max 2 CLs awarded per exercise. - Max 6 CR / CL / CLRs may be awarded per exercise
Collaboration of gymnasts with min 1 gymnast being lifted and that gymnast performing a body rotation whilst being lifted	0.3	CLR	- Max 2 CLR's awarded per exercise. - Max 6 CR / CL / CLRs may be awarded per exercise