

**Rhythmic Gymnastics**  
**Mainstream and Disability Competition Requirements**  
**2019 - 2020**

Age Group	Level	Body Difficulties (BD)				Dance Steps (S)	Dynamic Rotations (R) (SEE NOTE 3)	Apparatus Difficulty (AD)	Left / Right Apparatus elements**
		Rotation	Balance	Jump/Leap	Total				
Senior	Level 5 (Elite)	Min 1	Min 1	Min 1	Min 3. Highest 9 counted	Min 1	Min 1 Max 5	Min 1 As per FIG	No requirement
	Level 4 (National)	Min 1	Min 1	Min 1	Min 3. Highest 9 counted	Min 1	Min 1 Max 5	Min 1 As per FIG	No requirement
	Level 3	Min 1	Min 1	Min 1	Min 3. Highest 9 counted	Min 1	Min 1 Max 5	Min 1 As per FIG	No requirement
	Level 2	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Max 3 (can be single rotation)	Max 5 Could be ordinary 3 components	No requirement
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	-	-	No requirement
Junior	Level 5 (Elite)	Min 1	Min 1	Min 1	Min 3. Highest 7 counted	Min 2	Min 1 4 Max	No Min/Max	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)
	Level 4 (National)	Min 1	Min 1	Min 1	Min 3. Highest 7 counted	Min 2	Min 1 4 Max	No Min/Max	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)
	Level 3	Min 1	Min 1	Min 1	Min 3. Highest 7 counted	Min 2	Min 1 4 Max	No Min/Max	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)
	Level 2	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Max 3 (can be single rotation)	Max 4 Could be ordinary 3 components	No requirement
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	-	-	No requirement
Espoir Under 12	Level 5 (Elite)	Min 1	Min 1	Min 1	Min 3. Highest 7 counted	Min 2	Min 1 Max 4	No Min/Max	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)
	Level 4 (National)	Min 1	Min 1	Min 1	Min 3. Highest 7 counted	Min 2	Min 1 Max 4	No Min/Max	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)
	Level 3	Min 1	Min 1	Min 1	Min 3. Highest 7 counted	Min 2	Min 1 Max 4	No Min/Max	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)
	Level 2	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Max 3 (can be single rotation)	Max 3 Could be ordinary 3 components	No requirement
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	-	-	No requirement
Espoir Under 10	Level 5 (Elite)	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Min 1 Max 3 in apparatus Max 3 in free	No Min/Max	Non-dominant hand for Fund or Non-Fund on 1 BD (Ball)
	Level 4 (National)	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Min 1 Max 3 in apparatus Max 3 in free	No Min/Max	Non-dominant hand for Fund or Non-Fund on 1 BD (Ball)
	Level 3	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Min 1 Max 3 in apparatus Max 3 in free	No Min/Max	Non-dominant hand for Fund or Non-Fund on 1 BD (Ball)
	Level 2	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Max 2 in apparatus and free (can be single rotation)	Max 3 Could be ordinary 3 components	No requirement
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	-	-	No requirement
*Under 8 (age 7 in year of competition)	Level 5	-	-	-	-	-	-	-	-
	Level 4	-	-	-	-	-	-	-	-
	Level 3	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Max 1 in apparatus and free (can be single rotation)	Max 3 Could be ordinary 2 components	No requirement
	Level 2	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Min 2	Max 1 in apparatus and free (can be single rotation)	Max 3 Could be ordinary 2 components	No requirement
	Level 1 (music 1'00" to 1'30")	1	1	1	Maximum 3	Min 2	-	-	No requirement

\* Please refer to the Health Safety & Welfare Policy of British Gymnastics for advice on Competition levels for Under 9 gymnasts.  
\*\* For Disability gymnasts, there is no requirement for use of the apparatus in the non-dominant hand on any BDs

**NOTES**

- For L1&L2 generally, 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 use of apparatus
- In free routines, gymnasts may perform R without apparatus, as follows:
  - two uninterrupted rotations of the body (each rotation being 360 degrees). No additional rotations will be counted.
  - R with 1 rotation will be counted only where shown in the table above (value 0.1)
  - the value of the R will be 0.2, or 0.3 if there is a change of body rotation axis or level during the rotations
  - each rotation may be performed either isolated or in a series, maximum 1 time. Repetition of a rotation in another R is not valid
  - minimum 1 and maximum 3 Rs per free exercise