

The logo for British Gymnastics, featuring the words "British" and "Gymnastics" stacked vertically in a white, sans-serif font. The background is a vibrant gradient of blue, purple, and pink, with a large white curved shape on the right side.

British  
Gymnastics

# **GBR Rhythmic Gymnastics**

Competition Requirements Levels 1-5

RGTC – Version 2 January 6<sup>th</sup> 2022

**Rhythmic Gymnastics**  
**Mainstream and Disability Competition Requirements**  
**2022 - 2024**

Age Group	Level	Body Difficulties (DB)						Apparatus Difficulty (DA)				Artistry			Left / Right Apparatus elements**
		Rotation	Balance	Jump/Leap	Total	Full Body Wave	Dynamic Rotations (R) (SEE NOTE 3)	Apparatus Difficulty (DA)	Apparatus Fundamentals Specific	Apparatus Fundamentals Fundamentals	Dance Steps (S)	Dynamic Changes	Body & Apparatus Effects		
Senior	Level 5 (Elite)	Min 1	Min 1	Min 1	Minimum 3 Highest 9 counted	Minimum 2	Max 5	Min 1 Max 20	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	No requirement	
	Level 4 (National)	Min 1	Min 1	Min 1	Minimum 3 Highest 9 counted	Minimum 2	Max 5	Min 1 Max 20	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	No requirement	
	Level 3	Min 1	Min 1	Min 1	Minimum 3 Highest 9 counted	Minimum 2	Max 5	Min 1 Max 20	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	No requirement	
	Level 2	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Minimum 2	Max 3	Min 1 Max 15	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Minimum 2	Max 3 (can be single rotation)	Min 1 Max 10	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
Junior	Level 5 (Elite)	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)	
	Level 4 (National)	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)	
	Level 3	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	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	Minimum 2	Max 2	Min 1 Max 10	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Minimum 2	Max 2 (can be single rotation)	Min 1 Max 10	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
Espoir Under 12	Level 5 (Elite)	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)	
	Level 4 (National)	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)	
	Level 3	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	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	Minimum 2	Max 2 (can be single rotation)	Min 1 Max 10	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Minimum 2	Max 2 (can be single rotation)	Min 1 Max 10	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
Espoir Under 10	Level 5 (Elite)	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)	
	Level 4 (National)	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	Non-dominant hand for Fund or Non-Fund on 2 BD (Ball & Ribbon)	
	Level 3	Min 1	Min 1	Min 1	Minimum 3 Highest 7 counted	Minimum 2	Max 4	Min 1 Max 15	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 2	Minimum 1	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	Minimum 2	Max 2 (can be single rotation)	Min 1 Max 10	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
	Level 1	Min 1, max 2 counted	Min 1, max 2 counted	Min 1, max 2 counted	Min 3. Highest 6 counted	Minimum 2	Max 2 (can be single rotation)	Min 1 Max 10	No Minimum	No Minimum	Min 2 8 seconds in duration	Minimum 1	No Minimum	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	Minimum 3	Max 3 in apparatus and free (can be single rotation)	Min 1 Max 10	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 1	No Minimum	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	Minimum 3	Max 3 in apparatus and free (can be single rotation)	Min 1 Max 10	Minimum 2 of each	Minimum 1 of each	Min 2 8 seconds in duration	Minimum 1	No Minimum	No requirement	
	Level 1 (music 1'00" to 1'30")	1	1	1	Maximum 3	Minimum 3	-	-	-	-	Min 2 8 seconds in duration	-	-	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 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

**Rhythmic Gymnastics  
Competition Requirements  
2022**

Age Group	Format	Exercise Length	Difficulty (DB)							Difficulty of Apparatus (DA)				Artistry		
			Body Difficulties (BD)			Exchange Difficulties (ED)	Full Body Waves (W)	Dynamic Rotations (R)	Collaboration (DC)	Collaborations (CC)	Collaboration (CR)	Specific Apparatus Fundamentals	Dance Steps (S)	Dynamic Changes		
			Rotation	Balance	Leap/Jump										Total BDs	
Senior L3-5	Group	2:15 to 2:30	Min 1	Min 1	Min 1	Min 4 Max 6	Min 4 Max 6	Max 10	Min 2	Max 1	Min 9 Max 18	Min 3	Min 3 CR Min 3 Iso.C	Min 2 of each	Min 2	Min 3
	Trios	1:45 to 2:00	Min 1	Min 1	Min 1	Min 4	Min 4	Max 9	Min 2	Max 1	Min 7 Max 14	Min 3	-	Min 2 of each	Min 2	Min 2
	Duets	1:45 to 2:00	Min 1	Min 1	Min 1	Min 4	Min 4	Max 9	Min 2	Max 1	Min 7 Max 14	Min 3	-	Min 2 of each	Min 2	Min 2
Senior L1-2	Group	2:00 to 2:15	Min 1	Min 1	Min 1	Max 3	Min 2	Max 7	Min 1	Max 1	Min 7 Max 14	Min 2	Min 1 of each	Min 1 of each	Min 2	Min 2
	Trios	1:30 to 1:45	Min 1	Min 1	Min 1	Max 3	Min 2	Max 7	Min 1	Max 1	Min 5 Max 10	Min 1	-	Min 1 of each	Min 2	Min 1
	Duets	1:30 to 1:45	Min 1	Min 1	Min 1	Max 3	Min 2	Max 7	Min 1	Max 1	Min 5 Max 10	Min 1	-	Min 1 of each	Min 2	Min 1
Junior L3-5	Group	2:15 to 2:30	Min 1	Min 1	Min 1	Min 3	Min 3	Max 8	Min 2	Max 1	Min 6 Max 15	Min 2	Min 2 CR Min 2 Iso.C	Min 2 of each	Min 2	Min 3
	Trios	1:45 to 2:00	Min 1	Min 1	Min 1	Min 3	Min 3	Max 7	Min 2	Max 1	Min 5 Max 12	Min 3	-	Min 2 of each	Min 2	Min 2
	Duets	1:45 to 2:00	Min 1	Min 1	Min 1	Min 3	Min 3	Max 7	Min 2	Max 1	Min 5 Max 12	Min 3	-	Min 2 of each	Min 2	Min 2
Junior L1-2	Group	2:00 to 2:15	Min 1	Min 1	Min 1	Max 3	Min 2	Max 6	Min 1	Max 1	Min 5 Max 12	Min 2	Min 1 of each	Min 1 of each	Min 2	Min 2
	Trios	1:30 to 1:45	Min 1	Min 1	Min 1	Max 3	Min 2	Max 6	Min 1	Max 1	Min 4 Max 8	Min 1	-	Min 1 of each	Min 2	Min 1
	Duets	1:30 to 1:45	Min 1	Min 1	Min 1	Max 3	Min 2	Max 6	Min 1	Max 1	Min 4 Max 8	Min 1	-	Min 1 of each	Min 2	Min 1
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	n/a		Min 2	Max 1	Min 6 Max 15	Min 2	Min 2 of each	-	Min 2	Min 2
	Group (App'tus)	1:45 to 2:00	Min 1	Min 1	Min 1	Min 3	Min 3	Max 7	Min 2	Max 1	Min 6 Max 15	Min 2	Min 2 CR Min 2 Iso.C	Min 2 of each	Min 2	Min 2
	Trios (Free)	1:15 to 1:30	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6	n/a		Min 2	Max 1	Min 4 Max 8	Min 2	-	-	Min 2	Min 1
	Trios (App'tus)	1:15 to 1:30	Min 1	Min 1	Min 1	Min 3	Min 3	Max 7	Min 2	Max 1	Min 4 Max 8	Min 2	-	Min 2 of each	Min 2	Min 1
	Duets (Free)	1:15 to 1:30	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6	n/a		Min 2	Max 1	Min 4 Max 8	Min 2	-	-	Min 2	Min 1
	Duets (App'tus)	1:15 to 1:30	Min 1	Min 1	Min 1	Min 3	Min 3	Max 7	Min 2	Max 1	Min 4 Max 8	Min 2	-	Min 2 of each	Min 2	Min 1
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	n/a		Min 1	Max 1 (can be single rotation for 0.1)	Min 4 Max 8	Min 1	Min 1 of each	-	Min 2	Min 2
	Group (App'tus)	1:30 to 1:45	Min 1	Min 1	Min 1	Max 3	Min 2	Max 6	Min 1	Max 1 (can be single rotation for 0.1)	Min 4 Max 8	Min 1	Min 1 of each	Min 1 of each	Min 2	Min 2
	Trios (Free)	1:00 to 1:15	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6	n/a		Min 1	Max 1 (can be single rotation for 0.1)	Min 4 Max 8	Min 1	-	-	Min 2	Min 1
	Trios (App'tus)	1:00 to 1:15	Min 1	Min 1	Min 1	Max 3	Min 2	Max 6	Min 1	Max 1 (can be single rotation for 0.1)	Min 4 Max 8	Min 1	-	Min 1 of each	Min 2	Min 1
	Duets (Free)	1:00 to 1:15	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 3 Max 6	n/a		Min 1	Max 1 (can be single rotation for 0.1)	Min 4 Max 8	Min 1	-	-	Min 2	Min 1
	Duets (App'tus)	1:00 to 1:15	Min 1	Min 1	Min 1	Max 3	Min 2	Max 6	Min 1	Max 1 (can be single rotation for 0.1)	Min 4 Max 8	Min 1	-	Min 1 of each	Min 2	Min 1

**NOTES**

- For L1-2 generally, see Basic Code
- Dance steps in free routines will carry a value of 0.5, 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 passing above, below or through the other gymnasts, or creating a construction that forms an image clearly fixed for 1 second.	0.3	CC	-Refer to COP Point 6.4.4.3
Collaboration of gymnasts with min 1 gymnast passing above, below or through gymnasts with a dynamic element of body rotation (WITHOUT LIFT)	0.2	DCR1	- Refer to COP 6.5.7
	0.3	DCR2	- The provisions of the Code of Points with regard to what is considered the "same rotational element" shall apply.
	+0.2	series	
Collaboration of gymnasts with min 1 gymnast being lifted and another gymnast passing beneath her	0.3	DCL	-As per 6.8 in COP without gymnast rotation
Collaboration of gymnasts with min 1 gymnast being lifted and that gymnast performing a body rotation whilst being lifted	0.4	DCLR	-Refer to COP 6.8