

# **GBR Rhythmic Gymnastics**

National Development Plan Supplement  
Recommended Body Difficulties

RGTC – Version 2 – January 21<sup>st</sup> 2022



## Recommended Body Difficulties 2021 onwards (notes updated Jan 2022)

To continue the development of the RBD program for the Espoir age group & continue to develop a higher quality of body difficulties within our gymnasts, the recommended body difficulties we have chosen encourage the girls to work on relevé.

The gymnast must place their centre of mass on top of the relevé. This will help with tightness and sharpness of the shapes and the gymnasts to work with high demi point straight away. This will enable the gymnasts to build speed and time within their routines. The gymnasts/coaches need to ensure that they work with the whole body posture being tight throughout when transferring in relevé. Each of these difficulties will have a value of 0,50 for individual gymnasts and we hope this encourages coaches to teach their gymnasts these skills and include them in their voluntary routines.

To claim the 0,50 as an individual gymnast, you may only use the elements listed for the grade that your gymnast is entered for.

The routine must still meet the competition requirements set.

These elements must be performed as stated i.e.  should be performed on flat foot.  should be performed on relevé. (Note: Gymnasts may perform a body difficulty stated to be on flat foot on releve instead, but will receive the value as stated in the COP.)

Unless otherwise stated in the table, pivots must be performed with 360 degree rotation for the 0,50. Pivots may be performed with more than one rotation, with additional rotations having the value as per the CoP (i.e. gymnast will receive an extra 0.2 for each additional 360 degree rotation performed beyond the base requirement, if the element is required to be performed on releveé; and an extra 0.1 for each additional 360 degree rotation performed beyond the base requirement, if the element is required to be performed on flat foot).



 to be performed to the side.



For Individual & Group routines the elements must be performed with a Fundamental apparatus technical and/or a Non-Fundamental apparatus technical element as per CoP.

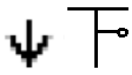
There is now a new table of RBD's for Espoir Group gymnasts. Gymnasts can perform any elements but will receive a value of either 0,40 or 0,60 depending upon the RBD chosen.

Relevé→Relevé: This element is to be performed from 5<sup>th</sup> position in releve straight away to releve with no heel support

↓Flat →Relevé: The gymnast starts on flat foot and when the gymnast is stable, she goes into releve to perform a fixed shape. The technical apparatus element must be performed when the gymnast is in releve.


 ·  · The gymnast can only perform 1 of these rotations in the routine. They can perform either a double en dehor pivot or two fouetté pivots.


 step  Both leaps should be performed on the same leg. The value is for both leaps performed together, therefore 0,50 will be awarded. This is considered as 1 element, not 2 elements as in the code of points. (please note; this is **not** the leap in box 26 from the Code of Points 2022-24).



We want to engage the work of the back muscles. Therefore the gymnast must pass through arabesque without fixation with no hands support throughout.

G7 elements: These elements are to encourage variation and creativity.

The Passe Shape  is not permitted in the two shape combination (balance or pivot). The shapes cannot be repeated within the routine. A different apparatus element is required on each balance/pivot.

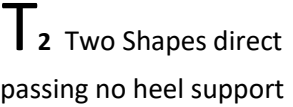
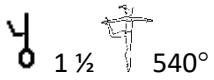
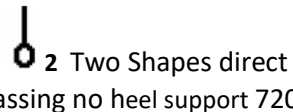

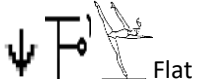
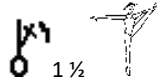








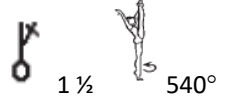

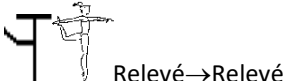



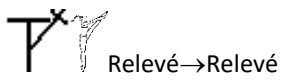
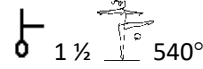
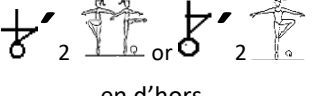
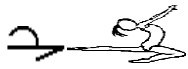
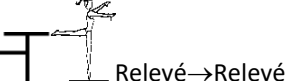
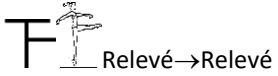

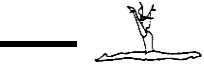
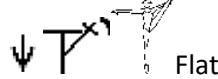

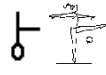


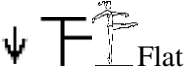



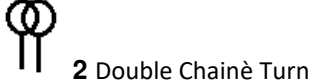

All leaps must be performed as leaps not jumps (i.e. take off from one foot, unless otherwise indicated by )

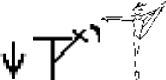

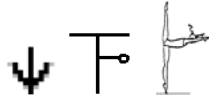


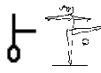





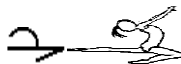

The G7 change leg split leap must be performed with straight leg switch (not bent leg).

The G6 ring balance and ring pivot, and the Group ring balance must be performed with ring (and not with straight leg back splits).

As per CoP, a different apparatus element is required every two phases of a fouette pivot.

The RBD value will not be awarded for an RBD if it is used in a Combined Body Difficulty (the Code of Points value will apply instead).

Grade	Recommended Body Difficulties - Individuals			
G7	 <p>T<sub>2</sub> Two Shapes direct passing no heel support</p>	 <p>1 ½ 540°</p>	 <p>2 Two Shapes direct passing no heel support 720°</p>	 <p>change leg split leap</p>
	 <p>Flat</p>	 <p>1 ½</p>	 <p>Entrelace with leg switch &amp; split leap</p>	
G6	 <p>Relevé→Relevé</p>	 <p>from standing</p>	 <p>Fouette x3</p>	
	 <p>Relevé→Relevé</p>		 <p>1 ½ 540°</p>	
G5	 <p>Relevé→Relevé</p>	 <p>Flat →Relevé</p>		 <p>Step</p>
	 <p>Relevé→Relevé</p>	 <p>1 ½ 540°</p>	 <p>en d'hors</p>	
G4	 <p>Relevé→Relevé</p>	 <p>Relevé→Relevé</p>	 <p>en d'hors</p>	
	 <p>Flat</p>			
G3 Under 8	 <p>Flat →Relevé</p>	 <p>Flat</p>	 <p>en dedan</p>	
	 <p>Relevé→Relevé</p>		 <p>2 Double Chainé Turn</p>	

Grade	Recommended Body Difficulties – Espoir Groups		
Balances Value 0,60	 Flat	 Relevé → Relevé	 from standing
Balances Value 0,40	 Relevé → Relevé	 Relevé → Relevé	
Rotations Value 0,60		 en d'hors	
Rotations Value 0,40		 en d'hors	
Leaps Value 0,60	 Step		
Leaps Value 0,40	