Disability Rhythmic National Development Plan 2013-2017

The National Development Plan will run as a series of 10 ‘Grades’ and will be operated as with the mainstream grades between clubs, regions/zones and National Finals.

When grading is completed paper work showing gymnasts, grade achieved, dates, and pass mark must be submitted to the Disability Co-ordinator.

**Format**

The grades will run as follows:

**Grades 1 – 10**

All grades will work at a national final competition.

**Pass Marks:**

In order to achieve a pass a gymnast must achieve 70%.
**Disability NDP Grades**

Currently all grades will work at a national final competition.

NB: For Grades 1-3 all balances can be performed on a flat foot.

### Grade 1

**Body Skills**
- Isolated
- Passe Balance
- Patter Turn
- Straight Jump
- Marching Steps
- Side steps

**Rope Elements**
- Isolated
- 4 x Forward Skips
- Echappe
- Rotations – choice of plane
- Simple Swings – door plane

### Grade 2

**Body Skills**
- Isolated
- Arabesque Balance at 45 degrees
- Chaine Turn
- Jump 180 degree turn
- Spring Ponts
- Chasse Steps

**Hoop Elements**
- Isolated
- Rotations in door plane
- Skips through hoop
- Roll hoop on floor
- Simple Swings – Wheel plane
### Grade 3

**Body Skills**

<table>
<thead>
<tr>
<th>Isolated</th>
<th>20% each</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Leg Balance at 45 degrees</td>
<td></td>
</tr>
<tr>
<td>Passe Pivot 360</td>
<td></td>
</tr>
<tr>
<td>Jump Full Turn</td>
<td></td>
</tr>
<tr>
<td>Spring Heel/Toe</td>
<td></td>
</tr>
<tr>
<td>Chasse/step/leap</td>
<td></td>
</tr>
</tbody>
</table>

**Ball Elements**

<table>
<thead>
<tr>
<th>Isolated</th>
<th>25% each</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roll ball on floor, travelling at side to collect it</td>
<td></td>
</tr>
<tr>
<td>Bouncing</td>
<td></td>
</tr>
<tr>
<td>Throw/catch (1 hand to 2)</td>
<td></td>
</tr>
<tr>
<td>Figure 8</td>
<td></td>
</tr>
</tbody>
</table>

**SPECIAL NOTE FOR COACHES**

Balances from Grade 4 onwards should be performed on releve dependent on the ability of the gymnast

For voluntary routines, Levels 4 to 7 difficulties should be as follows:

For juniors min 1, max 3 from each body group
For seniors (levels 9 and 10) min 2, max 4 from each body group

Dance Steps need to be coordinated with fundamental or non-fundamental apparatus handling

*Summary table of Fundamental Technical Groups specific to each apparatus and other Apparatus Technical Groups. See pages 11 and 12 of mainstream Code of Points.*
**Grade 4**

*Hoop Routine*  
Max 6 difficulties – Fundamentals see attached  
DER (Risk) No penalty if none attempted  
Dance steps - of 4 secs duration

*Ball Elements*  
Isolated  
Rolls on the two parts of the body  
Bounces – 1 hand, 2 hands & rhythmic throw/catch (1 hand to 2)  
Fig 8

**Grade 5**

*Hoop Routine*  
Max 6 difficulties – Fundamentals see attached  
DER (Risk) – No penalty if no attempt  
Dance steps – 4 seconds duration

*Ball Routine*  
Max 6 difficulties – Fundamentals see attached  
DER (Risk) – No penalty if none attempted  
Dance steps – 4 seconds duration

*Rope Elements*  
Isolated  
4 x Back skips  
4 x Cross skips  
Throw/catch (1 or 2 hands)  
Open rope rotation in table plane  
Enchappe

**Grade 6**

*Rope routine*  
Max 6 difficulties – Fundamentals see attached  
DER (Risk) – No penalty if none attempted  
Dance steps – of 4 seconds duration

*Ball Routine*  
Max 6 difficulties – Fundamentals see attached  
DER (Risk) No penalty if no attempted  
Dance steps – 4 seconds duration

*Ribbon elements*  
Coils/own choice of pivot. See attached  
Snakes/own choice of pivot  
Passing through or over ribbon  
Snakes/coils/own choice of balance
**Grade 7**

**Ribbon routine**
- Max 7 difficulties - Fundamentals see attached
- DER (Risk) Min 1, Max 3. 1-2 rotation. No penalty if not attempted.
- Dance steps – of 4 seconds duration

**Hoop Routine**
- Max 7 difficulties - Fundamentals see attached
- DER (Risk) Min 1, Max 3. 1-2 rotation. No penalty if not attempted.
- Dance steps – 4 seconds duration

**Rope/Ball**

(own choice)
- Max 7 difficulties - Fundamentals see attached
- Min 2 max 4 from each body group
- DER (Risk) Min 1, Max 3. 1-2 rotation. No penalty if not attempted.
- Dance steps – 4 seconds duration

**Club Elements**
- Small circles/pivot of choice
- Mills/balance of choice
- Toss of 1 club/catch
- Small circles/leap of choice
- Asymmetric circles

**Grade 8**

4 Voluntary routines
- Rope, Hoop, Ball, Clubs, Ribbon
- Max 7 difficulties - Fundamentals see attached
- Min 2 max 4 from each body group
- DER (Risk) Min 1, Max 3. 1-2 rotation. No penalty if not attempted.
- Dance steps – of 4 seconds duration
**Grade 9/10**
4 Voluntary routines
Rope, Hoop, Ball, Clubs, Ribbon
Max 9 difficulties - Fundamentals see attached
Min 2 max 4 from each body group
DER (Risk) Min 1, Max 3. 1-2 rotation. No penalty if not attempted.
Dance steps – of 4 seconds duration

**Fundamentals**
As per FIG Code of Points
Predominance of Fundamentals required

DER (risk) as COP
Can also be with one rotation for 0.1 value

Difficulties are now shown as 0.1, 0.2, 0.3 etc in the Code of Points. See pages 17 - 20 of the mainstream Code of Points.

The Amended code (Appendix 1 of this document) shows ‘x’ moves scored at 0.05 which can be used in routines.
Wheelchair Programme

There will be 5 grades available in the wheelchair programme. They will operate in the following way:

**Grades 1-3**  Within a Club / Region

**Grades 4-5**  As part of the National Event

**Grade 1**

**Rope elements**
1. 4 swings – 2 hands, in wheel plane. Rope to right side.
2. 4 rotations above the head, table plane, ends of rope in the left hand, middle of the rope in right.
3. Rope in four – figure of eight x 2 in wheel plane, rope in right hand, in front of the body.

**Ball elements**
1. Ball in right hand, 4 swings, wheel plane.
2. Ball on lap- roll too knees and back x 2.
3. Ball on lap – roll up chest and lift to above head, straight arms at top holding the ball in fingertips with 2 hands.

**Grade 2**

**Rope elements**
1. 4 swings – 2 hands, in wheel plane alternate sides.
2. Rope 2 fold ends in left hand hold in middle with right hand, figure of eight, table plane, above head and in front of the body.
3. 4 rotations backward, wheel plane to right side of body, rope in right hand.
4. 4 rotations backward, wheel plane, rope to left side of body, rope in left hand.

**Ball elements**
1. Ball in right-hand, swing with hand change in front of body alternate sides x 4.
2. Link grade 1 ball skills 2 & 3 together
3. 2 hand toss to head height catch any style
4. 4 bounces right side.
Hoop elements
1. Rotate hoop around 1 hand backward, wheel plane
2. Swing x 4 mirror plane, hold in 1 hand
3. Hoop to side of body, roll backward and forward mirror plane x 2
4. Hoop on lap in mirror plane, hands to side inside facing outward. Lift hoop above head then drop over body.

Grade 3

Rope elements
1. Rope in right hand, large circle forward, wheel plane, overhead transfer to 2 hands open rope, 2 swings alternate sides, wheel plane
2. As per grade 2 point 2 then catch end after circle in front of body, fold in 4, aim for straight arms to finish, rope horizontal and taught.
3. Rope in right hand, rotations backward x 4 alternate sides
4. Ends in both hands cross arms, loop top hand under lower arm and pull rope taught to form X.

Ball elements
1. Ball in right hand, swing back, and large circle backwards, change hands in front and repeat on left side.
2. Ball in lap roll to knees and back, roll up chest then down both straight arms, lift above head to finish.
3. Throw from 1 hand above head height, catch in 2 arms palms facing up.
4. 2 bounces right side, 2 bounces left side.

Hoop elements
1. 4 rotations backward across the body, right hand on left side or vice versa
2. 4 rotations in front around 1 hand, mirror plane
3. Roll from right side to left in an arc using fingertips
4. Hoop to right side in over-grasp, lift hoop sideways above head and ‘flick’ the bottom of the hoop to lift and hold above head in both hands in table plane, drop hoop over the body

Ribbon elements
1. 4 large circles backward, wheel plane
2. 2 coils in front of the body hold for 3 seconds
3. Vertical snakes across the body and back
4. From right side to left side change hands over top x 2
Grade 4

Set elements, choice of music: 1 min – 1 min 15 sec. long
Rope, Ball, Hoop Voluntary routines

For each piece of apparatus:
Choose 4 elements from grades 1 & 2
Plus 2 from 4 elements in table below

<table>
<thead>
<tr>
<th></th>
<th>ROPE</th>
<th>HOOP</th>
<th>BALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 forward pushes showing extension of arms from back to front</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>180° turn with 1 push</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>From side lift over top to catch end – pull tight</td>
<td>Throw with 1 hand, mirror plane, arm side to side</td>
<td>Throw above head, catch 2 hands</td>
</tr>
<tr>
<td>4</td>
<td>Small lasso handling, side of body, rope in 2 fold</td>
<td>Roll hoop in arc from right to left</td>
<td>Roll ball down 1 arm catch on chest, roll back down other arm.</td>
</tr>
</tbody>
</table>

Grade 5

Set elements, choice of music 1 min. 15 sec – 1 min. – 30 sec
Rope, Hoop, Ball, Ribbon voluntary routines

<table>
<thead>
<tr>
<th></th>
<th>ROPE</th>
<th>HOOP</th>
<th>BALL</th>
<th>RIBBON</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Push and Glide showing extension of arms</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>360° turn with 2 pushes – show extension</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Walking the dog – release and catch 1 hand</td>
<td>Throw on horizontal axis with 2 hands – 2 rotations</td>
<td>Throws above head catch 1 hand</td>
<td>Echappe</td>
</tr>
<tr>
<td>4</td>
<td>Rebound 1 end of rope on floor to re-catch – boomerang</td>
<td>Spin around hand to side of body.</td>
<td>Roll ball from 1 hand to other across chest.</td>
<td>Coils push stick into shape so length is draped on stick – neatly</td>
</tr>
</tbody>
</table>
APPENDIX 1:

Disability Competition Requirements
2013–2016

All requirements are as per Code of Points (COP) / mainstream Competition Requirements for the relevant age group, other than as set out below.

DIFFICULTY

Body Movement Difficulties

All values are one category higher than in the COP (i.e. a 0.1 move in COP, has value of 0.2; a 0.2 move in COP has value of 0.3). In addition, the following ‘X’ moves (value 0.1) may be used:

<table>
<thead>
<tr>
<th>Leaps:</th>
<th>Balances:</th>
</tr>
</thead>
<tbody>
<tr>
<td>🜈 Tuck jump, no turn</td>
<td>🜈 Passé on flat foot</td>
</tr>
<tr>
<td>🜈 Passé jump, no turn</td>
<td>🜈 Knee balance with support on one hand</td>
</tr>
<tr>
<td>🜈 Straight (vertical) jump, ½ turn</td>
<td>🜈 Back bend on knees (to 90°)</td>
</tr>
<tr>
<td>🜈 Cat Leap, no turn</td>
<td>🜈 Front attitude on flat foot</td>
</tr>
</tbody>
</table>

Rotations:

<table>
<thead>
<tr>
<th>Rotations:</th>
</tr>
</thead>
<tbody>
<tr>
<td>🜈 Low leg 45° to front or side</td>
</tr>
<tr>
<td>🜈 Pasé with 270° rotation</td>
</tr>
<tr>
<td>🜈 Horizontal to front, side or back with 270° rotation</td>
</tr>
</tbody>
</table>

Apparatus

Reasonable attempts (i.e. even if dropped or with technical fault) at large throws will earn the gymnast 0.3 for each attempt. This is written on the gymnast’s official form as follows:

<table>
<thead>
<tr>
<th>Value</th>
<th>0.3</th>
</tr>
</thead>
</table>
This is in addition to any points which the gymnast may earn if the throw is also part of mastery or DER.
For example:

<table>
<thead>
<tr>
<th>Value</th>
<th>0.3 + 0.2 = 0.5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>+ M (++) (++)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Value</th>
<th>0.3 + 0.5 = 0.8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>+ R 3</td>
</tr>
</tbody>
</table>

Fundamental Apparatus Technical Groups predominance is still required.

**Dance Steps**

Min. of 4 seconds
No need for Fundamental Apparatus Technical Group – can be Other Apparatus Technical Group
May be used in free routines
No requirement to have any dance steps in routine
Value 0.3

**DER**

As per COP
Also can do single rotation DER for 0.1 value, written as \( \text{R} \text{ 1} \)

No decrease in value for minor adjustment (1 small step standing or on the floor) during the catch

**Mastery**

No need to be innovative; can be ordinary
As per COP, should consist of min. 3 components for 0.2 value (i.e. 1 base + 2 criteria, or 2 bases + 1 criteria)

May also consist of 2 components for 0.1 value (i.e. 1 base, plus 1 criteria)

**Pre-acrobatic Elements**

No limit on repetition of pre-acrobatic elements

**EXECUTION**

To be judged as per the novice execution form, with the exception that there is no deduction for not having a balance of left/right hand work