



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

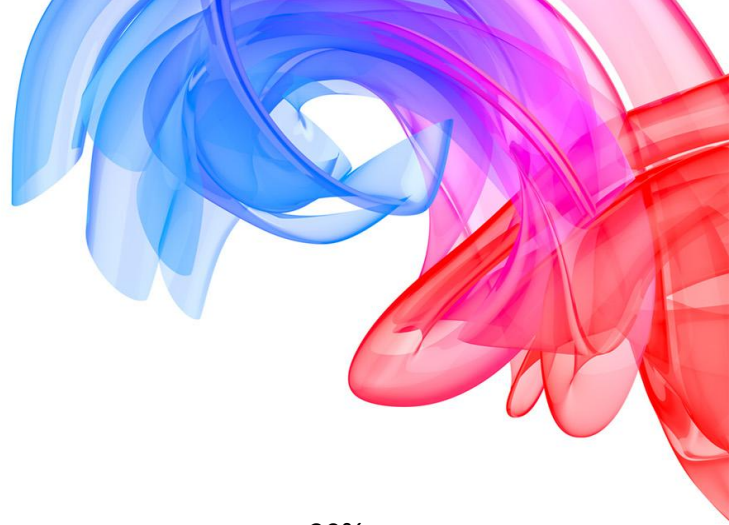
<i>Body Skills</i>	<u>Isolated</u> Passe Balance Patter Turn Straight Jump Marching Steps Side steps	20% each
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<i>Rope Elements</i>	<u>Isolated</u> 4 x Forward Skips Echappe Rotations – choice of plane Simple Swings – door plane	25% each
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Grade 2

<i>Body Skills</i>	<u>Isolated</u> Arabesque Balanceat 45 degrees Chaine Turn Jump 180 degree turn Spring Ponts Chasse Steps	20% each
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<i>Hoop Elements</i>	<u>Isolated</u> Rotations in door plane Skips through hoop Roll hoop on floor Simple Swings – Wheel plane	25% each
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Grade 3

Body Skills

Isolated

Front Leg Balance at 45 degrees
 Passe Pivot 360
 Jump Full Turn
 Spring Heel/Toe
 Chasse/step/leap

20%
each

Ball Elements

Isolated

Roll ball on floor, travelling at side to collect it
 Bouncing
 Throw/catch (1 hand to 2)
 Figure 8

25%
each

SPECIAL NOTE FOR COACHES

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

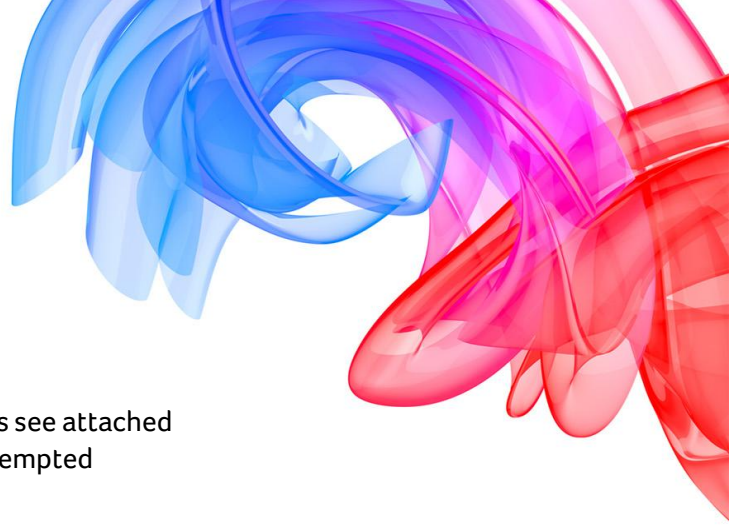
For voluntary routines, Levels 4 to 7 difficulties should be as follows:

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

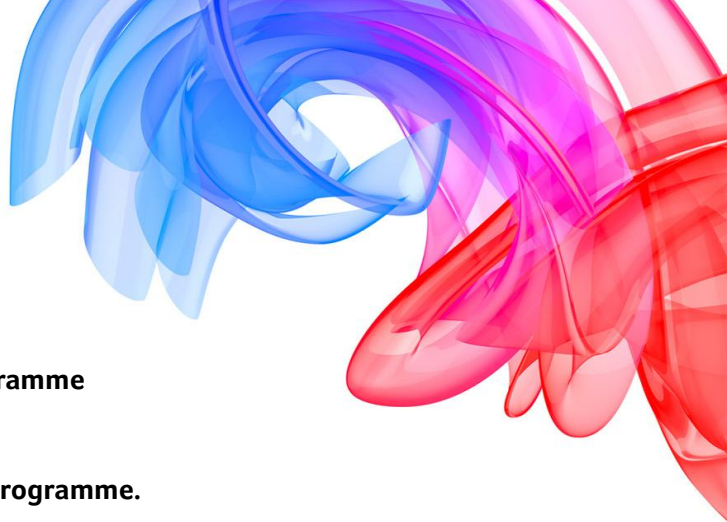
Fundamentals

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

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

Grade 5

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

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



APPENDIX 1:











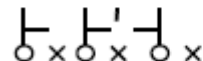
**Disability Competition Requirements
2013-2016**

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

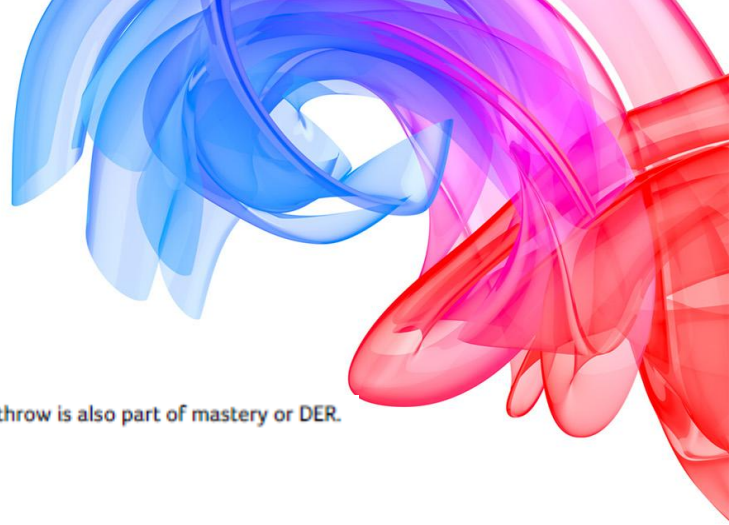
All values are one category higher than in the COP (i.e. a 0.1 move in COP, has value of 0.2; a 0.2 move in COP has value of 0.3). In addition, the following 'X' moves (value 0.1) may be used:-

Leaps:-		Balances:-	
	Tuck jump, no turn		Passé on flat foot
	Passé jump, no turn		Knee balance with support on one hand
	Straight (vertical) jump, ½ turn		Back bend on knees (to 90°)
	Cat Leap, no turn		Front attitude on flat foot
Rotations:-			
	Low leg 45° to front or side		
	Passe with 270° rotation		
	Horizontal to front, side or back with 270° rotation		

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:-

Value	0.3
	



This is in addition to any points which the gymnast may earn if the throw is also part of mastery or DER.
For example:-

Value	0.3 + 0.2 = 0.5
↗ + M ↗ (≠ ⊗)	

Value	0.3 + 0.5 = 0.8
↗ + ≠ R ₃ ↘	

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 R₁

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