



RG NDP Supplement
Disability Programme
October 2016

Please note that this document will be replaced by the NDP once released, and that the information is preliminary and released to provide early access

Overview

The NDP Program will follow our mainstream Rhythmic Programme with the appropriate adjustment to routine requirements.

The programme runs from Grade 1 to Grade 10. Grades 1 to 3 are held within club. Grades 4-10 are held within Zonal grades allowing for inclusion at all zonal grading events. The qualification for National Grade Finals and the British Championships will follow the same procedure as mainstream, with the exception that no BQT is required for disability gymnasts. Grading must be attained in the relevant competition year for qualification the same year and will follow the same principles as for mainstream.

The inclusion of set skills is to assist the quality of apparatus skills and to allow the progression of the gymnasts with the goal of increasing performance. These apparatus skills can optionally be performed to background music, if the coach wishes to submit, but the use of music will not impact the overall score.

There is no requirement for left/right hand work within any routines either in dance or body requirements, as specified in the competition requirements appendix. Should certain grade requirements not be achievable due to gymnast limitations, the waiver form and procedure, as specified in the Competition handbook, should be followed, and reasonable adjustment will be made upon application of this form.

The decision to bring the Disability NDP in-line with mainstream gymnastics and is intended to aid coaches in their coaching environment and increase participation numbers. The alignment of the judging requirements will also assist in the growth of Disability Rhythmic Gymnastics.

Classification of Disabilities is specified in the Competition Handbook as defined by British Gymnastics

Note that for wheelchair participants, the programme remains the same as was specified in the Disabilities Rhythmic NDP 2013-2017, until further notice.

Grade 1

Free Isolated body elements

- Passé balance flat foot
- Turn on releve
- Mirror plane swings X 4
- Walk on releve x8 with gymnast choice of arms

Isolated Ball elements

- Assisted roll on body
- Passé balance ball to change hands (own choice) during balance
- Mirror plane swings X 4, ball to follow movement (own choice)
- Body wave ball in 2 hands starts near hips move up body ends above head

Grade 2

Free Isolated body elements

- Low arabesque balance flat foot
- Chaine turn
- Chasse steps X 3
- Forward scissor leap

Isolated hoop elements

- Mirror plane swing X 2 then turn. Hoop to follow swing held 2 hands
- Spin hoop on floor (vertical axis)
- Skip stretch X 3 through hoop
- Rotations of hoop around waist, neck or hand

Grade 3

Free Isolated body elements

- Passé balance on releve
- Horizontal balance to front or side at 45 degrees or above flat foot
- Straight jump half turn (180°)
- Side gallops X 3

Isolated rope elements

- Skips X 4 own choice
- Swings in mirror frame and turn
- Echappe. (Walk the dog)
- Fig of 8 (own choice)

Grade 4

Free routine plus isolated elements

Hoop 2017

- Spin hoop (vertical axis) on floor perform passé balance (releve or flat foot)
- Boomerang of hoop
- Fig of 8 of hoop choice of plane
- Jump 180° turn hoop rotate on waist

Rope 2018-2020

- 2 boxer skips one foot, 2 jumps feet together
- Chasse x2 whilst performing figure of 8 of rope (wheel plane)
- Echappe during a passé balance (releve or flat foot)
- Sails of rope (own choice)

Grade 5

Free routine plus isolated elements

Ball elements 2017 & 2020

- Fig of 8 of ball (own choice) either standing or on floor
- Roll of ball down back either standing or lying on floor (own choice)
- 4 rhythmic bounces own choice
- Small throw from 1 hand caught on back of 2 hands

Rope elements 2018

- Sails and turn on releve (own choice)
- Passé balance flat foot with 3 rotations of rope (wheel or helicopter)
- Series of 6 skips own choice
- Fig of 8 on chasse own choice of leap passing forwards through rope

Hoop elements 2019

- Swings in table plane X 2 turn and pass hoop (own choice)
- Rotation of hoop on neck during passé balance (releve or flat foot)
- Toss throw X 2 (own choice)
- Roll hoop along floor own choice of steps to retrieve hoop

Grade 6

Ball routine with clubs or ribbon elements

Clubs elements

- Mirror plane swings X 2 and turn on releve
- Small circles of clubs (own choice)
- Half swing (wheel plane) alternating whilst travelling forward X 4
- Holding clubs horizontal behind body drop one club to floor stamp on club to trap

Ribbon elements

- Snakes of ribbon behind body whilst performing chasse
- Fig of 8 of ribbon choice of plane
- Coils of ribbon during balance of choice
- Large circles of ribbon backward (wheel plane) whilst standing on releve

Grade 7

Ball routine 2017/18 with clubs elements

Ribbon routine 2019/2020 with clubs elements

Clubs

- Small circles (own choice) of clubs during balance of choice
- Jump full turn tap clubs during the jump
- Small toss and re-catch of one club
- Mills or asymmetric movements of choice

Dymnamic Element of Rotation (DER) should only be allowed in routines from under 12 age upwards

Grades 8

2 routines of the 3 as NDP

Grades 9

3 routines as NDP

Grade 10

3 routines as NDP