












UNIÓN PANAMERICANA DE GIMNASIA
PAN AMERICAN GYMNASTICS UNION
 COMITE TECNICO DE GIMNASIA RITMICA

RHYTHMIC GYMNASTICS REGULATION – 2021

- ❖ The **Rhythmic Gymnastics Future Talents Pan-American Tournament** is a Base Competition for gymnasts of 9/10 and 11/12 years old, for group and individual. The aim is to offer an event where we can bring together the future of rhythmic gymnastics on our continent and allow a basic technical development for all countries across the 3 areas in a pedagogical and continuous way.
- ❖ The regulations are presented based on the FIG Age Group Program, which is used with adjustments by CONSUGI, and reviewed and reorganized by RG TC PAGU.
- ❖ For categories from 13 years old, we follow the FIG technical regulations.

The following is the competition format, ages and apparatus requirements for 2021/2022/2023:

CATEGORIES 2020		
BASE	LEVEL	YEAR OF BIRTH
	9/10 YEARS	2011/2012
	11/12 YEARS	2009/2010

INDIVIDUAL APPARATUS PROGRAM			
	2021	2022	2023
9/10 years			
11/12 years			
13 years			



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GROUP APPARATUS PROGRAM						
	2021		2022		2023	
9/10 years	5		5		5	
11/12 years	5	5	5	5	5	5

TEAM FORMATION and TECHNICAL REQUIREMENTS
BASE/JUNIOR/SENIOR
2021

9/10 YEARS - 2021

Programming:

1. Team Competition (qualification for the final apparatus competition) and individual all-around competition: all gymnasts participate.
 - The team will consist of 3 or 4 gymnasts.
 - All gymnasts must necessarily participate in the 3 exercises in the Qualification
 - Results The results obtained will determine:
 - a) Team ranking, consisting of 3 or 4 gymnasts;
 - b) Team award;
 - c) Individual all-around ranking and award;
 - d) Qualification for the Apparatus Finals
2. Apparatus Finals:
 - 10 gymnasts qualify for the final, with a maximum of 2 gymnasts per country.
 - The results obtained will determine:
 - a) Apparatus awards


Awards:



- Team: trophies and medals from 1st to 3rd place. Sum of the 3 best scores in each apparatus. The team ranking will be determined in the Team Competition.
- Individual All-Around: trophies from 1st to 3rd place. Sum of 3 scores obtained by the gymnast. The individual all-around ranking will be determined in the Individual All-Around competition.
- Individual Apparatus Finals: medals from 1st to 3rd place. The individual apparatus ranking will be determined in the Apparatus Finals competition.



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INDIVIDUAL



		REQUIREMENTS		
	BD minimum 3	^	—	Split leap
		T	T ^{x1}	Side split with hand support. Hold min 2 sec.
		o	y	Attitude Pivot (360°). Free leg bent at the horizontal level. The knee min at 90°. Trunk straight, slightly forward. Extension required.
		+ 2 BD FREE		Body difficulties (optional) freely chosen, with a maximum value of 0.40
	The 5 highest body difficulties will be counted			
)	Body Wave Forward to finish in releve – Dynamic balance ending in relevé. Value 0.10 pts. (Minimum/Maximum 1)		
	S	2 Dance Steps Combination according to the rhythm, character and the tempo of the music- min 8 sec. Value 0.30 (Minimum 2)		
	e	3 pre-acrobatic elements of free choice. Value 0.10 pts. each (Minimum 3)		
		One combination of two pre-acrobatic elements. Value: 0.20 pts. (Minimum/Maximum 1)		

		REQUIREMENTS		
 	BD minimum 3	^	1	3 body difficulties, one from each body group, with a maximum value of 0.40 pts.
		T	1	
		o	1	
		+ 2 BD FREE		Body difficulties (optional) freely chosen, with a maximum value of 0.40.
	The 5 highest body difficulties will be counted 1 BD made with the non-dominant ball hand			
)	Body Wave Forward to finish in releve – Dynamic balance ending in relevé. Value 0.10 pts. (Minimum/Maximum 1)		
	S	Two Dance Steps Combination according to the rhythm, character and the tempo of the music- min 8 sec. Value 0.30 (Minimum 2)		
	e	Three pre-acrobatic elements of free choice. Value 0.10 pts. each (Minimum 3)		
	R₁	1 Risk 1 rotation (It is possible to add throw and /or catch criteria) (Minimum / Maximum 1)		
	R₂	1 Risk of two rotations (FIG CoP) (Not required - Maximum 1)		
	AD	Apparatus Difficulty - Value 0.20 pts / 0.30 pts. / 0.40 pts. (Maximum 2 pts)		
❖ Ball (diameter from 16 to 18cm) ❖ Music with words is allowed only for 02 (two) exercises				

- ❖ In addition to the Fundamental Groups required by the CoP for each apparatus in the Artistic Execution table, the apparatus elements described below must be performed. In the absence of these, there will be a penalty of 0.30 pts for each missing element.



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ARTISTIC EXECUTION REQUIREMENTS	
	<ul style="list-style-type: none"> - Jump or skips with double rotation of the rope - Series (min. 3) of skips passing through the rope with change of direction (beyond what is already required as FG)
	<ul style="list-style-type: none"> - Roll of the ball over minimum 2 large body segments (different and beyond what is already required as FG) - Figures eight of the ball with circular movements of the arm(s) (different and beyond what is already required as FG).

1. BODY DIFFICULTY (BD)

- 1.1. BD elements are the required and free-choice difficulties from the Difficulty Tables in the CoP.
- 1.2. The value of the required elements respect the values of the CoP.
- 1.3. The maximum value of BD is 0.40 pts. If a gymnast presents a difficulty greater than this value, the difficulty will not be evaluated and will have a penalty of 0.30 pts.
- 1.4. For rotation difficulties in both apparatus and free hands, the rotation will be evaluated according to the number of rotations performed, that is, the difficulty value is not limited.
- 1.5. For the required free hands rotation difficulty (attitude pivot), the rotation will be evaluated according to the number of rotations executed, that is, the difficulty value is not limited.
- 1.6. Each BD is counted only once; if the BD is repeated, the difficulty is not valid (no penalty). Penalty: 0.30 for each absent required body difficulty.
- 1.7. In the Free Hands exercise, the gymnast must present the required difficulties within her exercise.
- 1.8. In the free hands exercise, the free-choice difficulties can be counted among the 5 correctly executed difficulties with the highest value (respecting the maximum value of 0.40 pts. - exception for the numbers of rotations).
- 1.9. The non-dominant hand must be used to execute Fundamental or Non-Fundamental Apparatus Technical element during 1 BD for ball exercise. Penalty of 0.30 for not respecting this rule.
- 1.10. The BDs are valid if executed:
 - a) In accordance with the requirements described in the difficulties tables. In the case of required difficulties, executed according to the requirements described in this regulation. Deviations from the shape listed in the CoP (See # 2.3.1) can be tolerated. **Exception:** Required balance difficulties for free hands must meet the requirement of two seconds maintaining the shape. Balances held for one second will not be valid as BD, but will have no ET penalty for shape not held.
 - b) With a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element. **Note:** If an Apparatus Technical element is performed identically during BD, the difficulty is not valid (no penalty).
 - c) Without one or more of the following technical faults:
 - A major alteration of the specific basic characteristics of each group of body difficulties. Deviations in the shape listed in the CoP can be tolerated (See # 2.3.1)
 - A large technical fault with the apparatus (technical fault of 0.30 or more).
- 1.11 The FIG and PAGU technical committee does not recommend performing BD on the knees for 9-10 years old gymnasts.



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2. BODY WAVE

2.1. See difficulty table Dynamic balances difficulty No. 20 (first symbol). Wave ending in relevé.



2.2. A body wave will be valid without the following faults:

- a) Lack of body extension
- b) Lack of arm coordination
- c) Shallow body wave

2.3. It is not possible to execute the required body waves connected to Body Difficulties (BD).

2.4. They must be coordinated with a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element

3. DANCE STEPS COMBINATION

3.1 All the specific rules for the dance steps combinations specified for the Individual Senior Difficulty (See CoP # 4 Dance step combinations) are also valid for the individual Difficulty 9-10 years.

4. PRE-ACROBATIC ELEMENTS (⌚)

4.1. Only the pre-acrobatic element groups listed in the CoP are authorized and must be coordinated with Fundamental and/or Non-Fundamental Apparatus Technical element.

4.2. It is not allowed to perform required pre-acrobatic elements connected to Body difficulties (BD). If an element is connected to a BD, the pre-acrobatic element will not be evaluated (no penalty).

➤ **Combination of pre-acrobatic elements for free hands**

4.3. 2 pre-acrobatic elements must be combined, either the same or different.

4.4. The combination of pre-acrobatic elements is only valid if it is performed without interruption in the connection of the elements and if it presents dynamism in its execution (execution like DER)

4.5. If there is a change of axis or level there will be 0.10 more for the combination of pre acrobatic

5. DYNAMIC ELEMENTS WITH ROTATION (R)

5.1. In this category, the execution of one (1) R1 is compulsory and the execution of one (1) R2 is optional.

5.2. Basic requirements for R1:

SIMBOL	BASE VALUE	ACTIONS	BASE DESCRIPTION
R1	0.10	1 rotation "Chainé"	1 large throw (more than twice the gymnast's height) or medium (one to two times the gymnast's height)
			Executed: <ul style="list-style-type: none"> • 360° • Without interruption Can only be performed under the flight of the apparatus



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- a) The base value of R1 can be increased using additional criteria described in the CoP. These criteria can be executed during the throw and during the catch of the apparatus.
- b) The rotation used in the R1 (“Chainé” rotation) must be executed under the flight of the apparatus.
- c) The rotation used in R1 (“Chainé” rotation) cannot be used in R2.
- d) A second rotation can be used as catch during a rotation criteria, provided that the catch is performed with an element outside of visual control. (FIG CoP rule)
- e) If R1 is executed with a different rotation than the “Chainé” rotation, the Risk will not be evaluated (No penalty).

5.3 Basic requirements for R2:

SIMBOL	BASE VALUE	ACTIONS	BASE DESCRIPTION
R2	0.20	2 rotations	1 large throw (more than twice the gymnast's height) or medium (one to two times the gymnast's height)
			Executed: <ul style="list-style-type: none"> • 360° each rotation • Continuously • Around any axis. • With or without passing to the floor. • With or without change of the axis of body rotation • Can be performed during the throw

- a) The base value of R2 can be increased using additional criteria described in the CoP. These criteria can be performed during throw of the apparatus and during body rotation under the throw and during the catch of the apparatus.
- b) The rotations used in R2 must be different from the required pre-acrobatic elements and R1.
- c) The value of the risks will be counted according to the definitions described in the CoP.

6. APPARATUS DIFFICULTY (AD)

- 6.1. All the specific rules for apparatus difficulties specified for the Individual Senior Difficulty are also valid for the Individual Difficulty 9-10 years. Except #6.2.1 of the CoP that specifies the minimum quantity in the individual senior exercises.
- 6.2. The total maximum value of AD is 2.00 pts. for category 9-10 years.

7. FUNDAMENTAL AND NON-FUNDAMENTAL APPARATUS TECHNICAL GROUPS

- 7.1. The Fundamental Apparatus Technical elements are the elements of CoP tables specific to each apparatus.
- 7.2. Fundamental apparatus groups can be performed during body difficulties, dance steps combinations, dynamic elements with rotation criteria, apparatus difficulties, or connection elements.
- 7.3. Requirements:
 - a) At least 1 element of each Fundamental Apparatus Technical Group in each exercise.
 Execution Penalty (Artistic): **0.30 for each missing element**



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b) Apparatus Technical elements are not limited but cannot be performed identically during BD.

8. PENALTIES TABLES









9/10 YEARS - SUB-GROUP D1-D2		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Body difficulties in order of their performance	Required difficulties	Absence of a required difficulty (each time)
	Difficulties of free choice	Less than 1 difficulty for each body group (for each absent group)
		BD with a base value greater than 0.40
	Handling (Non-dominant hand)	Less than 1 BD with handling using non-dominant hand (ball)
If the BD is repeated or the apparatus technical element is performed identically during the BD, the repeated difficulty is not valid (no penalty)		
Body wave	1 required body wave	Less than 1
"Slow Turn" Balance	Maximum 1	More than 1
Dance Step Combinations	Minimum 2 series	Less than 2

9/10 YEARS - SUB-GROUP D3-D4		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Dynamic elements with rotation	Minimum 1 R1	Less than 1 R1
	Maximum 1 R2	More than 1 R2
Pre-acrobatic elements	3 elements	Less than 3
	1 Combination of 2 elements (free hands)	Less than 1



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GROUP

		REQUIREMENTS			
5 	BD Min 3	BD+ED Max 6 (1 free-choice BD or ED with a max value of 0.40)	 1  1  1	3 difficulties 1 from each body group. Base value of maximum 0.40 pts.	
	ED		2 exchanges with a maximum value of 0.40 pts.		
		Body Wave Backwards - Dynamic Balance with total body wave ending in relevé. Value 0.10 (Maximum / Minimum1)			
	S	Dance steps combination according to the rhythm, character and tempo of the music - minimum 8 seconds. (Minimum 2)			
		3 pre-acrobatic elements of free choice. Value 0.10 each (Minimum / Maximum 3)			
	R₁	Risk 1 rotation "chainé" (It is possible to add throw and catch criteria up to a maximum of 0.40) (Maximum 1)			
	CC   C	Collaborations - without body rotation (Minimum 3)			
	CR	Collaboration with Body Rotation - CR (Minimum 1)			
	CRR	Collaborations with Body Rotation -CRR (Minimum 1)			
	❖ Hoop (60 to 80 cm diameter)				

1. DURATION OF THE EXERCISE

1.1 Duration of exercise: 2'15" to 2'30":

2. BODY DIFFICULTY (BD)

2.1 All BD elements for individual exercises are also valid for group exercises.

2.2 The maximum value of each BD is 0.40 pts. If an exercise has a difficulty greater than this value, the difficulty will not be evaluated and will have a penalty of 0.30 pts.

2.3 For required and free-choice rotation difficulties, the rotation will be evaluated according to the number of rotations executed, that is, the difficulty value is not limited.

2.4 At least 1 difficulty from each body group must be present and performed simultaneously (or in very rapid succession; not in subgroups) by all 5 gymnasts.

In the event that the BD is not executed simultaneously or in rapid succession:

- The BD will be valid if it is executed according to its definition.
- Penalty by the D1-D2 judges: 0.30 pts.

2.5 A BD must be performed by all 5 gymnasts to be valid. The difficulties will not be valid if they are not performed by the 5 gymnasts, either due to a composition fault or a technical fault of one or more gymnasts.

2.6 Each BD counts only once; if the BD is repeated, the difficulty is not valid (no penalty).

2.7 The BDs are valid if they are executed:

- a) In accordance with the requirements described in the difficulties tables. Deviations from the shape listed in the CoP can be tolerated (See # 2.3.1, Individual Exercises)



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Exception: required balance difficulties must meet with the requirement of two seconds maintaining the shape. Balances held for one second will not be valid as BD, but will have no ET penalty for shape not held.

b) With a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element.

Note: If an Apparatus Technician item is performed identically during BD, the difficulty is not valid (no penalty).

c) Without one or more of the following technical faults:

- A major alteration of the specific basic characteristics of each group of body difficulties. Deviations in the shape listed in the CoP can be tolerated (See # 2.3.1)
- A large technical fault with the apparatus (technical fault of 0.30 or more).

2.8 The FIG and PAGU technical committee does not recommend performing BD on the knees for 9-10 years old gymnasts.

3. EXCHANGE DIFFICULTY (ED)

3.1 An apparatus exchange (ED) where each gymnast must participate in two actions

- a) Throwing her own apparatus to a partner.
- b) Receiving the apparatus from a partner.

3.2 Only exchanges performed by large throws (not boomerang) are valid as ED. Large throws are determined by the required height or a distance of 5 meters between the gymnasts.

3.3 The base value of ED is 0.20pts.

3.4 The value of the ED can be increased by all the additional criteria mentioned in the CoP up to a maximum value of 0.40 pts. If a group performs additional criteria with a value greater than 0.40 pts., ED will be evaluated up to a maximum of 0.40 pts. (no penalty).

3.5 The additional criteria may be the same or different and are only valid when performed by the 5 gymnasts.

4. BODY WAVE

4.1 See difficulty table Dynamic balances difficulty N°20 (second symbol) Wave ending in relevé.



4.2 A body wave will be valid without the following faults:

- a) Lack of body extension
- b) Lack of arm coordination
- c) Shallow body wave.

4.3 It is not possible to execute the required body waves connected to Body difficulties (BD) or exchange difficulties (ED).

4.4 The wave must be performed by the 5 gymnasts for it to be valid. It can be performed simultaneously or in very fast succession

4.5 It must be coordinated with a minimum of a Fundamental and/or Non-Fundamental Apparatus Technical element

5. DANCE STEPS COMBINATIONS (S)



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5.1 All specific rules for dance steps combinations specified for the Individual and Group Senior Difficulty (See # 4.1, # 4.2, # 4.2.1, # 4.2.2) are also valid for 9-10 years Group Difficulty.

6. DYNAMIC ELEMENTS WITH ROTATIONS (R)

6.1 Basic requirements for R1:

SIMBOL	BASE VALUE	ACTIONS	BASE DESCRIPTION
R1	0.10	1 rotation "Chainé"	<ul style="list-style-type: none"> large or medium throw

- a) The base value of R1 can be increased using additional criteria described in the CoP. These criteria can be executed during the throw and during the catch of the apparatus up to a maximum of 0.40 pts.
- b) The rotation used in the R1 "Chainé" rotation must be performed under the flight of the apparatus.
- c) If R1 is executed with a different rotation than "Chainé" rotation, the Risk will not be evaluated (No penalty).

7. PRE-ACROBATICS ELEMENTS (δ)

7.1 Only the pre-acrobatic element groups listed in the CoP are authorized and must be coordinated with Fundamental and/or Non-Fundamental Apparatus Technical element.

7.2 The pre-acrobatic elements have to be performed by the 5 gymnasts to be valid. It must be the same element for the 5 gymnasts and can be performed simultaneously or in very fast succession

7.3 The pre-elements must be different from the rotations performed in the DER.

8. COLLABORATIONS

8.1 Group exercise is defined by cooperative work where each gymnast enters into a relationship with one or more apparatus and one or more partners

8.2 All 5 gymnasts must participate in the collaboration action (s), even if they assume different roles, otherwise the collaboration is not valid.

8.3 All the 5 gymnasts must be directly related through the gymnasts or the apparatus.

8.4 For collaborations with rotation: the apparatus must be throw to a partner during the rotation and not when she completes the rotation.

VALUE		TYPE OF COLLABORATION WITHOUT ROTATION
0.10	0.20	
CC		Minimum two transmissions during collaboration with a minimum of 2 types of passage of one or more apparatus. <ul style="list-style-type: none"> • Small-medium thows • Rolls • Bounces • sliding • rebound • Etc.



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C↗	With a simultaneous medium or large throw of two or more apparatus by the same gymnast to the partner
C↘	With catch of two or more apparatus by the same gymnast after simultaneous medium or large throw Note: Not valid when two or more apparatus are connected to each other in a tight position (“locked”)

VALUE			TYPE OF COLLABORATION WITH ROTATION
0.20	0.30	0.40	
CR	CR2		Throw of own apparatus by one/two or several gymnasts and immediate catch of own or a partner apparatus after: <ul style="list-style-type: none"> • A dynamic element of body rotation under the flight of the apparatus with loss of visual control of the apparatus • It is possible to perform the dynamic element with the help of the partner(s) (lifting)
	CRR	CRR2	Throw of own apparatus by one/two or several gymnasts and immediate catch of own or a partner apparatus after: <ul style="list-style-type: none"> • A dynamic element with body rotation under the flight of the apparatus with loss of visual control of the • With passing above, below or through one or several apparatus and/or partners • Possible passing above, below or through with the help of one or more partners and/or apparatus of one or more partners: active support on the gymnast(s) or on apparatus or lifting by one or more partners and/or the apparatus

8.5 It is possible to execute the CRR and CR in subgroups, provided that during their execution it is seen as the same image (the subgroups perform the same movement). If the position of the gymnasts or the pre-acrobat elements are different, at some point in the collaboration the subgroups must be connected to each other.

9. PENALTIES TABLES

9/10 YEARS - SUB-GROUP D1-D2		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Body difficulties	3 difficulties (minimum)	Less than 1 difficulty from each body group (each time)
		Less than 3 BD executed
		BD with a base value greater than 0.40



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		Body difficulty (required or free choice) not performed simultaneously or in very rapid succession (Not in subgroups)
Exchange difficulties	2 exchange (minimum)	Less than 2 ED performed
Body wave	1 required wave	Less than 1
Dance steps combination	Minimum 2 dance steps combinations	Less than 2

9/10 YEARS - SUB-GROUP D3-D4		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Dynamic element with rotation	1 R1	More than 1
Pre-acrobatic elements	3 elements	Less than 3
Collaborations	Minimum 3 without body rotation	Less than 3
	Minimum 1 CR with body rotation	Less than 1
	Minimum 1 CRR with passaging and rotation	Less than 1

11/12 YEARS – 2021

Programming:

1. Team Competition (qualification for the final apparatus competition) and individual all-around competition: all gymnasts participate.

- The team will consist of 3 or 4 gymnasts.
- All gymnasts must necessarily participate in the 3 exercises in the Qualification
- Results The results obtained will determine:
 - a) Team ranking, consisting of 3 or 4 gymnasts;
 - b) Team award;
 - c) Individual all-around ranking and award;
 - d) Qualification for the Apparatus Finals

2. Apparatus Finals:

- 10 gymnasts qualify for the final, with a maximum of 2 gymnasts per country.
- The results obtained will determine:
 - a) Apparatus awards







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Awards:

- Team: trophies and medals from 1st to 3rd place. Sum of the 3 best scores in each apparatus. The team ranking will be determined in the Team Competition.
- Individual All-Around: trophies from 1st to 3rd place. Sum of 3 scores obtained by the gymnast. The individual all-around ranking will be determined in the Individual All-Around competition.
- Individual Apparatus Finals: medals from 1st to 3rd place. The individual apparatus ranking will be determined in the Apparatus Finals competition.

INDIVIDUAL

		REQUIREMENTS		
	BD Minimum 3	^	∠	Split Leap with ring position.
		T	⌢	Ring balance on releve - leg high up in split position with knee bent and hand support. Leg close to the head. Hold min 2 sec.
		↓ F	↓ T	Free leg high up in split position; trunk forward at horizontal or below on a flat foot. Hold min. 2 sec.
		○	⌢	Free leg with support in split position (360° or more). Free leg extended 180 ° in front or on the side. Trunk aligned. Leg in external rotation. OR Free leg with support in a ring position (360° or more). Trunk and shoulders aligned
		+ 3 BD FREE		Body difficulties (optional) freely chosen, with a maximum value of 0.50 pts.
<i>The 6 highest body difficulties will be counted</i>				
)'	Side Body Wave - Dynamic Balance with total body wave. Value 0.10 pts. (Minimum / Maximum 1)			
S	2 Dance Steps Combination according to the rhythm, character and the tempo of the music- min 8 sec. Value 0.30 (Minimum 2)			
⌢	2 pre-acrobatic elements of free choice. Value 0.10 pts. each (Minimum 2)			
	1 combination of 2 pre-acrobatic elements. Value: 0.20 pts. (Minimum/Maximum 1)			




		REQUIREMENTS		
  	BD minimu m 3	^	1	3 body difficulties, one from each body group with a maximum value of 0.50 pts.
		T	1	
		○	1	
		+ 3 BD FREE		Body difficulties (optional) freely chosen, with a maximum value of 0.50 pts.
<i>The 6 body difficulties with the highest value will be counted 1 BD with the non-dominant hand for RIBBON</i>				
)'	Side Body Wave - Dynamic Balance with total body wave. Value 0.10 pts. (Minimum / Maximum 1)			
S	2 Dance Steps Combination according to the rhythm, character and the tempo of the music- min 8 sec. Value 0.30 (Minimum 2)			
⌢	2 pre-acrobatic elements of free choice. Value 0.10 pts. cada uno (Minimum 2)			



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R₂	2 Risks of two rotations (FIG CoP) (SEE BASES) (Minimum 2 / Maximum 2)
AD	Apparatus Difficulty- Value 0.20 pts. - 0.30 pts. - 0.40 pts. (Maximum 3 pts)
	<ul style="list-style-type: none"> ❖ Hoop (diameter from 70 to 90 cm) ❖ Clubs (minimum 35 cm and maximum 50 cm) ❖ Ribbon (minimum 4m) ❖ Music with words is allowed only for 2 exercises

- ❖ In addition to the Fundamental Groups required by the CoP for each apparatus in the Artistic Execution table, the apparatus elements described below must be performed. In the absence of these, there will be a penalty of 0.30 pts for each missing element.

ARTISTIC EXECUTION REQUIREMENTS	
	<ul style="list-style-type: none"> - Roll over minimum 2 large body segments (different and beyond what is already required as FG) - Roll on the floor with change of direction (boomerang)
	<ul style="list-style-type: none"> - Mills (different and beyond what is already required as FG) - Small throw of 2 Clubs (unlocked), simultaneous or successive, with 360° rotation and recovery (different and beyond what is already required as FG)
	<ul style="list-style-type: none"> - "Echappé" (different and beyond what is already required as a FG) - Boomerang

1. BODY DIFFICULTY (BD)

- 1.1. BD elements are the required and free-choice difficulties from the Difficulty Tables in the CoP.
- 1.2. The value of the required elements respect the values of the CoP.
- 1.3. The maximum value of BD is 0.50 pts. If a gymnast presents a difficulty greater than this value, the difficulty will not be evaluated and will have a penalty of 0.30 pts.
- 1.4. For rotation difficulties in both apparatus and free hands, the rotation will be evaluated according to the number of rotations performed, that is, the value of the difficulty is not limited.
- 1.5. For the required free hands balance difficulty free leg up in split position, the description indicates that it must be performed on a flat foot. If a gymnast performs this balance in relevé, the difficulty is valid but keeps the value of 0.40 pts.
- 1.6. Each BD is counted only once; if the BD is repeated, the difficulty is not valid (no penalty). In the Free Hands exercise, the gymnast must present the obligatory difficulties within her exercise. Penalty: 0.30 pts. for each absent mandatory difficulty.
- 1.7. Difficulties of free choice can be counted among the 6 difficulties correctly executed with the highest value (respecting the maximum value of 0.50 pts. - exception for the numbers of rotations).
- 1.8. The non-dominant hand must be used to execute Fundamental or Non-Fundamental Apparatus Technical elements during 1 BD on ribbon. Penalty of 0.30 for not respecting this rule.
- 1.9. The BDs are valid if executed:
 - a) In accordance with the requirements described in the difficulties tables. In the case of required difficulties, executed according to the requirements described in this regulation. Deviations from the shape listed in the CoP (See # 2.3.1) can be tolerated. **Exception:** Required balance difficulties for free hans must meet the requirement of two seconds maintaining



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the shape. Balances held for one second will not be valid as BD, but will have no ET penalty for shape not held.

- b) With a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element.
Note: If an Apparatus Technical element is performed identically during BD, the difficulty is not valid (no penalty).
- c) Without one or more of the following technical faults:
- A major alteration of the specific basic characteristics of each group of body difficulties. Deviations in the shape listed in the CoP can be tolerated (See # 2.3.1)
 - A large technical fault with the apparatus (technical fault of 0.30 or more).

1.10 The FIG and PAGU technical committee does not recommend performing BD on knees for 11-12 year old gymnasts

2. BODY WAVE

2.1. See table of difficulties Dynamic balances difficulty No. 20 (third symbol). Wave ending in relevé.



2.2. A body wave will be valid without the following faults:

- a) Lack of body extension
- b) Lack of arm coordination
- c) Shallow body wave

2.3. It is not possible to execute the required body waves connected to Body Difficulties (BD).

2.4. They must be coordinated with a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element

3. DANCE STEPS COMBINATION

3.1 All the specific rules for the dance steps combinations specified for the Individual Senior Difficulty (See CoP # 4 Dance step combinations) are also valid for the individual Difficulty 11-12 years.

4. PRE-ACROBATIC ELEMENTS (6)

4.1. Only the pre-acrobatic element groups listed in the CoP are authorized and must be coordinated with fundamental or non-fundamental technical apparatus groups. Fundamental and/or Non-Fundamental Apparatus Technical element.

4.2. It is not allowed to perform required pre-acrobatic elements connected to Body difficulties (BD). If an element is connected to a BD, the pre-acrobatic element will not be evaluated (no penalty).

➤ **Combination of pre-acrobatic elements for free hands**



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4.3. 3 pre-acrobatic elements must be combined. The combination must have at least one change in level during rotations or one change in the axis of body rotation. A combination that does not meet these requirements will not be evaluated. (No penalty).

4.4. The combination of pre-acrobatic elements is only valid if it is performed without interruption in the connection of the elements and if it presents dynamism in its execution (execution like DER).

4.5. If there is a change of axis or level there will be 0.10 more for the combination of pre acrobatic

5. DYNAMIC ELEMENTS WITH ROTATION (R)

5.1. Basic requirements for R2:

SIMBOL	BASE VALUE	ACTIONS	BASE DESCRIPTION
R2	0.20	2 rotations (Chainé + 1 Rotation)	<ul style="list-style-type: none"> • 1 large throw (more than twice the gymnast's height) or medium (one to two times the gymnast's height) Executed: <ul style="list-style-type: none"> • 360° each rotation • Without interruption • Around any axis. • With or without passaging to the floor. • With or without change of the axis of body rotation • Can be performed during throw
		2 rotations (2 free elements)	

a) Two R2 must be performed within the exercise, regardless their order of execution:

- One R2 with two rotations (Chainé and another rotation) and
- One R2 with two rotations (free choice).

If a gymnast does not perform any of the risks with Chainé rotation, the second risk executed will not be evaluated and there will be a penalty of 0.30 pts.

b) The base value of R2 can be increased using additional criteria described in the CoP. These criteria can be performed during throw of the apparatus and during body rotation under the throw and during the catch of the apparatus.

c) The rotations used in R2 must be different from the required pre-acrobatic elements.

d) A third rotation can be used as a catch criteria during rotation, provided that the catch is performed with an element outside of visual control. (FIG CoP)

e) The value of the risks will be counted according to the definitions described in the CoP.

6. APPARATUS DIFFICULTY (AD)

6.1 All the specific rules for apparatus difficulties specified for the Individual Senior Difficulty are also valid for the Individual Difficulty 11-12 years. Except #6.2.1 of the CoP that specifies the minimum quantity in the individual senior exercises.

6.2 The total maximum AD value is 3.00 pts. for category 11-12 years.

7. FUNDAMENTAL AND NON-FUNDAMENTAL APPARATUS TECHNICAL GROUPS

7.1. The Fundamental Apparatus Technical elements are the elements of CoP tables specific to each apparatus.



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7.2. Fundamental apparatus groups can be performed during body difficulties, dance steps combinations, dynamic elements with rotation criteria, apparatus difficulties, or connection elements.

7.3. Requirements:

- a) At least 1 element of each Fundamental Apparatus Technical Group in each exercise.
 Execution Penalty (Artistic): Apparatus variety: For each element 0.30 pts.
- b) Apparatus Technical elements are not limited but cannot be performed identically during BD.

8. PENALTIES TABLES












11/12 YEARS - SUB-GROUP D1-D2		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Body difficulties in order of their performance	Required free hands difficulties	Absence of a required difficulty (each time)
	Difficulties of free choice	Less than 1 difficulty for each body group (for each absent group)
		BD with a base value greater than 0.50
Handling (Non-dominant hand)	Less than 1 BD with handling using non-dominant hand (ribbon)	
If the BD is repeated or the Apparatus Technical element is performed identically during the BD, the repeated difficulty is not valid (no penalty)		
Body wave	1 required body wave	Less than 1
“Slow Tour” Balance	Maximum 1	More than 1
Dance Step Combinations	Minimum 2 series	Less than 2

11/12 YEARS - SUB-GROUP D3-D4		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Dynamic elements with rotation	1 R2 (Chainé + another rotation)	Less than 1 / more than 1
	1 R2 (free rotations)	Less than 1 / more than 1
Acrobatic elements	2 elements	Less than 2
	1 Combination of 3 elements (FREE HANDS)	Less than 1



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GROUP

		REQUIREMENTS				
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 20px;">  <p>5</p> </div> <div>  <p>5</p> </div> </div>	BD Min 3	BD + ED Max 7 (1 free-choice BD or ED with a max value of 0.50)		1	3 difficulties 1 from each body group. Maximum value of 0.50 pts.	
				1		
				1		
		ED	3 exchanges. Value: 0.50 pts.			
		 or 	Forwards or backwards body wave ending in relevé -Dynamic balance with total body wave. Value: 0.10 pts. (Minimum / Maximum 1)			
		S	Dance steps combination according to the rhythm, character and tempo of the music - minimum 8 seconds. Value: 0.30 pts. (minimum 2)			
			A pre-acrobatic element of free choice. Value: 0.10 pts. (Minimum / Maximum 1)			
		R₂	Risk with 2 rotations. (Maximum 1)			
		CC    C	Collaborations without body rotation (minimum 3)			
		CR	Collaborations with Body Rotation (minimum 2)			
	CRR	Collaborations with Body Rotation (Minimum 1)				
		❖ Ball (diameter from 16 to 18cm) ❖ Ribbon (minimum 4m)				

1. DURACION DEL EJERCICIO

1.1 Duration of exercise: 2'15" to 2'30"

2. BODY DIFFICULTY (BD)

2.1 BD elements are elements from the Difficulty tables in the CoP. All BD elements for individual exercises are also valid for group exercises.

2.2 The maximum value of each BD is 0.50 pts. If an exercise has a difficulty greater than this value, the difficulty will not be evaluated and will have a penalty of 0.30 pts.

2.3 At least 1 difficulty from each body group must be present and performed simultaneously (or in very rapid succession; not in subgroups) by all 5 gymnasts.

In the event that the BD is not executed simultaneously or in rapid succession:

- The BD will be valid if it is executed according to its definition.
- Penalty by the D1-D2 judges: 0.30 pts.



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2.4 A BD must be performed by all 5 gymnasts to be valid. The difficulties will not be valid if they are not performed by the 5 gymnasts, either due to a compositional or a technical fault of one or more gymnasts.

2.5 Each BD counts only once; if the BD is repeated, the difficulty is invalid (no penalty). The BDs are valid if they are executed:

a) In accordance with the requirements described in the difficulties tables. In the case of required difficulties, executed according to the requirements described in this regulation. Deviations from the shape listed in the CoP (See # 2.3.1) can be tolerated. **Exception:** Required balance difficulties for free hans must meet the requirement of two seconds maintaining the shape. Balances held for one second will not be valid as BD, but will have no ET penalty for shape not held.

b) With a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element. **Note:** If an Apparatus Technical element is performed identically during BD, the difficulty is not valid (no penalty).

c) Without one or more of the following technical faults:

- A major alteration of the specific basic characteristics of each group of body difficulties. Deviations in the shape listed in the CoP can be tolerated (See # 2.3.1)
- A large technical fault with the apparatus (technical fault of 0.30 or more).

2.6 The FIG and PAGU technical committee does not recommend performing BD on knees for 11-12 year old gymnasts

3. EXCHANGE DIFFICULTY (ED)

3.1 An apparatus exchange (ED) where each gymnast must participate in two actions:

- a) Throwing her own apparatus to a partner.
- b) Receiving the apparatus from a partner.

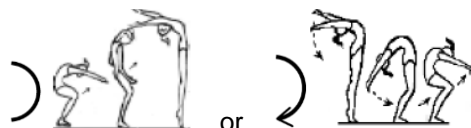
3.2 Only exchanges performed by large throws (not boomerang) are valid as ED. Large throws are determined by the required height or a distance of 6 meters between the gymnasts. The base value of ED is 0.20pts.

3.3 The value of the ED can be increased by all the additional criteria mentioned in the CoP up to a maximum value of 0.50 pts. If a group performs additional criteria with a value greater than 0.50 pts., ED will be evaluated up to a maximum of 0.50 pts. (No penalty)

3.4 The additional criteria must be the same or different and are only valid when performed by the 5 gymnasts.

4. BODY WAVE

4.1 See difficulties table Dynamic balances difficulty N°20 (first or second symbol) Wave ending in relevé.



4.2 A body wave will be valid without the following faults:

- a) Lack of body extension
- b) Lack of arm coordination
- c) Shallow body wave



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- 4.3 It is not possible to execute the required body waves connected to Body difficulties (BD) or exchange difficulties (ED).
- 4.4 The wave must be performed by the 5 gymnasts for it to be valid. It can be executed:
 - a) simultaneously or in very rapid succession
 - b) only one type of wave must be executed (backwards or forwards, not both)
- 4.5 It must be coordinated with a minimum of a Fundamental and/or Non-Fundamental Apparatus Technical element

5 DANCE STEPS COMBINATION (S)

5.2 All specific rules for dance steps combinations specified for the Individual and Group Senior Difficulty (See # 4.1, # 4.2, # 4.2.1, # 4.2.2) are also valid for 11-12 years Group Difficulty.

6 DYNAMIC ELEMENTS WITH ROTATION (R)

a. Basic requirements for R2:

SIMBOL	BASE VALUE	ACTIONS	BASE DESCRIPTION
R2	0.20	2 rotations	1 large or medium throw
			Executed: <ul style="list-style-type: none"> • 360° each rotation • Continuously • Around any axis. • With or without passage through the floor. • With or without change of body rotation axis • Can be performed during launch or under the aircraft's flight

- a) The base value of R2 can be increased using additional criteria described in the CoP. These criteria can be performed during throw of the apparatus and during body rotation under the throw and during the catch of the apparatus.
- b) The rotations used in R2 must be different from the required pre-acrobatic elements.
- c) The value of the risks will be counted according to the definitions described in the CoP.

7 PRE-ACROBATIC ELEMENTS (6)

- 7.1 Only the pre-acrobatic element groups listed in the CoP are authorized and must be coordinated with Fundamental and/or Non-Fundamental Apparatus Technical element.
- 7.2 The pre-acrobatic elements have to be performed by the 5 gymnasts to be valid. It must be the same element for the 5 gymnasts and can be performed simultaneously or in very fast succession
- 7.3 The pre-elements must be different from the rotations performed in the DER.

8 COLLABORATIONS



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8.1 Group exercise is defined by cooperative work where each gymnast enters into a relationship with one or more apparatus and one or more partners

8.2 All 5 gymnasts must participate in the collaboration action (s), even if they assume different roles, otherwise the collaboration is not valid.

8.3 All the 5 gymnasts must be directly related through the gymnasts or the apparatus.

8.4 For collaborations with rotation: the apparatus must be throw to a partner during the rotation and not when she completes the rotation.

VALUE		TYPE OF COLLABORATION WITHOUT ROTATION
0.10	0.20	
CC		Minimum two transmissions during collaboration with a minimum of 2 types of passage for one or more apparatus. <ul style="list-style-type: none"> • Small-medium thows • Rolls • Bounces • sliding • rebound • Etc.
	C↗	With a simultaneous medium or large throw of two or more apparatus by the same gymnast to the partner
	C⇓	With catch of two or more apparatus by the same gymnast after simultaneous medium or large throw Note: Not valid when two or more apparatus are connected to each other in a tight position (“locked”)

VALUE			TYPE OF COLLABORATION WITH ROTATION
0.20	0.30	0.40	
CR	CR2		Throw of own apparatus by one/two or several gymnasts and immediate catch of own or a partner apparatus after: <ul style="list-style-type: none"> • A dynamic element of body rotation under the flight of the apparatus with loss of visual control of the apparatus • It is possible to perform the dynamic element with the help of the partner(s) (lifting)
	CRR	CRR2	Throw of own apparatus by one/two or several gymnasts and immediate catch of own or a partner apparatus after: <ul style="list-style-type: none"> • A dynamic element with body rotation under the flight of the apparatus with loss of visual control of the • With passing above, below or through one or several apparatus and/or partners • Possible passing above, below or through with the help of one or more partners and/or apparatus of one or more partners: active support on the gymnast(s) or on apparatus or lifting by one or more partners and/or the apparatus



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8.5 It is possible to execute the CRR and CR in subgroups, provided that during their execution it is seen as the same image (the subgroups perform the same movement). If the position of the gymnasts or the pre-acrobats are different, at some point in the collaboration the subgroups must be connected to each other.

9 PENALTIES TABLES

11/12 YEARS - SUB-GROUP D1-D2		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Body difficulties in order of their performance	3 difficulties (minimum)	Less than 1 difficulty from each body group (each time)
		BD with a base value greater than 0.50
		Less than 3 BD executed
		Body difficulty not performed simultaneously or in very rapid succession (not in subgroups)
Exchange difficulties, in their order of execution	3 exchanges (minimum)	Less than 3 ED performed
Body wave	1 required wave	Less than 1
Dance Step Combinations	Minimum 2 series	Less than 2

11/12 YEARS – SUBGRUPO D3-D4		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Dynamic element with rotation	1 R2	More than 1
Pre-acrobatic elements	1 element	Less than 1
Collaborations	Minimum 3 without body rotation	Less than 3
	Minimum 2 CR with body rotation	Less than 2
	Minimum 1 CRR with passaging and rotation	Less than 1



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13 YEARS – 2021

Programming:

1. Team Competition (qualification for the final apparatus competition) and individual all-around competition: all gymnasts participate.

- The team will consist of 3 or 4 gymnasts.
- All gymnasts must necessarily participate in the 3 exercises in the Qualification
- Results The results obtained will determine:
 - a) Team ranking, consisting of 3 or 4 gymnasts;
 - b) Team award;
 - c) Individual all-around ranking and award;
 - d) Qualification for the Apparatus Finals


2. Apparatus Finals:

- 10 gymnasts qualify for the final, with a maximum of 2 gymnasts per country.
- The results obtained will determine:
 - a) Apparatus awards

Awards:




- Team: trophies and medals from 1st to 3rd place. Sum of the 3 best scores in each apparatus. The team ranking will be determined in the Team Competition.
- Individual All-Around: trophies from 1st to 3rd place. Sum of 3 scores obtained by the gymnast. The individual all-around ranking will be determined in the Individual All-Around competition.
- Individual Apparatus Finals: medals from 1st to 3rd place. The individual apparatus ranking will be determined in the Apparatus Finals competition.

INDIVIDUAL




		REQUIREMENTS			
	BD Minimum 3	^	<	Split Leap with ring position.	
		T	𐄂		Ring balance on releve - leg high up in split position with knee bent and hand support. Leg close to the head. Hold min 2 sec.
			↓ 𐄂	↓ 𐄂	Free leg high up in split position; trunk forward at horizontal or below on a flat foot. Hold min. 2 sec.
		○	𐄂 𐄂 𐄂	𐄂	Free leg with support in split position (360° or more). Free leg extended 180° in front or on the side. Trunk aligned. Leg in external rotation. OR Free leg with support in a ring position (360° or more). Trunk and shoulders aligned
		+ 3 BD FREE			Body difficulties (optional) freely chosen, with a maximum value of 0.50 pts.
The 6 highest body difficulties will be counted					
)'	Side Body Wave - Dynamic Balance with total body wave. Value 0.10 pts. (Minimum / Maximum 1)				
S	2 Dance Steps Combination according to the rhythm, character and the tempo of the music- min 8 sec. Value 0.30 (Minimum 2)				
𐄂	2 pre-acrobatic elements of free choice. Value 0.10 pts. each (Minimum 2)				
	1 combination of 2 pre-acrobatic elements. Value: 0.20 pts. (Minimum/Maximum 1)				



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REQUIREMENTS				
  	BD minimum 3	△	1	3 body difficulties, one from each body group with a maximum value of 0.50 pts.
		T	1	
		⊙	1	
	+ 3 BD FREE		Body difficulties (optional) freely chosen, with a maximum value of 0.50 pts.	
	<i>The 6 body difficulties with the highest value will be counted 1 BD with the non-dominant hand for RIBBON</i>			
)'	Side Body Wave - Dynamic Balance with total body wave. Value 0.10 pts. (Minimum / Maximum 1)		
	S	2 Dance Steps Combination according to the rhythm, character and the tempo of the music- min 8 sec. Value 0.30 (Minimum 2)		
	⌘	2 pre-acrobatic elements of free choice. Value 0.10 pts. cada uno (Minimum 2)		
R₂	2 Risks of two rotations (FIG CoP) (SEE BASES) (Minimum 2 / Maximum 2)			
AD	Apparatus Difficulty- Value 0.20 pts. - 0.30 pts. - 0.40 pts. (Maximum 3 pts)			
<ul style="list-style-type: none"> ❖ Hoop (diameter from 70 to 90 cm) ❖ Clubs (minimum 35 cm and maximum 50 cm) ❖ Ribbon (minimum 4m) ❖ Music with words is allowed only for 2 exercises 				

- ❖ In addition to the Fundamental Groups required by the CoP for each apparatus in the Artistic Execution table, the apparatus elements described below must be performed. In the absence of these, there will be a penalty of 0.30 pts for each missing element.

ARTISTIC EXECUTION REQUIREMENTS	
	<ul style="list-style-type: none"> - Roll over minimum 2 large body segments (different and beyond what is already required as FG) - Roll on the floor with change of direction (boomerang)
	<ul style="list-style-type: none"> - Mills (different and beyond what is already required as FG) - Small throw of 2 Clubs (unlocked), simultaneous or successive, with 360° rotation and recovery (different and beyond what is already required as FG)
	<ul style="list-style-type: none"> - "Echappé" (different and beyond what is already required as a FG) - Boomerang

1. BODY DIFFICULTY (BD)

- 1.1. BD elements are the required and free-choice difficulties from the Difficulty Tables in the CoP.
- 1.2. The value of the required elements respect the values of the CoP.
- 1.3. The maximum value of BD is 0.50 pts. If a gymnast presents a difficulty greater than this value, the difficulty will not be evaluated and will have a penalty of 0.30 pts.
- 1.4. For rotation difficulties in both apparatus and free hands, the rotation will be evaluated according to the number of rotations performed, that is, the value of the difficulty is not limited.



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- 1.5. For the required free hands balance difficulty free leg up in split position, the description indicates that it must be performed on a flat foot. If a gymnast performs this balance in relevé, the difficulty is valid but keeps the value of 0.40 pts.
- 1.6. Each BD is counted only once; if the BD is repeated, the difficulty is not valid (no penalty). In the Free Hands exercise, the gymnast must present the obligatory difficulties within her exercise. Penalty: 0.30 pts. for each absent mandatory difficulty.
- 1.7. Difficulties of free choice can be counted among the 6 difficulties correctly executed with the highest value (respecting the maximum value of 0.50 pts. - exception for the numbers of rotations).
- 1.8. The non-dominant hand must be used to execute Fundamental or Non-Fundamental Apparatus Technical elements during 1 BD on ribbon. Penalty of 0.30 for not respecting this rule.
- 1.9. The BDs are valid if executed:
 - a) In accordance with the requirements described in the difficulties tables. In the case of required difficulties, executed according to the requirements described in this regulation. Deviations from the shape listed in the CoP (See # 2.3.1) can be tolerated. **Exception:** Required balance difficulties for free hands must meet the requirement of two seconds maintaining the shape. Balances held for one second will not be valid as BD, but will have no ET penalty for shape not held.
 - b) With a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element. **Note:** If an Apparatus Technical element is performed identically during BD, the difficulty is not valid (no penalty).
 - c) Without one or more of the following technical faults:
 - A major alteration of the specific basic characteristics of each group of body difficulties. Deviations in the shape listed in the CoP can be tolerated (See # 2.3.1)
 - A large technical fault with the apparatus (technical fault of 0.30 or more).

1.10 The FIG and PAGU technical committee does not recommend performing BD on knees for 11-12 year old gymnasts

2. BODY WAVE

2.1 See table of difficulties Dynamic balances difficulty No. 20 (third symbol). Wave ending in relevé.



2.2. A body wave will be valid without the following faults:

- a) Lack of body extension
- b) Lack of arm coordination
- c) Shallow body wave

2.3. It is not possible to execute the required body waves connected to Body Difficulties (BD).

2.4. They must be coordinated with a minimum of one Fundamental and/or Non-Fundamental Apparatus Technical element

3. DANCE STEPS COMBINATION



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3.1 All the specific rules for the dance steps combinations specified for the Individual Senior Difficulty (See CoP # 4 Dance step combinations) are also valid for the individual Difficulty 11-12 years.

4. PRE-ACROBATIC ELEMENTS (⌚)

4.1. Only the pre-acrobatic element groups listed in the CoP are authorized and must be coordinated with fundamental or non-fundamental technical apparatus groups. Fundamental and/or Non-Fundamental Apparatus Technical element.

4.2. It is not allowed to perform required pre-acrobatic elements connected to Body difficulties (BD). If an element is connected to a BD, the pre-acrobatic element will not be evaluated (no penalty).

➤ **Combination of pre-acrobatic elements for free hands**

4.3. 3 pre-acrobatic elements must be combined. The combination must have at least one change in level during rotations or one change in the axis of body rotation. A combination that does not meet these requirements will not be evaluated. (No penalty).

4.4. The combination of pre-acrobatic elements is only valid if it is performed without interruption in the connection of the elements and if it presents dynamism in its execution (execution like DER).

4.5. If there is a change of axis or level there will be 0.10 more for the combination of pre acrobatic

5. DYNAMIC ELEMENTS WITH ROTATION (R)

5.1. Basic requirements for R2:

SIMBOL	BASE VALUE	ACTIONS	BASE DESCRIPTION
R2	0.20	2 rotations (Chainé + 1 Rotation)	<ul style="list-style-type: none"> • 1 large throw (more than twice the gymnast's height) or medium (one to two times the gymnast's height) Executed: <ul style="list-style-type: none"> • 360° each rotation • Without interruption • Around any axis. • With or without passaging to the floor. • With or without change of the axis of body rotation • Can be performed during throw
		2 rotations (2 free elements)	

a) Two R2 must be performed within the exercise, regardless their order of execution:

- One R2 with two rotations (Chainé and another rotation) and
- One R2 with two rotations (free choice).

If a gymnast does not perform any of the risks with Chainé rotation, the second risk executed will not be evaluated and there will be a penalty of 0.30 pts.

b) The base value of R2 can be increased using additional criteria described in the CoP. These criteria can be performed during throw of the apparatus and during body rotation under the throw and during the catch of the apparatus.



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- c) The rotations used in R2 must be different from the required pre-acrobatic elements.
- d) A third rotation can be used as a catch criteria during rotation, provided that the catch is performed with an element outside of visual control. (FIG CoP)
- e) The value of the risks will be counted according to the definitions described in the CoP.

6. APPARATUS DIFFICULTY (AD)

6.1 All the specific rules for apparatus difficulties specified for the Individual Senior Difficulty are also valid for the Individual Difficulty 11-12 years. Except #6.2.1 of the CoP that specifies the minimum quantity in the individual senior exercises.

6.2 The total maximum AD value is 3.00 pts. for category 11-12 years.

7. FUNDAMENTAL AND NON-FUNDAMENTAL APPARATUS TECHNICAL GROUPS

7.1. The Fundamental Apparatus Technical elements are the elements of CoP tables specific to each apparatus.

7.2. Fundamental apparatus groups can be performed during body difficulties, dance steps combinations, dynamic elements with rotation criteria, apparatus difficulties, or connection elements.

7.3. Requirements:

- a) At least 1 element of each Fundamental Apparatus Technical Group in each exercise.

Execution Penalty (Artistic): Apparatus variety: For each element 0.30 pts.

- b) Apparatus Technical elements are not limited but cannot be performed identically during BD.

8. PENALTIES TABLES

11/12 YEARS - SUB-GROUP D1-D2		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Body difficulties in order of their performance	Required free hands difficulties	Absence of a required difficulty (each time)
	Difficulties of free choice	Less than 1 difficulty for each body group (for each absent group)
		BD with a base value greater than 0.50
	Handling (Non-dominant hand)	Less than 1 BD with handling using non-dominant hand (ribbon)
If the BD is repeated or the Apparatus Technical element is performed identically during the BD, the repeated difficulty is not valid (no penalty)		
Body wave	1 required body wave	Less than 1
"Slow Tour" Balance	Maximum 1	More than 1



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Dance Step Combinations	Minimum 2 series	Less than 2
11/12 YEARS - SUB-GROUP D3-D4		
DIFFICULTY	MINIMUM/MAXIMUM	PENALTY 0.30
Dynamic elements with rotation	1 R2 (Chainé + another rotation)	Less than 1 / more than 1
	1 R2 (free rotations)	Less than 1 / more than 1
Acrobatic elements	2 elements	Less than 2
	1 Combination of 3 elements (FREE HANDS)	Less than 1

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