



**PROGRAMME FOR JUNIORS
RHYTHMIC GYMNASTICS
from 2009 on**

1. APPARATUS

- a. Programme for individuals - 4 exercises with 4 different apparatus:
 - i. rope, hoop, ball, clubs (2009-2010)
 - ii. hoop, ball, clubs, ribbon* (2011-2012)
- b. Programme for groups - 1 exercise
 - i. 5 ribbons (2009-2010)
 - ii. 5 ropes (2011-2012)

2. TECHNICAL PROGRAMME

a. Individual exercises

Difficulty (D)

Body movement difficulties (D1) : **10 difficulties, 7,00 points max.**.. Value of each difficulty: **1,00 point maximum.**

The difficulties belonging to the compulsory body movement groups (GCO) must be represented by:

- Minimum **7 GCO difficulties**, in an exercise of **8 to 10 difficulties**
- Minimum **5 GCO difficulties**, in an exercise of **7 difficulties (or less)**

In the hoop exercise must be represented all 4 body movement groups as follows:

- Minimum **2 difficulties** of each body movement group, in an exercise of **8 to 10 difficulties**
- Minimum **1 difficulty**, maximum **2 difficulties** of each body movement group in an exercise of **7 (or less) difficulties.**

Apparatus difficulties (Mastery with and without throws and risk) (**D2**):

Maximum points. (**2 risks max.**).

Artistry (Music and choreography) (**A**): 10,00 points maximum

Requirements: balance between right/left hand work. Penalty: 0.50 point if this norm is not respected.

Execution (E): 10,00 points maximum.

b. Groups

Difficulty (D)

Body movement difficulty (D1): **10 difficulties, 7,00 points max.**, at least 4 exchanges. Value of each difficulty: **1,00 point maximum.**



Apparatus difficulty (Mastery with and without throws and risks) (**D2**):
10,00 points maximum (max. 2 risks).

Artistry (Music and choreography) (**A**): 10,00 points maximum.

Requirement: balance between right/left hand work. Penalty: 0.50 point if this norm is not respected.

Execution (**E**): 10,00 points maximum.

3. REPARTITION AND CALCULATION OF THE SCORES

a. Individual gymnasts

Repartition

1. Score **Difficulty - D1** to maximum **7,00 points**, by addition
Score **Difficulty - D2** to maximum **10,00 points**, by addition
2. Score **Artistry (A)**: maximum 10,00 points, by subtraction
3. Score **Execution (E)**, maximum 10,00 points, by subtraction

Calculation of the final score

4 Difficulty Judges (D), 4 Artistry Judges (A), 4 Execution Judges (E):

1. D Jury, total of 4 judges, including
2 judges D1: 7,00 points max.
2 judges D2: 10,00 points max. (score by addition)
2. A jury: 0 to 10 points max.
(the judges give the total of the penalties)
3. E jury: 0 to 10 points max.
(the judges give the total of the penalties)

Addition of the D1 and D2 scores divided by 2 + final A + final E score.

Total: 28,50 points max.

Note*: the length of the ribbon can be 5 meters instead of 6.

Lausanne, 19.01.2009