USA GYMNASTICS

RHYTHMIC GYMNASTICS
JUNIOR OLYMPIC PROGRAM

LEVELS 3-8 and

GROUP

USA GYMNASTICS.

OCTOBER 2015 UPDATE
### Apparatus Chart – JO Program (2013-2016)

<table>
<thead>
<tr>
<th>Level</th>
<th>2013</th>
<th>2014</th>
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**Group**

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<td>Ball/ Hoop (see note below)</td>
<td>Ball/ Hoop (see note below)</td>
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<table>
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<th>JR Group</th>
<th>5-Hoops</th>
<th>5-Hoops</th>
<th>5-Ribbons</th>
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<tr>
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<td>5-Balls</td>
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<table>
<thead>
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<th>5-Ribbons</th>
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<tr>
<td>3-ball/2-ribbon</td>
<td>3-ball/2-ribbon</td>
<td>6-clubs/2-hoops</td>
<td>6-clubs/2-hoops</td>
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</table>

**Note:** Duet – 1 hoop, 1 ball; Trio – 2 hoops, 1 ball; 4 gymnasts – 2 hoops, 2 balls; 5 gymnasts – 3 hoops, 2 balls
Generalities – SPECIFICATIONS

A. Facility
1. FIG regulation for the interior dimension of the floor area is 13 X 13 meters for individual, Group, Trio and Duet Competition, with a security zone of a minimum of 1 meter wide.
2. The floor area must be clearly marked showing the outer boundary of the floor so that the material itself is in bounds. In other words, a gymnast must step over the line to receive an out of bounds deduction.
3. The official FIG ceiling height, unobstructed, is a minimum height of 12 meters (39.37 feet); however, a minimum of 8 meters (26.24 feet) is required for JO competition.
4. A physical barrier should be set up with a recommended distance of at least 10 feet from the edge of the carpet (see Rules and Policies for additional specs).

B. Routine Regulation
i. In levels 3-4 all routines are optional but compulsory for each club. For example: all the Level 3s from the same club perform the same routine. Slight variations in the body difficulty selection are tolerated. This rule applies to all events. For clubs with gymnasts of various age ranges within one level, one music/composition may be used for children and another for juniors/seniors if deemed appropriate.
ii. In levels 3-5, the Meet Director may elect to have gymnasts compete 2 at a time on the carpet; routines should be choreographed for half of the floor area. (The Regional Board/Meet Director may choose, as an option, to have level 5s compete 2 at the time)
iii. In levels 6-9, the gymnasts compete one at a time.

C. Music
CD Regulations:

i. Levels 3-4: A separate CD is required for each club for each event. Each CD must be marked with the following:
   a. Club name
   b. Apparatus symbol

ii. Levels 5-8+ Groups: A separate high-quality CD is required for each gymnast for each event even if the entire team uses the same music. Each CD must be marked with the following:
   a. Gymnast’s full name
   b. Club name
   c. Apparatus symbol
Length of Program: The stopwatch will start when the gymnast begins to move and will stop as soon as the gymnast is totally motionless.

- Level 3: 1 minute max
- Levels 4-6: 1 minute to 1:30 max
- Levels 7-8: 1:15-1:30 max

Music Regulation: The music may be interpreted by one or several instruments including the voice used as an instrument without words.

- Penalty: 0.50 point for Music not conforming to regulations

**Note:** penalty for insufficient CD quality will be implemented and applied

**NOTE:** In case of incorrect music it is the responsibility of the gymnast/group to stop the routine immediately; they will restart the routine immediately with their own music. A request to repeat exercise after the completion of the routine will not be accepted. The same rule applies if gymnast could not hear the signal at the beginning of the routine, but did start to perform her routine anyway.

D. Attire

The USA Junior Olympic Program utilizes all the FIG rules governing attire (see Rules & Policies). *Per the FIG a correct gymnastics leotard:*

- Must be in non-transparent material; therefore, leotards with some part in lace or sheer material will have to be lined from the trunk to the chest
- Must have a neckline of the front and back of the leotard from no further down than half of the sternum and the lower line of the shoulder blades
- May be with or without sleeves; narrow straps are not allowed
- The skirt must be fitted to the hips (the look of a "ballet tutu" is forbidden; "fluffy" skirts, which are not fitted closely to the hips, or skirts with the "puffy" feathered look that come out beyond the waist and pelvis)

Level 3 and 4 gymnasts must wear 1 leotard for all routines.

Level 5 and 6 gymnasts may wear 2 different leotards max.

Levels 7 and 8 gymnasts may wear up to 4 leotards max.

Group leotards must be identical in style and color, the only exception is in the case of a patterned fabric where slight variations are acceptable.

E. Apparatus - General Regulation

i. See Rules & Policies for specific regulations.

ii. An equipment check may be conducted at all USA Gymnastics sanctioned meets and will be checked officially at Regional and Junior Olympic Championships.

iii. Apparatus specifications can be found in the Rules and Policies.

F. Panel Composition
1. Levels 3 and 4: 1 or 2 judge(s) per panel.
   *Level 4: 2 judges per panel [minimum] for State and Regional Meets: all
gymnasts of the same age category are judged by the same panel of judges for
each event. If gymnasts compete 2 at a time, gymnasts of the same age category
must compete on the same side of the floor to ensure the same age category
gymnasts are judged by the same judges (Ex: all gymnasts Child B must
compete on the same side for all events). The same rule applies if 2 level 5
gymnasts will compete 2 at a time.
In the case of 2 judges per panel:
Judge 1 evaluates D and E;
Judge 2 evaluates A.

   In Levels 3-4, two athletes may compete one at a time or two at time on
the same mat at the discretion of the Meet Director or Organizers. The
program encourages 2 gymnasts at a time on the same mat.

2. Levels 5 and 6: 2 judges per panel
3. Judge 1 evaluates D and E;
   Judge 2 evaluates A.

4. Levels 7 and 8: 2 judges minimum per panel:
   Invitational & State Competitions:
   Judge 1 evaluates D
   Judge 2 evaluates E

   Regional Competitions: 4 Judges per panel:
   2 judges on each panel will judge D
   2 judges on each panel will judge E

5. Group Competition

   Invitational & State Competitions:
   Minimum of two (2) judges (one per panel) must be used.

   Regional Competitions:
   Minimum of four (4) judges must be used.

6. Neutral Deductions: Neutral Deductions will be taken by the Meet Referee. In the
case that the Meet Referee is an acting panel judge or there is no Meet Referee, the
Difficulty/Execution Judge (J1) on each panel will be responsible for applying the
deductions.
<table>
<thead>
<tr>
<th>Description</th>
<th>Deduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length of exercise not conforming to regulations</td>
<td>0.05 for each second under or over time</td>
</tr>
<tr>
<td>Attire of gymnast not conforming to regulations</td>
<td>0.30</td>
</tr>
<tr>
<td>Apparatus not conforming to official regulations</td>
<td>0.50</td>
</tr>
<tr>
<td>For each crossing of the boundary of the floor area by the apparatus or one or two feet or by any part of the body touching the ground outside the specified area or any apparatus leaving the floor area and returning by itself</td>
<td>0.30 each</td>
</tr>
<tr>
<td>For late presentation by the gymnast[s]</td>
<td>0.50</td>
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<tr>
<td>For gymnast or each Group gymnast who changes floor areas or ends her exercise outside the floor area or leaves the floor area during the exercise</td>
<td>0.30</td>
</tr>
<tr>
<td>Use of a replacement apparatus when the lost or broken apparatus remains within the marked floor</td>
<td>0.50</td>
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<tr>
<td>Coach communicating [verbally or non-verbally] with gymnast or judges during exercise</td>
<td>0.50</td>
</tr>
<tr>
<td>Music not conforming to regulations</td>
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<tr>
<td>Musical introduction without movement longer than 4 seconds</td>
<td>0.30</td>
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<tr>
<td>For excessive delays in routine preparation which delay the competition</td>
<td>0.50</td>
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<tr>
<td><strong>Wrong start order or wrong apparatus chosen according to start order</strong></td>
<td><strong>1.00</strong></td>
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</table>
LEVELS 3-6
The Base of Rhythmic Gymnastics

- The focus of levels 3-6 in rhythmic gymnastics is **basic technique**—first with the body and then with the equipment. A gymnast can only successfully approach levels 7-8 with a solid technical foundation.

- Parallel to learning this foundation—**basic technique**—is maintaining physical health. To this end coaches and gymnast must focus on the development of proper body alignment (square shoulders and hips in all positions) and equal work with the right and left sides of the body and, when using the apparatus, equal work with the right and left hands. Only with a solid technical base and alignment may gymnasts attempt more physically demanding elements in the future.

**Difficulty:** The values of the difficulties will be calculated in accordance with FIG values and then multiplied by a factor to obtain the Difficulty score. Some additional Junior Olympic-only Difficulties have been added.

**Apparatus/Artistry:** Since mastering proper basic technique is the goal of the Level 3-6 Program, the fundamental body movements and the apparatus technical groups fundamental to rhythmic gymnastics are the foundation of a composition. Learning to coordinate movements with the music and, later, starting to connect with the character of the music are basic goals of Artistry.

**Execution:** The execution will be judged using the FIG execution deductions—the judge penalizes errors with the body and/or equipment technique, an indication that the gymnast has not yet mastered the basic technique of the body and/or apparatus. This method aims to differentiate between athletes based primarily on fundamental body and apparatus technique.
LEVELS 7-8
A Progression

- Gymnasts should begin in Level 7 once the Difficulty and Artistry requirements of Levels 3-6 are mastered. The focus of levels 7-8 is gradual preparation with calculated progressions towards the Elite level. Level 7-8 is a developmental version of the FIG program.

- Differences between the FIG rules and those in Level 7 and/or Level 8 were adjusted to preserve the health of the body according to the age and development level of the gymnast and to support the emphasis on proper body and apparatus technique.
GENERALITIES: Levels 3-6, Beginner and Intermediate Groups
Difficulty, Artistry, Execution

BODY DIFFICULTY

- Difficulties from each group of body movements should be present in the exercise: Jumps/Leaps ∧, Balances T, Rotations δ

- Each difficulty is counted only once within a body group.

- In all routines, all body difficulty requirements must be present in each routine. Penalty for unauthorized distribution = 0.3 penalty for each missing or additional difficulty (taken from the final Difficulty score by the Difficulty judge). **Note: for less than one or more than two difficulties from each body group**

- Within a body element group, an identical shape may not be repeated [NO exceptions: jumps/leaps can be performed with take-off from two feet even when it is not specified in the Table, which does not change the value of the leap and will be considered as the same jumps/leaps]

- Any additional difficulty above the maximum allowance (regardless of its value) = 0.3 penalty [one time penalty taken from the final Difficulty score by the Difficulty judge].

- If a gymnast performs a difficulty with a basic value above the allowed limit, the difficulty will not be evaluated. **(Note: NO PENALTY applied)**

- If a gymnast performs a difficulty with greater amplitude than required, the gymnast will be awarded the allowed value. Example: Level 4; a gymnast perform a 720° rotation in releve in front arabesque position (0.4 value), but she is only allowed to perform 0.3 value difficulties; the judge will award 0.2 for the first 360° with no penalty for higher amplitude or additional rotations.

- Right/Left leg designation in level 3-6 floor routines: the “leg” used is determined by: Leaps: front leg (switch, scissors, Entrelace - the front leg in the final shape); for jumps around the vertical axis - the side of the leading shoulder during rotation. Balances: raised leg (if leg raised to the front or side) or support leg (if leg raised to the back). Balances with change of shape: will follow general rules for balances (Exception: balances which involve movement of the free leg through various positions - “ronde” or “fouetté” - can be counted as either Right or Left.) Pivots: support leg. “Neutral” difficulties: performed either on two legs equally (for example: ring jump with 2 feet) or on another body part without a split position (chest, knees, elbows, etc).

- For each missing body difficulty on opposite leg/side for level 3-6 floor routines = 0.3 penalty [taken from the final Difficulty score by the Difficulty judge] If neutral difficulty is used (example: ring jump with 2 feet, etc.), then the remaining number of difficulties must be executed 50% on the opposite leg/side **(Note: Maximum 1 neutral difficulty is allow per routine)**. A minimum of 2 difficulties per routine must be executed on the opposite leg/side.
• A difficulty will only be valid if the apparatus is in motion, held on the palm of the hand (applied to ball only) or on another part of the body (simple hanging is prohibited).

**BODY DIFFICULTY NOTES:**
1. In all difficulties with ring, the foot or another segment of the leg should be very close to the head (touching is not required).
2. In all difficulties with back bend of the trunk, the trunk must perform the predominant action (touching is not required).
3. The support leg whether stretched or bent does not change the value of the difficulty (balance or rotation).
4. In an exercise a gymnast may **NOT** perform Difficulty with "Slow Turn" in "relevé" or on flat foot. The “slow turn” is **also** not authorized on the knee, on the arms, or in the "Cossack" position. A penalty of 0.30 (taken by the D judge from the final “D” score) will apply if the gymnast performs and declares difficulty with slow turn.

**TABLE OF DIFFICULTIES:**
In order to facilitate a more gradual, safe progression into the higher level difficulties, additional difficulties have been added to the FIG Code to be utilized in **Levels 3-6, Beginner and Intermediate Groups only.** These additional JO-specific difficulties are indicated in the separate Table of the **additional JO** Difficulties and may be used in addition to the FIG table of difficulties.

**APPARATUS ELEMENTS**

**TECHNICAL GROUPS:** the basic apparatus handling movements in rhythmic gymnastics and serve as the composition requirements. *See Video Glossary for examples.*

- **Series:** Any time a “series” is indicated, a minimum of 3 of the required elements (hops, rotations, etc.) is necessary to be valid.
  - **Figure 8:** a movement in which a large “8” is created and performed with large movement of the entire arm. **Note:** Ample movement of the trunk is encouraged, but not required for levels 3-6 program (applied for all apparatus)
  - **Partial Figure 8 with return:** circle movement of the arm with rotation of the hand in towards the body and return to start position.
  - **Junior Olympic Figure 8 (Rope):** series of rotations of the rope folded in half alternating side to side with the action of the wrist.
  - **Sail (Rope):** each hand holds one end of the rope and with the open rope perform continuous circular arm movements from one side of the body to another completing a full circle, maintaining the open rope position. **Note:** Ample movement of the trunk is encouraged, but not required for levels 3-6 program (applied for all apparatus)
  - **Unstable Balance on a part of the body:** The apparatus is balanced in a position where there is a risk of loss/on a small surface of the body as long as it is not “squeezed” in the position (thus no risk of loss). During an element of rotation, it is possible for the ball to be placed in the back (the back is a large part of the body but
during this element, the ball can be lost. Examples include (but not limited to): the ball on the palm of the hand or the neck without the hands; one club held by another club, the clubs on the chest or neck, etc.

- “Echappe” and Spirals with Rope: Must have release and catch of the rope. The ends of the rope must be held by hand[s] at the beginning and at the end. Starting and finishing with 1 end of the rope lying on the floor is not valid.

**Note for Levels 3-4:** If a gymnast performs Required Apparatus Elements above the minimum requirement (see specific requirements for each apparatus), the gymnast will be awarded the minimum Required Apparatus Element. Example: Level 3 gymnast performs 1 unassisted roll of the ball across 2 arms open to the side. (Minimum requirement: 1 unassisted roll of the ball on 1 part of the upper body). Additionally, the minimum Required Apparatus Elements may be performed with or without a body difficulty.

**THROWS (levels 3-6, Beginner and Intermediate Groups):** The height of a large throw must be two body lengths of the gymnast measured from her head. A medium throw must be one body length of the gymnast measured from her head. Only the height of the boomerang throw of the ribbon, the throw of a fully stretched rope, or the clubs throw with horizontal rotations, may be less.

**Note concerning required apparatus elements:**

Valid for the Artistry:
- an attempt to perform the apparatus element according to its definition which results, finally, in a loss

Invalid for the Artistry:
- Not attempting at all
- Not performing according to the definition

**MUSIC**

- The primary artistic objective is learning how to coordinate movements to the music.

**CHOREOGRAPHY**

- Movements must be *logically connected* by passing from one movement or a movement sequence to another (and not displaying pauses, abrupt changes, or disconnections between movements).
- The gymnast must be in contact with the apparatus at the beginning and end of the exercise.
The composition of the exercise should demonstrate variety in all areas: traveling/steps; levels; speed; hand, arm, trunk, and head movements; awareness of floor pattern.

All required body waves must use the total body. If a gymnast uses a total body wave as one of her difficulties or as part of a difficulty, she needs to perform an additional body wave[s] to fulfill the composition requirements.

**Rhythmic Steps:** A sequence of a **minimum 12 steps** coordinated with the music which expresses a *rhythm* (not only regular timing) and character of the music. The steps may be classical dance steps, folkloric dance steps, any steps mentioned in Physical Education manuals, etc. The apparatus must be in motion during the steps. The entire rhythmic steps sequence may not be performed on the floor.

**Rhythmic Steps with change of direction** (**minimum 12 steps**): Steps defined above with changes of direction of the body (not necessarily changing the directions on the floor).

**Large Traveling:** Movements which progress the gymnast around the carpet including, but not limited to, skips, hops, rhythmic steps.

**Modalities:** “**ways** in which you do things. For example, different travel modalities would be skipping, hopping, running, walking.**

**Pre-Acrobatcic Elements:**

Only the following groups of pre-acrobatic elements are authorized:

- Forward, backward and side rolls without flight
- Walkovers forward, backward, cartwheels without flight
- Walkovers performed with different types of support (on the chest, on the shoulders, on the hand[s]) and/or techniques are considered as different pre-acrobatic elements.
- "Chest roll/Fish - flop": walkover on the floor on one shoulder with passing through the vertical of the stretched body

- "Dive Split Leap": leap with trunk bent forward followed directly by one or more rolls is valid for R (Dynamic element with Rotation)

**LEVELS 3-4 ONLY:**

- "Log" roll (lateral roll in a stretched body position, legs together)
- Lateral roll in tuck position
- Seated lateral roll (rotation around the vertical axis in a seated position)

The following elements are authorized but not considered as pre-acrobatic elements:

- Dorsal support on the shoulders
- Side or front splits on the floor, without any stop in the position (except JO additional body difficulty value 0.1 for levels 3-4 ONLY)
- Support on one or two hands or on the forearms without any other contact with the floor, without walkover/cartwheels and without stopping in the vertical position.

All groups of authorized pre-acrobatic elements may be included in the exercise on the condition:

- That they are coordinated with a technical element of the apparatus.
- The gymnast should be in contact with the apparatus in the beginning, in the end or during the whole element

**MUSICALITY**
- The gymnast performs her movements/steps connected with the rhythm within the musical phrases and emphasizes the musical transitions

**EXPRESSION**
- The gymnast’s emotional interpretation of the music expressed through her facial and body movement

**EXECUTION**

Execution refers to *how* every movement is performed. FIG technical penalties are used.

Statism of the Apparatus: Static apparatus is held firmly by one or two hands and/or by one part or more than one part of the body for longer than the length of one body movement element (e.g., a preparatory element for the difficulty and the difficulty itself). A difficulty performed with static apparatus will not be valid.

**SCORE RANGES**

There is a maximum of 0.6 difference between the Difficulty scores and 0.50 difference tolerated between the scores in Artistry and Execution.

**SYMBOLS**

All judges are required to use the judging symbols for evaluating Artistry and Execution. The noted symbols will be used to resolve any discrepancies between judges’ scores.

**PENALTIES by the D JUDGE**

<table>
<thead>
<tr>
<th>Penalty Description</th>
<th>Penalty Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unauthorized distribution of body difficulties</td>
<td>0.30</td>
</tr>
<tr>
<td>Additional Body Difficulty above the maximum</td>
<td>0.30</td>
</tr>
<tr>
<td>For each missing body difficulty on opposite leg/side for floor routines</td>
<td>0.30</td>
</tr>
<tr>
<td>For performing “slow turn” with a Body Difficulty</td>
<td>0.30</td>
</tr>
<tr>
<td>For unauthorized performance of a Mixed Difficulty in Levels 3-6</td>
<td>0.30</td>
</tr>
</tbody>
</table>
### Technical Groups specific to each apparatus (Levels 3-6)

<table>
<thead>
<tr>
<th>Apparatus</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>U</strong></td>
<td>Passing through the Rope turning forward, backward, or to the side; - Open Rope held by both hands, - Rope folded in half - With double rotations of the rope</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Handlings:</strong> - Wrapping/unwrapping - Swings - Rebounds</td>
<td><strong>Sail</strong> movement (Rope held in two hands) - Figure Eight or Large circles (Rope held in two hands or in 1 hand folded)</td>
</tr>
<tr>
<td></td>
<td><strong>Rotations:</strong> - around the hand - around a part of the body</td>
<td></td>
</tr>
<tr>
<td><strong>O</strong></td>
<td>Passing through the Hoop with the whole or part of the body</td>
<td>Passing over the Hoop with the whole or part of the body</td>
</tr>
<tr>
<td></td>
<td><strong>Rotations of the Hoop around its axis:</strong> - between the fingers - on the part of the body - on the floor</td>
<td><strong>Handling:</strong> - Swings - Circles - Figure eights</td>
</tr>
<tr>
<td></td>
<td><strong>Rolls of the Ball on the floor:</strong> - Large (min 1 meter) roll - Small rolls (series of 3)</td>
<td><strong>Figures eight of the ball with circle movements of the arms (circumduction)</strong></td>
</tr>
<tr>
<td><strong>N</strong></td>
<td>Free Roll of the Ball over body segment(s)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Roll of the Ball on the floor:</strong> - Large (min 1 meter) roll - Small rolls (series of 3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Bounces:</strong> - small bounces (below knee level) - high bounce (knee level and higher) - Visible rebound from a part of the body</td>
<td><strong>&quot;Flip-over&quot; movement of the Ball (ball balancing on the hand)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Swing</strong> - Circle - Rotations of the hand around the Ball - Roll of the body over the Ball on the floor - &quot;Thrust&quot;/push of the ball from different parts of the body</td>
</tr>
<tr>
<td><strong>↓</strong></td>
<td>Catch of the Ball with one hand (from medium or large throw; not for use with small throw or &quot;thrust&quot;)</td>
<td></td>
</tr>
<tr>
<td><strong>X</strong></td>
<td>Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/hands each time</td>
<td></td>
</tr>
<tr>
<td><strong>↓</strong></td>
<td></td>
<td><strong>Rotation(s) of the ball on the top of the finger</strong></td>
</tr>
<tr>
<td><strong>O</strong></td>
<td>Series (min.3) of small circles with: - both Clubs - One Club</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Small throws/catches with rotation of 2 Clubs together simultaneously or alternating</strong></td>
<td><strong>Free rotations of 1 or 2 Clubs on the part of the body or on the floor</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Rolls of 1 or 2 Clubs:</strong> - on the part of the body - on the floor</td>
</tr>
</tbody>
</table>

---

USA Gymnastics - Rhythmic Program
Junior Olympic Program
The asymmetric movements of 2 Clubs (must be different in their shape or amplitude and in the work planes or direction)

- Spirals (4-5 waves), tight and same height
- Spirals on the floor
- Snakes (4-5 waves), tight and same height
- Snakes on the floor
- Passing through or over the pattern of the Ribbon
- "Echappé"

- Rebound of 1 or 2 Clubs from the body
- Tapping (min. 1)
- "Trust"/push of the Club(s) from different parts of the body
- Swings
- Large Circles

- Rotational movement of the Ribbon stick around the hand
- Roll of the Ribbon stick on the part of the body
- Rebound of the stick from the part of the body
- Wrapping/unwrapping
- Swing
- Circles
- Figure eights

---

**Technical Groups Valid For All Apparatus**

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Throws or catches</td>
<td>Medium throw – one to two heights of the gymnast.</td>
</tr>
<tr>
<td></td>
<td>Large throw – more than 2 heights of the gymnast</td>
</tr>
<tr>
<td></td>
<td>Small throw and catch (close to the body)</td>
</tr>
<tr>
<td></td>
<td>Unstable balance on the part of the body</td>
</tr>
</tbody>
</table>

---

USA Gymnastics - Rhythmic Program
Junior Olympic Program
### Levels 5 - 6: Criteria for throws and catches

<table>
<thead>
<tr>
<th>Additional Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infinity symbol</td>
</tr>
<tr>
<td>Plus symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Specific throws of the apparatus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infinity symbol</td>
</tr>
<tr>
<td>Oblique plane</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
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<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Specific catches of the apparatus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Circle symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>Arrow symbol</td>
</tr>
<tr>
<td>LEAPS</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td><strong>0.10</strong></td>
</tr>
<tr>
<td>Split leap legs at least 160° (front or side) Levels 3-4</td>
</tr>
<tr>
<td>Penche: Held with hand support on floor</td>
</tr>
<tr>
<td>Leg at the horizontal, front or side, 180° (not apply for front attitude position)</td>
</tr>
<tr>
<td>Sissone take off from two feet</td>
</tr>
<tr>
<td>On the knees with arch Levels 3-4; Standing arch</td>
</tr>
<tr>
<td>Leg at the horizontal, chest bent forward with help of hands, 180</td>
</tr>
<tr>
<td>Split leap forward, take-off from both feet, legs at least 160° Levels 3-4 only</td>
</tr>
<tr>
<td>On the floor chest stand</td>
</tr>
<tr>
<td>Leg high up front or side with help 180°</td>
</tr>
<tr>
<td>Stag leap at least 160° - Levels 3-4</td>
</tr>
<tr>
<td>Splits with chest forward Levels 3-4</td>
</tr>
<tr>
<td><strong>0.20</strong></td>
</tr>
<tr>
<td>Vertical jump with turn (180°)</td>
</tr>
<tr>
<td>On the knees with arch and lifted leg</td>
</tr>
<tr>
<td>Leg at the horizontal, chest bent forward without help of hands, 180°</td>
</tr>
<tr>
<td>Back split</td>
</tr>
<tr>
<td>Leg high up front or side without help, 180°</td>
</tr>
<tr>
<td>Balance on flat foot from leg front horizontal to leg back (or vice versa) with movement of the leg at the horizontal plane (each position held)</td>
</tr>
<tr>
<td>Leg at the horizontal back, also attitude, 180°</td>
</tr>
<tr>
<td>Back split with help, or ring with help, 180°</td>
</tr>
</tbody>
</table>
1.9.1. Table of Jumps/Leaps Difficulties (✓)

1.9.1.1. Basic characteristics:
- Defined and fixed shape during the flight
- Height sufficient to show the corresponding shape

1.9.1.2. For all jumps/leaps which do not have in the base ring, back bend, rotation 180°: ring +0.10, back bend +0.20, rotation 180° or more +0.20
In this case the following symbol should be added to the symbol of the existing leap: rotation 180° ✓, ring ✓, back bend ✓.

Examples: ✓ (0.20) + rotation 180° = ✓ (0.40); ✓ (0.50) + ring = ✓ (0.60); ✓ (0.50) + back bend = ✓ (0.70), ✓ (0.40) + back bend = ✓ (0.60)

- To base of jumps (№9, 10) can be added the following criteria: passing with bent legs in split -0.10 (✓); passing with straight legs in split -0.20 (✓)

Examples: ✓ (0.20) + passing with bent legs in split (0.1) = ✓ (0.30); ✓ (0.20) + passing with straight legs in split (0.2) = ✓ (0.40)

<table>
<thead>
<tr>
<th>1. Vertical Jumps with rotation of the body on 180°, as well as 360°</th>
<th>0.10</th>
<th>0.20</th>
<th>0.30</th>
<th>0.40</th>
<th>0.50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image1.png" alt="Diagram" /></td>
<td><img src="Image2.png" alt="Diagram" /></td>
<td><img src="Image3.png" alt="Diagram" /></td>
<td><img src="Image4.png" alt="Diagram" /></td>
<td><img src="Image5.png" alt="Diagram" /></td>
<td><img src="Image6.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. «Cabriole» (forward, side, backwards); arch</th>
<th>0.20</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image7.png" alt="Diagram" /></td>
<td><img src="Image8.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. &quot;Scissor&quot; Leaps with switch of legs in various positions; in ring</th>
<th>0.30</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image9.png" alt="Diagram" /></td>
<td><img src="Image10.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4. Pike jumps. Straddle Jumps</th>
<th>0.40</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image11.png" alt="Diagram" /></td>
<td><img src="Image12.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5. «Cossack» Legs in various positions; in ring</th>
<th>0.50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image13.png" alt="Diagram" /></td>
<td><img src="Image14.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6. Ring</th>
<th>0.60</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image15.png" alt="Diagram" /></td>
<td><img src="Image16.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7. «Fouette» Legs in various positions</th>
<th>0.70</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image17.png" alt="Diagram" /></td>
<td><img src="Image18.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>
8. "Entrelace".
Legs in various positions

9. Split and stag leaps in:
ring; with back bend; with
trunk rotation.
These Jumps/Leaps,
performed with take-off
from 1 or 2 feet, are
considered as different
Difficulties.
In case of take-off from 2
feet, the symbol \(^{\uparrow}\) should
be added below the Jump
symbol

10. Turning split leaps -legs
in various positions,
according criteria

11. «Butterfly»

<table>
<thead>
<tr>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
</tr>
</tbody>
</table>

1.9.2. Table of Balance Difficulties (T)

1.9.2.1. Basic characteristics:
- defined and clearly fixed shape (stop position)
- executed on the toes, flat foot, or different parts of the body

1.9.2.2. Slow turn (levels 7-8 only)
It is possible to perform only **one slow turn on “relève” or on flat foot**. The value of the balance is determined by adding 0.10 for the flat foot / 0.20 point for “relève” to the balance value of the Balance for 180 degree slow turn or more during the difficulty. The following symbol is added to the symbol of the existing balance: \( \cup \) or \( \circ \) (Example: \( \overline{\circ} \)).

- In case slow turn is not correctly performed during the Balance Difficulty, the value of Difficulty + slow turn value will not be valid.
- It is not authorized to perform a slow turn on the knee, on the arms, or in the “Cossack” position

### 1.9.2.3. Difficulties #2 & #3 may be performed on flat foot. The value is reduced by 0.10 and the balance symbol should include an arrow down (Example: \( \overline{\circ} \))

<table>
<thead>
<tr>
<th>1. Free leg below horizontal in: “Passe,” with body bent forward or backward</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Symbol 1" /></td>
<td><img src="image2" alt="Symbol 2" /></td>
<td><img src="image3" alt="Symbol 3" /></td>
<td><img src="image4" alt="Symbol 4" /></td>
<td><img src="image5" alt="Symbol 5" /></td>
<td><img src="image6" alt="Symbol 6" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. Free leg at the horizontal in different directions, body bent forwards, backwards, sideways</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image7" alt="Symbol 7" /></td>
<td><img src="image8" alt="Symbol 8" /></td>
<td><img src="image9" alt="Symbol 9" /></td>
<td><img src="image10" alt="Symbol 10" /></td>
<td><img src="image11" alt="Symbol 11" /></td>
<td><img src="image12" alt="Symbol 12" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. Free leg high up in different directions; body at the horizontal level or below, with or without help</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image13" alt="Symbol 13" /></td>
<td><img src="image14" alt="Symbol 14" /></td>
<td><img src="image15" alt="Symbol 15" /></td>
<td><img src="image16" alt="Symbol 16" /></td>
<td><img src="image17" alt="Symbol 17" /></td>
<td><img src="image18" alt="Symbol 18" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4. Fouetté (min. 3 different shapes, on “relève” with a minimum of 1 turn of 90° or 180°). Each Balance shape must be clearly fixed.</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image19" alt="Symbol 19" /></td>
<td><img src="image20" alt="Symbol 20" /></td>
<td><img src="image21" alt="Symbol 21" /></td>
<td><img src="image22" alt="Symbol 22" /></td>
<td><img src="image23" alt="Symbol 23" /></td>
<td><img src="image24" alt="Symbol 24" /></td>
</tr>
</tbody>
</table>

**Fouetté:** Leg at the horizontal for 2 shapes min. + min 1 turn

<table>
<thead>
<tr>
<th>5. “Cossack,” free leg at: horizontal level; high up; with gymnast changing level</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image25" alt="Symbol 25" /></td>
<td><img src="image26" alt="Symbol 26" /></td>
<td><img src="image27" alt="Symbol 27" /></td>
<td><img src="image28" alt="Symbol 28" /></td>
<td><img src="image29" alt="Symbol 29" /></td>
<td><img src="image30" alt="Symbol 30" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6. Balances with support on various parts of the body</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image31" alt="Symbol 31" /></td>
<td><img src="image32" alt="Symbol 32" /></td>
<td><img src="image33" alt="Symbol 33" /></td>
<td><img src="image34" alt="Symbol 34" /></td>
<td><img src="image35" alt="Symbol 35" /></td>
<td><img src="image36" alt="Symbol 36" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>7. Dynamic balance with full body wave</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image37" alt="Symbol 37" /></td>
<td><img src="image38" alt="Symbol 38" /></td>
<td><img src="image39" alt="Symbol 39" /></td>
<td><img src="image40" alt="Symbol 40" /></td>
<td><img src="image41" alt="Symbol 41" /></td>
<td><img src="image42" alt="Symbol 42" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8. Dynamic balance with or without leg movement with support on various parts of the body. (movement forward into elbow stand)</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image43" alt="Symbol 43" /></td>
<td><img src="image44" alt="Symbol 44" /></td>
<td><img src="image45" alt="Symbol 45" /></td>
<td><img src="image46" alt="Symbol 46" /></td>
<td><img src="image47" alt="Symbol 47" /></td>
<td><img src="image48" alt="Symbol 48" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(movement backward through a bridge into elbow stand)</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image49" alt="Symbol 49" /></td>
<td><img src="image50" alt="Symbol 50" /></td>
<td><img src="image51" alt="Symbol 51" /></td>
<td><img src="image52" alt="Symbol 52" /></td>
<td><img src="image53" alt="Symbol 53" /></td>
<td><img src="image54" alt="Symbol 54" /></td>
</tr>
</tbody>
</table>

or vice versa

<table>
<thead>
<tr>
<th>Half turn of the body</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image55" alt="Symbol 55" /></td>
<td><img src="image56" alt="Symbol 56" /></td>
<td><img src="image57" alt="Symbol 57" /></td>
<td><img src="image58" alt="Symbol 58" /></td>
<td><img src="image59" alt="Symbol 59" /></td>
<td><img src="image60" alt="Symbol 60" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Half turn of the body</th>
<th>0,10</th>
<th>0,20</th>
<th>0,30</th>
<th>0,40</th>
<th>0,50</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image61" alt="Symbol 61" /></td>
<td><img src="image62" alt="Symbol 62" /></td>
<td><img src="image63" alt="Symbol 63" /></td>
<td><img src="image64" alt="Symbol 64" /></td>
<td><img src="image65" alt="Symbol 65" /></td>
<td><img src="image66" alt="Symbol 66" /></td>
</tr>
</tbody>
</table>
1.9.3. Table of Rotation Difficulties (°)

1.9.3.1. Basic characteristics
- **minimum basic rotation** of 360° (except rotation #3 \( \downarrow \downarrow, \uparrow \downarrow \))
- **defined and fixed shape** during the entire rotation
- executed on the toes (Pivot), flat foot, or on the support of different parts of the body

1.9.3.2. Additional rotations:
- Each additional rotation on **releve** of 360° increases the level of the Difficulty by the base value for isolated and Multiple Rotation Difficulties and as part of Mixed Difficulties
- Each additional rotation of 360° on **flat foot or another part of the body** increases the level of the Difficulty by 0.20 point
- Rotations with **back bend of the trunk** (#3, value 0.40 and 0.50); different starting positions ("Start standing", "Start from the floor") require different technique therefore, these Rotations are considered to be different. It is possible to perform 1 time per exercise Rotation from "Start standing" position, 1 time - "Start from the floor" position regardless of the chosen base rotations (180°/360°).

*For possible change of gymnast's level* (support leg bending progressively, return to stretch position) + 0.10 point for each.

<table>
<thead>
<tr>
<th></th>
<th>0.10</th>
<th>0.20</th>
<th>0.30</th>
<th>0.40</th>
<th>0.50</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Passe. Free leg below horizontal, body bent forward or backward; Spiral turn with wave (&quot;tonneau&quot;)</td>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
</tr>
<tr>
<td>2. Free leg straight or bent on the horizontal level; body bent on the horizontal level.</td>
<td><img src="image6.png" alt="Image" /></td>
<td><img src="image7.png" alt="Image" /></td>
<td><img src="image8.png" alt="Image" /></td>
<td><img src="image9.png" alt="Image" /></td>
<td><img src="image10.png" alt="Image" /></td>
</tr>
<tr>
<td>3. Free leg high up with or without help; body bent on the horizontal level or below horizontal</td>
<td><img src="image11.png" alt="Image" /></td>
<td><img src="image12.png" alt="Image" /></td>
<td><img src="image13.png" alt="Image" /></td>
<td><img src="image14.png" alt="Image" /></td>
<td><img src="image15.png" alt="Image" /></td>
</tr>
<tr>
<td>4. «Cossack» (free leg on the horizontal level); body bent forwards.</td>
<td><img src="image16.png" alt="Image" /></td>
<td><img src="image17.png" alt="Image" /></td>
<td><img src="image18.png" alt="Image" /></td>
<td><img src="image19.png" alt="Image" /></td>
<td><img src="image20.png" alt="Image" /></td>
</tr>
<tr>
<td>5. «Fouetté»</td>
<td><img src="image21.png" alt="Image" /></td>
<td><img src="image22.png" alt="Image" /></td>
<td><img src="image23.png" alt="Image" /></td>
<td><img src="image24.png" alt="Image" /></td>
<td><img src="image25.png" alt="Image" /></td>
</tr>
<tr>
<td>6. &quot;Illusion&quot; forward, side, backwards; Spiral turn with full body wave; &quot;penche&quot; rotation</td>
<td><img src="image26.png" alt="Image" /></td>
<td><img src="image27.png" alt="Image" /></td>
<td><img src="image28.png" alt="Image" /></td>
<td><img src="image29.png" alt="Image" /></td>
<td><img src="image30.png" alt="Image" /></td>
</tr>
<tr>
<td>7. Rotation on various parts of the body</td>
<td><img src="image31.png" alt="Image" /></td>
<td><img src="image32.png" alt="Image" /></td>
<td><img src="image33.png" alt="Image" /></td>
<td><img src="image34.png" alt="Image" /></td>
<td><img src="image35.png" alt="Image" /></td>
</tr>
</tbody>
</table>
LEVEL 3
FLOOR

DIFFICULTY = FIG value - 1.0 max.
- 5 body difficulties
- Value: 0.1-0.2
- Floor: 1 difficulty from each body group and 2 additional difficulties, each from different body groups. Minimum 2 difficulties must be executed on opposite leg/side
- Calculation of Score (5 Difficulties @ values 0.1 and/or 0.2 @ 1.00 max X 2 = 2.00 max)

ARTISTRY = 3.0 max
- Composition requirements @ 0.2 each = 1.4 max
  - 2 series Rhythmic steps (0.2 each)
  - 1 body wave
    - 1 acrobatic element
    - 2 "chaine" turns on releve in a row
    - Variety in the use of levels, directions of body movements, modalities of travelling, rhythmic steps
    - Sufficient use of movement with hands, arms, neck, trunk, and head

- Musicality: Connection between movements/steps and music 0.0 - 1.0 = 1.0 max
- Expression: Harmony between character of the music and movements/ emotions conveyed by gymnast 0.0 - 0.6 = 0.6 max

EXECUTION = 6.0 max

TOTAL = (D+A+E) = 11.0
LEVEL 3
APPARATUS

DIFFICULTY = FIG value – 1.00 max
• 5 body difficulties
• Value: 0.1 - 0.2
• 1 difficulty from each body group and 2 additional difficulties, each from different body groups
• Calculation of Score (5 Difficulties @ values 0.1 and/or 0.2 @ 1.00 max X 2 = 2.00 max)

ARTISTRY = 3.0
• Minimum Required Apparatus Elements @ 0.2 each = 1.0

Rope
1. 1 jump through the rope rotating backward [from 1 foot, 2 feet, etc.]
2. 1 series of skips/hops through the rope
3. 1 JO Figure “8” [1 series of rotations of the rope folded in half]
4. 1 toss of 1 end of the rope (“échappé”)
5. 1 “sail”

Ball
1. 1 series bounce
2. 1 series of swings, each more than 1/4 of a circle, with straight arms passing the ball from hand to hand
3. 1 unassisted 1 roll of the ball on 1 part of the upper body
4. 1 medium throw from straight arm(s) + catch of the ball with the hand(s)
5. Unstable balance of the ball [held on the palm of the hand or held on other part of the body] during rotation of the body

• Composition: 4 requirements @ 0.2 each = 0.8
  o 1 series Rhythmic steps
  o 1 Body wave
  o 1 Large traveling with apparatus handling
  o Variety in the use of levels, directions of body movements, modalities of travelling, rhythmic steps

• Musicality 0.0 - 0.8 = 0.8 max

• Expression 0.0 - 0.4 = 0.4 max

EXECUTION = 6.0 max

TOTAL = (D+A+E) = 11.00
LEVEL 4
FLOOR

DIFFICULTY = FIG value - 1.50 max
• 5 body difficulties - 1.50 FIG value Maximum
• Value: 0.1 - 0.2 - 0.3
• Floor: 1 difficulty from each body group and 2 additional difficulties, each from different body groups. [Minimum 2 difficulties must be executed on opposite leg/side]
• Calculation of Score [5 Difficulties, values 0.1, 0.2 and/or 0.3 @ 1.50 max X 2 = 3.0 max]

ARTISTRY = 3.0 max
• Composition requirements @ 0.2 each = 1.4 max
  o 1 series Rhythmic steps
  o 1 series Rhythmic steps with traveling
  o 1 body wave: forward
  o 1 body wave: backward
  o 1 acrobatic element
  o Variety in the use of levels, directions of body movements, modalities of travelling, rhythmic steps
  o Sufficient use of movement with hands, arms, neck, trunk, and head

• Musicality 0.0-1.0 = 1.0 max

• Expression 0.0-0.6 = 0.6 max

EXECUTION = 6.0 max

TOTAL = (D+A+E) = 12.00
LEVEL 4
APPARATUS

DIFFICULTY = FIG value – 1.50 max
• 5 body difficulties - 1.50 FIG value Maximum
• Value: 0.1 - 0.2-0.3
• 1 difficulty from each body group and 2 additional difficulties, each from different body groups
  • Calculation of Score (5 Difficulties, values 0.1, 0.2 and/or 0.3 @ 1.50 max X 2 = 3.0 max)

• ARTISTRY = 3.0 max
  • Minimum Required Apparatus Elements @ 0.2 each = 1.0 (identical handling may not be repeated)

Rope:
1. 1 jump/leap through folded rope (rope folded in half) or with double rotations of the rope
2. 1 series of skips/hops through the rope with the rope rotating backward
3. 1 large figure “8”
4. 1 medium throw [any]
5. 1 “spiral” [2 or more rotations of 1 free end of the rope]

Hoop:
1. 1 passing through the hoop with any jump/leap/skip
2. 1 roll on the floor [any]
3. 1 series of rotations around hand[s] with change of plane[s] and/or level[s] and/or direction[s] of the hoop and/or body
4. 1 medium throw [any]
5. 1 unassisted roll on 1 part of upper part of the body

• Composition: 4 requirements @ 0.2 each = 0.8
  o 1 series Rhythmic steps
  o 1 Body wave
  o 1 acrobatic element
  o Variety in the use of levels, directions of body movements, modalities of travelling, rhythmic steps

• Musicality 0.0-0.8 = 0.8 max
• Expression 0.0-0.4 = 0.4 max

EXECUTION = 6.0 max
TOTAL = (D+A+E) = 12.0
LEVEL 5
FLOOR

DIFFICULTY = FIG value − 2.00 max
- 5 body difficulties − 2.00 FIG value Maximum
- Value: 0.1-0.2-0.3-0.4
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups (Minimum 2 difficulties must be executed on opposite leg/side)
- Calculation of Score (5 Difficulties, values 0.1, 0.2, 0.3 and/or 0.4, @ 2.00 max X 1.5 = 3.00 max)

ARTISTRY = 4.0 max
- Composition requirements @ 0.2 each = 2.4 max
  - 1 series Rhythmic steps
  - 1 series Rhythmic steps with traveling
  - 1 series Rhythmic steps with change of direction
  - 1 full body wave: forward
  - 1 full body wave: backward
  - 1 side body wave
  - 2 acrobatic elements (isolated or in a row)
  - Variety in the use of levels, directions of body movements, modalities of travelling, shapes of difficulties and rhythmic steps
  - Sufficient use of movement with hands, arms, neck, trunk, and head
  - Variety and Use of the entire floor area
  - Variety in the speed and intensity during the whole exercise (dynamism)
  - Logical transitions and smooth connections between movements

- Musicality 0.0-1.0 = 1.0 max
- Expression 0.0-0.6 = 0.6 max

EXECUTION = 6.0 max

TOTAL = (D+A+E) = 13.00
LEVEL 5
APPARATUS

DIFFICULTY = FIG value – 2.00 max
- 5 body difficulties – 2.00 FIG value Maximum
- Value: 0.1-0.2-0.3-0.4
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups
  - Calculation of Score (5 Difficulties, values 0.1,0.2,0.3 and/or 0.4, @ 2.00 max X 1.5= 3.00 max)

- ARTISTRY = 4.0 max
- Apparatus: 1.6 maximum
  - Technical Groups: 6 different Apparatus Elements @ 0.2 each = 1.2
    [minimum of one from each Technical Group; identical apparatus elements may not be repeated]
  - 2 different medium throws with different techniques = 0.2 each
    - After one of those 2 medium throws, 1 catch must be with at least 1 criteria (see table of criteria for Levels 5-6)

Note: additional Different medium toss may be used to fulfill the apparatus element requirement if needed

- Composition: 5 requirements @ 0.2 each = 1.00
  - 1 series Rhythmic steps
  - 1 series Rhythmic steps with change of direction
  - 1 body wave
  - Variety in the use of levels, directions of body movements and modalities of travelling
  - Variety and Use of the entire floor area

- Musicality 0.0-0.9 = 0.9 max
- Expression 0.0-0.5 = 0.5 max

EXECUTION = 6.0 max
TOTAL = (D+A+E) = 13.00
LEVEL 6
FLOOR

DIFFICULTY = FIG value – 3.00 max.
  • 5 body difficulties – 3.00 FIG value Maximum
  • Value: 0.1-0.2-0.3-0.4-0.5- 0.6
  • 1 difficulty from each body group and 2 additional difficulties, each from different body groups (Minimum 2 difficulties must be executed on opposite leg/side)

ARTISTRY = 4.0 max
  • Composition requirements @ 0.2 each = 2.4 max
    o 1 series Rhythmic steps
    o 1 series Rhythmic steps with change of direction
    o 1 series Rhythmic steps with traveling
    o 1 full body wave: forward
    o 1 full body wave: backward
    o 1 side body wave
    o 2 acrobatic elements [isolated or in a row]
    o Variety in the use of levels, directions of body movements, modalities of travelling, shapes of difficulties, rhythmic steps
    o Sufficient use of movement with hands, arms, neck, trunk, and head
    o Variety and Use of the entire floor area
    o Variety in the speed and intensity during the whole exercise (dynamism)
    o Logical transitions and smooth connections between movements
  • Musicality 0.0-1.0 = 1.0 max
  • Expression 0.0-0.6 = 0.6 max

EXECUTION = 6.0 max

TOTAL = (D+A+E) = 13.00
LEVEL 6
APPARATUS

DIFFICULTY = FIG value - 3.00 max
- 5 body difficulties - 3.00 FIG value Maximum
- Value: 0.1-0.2-0.3-0.4-0.5-0.6
- 1 difficulty from each body group and 2 additional difficulties, each from different body groups

ARTISTRY = 5.0 max
- Apparatus: 2.6 max
  - Technical Groups: 10 different Apparatus Elements @ 0.2 each = 2.0
    [minimum of one from each Technical Group; identical apparatus elements may not be repeated] Note: additional large or medium tosses may not be used to fulfill the apparatus element requirement]
  - 3 different technique/type of throws:
    - 1 medium throw with at least 1 criteria (see table of criteria for Level 6) = 0.2
    - After a medium throw, 1 catch with at least 1 criteria (see table of criteria for Level 6) = 0.2
    - 1 additional large throw with 1 Rotation of the body around any axis during the flight of the apparatus= 0.2

- Composition: 5 requirements @ 0.2 each = 1.0 max
  - 1 series Rhythmic steps
  - 1 series Rhythmic steps with change of direction
    - Variety and Use of the entire floor area
    - Variety in the use of levels, directions of body movements, modalities of travelling, shapes of difficulties, rhythmic steps
    - Logical transitions and smooth connections between movements

- Musicality 0.0-0.9 = 0.9 max

- Expression 0.0-0.5 = 0.5 max

EXECUTION = 6.0 max

TOTAL = (D+A+E) = 14.00

USA Gymnastics - Rhythmic Program
Junior Olympic Program
**DIFFICULTY**

- Difficulties from each group of body movements should be present in the exercise:
  - Jumps/Leaps \(\wedge\), Balances \(T\), Rotations \(\delta\)

- Each difficulty is counted only once within a body group

- **«Same shape»:**
  - An identical relation between the trunk/legs/hands during the entire development of the Difficulty.
  - A repetition of the same shape - within each group of body difficulties regardless of the number of body rotations or slow turn - is not counted. **Exception:** in the case of a series [maximum 2] of the same Leaps/Jumps and identical Rotation Difficulties (Pivots) connected with heel support.

- A Body Difficulty is valid if executed:
  - With a minimum of 1 Fundamental Technical element specific to each apparatus and/or an element from the Other Technical apparatus groups during:
    - the isolated Difficulty
    - For Rotations (Pivots): the declared apparatus technical element can be performed during any part of the rotations
    - each component of a Multiple Rotation Difficulty (Pivots) and each component of a Mixed Difficulty. (see explanation below)
      - During every three fouettes in a Multiple rotation, one different Fundamental technical element or element from the Other Technical apparatus groups is required
      - During every three illusions, one different Fundamental technical element or element from the Other Technical apparatus groups is required
  
      - One different Fundamental technical element or Other Technical apparatus group can be performed at any point during each set of three rotations (same for illusions)
      - Regardless of the shape, every 3 fouettes must have a different apparatus element

* If the apparatus technical element is executed with a major alteration of the basic technique, the Body Difficulty is not valid [Major alteration=a technical fault of the apparatus greater than -0.10, See technical execution faults].

- Without one or more of the following serious Technical faults:
  - Major alteration of the basic characteristics specific to each group of body movements
  - Loss of the apparatus during the Difficulty, including 1 or 2 Clubs
  - Loss of balance during the Difficulty with support on the hand[s] or apparatus or fall

---

USA Gymnastics - Rhythmic Program
Junior Olympic Program
• Static apparatus
  • A Difficulty is in connection with a throw of the apparatus:
    • if the apparatus is thrown at the beginning, during, or towards the end of the Difficulty
    • if the apparatus is caught at the beginning, during, or towards the end of the Difficulty
  • Any Difficulty performed with a value lower than entered on the form will not count
    • Exception Rotation difficulties: in cases of incomplete rotations compared to the amount of rotations indicated on the form, the Difficulty is evaluated according to the number of executed rotations.
    • Difficulties executed with a higher value will maintain the value indicated on the form.
    • Any Difficulty executed with greater amplitude than required by the definition of the corresponding Difficulty will not change the value of the Difficulty.

• Any additional difficulty above the maximum allowance (regardless of its value) = 0.3 penalty [taken from the final Difficulty score by the Difficulty judge].

• If a gymnast performs a difficulty with a basic value above the allowed limit, the difficulty will not be evaluated. [0.00 points] [Note: NO PENALTY applied]

• Levels 7-8 ALL ROUTINES: The exercise must be represented by all the body movement groups equally. In case of unequal/unauthorized distribution = 0.3 for each missing or additional difficulty [taken from the final Difficulty score by the Difficulty judge]

• Levels 7-8: Score Forms
  • Prior to the start of competition, start of the rotation, or routine, the Judge will check the Body Difficulty symbols and values
  • No form deductions will be taken, but body difficulties written incorrectly (wrong symbol) or repeated will not be counted/given credit. Judges will mark mistakes on the official forms during all competitions leading to the Junior Olympics.

Some examples for a symbol written incorrectly when the Difficulty is not valid (no penalty):

• Declare: \[ \text{Correct Symbol} \] \begin{align*}
\text{Perform: } & \end{align*} \begin{align*}
\text{Incorrect Symbol for apparatus handling}
\end{align*}

• Declare: \[ \text{Correct Symbol} \] \begin{align*}
\text{Perform: } & \end{align*} \begin{align*}
\text{Incorrect Symbol for apparatus handling declared}
\end{align*}

• Declare: \[ \text{Correct Symbol} \] \begin{align*}
\text{Perform: } & \end{align*} \begin{align*}
\text{Incorrect Symbol of body difficulty}
\end{align*}

• Declare \[ \text{Correct Symbol} \] \begin{align*}
\text{on body difficulty and performs } & \end{align*} \begin{align*}
\text{during the difficulty but catch with 2 hands or help of one hand or the body (incorrect apparatus handling declared as these are different Apparatus Technical Groups)}
\end{align*}
• Declare and catch with 2 hands or help of one hand or the body: Difficulty OK, Execution penalty -0.10.

- or Fouette Balances. After the main symbol, each balance symbol is required: if the symbols are missing inside the bracket, it is a wrong symbol.

• Missing number of rotations does not mean wrong symbol: no penalty. Judge will give what the gymnast executed
  - In the case of an incorrect value, the judge will apply the correct value and amend the final total
  - If the exercise accidentally stops for a long time (serious execution fault) and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties

NOTES:
  - In all difficulties with ring, the foot or another segment of the leg must be as close as possible to the head, predominant action of the leg (touching is not required)
  - In all difficulties with back bend of the trunk, the trunk must perform the predominant action (touching is not required).
  - The support leg whether stretched or bent does not change the value of the difficulty (balance or rotation)
  - In an exercise a gymnast may perform 1 Difficulty with “Slow Turn” in “relevé” or on flat foot. The “slow turn” is not allowed on the knee, on the arms, or in the “Cossack” position. A penalty of 0.30 (taken by the D judge from the final “D” score) will apply if the gymnast performs and declares more than 1 difficulty with “slow turn”.
  - During a multiple rotation difficulty, Fundamental technical elements can be the same as long as they are performed during each of the components (example: roll and roll) In the case of the Other apparatus Technical Groups—apparatus elements must be different for each component of the multiple difficulty.
  - Only during a series (identical pivot or jump): if the gymnast performs a Fundamental or Other element, the same apparatus element may be repeated on each difficulty (ex: 2 turning leaps with identical spirals of the ribbon or hoop passing under the leg). In all other cases: If Apparatus Technical Element performed identically during Body Difficulties, the Difficulty is not counted (No penalty)
  - In case of 2 different fouette balances in the same routine ALL 6 shapes must be different. But it is possible to perform a shape (ex. Attitude) one time isolated and once within a fouette balance.
MIXED DIFFICULTY:

- 2 or more different Difficulties from the same or different groups of body movements
- Each component counts as 1 Difficulty
- Connected:
  - without intermediary step (\(\wedge\)),
  - with or without heel support (\(T\)),
  - in case of Rotation (\(\delta\)) either with plie-releve or from releve to flat foot, or another part of the body, depending on the type of Rotation
- Each connection without interruption: + 0.10 point
  - Example: \((\wedge + \wedge)\) or \((T + T)\) or \((\delta + \delta)\) or \((\wedge + T)\) or \((T + \delta)\) or \((\wedge + \delta)\) etc.
  - Example: \((\delta 1 \uparrow 1)\) = 0.40 + 0.40 + 0.10 for connection = 0.90 point

  - In case the gymnast fails to execute one of the Difficulties that composes the Mixed Difficulty, the remaining Difficulties which are correctly executed are counted but the 0.10 point for the connection(s) is subtracted.
  - Example: \((\wedge \delta 1)\) = 0.00 + 0.40 + 0.00 for connection = 0.40 point

  - In case the gymnast performs each Difficulty correctly but performs the connection with a technical fault (hop or interruption), both Difficulties are valid but the 0.10 point for the connection(s) is subtracted. Example: \((\delta 1 + hop + \uparrow 1)\) = 0.40 + 0.40 + 0.00 for connection = 0.80 point

MULTIPLE ROTATION DIFFICULTY ("Fouette")

- Counts as 1 Difficulty
- 2 or more identical or different shape "Fouette" connected with heel support (no bonus given for connection)
- It is possible to perform 2 or more identical shapes one time or different "Fouetté" shapes combined one time (0.10 for connection is not added).
- In the case of a slide(s) during the fouette, the Difficulty is valid with an E Penalty, slide(s) - 0.10

Examples:
- \(\left(\frac{2}{2} 21\right)=0.50\) point
- \(\left(\frac{2}{2} 22\right)=0.80\) point
- \(\left(\frac{2}{2} 22 2 1\right)=0.90\) point

- \(\frac{2}{2} 1111\) : For Fouette with the leg in horizontal position: it is possible for the gymnast to perform various shapes in horizontal within the same fouette, but each form must be performed consecutively and not alternating shapes.
- \( \frac{1}{7} \frac{1}{7} \frac{1}{7} \) - 0.80 point \( \frac{1}{7} \frac{1}{7} \) - 0.60 (the same shape must be executed consecutively before changing into the next shape, not alternating shapes)

- **MULTIPLE ROTATION DIFFICULTY (Pivots)**
  - **All Pivots** count as 1 Difficulty
  - 2 or more Rotations with different shapes
  - Connected without heel support
  - Calculation: value of the first Pivot base + value of the second Pivot base [only in the case that the minimum basic rotation in each shape is complete without a technical fault - hop or interruption]. **No bonus given for connection.**
  
  **Examples:**
  - Inscription: on the official form after the symbol of each pivot, indicate the number of rotations: \( \frac{1}{7} \frac{1}{7} \frac{1}{7} \) = 0.20 + 0.20 = 0.40 point
  - In case the gymnast fails to execute the minimum basic rotation in any of the shapes but correctly executes the minimum basic rotation in the other shape(s), the correctly executed Rotations will be valid.
    
    \[
    \frac{1}{7} \frac{1}{7} \frac{1}{7} = 0.00 + 0.10 = 0.10 \text{ point}
    \]
    
    \[
    \frac{1}{7} \frac{1}{7} \frac{1}{7} = 0.20 + 0.00 = 0.20 \text{ point}
    \]
    
    \[
    \frac{1}{7} \frac{1}{7} \frac{1}{7} = 0.40 \left( \frac{720^\circ}{360^\circ} \right) = 0.10 \text{ (360°) } = 0.50 \text{ point}
    \]
  - In the case of an interruption in the Rotation (hop), only the value of the Rotations already performed prior to the interruption will be valid.
    
    \[
    \frac{1}{7} \frac{1}{7} \frac{1}{7} = 0.20 \left( \frac{360^\circ}{360^\circ} + \text{hop} \right) + 0.00 = 0.20 \text{ point}
    \]
    
    - In the case of hop during the connection, the value of complete Rotations already performed up to the hop will be valid. **E Penalty for the hop - 0.30**
    
    \[
    \frac{1}{7} \frac{1}{7} \frac{1}{7} \text{ +hop+} \frac{1}{7} = 0.40 + 0.00 = 0.40 \text{ point}
    \]

**APPARATUS**

A gymnast may only declare the maximum number of apparatus elements (Dynamic Elements with Rotation [DER] and Apparatus Combinations) on the form. For DER declared above the maximum, the judge will only judge up to the maximum allowance and will cross of the remaining declared elements. A gymnast may perform more than the minimum number of Fundamental Handling Requirements.

**FUNDAMENTAL TECHNICAL GROUPS REQUIREMENTS:**

- There are “Fundamental” Technical Groups which are basic/essential to each apparatus
- Each routine must have a certain number of Fundamental Technical Elements. These elements may be performed in any way, including during Body Difficulties or the Dance Steps Combinations and must be declared on the form

**NOTE concerning validating Fundamental Technical Groups Requirements:**
Valid:
- Correct execution of the apparatus element according to its definition
- An attempt to perform the apparatus element according to its definition but with execution fault and/or a loss

Invalid:
- Not attempting at all
- Not performing according to its definition

FUNDAMENTAL AND OTHER APPARATUS TECHNICAL GROUPS
- Apparatus technical elements are not limited but cannot be performed identically during Body Difficulty [except for during the series of Jumps/leaps and pivots].

Examples:
- Circles and “figure eight” executed on different planes and/or amplitude
- Unstable balance of Clubs executed on various parts of the body
- Rolls of Clubs and Ribbon stick on different parts of the body
### Summary Table of Fundamental Technical Groups specific to each apparatus and Other Apparatus Technical Groups

<table>
<thead>
<tr>
<th>Apparatus</th>
<th>Fundamental Apparatus Technical Groups</th>
<th>Other Apparatus Technical Groups</th>
</tr>
</thead>
</table>
| ![U logo] | Passing through the Rope with a Jump/Leap, Rope turning forward, backward, or to the side  
**Note:** Valid only with jump/leap—see above (passing through with whole or part of the body) | • Series (min. 3) of rotations, Rope folded in two  
• One rotation of the open, stretched Rope, held by the middle or by the end  
• One free rotation around a part of the body |
| ![U logo] | Passing through the Rope with series (min.3) of small hops, Rope turning forward, backward, or to the side | ← Small throw and catch |
| ![U logo] | "Echappé" | (∞) Wrapping (or: Unwrapping) |
| ![U logo] | Spirals (double or more rotation of the Rope’s end during "Echappé") |  |
| ![U logo] | Figures eight or "sail" movement with ample movement of the trunk (Rope held in two hands)  
• Large circles (Rope held in two hands) — only ample movement of the arms | |
| ![U logo] | Catch of the Rope with one end in each hand  
**Note:** This symbol indicates a catch from a medium/large throw (not for use with small throw) |  |
| ![O logo] | Passing through the Hoop with the whole or part of the body |  |
| ![O logo] | Roll of the Hoop over minimum 2 large body segments  
Roll of the Hoop on the floor |  |
| ![O logo] | Series (min. 3) of rotations around the hand  
One free rotation around a part of the body | • Passing over the Hoop with the whole or part of the body  
**Note:** When a gymnast performs passing over the hoop with a transmission under the leg during a jump, it is possible to use either symbols for this action: [image] or [image] |
| ![O logo] | Rotations of the Hoop around its axis:  
• One free rotation between the fingers  
• 1 free rotation on the part of the body  
• Series (min.3) of rotations on the floor |  |
| ![O logo] | Roll of the Ball over minimum 2 large body segments  
Roll of the Ball on the floor:  
• Large (min 1 meter) roll of the Ball on the floor  
• Series (min.3) of small rolls of the Ball on the floor | • "Flip-over" movement of the Ball  
• Rotations of the hand/s around the Ball |

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USA Gymnastics - Rhythmic Program  
Junior Olympic Program
### Difficulties:
- Series (minim.3) of small bounces (below knee level)
- One high bounce (knee level and higher)
- Visible rebound from a part of the body

#### Figures eight with "flip over" of the ball with circle movements of the arms (circumduction) and ample movement of the trunk

- A series (min 3) of assisted small rolls
- Roll of the body over the Ball on the floor
- "Thrust"/push of the ball from different parts of the body

#### Catch of the Ball with one hand

- **Note:** This symbol indicates a catch from a medium/large throw (not for use with small throw or "thrust" with ball)

- **Rotation(s) of the ball on top of the finger**

#### Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time

- **“Cascade” throws (double or triple)**

#### Series (min.3) of small circles with both Clubs

- Free rotations of 1 or 2 Clubs on the part of the body or on the floor
- Rolls of 1 or 2 Clubs on the part of the body or on the floor
- Rebound of 1 or 2 Clubs from the body
- "Sliding" movements
- Tapping (min. 1)
- "Thrust"/push of the Club(s) from different parts of the body

#### The asymmetric movements of 2 Clubs must be different in their shape or amplitude and in the work planes or direction

- **Series (min. 3) of small circles with 1 Club**

#### Small throws/ catches with rotation of 2 Clubs together simultaneously or alternating

- **Small throw and catch of 1 Club**

- **Throws or catches of 2 Clubs, simultaneous**
- **Throw or Catch of 2 Clubs, asymmetric**

#### Spirals (4-5 waves), tight and same height

- Spirals on the floor

- **“Boomerang” (in the air or on the floor)**

#### Snakes (4-5 waves), tight and same height

- Snakes on the floor

- **Rotational movement of the Ribbon stick around the hand**
- Roll of the Ribbon stick on the part of the body
- Rebound of the stick from the part of the body
- Wrapping
- Movement of the ribbon around a part of the body created when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or Difficulties with rotation (not during “Slow Turn”)

#### “Echappé”

### Note for all apparatus: small throw – close to the body

### Small throw and catch [close to the body]

---

**USA Gymnastics - Rhythmic Program**

**Junior Olympic Program**
Summary table of Other Apparatus Technical Groups Valid For All Apparatus

<table>
<thead>
<tr>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Throwing or catching</td>
</tr>
<tr>
<td>2. Medium throw — one to two heights of the gymnast.</td>
</tr>
<tr>
<td>3. Large throw — more than 2 heights of the gymnast</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Apparatus handling (apparatus in motion):</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Figure 8 with ample body movement (not for Rope and Ball)</td>
</tr>
<tr>
<td>• Large circles (for rope folded or open in one hand, mills)</td>
</tr>
<tr>
<td>• Transmission of the apparatus around any part of the body or under the leg(s)</td>
</tr>
</tbody>
</table>

Unstable Balance of Apparatus:

- The apparatus is held without the help of the hand[s] on a small surface of the body segment (neck, foot, back of the hand) or with a difficult body-apparatus relationship with risk of loss of the apparatus (including the Ball on the open hand during a Rotation Difficulty).
- The apparatus cannot be squeezed by any part of the body in order to be considered an unstable balance.
- Exception: Ball, and Club(s), can be held (squeezed) behind the back during body movements with rotation or Difficulty with rotation (during “Slow Turn” not allowed).
  - Rope (open or folded in half) and stick of Ribbon balanced behind the back (not squeezed) during body movements with rotation or Difficulty with rotation. **Rope: open or folded in half balanced behind the back (not squeezed) during body movements with rotation or difficulty with rotation are considered different unstable balance positions**

Ball:

- For rotation of the ball on the top of the finger
- Different unstable positions for the ball held on the open hand during Pivots: in addition to side, above, in front, also visibly changing the unstable position from one hand and ending in the other hand during a Pivot

Clubs: The clubs held in an unstable position on the outer or inner side of the hand is considered the same position. In order to have different unstable positions with one club held by the other on the inner/outer side of the hand (or any of the apparatus), it is necessary to change the arm position (up, down, side, etc.)
Static Apparatus
- The apparatus is held firmly or squeezed by one/two hands
- The apparatus is held firmly or squeezed by one or several parts of the body during more than one body movement
- The apparatus is held for a preparation movement for the Difficulty and the Difficulty itself or two Difficulties in a row.
- **Penalty** by the Execution [E] Judge: 0.30 point for static apparatus

**DYNAMIC ELEMENTS WITH ROTATION (DER)**
- There is no minimum requirement for Dynamic elements with Rotation.

1. **Dynamic elements with Rotation and throw** - DER (\( R \)) consist of the throw of the apparatus and:
   - Minimum 2 Rotations of the body without interruption around any axis during the throw, flight or catch of the apparatus
   - A loss of visual control of the apparatus
   - With or without passing to the floor
   - A Catch of the apparatus **during or at the end of the rotation(s)**
   - In case of a technical faults (one fault or more) 0.1 during the catch (incorrect catch, 1-2 steps, etc.), the DER is valid and E penalty is applied.

> **Note**: For the loss of one end of the Rope on the floor, the DER is not valid (loss of apparatus). One end of the rope may brush the floor during the catch (incorrect catch -0.10) but when the end falls to the floor, this is a loss. For single technical faults of 0.30 or more (loss, imprecise trajectory with 3 or more steps, wrapping with interruption, and catch after the throw of the hoop with contact with the arm), the DER is not valid and E penalty.

2. The value of the dynamic elements with rotation (\( R \)) can be increased with the following conditions:
   - type of the throw (**each type of throw must be different**)
   - number of body rotations during the throw or flight of the apparatus
   - type of the catch during or at the end of the final rotation

3. **Base Value and Criteria of** \( R \)

<table>
<thead>
<tr>
<th>Base Value</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>( R ) 2 = 0.20</td>
<td>2 dynamic elements with body rotation</td>
</tr>
<tr>
<td>( R ) 3 = 0.30 or more</td>
<td>3 or more dynamic elements with body rotation (+ 0.10 for each additional rotation)</td>
</tr>
<tr>
<td>[ ( R ) 4, etc. ]</td>
<td></td>
</tr>
</tbody>
</table>

4. **Additional Criteria for** \( R \) :
- Additional criteria may be performed during the throw and/or catch of the apparatus and/or during the body rotation (see Summary Table of Additional Criteria)
- For each additional criteria, the base value of the \( R \) is increased by 0.10 point.
- The value of the \( R \) is determined by the number of rotations (minimum 2 without interruption) performed and criteria correctly executed
- On the official Difficulty form, the total number of rotations intended and the symbols for the additional criteria will be declared:
Example: \( R_3 \approx 0.50 \)
Example: \( R \approx 2 \approx 0.50 \)

### Summary Table of Additional Criteria for \( R \)

<table>
<thead>
<tr>
<th>Additional Criteria</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change of body rotation axis under the throw or during the catch of the apparatus</td>
<td></td>
</tr>
<tr>
<td>Outside of visual control during the throw/catch</td>
<td></td>
</tr>
<tr>
<td>Without the help of the hands during the throw/catch</td>
<td></td>
</tr>
<tr>
<td>Change of level without adjustment or traveling during the throw or catch</td>
<td></td>
</tr>
<tr>
<td>Passing through the apparatus during throw/catch</td>
<td></td>
</tr>
</tbody>
</table>

#### Specific throws of the apparatus

<table>
<thead>
<tr>
<th>With rotations around its diameter; on horizontal or vertical plane</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oblique plane [rope, hoop]</td>
</tr>
<tr>
<td>Throw of 2 Clubs [simultaneous]</td>
</tr>
<tr>
<td>Asymmetric throw of 2 Clubs</td>
</tr>
<tr>
<td>Mixed catch of Rope/Clubs</td>
</tr>
<tr>
<td>Throw and/or catch under the leg/legs</td>
</tr>
<tr>
<td>Throw after bounces on the floor, after rolling on the floor.</td>
</tr>
<tr>
<td>Clubs: throws in cascade or alternating. Two clubs must be in the air simultaneously during some part of the cascade</td>
</tr>
<tr>
<td>Open Rope</td>
</tr>
</tbody>
</table>

#### Specific catches of the apparatus

<table>
<thead>
<tr>
<th>Direct catch in a roll</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct re-throw/re-bound. Note: The re-throw is part of the initial throw for the ( R ); in this case, it is necessary to catch the re-throw for the ( R ) to be valid. Height of the re-throw is not specified.</td>
</tr>
<tr>
<td>Catch of the Rope with one end in each hand</td>
</tr>
<tr>
<td>Catch of the Ball with one hand</td>
</tr>
<tr>
<td>Direct catch in rotation</td>
</tr>
</tbody>
</table>

5. Rotation element (Chainée and pre-acrobatic elements) can be used only once as a part of \( R \), isolated or in a series of 2 or more Chainée. (Note: "in series" means one after another directly. This applies to chainee and pre-acrobatic elements.). For repetition of chainnee or a pre-acrobatic element during \( R \), the \( R \) with the identical repetition is not valid. Note: Catch of the apparatus with 2 hands (except catch of the ball with 2 hands outside the visual control): DER Valid, Execution deduction – 0.1.

6. It is possible to use Body Difficulties with Rotations only of a value of 0.10 point in \( R \) without writing them on the official Difficulty form and without taking them into consideration during the calculation of the total value of Body Difficulty.
During throw or catch of the apparatus in DER it is possible to use Body Difficulty with Rotation (Jumps/Leaps and Rotations of 180 degrees and more) of a value more than 0.10 point with taking them into consideration during the calculation of total number of rotations in DER. This Body Difficulty must be declared.

**Writing the official form when turning leap is used as one of the rotations:**

<table>
<thead>
<tr>
<th>DER: Body difficulty during the throw</th>
</tr>
</thead>
<tbody>
<tr>
<td>with rotation (first rotation of DER)</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

7. It is possible to perform a body difficulty without rotation during the throw of the DER as long as the rotations begin immediately after the difficulty without intermediate steps.

Pre-acrobatic elements: can be performed once in an exercise:

- The same pre-acrobatic element can be performed as a part of $\uparrow$, isolated or in a series of 2 or more elements.
- The pre-acrobatic element that was performed in a series cannot be performed once more in isolation as part of $\uparrow$.
- All pre-acrobatic elements must be performed without a stop position or with a very short stop during a catch of the apparatus.
- Note: the same pre-acrobatic element can be performed one time in either DER or Apparatus Combination.

6. Only the following groups of pre-acrobatic elements are authorized:

- Forward, backward and side rolls without flight
- Walkovers forward, backward, cartwheels without flight
- Walkovers performed with different types of support (on the chest, on the shoulders, on the hand[s]) and/or techniques are considered as different pre-acrobatic elements.
- "Chest roll/Fish - flop": walkover on the floor on one shoulder with passing through the vertical of the stretched body

- "Dive Split Leap": leap with trunk bent forward followed directly by one or more rolls is valid for $\uparrow$ [Dynamic element with Rotation]
Example: "Dive Split Leap + roll" followed directly by another 2 rolls = 3 (3 Dynamic elements with Rotation). It is possible to use criteria "change of level" for the Dive Split Leap during .

1. The following elements are authorized but not considered as pre-acrobatic elements:
   • Dorsal support on the shoulders
   • Side or front splits on the floor, without any stop in the position
   • Support on one or two hands or on the forearms without any other contact with the floor, without walkover/cartwheels and without stopping in the vertical position.

2. All groups of authorized pre-acrobatic elements may be included in the exercise on the condition:
   • that they are coordinated with a technical element of the apparatus.
   • the gymnast should be in contact with the apparatus in the beginning, in the end or during the whole element

APPARATUS COMBINATIONS
• Valid only when performed without any execution penalty
• Each combination: Value 0.2
• Element combinations must be different (no repetition)
• Consists of and written on the form as follows:
  o BASE: Fundamental and/or Other Apparatus Technical Groups
  o + a minimum 2 criteria. Example↓ ( )

OR
  o 2 BASES: Fundamental and/or Other Apparatus Technical Groups + minimum 1 criteria Example: ( )
  o Note: if a gymnast performs more than the minimum 2 criteria, the Apparatus Combination is OK ↓ ( )

• Combinations of each Apparatus Difficulty must be made with a different Base each time (no repetition of the Base)
• If the Base or any one of the 2 criteria is not performed (skipped) or not executed correctly (fault), the Apparatus Difficulty is not valid
• Apparatus Combinations can also be performed during: Body movement Difficulty [D] or Dance steps combination

<table>
<thead>
<tr>
<th>Table of Criteria for Apparatus Combinations</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ] Without visual control</td>
</tr>
<tr>
<td>[ ] Without help of the hand(s) (Note: in case of a roll, the impulse comes without use of the hand(s))</td>
</tr>
<tr>
<td>[ ] Passing through the apparatus during throw/catch ( [ ] )</td>
</tr>
</tbody>
</table>
| [ ] Double rotation of the [ ]/ [ ]/ [ ] during jumps/leaps or skips/hops (Note: "Passing through the pattern of the ribbon" is the base for this criteria for double rotation through the ribbon)
   Very fast rotations of the club(s) during the flight |
| [ ] Passing through the apparatus rotating backwards [ ]/ [ ] |

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<table>
<thead>
<tr>
<th>With rotation (180 degree and more)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transmission without the help of the hands with at least 2 different body parts. Note: &quot;HANDLING&quot; is the base for this criteria</td>
</tr>
<tr>
<td>2 or 3 large rolls of the apparatus over different body segments O, •, II, ○</td>
</tr>
<tr>
<td>Large roll over different body segments in a position on the floor</td>
</tr>
<tr>
<td>Direct catch with rolling of the apparatus on the body O, •, II</td>
</tr>
<tr>
<td>Direct catch with passing through the apparatus ○</td>
</tr>
<tr>
<td>Catch of the Rope with one end in each hand</td>
</tr>
<tr>
<td>Direct catch of the apparatus in rotation ○</td>
</tr>
<tr>
<td>Catch of the Ball with one hand</td>
</tr>
<tr>
<td>Asymmetrical throw of 2 Clubs/ Mixed catch U, II</td>
</tr>
<tr>
<td>Cross of the arms during leaps/jumps or skips/hops</td>
</tr>
<tr>
<td>• Throw and/or catch under the leg/legs</td>
</tr>
<tr>
<td>• Technical apparatus movements performed under the leg/legs during rotation (mills, spirals, rotations of the hoop, etc.)</td>
</tr>
<tr>
<td>Direct Re-throw</td>
</tr>
<tr>
<td>Throw of the open, stretched Rope</td>
</tr>
</tbody>
</table>

Note: In addition to the table above, it is also possible to use the criteria of “Specific throws and catches” in Table of Additional Criteria for R (see DER) for Apparatus Combinations.

**DANCE STEPS COMBINATION**

Continuous, connected dance steps (from ballroom, folklore, modern dance, etc.) showing different rhythmical patterns with the apparatus in motion during the entire combination and performed:

- **Minimum of 12 steps** in accordance with the tempo, rhythm of the music
- To convey the character and emotional response of the music through body and apparatus movements
- The actual dance steps must have variety in the levels, directions, speed and modalities of movement according to the tempo, rhythm, music character and accents.
- The transitions from one movement to another should be logical and smoothly connected, without unnecessary stops or prolonged preparatory movements in accordance with the tempo, rhythm, music character and accents

- With partial or complete traveling
- It is possible to perform some dance movements on the floor, but a Dance Step Combination performed entirely on the floor is not valid.
- For Apparatus: Coordinated with Fundamental and the Other Apparatus Technical group(s):
- From the same and/or different groups, or series
- Minimum 1 Fundamental apparatus group is required
- It is possible to include throws (small, medium, large) during the dance step if it supports the idea of the dance, or helps increase amplitude and dynamism in the movement, or for the purpose of performing part of the dance steps under the flight, as long as there is a minimum 1 Fundamental apparatus group present.
- Only Fundamental Apparatus Groups must be declared on the forms before the symbol $\rightarrow$

Movements of both the body and apparatus during the Dance Steps Combinations must show variety in the following:
- Planes of the apparatus
- Levels of the body and apparatus movement
- Directions in the steps and apparatus movements
- Speed in the body and apparatus movements in harmony with the music
- Modalities of handling the apparatus and of moving the body through the dance steps

- Dance Steps will not be valid with:
  - fall of the gymnast or loss of the apparatus
  - missing a minimum 1 Fundamental apparatus element
  - less than 12 steps of dance
  - the entire combination performed on the floor (only partially is possible).

- Note: small technical faults (one fault or more) of 0.10 are penalized by the E Judges and the Combination is valid

**MUSICALITY/EXPRESSION (Level 7-8 Floor routines)**

**EXPRESSION (face and body):** The gymnast’s emotional interpretation of the music expressed through her facial and body movement

**Body Expression is characterized by:**
- A synthesis of strength, beauty and elegance of movements
- Participation of all body segments in movement (head, shoulders, trunk, hands, arms, legs)
- The facial expressions must also communicate the theme of the music and the message of the composition
- Variety in the speed and intensity (dynamism) of the gymnast/apparatus movements, which should reflect the dynamism of the movement
- A continuity of movements without interruptions or unnecessary stops or long preparatory elements
The Judge awards from 0.0 to 0.6 [0.6 awarded only in the case that the facial and body expression is consistent and predominant throughout the entire routine].

MUSICALITY- The gymnast performs her movements/steps connected with the rhythm within the musical phrases and emphasizes the musical transitions

There should be a total correlation between the movements and the music, performed by:
- The contrast of movements in accordance with the tempo, rhythm and music accents
- The ability to express the character and emotional responses to the music through body movements and continuous apparatus work
- An exercise which is connected to the music only in the beginning and the end is considered as the use of a “background music

- Harmony between character and rhythm of music and the movements throughout entire routine (no relationship between rhythm, character and movements=Background Music) Examples:
  - The Judge awards 1.0 if, throughout the entire routine, the movement is well-connected to the music and the style of movements closely match the theme of the music.
  - The Judge awards 0.0 if there is no musical theme whatsoever or if there is no connection between music and movement (ie: gymnast could perform the same routine to any piece of music).
  - The Judge deducts for Absence of harmony between:- the rhythm of the music and the movement or the character of the music and the movements (each time 0.10 up to 1.0)

**SCORE RANGES**

**Difficulty:** There is a maximum tolerated difference between the scores of 0.9 maximum.

**Execution:** There is a maximum of 0.50 difference tolerated between the scores in Execution (artistic and technical faults)
### Penalties by the D Judges for Floor routines (Levels 7-8)

<table>
<thead>
<tr>
<th>Penalties</th>
<th>0.30</th>
<th>0.50</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Form/exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty&lt;br&gt;- Any additional difficulty above the maximum allowance (regardless of its value) All Difficulties, in the order of their execution above norms, are cancelled.&lt;br&gt;- If the exercise accidently stops for a long time [serious execution fault] and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>More than one “slow turn” Difficulty per exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For each Difficulty performed but not declared on the official form (except those with or without rotation with value 0.10 used in Dance Steps Combination)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Penalties by the D Judges for Apparatus routines (Levels 7-8)

<table>
<thead>
<tr>
<th>Penalties</th>
<th>0.30</th>
<th>0.50</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Form/exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty&lt;br&gt;- Any additional difficulty above the maximum allowance (regardless of its value) All Difficulties, in the order of their execution above norms, are cancelled.&lt;br&gt;- If the exercise accidently stops for a long time [serious execution fault] and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties.</td>
<td>Form/exercise is missing 1 Dance Steps Combination&lt;br&gt;More than one “slow turn” Difficulty per exercise</td>
<td>Form/exercise has More than 3 Dynamic Elements with Rotation&lt;br&gt;More than 2 Dynamic Elements with Rotation&lt;br&gt;[for level 7]</td>
</tr>
<tr>
<td>For each missing required Fundamental Apparatus element&lt;br&gt;More than one “slow turn” Difficulty per exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For each Difficulty performed but not declared on the official form. Except Difficulty with value 0.1: &lt;ul&gt;&lt;li&gt;With rotation used in DER and Mastery&lt;/li&gt;&lt;li&gt;With or without rotation used in Dance Steps&lt;/li&gt;&lt;/ul&gt;</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:** In case there is a difference between the textual description of the Difficulty and the drawing in the table of Difficulties, the text prevails.
INDIVIDUAL EXERCISES
EXECUTION [E]

EXECUTION [E] of the Individual exercises consists of:

Execution (E)
Maximum 10.00 points

- Artistic Faults
- Technical Faults

Artistic Components:

1. **Unity of Composition**:
- The main objective is to create an artistic image, expressed through the body and apparatus movements and the character of the music.
- The character of the music should define the guiding idea/theme of the composition, and the gymnast must convey this guiding idea to the audience from the beginning to the end of the exercise.
- The composition should be developed by the technical, aesthetic and connecting elements, where one movement passes smoothly into the next, including contrasts in the speed/intensity [dynamism], amplitude and levels of the movements, performed in relationship with the music.
- The composition should not be a series of disconnected Body Difficulties or apparatus elements, but the transitions from one movement to another should be logical and smoothly connected, without unnecessary steps or prolonged preparatory movements before body or apparatus elements.
- In the beginning and in the end of the exercise the gymnast has to be in contact with the apparatus. The position of the gymnast in the beginning of the exercise has to be justified and used for the initial movement of the apparatus. Start and final positions should not be extreme.

Penalty by the Execution [E] Judge: 0.30 point for Unjustified or extreme start or final position

2. **Music and Movement**:
- There should be a total correlation between the movements and the music, performed by:
  - The contrast of movements in accordance with the **tempo, rhythm** and **music accents**
  - The ability to express the character and emotional responses to the music through body movements and continuous apparatus work
- An exercise which is connected to the music only in the beginning and the end is considered as the use of a “background music.”

3. **Body Expression is characterized by**:
- A synthesis of strength, beauty and elegance of movements
- Participation of all body segments in movement (head, shoulders, trunk, hands, arms, legs)
- The facial expressions must also communicate the theme of the music and the message of the composition
• Variety in the speed and intensity (dynamism) of the gymnast/apparatus movements, which should reflect the dynamism of the movement

4. **Use of Space (variety):** The floor area must be used completely:
   • Different levels (gymnast in flight, standing, on the floor, etc.)
   • Variety of directions/trajectories of body/apparatus movements (forward, backwards, etc.)
   • Variety in the modalities of travelling
   • **Penalty** by the Execution [E] Judge: 0.30 point for lack of variety in the use of the floor area levels, directions/trajectories of body/apparatus movements and modalities of travelling

5. **Technical Faults**
   - **Right/Left hand work** (50% of the apparatus movements):
     • Should be evenly distributed in the exercise
     • Individual exercise: for Hoop, Ball, and Ribbon.
     • Not required for Group exercise
     • Lack of balance between Right/Left hand work
     • **Penalty** by the Execution [E] Judge: 0.30 point

6. **Execution Penalties (Artistic and Technical)**
   **Note:** Artistic and technical deductions entered separately for the final execution score (for apparatus only)

<table>
<thead>
<tr>
<th>Penalties</th>
<th>0.10</th>
<th>0.30</th>
<th>0.50 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Artistic Faults</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Music - movement</strong></td>
<td>Absence of harmony between the rhythm and the character of the music and the movements, isolated occurrences [0.10 each time, up to 1.00]</td>
<td>Absence of harmony between the rhythm and the character of the music and the movements during a part(s) of the exercise</td>
<td></td>
</tr>
<tr>
<td><strong>Body Expression</strong></td>
<td>Isolated segmentary movements</td>
<td>Absence of body and facial expression in the majority of the exercise [0.3] Lack of variety in the speed and intensity during the whole exercise (dynamism) -0.3</td>
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<tr>
<td><strong>Use of space (variety)</strong></td>
<td>Lack of variety in the use of the floor area, levels, directions/trajectories of body/apparatus</td>
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USA Gymnastics - Rhythmic Program
Junior Olympic Program
<table>
<thead>
<tr>
<th>Penalties</th>
<th>0.10</th>
<th>0.30</th>
<th>0.50 or more</th>
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<tbody>
<tr>
<td><strong>Music</strong></td>
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<td>Absence of harmony between music-movement at the end of the exercise due to a loss of the apparatus: <strong>0.30 + loss of the apparatus</strong></td>
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<tr>
<td><strong>Generalities</strong></td>
<td>Incomplete movement</td>
<td>Travelling without throw: adjusting the body position on the floor</td>
<td>Unjustified or extreme start or final position</td>
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<tr>
<td><strong>Basic technique</strong></td>
<td>Body segment incorrectly held during a movement (each time, up to a maximum of 1.00 point)</td>
<td>Loss of balance: additional movement without travelling</td>
<td>Loss of balance: additional movement with travelling</td>
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<td>Loss of balance</td>
<td>Loss of balance: additional movement without travelling</td>
<td>Loss of balance with support on one or both hands or on the apparatus</td>
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<td></td>
<td>Lack of amplitude in the shape; heavy landing</td>
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<td>Total loss of balance with fall: <strong>0.70</strong></td>
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<tr>
<td><strong>Leaps/Jumps</strong></td>
<td>Lack of amplitude in the shape; Shape neither fixed nor held</td>
<td>Static gymnast *</td>
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<tr>
<td><strong>Balances</strong></td>
<td>Lack of amplitude in the shape; Shape neither fixed nor held</td>
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<tr>
<td><strong>Rotations</strong></td>
<td>Lack of amplitude in the shape; Shape neither fixed nor well-defined</td>
<td>Support on the heel during a part of the rotation when performed in &quot;relevé&quot;</td>
<td>Axis of the body not at the vertical and ending with one step</td>
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<td>Travelling [sliding] during the rotation</td>
<td>Hops during the rotation or interruption</td>
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<td><strong>Pre-acrobatic Elements</strong></td>
<td>Heavy landing</td>
<td>Unauthorized technique</td>
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*Static gymnast: the gymnast should not remain static (motionless) if at any moment she is not in contact with the apparatus (for example: throws, rolls of the apparatus over the floor, etc)
<table>
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<tr>
<th>Apparatus</th>
<th>Loss and retrieval without travelling</th>
<th>Loss and retrieval after a short travelling (1-2 steps)</th>
<th>Loss and retrieval after a large travelling (3 or more steps) or outside the floor area (regardless of distance): 0.70</th>
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<td>Loss of the apparatus</td>
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<td>(for the loss of 2 Clubs in succession: the judge will penalize one time based on the total number of steps taken to retrieve the farthest clubs)</td>
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<tr>
<td>Technique</td>
<td>Imprecise trajectory and catch in flight with 1 - 2 step</td>
<td>Imprecise trajectory and catch in flight with 3 or more steps</td>
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<td>Incorrect catch or with the help of one hand or the body</td>
<td>Involuntary contact with the body with alteration of the trajectory</td>
<td>Static apparatus **</td>
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<tr>
<td>Sliding on the arm during rotations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Passing through the hoop: feet caught in the hoop</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect handling: ball held against the forearm <strong>(each time, up to a maximum of 1.00 point)</strong></td>
</tr>
<tr>
<td>Incorrect roll with bounce and involuntary, incomplete roll over the body [each]</td>
</tr>
<tr>
<td>Involuntary catch of the ball with both hands [Exception: catches outside the visual field]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Basic technique</th>
<th>Clubs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect handling <strong>(each time, up to a maximum of 1.00 point)</strong></td>
<td></td>
</tr>
<tr>
<td>Irregular movements or interruption of the movement during small circles and mills and arms too far apart during the mills</td>
<td></td>
</tr>
<tr>
<td>Alteration of synchronization in the rotation of the 2 clubs during throws and catches</td>
<td></td>
</tr>
<tr>
<td>Lack of precision in the work planes of the clubs during asymmetric movements</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ribbon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alteration of the pattern formed by the ribbon <strong>(each time, up to a maximum of 1.00 point)</strong></td>
</tr>
<tr>
<td>Incorrect handling: imprecise passing/transmission, ribbon stick involuntarily held in the middle, incorrect connection between the patterns, snap of the ribbon <strong>(each time, up to a maximum of 1.00 point)</strong></td>
</tr>
<tr>
<td>Involuntary wrappings around the body or part of it with interruption in the exercise</td>
</tr>
<tr>
<td>Basic technique</td>
</tr>
</tbody>
</table>
3.1.1. **DIFFICULTY** = 6 body difficulties (Maximum Value of the following Body Difficulties: *Isolated, Multiple, or Mixed* - 0.7 each) = 4.0 max

- The exercise must be represented by all body movement groups equally: 2 from each body group

**ARTISTRY** = 4.0 max

- Composition requirements @ 0.2 each = 2.4 max
  - 1 series Rhythmic steps (see page 9)
  - 1 series Rhythmic steps with change of direction (see page 9)
  - 1 series Rhythmic steps with traveling
  - 1 body wave front
  - 1 body wave back
  - 1 side body wave
  - 2 acrobatic elements (isolated or in a row)
  - Variety in the use of levels, directions of body movements, modalities of travelling, shapes of difficulties, rhythmic steps
  - Variety in the speed and intensity during the whole exercise (dynamism)
  - Sufficient use of movement with hands, arms, neck, trunk, and head
  - Logical transitions and smooth connections between movements
  - Variety and sufficient use of entire floor area

- Musicality 0.0-1.0 = 1.0 max

- Expression 0.0-0.6 = 0.6 max

**EXECUTION (technical faults)** = 6.0 max.

TOTAL = [D+A+E] = 14.00
**LEVEL 7**

**APPARATUS**

**DIFFICULTY:** 6.00 points maximum consisting of:

3.1.2. **BODY DIFFICULTY:** Maximum 6 body difficulties (Maximum Value of the following Body Difficulties: Isolated, Multiple, or Mixed - 0.7 each)

- The exercise must be represented by all body movement groups equally:
- 2 from each body group [must be different]

- **APPARATUS**
  - **FUNDAMENTAL TECHNICAL REQUIREMENTS:** Minimum 8 different required in each routine (see table below).
  - For each missing required fundamental apparatus elements: 0.3

<table>
<thead>
<tr>
<th>Apparatus</th>
<th>Fundamental Apparatus Technical Groups</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>⚘</td>
<td>Passing through the Rope with a Jump/Leap, Rope turning forward, backward, or to the side</td>
<td>2</td>
</tr>
<tr>
<td>⚘</td>
<td>Passing through the Rope with series (min.3) of small hops, Rope turning forward, backward, or to the side</td>
<td>2</td>
</tr>
<tr>
<td>⚘</td>
<td>Catch of the Rope with one end in each hand</td>
<td>1</td>
</tr>
<tr>
<td>⚘</td>
<td>Figures eight or “sail” movement with ample movement of the trunk (Rope held in two hands)</td>
<td>1</td>
</tr>
<tr>
<td>⚘</td>
<td>Spirals OR &quot;Echappe&quot;</td>
<td>2</td>
</tr>
<tr>
<td>⚘</td>
<td>Roll of the Hoop over minimum 2 large body segments</td>
<td>3</td>
</tr>
<tr>
<td>⚘</td>
<td>Roll of the Hoop on the floor</td>
<td>1</td>
</tr>
<tr>
<td>⚘</td>
<td>Series (min. 3) of rotations around the hand</td>
<td>1</td>
</tr>
<tr>
<td>⚘</td>
<td>Rotations of the Hoop around its axis (one of each minimum):</td>
<td>3</td>
</tr>
<tr>
<td>⚘</td>
<td>- One free rotation between the fingers</td>
<td></td>
</tr>
<tr>
<td>⚘</td>
<td>- 1 free rotation on the part of the body</td>
<td></td>
</tr>
<tr>
<td>⚘</td>
<td>- Series (min.3) of rotations on the floor</td>
<td></td>
</tr>
<tr>
<td>⚘</td>
<td>Roll of the Ball over minimum 2 large body segments</td>
<td>3</td>
</tr>
<tr>
<td>⚘</td>
<td>Bounces:</td>
<td></td>
</tr>
<tr>
<td>⚘</td>
<td>- Series (minim.3) of small bounces (below knee level) or</td>
<td>2</td>
</tr>
<tr>
<td>⚘</td>
<td>- One high bounce (knee level and higher), or</td>
<td></td>
</tr>
<tr>
<td>⚘</td>
<td>- Visible rebound from a part of the body</td>
<td></td>
</tr>
<tr>
<td>⚘</td>
<td>Figures eight with “flip over” of the ball with circle movements of the arms and ample movement of the trunk</td>
<td>2</td>
</tr>
<tr>
<td>⚘</td>
<td>Catch of the Ball with one hand from Large or Medium Throw</td>
<td>1</td>
</tr>
<tr>
<td>⚘</td>
<td>Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed</td>
<td>2</td>
</tr>
</tbody>
</table>

USA Gymnastics - Rhythmic Program
Junior Olympic Program
<table>
<thead>
<tr>
<th>Activity</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Series (min. 3) of small circles with both Clubs</td>
<td>2</td>
</tr>
<tr>
<td>The asymmetric movements of 2 Clubs must be different in their shape or amplitude and in work planes or direction</td>
<td>2</td>
</tr>
<tr>
<td>Small throws/catches with rotation of 2 Clubs together simultaneously or alternating</td>
<td>2</td>
</tr>
<tr>
<td>Spirals (4-5 waves), tight and same height</td>
<td>2</td>
</tr>
<tr>
<td>Spirals on the floor</td>
<td></td>
</tr>
<tr>
<td>Snakes (4-5 waves), tight and same height</td>
<td>2</td>
</tr>
<tr>
<td>Snakes on the floor</td>
<td></td>
</tr>
<tr>
<td>Passing through or over the pattern of the Ribbon (pattern for each must be different)</td>
<td>2</td>
</tr>
<tr>
<td>&quot;Echappé&quot;</td>
<td>2</td>
</tr>
</tbody>
</table>

- **APPARATUS COMBINATIONS**: No minimum or maximum requirements.

- **DANCE STEPS**: Value 0.3 each (minimum 1 required)

  - **DER**: Maximum 2 per routine. Maximum value for each DER - 1.0 (Each DER exceeding 1.00 point will not be valid (0.00 point), no penalty applied)

**EXECUTION** = 10.0 max [artistic and technical faults]

**TOTAL** = (D + E) = **16.00**
3.1.3. **DIFFICULTY** = 6 body difficulties (Maximum Value of the following Body Difficulties:
*Isolated, Multiple, or Mixed* - 0.9 each) = 5.0 max

- The exercise must be represented by all body movement groups equally: 2 from each body group

**ARTISTRY** = 4.0 max

- Composition requirements @ 0.2 each = 2.4 max
  - 1 series Rhythmic steps (see page 9)
  - 1 series Rhythmic steps with change of direction (see page 9)
  - 1 series Rhythmic steps with traveling
  - 1 body wave: front
  - 1 body wave back
  - 1 side body wave
  - 2 acrobatic elements (*isolated or in a row*)
  - Variety in the use of levels, directions of body movements, modalities of travelling, shapes of difficulties, rhythmic steps
  - Variety in the speed and intensity during the whole exercise (dynamism)
  - Sufficient use of movement with hands, arms, neck, trunk, and head
  - Logical transitions and smooth connections between movements
  - Variety and sufficient use of entire floor area

- Musicality 0.0-1.0 = 1.0 max

- Expression 0.0-0.6 = 0.6 max

**EXECUTION (technical faults)** = 6.00 max

Total = [D+A+E] = 15.00
LEVEL 8
APPARATUS

DIFFICULTY: 7.00 points maximum consisting of:

3.1.4. **BODY DIFFICULTY**: Maximum 6 body difficulties ([(Maximum Value of the following Body Difficulties: Isolated, Multiple, or Mixed - 0.9 each)
  - The exercise must be represented by all body movement groups equally:
  - 2 from each body group (must be different)

- **APPARATUS**
  - **FUNDAMENTAL TECHNICAL REQUIREMENTS**: Minimum 8 different required in each routine (see table below).
  - For each missing required fundamental apparatus elements: 0.3

<table>
<thead>
<tr>
<th>Apparatus</th>
<th>Fundamental Apparatus Technical Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>U</td>
<td>Passing through the Rope with a Jump/Leap, Rope turning forward, backward, or to the side</td>
</tr>
<tr>
<td></td>
<td>Passing through the Rope with series [min.3] of small hops, Rope turning forward, backward, or to the side</td>
</tr>
<tr>
<td></td>
<td>Spirals</td>
</tr>
<tr>
<td></td>
<td>Catch of the Rope with one end in each hand</td>
</tr>
<tr>
<td></td>
<td>Figures eight or “sail” movement with ample movement of the trunk (Rope held in two hands)</td>
</tr>
<tr>
<td>O</td>
<td>Roll of the Hoop over minimum 2 large body segments</td>
</tr>
<tr>
<td></td>
<td>Roll of the Hoop on the floor</td>
</tr>
<tr>
<td></td>
<td>Series [min. 3] of rotations around the hand</td>
</tr>
<tr>
<td></td>
<td>Rotations of the Hoop around its axis [one of each minimum]:</td>
</tr>
<tr>
<td></td>
<td>Free rotation on the part of the body</td>
</tr>
<tr>
<td></td>
<td>Free rotation between the fingers</td>
</tr>
<tr>
<td>O</td>
<td>Roll of the Ball over minimum 2 large body segments</td>
</tr>
<tr>
<td></td>
<td>Bounces:</td>
</tr>
<tr>
<td></td>
<td>Series (minim.3) of small bounces (below knee level), or</td>
</tr>
<tr>
<td></td>
<td>One high bounce (knee level and higher), or</td>
</tr>
<tr>
<td></td>
<td>Visible rebound from a part of the body</td>
</tr>
<tr>
<td></td>
<td>Figures eight with “flip over” of the ball with circle movements of the arms and ample movement of the trunk</td>
</tr>
<tr>
<td></td>
<td>Catch of the Ball with one hand from Large or Medium Throw</td>
</tr>
<tr>
<td>X</td>
<td>Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time</td>
</tr>
<tr>
<td></td>
<td>Series [min.3] of small circles with both Clubs</td>
</tr>
</tbody>
</table>
The asymmetric movements of 2 Clubs must be different in their shape or amplitude and in work planes or direction

Small throws/ catches with rotation of 2 Clubs together simultaneously or alternating

Spirals (4-5 waves), tight and same height
Spirals on the floor

Snakes (4-5 waves), tight and same height
Snakes on the floor

Passing through or over the pattern of the Ribbon (pattern for each must be different)

"Echappé"

APPARATUS COMBINATIONS: No minimum or maximum requirements

DANCE STEPS: Value 0.3 each (minimum 1 required)

DER: Maximum 3 per routine. Maximum value for each DER- 1.0 (Each DER exceeding 1.00 point will not be valid (0.00 point), no penalty applied)

EXECUTION = 10.0 max

TOTAL = D+E = 17.00
Junior Olympic Group Program

Purpose of Group
The purpose of the group program is to introduce the gymnast to ensemble work. Cooperation is an essential part of a successful group experience. The program allows all ages and abilities to participate in group exercises.

- The group program consists of three levels:
  Beginner
  Intermediate
  Advanced

- Group exercise may be performed as Duet, Trio, 4 gymnasts or 5 gymnasts.

All groups of the same level will be judged the same regardless of the number of participants. The groups may be split into categories based on number of participants when the number of groups participating exceeds 3 of one type. For example, if there are 4 groups competing Beginner group—2 Duets, a 4 group and a 5 group, they will all compete in the same category. However, if there were 10 Beginner groups competing—5 duets, 4 trios, a 1 group of 5, then the groups may be split into Beginner Duets, Beginner Trios and Beginner Group of 5.

- Beginner, Intermediate and Advanced Groups will compete one Apparatus Exercise and one Floor Exercise as indicated on the Apparatus chart.

- A gymnastics club may enter more than one team; however, at least 50% of the group must be different members.

- Apparatus must all be of the same size. The size of the apparatus is determined by the majority of the age group of the group. See Rules and Policies.

- Leotards must be identical in style and color. The only exception is when a patterned material is used, slight variations are tolerated.

Music

<table>
<thead>
<tr>
<th>Group</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Group</td>
<td>1:30 to 2:00 minutes</td>
</tr>
<tr>
<td>Intermediate Group</td>
<td>2:00 to 2:30 minutes</td>
</tr>
<tr>
<td>Advanced Group</td>
<td>2:00 to 2:30 minutes</td>
</tr>
</tbody>
</table>
Judging the Group Exercise

- Group will be judged by 2 Panels:
  - Difficulty/Execution and Artistry panel - for Beginner level
  - Difficulty/Artistry Panel and an Execution Panel - for Intermediate and Advance Levels
Note: If more judges are available, two separate panels are recommended for Difficulty and Artistry for Intermediate and Advanced Groups.
- Each group exercise must be judged by a minimum of 4 judges at Regional competition. All other competitions may be judged by a minimum of 2 judges.
- For a panel of 4 judges the maximum difference in the range of 4 scores is 0.80. The high and the low are dropped and the two middle scores are averaged. The maximum difference between the two middle scores is 0.50.
- All Neutral deductions apply.
- An exchange is only valid if the apparatus changes from one gymnast to another. An exchange is not valid if the apparatus stays in one place and the gymnasts move to the apparatus.
- Exchanges are only valid by throwing (passing and rolling are not exchanges). All gymnasts must catch for the exchange to be valid. If there is a drop, the exchange value = no credit.
- Exchanges may not contain Difficulties.
- Difficulties must be completed and validated by all gymnasts for the Difficulty to receive credit. Difficulties of different values may be performed simultaneously, however the lowest value will be the value of the Difficulty. Difficulties must be performed simultaneously or in succession because all gymnasts must perform the Difficulty to receive value.
- Each group exercise must have different floor patterns (Formations).

❖ Collaboration: Elements with Collaboration imply:
- All 5 gymnasts, together or in subgroups (couple, trio, etc.) must be in contact either directly or by means of the apparatus
- Performed with different modalities by one or several gymnasts (with or without throw of apparatus by one or more gymnasts, different directions, variety of traveling and formations, etc.)
  - The elements of cooperation are well organized with the apparatus work
- Collaborations must be performed by all group members to receive credit.

Prohibited elements with Collaboration:
- Action or positions by leaning on 1 or several partners without contact with the floor, maintained for longer than 4 movements (4 seconds)
- Carrying or dragging a gymnast over the floor for more than 2 steps
- Walking-with more than 1 support- over 1 or several gymnasts grouped together
- Forming pyramids
- Penalty by Execution (E) Judges: 0.3 for each prohibited element(s); the collaboration is not valid
BEGINNER GROUP: Floor Routine

**DIFFICULTY = 3.0 max**
- 5 Difficulties (0.1, 0.2 and/or 0.3 value only) = 1.5 max
- 3 Collaborations @ 0.50 each = 1.5 max
  - 1 must be with acrobatic element (min. 1 gymnast)

**ARTISTRY = 3.0 max**
- Composition requirements @ 0.2 each = 1.4 max
  - 2 series Rhythmic steps (0.2 each)
  - 1 series Rhythmic steps with traveling
  - 1 body wave: forward
  - 1 body wave: backward
  - Variety in the use of the levels, directions of body movements and travelling modalities, *shapes of difficulties*, rhythmic steps
  - Variety in formations (amplitude, design)

* Musicality 0.0-1.00 = 1.00 max
* Expression 0.0-0.6 = 0.6 max

**EXECUTION** (synchronization, formations, basic body technique) = 6.0 max

**TOTAL** = (D+A+E) = 12.00

BEGINNER GROUP: Apparatus Routine

**DIFFICULTY = 4.0 max**
- 5 Difficulties (0.1, 0.2 and/or 0.3 value only) = 1.5 max
- 3 Collaborations @ 0.50 each = 1.5 max
  - 1 must be with acrobatic element (min. 1 gymnast)
- 2 Exchanges (by throwing) @ 0.50 each = 1.0 max.

*Note: All throws for Exchanges must be different type/technique*

**ARTISTRY = 4.0 max**
- Minimum Required Apparatus Elements 5 @ 0.2 each = 1.0 *Identical handling may not be repeated. All gymnasts in the group must perform to be considered present!*

**Ball:**
1. 1 series of small bounces with change of rhythm
2. 1 bounce with part of the body (except hands)
3. 1 large roll across 2 arms opened to the side
4. 1 large roll over any 2 parts of the body
5. 1 large figure “8”

Composition requirements @ 0.2 each = 1.4 max
- 2 series Rhythmic steps
- 1 body wave
- Variety in formations (amplitude, design)
- Variety and use of the entire floor area
• Variety in the use of the levels, directions of body movements and travelling modalities, shapes of difficulties, rhythmic steps
  • Variety in the speed and intensity during the whole exercise (dynamism)
* Musicality 0.0-1.0 = 1.0 max
* Expression 0.0-0.6 = 0.6 max

EXECUTION (synchronization, formations, basic body and apparatus technique) = 6.0 max
TOTAL = (D+A+E) = 14.00
INTERMEDIATE GROUP: Floor Routine

DIFFICULTY = 4.0 max
   5 Difficulties (0.1-0.2-0.3- 0.4, 0.5 and/or 0.6 value) = 2.0 max
   4 Collaborations @ 0.50 each = 2.0 max
      - 1 must be with acrobatic element (min.1 gymnast)

ARTISTRY = 4.0 max
   • Composition requirements @ 0.2 each = 2.4 max
      o 3 series Rhythmic steps
      o 3 different body waves
      o Variety in the use of the levels, directions of body movements and travelling modalities, shapes of difficulties, rhythmic steps
      o Sufficient use of movement with hands, arms, neck, trunk, and head
      o Variety in formations (amplitude, design)
      o Logical transitions and smooth connections between movements
      o Variety and use of the entire floor area
      o Variety in the speed and intensity during the whole exercise (dynamism)

* Musicality 0.0-1.00 = 1.00 max
* Expression 0.0-0.6 = 0.6 max

EXECUTION (synchronization, formations, basic body technique) = 6.0 max
TOTAL = [D+A+E] = 14.0

INTERMEDIATE GROUP: Apparatus Routine

DIFFICULTY = 6.0 max
   5 Difficulties (0.1-0.2-0.3- 0.4, 0.5 and/or 0.6 value) = 2.0 max
   5 Collaborations @ 0.50 each = 2.5 max
      - 1 must be with throw
      - 1 must be with acrobatic element (min.1 gymnast)
   3 Exchanges (by throwing) @ .50 each = 1.5 max
Note: All throws for Exchanges must be different type/technique

ARTISTRY = 2.0 max
   Minimum Required Apparatus Elements 5 @ 0.2 each = 1.0 (identical handling may not be repeated. All gymnasts in the Group must perform to be considered present):
      - minimum 1 from each technical group
      - 2 of them must be on Difficulty

   • Composition requirements @ 0.2 each = 1.0 max
      o 1 series Rhythmic steps
      o 1 series Rhythmic steps with traveling
- Variety in the use of the levels, directions/trajectories of body/apparatus movements, travelling modalities, shapes of difficulties, rhythmic steps
- Variety in formations [amplitude, design]
- Logical transitions and smooth connections between movements

**EXECUTION (Artistic and Technical Faults)** (synchronization, formations, basic body and apparatus technique) = 10.0 max
TOTAL = (D+A+E) = 18.00
ADVANCED GROUP: Floor Routine

DIFFICULTY = 6.0 max
5 Difficulties (0.1-0.2-0.3-0.4-0.5-0.6-0.7 and 0.8 value) = 3.0 max
6 Collaborations @ 0.50 each = 3.0 max
-1 must be with acrobatic element (min. 1 gymnast)

ARTISTRY = 4.0 max
Composition requirements @ 0.2 each = 2.4 max
- 3 series Rhythmic steps
- 3 different body waves
- Variety in the use of the levels, directions of body movements and travelling modalities, shapes of difficulties, rhythmic steps
- Sufficient use of movement with hands, arms, neck, trunk, and head
- Variety in formations (amplitude, design)
- Logical transitions and smooth connections between movements
- Variety and Sufficient use of entire floor area
- Variety in the speed and intensity during the whole exercise (dynamism)

* Musicality 0.0-1.00 = 1.00 max
* Expression 0.0-0.6 = 0.6 max

EXECUTION (synchronization, formations, basic body technique) = 6.0 max
TOTAL = [D+A+E] = 16.0

ADVANCED GROUP: Apparatus Routine

DIFFICULTY = 8.00 max.
5 Difficulties (0.1-0.2-0.3-0.4-0.5-0.6-0.7 and 0.8 value) = 3.0 max
6 Collaborations @ 0.50 each = 3.0 max
- 1 must be with multiple exchanges
  - using different techniques (with or without throw)
- 1 with throw (with or without risk)
- 1 with acrobatic element (min. 1 gymnast)
4 Exchanges (by throwing) @ 0.50 each = 2.0 max [Note: All throws for Exchanges must be different type/technique]
- 1 Exchange with minimum 6M distance
- 3 additional Exchanges

ARTISTRY = 2.0 max
Minimum Required Apparatus Elements 5 @ 0.2 each = 1.0 (identical handling may not be repeated. All gymnasts in the Group must perform to be considered present):
- minimum 1 from each technical group;
- 2 of them must be on Difficulty.
- Composition requirements @ 0.2 each = 1.0 max
- 1 series Rhythmic steps
- 1 series Rhythmic steps with traveling
- Variety in the use of the levels, directions/trajectories of body/apparatus movements, travelling modalities, shapes of difficulties, rhythmic steps
- Variety in formations [amplitude, design]
- Logical transitions and smooth connections between movements

**EXECUTION (Artistic and Technical Faults)** (synchronization, formations, basic body and apparatus technique) = 10.0 max
TOTAL = (D+A+E) = 20.0
**GROUP EXERCISES**  
**EXECUTION (E)**

*Note:* Artistic and technical deductions entered separately for the final execution score (for Intermediate and Advance group-apparatus only)

<table>
<thead>
<tr>
<th>Penalties</th>
<th>Technical Faults</th>
<th>0.10</th>
<th>0.30</th>
<th>0.50 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music - movement (each gymnast)</td>
<td>Lack of synchronization between individual rhythm and that of the group</td>
<td></td>
<td></td>
<td>Absence of harmony between music-movement at the end of the Exercise (one time, regardless of the number of gymnasts)</td>
</tr>
<tr>
<td></td>
<td>Absence of harmony between music-movement at the end of the exercise due to a loss of the apparatus: <strong>0.30</strong> + loss of the apparatus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Synchronization and harmony</td>
<td>Lack of synchronization in the amplitude or intensity of expression between the gymnasts [each time, up to a maximum of 1.00 point]</td>
<td></td>
<td></td>
<td>Collision between the gymnasts/apparatus (+ all the consequences)</td>
</tr>
<tr>
<td>Formations and travelling</td>
<td>Alteration of the formation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Imprecision in the direction and the shape of the travelling</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Body Movements**

<table>
<thead>
<tr>
<th>Generalities</th>
<th>Incomplete movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Travelling without throw: adjusting the body position on the floor</td>
<td></td>
</tr>
<tr>
<td>Body segment incorrectly held during a movement [each time, up to a maximum of 1.00 point]</td>
<td></td>
</tr>
<tr>
<td>Loss of balance: additional movement without travelling [each gymnast]</td>
<td></td>
</tr>
<tr>
<td>Loss of balance: additional movement with travelling [each gymnast]</td>
<td></td>
</tr>
<tr>
<td>Loss of balance with support on one or both hands or on the apparatus [each gymnast]</td>
<td></td>
</tr>
<tr>
<td>Total loss of balance with fall – <strong>0.70</strong> [each gymnast]</td>
<td></td>
</tr>
<tr>
<td>At the beginning of the exercise one or several gymnasts are without apparatus for more than 4 movements [more than</td>
<td></td>
</tr>
</tbody>
</table>

USA Gymnastics - Rhythmic Program  
Junior Olympic Program
<table>
<thead>
<tr>
<th>Leaps/Jumps</th>
<th>Lack of amplitude in the shape; heavy landing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balances</td>
<td>Lack of amplitude in the shape; Shape neither fixed nor held</td>
</tr>
<tr>
<td>Rotations</td>
<td>Lack of amplitude in the shape; Shape neither fixed nor well-defined</td>
</tr>
<tr>
<td></td>
<td>Support on the heel during a part of the rotation performed in relevé</td>
</tr>
<tr>
<td></td>
<td>Axis of the body not at the vertical and ending with one step</td>
</tr>
<tr>
<td></td>
<td>Travelling [sliding] during the rotation</td>
</tr>
<tr>
<td></td>
<td>Hops during the rotation or interruption</td>
</tr>
<tr>
<td>Pre-acrobatic Elements</td>
<td>Heavy landing</td>
</tr>
<tr>
<td></td>
<td>Unauthorized technique</td>
</tr>
</tbody>
</table>

Static gymnast(s):
- The gymnast should not remain static (motionless) if at any moment she is not in contact with the apparatus (for example: throws, rolls of the apparatus over the floor, etc.)
- Visible immobility of one or several gymnasts for more than 4 movements (more than 4 seconds) during the Collaborations
<table>
<thead>
<tr>
<th>Penalties</th>
<th>0.10</th>
<th>0.30</th>
<th>0.50 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Apparatus</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss of the apparatus</td>
<td></td>
<td>Loss and retrieval without travelling</td>
<td>Loss and retrieval after a short travelling [1-2 steps]</td>
</tr>
<tr>
<td>(for the loss of 2 clubs in succession: the judge will penalize one time based on the total number of steps taken to retrieve the farthest clubs) (each gymnast)</td>
<td></td>
<td></td>
<td>Loss and retrieval after a large travelling [3 or more steps] or outside the floor area – 0.70</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Loss of the apparatus and use of the replacement apparatus - 0.70</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Loss of the apparatus (no contact) at the end of the exercise 0.70</td>
</tr>
<tr>
<td><strong>Technique</strong></td>
<td>Imprecise trajectory and catch in flight with 1 - 2 step (each gymnast)</td>
<td>Imprecise trajectory and catch in flight with 3 or more steps (each gymnast)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Incorrect catch or with the help of one hand or the body involuntary contact with the body with alteration of the trajectory</td>
<td>Static apparatus ** (each gymnast)</td>
<td></td>
</tr>
<tr>
<td><strong>Rope</strong></td>
<td>Incorrect handling: amplitude, shape, work plane, or for the rope not held at both ends (each time, up to a maximum of 1.00 point)</td>
<td>Loss of one end of the rope with a short stop in the exercise (each gymnast)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Feet caught in the rope during jumps or hops (each gymnast)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Knot in the rope (each gymnast)</td>
<td>Involuntary wrappings around the body or part of it with interruption of the exercise (each gymnast)</td>
<td></td>
</tr>
<tr>
<td><strong>Basic technique</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hoop</strong></td>
<td>Incorrect handling: alteration in the work plane, vibrations (each time, up to a maximum of 1.00 point) Irregular rotation on the vertical axis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Catch after throw: contact with the forearm</td>
<td>Catch after throw: contact with the arm</td>
<td></td>
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<tr>
<td>-------------------------------------------</td>
<td>---------------------------------------</td>
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<tr>
<td>Incorrect roll with bounce and involuntary, incomplete roll over the body [each]</td>
<td></td>
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<tr>
<td>Sliding on the arm during rotations</td>
<td></td>
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<tr>
<td>Passing through the hoop: feet caught in the hoop [each gymnast]</td>
<td></td>
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</tr>
</tbody>
</table>

**Ball**

<table>
<thead>
<tr>
<th>Basic technique</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect handling: ball held against the forearm [each time, up to a maximum of 1.00 point]</td>
<td></td>
</tr>
<tr>
<td>Incorrect roll with bounce and involuntary, incomplete roll over the body [each]</td>
<td></td>
</tr>
<tr>
<td>Involuntary catch of the ball with both hands [Exception: catches outside the visual field] For Exchange and DER [each time, regardless of the number of gymnasts]</td>
<td></td>
</tr>
</tbody>
</table>

**Clubs**

<table>
<thead>
<tr>
<th>Basic technique</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect handling: each time, up to a maximum of 1.00 point</td>
<td></td>
</tr>
<tr>
<td>Irregular movements or interruption of the movement during small circles and mills and arms too far apart during the mills</td>
<td></td>
</tr>
<tr>
<td>Alteration of synchronization in the rotation of the 2 clubs during throws and catches</td>
<td></td>
</tr>
<tr>
<td>Lack of precision in the work planes of the clubs during asymmetric movements</td>
<td></td>
</tr>
</tbody>
</table>

**Ribbon**

<table>
<thead>
<tr>
<th>Basic technique</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Alteration of the pattern formed by the ribbon [each time, up to a maximum of 1.00 point]</td>
<td></td>
</tr>
<tr>
<td>Incorrect handling: imprecise passing/transmission, ribbon stick involuntarily held in the middle, incorrect connection between the patterns, snap of the ribbon [each time, up to a maximum of 1.00 point]</td>
<td></td>
</tr>
<tr>
<td>Involuntary wrappings around the body or part of it with interruption in the exercise [each gymnast]</td>
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<tr>
<td></td>
<td>0.10</td>
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<td>------------------</td>
<td>-------------------------------------------</td>
</tr>
<tr>
<td><strong>Snakes and Spirals:</strong> loops or waves insufficiently tight/loops or waves not of the same amplitude [height, length] [each time, up to a maximum of 1.00 point]</td>
<td>Knot without interruption in the exercise [each gymnast]</td>
</tr>
<tr>
<td></td>
<td>Throws and “échappé”: ribbon stays on the floor involuntarily [each time regardless of the number of gymnasts]</td>
</tr>
</tbody>
</table>

### Artistic Faults (Intermediate and Advanced Groups ONLY)

<table>
<thead>
<tr>
<th></th>
<th>0.10</th>
<th>0.30</th>
<th>0.50 or more</th>
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</thead>
<tbody>
<tr>
<td><strong>Music - movement</strong></td>
<td>Absence of harmony between the rhythm and the character of the music and the movements, isolated occurrences [0.10 each time, up to 1.00]</td>
<td></td>
<td>Absence of harmony between the rhythm and the character of the music and the movements during a part(s) of the exercise</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Absence of harmony between the rhythm and the character of the music and the movements during all exercise-entirely lacking rhythm and character [1.00]</td>
</tr>
<tr>
<td><strong>Body Expression</strong></td>
<td>Isolated segmentary movements</td>
<td>Absence of body and facial expression in the majority of the exercise [0.3] Lack of variety in the speed and intensity during the whole exercise (dynamism) -0.3</td>
<td>Total absence of body (segmentary movements) and facial expression</td>
</tr>
<tr>
<td><strong>Organization of the collective work</strong></td>
<td>Prohibited elements with Collaboration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty</td>
<td>JUDGE</td>
<td>Difficulty</td>
<td>JUDGE</td>
</tr>
<tr>
<td>------------</td>
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<tr>
<td>Value</td>
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<td>Value</td>
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</tbody>
</table>

**TOTAL**

0.3 Penalty:
*For each missing required Fundamental apparatus element
*For each Difficulty performed but not declared on the official form (except those with rotation with value 0.10 used in DER)
*More than one "slow turn" Difficulty per exercise
*Form/exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty
*More than 6 Difficulties declared

**PENALTY**

0.5 penalty:
- Min. 1 S →
- Max. 2 R (level 7)
- Max. 3 R (level 8)-0.5

**FINAL SCORE JUDGE**

Coach Signature.......................... Judge Signature..........................
# Individual Exercise (Levels 7-8)

**Difficulty (D) & Artistry (A)**

<table>
<thead>
<tr>
<th>JUDGE</th>
<th>Name</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>DIFFICULTY</strong></th>
<th><strong>JUDGE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>value</td>
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<td>value</td>
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<tr>
<td>value</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ARTISTRY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Composition Requirements @0.2 each = 2.4 max</td>
</tr>
<tr>
<td>Series of rhythmic steps</td>
</tr>
<tr>
<td>Series of rhythmic steps (change direction)</td>
</tr>
<tr>
<td>Series of rhythmic steps (traveling)</td>
</tr>
<tr>
<td>1 Body wave front</td>
</tr>
<tr>
<td>1 Body wave back</td>
</tr>
<tr>
<td>1 Body wave side</td>
</tr>
<tr>
<td>2 Acros (isolated or in a row)</td>
</tr>
<tr>
<td>Variety in the use of levels, directions, modalities, shapes, steps</td>
</tr>
<tr>
<td>Variety (dynamism)</td>
</tr>
<tr>
<td>Sufficient use of movement</td>
</tr>
<tr>
<td>Logical transitions/smooth connections</td>
</tr>
<tr>
<td>Variety/ sufficient use of entire floor area</td>
</tr>
</tbody>
</table>

**Difficulty Total (COACH):**

**Difficulty Total (JUDGE):**

0.3 Penalty:  
* For each Difficulty performed but not declared on the official form
* More than one “slow turn” Difficulty per exercise
* Form/ exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty

**D PENALTY:**

**Composition (JUDGE):**

**MUSICALITY**
0.0 – 1.0 max

**EXPRESSION**
0.0 – 0.6 max

**FINAL DIFFICULTY SCORE (JUDGE):**

**FINAL ARTISTRY SCORE (JUDGE):**

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