

5<sup>th</sup> INTERNATIONAL RHYTHMIC GYMNASTIC EVENT

TECHNICAL PROGRAM

<b><u>ADOLESCENT GYMNASTS</u></b>	1st group (2001-2000) body movement + 1 apparatus in the program (rope or ball)
<b><u>ADOLESCENT GYMNASTS</u></b>	2nd group (1999-1998) body movement + 1 apparatus in the program (hoop, clubs, rope or ribbon)
<b><u>JUNIOR GYMNASTS</u></b>	(1997-1996-1995) ball, hoop, rope, clubs
<b><u>SENIOR GYMNASTS</u></b>	(1994 or older) hoop, rope, ribbon, ball

Each team can enroll 1 gymnast per category and each gymnast can enter a max of 2 apparatus.

<b><u>ADOLESCENT GYMNASTS</u></b>	1st group
Body movement scores	
D1 (4,00 p.) + A (10,00 p.) + E (10,00 p.) = 25,00 p.	
Rope, Ball scores	
[D1 (4,00 p.) + D2 (6,00 p.)] : 2 + A (10,00 p.) + E (10,00 p.) = 25,00 p.	

Body movement

Difficulty D1: 4,00 points

Max 8 difficulties between 0,10 and 0,60 points with a minimum of 2 difficulties per body group, one of which required with a fixed score of 0,50 points.

Rope, ball

Difficulty D1: 4,00 points

Max 8 difficulties between 0,10 and 0,60 points with a minimum of 6 (3+3) difficulties in the compulsory groups of body movements required for each apparatus, plus eventually the score of 2 difficulties in the chosen non-compulsory body movements.

Difficulty D2: 6,00 points

Mastery with or without throw, with a maximum of 1 Risk with or without throw (non-compulsory).

Difficulties with a score of more than 0,60 points can be used in the exercises, but they will be normalized to 0,60: they must be declared with their own letter and the score of 0,60.

Artistry: max 10 points

Execution: max 10 points

<b><u>ADOLESCENT GYMNASTS</u></b>	2nd group
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Body movement scores

D1 (5,00 p.) + A (10,00 p.) + E (10,00 p.) = 25,00 p.

Hoop, clubs, ribbon, rope scores

[D1 (5,00 p.) + D2 (8,00 p.)] : 2 + A (10,00 p.) + E (10,00 p.) = 26,50 p.

Body movement

Difficulty D1: 5,00 points

Max 8 difficulties between 0,10 and 0,70 points with 2 difficulties per body group

Hoop, clubs, ribbon, rope scores

Difficulty D1: 5,00 points

Max 8 difficulties between 0,10 and 0,70 points with a minimum of 6 (3+3) difficulties in the compulsory groups of body movements required for each apparatus, plus eventually the score of 2 difficulties in the chosen non-compulsory body movements. Hoop: 2 difficulties per body group

Difficulty D2: 8,00 points

Mastery with or without throw, with a maximum of 2 Risks with or without throw (non-compulsory).

Difficulties with a score of more than 0,70 points can be used in the exercises, but they will be normalized to 0,70: they must be declared with their own letter and the score of 0,70.

Artistry: max 10 points

Execution: max 10 points

For adolescent gymnasts the ribbon can have a length of 5 m.

### **JUNIOR GYMNASTS**

Rope, hoop, ball, clubs scores

[D1 (7,00 p.) + D2 (10,00 p.)] : 2 + A (10,00 p.) + E (10,00 p.) = 28,50 p.

Rope, hoop, ball, clubs

Difficulty D1: 7,00 points

Max 10 difficulties between 0,10 and 1,00 points with a minimum of 7 difficulties in the compulsory groups of body movements required for each apparatus, (in an exercise with 7 difficulties or less there shall be a minimum of 5 difficulties of the compulsory body movements) plus eventually the score of max 3 difficulties in the chosen non-compulsory body movements. Hoop: minimum 2 max 4 difficulties per body group

Difficulty D2: 10,00 points

Mastery with or without throw, with a maximum of 2 Risks with or without throw.

Difficulties with a score of more than 1,00 points can't be used in the exercises.

Artistry: max 10 points

Execution: max 10 points

### **SENIOR GYMNASTS**

Rope, hoop, ball, ribbon

[D1 (10,00 p.) + D2 (10,00 p.)] : 2 + A (10,00 p.) + E (10,00 p.) = 30,00 p.

Rope, hoop, ball, ribbon

Difficulty D1: 10,00 points

Max 12 difficulties between 0,10 and 1,00 points and more, with a minimum of 8 (4+4) difficulties in the compulsory groups of body movements required for each apparatus, (in an exercise with 9 difficulties or less there shall be a minimum of 6 (3+3) difficulties of the compulsory body movements) plus eventually the score of max 4 difficulties in the chosen non-compulsory body movements. Hoop: minimum 2 max 4 difficulties per body group; the distribution of body groups must be balanced.

Difficulty D2: 10,00 points

Mastery with or without throw, with Risks with or without throw.

Artistry: max 10 points

Execution: max 10 points



**5<sup>th</sup> INTERNATIONAL RHYTHMIC GYMNASTIC EVENT**

**Chianciano Terme (SIENA - Italy), June 20th 2010**

**APPLICATION FORM**

Club .....

Address ..... City..... Country .....

Telephone ..... Fax ..... E-mail .....

Team Manager ..... Telephone .....

**Gymnasts**

	Name	Apparatus	Category	Date of birth		
<b>01</b>						
<b>02</b>						
<b>03</b>						
<b>04</b>						
<b>05</b>						
<b>06</b>						
<b>07</b>						
<b>08</b>						
<b>09</b>						
<b>10</b>						

**Trainers/Executive**

	Name	Title
<b>01</b>		
<b>02</b>		

Date:

The President

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