

## Technical Regulations

**Babies (2010/and earlier) Routine (1)** D 3.00 + E 10.00 = 13.00

Without Apparatus

**Hopes (2009) Routines (2)** D 4.00 + E 10.00 = 14.00

1. Without Apparatus obligatory
2. Rope, Hoop or Ball (1 by choice)

**Minis (2007- 2008) Routines (2)** D 5.00 + E 10.00 = 15.00

1. Without Apparatus obligatory
2. Rope, Hoop or Ball (1 by choice )

**Pre-juniors (2005-2006) Routines (3)** D 6.00 + E 10.00 = 16.00

Rope, Hoop, Ball or Clubs ( 3 by choice )

**Juniors (2002-2003-2004) Routines (3)**

Hoop, Ball, Clubs or ribbon ( 3 by choice )

**Seniors (2000 and before) Routines (3)**

Hoop, Ball, Clubs or Ribbon ( 3 by choice )

**Groups juniors (2002-2004) Routine (1)**

5 pairs of Clubs

**Groups pre-juniors (2005-2006) Routine (1)** D 6.00 + E 10.00 = 16.00

5 Hoops

## Babies 2010 and earlier

### Without Apparatus

Body Difficulty (BD) max. 3.00 p.

Body Difficulty	Dance Steps Combination	Dynamic Elements with Rotation
<b>BD</b> Min.3 - Max.9	<b>S</b> Min.2	<b>R</b> Min.1
Jump/Leaps- <i>Min.1-Max. 3</i> Balances- <i>Min.1-Max. 3</i> Rotations- <i>Min.1-Max. 3</i>		

## Hopes (2009)

### Without Apparatus

Body Difficulty (BD) max. 4.00 p.

Body Difficulty	Dance Steps Combination	Dynamic Elements with Rotation
<b>BD</b> Min.3 - Max.9	<b>S</b> Min.2	<b>R</b> Min.1
Jump/Leaps- <i>Min.1-Max. 3</i> Balances- <i>Min.1-Max. 3</i> Rotations- <i>Min.1-Max. 3</i>		

### Rope-Hoop-Ball (1 by choice)

Body Difficulty (BD) max. 4.00 p.

Difficulty components connected with Apparatus Technical elements	Body Difficulty	Dance Steps Combination	Dynamic Elements with Rotation	Apparatus Difficulty
Symbol	<b>BD</b> Min.3 - Max.7	<b>S</b> Min. 2	<b>R</b> Min.1	<b>AD</b> No Min/Max
Body Difficulty Groups	Jump/Leaps- <i>Min.1</i> Balances- <i>Min.1</i>  Rotations- <i>Min.1</i>			

**Minis (2007 – 08)****Without Apparatus****Body Difficulty (BD) max. 5.00 p.**

<b>Body Difficulty</b>	<b>Dance Steps Combination</b>	<b>Dynamic Elements with Rotation</b>
<b>BD</b> Min.3 - Max.9	<b>S</b> Min.2	<b>R</b> Min.1
Jump/Leaps- <i>Min.1-Max. 3</i> Balances- <i>Min.1-Max. 3</i> Rotations- <i>Min.1-Max. 3</i>		

**Rope-Hoop-Ball** (1 by choice)**Body Difficulty (BD) max. 5.00 p.**

Difficulty components connected with Apparatus Technical elements	<b>Body Difficulty</b>	<b>Dance Steps Combination</b>	<b>Dynamic Elements with Rotation</b>	<b>Apparatus Difficulty</b>
Symbol	<b>BD</b> Min.3 - Max.7	<b>S</b> Min. 2	<b>R</b> Min.1	<b>AD</b> No Min/Max
Body Difficulty Groups	Jump/Leaps- <i>Min.1</i> Balances- <i>Min.1</i> Rotations- <i>Min.1</i>			

**Pre-juniors (2005 - 2006)****Rope-Hoop-Ball-Clubs****Body Difficulty (BD) max. 6.00 p.**

Difficulty components connected with Apparatus Technical elements	<b>Body Difficulty</b>	<b>Dance Steps Combination</b>	<b>Dynamic Elements with Rotation</b>	<b>Apparatus Difficulty</b>
Symbol	<b>BD</b> Min.3 - Max.7	<b>S</b> Min. 2	<b>R</b> Min.1	<b>AD</b> No Min/Max
Body Difficulty Groups	Jump/Leaps- <i>Min.1</i> Balances- <i>Min.1</i> Rotations- <i>Min.1</i>			

**Juniors Hoop – Ball – Clubs – Ribbon**  
**FIG requirements 2017-2020**

**Seniors Hoop – Ball – Clubs – Ribbon**  
**FIG requirements 2017-2020**

**Groups pre-juniors (2005-2006) 5 Hoops**

**Difficulty (D) max. 6.00 p.**

Difficulty components connected with Apparatus Technical elements	Difficulty without Exchanges: Body Difficulty	Difficulty with Exchange: Exchange Difficulty	Dance Steps Combination	Dynamic Element with Rotation	Collaboration
Symbols	<b>BD</b> Min. 3	<b>ED</b> Min. 3	<b>S</b> Min.2	<b>R</b> Max.1	<b>C</b> Min. 4
	Max 7 (1 by choice)				
Body Difficulty Groups	Jump/Leaps- Min.1 Balances- Min.1 Rotations- Min.1				

**Value of *each* Difficulty (BD and ED) with and without Exchange: 0.10 - 0.50**

**Groups juniors (2002-2004) 5 pairs of Clubs**  
**FIG requirements 2017-2020**