



## **DSIGO RHYTHMIC GYMNASTICS**

### **Juniors & Seniors Levels**

**UPDATED November 2023**

**LEVELS OF COMPETITION** – The Junior category includes gymnasts aged between 10 and 16. The Senior category includes gymnast aged between 17 and over. Juniors and Seniors will receive awards separately.

- The Junior All Around winner will be named Junior World Champion.
- The Senior All Around winner will be named Senior World Champion.

**EVENTS OFFERED: Juniors** Choice of 4: Rope, Hoop, Ball Clubs, Ribbon.

**EVENTS OFFERED: Seniors** Rope, Hoop, Ball, Clubs, Ribbon

#### **JUNIORS REGULATIONS & REQUIREMENTS**

- 6 Body Difficulties (with apparatus handling)
  - Routines may have a maximum of 3 Body Difficulties chosen in the DSIGO Table of Body Difficulties value 0.20-0.60 (**Table A**).
  - The remaining 3 required Body Difficulties may be skills that are a lower level chosen in the Table of Body Difficulties value 0.10 (**Table B**).
  - Body Difficulties can only be chosen from 0.1 and 0.6 skills in the DSIGO (**Table A and B of Body Difficulties**) in the Appendix.
  - Body Difficulties chosen in Table A not performed to FIG standards of execution and amplitude will be valued at 0.1.
  - Recognizable skills not listed in the FIG Code of Points will be valued 0.1.
- 12 occurrences of Apparatus Handling. (**Table C in Appendix**) Value: 0.2 each.
- 3 Rhythmic Dance Steps (minimum 6-8 steps). Value: 0.6 each
- 3 Mastery maximum

#### **SENIORS REGULATIONS & REQUIREMENTS**

- 6 Body Difficulties (with apparatus handling)
  - Body Difficulties should be chosen from the DSIGO Table of Body Difficulties in the Appendix (**Table A**)
  - FIG Body Difficulties not performed to FIG standards of execution and amplitude will be valued at 0.1
  - Skills not listed in the FIG Code of Points will receive no credit
- 12 occurrences of Apparatus Handling. Value: 0.2 each
- 3 Rhythmic Dance Steps (minimum 6-8 steps). Value: 0.6 each
- 5 Mastery maximum (**Table D in Appendix**)

**MUSIC** – DSIGO will follow FIG regulations.

**APPARATUS SPECIFICATIONS** DSIGO will follow FIG regulations.

**JUDGING GUIDELINES** – Routines should be evaluated by 2 panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each gymnast, the score from the D Panel is added to the score from the E Panel. See below for the composition of the judging panels. It is suggested to have 2 judges per sub-group. Those 2 scores will be averaged and added to the other sub-group to determine to score for the panel.

**Senior:** Maximum score for each panel is 10.00. Maximum score for each routine is 20.00.

**Junior:** Maximum score for panel D is 7.70. Maximum score for panel E is 10.00. Maximum score for each routine is 17.70

**SENIOR/JUNIOR D Panel have a different score and is divided into 2 sub-groups:**

<b>SENIOR</b>		<b>JUNIOR</b>	
<b>D Panel is divided into 2 sub-groups:</b>	<b>SCORE</b>	<b>D Panel is divided into 2 sub-groups</b>	<b>SCORE</b>
<b>D1 – 5.4</b>	3.6 Body Difficulties	<b>D1 – 3.9</b>	2.1 Body Difficulties
	1.8 Dance steps		1.8 Dance steps
<b>D2 – 4.6</b>	2.4 Apparatus	<b>D2 – 3.8</b>	2.4 Apparatus
	2.0 Mastery		1.2 Mastery
	0.2 Virtuosity		0.2 Virtuosity

**SENIOR/JUNIOR E Panel have the same score and is divided into 2 sub-groups:**

<b>E1 – 6.0</b>	2.0 Form
	2.0 Amplitude
	2.0 Apparatus Error
<b>E2 – 4.0</b>	2.0 Connections
	1.0 Musicality
	0.5 Floor pattern & use of space
	0.5 Elegance & expression

- 1) **Body Difficulties** – (Seniors Maximum value of 3.6 / Juniors Maximum value of 2.1)
  - a. Required: 6 difficulties
  - b. Required: 2 different leaps/jumps, 2 different pivots, 2 different balances
  - c. At least one occurrence of Apparatus Handling must be performed in conjunction with each Body Difficulty
  
- 2) **Apparatus Handling (2.4)**
  - a. 12 occurrences of apparatus handling are required
  - b. Apparatus handling is chosen from the current FIG Code of Points (see chart in Appendix)
  - c. Each handling will be valued at 0.2
  - d. Each handling may receive credit three times.
  - e. No partial points may be given.
  - f. In order to receive credit, the apparatus handling must be performed in conjunction with a Body Difficulty, Rhythmic Steps, or a body movement as follows:
    - 1.2 Body Difficulties (6)
    - 0.6 Rhythmic Steps (3)
    - 0.6 Free choice performed with a Body Skill, Rhythmic Steps, or body movement (3)
  
- 3) **Rhythmic Dance Steps – Maximum value of 1.8**
  - a. 3 sequences are required
  - b. A sequence must have a minimum of 6 dance steps that reflect the character of the music & choreography
  - c. Each sequence is valued at 0.6
  - d. No credit will be awarded if the Rhythmic Dance Steps are performed with static apparatus.
  - e. No partial credit may be given
  
- 4) **Virtuosity – Maximum value of 0.2**
  - a. At the judge's discretion, the athlete may be awarded 0.2 points for virtuosity.
  - b. No partial points may be given.
  - c. To receive points for virtuosity, the athlete must show:
    - 1) Clean execution and excellent amplitude throughout the entire routine
    - 2) A clear connection between the choreography & the music
    - 3) Intricate apparatus handling
    - 4) Complex dance steps that reflect the character of the music
  
- 5) **Mastery – Seniors Maximum value of 2.0 Juniors Maximum value of 1.2**
  - a. There is no requirement for Mastery elements
  - b. Mastery elements are chosen from the current FIG Code of Points (see chart in Appendix)
  - c. Each Mastery element is valued at 0.4
  - d. Mastery credit is given only if the element is performed to FIG standards of execution and amplitude
  - e. A maximum of 5 mastery elements for Senior a maximum of 3 mastery for Juniors may receive credit
  - f. No partial points may be given.

**SENIOR/JUNIOR E Panel: 10.0**

Partial points may be awarded, as listed below

6.0	Execution, Amplitude, and Apparatus Technique
2.0	Connections
1.0	Musicality
0.5	Floor pattern and use of space
0.5	Elegance and Expressions

**Execution, Amplitude, and Apparatus Technique (6.00)**

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which she excels and not be too harshly penalized for an area in which she may have limitations

2.0	Form (pointed toes, straight legs, position and extension of the upper body, etc.)
2.0	Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
2.0	Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.)

Body Faults and Drop Apparatus are penalized according to degree:

<b>BODY FAULTS</b>		<b>DROP APPARATUS</b>	
0.1	Small faults	0.3	Immediate retrieval (without a step)
0.3	Medium faults	0.5	Retrieval after 1-2 steps
0.5	Major faults	0.7	Retrieval after 3 or more steps

### **Connections (2.0)**

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. (FIG)

### **Musicality (1.0)**

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. (FIG)

### **Floor Pattern and Use of Space (0.5)**

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 (FIG)

### **Elegance and Expression (0.5)**

Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Expression through the use of body and facial expression, the gymnast must convey the idea of the choreography to the audience. The gymnast must be full of confidence and perform with style and emotion