



Rhythmic Gymnastics (RG)

PLEASE NOTE: ITEMS IN RED HAVE BEEN UPDATED FOR 2024

Eligibility:

- This program is for recreational membership only.
- Minimum age for all disciplines is 6 year in year of competition (i.e., must turn 6 by the end of the year)
- Gymnasts can compete in one, some or all of the disciplines at one, some or all of the events during the year
- **Gymnasts from JumpSTART can't participate in NDP or opposite, in the same year.**

Disability Gymnasts: Gymnasts with a disability may compete in levels that are suitable and safe for their disability.

Coaching Requirements: There must be at least 1 coach from each club at the event with a level 2 qualification in any of the discipline

Judging Requirements: As per all our competitive events, each club will need to send the appropriate number of judges and qualification levels.

- Clubs who have gymnasts taking part in JumpSTART must provide judges. Fines will be incurred as per National Competition Policy
- Judges must be provided for EACH discipline that the club is taking part in
- The number of judges required is as follows:
- 1-10 individuals (or 1-10 partnerships for Acro) = 1 judge required
- 10+ individuals (10+ partnerships for Acro) = 2 judges required
- The above judge requirements are PER DISCIPLINE. For example, if a club has 5 gymnasts in RG, 5 gymnasts in Tumbling and 5 partnerships in Acro, they club require 3 judges, one per discipline. These judges need to hold a qualification in that discipline. All levels of judging qualification are accepted.



Grades 1, 2 and 3 consist of a free and an apparatus sequence.

We recommend that all beginner gymnasts start at Grade 1 and work through to Grade 3. However, this is not compulsory.

Category 1,2 & 3	Grade 1	Grade 2	Grade 3
Age Category 1	6-8 y/o	6-8 y/o	6-8 y/o
Age Category 2	9-12 y/o	9-12 y/o	9-12 y/o
Age Category 3	13-16+	13-16+	13-16+



GUIDELINES AND CLARIFICATIONS

- Coaches can use the difficulty sheet with set elements to create the routines
- The competitors have choice to proceed to the next grade the following year or remain in the same grade
- Grades 1, 2, and 3 are judged using the (Difficulty sheet with set elements) and **(Technical deductions & penalties) for the Head Judge only**
- All apparatus swings are to be performed with the movement of the legs: starting with the leg stretched to the side, passing through demi pli  to finish with the other leg extended at the side, repeat with each swing
- Arms must be used at all times. Where the arms have not been specified, they are to be placed at the coach's discretion
- Where positions of the arms are given we have used Russian ballet terms.
- The sixth position of the feet, in this case, is where feet are pointing towards “11” and “1” on a clock face
- Routines are without music. **They must perform one after the other, in fast order.**
- Leotards with crystals are not required. Gymnasts may wear clothing such as: shorts, a t-shirt, long or short leggings, or simple leotards without crystals
- Gymnasts may perform their exercises/ routines with bare feet or gymnastics slippers or toeshoes or one-colour socks
- It is forbidden to wear large and dangling jewellery that jeopardize the safety of the gymnast. Piercings are not allowed
- The hairstyle must be neat and compact. Decorative details are allowed but they must not be bulky and/or jeopardize the safety of the gymnast. Hair decorations must be close to the bun/compact to the hair.

Version 4 February 2024



The score will be out of 10.00 for **each** routine and the apparatus may have a bonus score in which the start score will reflect if the bonus is in.

For example; 9.5

A (Apparatus routine (max 9.5)) + B (Bonus (max 0.5)) = C Total score 10.00

C - D (Technical deductions & penalties) = Final score

All around Max. 20.00 points (Free routine max. 10.00p. + Apparatus routine max. 10.00p.)

Grades Chart Of Difficulty

Category	Bonus	Score
Grade 1-3	Free routine 0.0	10.00
Grade 1	Apparatus 0.5	9.5 + 0.5 Bonus=10.00
Grade 2	Apparatus 0.5	9.5 + 0.5 Bonus=10.00
Grade 3	Apparatus 0.5	9.5 + 0.5 Bonus=10.00

The bonus is optional

GRADE 1		
Apparatus	Sequence	Technical Description
Free	<ol style="list-style-type: none"> 1. Start high 6th in relevé and hold for 5 sec. 2. Walk on relevé for 4 steps. 3. Perform 1 chasé with right leg forward then 1 chasé with left foot forward. 4. Vertical star jump 2 times. 5. Slowly bend knees, forward roll. 6. Push through box splits. 7. Turn to Right split. 8. Turn to Left split. 9. Roll over on to back and push up to bridge, hold for 2 sec. and then come down. 10. Close feet together and perform 1 x Side roll with vertical body on floor. 11. Step to stand up on flat feet in 6th position, body wave forwards. 12. Take one step forward taking arms down to preparatory position then perform passé balance (on right flat foot). 13. Repeat passé balance on the other foot. 14. Perform a straight vertical jump from 2 feet (360 ° degrees turn). 15. On high relevé perform 2 times chaîné. 16. Prepare for pivot Passé make 180 ° degrees on comfortable leg. 17. Kneel with open legs and make back bend backward. 18. Step to stand up and perform 1 chasé with Cat leap without turn one time 19. Take one step forward arms up Cart-wheel acrobatic. 20. Add 8 seconds of dance choreographed by the coach. 	<ol style="list-style-type: none"> 1. Shoulders slightly back, arms at side level. 2. Walk with arms at side level. 3. Take the opposite arm forward, other arm at the side, finish in relevé. 4. Perform on the spot. 5. Feet together (support on hands). 6. Legs at the line if possible. 7. Take the opposite arm forward, other arm at the side. 8. Take the opposite arm forward, other arm at the side. 9. Straight elbows and knees. 10. Vertical rotation on the floor. 11. While pushing with arms to knees and on the way up beside the ears. 12. Passé to side ensuring turnout in 6th position is maintained in support foot of the balance. 13. Whilst taking arms then through 1st position up to 5th position. Place foot back in 6th position and take arms down to the side to finish. 14. Take arms down on the jump, when landing open the arms side. 15. Arms through 1st position during both rotations. 16. Keep the arms at 1st position. 17. Arms with straight elbows trying to touch the floor 18. During the leap the arms are on the waist. 19. Straight knees and arms 20. Free choreography
Rope	<ol style="list-style-type: none"> 1. The rope held by the middle folded in two or more. Start body position by choice. Perform 4 Mills with rope; 	<ol style="list-style-type: none"> 1. In any plane.

<ol style="list-style-type: none"> 2. Perform 3 swings in door plane <ol style="list-style-type: none"> a. On the 3rd swing, take the rope over the head with a turn of the body, finishing with the rope to the left of the body, b. Repeat to the other side; 3. Small rotations (min.3) with rope folded in three or four; 4. Passing through the rope with whole body; 5. Perform Series of 3 forward or backward skips; 6. Spirals with the rope folded in two; 7. Free rotation around a part of the body; 8. Passing above the rope folded in two or more; 9. Echappe release and catch the end of the rope by the other part of the body; 10. Unstable balance position of the rope (open or folded in two), (behind the back or suspended/hanging on a part of the body); 11. Place both ends of the rope in one hand and rotate above head (helicopter) perform 4 running steps; 12. Passing through the rope open backward 1 time; 13. Figure eight with the rope holding two knots in one hand; 14. Wrapping and unwrapping around a part of the body; 15. Transmission of the rope around any part of the body or under the leg(s); 16. Rotation 1 circle of the stretched, open rope held by one end; 17. Spirals rotations of the free end of the rope, (min.3); 18. Release and catch of one end of the rope with hand; 19. Rebounds of the rope on the floor; 20. Throw the rope above the head and catch it. (the bonus is optional). 	<ol style="list-style-type: none"> 2. In fast order. 3. In any plane. 4. The rope is open 2 knots into the hands. 5. Perform with bend or straight knees. 6. 2 knots in one hand. 7. Handling without hands. 8. Forward or backward with bend knees and straight elbows. 9. Catch without hands. 10. During rotation. 11. In table plane. 12. Knots in two separate hands. 13. Horizontal or vertical. 14. Hold 2 knots in one hand. 15. Rotation of the rope at the beginning and the end. Hold 2 knots before and after transmission. 16. Rope to be straight during the whole circle. 17. Rope held by one end (catching is not required). 18. Catching near the knot. 19. One or two knots. 20. Any technic.
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GRADE 2		
Apparatus	Sequence	Technical Description
Free	<ol style="list-style-type: none"> 1. Start at high 5th relevé and hold 5 seconds the position, 2. Walk 4 steps in relevé maintaining arm positions; 3. Feet in 6st position Body wave backwards; 4. Step 1 chasé scissor kick ; 5. 2 Chainé turns; 6. 2 Turning Cat leaps 7. Slide in to right leg splits; 8. Push through box splits to lie flat on front; 9. Turn to show left leg split; close the legs; 10. Side roll on the floor (vertical rotation) stand up; 11. Horizontal front or side balance on left flat foot; (45° tolerance in height); 12. Horizontal front or side balance on right flat foot; (45° tolerance in height); 13. Passé pivot 360° degrees on comfortable leg; 14. Stag leap from 2 legs; 15. Open feet Bridge from up / stand up; 16. Step Forwards walkover; 17. Chasé Split leap on comfortable leg; 18. Roll forward 19. Push up to be on knees then perform back bend on knees (arms touching floor); 20. Take 1 step stand up then add 8 seconds of dance choreographed by the coach. 	<ol style="list-style-type: none"> 1. Arms at side level with the shoulders slightly back. 2. Arms at side level with the shoulders slightly back. 3. Arms beside the ears, perform 2 actions (contraction & de-contraction). 4. Two arms at the side. 5. Direct step on relevé, point with head, straight knees, arms at 1st position. 6. Point with head, hands on the waist. 7. Opposite arm front. 8. Legs at line. 9. Opposite arm front. 10. Hands on floor, legs one by one or through the split. 11. Arms at side level, fix the balance at least for 1 sec. 12. Arms at side level, fix the balance at least for 1 sec. 13. Point at the knee level; knee at the side; Arms at 5th position. 14. Opposite arm front. 15. Arms stretched up high beside the ears. 16. Legs one by one not together. 17. Opposite arm front. 18. Feet together, (support on hands). 19. Arms stretched up high beside the ears, open knees. 20. Free style dance.
Hoop	<ol style="list-style-type: none"> 1. Roll the hoop on the floor perform a cat leap alongside it and catch hoop; 	<ol style="list-style-type: none"> 1. Roll forward without bounces. (cat leap without turn).

<ol style="list-style-type: none"> 2. Large circle with straight arm; 3. Spin the hoop on the floor; 4. Turn towards the hoop and perform 4 skips forward passing through the hoop finish with the hoop in front of you; 5. Large Roll of the Hoop over minimum two large body segments; 6. Circle (min. 1) of the Hoop around any part of the body ; 7. Unstable balance positions during rotation; 8. Small throw and catch with rotation around the axis; 9. Transmission of the hoop 10. Circle on 1 ankle without hands during runing (min.3 steps) 11. Handling without hands 12. Small trow / reboundce on the body 13. Figure eight with hoop; 14. Handling of the hoop around the hand with release and catch; 15. Series (min.3) of small circles on hand any plate; 16. Roll of the hoop over 1 body segment; 17. After the roll perform a boomerang on the floor then: 18. Passing above the hoop with star leap; 19. Free rotation of the Hoop around its axis (vertical) on hand (open palm); 20. Throw and catch the hoop at least one time at the height of the gymnast (the bonus is optional). 	<ol style="list-style-type: none"> 2. The hoop must complete a full circle of 360°. 3. (vertical) around the axis. 4. Perform with bend knees. 5. Any body part. 6. Vertical or horizontal. 7. Without hands (with visual contact) or (outside of the visual field). 8. Minimum 180 degrees of turn. 9. Around any part of the body or under the leg(s) 10. Horizontal. 11. Ex: hoop on the floor, step over with foot and catch it 12. From any part. 13. Two consecutive circles must be completed in any plane. 14. One hand / horisontal or vertical. 15. Perform with straight elbow, hold the hand and fingers a little bit bent. 16. At any level. 17. Without throw and bounces, to be smooth roll forward and backward then. 18. Catch the hoop after passing above with star leap. 19. One full rotation is enough 20. Any technic comfortable for the gymnast.
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GRADE 3		
Apparatus	Sequence	Technical Description
Free	<ol style="list-style-type: none"> 1. Start in 5th position; 2. Perform a side body wave; 3. Take one step in to a chaine 3 times turns; 4. Straight after that 3 turning cat leaps; 5. Perform a standing backbend (hands under horizontal); 6. Take 3 steps on relevé and perform arabesque balance on right flat foot, (45° tolerance in height); 7. Arabesque balance on left flat foot; (45° tolerance in height); 8. Step to kneel, Side roll on the floor (vertical rotation); 9. Slide in to right split; 10. turn to show box splits; 11. then turn to show left leg split, close the legs in front of you; 12. Perform backward roll to stand up 13. Bridge from up / stand up 14. Backward walkover on comfortable leg; 15. Pivot preparation with one step 360° en dedans Passé pivot; 16. Then on the same or other leg 360° en dehorse Passé pivot; 17. Chasé Dive Split leap with forward roll stand up; 18. Step illusion forward 19. Backward wave 20. Add 8 seconds of dance choreographed by the coach. 	<ol style="list-style-type: none"> 1. Arms at side level with the shoulders slightly back. 2. Arch at side the body not forward 3. Demonstrating spotting, direct step on relevé, arms at 1st position. 4. Point with head, arms on waist. 5. Arms to be maintained stretched up by ears. 6. 5th position arms. 7. 5th position arms. 8. Hands on floor, legs one by one or through the split. 9. Opposite arm on the leg front other side, fix 1 sec. 10. Legs at 180 degrees, body on the floor, fix for 1 sec. 11. Opposite arm on the leg front other side, fix 1 sec. 12. Keep the legs together. 13. Fix the bridge for 1 sec. with straight elbows. 14. Arms to be maintained stretched up by ears, legs one by one. 15. knee must be at the side turn out, arms at 1st position. 16. knee must be at the side turn out, arms at 1st position. 17. Direct roll straight after the leap 18. With hand support on the floor. 19. Arms beside the ears, perform 2 actions (contraction & de-contraction) 20. Free style dance

<p>Ball</p>	<ol style="list-style-type: none"> 1. Start with a figure of 8 with 1 hand, (2 full circles with the ball); 2. Roll the ball on the floor perform a split dive leap with forward roll; 3. then turn to face the ball to pick it up with one hand; 4. perform 1 large bounce with one hand during side balance; 5. Long roll (2 segments); 6. On spot 3 small bounces with 2 hands; 7. place the ball behind the neck and roll down the back to catch behind; 8. Take in one hand out to the side, perform 3 swings in wheel plane, changing hands each time; 9. Small throw under the leg; 10. Place the ball on the floor 3 x small rolls; 11. Push / Rebound of the ball from any body part; 12. Unstable balance (during rotation); 13. 4 steps with Large full circle with a straight arm; 14. Place the ball on floor Rolling above the ball from chest to knees; 15. Pick up the ball Flip the ball around the hand; 16. Bounce the ball with any part without hands; 17. Small throw without hands and catch it; 18. Place the ball between hands, hands are moving around the ball with open fingers (horizontal and vertical) 19. Transmission / Passing the ball behind the body (2 times) 20. Medium throw and catch in one hand (the bonus is optional). 	<ol style="list-style-type: none"> 1. Horizontal or vertical plane. 2. Rolling without bounces. 3. Not squeeze ball. 4. Active bounce (above the knee level). 5. Without interruption, smooth rolling, any level. 6. (below the knee level). 7. Smooth roll, feet together or with moving. 8. In fast order. Ensure the ball is held with the correct technique. Do not squeeze the ball. 9. At any level. 10. Smooth rolls without bounces right to left to right hand 11. Any part except hands 12. Without hands support 13. Not squeeze ball 14. Without interruption, smooth rolling, 15. Handling not high release, keep it close to the hand 16. Knees, chest, back, foot, elbow, or any other part 17. On spot. 18. Handling a few times per plane 19. During running 20. On spot. Without support during the catch.
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PLEASE NOTE: Some elements in the table below with pictures to assist coaches

1. 4 chassé with the right & left leg		8. Vertical & star jump 2 times (in one place)		15. Chaîné	
2. Vertical jump with 360° turn		9. Backwards walkover to squad		16. Cartwheel	
3. Split leap dive with forward roll		10. Side split leap on hands		17. Pike jump	
4. Passé balance		11. 3 split leaps in a roll (with chassé)		18. Backwards body wave	
5. Two chaînés		12. Side roll		19. 360° en dehors passé pivot	
6. Body wave forwards		13. Forwards walkover		20. 3 turning cat leaps	
7. 2 illusions		14. Arabesque balance		21. 360° en dedans passé pivot	



GRADE 1

Club:

Gymnasts No:

Gymnast Name:

GRADE 1 Free Routine	Difficulties to be attempted. Cross out difficulties not awarded.	Total value
Jumps/Leaps Balances Rotations Dance steps (0.5 point each)	Start in 6th position in relevé and hold for 5 sec.;	
	Walk on relevé for 4 steps	
	Chassé on Right and then on Left leg	
	2 x Vertical star jumps	
	Forward roll	
	Box splits	
	Right split	
	Left split	
	Bridge from the floor (with straight elbows and legs)	
	Side roll on the floor (vertical body)	
	Body wave forwards	
	Passé balance on Right Leg (knee must be at the side demonstrating turn out)	
	Passé balance on Left Leg (knee must be at the side demonstrating turn out)	
	Straight vertical jump with rotation full turn at 360 degrees	
	2 x Chainé turn	
Passé pivot 180° degrees on comfortable leg		



	Backbend on knees	
	Cat leap	
	Cart-wheel (straight legs)	
	Dance Steps 8 sec.	
	Total: 10.00	
Rope Routine	Rope elements possible (Cross out difficulties not awarded)	
Fundamentals and non-fundamentals elements (0.5 each)	<ul style="list-style-type: none"> • 4 Mills (rope held by the middle, folded in two or more) • 3 Swings in door plane • Rotations (min.3), Rope folded in three or four • Pasing through the rope with the whole body • Series of 3 x skips passing through the rope • Spirals with the rope folded in two • Free rotation around a part of the body • Passing above the rope folded in 2 or more • Echappe release and catch the end of the rope by the other part of the body • Unstable balance position of the rope (open or folded in two), (behind the back or suspended/hanging on a part of the body) • Rotations (helicopter) rope folded in two 4 running steps • Passing through the rope open backward 1 time • Figure eight with the rope holding two knots in one hand (horizontal or vertical) • Wrapping and unwrapping around a part of the body • Transmission of the rope around any part of the body or under the leg(s) • Rotation (1 circle) of the stretched, open rope, held by the end • Spirals rotations of the free end of the rope, rope held by one end (min.3) 	



	<ul style="list-style-type: none">• Release and catch of one end of the rope with hand• Rebounds of the Rope from the floor	
Bonus optional (0.5) points	Throw and catch the rope (any part of the rope); (minimum one rotation in the air)	
		Total: 10.00

Judge Signature _____ Judge No _____



GRADE 2

Club:

Gymnasts No:

Gymnast Name:

Grade 2 Free Routine	Free difficulties to be attempted (cross out difficulties not awarded.)	Total value
Jumps/leaps Balances Rotations Dance steps (0.5 point each)	High 5 th relevé,	
	Walk on relevé for 4 steps	
	Body wave backward	
	1 chasé scissor kick	
	2 x Chainé turns	
	2 x Turning cat leaps	
	Right leg splits (sit position request)	
	Box split (legs in line)	
	Left Leg Splits (sit position request)	
	Side roll on the floor (vertical rotation)	
	Horizontal front or side balance on Left flat foot; (45° tolerance in height)	
	Horizontal front or side balance on Right flat foot; (45° tolerance in height)	
	Passé pivot 360° degrees on comfortable leg	
	Stag leap from 2 legs	

Version 4 February 2024

	Bridge from up / stand up	
	Forwards walkover	
	Split leap	
	Roll forward	
	Backbend on knees (arms touching floor)	
	Dance steps 8 sec.	
	Total:10.00	
Hoop Routine	Hoop elements possible (Cross out difficulties not awarded)	
Fundamentals and non-fundamentals elements (0.5 each)	<ul style="list-style-type: none"> • Roll the hoop on the floor • Large circles: the hoop must complete a full circle of 360° • Spin the hoop on the floor (vertical) around the axis • Passing through the hoop 4 x skips forwards • Large Roll of the Hoop over minimum two large body segments • Circle (min. 1) of the Hoop around any part of the body • Unstable balance positions during rotation without hands • Small throw and catch with rotation around the axis • Transmission of the hoop around any part of the body or under the leg(s) • Circle on 1 ankle without hands during runing (min.3 steps) • Handling without hands • Small trow / reboundce on the body • Figure eight two consecutive circles must be completed • Handling of the hoop around the hand with release and catch 	

Version 4 February 2024



	<ul style="list-style-type: none">• Series (min.3) of small circles on hand any plate• Roll of the hoop over 1 body segment• Boomerang on the floor• Passing above the hoop with star leap• Free rotation of the Hoop around its axis (vertical) on hand (open palm)	
Bonus optional (0.5) points	Throw and catch the hoop at least one time at the height of the gymnast	
	Total: 10.00	

Judge Signature _____ Judge No _____

Version 4 February 2024



GRADE 3

Club:

Gymnasts No:

Gymnast Name:

GRADE 3 Free Routine	Free difficulties to be attempted (cross out difficulties not awarded.)	Total value
Jumps/leaps, Balances, Rotations, Dance steps (0.5 for each)	High 5 th relevé ,	
	Side Body wave	
	3 x Chainé turns	
	3 x Turning Cat Leaps	
	Standing backbend (hands under horizontal)	
	Arabesque balance on Left flat foot; (45° tolerance in height)	
	Arabesque balance on Right flat foot; (45° tolerance in height)	
	Side roll on the floor (vertical rotation)	
	Right leg splits	
	Box splits	
	Left leg splits	
	Backward roll to stand up	
	Bridge from up / stand up	
	Backward walkover	
	360° en dedans Passé pivot (knee must be at the side turn out)	
	360° en dehorse Passé pivot (knee must be at the side turn out)	
	Dive Split leap with forward roll	
illusion forward		

Version 4 February 2024

	Backward wave	
	Dance Steps 8 sec.	
	Total:10.00	
Ball Routine	Ball elements possible (Cross out difficulties not awarded)	
Fundamentals and non-fundamentals elements (0.50 each)	<ul style="list-style-type: none"> • Figure 8 with 2 full circles of the ball • Roll the ball on the floor • Pick up the ball from the floor with one hand. • 1 large bounce and catch with one hand (above knee level) • Long Roll any (2 segments of body) • 3 small bounces with 2 hands (below knee level) • Roll on the back (1 segment) • 3 Swings in wheel plane • Small throw under the leg • 3 x small rolls, ball on the floor • Push / Rebound of the ball from any body part • Unstable balance during rotation • Large full circle with a straight arm (ball not squeezed) • Rolling above the ball (full-body and legs) • Flip the ball around the hand (handling) • Bounce the ball with any part (no hands) • Small throw without hands and catch it • Hands are moving around the ball with open fingers (horizontal and vertical) 	

Version 4 February 2024

	<ul style="list-style-type: none"> • Transmission / Passing the ball behind the body 2 times 	
Bonus optional (0.5) points	<i>High Throw and catch without hands</i>	
	Total:10.00	

Judge Signature _____ Judge No _____

Version 4 February 2024

GRADE 1-3

Technical Deductions & Penalties

Club:

Gymnasts No:

Gymnast Name:

Overall assessment:

Generalities:	0.3 penalty	0.5 penalty	1.0 penalty
Assistant from coach (applied only 1 time)			1.0
Not performed Routine	No Penalty	No Penalty	No Penalty
Routine performed in the wrong order (applied only 1 time)	0.3		
Loss of apparatus no matter how far (each time)		0.5	

Version 4 February 2024



Any missing skill (each time)		0.5	
Unsportsmanlike behaviour on and off the field of play, (coach & gymnast) (applied only 1 time)			1.0
Deductions to be taken after each routine: Free / Apparatus			
TOTAL TECHNICAL FAULTS:			

Version 4 February 2024