

Gymnastics Australia – Rhythmic Gymnastics National Stages Program

National Stages Requirements 2008

Stage	Routines	Required Difficulty Elements	Time limit	Difficulty Value Limit	Artistry Breakdown
1	Freehand – individual 3 x apparatus – club set or individual	Freehand - 10 @ 0.5 each Apparatus - 6 @ 0.5 each	45 seconds – 1 minute 15 seconds	a & b difficulties only	Total of 6.00 Basic Composition @ 2.00 Music @ 1.00 FIG specific SAC @ 3.00
2	Freehand – individual 3 x apparatus – club set or individual	Freehand - 12 @ 0.5 each Apparatus - 8 @ 0.5 each	45 seconds – 1 minute 15 seconds	a, b & c difficulties only	Total of 6.00 Basic Composition @ 2.00 Music @ 1.00 FIG specific SAC @ 3.00
3	Freehand – individual 3 x apparatus – individual	Freehand - 12 – total value of 6.00, 3 from each GCO Apparatus - 10 – total value of 4.00	1 minute 15 seconds - 1 minute 30 seconds	Freehand a-e difficulties Apparatus a-d difficulties	Total of 7.00 Basic Composition @ 2.00 Music @ 1.00 FIG specific SAC @ 4.00
4	4 x apparatus – individual	14 - total value of 8.00	1 minute 15 seconds - 1 minute 30 seconds	a-f difficulties	Total of 8.00 Basic Composition @ 2.00 Music @ 1.00 FIG SAC @ 5.00

***All difficulties according to the 2005 FIG COP - Version 01/01/2007**

***All knee pivots and balances are unauthorised and can not be used in stages routines.**

