



## Gymnastics Australia – Rhythmic Gymnastics National Stages Program

### Stages Requirements Overview

#### Stage One

##### Age

Maximum age turning 9 in year of competition

##### Routine Requirements

- Must have gained entry into Stage One via SAT (At State's discretion)
- 4 routines (freehand and three apparatus) competed as per GA yearly rotation
- Freehand – individual routines only
- Apparatus – club set or individual routines
- Music length – 45 seconds to 1 minute 15 seconds

##### Difficulties

###### Freehand Routines

- a and b difficulties only – taken from the 2005 FIG COP - Version 01/01/2007
- Knee balances and knee pivots are unauthorised and can not be used in Stages routines
- Maximum 10 isolated difficulties submitted @ 0.5 each - to include:
- Minimum of 2 difficulties belonging to each of the 4 compulsory body movement groups
- The groups of compulsory body movements specific to freehand (4 groups) must be well balanced. No group can have more than 2 additional difficulties over any other group.

###### Apparatus Routines

- a and b difficulties only – taken from the 2005 FIG COP - Version 01/01/2007
- Knee balances and knee pivots are unauthorised and can not be used in Stages routines
- Maximum 6 isolated difficulties submitted @ 0.5 each - to include:
- Total of 3 difficulties belonging to the compulsory body movement group(s)
- Total of 1 difficulty from each of the non compulsory body movement groups
- The groups of compulsory body movements specific to the hoop (4 groups) must be well balanced. No group can have more than 2 additional difficulties over any other group.
- Artistry has a Total of 6.00 consisting of
  - Basic Composition @ 2.00
  - Music @ 1.00
  - FIG specific SAC @ 3.00
- Mastery / SAC according to the 2005 FIG COP - Version 01/01/2007

## Stage Two

### Age

Maximum age turning 10 in year of competition

### Routine Requirements

- Must have gained entry into Stage Two via SAT (At State's discretion)
- 4 routines (freehand and three apparatus) competed as per GA yearly rotation
- Freehand – individual routines only
- Apparatus – club set or individual routines
- Music length – 45 seconds to 1 minute 15 seconds

### Difficulties

#### Freehand Routines

- a, b & c difficulties only – taken from the 2005 FIG COP - Version 01/01/2007
- Knee balances and knee pivots are unauthorised and can not be used in Stages routines
- Maximum 12 isolated difficulties submitted @ 0.5 each - to include:
- Minimum of 2 difficulties belonging to each of the 4 compulsory body movement groups
- The groups of compulsory body movements specific to freehand (4 groups) must be well balanced. No group can have more than 2 additional difficulties over any other group.

#### Apparatus Routines

- a, b & c difficulties only – taken from the 2005 FIG COP - Version 01/01/2007
- Knee balances and knee pivots are unauthorised and can not be used in Stages routines
- Maximum 8 isolated difficulties submitted @ 0.5 each - to include:
- Minimum of 3 difficulties belonging to the compulsory body movement group(s)
- Minimum of 1 difficulty from each of the non compulsory body movement groups, no more than 2
- The groups of compulsory body movements specific to the hoop (4 groups) must be well balanced. No group can have more than 2 additional difficulties over any other group.
- Artistry has a Total of 6.00 consisting of
  - Basic Composition @ 2.00
  - Music @ 1.00
  - FIG specific SAC @ 3.00
- Mastery / SAC according to the 2005 FIG COP - Version 01/01/2007

## Stage Three

### Age

Minimum turning 9 / Maximum turning 11 in year of competition

### Routine Requirements

- Must have gained entry into Stage Three via SAT (At State's discretion)
- 4 routines (freehand and three apparatus) competed as per GA yearly rotation
- Individual routines only
- Music length – 1 minute 15 seconds to 1 minute 30 seconds

### Difficulties

#### Freehand Routines

- a - e difficulties only – taken from the 2005 FIG COP - Version 01/01/2007
- Knee balances and knee pivots are unauthorised and can not be used in Stages routines
- Maximum 12 isolated difficulties submitted - to include:
- 3 difficulties from each GCO taken from the 2005 FIG COP - Version 01/01/2007

#### Apparatus Routines

- a – d difficulties only – taken from the 2005 FIG COP - Version 01/01/2007
- Knee balances and knee pivots are unauthorised and can not be used in Stages routines
- Maximum 10 isolated difficulties submitted - to include:
- Total of 4 difficulties belonging to the compulsory body movement group(s)
- Total of 2 difficulties from each of the non compulsory body movement groups
- The groups of compulsory body movements specific to the hoop (4 groups) must be well balanced. No group can have more than 2 additional difficulties over any other group.
- Artistry has a Total of 7.00 consisting of
  - Basic Composition @ 2.00
  - Music @ 1.00
  - FIG specific SAC @ 4.00
- Mastery / SAC according to the 2005 FIG COP - Version 01/01/2007

## Stage Four

### Age

Minimum turning 10 / Maximum turning 12 in year of competition

### Routine Requirements

- 4 routines competed as per GA yearly rotation
- Individual routines only
- Music length – 1 minute 15 seconds to 1 minute 30 seconds

### Difficulties

#### Apparatus Routines

- a – f difficulties only
- Knee balances and knee pivots are unauthorised and can not be used
- in Stages routines
  
- Maximum 14 isolated difficulties submitted - to include:
- Minimum of 6 difficulties belonging to the compulsory body movement group(s)
- Total of 2 difficulties from each of the non compulsory body movement groups
- The groups of compulsory body movements specific to the hoop (4 groups) must be well balanced
- Artistry has a Total of 8.00 consisting of
  - Basic Composition @ 2.00
  - Music @ 1.00
  - FIG specific SAC @ 5.00
- Mastery / SAC according to the 2005 FIG COP - Version 01/01/2007