



PROGRAM JUNIOR GYMNASTS RHYTHMIC GYMNASTICS
--

1. AGE

1.2 15 – 14 - 13 years (as of January 2005)

2. PROGRAMME

2.1 The programme of the individual junior gymnasts is composed of 4 exercises with 4 of the 5 apparatus prescribed on the programme of the year (rope – hoop – ball – clubs – ribbon)

2005 - 2006	rope	hoop	clubs	ribbon
2007 - 2008	rope	hoop	ball	ribbon

2.2 The programme of the junior groups is composed of 1 exercise with 1 type of apparatus:

2005 - 2006	5 balls
2007 - 2008	10 clubs

3. TECHNICAL REQUIREMENTS

3.1. Individual and group competitions

3.1.1. No slow turns on the knees

3.1.2. No pivots on the knees

3.1.3 Balance in the work between the left/right hand (50%: many changes of the hands)

Note: Penalty for absence of balance in the left-hand/right-hand work = 0,50 points.

3.1.4 GROUPS: a minimum of 4 exchanges

4. TECHNICAL VALUE

4.1 Each exercise can include a maximum of 14 difficulties from **A to J**, for a total value of max. 8.00 points (also valid for the groups)

4.2 The value of the difficulties is as follows:

A = 0,10; **B** = 0,20; **C** = 0,30; **D** = 0,40; **E** = 0,50; **F** = 0,60 ; **G** = 0,70; **H** = 0,80;
I = 0,90; **J** = 1,00

4.3 The total value of body movement difficulties is obtained by adding the values of the difficulties belonging to the compulsory body movement group(s) (6 at the minimum) specific to the apparatus, plus the value of a maximum of 2 difficulties from each of the non-required technical groups.

Nota: GROUPS. ALL body groups have to be used in well balanced form.

5. ARTISTIC VALUE

5.1 According the Code of Points 2005

6. REPARTITION AND CALCULATION OF THE NOTES

6.1 Individual and group competitions

Judge - execution note E 0 to 10.00 points max. (the judges give only the total of the penalties)

Judge - artistic note A 0 to 10.00 points max. (partly by adding)

Judge - difficulties note D 0 to 8.00 points max. (by adding)

Note: the note for execution is calculated by adding of the 2 medium scores, instead of the average .

6.2 Calculation of the notes

The finale note is an addition of:

the 2 middle scores of execution (max. 20 points)

plus the final scores of the composition (A+D divided :2) =

maximum 29 points

For all in this document not mentioned topics, is the FIG Code of Points 2005 relevant.

06. December 2004