



**Rhythmic Gymnastics Manitoba
is excited to present**

2012 Northern Lights Cup

**February 11th-12, 2012
Winnipeg, Manitoba, Canada**

Dear Rhythmic Gymnastics Friends,

You are cordially invited to take part in the 2012 Northern Lights Cup the 6th invitational tournament in rhythmic gymnastics. The competition will take place at the University of Manitoba Max Bell Centre.

We are looking forward hosting all of you in Winnipeg, February 11th-12th, 2012.

Sincerely yours,

Katherine Kwiecien
Executive Director
Rhythmic Gymnastics Manitoba

In partnership with:



DELEGATIONS - Open – The size of the delegation is optional. However, the competition is limited to approximately 115 competitors. The Organizing Committee therefore reserves the right to decline participation based on provisional registration numbers*. Registrants/participants will be confirmed by December 20, 2011

Each delegation is responsible for sending a minimum of 1 judge:

1 Judge (Provincial 2 minimum, teams with provincial level athletes only)

1 Judge (National 3 minimum, teams with National level athletes)

COMPETITION – National Individual Competition

LEVEL

Senior (Levels 9 & 10)

Junior (Levels 9 & 10)

Novice (Level 8)

Pre- Novice (Level 7)

Provincial Individual Competition

LEVEL

Provincial Level 6A, 6B & 6C

Provincial Level 5A, 5B & 5C

Provincial Level 4A, 4B & 4C

Provincial Level 3B

TECHNICAL PROGRAM - Full program according to the 2012 GCG Provincial and National programs. See appendix.

REGISTRATION DEADLINES -

December 16, 2011 **Preliminary Registration is required.** Actual participants to the Northern Lights Cup will be confirmed following the review of the preliminary registration numbers and time allowed. List of accepted competitors will be circulated to all teams by December 20, 2011. Therefore, please do not confirm your travel arrangements until you hear from us!

January 13, 2012 **Definitive Registration** (forms & payment)

January 13, 2012 **Last date for booking hotel**

January 27, 2012 **Travel Itinerary**

February 3, 2012 **Scripts** - Submit FIG scripts for Difficulty. *Send in 1 original only* – written in black ink for quality photocopying
by **noon**

Music files - Submit music files on USB memory stick. Please see instructions on page 5 of this bulletin.

LATE SCRIPTS - **There will be a \$50 per club late fee applied for any late scripts**

***NOTE** - Registrations will be accepted as a first come, first served basis as there is limited space available.

FEES - \$125 per athlete

Mail Definitive Registration with cheque payable to: Rhythmic Gymnastics Manitoba

Address: Rhythmic Gymnastics Manitoba

145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6

Deadline: January 13, 2012

OTHER CONSIDERATIONS -

- The delegations are responsible for the cost of the airfare to Winnipeg, meals, accommodations, and transportation between airport, hotel and the gym.
- Minimum one judge per team is required
- Entry fees are **non-refundable** - with the exception of medical emergency in which we would require a medical note.
- Website information address: <http://www.rgmanitoba.com>

TENTATIVE PRACTICE - Practice time is available from 5-7pm on Friday, February 10th for out-of-province delegations only. Please indicate

TENTATIVE COMPETITION SCHEDULE –

Saturday, February 11 8 AM – 7 PM

Sunday, February 12 9 AM – 6 PM

COMPETITION VENUE

- University of Manitoba, Max Bell Centre
- 12 meters unobstructed ceiling height
- Mitufa carpet, beige, FIG approved

HOTEL

Holiday Inn South - 1330 Pembina Highway Winnipeg, MB

Toll free number 1-800-423-1337 (rooms block booked under 'Northern Lights Cup')

TRANSPORTATION –

Flight Information - Winnipeg is the capital of the province of Manitoba and is accessible from almost anywhere in the world. Located in the geographic centre of Canada, Winnipeg and Manitoba is easily accessible by air, land or rail. Depending on where a gymnast is based, the cost of an airline ticket into Winnipeg is on par with the other major cities in Canada.

Air Transportation: Winnipeg James Armstrong Richardson International Airport
Services Passenger Carriers Serving Main Terminal Building Air Canada, Bearskin Airlines, Calm Air, First Air, JAZZ, Northwest Airlines, Northwest AirlinK, Skyservice Airlines, United Express, WestJet Airlines, Zoom Airlines Other Passenger Carriers: Air West Aviation, Canadian North, Execaire Inc., Fast Air, Kelowna Flightcraft, Keystone Air Service Kivalliq Air, Nolinor, North American Charters 2000, Northway Aviation, Perimeter Aviation, Thunder Airlines, Voyageur Airways, Wasaya Airways, West Wind Aviation.

Air Times to Winnipeg - Vancouver–2:55 hours, Calgary–2:03 hours, Toronto–2:17 hours, Ottawa–2:25 hours, Montreal–2:33 hours, Halifax–5:25 hours

Road Distance (in kilometers: 1km = 0.62 mile)

Regina, SK	574
Saskatoon, SK	777
Edmonton, AB	1,302
Calgary, AB	1,329
Vancouver, BC	2,372
Kenora, ON	205
Thunder Bay, ON	702
Toronto, ON	2,079
Ottawa, ON	2,171
Montreal, QC	2,291
Quebec City, QC	2,535
Halifax, NS	3,726

Source: Culture, Heritage & Tourism, Province of Manitoba

LOCAL TRANSPORTATION

Cab Fares from Airport to Hotel:

Metered Taxicab Fares, Fares for standard taxicabs and accessible taxicabs.

The fare for conveying one to four passengers in a standard taxicab or accessible taxicab is determined as follows:

- for the first 79.65 meters or fraction of that distance a basic charge of \$3.30
- for each additional 79.65 meters or fraction of that distance \$0.10;
- for each 13.18 seconds of metered waiting time \$0.10;
- for traveling to point of call or after discharge of passengers no charge.

Note: GST included in fare

Driver may ask for fare in advance. Maximum of four (4) passengers

Source: Manitoba Infrastructure and Transportation

Car Rental Companies:

Avis 1-800-879-2847

Airport: (204) 956-2847 Downtown: (204) 989-7521

Budget 1-800-268-8900

Airport: (204) 989-8510 Downtown: (204) 989-8505

Hertz 1-800-263-0600

Airport: (204) 925-6625 Downtown: (204) 925-6600

Thrifty 1-800-847-4389

Airport: (204) 949-7608 Downtown: (204) 949-7620

JUDGES TRANSPORTATION – All out of town judges will be transported to and from the competition.

AWARDS - All Around Awards – 1st to 3rd place will receive trophies, 4th to 8th place will receive medals, 9th place and beyond will receive participation rosettes.

SCRIPTS - Difficulty scripts are required for ALL levels and categories and must be submitted by **noon** on Friday, February 3rd, 2012.

MUSIC - To minimize the potential problems with compatibility of different CDs and local sound equipment, the participants are required to submit music electronically on memory stick and mail to the RGM office with the scripts. These digital files must be submitted by **noon** on Friday, February 3rd, 2012.

* **Note** - Music will only be handled by the music technician. All files will be deleted at the close of the competition with the memory sticks returned to the coaches at that time. Coaches are required to have back up music available at the competition (CD or memory stick). Please see attachment for further instructions.

TECHNICAL RULES:

Competition will be judged according to the 2009 -2012 FIG Code of Points and GCG- RG Technical Rules and Regulations.



**2012 Northern Lights Cup
Travel Itinerary**

Deadline: January 27, 2012

COUNTRY/PROVINCE:

CLUB:

ARRIVAL at Winnipeg International Airport

Date:	Airline:	Flight No.:	Time:	# of Persons in Delegation

DEPARTURE from Winnipeg International Airport

Date:	Airline:	Flight No.:	Time:	# of Persons in Delegation

DATE: _____ / _____ / _____

Signature: _____

CHAPTER V

REG. 5.1 PROVINCIAL STREAM TECHNICAL PROGRAM

2012 GCG Rhythmic Provincial Individual Program						
AGE as of Dec 31/2012	“A” (new or returning Provincial Athletes)	“B” (new or returning Provincial Athletes)	“B” (new or returning Provincial Athletes)	“C” (returning National Stream* or Provincial Athletes)	“C” (returning National Stream* or Provincial Athletes)	ARTISTRY & D2
Level 1 7-8 Born 2005-2004			<i>Free Rope</i>	4 A, B (0.80) Free & Rope require 1 body diff. from each group		<p>(A) Maximum 10.00 TO FOLLOW FIG CODE OF POINTS</p> <p>(D2) Levels 5 & 6 Maximum 10.00</p> <p>(D2) Levels 3 & 4 Maximum 8:00</p> <p>(D2) Levels 1 & 2 Maximum 6:00</p> <p>TO FOLLOW FIG CODE OF POINTS: Apparatus Difficulties (Mastery with and without throws and risk) MAXIMUM ONE RISK</p> <p>(D2) FREE Refer to National Level Notes</p> <p>1.2 Series of Rhythmic Steps</p> <p>1.5 Body Waves</p> <p>1.3 Pre Acrobatic Risk Preparation “PR”</p> <p>1.0 Elements with Rotation</p>
Level 2 8, 9 Born 2004-2003	<i>Free Rope</i>	6 A, B (1.20) Free: minimum of one Rope: 2 Jumps/Leaps 2 Pivots 2 Choice	<i>Free Ball</i>	6 A, B (max 1.20) Free – Minimum of one Max. 2 from any group Ball: 2 Flexibility/Waves 2 Jumps/Leaps 2 Choice		
Level 3 9, 10 Born 2003-2002	<i>Free Hoop</i>	6 A, B (1.20) Free & Hoop: Minimum of one Max. 2 from any one group	<i>Free Hoop Ball</i>	8 A, B (1.60) Free & Hoop: Minimum of one Max. 2 from any one group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice		
Level 4 10, 11, 12 Born 2002-01-00	<i>Free Ball</i>	8 A B C (2.4) Free: 2 from each group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	<i>Free Ball Rope</i>	8 A B C D (3.2) Free: 2 from each group Rope: 3 Jumps/Leaps 3 Pivots 2 Choice Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	<i>Free Hoop Ribbon</i>	
Level 5 13, 14, 15 Born 99-98-97	<i>Free Rope Ribbon</i>	8 A B C D (3.2) Free: 2 from each group Rope & Ribbon: 3 Jumps/Leaps 3 Pivots 2 Choice	<i>Ball Ribbon Choice</i>	8 A B C D E (4.0) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Ribbon: 3 Pivots 3 Jumps/Leaps 2 Choice Choice: according to apparatus	<i>Rope Clubs Choice</i>	
Level 6 16 & up Born 96-95-94 etc.	<i>Ball Hoop Choice</i>	8 A B C D E (4.0) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Hoop: 2 from each group Choice: according to apparatus	<i>Ball Clubs Choice</i>	8 A B C D E F (4.8) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Clubs: 3 Balances 3 Pivots 2 Choice Choice: according to apparatus	<i>Ribbon Clubs Choice</i>	
Music - Length of Routines Levels 3, 4, 5 & 6 (1:15 – 1:30) Level 1B (50-75 seconds) & 2 (60-90 seconds)						
Scripts are required for 3B - 4A - 4B - 4C - 5A - 5B - 5C - 6A - 6B - 6C						

Body Difficulties: A higher level body difficulty, if executed correctly, will be evaluated as maximum value for that level.
(If Level 3A performs a “D”, Difficulty the value awarded would be 0.2)



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Choice: Apparatus of choice (does not include “Free”) One set of awards will be given for choice apparatus. All Around is the total of three routines.

National Stream Athletes: National Stream Individuals from the previous year, must enter Category “C” (age appropriate level; Level 4C, 5C or 6 C)


Returning athletes younger than Level 4C must enter the age appropriate “B” category.

FREE D2 5.0 as per National Pre Novice & Novice - Refer to the following document for more detailed information



- | | | |
|----|-------------------------------------|----------|
| 1. | Series of Rhythmic Steps | Max. 1.2 |
| 2. | Body Waves | Max. 1.5 |
| 3. | Pre-Acrobatic/Risk Preparation “PR” | Max. 1.3 |
| 4. | Elements with Rotation | Max. 1.0 |

Pre–Novice and Novice Free Routine D2 Requirement

Free Routine D2 – MAX 5.00 points

1. **SERIES OF RHYTHMIC STEPS**  (minimum of four steps) 0.3 EACH
TOTAL MAXIMUM SCORE: 1.20 points

Category Examples:

- Series of rhythmic steps with change of direction or level  0.3 EACH
- Series of rhythmic steps with movement forward, backwards, sideways, with or without traveling  0.3 EACH

2. **BODY WAVES** 0.1 OR 0.3 EACH
TOTAL MAXIMUM SCORE: 1.50 points

a). **0.30 EACH** (see choices below)

Choice of:

- Total body wave forward or backward
- Total body wave sideways
- Total body wave on a position on the floor (worm)
- Circular body wave (Examples: combining of total body wave backwards followed by total body wave forward, executed without any interruption; sideways body wave to the one side followed by a sideways body wave to the opposite side)
- “moving body wave” body wave executed during traveling or body wave added to a difficulty (can be used once with difficulty and once without)

b). **0.10 for each partial body wave or use of body** (contraction and relaxation) for the maximum score of 0.30

3. **RISK PREPARATION “R”**
TOTAL MAXIMUM SCORE: 1.30 points

- a). Series of two or three dynamic elements: 0.3 for each basic (without change of levels or axis of rotation).
 0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.



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NOTE: Follow the definition of dynamic element under risk category in the FIG Code of points, p. 58, reg. 2.3.

Examples:

- Series of 2 dynamic elements with rotation R (0.30 p.)
- Series of 2 dynamic elements with change of the axis of rotation R (0.4)
- Series of 3 pre – acrobatic/dynamic elements with change of level R (0.5)

4. ELEMENTS WITH ROTATION 0.2 each TOTAL MAXIMUM SCORE: 1.00 points.

There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

- athlete can use all choices from option A
- athlete can use all choices from option B
- athlete can use a combination of choices from options A & B

Option A: The following difficulties listed below which are of “A” difficulty value are the only additional difficulties which can be used to meet the criteria “elements with rotation” for D2. Therefore if one of the “A” difficulties listed below have been used in the routine for D1 value, it cannot then be used for D2 value.

- All “A” Level Pivot Difficulties (applicable “A” level difficulties from 2009-2012 COP are: 8.3.1, 8.3.2, 8.3.47).
- All shapes of jumps/leaps, the base of which exist in rotation only (applicable “A” level difficulties from 2009-2012 COP are: 3.3.28, 3.3.42, 3.3.47). Please note this is the opposite of the 2009-2012 definition of Jump/Leap in Rotation and is applicable only to the Free Routines for D2.
- All body elements regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (applicable “A” level difficulties from 2009-2012 COP are: 6.3.22, 6.3.23, 6.3.26)

Option B: Only the following difficulties listed below which are of “B” level or higher difficulties can be used to meet the criteria of “elements with rotation” and can be scripted in the boxes next to each other for both D1 and D2.

- All “B” Level or Higher Pivot Difficulties used also for D1 (isolated or in combination)
- All shapes of jumps/leaps, “B” Level or higher also used for D1, the base of which exist without rotation only (3.3.10 E, G and H, 3.3.11 E, G and H, 3.3.19 F, 3.3.22 F, 3.3.24 H)
- All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (6.3.17 F, 6.3.18 D, E, F and G, 6.3.19 F and G) or around the horizontal axis (walkover) on 1 or 2 hands (see 2009-2012 COP: see 2.3.2 plus errata). Please note this refers only to the flexibilities in the COP which are shown with walkover



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(6.3.11 B and C, 6.3.12 C and D, 6.3.13 C and D, 6.3.14 D and E, 6.3.15 D and E, 6.3.16 E and F, 6.3.19 F and G, 6.3.29 C, E, F, 6.3.31 F)

NOTE for the Free Routine D2 Program: There can be no “double dipping” for example, if an illusion is used for a pre-acrobatic/risk preparation element, it cannot also be used for an element of rotation – so on and so forth.



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2012
NATIONAL PRE-NOVICE - INDIVIDUAL PROGRAM

Age: 9-10 Born 2003, 2002

APPARATUS

FREE - ROPE - BALL

REGULATIONS

ROUTINE LENGTH - 1:15 to 1:30
 ROPE - Length proportionate to height; one knot on each end
 BALL - 16 - 20 cm in diameter; weight min. 300 grams




DIFFICULTY (D1) - MAXIMUM 4.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty F: 0.6
THE TOTAL SCORE MUST NOT EXCEED 4.00
 Perform 3 GCO from 2 groups & 2 choice
 Rope (GCO 3 jumps/leaps & 3 pivots) Ball (GCO 3 jumps/leaps & 3 flexibility/waves)
 Free: Perform 2 GCO from each of the 4 groups

DIFFICULTY (D2) - MAXIMUM 6.00

Apparatus difficulties (Mastery with & without throws and risk)
 Maximum two risks

DIFFICULTY D(2) FREE - MAXIMUM 5.00

Maximum 1.2	<u>Series of Rhythmic Steps</u> 
Maximum 1.5	<u>Body Waves</u> 
Maximum 1.3	<u>Pre-Acrobatic/Risk Preparation "PR"</u> 
Maximum 1.0	<u>Elements with Rotation</u>

*Refer to table below for more detailed information

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.
 Penalty: 0.50 if this norm is not respected.
FIG Rule Applies

EXECUTION - MAXIMUM 10.00



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2012

NATIONAL PRE NOVICE - GROUP PROGRAM

Age: 9 - 10 Born 2003 - 2002

APPARATUS

ROPE

REGULATIONS

ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5

1:00 - 1:30 for groups of 2 or 3

ROPE: Length proportionate to height; one knot on each end

DIFFICULTY (D1) - MAXIMUM 4.00

4 isolated difficulties - maximum value of each difficulty F: 0.6

4 exchanges - maximum value for each exchange 1.0

THE TOTAL SCORE MUST NOT EXCEED 4.00

DIFFICULTY (D2) - MAXIMUM 6.00

Apparatus difficulties (Mastery with & without throws and risk)

Maximum two risks

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.

Penalty: 0.5 if this norm is not respected

FIG Rule Applies

EXECUTION - MAXIMUM 10.00

Reg. 5.3.2 Novice Category

INDIVIDUAL				Calendar	GROUP
F r e e	Rope	Hoop	Ball	Year	
X	X	X	X	2010	Rope
X	X	X	X	2011	Hoop
X	X	X	X	2012	Hoop

Technical Requirements: see next page



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2012

NATIONAL NOVICE - INDIVIDUAL PROGRAM

Age: 10 - 12 Born **2002, 2001, 2000**

APPARATUS

FREE - ROPE - HOOP - BALL

REGULATIONS

ROUTINE LENGTH - 1:15 to 1:30
 ROPE - Length proportionate to height; one knot on each end
 HOOP Minimum 75 cm. in diameter, weight minimum 200 grams
 BALL - 16 - 20 cm in diameter; weight min. 300 grams




DIFFICULTY (D1) - MAXIMUM 6.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty J: 1:00
THE TOTAL SCORE MUST NOT EXCEED 6.00
 Perform 3 GCO from 2 groups & 2 choice
 Rope (GCO 3 jumps/leaps & 3 pivots) Ball (GCO 3 jumps/leaps & 3 flexibility/waves)
 Free & Hoop: 2 GCO from each of the 4 groups

DIFFICULTY (D2) - MAXIMUM 8.00

Apparatus difficulties (Mastery with & without throws and risk)
 Maximum two risks
 Additional A difficulties allowed for mastery (D2)

DIFFICULTY D(2) FREE - MAXIMUM 5.00

- Maximum 1.2 Series of Rhythmic Steps 
 - Maximum 1.5 Body Waves 
 - Maximum 1.3 Pre-Acrobatic/Risk Preparation "PR" 
 - Maximum 1.0 Elements with Rotation
- *Refer to table below for more detailed information

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.
 Penalty: 0.50 if this norm is not respected.
FIG Rule Applies

EXECUTION - MAXIMUM 10.00



Rhythmic Gymnastics Manitoba Inc.

2012

NATIONAL NOVICE - GROUP PROGRAM

Age: 10 - 12 Born 2002, 2001, 2000

APPARATUS

HOOP

REGULATIONS

ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5

1:30 - 2:00 for groups of 2 or 3

HOOP Minimum 75 cm. in diameter, weight minimum 200 grams

DIFFICULTY (D1) - MAXIMUM 6.00

4 isolated difficulties - maximum value of each difficulty J: 1.0

4 exchanges - maximum value for each exchange 1.0

THE TOTAL SCORE MUST NOT EXCEED 6.00

DIFFICULTY (D2) - MAXIMUM 8.00

Apparatus Difficulties (Mastery with & without throws and risk)

Maximum two risks

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.

Penalty: 0.50 if this norm is not respected.

FIG Rule Applies

EXECUTION - MAXIMUM 10.00



Reg. 5.3.3 Junior Category NOTE: FIG PROGRAM IS 5 ROPES & 5 BALLS

Calendar						GROUP
Rope	Hoop	Ball	Clubs	Ribbon	Year	
-	X	X	X	X	2011	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS
-	X	X	X	X	2012	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS
-	X	X	X	X	2013	2 or 3 HOOPS 4 or 5 HOOPS AND 4 or 5 CLUBS
-	X	X	X	X	2014	2 or 3 HOOPS 4 or 5 HOOPS AND 4 or 5 CLUBS

Open Group Novice &/or Junior & or Senior National and Provincial	Group Of 4 or 5	1 type of apparatus 2012 Hoop	GCG-RG Program FIG Junior Rules	FIG (2'15" – 2'30")
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Technical Requirements: See next page



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2012
NATIONAL JUNIOR - INDIVIDUAL PROGRAM
Age 13 - 15 Born 1999 - 1998 - 1997
APPARATUS
HOOP - BALL – CLUBS - RIBBON
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; weight minimum 400 grams CLUBS - 40 TO 50 cm, minimum 150 gm each RIBBON – minimum 5 m. in length; GCG no weight requirement
DIFFICULTY (D1) - MAXIMUM 7.00
Maximum 10 Body Movement Difficulties. Value of each difficulty: 1.00 maximum 3 GCO from each of the 2 groups & maximum 4 GCNO free of choice Ball (3 jumps/leaps & 3 flexibility/waves) Clubs (3 balances & 3 pivots) Ribbon (3 pivots & 3 jumps/leaps) The Hoop exercise must be represented by all the body movement groups as follows: Minimum 2 GCO from each group & 2 additional free of choice
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk)
ARTISTRY (A) Music & Composition - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work Penalty: 0.50 if this norm is not respected
EXECUTION - MAXIMUM 10.00

2012
NATIONAL JUNIOR - GROUP PROGRAM
Age 13 - 15 Born 1999 - 1998 - 1997
APPARATUS
1 Exercise Ropes & 1 Exercise Balls for groups of 4 or 5 1 Exercise Balls for groups of 2 or 3
REGULATIONS
ROUTINE LENGTH - 2:15 - 2:30 for groups of 4 or 5 1:30 - 2:00 for groups of 2 or 3
DIFFICULTY (D1) - MAXIMUM 7.00
Body movement difficulties 10. 7.00 points maximum (minimum 4 exchanges) Value for each difficulty 1.00 maximum <i>Balanced use of the compulsory body groups</i>
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws & risk)
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work. Penalty: 0.50 if this norm is not respected.
EXECUTION - MAXIMUM 10.00



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Reg. 5.3.4 Senior Category

INDIVIDUAL					Year	GROUP	
Rope	Hoop	Ball	Clubs	Ribbon		1 type of Apparatus	2 types of Apparatus
	X	X	X	X	2011	5 BALLS (FIG)	3 RIBBONS / 2 HOOPS (FIG)
					& 2012	2 BALLS (group of 2)	2 RIBBONS / 1 HOOPS (group of 3) 2 RIBBONS / 2 HOOPS (group of 4)
	X	X	X	X	2013	10 CLUBS (FIG)	3 BALLS / 2 RIBBONS (FIG)
					& 2014	4 CLUBS (group of 2)	2 BALLS / 1 RIBBON (group of 3) 2 BALLS / 2 RIBBONS (group of 4)
						5 RIBBONS (FIG)	6 CLUBS / 2 HOOPS (FIG)
						2 RIBBONS (group of 2)	4 CLUBS / 1 HOOP (group of 3) 4 CLUBS / 2 HOOPS (group of 4)

SENIOR DEVELOPMENT GROUP **2012: 3 ribbons and 2 hoops**

Technical Requirements: According to the FIG Code of Points in force.

2012
NATIONAL SENIOR - INDIVIDUAL PROGRAM
APPARATUS
HOOP - BALL – CLUBS - RIBBON
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; weight minimum 400 grams CLUBS - 40 TO 50 cm, minimum 150 gm each RIBBON - Minimum 6 m long
DIFFICULTY (D1) - MAXIMUM 10.00
Maximum 12 Difficulties (Level A and higher) The total value of body movement difficulties is obtained by adding the 1) value of the difficulties belonging to the compulsory body movement groups (GCO) specific to the apparatus, as follows: Minimum 8 GCO in exercise of 12 - 10 difficulties Minimum 6 GCO in exercise of 9 or less difficulties 2) Plus the value of a maximum 4 difficulties, if any, from the non compulsory body movement groups (GCNO), which can be used by choice (one, two or three different groups) Refer to page 13 in the code. HOOP must have minimum 2 & maximum 4 difficulties from each group.
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk) Apparatus Originality
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
EXECUTION - MAXIMUM 10.0



2012
NATIONAL SENIOR - GROUP PROGRAM
APPARATUS
5 BALLS / 3 RIBBONS, 2 HOOPS Duo - 2 Balls; Trio 2 Ribbons/1 Hoop; Group of Four 2 Ribbons/2 Hoops
REGULATIONS
ROUTINE LENGTH - 2:15 - 2:30
DIFFICULTY (D1) - MAXIMUM 10.00
Maximum 14 difficulties (level A or higher) The exercise must have minimum 6 difficulties with exchange of level D or higher. See Summary Table of Exchange Difficulties in code. The value of difficulties WITHOUT exchange are as follows: A=0.1,B=0.2,C=0.3,D=0.4,E=0.5,F=0.6,G=0.7,H=0.8,I=0.8,J=0.9,K=1.0 or more
DIFFICULTY (D2) - MAXIMUM 10.0
Unlimited number of apparatus Mastery elements with or without throw, with or without collaboration between the gymnasts, with risk or originality.
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
EXECUTION - MAXIMUM 10.00

Senior Development: Same requirements as senior group