



## **DSIGO RHYTHMIC GYMNASTICS**

### **Juniors & Seniors Levels**

**UPDATED November 2023**

**LEVELS OF COMPETITION** – The Junior category includes gymnasts aged between 10 and 16. The Senior category includes gymnast aged between 17 and over. Juniors and Seniors will receive awards separately.

- The Junior All Around winner will be named Junior World Champion.
- The Senior All Around winner will be named Senior World Champion.

**EVENTS OFFERED: Juniors** Choice of 4: Rope, Hoop, Ball Clubs, Ribbon.

**EVENTS OFFERED: Seniors** Rope, Hoop, Ball, Clubs, Ribbon

#### **JUNIORS REGULATIONS & REQUIREMENTS**

- 6 Body Difficulties (with apparatus handling)
  - Routines may have a maximum of 3 Body Difficulties chosen in the DSIGO Table of Body Difficulties value 0.20-0.60 (**Table A**).
  - The remaining 3 required Body Difficulties may be skills that are a lower level chosen in the Table of Body Difficulties value 0.10 (**Table B**).
  - Body Difficulties can only be chosen from 0.1 and 0.6 skills in the DSIGO (**Table A and B of Body Difficulties**) in the Appendix.
  - Body Difficulties chosen in Table A not performed to FIG standards of execution and amplitude will be valued at 0.1.
  - Recognizable skills not listed in the FIG Code of Points will be valued 0.1.
- 12 occurrences of Apparatus Handling. (**Table C in Appendix**) Value: 0.2 each.
- 3 Rhythmic Dance Steps (minimum 6-8 steps). Value: 0.6 each
- 3 Mastery maximum

#### **SENIORS REGULATIONS & REQUIREMENTS**

- 6 Body Difficulties (with apparatus handling)
  - Body Difficulties should be chosen from the DSIGO Table of Body Difficulties in the Appendix (**Table A**)
  - FIG Body Difficulties not performed to FIG standards of execution and amplitude will be valued at 0.1
  - Skills not listed in the FIG Code of Points will receive no credit
- 12 occurrences of Apparatus Handling. Value: 0.2 each
- 3 Rhythmic Dance Steps (minimum 6-8 steps). Value: 0.6 each
- 5 Mastery maximum (**Table D in Appendix**)

**MUSIC** – DSIGO will follow FIG regulations.

**APPARATUS SPECIFICATIONS** DSIGO will follow FIG regulations.

**JUDGING GUIDELINES** – Routines should be evaluated by 2 panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each gymnast, the score from the D Panel is added to the score from the E Panel. See below for the composition of the judging panels. It is suggested to have 2 judges per sub-group. Those 2 scores will be averaged and added to the other sub-group to determine the score for the panel.

**Senior:** Maximum score for each panel is 10.00. Maximum score for each routine is 20.00.

**Junior:** Maximum score for panel D is 7.70. Maximum score for panel E is 10.00. Maximum score for each routine is 17.70

**SENIOR/JUNIOR D Panel have a different score and is divided into 2 sub-groups:**

<b>SENIOR</b>		<b>JUNIOR</b>	
<b>D Panel is divided into 2 sub-groups:</b>	<b>SCORE</b>	<b>D Panel is divided into 2 sub-groups</b>	<b>SCORE</b>
<b>D1 – 5.4</b>	3.6 Body Difficulties	<b>D1 – 3.9</b>	2.1 Body Difficulties
	1.8 Dance steps		1.8 Dance steps
<b>D2 – 4.6</b>	2.4 Apparatus	<b>D2 – 3.8</b>	2.4 Apparatus
	2.0 Mastery		1.2 Mastery
	0.2 Virtuosity		0.2 Virtuosity

**SENIOR/JUNIOR E Panel have the same score and is divided into 2 sub-groups:**

<b>E1 – 6.0</b>	2.0 Form
	2.0 Amplitude
	2.0 Apparatus Error
<b>E2 – 4.0</b>	2.0 Connections
	1.0 Musicality
	0.5 Floor pattern & use of space
	0.5 Elegance & expression

- 1) **Body Difficulties** – (Seniors Maximum value of 3.6 / Juniors Maximum value of 2.1)
  - a. Required: 6 difficulties
  - b. Required: 2 different leaps/jumps, 2 different pivots, 2 different balances
  - c. At least one occurrence of Apparatus Handling must be performed in conjunction with each Body Difficulty
  
- 2) **Apparatus Handling (2.4)**
  - a. 12 occurrences of apparatus handling are required
  - b. Apparatus handling is chosen from the current FIG Code of Points (see chart in Appendix)
  - c. Each handling will be valued at 0.2
  - d. Each handling may receive credit three times.
  - e. No partial points may be given.
  - f. In order to receive credit, the apparatus handling must be performed in conjunction with a Body Difficulty, Rhythmic Steps, or a body movement as follows:
    - 1.2 Body Difficulties (6)
    - 0.6 Rhythmic Steps (3)
    - 0.6 Free choice performed with a Body Skill, Rhythmic Steps, or body movement (3)
  
- 3) **Rhythmic Dance Steps – Maximum value of 1.8**
  - a. 3 sequences are required
  - b. A sequence must have a minimum of 6 dance steps that reflect the character of the music & choreography
  - c. Each sequence is valued at 0.6
  - d. No credit will be awarded if the Rhythmic Dance Steps are performed with static apparatus.
  - e. No partial credit may be given
  
- 4) **Virtuosity – Maximum value of 0.2**
  - a. At the judge's discretion, the athlete may be awarded 0.2 points for virtuosity.
  - b. No partial points may be given.
  - c. To receive points for virtuosity, the athlete must show:
    - 1) Clean execution and excellent amplitude throughout the entire routine
    - 2) A clear connection between the choreography & the music
    - 3) Intricate apparatus handling
    - 4) Complex dance steps that reflect the character of the music
  
- 5) **Mastery – Seniors Maximum value of 2.0 Juniors Maximum value of 1.2**
  - a. There is no requirement for Mastery elements
  - b. Mastery elements are chosen from the current FIG Code of Points (see chart in Appendix)
  - c. Each Mastery element is valued at 0.4
  - d. Mastery credit is given only if the element is performed to FIG standards of execution and amplitude
  - e. A maximum of 5 mastery elements for Senior a maximum of 3 mastery for Juniors may receive credit
  - f. No partial points may be given.

**SENIOR/JUNIOR E Panel: 10.0**

Partial points may be awarded, as listed below

6.0	Execution, Amplitude, and Apparatus Technique
2.0	Connections
1.0	Musicality
0.5	Floor pattern and use of space
0.5	Elegance and Expressions

**Execution, Amplitude, and Apparatus Technique (6.00)**

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which she excels and not be too harshly penalized for an area in which she may have limitations

2.0	Form (pointed toes, straight legs, position and extension of the upper body, etc.)
2.0	Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
2.0	Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.)

Body Faults and Drop Apparatus are penalized according to degree:

<b>BODY FAULTS</b>		<b>DROP APPARATUS</b>	
0.1	Small faults	0.3	Immediate retrieval (without a step)
0.3	Medium faults	0.5	Retrieval after 1-2 steps
0.5	Major faults	0.7	Retrieval after 3 or more steps

### **Connections (2.0)**

The composition should be developed by the technical, aesthetic, and connecting elements, where one movement passes smoothly into the next, including contrasts in the speed/intensity (dynamism), amplitude and levels of the movements, performed in relationship with the music. (FIG)

### **Musicality (1.0)**

The character of the music should define the guiding idea/theme of the composition, and the gymnast must convey this guiding idea to the audience from the beginning to the end of the exercise. (FIG)

### **Floor Pattern and Use of Space (0.5)**

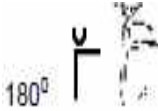

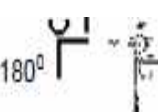

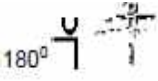
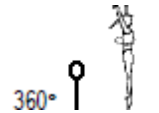
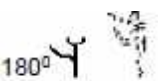
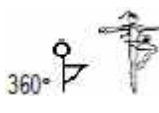
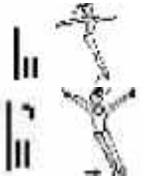
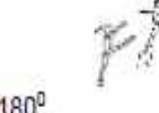
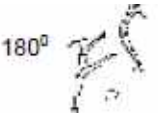

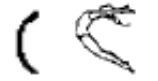

The floor area must be used completely:











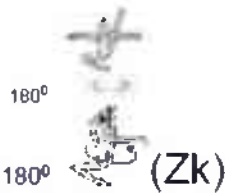





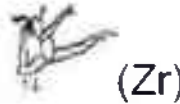





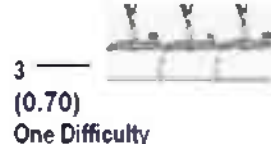
- Different **levels** (gymnast in flight, standing, on the floor, etc.)
- Variety of **directions/trajectories** of body/apparatus movements (forward, backwards, etc.)
- Variety in the **modalities** of travelling (FIG)










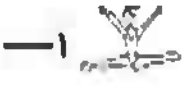


















### **Elegance and Expression (0.5)**


















Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Expression through the use of body and facial expression, the gymnast must convey the idea of the choreography to the audience. The gymnast must be full of confidence and perform with style and emotion

TABLE A

12. SYMBOLS OF JUMPS – LEAPS		SALTOS				
DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						

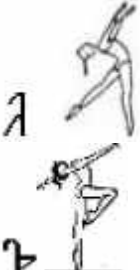












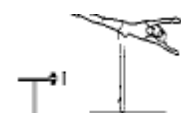
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		180° 	180° 	180° 		
						
						
						
						
			180° 	180° 	 180°	
						
						


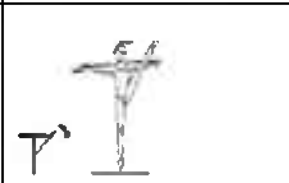

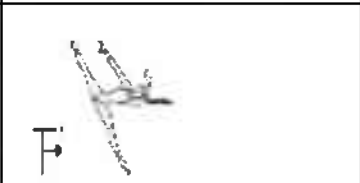
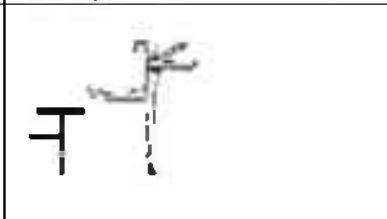
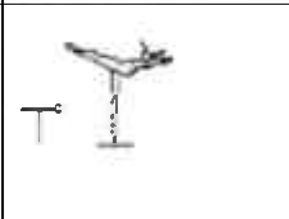
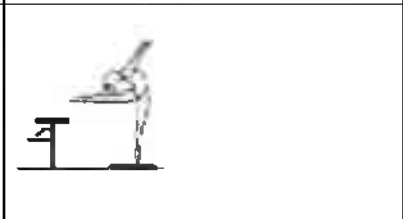







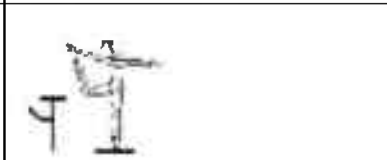

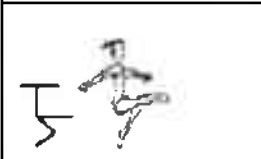

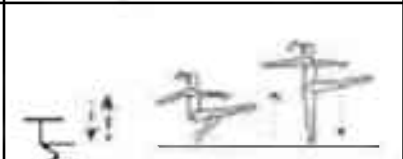
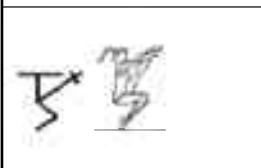
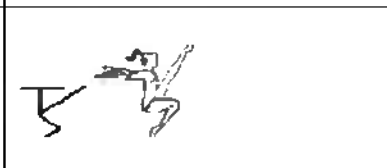
DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						

13. SYMBOLS OF BALANCES

EQUILIBRIOS

Balances on the foot

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
						





Balances on other parts of the body










EQUILIBRIOS SOBRE OTROS PARTES DEL CUERPO

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
	Kb 					

Dynamic Balances

EQUILIBRIOS DINAMICOS



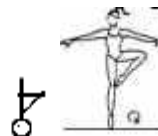



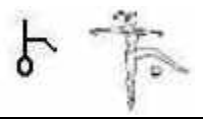

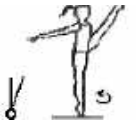

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	<p data-bbox="358 542 694 638">            Leg at the horizontal for min 2 shapes + min 1 turn         </p>		<p data-bbox="1030 542 1377 638">            Leg above horizontal for min 2 shapes + min 1 turn         </p>			
	<p data-bbox="358 702 705 845">            movement backward into elbow stand         </p>		<p data-bbox="1041 670 1366 877">            U<sub>2</sub> also vice versa U<sub>3</sub> (0.50)         </p>	<p data-bbox="1411 718 1724 829">            U 180° (0.60)         </p>		
			<p data-bbox="1041 973 1332 1212">            G<sub>z</sub> also vice versa K<sub>p</sub> also vice versa         </p>	<p data-bbox="1411 973 1724 1165">            U<sub>2</sub> 180° (0.60) with 180 turn in any phase, or vice-versa         </p>		




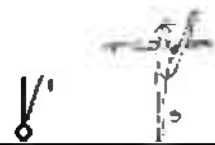







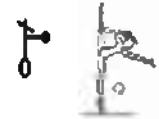




14. SYMBOLS OF PIVOTS






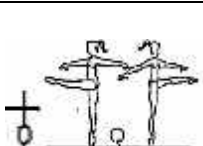
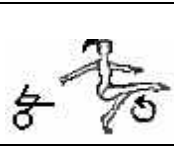
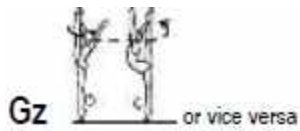
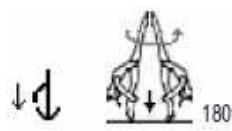
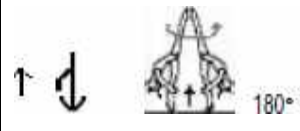




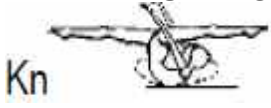


GIROS

Rotations on the foot

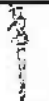































GIROS SOBRE UN PIE

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
			 180°		 180°	
						
						
						
						

DSIGO 0.20	DSIGO 0.40	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60	DSIGO 0.60
						
						
						
						
						
						
<b>Rotations on other parts of the body</b>			<b>RODAMIENTOS SOBRE OTROS PARTES</b>			
RI 		Kn 				
						










**TABLES DSIGO RHYTHMIC GYMNASTIC BODY DIFFICULTIES 0.10**

VALOR 0.10	JUMPS
 	Vertical Jump without rotation
 	Tuck Jump without rotation
 	«Scissors» forward with bent legs
 	Vertical Jump with passé
	BALANCES
 	Balance on the toes in relevè 5 <sup>^</sup> position
 	Balance flat floor in opened passé
 	Balance on the knee with trunk back at horizontal
 	Balance split without help of the hand on the floor
 	Balance split without help of the hand on the floor with trunk back at horizontal
 	Back split flat floor with the help of 1 or 2 hands
 	Back split with and without help, trunk forward at horizontal or below
 	Front split sessions with trunk flexion forward
 	Face down trunk extension leg flexion feet in contact with the head and hands resting on the floor
	ROTATIONS
 	Rotation 360° on the 2 toes
 	Roupe 360° twist: the tip of the foot is placed at ankle level
 	Rotation 360°: free leg under the horizontal level








# TABLE C

## APPARATUS HANDLING








### ROPE U

	<ul style="list-style-type: none"> <li>Passing through the rope with a jump/leap. Rope turning forward, backward, or to the side</li> </ul>
	<ul style="list-style-type: none"> <li>Passing through the rope with series (3 minimum) of small hops. Rope turning forward, backward, or to the side</li> </ul>
	<ul style="list-style-type: none"> <li>"Echappe"</li> </ul>
	<ul style="list-style-type: none"> <li>Spirals (double or more rotations of the rope's end during "echappe")</li> </ul>
	<ul style="list-style-type: none"> <li>Figure eight or "sail" movement with ample movement of the trunk (Rope held in two hands)</li> <li>Large circles (rope held in two hands)</li> </ul>
	<ul style="list-style-type: none"> <li>Catch of the rope with one end in each hand</li> </ul>
	<ul style="list-style-type: none"> <li>Series (3 minimum) of rotations. Rope folded in two</li> <li>One free rotation around a part of the body</li> <li>One rotation of the open, stretched rope, held by the middle or by the end</li> </ul>
	<ul style="list-style-type: none"> <li>Small or medium throw and catch</li> </ul>
	<ul style="list-style-type: none"> <li>Wrapping or swings</li> </ul>

HOOP 












	<p>Passing through the Hoop with the whole or part of the body (two large body segments) FONDAMENTAL</p>
	<p>Large Roll of the Hoop over minimum two large body segments Roll of the Hoop on the floor FONDAMENTAL</p>
	<p>Rotation (min. 3) of the Hoop around the hand or around a part of the body FONDAMENTAL</p>
	<p>Rotation (min. 1) of the Hoop around its axis around the fingers or around or on part of the body Rotation (min.3) on the floor around the axis FONDAMENTAL</p>
	<p>Passaggio sopra il cerchio di una parte o dell'intero corpo</p>
	<p>Small and medium throw and catch the hoop</p>
	<p>Throw and catch the hoop</p>

BALL ●

	<ul style="list-style-type: none"> <li>Free roll of the ball on the body</li> </ul>
	<ul style="list-style-type: none"> <li>Large ( 1 meter minimum) roll of the ball on the floor</li> <li>Series (3 minimum) of small rolls of the ball on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>Bounces             <ul style="list-style-type: none"> <li>Series (3 min.) of small bounces (below knee level)</li> <li>One high bounce (knee level and higher)</li> <li>Visible rebound from a part of the body</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>Balancing of the ball – For example: Swings or Figure eight of the ball with circle movements of the arms (circumduction)</li> </ul>
	<ul style="list-style-type: none"> <li>Catch of the ball with one hand</li> </ul>
	<ul style="list-style-type: none"> <li>"Flip over" movement of the ball</li> <li>Rotations of the hand(s) around the ball</li> <li>Series (3 min.) of assisted small rolls</li> <li>Roll of the body over the ball on the floor</li> <li>Thrust/push of the ball from different parts of the body</li> </ul>
	<ul style="list-style-type: none"> <li>Small or medium throw and catch</li> </ul>

CLUBS



	<ul style="list-style-type: none"> <li>Mills- at least 4 small circles of the clubs with time delay and by alternating crossed and uncrossed wrists/hands each time</li> </ul>
	<ul style="list-style-type: none"> <li>Series (3 minimum) of small circles with both clubs</li> </ul>
	<ul style="list-style-type: none"> <li>Asymmetric movements of 2 clubs, must be different in their shape or amplitude and in the work planes or direction</li> </ul>
	<ul style="list-style-type: none"> <li>Small throws and catches with rotation of 2 clubs together, simultaneously or alternating</li> </ul>
	<ul style="list-style-type: none"> <li>Free rotations of 1 or 2 clubs on the part of the body or on the floor</li> <li>Rolls of 1 or 2 clubs on the part of the body or on the floor</li> <li>Rebound of 1 or 2 clubs from the body</li> <li>Swings</li> <li>"Sliding"</li> <li>Tapping (1 minimum)</li> <li>Thrust/push of the clubs from different part of the body</li> </ul>
	<ul style="list-style-type: none"> <li>Series (3 minimum) of small circles with 1 club</li> </ul>
	<ul style="list-style-type: none"> <li>Small or medium throw and catch of 1 club</li> </ul>
	<ul style="list-style-type: none"> <li>Throw or catch of 2 clubs, simultaneous</li> </ul>
	<ul style="list-style-type: none"> <li>Throw or catch of 2 clubs, asymmetric</li> </ul>
	<ul style="list-style-type: none"> <li>"Cascade" throws (double or triple)</li> </ul>
	<p>Small throw of two locked</p>


























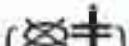
RIBBON



	<ul style="list-style-type: none"> <li>Spirals (4-5 waves), tight and same height</li> </ul>
	<ul style="list-style-type: none"> <li>Spirals on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>Snakes (4-5 waves), tight and same height</li> </ul>
	<ul style="list-style-type: none"> <li>Snakes on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>Passing through or over the pattern of the ribbon</li> </ul>
	<ul style="list-style-type: none"> <li>"Echappe"</li> </ul>
	<ul style="list-style-type: none"> <li>Boomerang in the air or on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>Rotational movement of the ribbon stick around the hand</li> <li>Roll of the ribbon stick on the part of the body</li> <li>Rebound of the stick from the part of the body</li> <li>Wrapping</li> <li>Figure eights, swings, large circles</li> <li>Movement of the ribbon around the part of the body created, when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or difficulties with rotation (not during "slow turn")</li> </ul>
	<ul style="list-style-type: none"> <li>Small or medium throw and catch</li> </ul>

TABLE D

MASTERY

1.	 or 	Throw  or catch  in combination with the following criteria:
		Jump or leap
		Rotation element
		Under the leg
		Passing through (for rope and for hoop)
		Outside of visual control during the throw/catch
		Without the help of the hands during the throw/catch
		Direct catch in a roll
		Direct re-throw/ re-bounce
		Direct catch in rotation (hoop)
		Catch the ball with one hand
		Catch on the floor without help of the hands
2.		<b>Rotation element + apparatus handling</b>
	<b>Examples:</b>	  (for rope and for hoop) or    (for ball), or   (for clubs) or   for ribbon or
3.	<b>Combinations</b>	<b>Handling with 2 different criteria to get credit</b>
	<b>Examples:</b>	

# SENIOR

## DSIGO RHYTHMIC GYMNASTICS D PANEL

Name:

Apparatus: Rope Hoop Ball Clubs Ribbon

*D1: Body Difficulty - Value from DSIGO Rules (Maximum 3.6), Dance Steps - 0.6 per occurrence (Maximum 1.8)*

*D2: Handling - 0.2 per occurrence (Maximum 2.4), Mastery - 0.4 per occurrence (Maximum 2.0)*

Description	Symbol - Body Difficulty/Dance Steps (D1)	Coach Value	Symbol - Handling/Mastery (D2)	Coach Value	Judge Value

COACH TOTAL D1

JUDGE TOTAL D1

COACH TOTAL D2

VIRTUOSITY

JUDGE TOTAL D2

