



Gymnastics
Western Australia

MASTERS MANUAL 2021

Rhythmic Gymnastics



Department of
Local Government, Sport
and Cultural Industries





Rhythmic Gymnastics (RG) Masters Manual 2021

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1. Overview

The RG Masters Manual uses the FIG Rhythmic Gymnastics 2017 – 2020 Code of Points (FIG CoP) as a basis. This is freely available from the FIG website. Additional information may be found in the Rhythmic Gymnastics 2018-2021 Australian Levels Program, available from Gymnastics Australia, however this is not necessary.

Two divisions are available for entry; Open and Masters. An overview of each division is as follows:

- Open Individual
 - Minimum age 18
 - Maximum of two routines to be performed.
 - Apparatus and All Around awards
- Masters Individual
 - Minimum age 18
 - Maximum of three routines to be performed.
 - Apparatus and All Around awards (AA based on top 2 routine scores)

All requirements for each division including apparatus selection are detailed in Section 4 Technical Requirements.

2. Generalities

All regulations as outlined in Section 1 to 7 of the FIG CoP are applicable, with the following amendments and exclusions:

CoP Section 1 Competition and Programs:

- Music requirements are listed in Section 4 Technical Requirements of this manual.

CoP Section 2 Juries:

- Modified, refer to Section 6 Judging of this manual.

CoP Section 5 Dress of Gymnast:

- Gymnasts are permitted to wear bike pants and leggings over the leotard. Pants may be matching in colour to leotard or plain black.

3. Technical Requirements

Routine requirements are based on the FIG Code of Points (CoP). Please refer to the CoP for performance requirements for body difficulty, dance step combinations, dynamic elements of rotation and apparatus difficulty. A brief summary of each routine component is provided below. Athletes are strongly encouraged to refer to the CoP for further information or seek assistance from an Rhythmic Gymnastics Club.

Body Difficulty (BD)

- A BD is defined as a leap/jump, balance or rotation, as per the difficulty tables in the CoP.
- A body difficulty must be performed with a fundamental apparatus technical element or a non-fundamental apparatus technical element.
- Each apparatus has 4 fundamental apparatus technical elements and a number of non-fundamental apparatus technical elements.
- Apparatus technical elements cannot be performed identically during DB expect in a series of jumps/leaps and pivots.

Dance Steps Combination (S)

- A series of dance steps at least 8 seconds long performed with a fundamental apparatus technical element.
- Dance step combinations must be in accordance with the music's tempo, rhythm, character and accents, with a minimum of 2 different varieties of movement:
 - Modalities of steps
 - Rhythm
 - Direction
 - Levels

Dynamic Elements with Rotation (R)

- R is defined as a throw of the apparatus, minimum of 1 or 2 base rotations* of the body during the apparatus' flight and catch.
- The base rotations must be 360° each and performed without an interruption between rotations.
- Rotations can be performed around any axis, with or without passing to the floor, or with or without change of axis of body rotation.
- The first rotation may be performed during the throw or under the flight of the apparatus.
- The base value of an R is 0.1 or 0.2 depending on the division entered. Additional criteria may be added to the R; please refer to the CoP for a summary of the criteria.
- Body rotations used in an R may not be repeated in another R.

*Minimum 1 rotation required for Open Division, Minimum 2 rotations required for Masters Division

Apparatus Difficulty (AD)

- AD is defined as a particularly technically difficult synchronisation between body and apparatus OR an interesting or innovative use of apparatus consisting of a base and a minimum of 2 criteria.
- A base is a fundamental or non-fundamental apparatus technical element.
- An example of an AD may be a throw of apparatus from the foot during a walkover (base = throw, criteria = without hands and during rotation).
- An AD has a value of 0.2, 0.3 or 0.4 depending on the base performed.

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3.1. Open Division

3.1.1. Routine Requirements

Open			
Number Routines	Length of Routine	Words in Music	Apparatus
Maximum 2	1:00-1:30	One routine only	Hoop and Ball
Body Difficulty	Dance Steps Combination	Dynamic Elements with Rotation	Apparatus Difficulty
BD Min 3- Max 5 X1 jump/leap X1 balance X1 rotation X2 optional Skill value 0.1- 0.4	S Minimum 2 required 8 seconds Value 0.3 per combination (no maximum limit)	R - Min 1 - Max 3 Different rotations required. May perform a single rotation for a base value of 0.1 and/or two rotations for a base value of 0.2 plus any additional criteria in each.	AD No minimum or maximum

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3.1. Masters Division

3.1.1. Routine Requirements

Masters			
Number Routines	Length of Routine	Words in Music	Apparatus
Maximum 3	1:15-1:30	One routine only	Hoop, Ball + App of choice (no FX)
Body Difficulty	Dance Steps Combination	Dynamic Elements with Rotation	Apparatus Difficulty
BD Min 3- Max 7 X1 jump/leap X1 balance X1 rotation X4 optional Any skill value	S Minimum 2 required 8 seconds Value 0.3 per combination (no maximum limit)	R - Min 1 - Max 4 Different rotations required and minimum of 2 base rotations as per FIG requirements.	AD Minimum 1

4. Judging

Routines will be judged by 2 panels:

- **Difficulty:** using adapted technical requirements based on the FIG CoP
 - Up to 4 judges working in sub groups: sub group 1 – D1 D2 (two judges), sub group 2 – D3 D4 (two judges)
 - Minimum of 2 judges may assess both D1 D2 and D3 D4 at the same time depending on judge availability.
- **Execution:** as per the FIG CoP
 - Up to 6 judges working in sub groups: sub group 1 – artistic faults (two judges), sub group 2 – technical faults (four judges).
 - A minimum of 3 judges may be used, with 1 judging artistry and 2 judging execution.
- Minimum judge accreditation shall be Intermediate.



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5. Score Calculation and Awards

The final score on each apparatus will be established utilising two separate scores – D score (Difficulty) and E Score (Execution). The final score is determined by the addition of the D + E scores, minus any coordinator judge deductions, as per the FIG CoP.

5.1. Awards

5.1.1. Open

Individual Apparatus – 1st to 6th place

All Around – 1st to 6th place

- Athlete must perform two routines to be eligible for All Around

5.1.2. Masters

Individual Apparatus – 1st to 6th place

All Around – 1st to 6th place

- All Around is calculated from top two routine scores
- Athlete must perform two routines to be eligible for All Around