



RHYTHMIC GYMNASTICS

GLOSSARY



Apparatus Handling

Routines must include 12 instances of apparatus handling, selected from the current FIG Code of Points. Each handling is valued at 0.2 points and may be credited up to three times, with no partial points awarded. To earn credit, the handling must be performed in conjunction with a body skill, rhythmic steps, or other body movements, distributed as follows: six with body skills (1.2 points), three with rhythmic steps (0.6 points), and three free-choice handlings (0.6 points).

Connections

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)

Elegance and Expression

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

Body Skills

Routines must include six body skill difficulties, consisting of two different leaps or jumps, two different pivots, and two different balances, all derived from the current FIG Code of Points. Difficulty values are as follows: FIG 0.1 at 0.2 points, FIG 0.2 at 0.4 points, and FIG 0.3 or higher at 0.6 points. Each body skill must incorporate at least one instance of apparatus handling. Full credit is awarded when skills meet FIG standards for execution and amplitude, partial credit may be given based on judge discretion, and no credit is given for omitted or unrecognizable skills.

D Panel (Difficulty) 10.0

- 3.6 Body Skills
- 2.4 Apparatus Handling
- 1.8 Rhythmic Steps
- 0.2 Virtuosity
- 2.0 Mastery

E Panel (Execution) 10.0

- 7.0 Execution, Amplitude, and Apparatus Technique
- 1.0 Connections
- 1.0 Musicality
- 0.5 Floor pattern and use of space
- 0.5 Elegance and Expression





Execution, Amplitude, and Apparatus Technique

The following 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.

- 3.0 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 2.0 Amplitude – 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.).

Musicality

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)

Virtuosity

At the judge's discretion, the athlete may be awarded up to 0.2 points for virtuosity. No partial points may be given. To receive points for virtuosity, the athlete must demonstrate clean execution and excellent amplitude throughout the entire routine, a clear connection between the choreography and the music, intricate apparatus handling, and complex dance steps that reflect the character of the music.

Floor Pattern and Use of Space

The floor area must be used completely. Different levels will be judged as in gymnast in flight, standig, on the floor, etc.. The variety of directions/trajectories of the body/apparatus movements as in forward, backwards, etc.. will be judged. And the variety in the modalities of travelling (FIG).

Mastery

There is no requirement for Mastery elements, but they are selected from the current FIG Code of Points (see chart in the Appendix). Each Mastery element is worth 0.4 points, with a maximum of 5 Mastery elements allowed.

Rhythmic Dance Steps

Routines must include three sequences, each consisting of 4-6 dance steps that align with the music's character and choreography. Each sequence is valued at 0.6 points, with no partial credit awarded. To receive credit, rhythmic dance steps must be performed with active apparatus use; static apparatus handling will result in no points.

