





**REGISTER OF CHANGES**

Date	Section	Change
<b><u>Erata 1 – February 2014</u></b>		
Jan 2014	Elements Level 6	'Other Elements' table showed "2" mastery allowed, should read "3" (Page 20)
Feb 2014	Dynamic Element of Rotation – Risk	Notes at bottom of page clarified (Page 28)
Feb 2014	Judging Multiples Routines	Wording of difficulties without exchange in multiples (Page 38)

## Elements Level 6
















	<b>Fx</b>	<b>Rope</b>	<b>Hoop</b>	<b>Ball</b>	<b>Clubs</b>	<b>Ribbon</b>
<b>Leap 1</b>	<b>Turning stag leap (0.3)</b>	<b>Split leap with ring (0.3)</b>	<b>Scissor leap at the horizontal, forward or backward (0.1)</b>	<b>Switch stag leap (0.2)</b>	<b>Vertical jump with rotation of the trunk 360° (0.2)</b>	<b>Stag leap with ring (0.2)</b>
<b>Balance 1</b>	<i>Fouetté: leg at the horizontal for 2 shapes min. + min. 1 turn (0.3)</i>	<i>Passé with body bent backward (0.1)</i>	<b>Free leg high up, with help forward or sideways on flat foot (0.1)</b>	<b>Cossack: one leg at horizontal, gymnast changing level (0.2)</b>	<b>Free leg at the horizontal (0.2)</b>	<b>Arabesque at the horizontal (0.3)</b>
<b>Rotation 1</b>	<b>Roll over splits (0.1)</b>	<b>Arabesque rotation 360° (0.3)</b>	<b>Free leg straight on the horizontal, 360° (0.2)</b>	<b>Free leg below horizontal body bent forwards 360° (0.1)</b>	<b>Illusion forward (0.1)</b>	<b>Fouetté, one rotation only, 360° (0.1)</b>
<b>Leap 2</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>
<b>Balance 2</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>
<b>Rotation 2</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>	<b>Optional (0.1 – 0.3)</b>

<b>Other elements</b>	Dynamic elements 2 required: throw with rotation  R 1 or  R 2 (max. value 0.4)	Dance steps 1 set required minimum 6 seconds	Modified Mastery 2 allowed 3 allowed
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**NOTE: The optional elements are restricted to a maximum base value of 0.3. The ONE optional pivot can be performed as either a single or a double rotation.**

## Dynamic Element of Rotation – Risk

**Additional Criteria** - increases by 0.10 for each additional criteria notated in the judge's assessment

	Change of body rotation axis under the throw or during the catch of the apparatus
	Outside the visual control during the throw/catch
	Without help of the hands during the throw/catch
	Change of level
	Passing through the apparatus during throw/catch
<b>Specific throws of the apparatus</b>	
 	rotations around diameter; horizontal or vertical plane
	Oblique plane
	Throw/catch of 2 Clubs
	Asymmetric throw of 2 Clubs Mixed catch of Rope/Clubs Throw under the leg(s) during jump/leap
	Clubs: throws in cascade or alternating
	Open Rope
<b>Specific catches of the apparatus</b>	
	Direct catch in a roll
	Re-throw/re-bound
	Direct catch in rotation

### # NOTE

- Level 3 requires a simple throw with a value of 0.1
- Level 4 requires a simple throw with a value of 0.1. and one  $R^1$  with a value of 0.1
- Level 5 are required to perform two dynamic elements throw with rotation  $R^1$  or  $R^2$  (each DER value can increase by 0.10 point for each additional criteria to a max value 0.2 made up of base 0.1 plus one criteria)
- Level 6 are required to perform two dynamic elements throw with rotation  $R^1$  or  $R^2$  (each DER value can increase by 0.10 point for each additional criteria to a max value 0.4 made up of base 0.1 plus one, two or three criteria)

*The judge will not have sheets so this needs to be clear as a judge will annotate a possible dynamic element of rotation as they are judging.*

# JUDGING MULTIPLES ROUTINES

## 1. NUMBER OF GYMNASTS

Multiples consist of groups of either three or four gymnasts, competing in separate divisions.

## 2. ENTRY

The placing of the group on the floor must be done with rapid marching and no music

- **Penalty** by the Coordinator Judge: 0.30 if this rule is not met.

## 3. CONTACT WITH THE APPARATUS

At the beginning of the exercise, one or several gymnasts cannot remain without apparatus for longer than 4 body movements (more than 4 seconds)

- **Penalty** by the Execution Judge: 0.30 if this rule is not met.

At the end of the exercise, each gymnast may hold or be in contact with one or several apparatus. In this case, one or several gymnasts may be without apparatus in the final position.

- **Penalty** by the Execution Judge: 0.30 if none of the gymnasts are in contact with the apparatus at the final position.

## 4. DIFFICULTY

Multiple routines include two types of difficulty limited to a maximum of 4 difficulties in **Category 1 and 2**, and a maximum of 6 difficulties in **Category 3 and 4**. Half of the difficulties are with exchange and half are without.

### a. Difficulties without exchange

All the Body Difficulties listed for individual exercises are valid for multiple routines. The Difficulties may be of the same type and level for all gymnasts or of different types and levels. The lowest value Difficulty performed by one of the gymnasts will determine the value of the Difficulty.

Difficulties will not be valid if they are not performed by all the gymnasts in the routine, either due to a composition fault or any of the technical faults of one or several gymnasts. The routine must represent all body movement groups (leaps and jumps; balances; rotations), there must be variety in the movements.

- **Category 1 and 2** the **two** required difficulties **without exchange must be from different body movement groups e.g. 1 X leap, 1 X rotation.**
- **Category 3 and 4** the **three** required difficulties **without exchange must be from different body movement groups e.g. 1 X leap, 1 X rotation, 1 X balances**

### b. Difficulties with exchange

Exchanges must have 1 body movement element and/or another criteria during the exchange as set out in the NPM table. The base value of each exchange is 0.10, performed with minimum 1 criteria.

- Exchanges can be performed together or in very rapid succession, with or without travelling, by the gymnasts together or by sub group
- Difficulties with exchange are only achieved by throwing the apparatus
- The exchange may be at the same level or at a different level for each of the gymnasts
- The value of the exchange will be determined by the value achieved by the gymnast with the lowest difficulty.

The basic exchange is valid only if all gymnasts participate in both actions of an exchange: **throwing** her own apparatus; **receiving** an apparatus from a partner. If one or several apparatus fall or collide during the exchange, the exchange is no longer valid.