

2023-2031 RHYTHMIC PROGRAM OVERVIEW

LEVEL A (Mixed gender)

Floor, Rope, Hoop, Ball, Clubs, Ribbon

Routines are performed seated.

Athletes choose any 3 routines to compete. No All-Around awards given.

Female & male athletes are awarded together.

LEVEL B (Mixed gender)

Floor, Rope, Hoop, Ball, Clubs, Ribbon

These will be the Level A routines performed standing.

Athletes choose any 3 routines to compete. No All-Around awards given.

Female & male athletes are awarded together.

LEVEL C (Male & Female)

Required for female athletes – Floor. Evaluated, but no awards

Female athletes choose any 2 apparatus routines to compete: Rope, Hoop, Ball, Clubs, Ribbon.

Male athletes choose any 3 apparatus routines to compete: Rope, Clubs, Stick, Rings.

Female & Male athletes are awarded separately.

Awards given for apparatus routines. No All-Around awards given.

LEVEL 1 (Male & Female)

Required for female athletes – Level 1/2 Floor/free routine. Evaluated, but no awards

Females - Required 3 mandatory compulsory routines: Rope, Ball, Ribbon

Choose an additional compulsory routine: Hoop, Clubs (will be awarded a mixed apparatus, not separately)

Males – Required Rope, Clubs, Stick, Rings

LEVEL 2 (Female)

Required – Level 1/2 Floor/free routine. Evaluated, but no awards

Required 3 mandatory compulsory routines: Hoop, Clubs, Ribbon

Choice of an additional compulsory routine: Rope, Ball (will be awarded as mixed apparatus, not separately)

LEVEL 3 (Female)

Required – Compulsory Level 3/4 Floor/free routine. Evaluated, but no awards

Level 3 apparatus routines will be a “hybrid” of compulsory & optional.

Required 3 mandatory apparatus: Rope, Ball, Clubs

Choice of an additional apparatus: Hoop, Ribbon (will be awarded as mixed apparatus, not separately)

Requirements for Optional routines:

3 required body difficulties, with apparatus handling specified – 1 jump/leap, 1 pivot, 1 balance

2 required dance passes, with apparatus handling or body element specified.

3 additional required skills

Athletes can choose to compete the Level 3 compulsory routines or optional routines (with the required skills performed exactly as specified in the videos), or a combination (for example – 2 compulsory & 2 optional routines). This way, coaches who do not have choreography experience have routines. Or – coaches & athletes moving into optionals have easier & fewer requirements.

Compulsory & optional routines will be awarded together for each apparatus.

Max. time for optional routines: 1:15

LEVEL 4 (Female)

Required – Compulsory Level 3/4 Floor/free routine. Evaluated, but no awards

Required apparatus routines: Hoop, Ball, Clubs, Ribbon

GROUP

In addition to individual, gymnasts can enter 2 group routines: group floor exercise & 1 group apparatus routine. Gymnasts cannot enter 2 group apparatus routines.

Group Floor Exercise (compulsory routine)

Small group – 4-6 gymnasts

Large Group – 8-12 gymnasts

Group Ball (compulsory routine)– 4-6 gymnasts

Group Hoop (compulsory routine) – 4 gymnasts

Group Hoop/Ball (compulsory routine) – 4 gymnasts

Group apparatus – Duets & Trios (Optional/Voluntary routine) – 2-3 gymnasts

Maximum time: 1:30

Required:

- 3 Body Difficulties: 1 jump/leap, 1 pivot, 1 balance
- 1 dance sequence
- 2 exchanges: minimum 2 meters

Group Floor Exercise – Duets & Trios (Optional/Voluntary routine)

Maximum time: 1:30

Required:

- 3 Body Difficulties: 1 jump/leap, 1 pivot, 1 balance
- 2 dance sequences
- 1 collaboration

Award categories:

- Group Floor Exercise – small groups
- Group Floor Exercise – large groups
- Group apparatus – Ball, Hoop, Ball/Hoop (awarded together, not separated by apparatus)
- Floor Exercise – Duets & Trios
- Group Apparatus – Duets & Trios (awarded together, not separated by apparatus)