



## **2010 BOSTON CUP RHYTHMIC GYMNASTICS INVITATIONAL**

### **TECHNICAL GUIDELINES**

The US Rhythmic Gymnastics competitive program is based on the skill level of the gymnast, with several age group divisions within each skill level. The US competitive levels begin at Level 3 and go up to Level 10 Elite. Please use the following information to properly place your athletes into the appropriate US level equivalents. Level 9 & 10 gymnasts compete according to FIG Rules & Regulations, while Level 3-8 gymnasts will compete according to the USA Junior Olympic Rules & Regulations.

#### ***Level of proficiency:***

- The US competitive structure is based on the proficiency level of a gymnast.
- Level 9/10 Senior: Compete according to FIG COP for Senior gymnasts
  - Level 9/10 Junior: Compete according to FIG COP for Junior gymnasts
  - Level 7 & 8: Preparatory levels using simplified FIG COP
  - Level 3, 4, 5, 6: Basic proficiency levels

#### ***Age Division:***

- At each level, gymnasts will compete and be awarded within their age group.
- |                                                                                                                           |                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Level 3-8:<br>Senior: 1994 & Older<br>Junior: 1995-1998<br>Child C: 1999-2000<br>Child B: 2001-2002<br>Child A: 2003-2004 | Level 9-10 FIG:<br>Senior: 1994 & older<br>Junior: 1995 - 1997<br>Hopes: 1998 & younger |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|

#### ***Apparatus Schedule:***

FIG Senior: ROPE, HOOP, BALL, RIBBON  
 FIG Junior & Hopes: ROPE, HOOP, BALL, CLUBS

Level	Apparatus Schedule
3	Free Hands, Rope, Ball
4	Free Hands, Rope, Ball
5	Free Hands, Rope, Hoop, Ball
6	Free Hands, Rope, Ball, Ribbon
7	Free Hands, Rope, Hoop, Ribbon
8	Free Hands, Hoop, Ball, Ribbon

### **Level 3-10 routine requirements:**

Score Calculation for levels 3 – 8 = D1 + D2 + A + E

Score Calculation for levels 9/10 = (D1+D2)/2+A+E

Level	D1 Values allowed	D1	D1 max value	D2 max value	Risk	A	E	TOTAL
9/10 S	all	12 difficulties	10.00 max	10.00 max	min.3	10.00	10.00	30.00
9/10 J	all	10 difficulties	7.00 max	10.00 max	max.2	10.00	10.00	27.00
8	A-H	9 difficulties	6.0 max	7.0 max	max. 2	3.0	10.0	26.00
7	A-F	8 difficulties	4.0 max	5.0 max	max. 1	3.0	10.0	22.00
6	A-D	7 difficulties	2.5 max					16.00
5	A-C	6 difficulties	1.5 max					14.00
4	A-B	6 difficulties	1.2 max					12.00
3	A	5 difficulties	0.5 max					10.00

***\*No D1/D2 FORMS required for levels 3 -6\****

***\*Level 7-10 must turn in 4 copies of D1/D2 forms for each routine\****

***\*Level 9/10 please bring 4 extra copies for apparatus finals\****

Complete text of the US rhythmic gymnastics technical requirements for levels 3-6 and score calculations as well as free hands exercise requirements can be found at:

[http://www.usa-gymnastics.org/PDFs/Rhythmic/Junior%20Olympics/JO\\_Provisional\\_09.pdf](http://www.usa-gymnastics.org/PDFs/Rhythmic/Junior%20Olympics/JO_Provisional_09.pdf)

Please contact us if you have any questions regarding level placement or requirements.

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