

**PROGRAMME TECHNIQUE INDIVIDUEL EN GYMNASTIQUE RYTHMIQUE
SAISON 2022**

| | DIVISION A | | | DIVISION B | | | DIVISION C | | |
|-----------------------|--|-----------|-----------|---|-----------|--|---|-----------|-----------|
| Benjamines 2016 | | | | | | | WA | | |
| | DB | | DA | A/ E | | DB | | DA | A/ E |
| | BD: 7 (min 1 of each BD group) Max .3 R (throw high don't important) 2 Wave | | Max 15 AD | FIG Rules | | BD: 7 (min 1 of each BD group) 2 Wave | | - | FIG Rules |
| Benjamines 2015 | WA + 1 apparatus of choice | | | WA | | | WA | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | BD: 7 (min 1 of each BD group) Max .3 R (throw high don't important) 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) 2 Wave | - | | BD: 7 (min 1 of each BD group) 2 Wave | - | FIG Rules |
| Benjamines 2014 | WA + 1 apparatus of choice | | | WA + 1 apparatus of choice | | | WA | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | BD: 7 (min 1 of each BD group) max. 1 CDB Max .3 R (throw high don't important) 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB Max .3 R 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB 2 Wave | - | FIG Rules |
| Minimes 2013 | WA+ 2 apparatus of choice | | | WA + 1 apparatus of choice | | | WA | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | BD: 7 (min 1 of each BD group) max. 1 CDB Max .3 R 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB Max .3 R 2 Wave | Max 15 AD | FIG Rules | BD: 7, (min 1 of each BD group) max. 1 CDB 2 Wave | - | FIG Rules |
| Minimes 2012 | WA + 2 apparatus of choice | | | WA + 1 apparatus of choice | | | WA + 1 apparatus of choice | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | BD: 7 (min 1 of each BD group) max. 1 CDB Max .3 R 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB Max .3 R 2 Wave | Max 15 AD | FIG Rules | BD: 7, (min 1 of each BD group) max. 1 CDB 2 Wave | - | FIG Rules |
| Espoir 2011 | 3 apparatus of choice | | | WA + 2 apparatus of choice | | | WA + 1 apparatus of choice | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | BD: 7 (min 1 of each BD group) max. 1 CDB Max .4 R 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB Max .4 R 2 Wave | Max 15 AD | FIG Rules | BD: 7, (min 1 of each BD group) max. 1 CDB 2 Wave | Max 15 AD | FIG Rules |
| Espoir 2010 | 3 apparatus of choice | | | 3 apparatus of choice | | | 2 apparatus of choice | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | BD: 7 (min 1 of each BD group) max. 1 CDB Max .4 R 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB Max .4 R 2 Wave | Max 15 AD | FIG Rules | BD: 7, (min 1 of each BD group) max. 1 CDB 2 Wave | Max 15 AD | FIG Rules |
| Juniors 2007-2009 | 4 apparatus of choice | | | 3 apparatus of choice | | | 2 apparatus of choice | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | FIG Rules Non -dominant just A-junior | FIG Rules | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB Max .4 R 2 Wave | Max 15 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 1 CDB Max .4 R 2 Wave | Max 15 AD | FIG Rules |
| Senior 2006 and older | 4 apparatus of choice | | | 3 apparatus of choice | | | 2 apparatus of choice | | |
| | DB | DA | A/ E | DB | DA | A/ E | DB | DA | A/ E |
| | FIG Rules | FIG Rules | FIG Rules | BD: 7 (min 1 of each BD group) max. 3CDB Max .5 R 2 Wave | Max 20 AD | FIG Rules | BD: 7 (min 1 of each BD group) max. 3CDB Max .5 R 2 Wave | Max 20 AD | FIG Rules |