

**PROGRAMME TECHNIQUE INDIVIDUEL EN GYMNASTIQUE RYTHMIQUE
SAISON 2023**

| | DIVISION A | | | DIVISION B | | |
|-----------------------|--|-----------|-----------|---|-----------|-----------|
| Benjamines 2017 | | | | | | |
| Benjamines 2016 | WA + 1 apparatus of choice | | | 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 + 1 apparatus of choice | | |
| | 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 |
| Minimes 2014 | WA+ 2 apparatus of choice | | | WA + 1 apparatus of choice | | |
| | 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 |
| Minimes 2013 | 3 apparatus of choice | | | WA + 2 apparatus of choice | | |
| | 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 |
| Espoir 2012 | 3 apparatus of choice | | | WA + 2 apparatus of choice | | |
| | 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 |
| Espoir 2011 | 4 apparatus of choice | | | 3 apparatus of choice | | |
| | 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 |
| Juniors 2010-2008 | 4 apparatus of choice | | | 3 apparatus of choice | | |
| | 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 |
| Senior 2007 and older | 4 apparatus of choice | | | 3 apparatus of choice | | |
| | 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 |