

**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 :9 (min 1 of each BD group) max. 3CDB Max :5 R 2 Wave	Max 20 AD	FIG Rules

<u>Individuel -2023</u>	Division - C	Division - D
Benjamines 2017	Sans engins 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A ,E –Code FIG	
Benjamines 2016	Sans engins 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A ,E –Code FIG	Sans engins 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A ,E –Code FIG
Benjamines 2015	Sans engins 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A ,E –Code FIG	Sans engins 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A ,E –Code FIG
Minimes 2014	Sans engins + 1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A ,E –Code FIG	Sans engins 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A ,E –Code FIG
Minimes 2013	Sans engins + 1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave, max. 1 R DA 15+ Fundamental A , E –Code FIG	Sans engins 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave A , E –Code FIG
Espoirs 2012	Ball +1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave, max. 2 R DA 15+ Fundamental A , E –Code FIG	1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave, max. 2 R DA 15+ Fundamental A , E –Code FIG
Espoirs 2011	Ball +1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave, max. 3 R DA 15+ Fundamental A , E –Code FIG	1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave, max. 3R DA 15+ Fundamental A , E –Code FIG
Juniors 2010- 2008	Clubs +1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle) max.1 CDB, 2 Wave, max. 4 R DA 15+ Fundamental A , E –Code FIG	1Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave, max. 4 R DA 15+ Fundamental A , E –Code FIG
Seniors 2007 et avant	Clubs +1 Engin de choix 9 BD (min. 1 chaque groupes difficulté corporelle) max 3CDB, 2 Wave, max. 5 R DA 20+ Fundamental A , E –Code FIG	1 Engin de choix 7 BD (min. 1 chaque groupes difficulté corporelle), 2 Wave, max. 4 R DA 15+ Fundamental A , E –Code FIG

1. R-throw hight don`important / 2.Difficulte max. 0,6 /

Ensembles -2023 4-6 Person 2 gymnastics older / or younger by 1 year, from the age of the category	Division - A	Division - B
Benjamines 2017-2015 Musique de 1'15 à 1'30	<u>sans engin</u> DB: Min 3 DB - max. 6 BD (without CDB)(min. 1groupe corporal) 2 Wave DA: C =0,1 + (under, over, in)= 0,1 CR = 0,1 + Gym = 0,1 + Akro +01 + Serie =0,2 + + (under, over, in)= 0,1 E,A= Code FIG	<u>sans engin</u> DB: Min 3 DB - max. 6 BD (without CDB)(min. 1groupe corporal) 2 Wave DA: C =0,1 + (under, over, in)= 0,1 CR = 0,1 + Gym = 0,1 + Akro +01 + Serie =0,2 + + (under, over, in)= 0,1 E,A= Code FIG
Minimes 2014-2012 Musique de 1'30 à 2'00	<u>ball</u> DB: 8 BD +ED(min. 3 –max 5),(max 1 CDB)(min. 1groupe corporal) 2 Wave, max.1RED = 0,2 (6 m) DA: Min 2 CC, CR, C [↗] (6m) + min 2 spez.Fundamental min. 4 C min. 2 S max. 1 R E,A= Code FIG	<u>hoop</u> DB: 8 BD +ED(min. 3 –max 5),(max 1 CDB)(min. 1groupe corporal) 2 Wave, max.1RED = 0,2 (6 m) DA: Min 1 CC, CR, C [↗] (6m) + min 2 spez.Fundamental min. 4 C min. 2 S max. 1 R E,A= Code FIG
Espoirs 2012-2010 Musique de 2'00 à 2'30	<u>clubs</u> DB: 8 BD +ED(min. 3 –max 5),(max 1 CDB)(min. 1groupe corporal) 2 Wave, max.1RED = 0,2 (6 m) DA: Min 2 CC, CR, C [↗] (6m) + min 2 spez. Fundamental E,A= Code FIG	<u>ball</u> DB: 8 BD +ED(min. 3 –max 5),(max 1 CDB)(min. 1groupe corporal) 2 Wave, max.1RED = 0,2 (6 m) DA: Min 1 CC, CR, C [↗] (6m) + min 2 spez. Fundamental E,A= Code FIG
Juniors 2010 – 2008	<u>hoop</u> FIG –Junior (6m)	<u>clubs</u> FIG –Junior (6m)
Seniors 2007 et avant	<u>3 Ribbon + 2(3) Ball</u> FIG –Senior (6m)	<u>hoop</u> FIG –Senior (6m)

4 Step possible with Gymnast.