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|--|---|---|
| Ensembles -2024 4-6 persons 2 gymnastics older / or younger by 1 year, from the age of the category | Division - A | Division - B |
| Benjamins 2018-2016 Musique de 1'15 à 1'30 | <u>W.A</u> DB: Min 3 DB - max. 6 BD (without CDB)(min. 1 group 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>W.A</u> DB: Min 3 DB - max. 6 BD (without CDB)(min. 1 group 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 2015-2013 Musique de 1'30 à 2'00 | <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 2 CC, CR, C ↗ (6m)+ min 2 spec. fundamentals min. 4 C min. 2 S max. 1 R E,A= Code FIG | <u>W.A</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 spec. fundamentals min. 4 C min. 2 S max. 1 R E,A= Code FIG |
| Espoirs 2013-2011 Musique de 2'00 à 2'30 | <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 spec. fundamentals 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 spec. fundamentals E,A= Code FIG |
| Juniors 2011 – 2009 | <u>hoop + clubs</u> FIG -.Junior (6m) | <u>ball</u> FIG –Junior (6m) |
| Seniors 2008 et avant | <u>hoop + ribbon</u> FIG –Senior (6m) | <u>clubs</u> FIG –Senior (6m) |

4 steps possible with gymnast. / 6 M – Change / CR