

# **RG NSW LEVEL 1-4 STATE PROGRAM**

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*Updated: 01/05/2025*

## Level 1-4 Apparatus, Music & Set Routines

	LEVEL 1		LEVEL 2		LEVEL 3		LEVEL 4	
APPARATUS	Freehand	Ball	Freehand	Hoop	Ball	Clubs	Hoop	Ribbon
MUSIC	<a href="#"><u>LINK</u></a> <i>(NEW in 2025)</i>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a> <i>(NEW in 2025)</i>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a>	<a href="#"><u>LINK</u></a> <i>(NEW in 2025)</i>
ROUTINE	Club Optional	*NSW Set Routine*  <a href="#"><u>LINK TO ROUTINE VIDEO</u></a>	Club Optional	*NSW Set Routine*  <a href="#"><u>LINK TO ROUTINE VIDEO</u></a>	Club Optional	Club Optional	Club Optional	Club Optional
FLOOR REQUIREMENTS	Level 1-2 competes on half of 2-3 strip mats, concurrent floors, 2-6 competing at same time				Level 3-4 competes on 3 full strip mats, concurrent floors, 2-3 competing at same time			




### **\*Level 1-2 Set Apparatus Routines\***

- Routine order of elements is set
- Some components of the routine are variable, i.e. dance steps, handling in DB, execution of a fundamental, connection moves etc is variable. However, these elements must be performed to the part of the music and in the routine order as per the routine video example. This is to allow flexibility to suit the varying ability of athletes in this level to enhance their personal development and competition experience.
- Examples of variability:
  - L1 Ball Dance Steps 'backwards spring points' -> 'backwards slides' OR entirely new set of dance
  - L1 Ball 'roll down 1 arm' -> 'roll down back' OR 'roll down arm + directly down back'
  - L2 Hoop 'swing into rotations on the hand and swing out with side chase' -> 'rotations on the hand, over head, with a pose'
  - L2 Hoop 'start pose on floor, pass around waist + 3 hoop taps on floor' -> start standing, pass around waist + 3 dance poses'

### **Club Optional**

The Club has complete creative freedom in routine composition of NSW Routine Requirements to the NSW Set Music.

ELEMENT	LEVEL 1		LEVEL 2		LEVEL 3		LEVEL 4	
JUDGING PRINCIPLES	Good, Better, Best (1, 2, 3)				FIG - Execution, DB & DA Modified - Risk & Artistry			
JUMP/LEAP	Tuck Jump OR Low Scissor Leap		Stag Jump/Leap OR Low Split Leap (90°)		Highest <b>3</b> Counted - Max. 0.4 Value* (Min. 1x Leap, 1x Balance, 1x Rotation) <i>(0.3 penalty for each missing)</i>  *Max. possible value awarded is 0.4 <i>E.G. Gymnast attempts x6 fouette pivots, maximum 0.4 awarded in DB.</i>		Highest <b>4</b> Counted - Max. 0.4 Value* (Min. 1x Leap, 1x Balance, 1x Rotation) <i>(0.3 penalty for each missing)</i>  *Max. possible value awarded is 0.4 <i>E.G. Gymnast attempts x6 fouette pivots, maximum 0.4 awarded in DB.</i>	
BALANCE	Releve on Two Feet OR Passe Balance on Flat Foot		Passe Balance on Releve OR Low Horizontal Balance on Flat Foot (Front, Side or Back/Min. 45°)					
ROTATION	Chaine Turn OR Passe Pivot (180°)		Double Chaine Turn OR Passe Pivot (360°)					
DYNAMIC ELEMENT OF ROTATION (R)	1 x Modified Throw & Catch in One Hand <i>*Modified - only medium throw required</i>				Max. 1 (Single* or Double Rotation) <i>*Modified - Single rotation + criteria allowed, only medium throw required, no penalty if missing.</i>			
DIFFICULTY OF APPARATUS (DA)	None Required.				Max. 2 (FIG value, no penalty if missing)		Max. 4 (FIG value, no penalty if missing)	
WAVES (W)	1x Body Wave <i>Forward, Backwards or Sideways</i>				None Required.			
DANCE (S)	<b>1x 8 Seconds of Dance Steps</b> <ul style="list-style-type: none"> <li>Minimum 8 seconds in length with the apparatus in motion</li> <li>Movements in harmony with the rhythm</li> <li>Defined character</li> <li>With varieties of modalities of travel (min. 2) and displacement</li> </ul>				<b>2x 8 Seconds of Dance Steps</b> <ul style="list-style-type: none"> <li>Minimum 8 seconds in length with the apparatus in motion</li> <li>Movements in harmony with the rhythm</li> <li>Defined character</li> <li>With varieties of modalities of travel (min. 2) and displacement</li> </ul>			
Apparatus Technical Elements (FUNDAMENTALS)	1, 2 or 3 per Fundamental (Assessed 1x each)				+ 0.2 Bonus per Fundamental (Awarded 1x each, max. value 0.8, no penalty if missing)			
	Freehand	Ball	Freehand	Hoop	Ball	Clubs	Hoop	Ribbon
	Isolated Pre-Acrobatic Element	Series (3) Small Bounces	Series Pre-Acrobatic Elements (2)	Rotations on Hand/s	Large Roll (Min. 2 large body segments)	Mills (Min. 2 circles)	Large Roll (Min. 2 large body segments)	Spirals OR Swordsman (Min. 3 loops)
	Non Pre-Acrobatic Element	Roll Over 1 Body Part	Non Pre-Acrobatic Element	Roll Over 1 Body Part	Figure 8/ Circumduction	Small Throw/ Toss 360° (Unlocked)	Axis Spin (In fingers or on part of the body)	Snakes (Min. 3 waves)
	Kneeling Lunge (Arms Optional)	Half Circumduction	Seal Hold (Legs Optional)	Passing Through	Catch of the Ball in One Hand (Medium throw)	Asymmetric Movement	Rotations (Hand or body part)	Echappe
				Bounce/s	Hand Circles (Min. 1)	Passing Through (Whole or part)	Boomerang (On floor or in air)	

ELEMENT	LEVEL 1	LEVEL 2	FURTHER CLARIFICATIONS	
JUMP/LEAP	Tuck Jump OR Low Scissor Leap (Min. 45°)	Stag Jump/Leap OR Low Split Leap (Min. 90°)	<p><b>'Low' Progression Body Difficulties</b></p> <ul style="list-style-type: none"> <li>Minimum 45° - Hip/leg angle from the floor.</li> <li>Minimum 90° - Legs should be equally apart and equally raised.</li> <li>Gymnasts are always welcome to go above the minimum so long as the BD is correctly executed</li> </ul>  <p><b>Apparatus Handling</b></p> <ul style="list-style-type: none"> <li>Each BD <u>requires</u> fundamental/non-fundamental handling for the BD to be validated</li> <li>Type of handling is <u>OPTIONAL</u>, handling performed in video is recommended but not set and can be changed to other handling to suit the needs of your individual gymnasts</li> </ul>	
BALANCE	Releve on Two Feet OR Passe Balance on Flat Foot	Passe Balance on Releve OR Low Horizontal Balance on Flat Foot (Front, Side or Back/Min. 45°)		
ROTATION	Chaine Turn OR Passe Pivot (180°)	Double Chaine Turn OR Passe Pivot (360°)		
DYNAMIC ELEMENT OF ROTATION (R)	1 x Modified Throw & Catch in One Hand (Modified - only medium throw required)		<ul style="list-style-type: none"> <li>Medium Height, controlled catch in one hand</li> <li>Extension in the throw, aligned so there is no change in trajectory, good body amplitude throughout</li> </ul>	
WAVES (W)	1x Body Wave (Forward, Backwards or Sideways)		<ul style="list-style-type: none"> <li>Must show contraction and de-contraction</li> <li>Full use of body from including knees, hips, back and head</li> <li>Defined character</li> <li>With variety of modalities of travel (min. 2) and displacement</li> </ul>	
DANCE (S)	1x 8 Seconds Dance (As per FIG Definitions, Page 106 FIG CoP)		<p><b>Each Dance Steps Combination must be performed with the following requirements to be valid:</b></p> <ul style="list-style-type: none"> <li>Min. 8 Seconds in length with the apparatus in motion</li> <li>Movements in harmony with the rhythm</li> </ul>	
FUNDAMENTALS	LEVEL 1 - FREEHAND	LEVEL 1 - BALL	LEVEL 2 - FREEHAND	LEVEL 2 - HOOP
	<p><b>Isolated Pre-Acrobatic Element</b></p> <ul style="list-style-type: none"> <li>Refer to 4.5. Pre-Acrobatic Elements in RG FIG CoP, Page 45</li> </ul>	<p><b>Series (3) Small Bounces</b></p> <ul style="list-style-type: none"> <li>Below knee height, controlled bounce &amp; catch when complete</li> </ul>	<p><b>Series Pre-Acrobatic Elements (2)</b></p> <ul style="list-style-type: none"> <li>May be 2x same or different Pre-Acrobatic Elements OR may be 1x Pre-Acrobatic Element combined with 1x Vertical Rotation in any order (4.6. Vertical Rotations, RG FIG CoP, Page 50)</li> <li>For Example: 2x Cartwheels OR 1x Turning Catleap + 1x Walkover Forward OR 1x Chaine Turn + 1x Forward Roll</li> </ul>	<p><b>Rotations on Hand/s</b></p> <ul style="list-style-type: none"> <li>Clean and clear rotations with correct planing.</li> <li>Controlled motion into and out of rotations</li> </ul>
	<p><b>Non Pre-Acrobatic Element</b></p> <ul style="list-style-type: none"> <li>Select from table below</li> </ul> <div style="border: 1px dashed black; padding: 5px;"> <ol style="list-style-type: none"> <li>Dorsal support on the shoulders</li> <li>Side or front splits on the floor, without any stop in the position</li> <li>Support on one or two hands or forearms without any other contact with the floor without walkover/cartwheels and without any stop in the vertical position</li> </ol> </div>	<p><b>Roll Over 1 Body Part</b></p> <ul style="list-style-type: none"> <li>Unassisted for duration of the roll</li> <li>Roll across 2 arms or 2 legs next to each other is not valid</li> <li>Example: Down one arm, down back</li> </ul>	<p><b>Non Pre-Acrobatic Element</b></p> <ul style="list-style-type: none"> <li>Select from table below</li> </ul> <div style="border: 1px dashed black; padding: 5px;"> <ol style="list-style-type: none"> <li>Dorsal support on the shoulders</li> <li>Side or front splits on the floor, without any stop in the position</li> <li>Support on one or two hands or forearms without any other contact with the floor without walkover/cartwheels and without any stop in the vertical position</li> </ol> </div>	<p><b>Roll Over 1 Body Part</b></p> <ul style="list-style-type: none"> <li>Unassisted for duration of the roll</li> <li>Roll across 2 arms or 2 legs next to each other is not valid</li> <li>Example: Down one arm OR down back</li> </ul>
	<p><b>Kneeling Lunge</b> (Arms Optional)</p> <ul style="list-style-type: none"> <li>Hips down, chest up, gaze up</li> <li>Hands can be resting on knee or free choice to suit ability of gymnast</li> <li>Example: Arms to ears, pushing forward, arms in present etc</li> </ul> 	<p><b>Half Circumduction</b></p> <ul style="list-style-type: none"> <li>"Scoop wrist motion" alone not valid</li> <li>Ball to start stretched in front, gymnast to arch back and half-circle the ball to back, arm to ear, then half-circle back to front in the same direction</li> </ul>	<p><b>"Seal" Shape</b> (Legs Optional)</p> <ul style="list-style-type: none"> <li>Hips down, chest up, hands below shoulders</li> <li>Actively pushing down on floor to lower shoulders and lengthen neck</li> <li>Legs may be together, apart, one or both bent in etc</li> </ul> 	<p><b>Passing Through</b></p> <ul style="list-style-type: none"> <li>Controlled and complete passing through of the hoop</li> <li>Feet not getting caught</li> </ul>

ELEMENT	LEVEL 1		LEVEL 2		JUDGING CRITERIA
JUMP/LEAP	Tuck Jump OR Low Scissor Leap		Stag Jump/Leap OR Low Split Leap (90°)		<b>3</b> - DB performed as required showing amplitude and a fixed shape with correct apparatus technique. <b>2</b> - DB performed but missing a basic characteristic of the body work and/or apparatus technique. <b>1</b> - DB is attempted. <b>0</b> - DB is not performed.
BALANCE	Releve on Two Feet OR Passe Balance on Flat Foot		Passe Balance on Releve OR Low Horizontal Balance on Flat Foot (Front, Side or Back/Min. 45°)		
ROTATION	Chaine Turn OR Passe Pivot (180°)		Double Chaine Turn OR Passe Pivot (360°)		
FUNDAMENTALS	FREEHAND	BALL	FREEHAND	HOOP	<b>3</b> - Fundamental performed with correct technique of body and/or apparatus technique. <b>2</b> - Fundamental performed but missing a basic characteristic of the body and/or apparatus technique. <b>1</b> - Fundamental is attempted. <b>0</b> - Fundamental is not performed.
	Isolated Pre-Acrobatic Element	Series (3) Small Bounces	Series Pre-Acrobatic Elements (2)	Rotations on Hand/s	
	Non Pre-Acrobatic Element	Roll Over 1 Body Part	Non Pre-Acrobatic Element	Roll Over 1 Body Part	
	Kneeling Lunge (Arms Optional)	Half Circumduction	Seal Hold (Legs Optional)	Passing Through	
WAVES (W)	<b>1x Body Wave</b> Forward, Backwards or Sideways				<b>3</b> - Wave performed with full amplitude, use of entire body with apparatus in motion. <b>2</b> - Wave performed but lacks amplitude, only uses part of the body, apparatus in motion. <b>1</b> - Wave performed poorly, apparatus not in motion. <b>0</b> - Wave is not performed.
DANCE (S)	<b>1x 8 Seconds Dance</b> <i>(As per FIG Definitions, Page 106 FIG CoP)</i>				<b>3</b> - 8 seconds of clear, visible dance steps with apparatus in motion. Dance steps show variety, character/style/theme and 2 modalities of travel. <b>2</b> - Dance steps have minimal variety, character or less than 2 modalities of travel. <b>1</b> - Apparatus not in motion or dance steps greatly lack variety, character and modalities of travel. <b>0</b> - Dance steps missing entirely from routine.
DYNAMIC ELEMENT OF ROTATION (R)	<b>1 x Modified Throw &amp; Catch</b> (Medium Height)				<b>3</b> - Ideal model throw/catch, medium height, catch in 1 hand. <b>2</b> - Caught, medium height, minor trajectory and/or minor catch fault such as catch in 2 hands. <b>1</b> - Caught, low height, major trajectory, major catch fault and/or loss, caught on body. <b>0</b> - Not performed.
MUSICALITY, EXPRESSION & ARTISTRY	<b>Overall Routine Musicality &amp; Expression</b> <ul style="list-style-type: none"> <li>• <i>Movements in harmony with the rhythm</i></li> <li>• <i>Expressing character</i></li> <li>• <i>Using variety of travel and a variety of apparatus handling</i></li> </ul>				<b>3</b> - Rhythmical and expressive with various movements and apparatus techniques; moving in harmony with the rhythm. <b>2</b> - Performed with simple expression and basic movements and apparatus variety. <b>1</b> - Only moments of links to the music or character and poor rhythm or expression. <b>0</b> - Little to no expression or musicality throughout the routine.
ROUTINE EXECUTION	<b>Overall Routine Execution</b> <ul style="list-style-type: none"> <li>• <i>Extension &amp; Amplitude</i></li> <li>• <i>Technique of body and apparatus</i></li> <li>• <i>Loss of apparatus/errors</i></li> <li>• <i>Coach/Gymnast assistance</i></li> </ul>				<b>3</b> - Extension, amplitude, few minimal errors, no loss throughout. <b>2</b> - Extension, amplitude most of the time, small loss and/or no loss, more minimal errors. <b>1</b> - Lacking extension, amplitude, major errors and/or major loss, multiples losses. <b>0</b> - Did not complete more than 50% of the routine.

**EXECUTION**  
(E)

**Definition:** Execution looks at all elements and how aspects of the routine are performed with aesthetic and technical perfection.

**Assessment:** As per FIG CoP (Details & Examples on Pages 115-122 FIG CoP)

**DIFFICULTY OF BODY** (DB)

&

**RISK** (R)

&

**APPARATUS TECHNICAL ELEMENTS**  
(FUNDAMENTALS)

**DB - Definition:** Movements of the body across three groups: Jumps/Leaps, Balances and Rotations. Gymnasts are free to perform elements in any order.

**Full list of Difficulties as per the FIG COP:**

- Leaps/Jumps - Pages 71- 74
- Balances - Pages 81-86
- Rotations - Pages 90-96

**Assessment:** As per FIG CoP (Details & Examples on pages 23-27 FIG CoP)

**R - Definition:** A combination of a throw, dynamic elements of rotation(s) and a catch of the apparatus is valid only when all these three components are met. (Details/examples on pages 42-55 FIG CoP)

**Assessment:** Modified FIG CoP - In NSW, a modification for Level 3-4 has been made to support athletes of all ages and abilities to perform Dynamic Elements with Rotation. Athletes are permitted to perform a single OR double rotation under the flight AND add criteria for additional value.

**NSW Modification Example:** *Gymnast performs throw of the ball (medium height), forward roll, trap with the legs and receives 0.1 for the single rotation under the flight and +0.1 for catch without hands.*

**Apparatus Technical Groups - Definition:** Every apparatus has unique technical elements (fundamentals) which describe the way they are used/manipulated. (Details on pages 28-41 FIG CoP)

**Assessment:**

- +0.2 Bonus per fundamental performed to the ideal model
- No Penalty if missing from composition
- Each Fundamental is awarded once only with a maximum total value of 0.8
- No bonus if attempted incorrectly, with large execution fault and/or loss etc

**DA - Definition:** A technical apparatus element (base) performed with criteria specific to the apparatus. (Further details and examples on pages 56-68 FIG CoP)

**Assessment:**

- As per FIG CoP Values, no minimum, any value
- Level 3 - Max. 2 awarded in performance order
- Level 4 - Max. 4 awarded in performance order

**Artistry Definition:** Artistic performance of a routine. Rhythmic Gymnastics is defined as a unique composition creatively built by weaving together technical and artistic requirements around a specific choice of music. To create a harmonious relationship with each other. (Further details on pages 101-114 FIG CoP)

**Assessment:** Modified FIG CoP - In NSW, a modification has been made to ensure the positive development of all athletes by issuing an artistry bonus rather than penalty.

**BONUS +0.3 for each concept below.** (Awarded 1x only each, max. total artistry value of 1.5)

**DIFFICULTY OF APPARATUS**  
(DA)

&

**ARTISTRY**

**Dance Steps 1**

**Dance Steps Combination to be valid:**

- Min. 8 Seconds in length with the apparatus in motion Movements in harmony with the rhythm
- Defined character
- With variety of modalities of travel (min. 2) and displacement

**Dance Steps 2**

**1x Dynamic Change and/or Effect**

**Dynamic changes may create contrasts in different ways, in harmony with the structure of the music.** (Further details: FIG CoP Page 107)

- Contrasts in the tempo or intensity of the movements appearing instantly, from a part of the exercise to the next part.
- A gradual increase or reduction in tempo or intensity of the movements, within a part of the exercise.
- Creating a contrast through movement(s) that intentionally demonstrate(s) tempo/intensity that is opposite of the general tempo/intensity.

**“Effect with music” is the strategic placement of specific body and/or apparatus movements choreographed to highlight significant musical moments that create a unique union that attracts the audience** (Further details: FIG CoP Page 108)

- The ‘effect’ promotes the original relationship between specific music and specific movements developed by the gymnast (i.e., a unique composition, distinguishable from all others)

**1x Character ‘Part’**  
(Outside of dance steps)

**A ‘Character Part’ is defined as a sequence of consecutive difficulties and the connections between them with character.**

- Can be any combination of difficulties (DB, DA, R) and connections with character, but, must contain minimum 2x difficulties.
- Possible combinations could include 2x difficulties + 1x connection (in any order) or 3x consecutive difficulties.

**Overall Routine Musicality and Rhythm**

- Rhythmical and expressive movements working in harmony with the music and ending in time to the last beat
- Good variety in movements and apparatus techniques







