


**GNSW Development Individual
Program 2022**

Competition Divisions	Apparatus	Time	Body Difficulties	Body Waves	Dynamic Elements of Rotation	Apparatus Difficulty	Set Fundamental Requirements for Freehand**
NSW Development Individuals <i>*This may vary from final ALP</i>	FX 	1' to 1'15"	Freehand Min 3 - Max 6 Apparatus Min 3 - Max 4 Any value Minimum of: 1 X Jump/leap 1 X Balance 1 X Rotation Must show split line in 1x BALANCE and 1x LEAP/JUMP 0.3 penalty for each missing split line (taken by D1/D2 judge)	Minimum 2 (0.3 penalty for each missing)	Maximum 2 Min. 1 rotation* (no min or max value)	Maximum 5 (value 0.2, 0.3 or 0.4)	Each requirement has a value of 0.2 (no min value. Max value 0.8) <ul style="list-style-type: none"> • Series (3) of vertical rotation • Series (3) pre-acro elements with change of level and/or change of axis • 1 pre-acro element in isolation • Illusion

Note: FIG rules apply when judging Execution Artistry and Technical. Relevant apparatus fundamentals are required in each routine.

*Risk with 1 rotation has a value of 0.1.

**Set fundamental requirements for Freehand judged by D3/D4. No penalty for not performing