



International Workers & Amateurs in Sports Confederation

Confédération Sportive Internationale Travailleuse & Amateur

# Technical Commission Rhythmic Gymnastic

English Version

Chairman: Mr. Paolo Ciavolella ITA  
Secretary: Mrs. Pamela Barberini GBR



## Table of Contents

PREAMBLE.....	3
1. RHYTHMIC GYMNASTIC CHAMPIONSHIPS.....	4
1-1 GENERALITIES.....	4
1-2 CATEGORIES.....	4
1-3 COMPETITION FORMAT.....	5
1-4 INDIVIDUAL PROGRAM.....	5
1-5 GROUP PROGRAM.....	7
1-6 TEAM PROGRAM.....	8
1-7 DISABILITY PROGRAM.....	10
2. PARTICIPATION CONDITIONS.....	11
2-1 NUMBER OF PARTICIPANTS.....	11
2-2 ELIGIBILITY CRITERIA.....	11
3. FAIR PLAY.....	11
4. REGISTRATION / FUNDING.....	12
4-1 REGISTRATION DELAY.....	12
4-2 COVERING CHARGES.....	12
4-3 CANCELLATION POLICY.....	12
5. ORGANISATION / PREPARATION.....	13
5-1 ORGANISING COMMITTEE.....	13
5-2 INVITATIONS.....	13
5-3 PREPARATION.....	13
5-4 REPORT.....	13
6. JUDGES PANEL.....	14
7. APPEAL COMMITTEE.....	14
8. AWARDS.....	15
9. TECHNICAL COMMISSION MEETINGS.....	15



## PREAMBLE

- This regulation refers to CSIT Championships and Technical Commissions' general regulations adopted at the latest CSIT Congress. It cannot derogate from these regulations.
- CSIT organises amateur championships and has Fair Play as one of its most important aims. CSIT Championships are strictly open for amateur sportswomen and sportsmen. To participate in CSIT Championships the defined eligibility criteria per sport must be respected.
- All activities of the CSIT, including its championships are open to the members of the CSIT Unions, observer members Unions and members of the international Confederations which CSIT has signed cooperation agreements according to CSIT general regulations: COPADET (American Continent) / BAWS (Balkan region) and ALSO (Central Africa); also non CSIT members, partners, governmental bodies, trade unions and companies can participate in the CSIT Championships.
- CSIT Championships are organised under the principal of a Zero Tolerance Policy. Not playing for political, religious or discriminatory reason will lead to an immediately exclusion of the team/athlete.
- CSIT Championships are under the regulations of WADA. It is possible athletes can be invited for doping test. More information can be found in the CSIT anti-doping policy which can be downloaded at the CSIT website: <http://www.csit.tv/en/news-service/download-area>
- CSIT Sporting activities (championships, training, tournaments, etc.) are organised under the responsibility of Technical Commissions by sport. If there is a problem not provided in the regulations, the TC will apply the **FIG** regulations.
- CSIT Championships and Technical Commissions' general regulations and sports regulations can be downloaded from the download area of the CSIT website: <http://www.csit.tv/en/news-service/download-area>



# 1. RHYTHMIC GYMNASTIC CHAMPIONSHIPS

## 1-1 GENERALITIES

Every year an International Competition is held, whether during CSIT Gymnastics World Games or CSIT Sports World Games.

### Standard program

<b>Day 1:</b>	Training for the competitors Seminar for the coaches Judges Draw Technical Commission meeting
<b>Day 2:</b>	Competition
<b>Day 3:</b>	Competition Technical Commission meeting

Championships cannot last more than five (5) days (days of arrival and departure not included).

A CSIT Championship is an official Championships when the minimum requirements of participation are respected. (see TC & Championships General Regulation – Chapter 4 under B)

## 1-2 CATEGORIES

CSIT Rhythmic Gymnastic Championships are opened to male and female gymnasts who are 8 years old at the moment of the competition or older, competing in different categories based on year of birth.

### INDIVIDUAL CATEGORIES

The following table is based on competition for the year 2022:

	YEARS	LEVEL A	LEVEL B	LEVEL C
<b>CHILDREN</b>	2014	= 8	= 8	= 8
<b>ESPOIR</b>	2012 2013	< 10	< 10	< 10
<b>PRE JUNIOR</b>	2011 2010	< 12	< 12	< 12
<b>JUNIOR 1</b>	2009	< 14	< 14	< 14
<b>JUNIOR 2</b>	2007 2008	< 16	< 16	< 16
<b>SENIOR</b>	2006 and over	> 16	> 16	> 16



If more than 20 gymnasts are entered into the Espoir (Under 10) and Pre Junior (under 12) then each category will be split into two by year of birth, so there will be Under 9 yrs: Under 10yrs: Under 11yrs: Under 12yrs , for every level.

## GROUP CATEGORIES

	YEARS	LEVEL A	LEVEL B	LEVEL C
<b>ESPOIR</b>	2014 to 2010	5 gymnasts	3/5 gymnasts	3/5 gymnasts
<b>JUNIOR</b>	2011 to 2008	5 gymnasts	5 gymnasts	3/5 gymnasts
<b>SENIOR</b>	2006 and over	5 gymnasts	5 gymnasts	3/5 gymnasts

## 1-3 COMPETITION FORMAT

Competitions are generally based on Code of Points, unless specified otherwise. Every gymnast has the right to take part in any type of competition of the following:

- **INDIVIDUAL COMPETITION:** every gymnast in each category performs the routines required in the program. Male and female ranking are separate
- **GROUP COMPETITION:** each group perform the routine according to the program.
- **TEAM COMPETITION:** the team is made up of 5 gymnasts, of different categories. They will present 1 routine each according the program. The sum of the five routines determined the Union ranking.

## 1-4 INDIVIDUAL PROGRAM

All requirements, unless stated otherwise, refers to the current Code of points.

	LEVEL A	LEVEL B	LEVEL C
<b>CHILDREN</b>	Free Hands DB max 6 (1 pivot, 1 balance, 1 jump min) Dance steps min 2 Wave min 2	Free Hands DB max 6 (1 pivot, 1 balance, 1 jump min) Dance steps min 2 Wave min 2	Free Hands DB max 6 (1 pivot, 1 balance, 1 jump min) Dance steps min 2 Wave min 2

<b>ESPOIR</b>	Free Hands + 1 apparatus by choice DB max 6 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R min 1-max 2  DA min1-max 10	1 apparatus by choice DB max 6 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2 Wave min 2  R max 1  DA max 5	Free Hands DB max 6 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2 Wave min 2
<b>PRE JUNIOR</b>	2 apparatus by choice DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R min 1-max 3  DA min1-max 12	1 apparatus by choice DB max 6 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 2  DA max 8	Free Hands DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2 Wave min 2
<b>JUNIOR 1</b>	2 apparatus by choice DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 4  DA max 15	2 apparatus by choice DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 2  DA max 10	1 apparatus by choice DB max 5 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 1  DA max 5
<b>JUNIOR 2</b>	2 apparatus by choice DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  DA max 15 R max 4	2 apparatus by choice DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 3  DA max 12	2 apparatus by choice DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 1  DA max 8

<b>SENIOR</b>	2 apparatus by choice DB max 9 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 5  DA max 20	2 apparatus by choice DB max 9 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 3  DA max 15	2 apparatus by choice DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R min 1-max 2  DA max 10
---------------	---	---	---

## 1-5 GROUP PROGRAM

All requirements, where not specified, refers to Code of points.

	YEARS	LEVEL A	LEVEL B	LEVEL C
<b>ESPOIR</b>	Under 12	5 balls duration 1'45"/2'	Free hands duration 2'/2'30"	Free hands duration 1'15/1'30"
<b>JUNIOR</b>	Under 16	5 ropes	5 balls	3/5 balls
<b>SENIOR</b>	16 and over	3 ribbons 2 balls	5 hoops	3/5 Hoops

### Requirements for LEVEL B and C:

#### 5 BALLS LEVEL A

- DB min 1 jump, 1 rotation, 1 balance, max 6
- DE max 3
- DC max 12, min 3 CC
- Wave 2 minimum
- Dance steps 3 minimum
- Risk max 1

#### FREE HANDS LEVEL B

- DB min 1 jump, 1 rotation , 1 balance , max 6
- Wave 2 minimum
- Dance steps 2 minimum
- Collaboration 4 minimum, min 3 CC



#### FREE HANDS LEVEL C

- DB min 1 jump, 1 rotation , 1 balance , max 6
- Wave 2 minimum
- Dance steps 2 minimum
- Collaboration 4 minimum, min 3 CC

#### HOOPS OR BALLS LEVEL C

- DB min 1 jump, 1 rotation, 1 balance, max 3
- DE max 2
- Wave 2 minimum
- Dance steps 2 minimum
- Collaboration 4 minimum
- Risk max 1

#### List of Collaborations for free hands routine:

<b>CC</b>	0,1	Simple collaborations, in which all the gymnasts are involved, linking, touching, supporting each other, creating artistic patterns
<b>CR</b>	0,2	Collaboration with minimum 1 gymnasts passing above, under, through the other (no pre acrobatic element)
<b>CL</b>	0,2	Collaboration with minimum 1 gymnasts being lifted
<b>CRR</b>	0,3	Collaboration with minimum 1 gymnasts passing above, under, through the others with a pre acrobatic element***
<b>CRL</b>	0,3	Collaboration with minimum 1 gymnasts being lifted and another gymnast passing beneath her with a pre acrobatic elements***

\*\*\*Pre acrobatic elements cannot be repeated, see tables of different family of pre acrobatic element (Code of point pg. 178)

All requirements, where not specified, refers to Code of points.

### 1-6 TEAM PROGRAM

The team competition consist of 5 gymnasts, one per each listed category. They will present 1 routine each, according to the order of the following program. The sum of the five routines determined the team ranking.





Each Union or single Club can present one Team maximum. Union member and Club ranking are separate in the award ceremony.

	<b>LEVEL A</b>	<b>LEVEL B</b>
<b>ESPOIR</b>	Free Hands DB max 6 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2	Free Hands DB max 6 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2
<b>PRE JUNIOR</b>	HOOP  DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R min 1-max 3  DA max 12	HOOP  DB max 6 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 2  DA max 8
<b>JUNIOR 1</b>	BALL  DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 4  DA max 15	BALL  DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 3  DA max 10



<b>JUNIOR 2</b>	<b>CLUBS</b>  DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 4  DA max 15	<b>CLUBS</b>  DB max 7 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 2  DA max 12
<b>SENIOR</b>	<b>RIBBON</b>  DB max 9 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 5  DA max 20	<b>RIBBON</b>  DB max 9 (1 pivot, 1 balance, 1 jump min)  Dance steps min 2  Wave min 2  R max 3  DA max 15

## 1-7 DISABILITY PROGRAM

The Rhythmic Gymnastic Disability program is about inclusion, a level playing field, fair play philosophies, and is pro-choice. This category must not be deemed to be “lesser” or of a “lower class”, and coaches, judges, gymnasts and parents are discouraged from framing it that way.

The overriding aim is to allow Gymnasts with a disability a meaningful competition structure that is achievable. The new structure will allow gymnasts to fulfill the rules within their ability level and promotes self-value, self-worth and pride in their achievement. Gymnasts will be able to compete providing if the necessary classification forms have been completed and submitted.

The rules have been adapted from the general ones, mainly inspired by the current Code of Points, yet they provide much more choice and increased variety for a more personal and suitable choice of a lower number of counting elements and compositional requirements, thereby reducing potential stress and injury. There are no specified age ranges however coaches must enter gymnasts at an appropriate level.



A separate document will be provided with all the necessary information:

- disability competition requirements
- disability classification form

## 2. PARTICIPATION CONDITIONS

### 2-1 NUMBER OF PARTICIPANTS

Each Union delegation can include:

- 1 Head of delegations
- Coaches
- 1 Judge
- 1 Team max in each level
- 1 Group max in each level and category
- Unlimited number of individual gymnasts
- Unlimited number of disabled gymnasts

### 2-2 ELIGIBILITY CRITERIA

Athletes who participated, during the last 4 years, by representing their national Country in the Olympic Games or a competition organized by the FIG or its Continental Union (World or Continental Championship, World or Continental CUPS and its qualifying championships) or being part of the National Team, cannot participate in the CSIT competitions.

Athletes who participated during the last 2 years by representing their Club in highest national championship level series can **only** participate in level A individual, group and team competition.

## 3. FAIR PLAY

CSIT championships are organised according to the principles of Fair Play.

During CSIT Championships athletes, persons and teams can be awarded for acts of Fair Play. Fair Play regulations can be found in the CSIT Technical Commissions and Championships General Regulations edition 2016 and later, Chapter 5.



## **4. REGISTRATION / FUNDING**

### **4-1 REGISTRATION DEADLINE**

- Provisional registration: look at the official invitation
- Final registration: at least two (2) months before the championship starts.
- Final registration must include the list of all delegation members (first name - last name - birth date - gender - function)

### **4-2 COVERING CHARGES**

- Unions pay for all travelling cost to the city where the championship is organised (round way)
- The organizer Union shall take charge of the following issues:
  - Local transportation during the stay depending on the program (between hotels and sport facilities in particular)
- Every participant Union shall pay a registration fee as determined at the latest CSIT Congress to the organising Union for each member of the delegation.
- By the time of issuing of the provisional application forms, the organizer Union can collect an advance payment of 50% of the total amount to be paid by the participating Union, the remaining amount being paid at the time of the permanent registration or on the day of arrival, final deadline.

### **4-3 CANCELLATION POLICY**

- CSIT has a cancellation policy. This cancellation policy covers the payments at preliminary and final registration and the refund payments by cancellation of a participating party or by the host of the championship.
- The article in detail can be found in Chapter 4. under I of the Technical Commissions and Championships General Regulations.



## **5. ORGANISATION / PREPARATION**

### **5-1 ORGANISING COMMITTEE**

The organising committee by the host is in charge of the preparation and organisation of the championship. The CSIT Technical Commission and a representative of the organising committee are in charge of the management of the championship during its duration. See Chapter 4 under E of the Technical Commissions and Championships General Regulations.

### **5-2 INVITATIONS**

The organising committee sends championships invitations to every CSIT Union (and partners), company sports organisations and guests. Invitations must include this information:

- Participation
- Sporting activities, social and cultural program
- Judges needed
- Boarding facilities
- Arrival and departure accommodations
- If possible, general program

Detailed information can be found in Chapter 4 under D of the Technical Commissions and Championships General Regulations.

### **5-3 PREPARATION**

Depending on the situation and with the CSIT Sports Director's authorization, a member of the Technical Commission (chairman or secretary) can visit the location where the championship is organised, at least three (3) months before it starts, to settle with the organising Union planning and preparation of the championship. Travelling expense can be covered under certain conditions by the funds awarded to the Gymnastics Technical Commission by the CSIT.

### **5-4 REPORT**

Within seven (7) days after the Championships the secretary of the Technical Commission will send the results of the Championship to the Sports Director and office of CSIT. No later than one (1) month after the end of the championship, the



Technical Commission secretary must send a report about the championships and all the sport results plus the minutes of the TC meetings to the members of the Technical Commission, to the Unions, to the Sports Director and to the office of CSIT.

## 6. JUDGES PANEL

The competitions are judged according to the rules of arbitration in application during the season in progress.

Only judges with a valid national/international brevet can judge in the competition in order to ensure a correct and fair evaluation, smooth running of the competition and safety of the competitors.

All Judges have to attend a Judges meeting which will be organized before the competition.

The role of each judge will be draw during the meeting. The roles will change each day.

Minimum 12 judges are required for a good progress of the competition.

The name of judges are registered by the Unions. Each Union should provide 1 judge. Unions who do not apply this rule must pay the organiser Union an amount specified in CSIT regulations to cover substitute referees' fees.

The organizing union should have enough judges to ensure the required minimum is covered.

If necessary, a Union can contact referees from its country National Federation.

## 7. APPEAL COMMITTEE

- The Appeal Committee is composed of:
  - The CSIT Technical Commission's chairman
  - The CSIT Technical Commission's secretary
  - A person among the participating Unions. Such member shall not participate in the appeals in which his own Union would be involved.
- An appeal committee is appointed for every championship in agreement with Rhythmic Gymnastic regulations.



- Appeals for technical reasons must be brought to the attention on the appeal committee no later than one minute after the end of bout and then the coach has 4 minutes to fill out the form, providing all the necessary information.

Detailed information can be found in Chapter 4 under L of the Technical Commissions and Championships General Regulations.

## **8. AWARDS**

The individual participants (in all categories, all levels) will be awarded as follows with medals: gold for the first place, silver for the second place and bronze for third places.

In case of team competition the first three (3) teams will be awarded a cup and a medal for each team member: gold for the first place, silver for the second place, bronze for third places.

A participation certificate will also be provided for the coaches and the the judges.

Detailed information can be found in Chapter 4 under M of the Technical Commissions and Championships General Regulations.

Additionally, athletes, persons and teams can be awarded for acts of Fair Play, as stated in section 3.

## **9. TECHNICAL COMMISSION MEETINGS**

- The Technical Commission chairman or secretary is in charge of convening a meeting of the commission before and at the end of the championship. A summon containing the date and agenda will be sent to all Unions at least three (3) months ahead of schedule. The chairman, the secretary, Unions representatives, heads of delegation participate. Judges, coaches of participant Unions, members of the organising committee are invited.
- A preparation and information meeting is organised before the championships under the responsibility of the chairman (and/or Technical Committee secretary and head of the organising committee from the organising Union) to inform all delegations of the planning of the championship, to bring clarifications to regulations if necessary and to make the event a success. A handbook for every event will be provided.



- The purpose of the meeting after the championships is to evaluate the championship, to proceed with the modifications of the present regulations if necessary, to prepare future events (planning of next championships) and elections, to take into account the reports on the CSIT congress.
- Once every 4 years (the year of the CSIT electing congress), the chairman and the secretary of the Technical Commission are elected during the last meeting before the congress. The chairman or secretary must send with the convocation to the meeting a call for candidatures for both functions (at least three (3) months before the meeting). The election follows championship and Technical Committee general regulations

