



March 5 – 7, 2010

Technical Requirements

Competition Structure

The Capital Challenge Invitational Competition is one of the major competitions for most US Rhythmic Gymnastics teams. The growing popularity of this meet has brought international participation in previous years, and this year we are looking forward to meeting many first-time US and International participants.

Governing Rules and Regulations

Since rules regulating Rhythmic Gymnastics programs for younger athletes differ in various countries, the following guidelines will cover the 2010 Capital Challenge Invitational (and associated with it, Maryland State Championship).

During tournament, **Level 9-10** athletes compete according to FIG Rules and Regulations. Level 3 – 8 athletes compete according to **USA Junior Olympics Rules and Regulations**.

The US Rhythmic Gymnastics competitive structure is based on the *skill level* of the participant. There can be several age groups within each skill level. In order to properly place your athletes into the US Level Structure, please refer to the table below.

For any questions/concerns/issues, please contact the organizers at meetchief@capital-challenge.info, and we'll be happy to assist you.

Level of Proficiency

US competitive structure is based on the Level of Proficiency of an athlete, from Level 3 (beginners) to Level 10 Elite (National Team Members).

- **Level 9/10 Sr.** roughly corresponds to the Russian “*Candidate Master*” or “*Master of Sport*”
- **Level 9/10 Jr.** roughly corresponds to the Russian “*1st Degree*” or “*Candidate Master*”
- **Level 7 – 8** are preparatory to Elite levels – use USA JO Technical Rules (see **Table** below for reference)
- **Levels 3 – 6** are *basic proficiency* levels, and normally have no analogies in Russia. Level 6 may be suitable for very young gymnasts.
- All Levels may participate in the Capital Challenge Invitational.

TABLE OF TECHNICAL REQUIREMENTS

Level	Age groups	Routines	Technical Requirements	Score Calculation
Level 7	Child A: 2004-2003 Child B: 2002-2001 Child C: 2000-1999 JuniorA: 1998-1997 JuniorB: 1996-1995 Senior: 1994 and older	4 routines: <i>1: Without Apparatus (FX)</i> ----- <i>+ 3 Apparatuses</i>	Maximum 8 A-F difficulties on D1 form. Min. 1 of each body group, but no more than 2 of each body group. 3 series of Rhythmic steps, 2 full body waves, 1acro	D - max. 4.00 A - max. 5.00 E - max. 10.00 <i>D + A + E = 19.00 MAX</i>
			Maximum 8 A-F difficulties on D1 form. 5 min. compulsory body group 3 max. other body group difficulties(1 from each group) D2 - 1 risk max	D1 - max. 4.00 D2 - max. 5.00 A - max. 3.00 E - max. 10.00 <i>D1 + D2 + A + E = 22 MAX</i>
Level 8	Child A: 2004-2003 Child B: 2002-2001 Child C: 2000-1999 JuniorA: 1998-1997 JuniorB: 1996-1995 Senior: 1994 and older	4 routines: <i>1: Without Apparatus (FX)</i> ----- <i>+ 3 Apparatuses</i>	Maximum 9 A-H difficulties on D1 form. Min. 1 of each body group, but no more than 3 of each body group. 3 series of Rhythmic steps, 2 full body waves, 1acro	D - max. 6.00 A - max. 5.00 E - max. 10.00 <i>D + A + E = 21.00 MAX</i>
			Maximum 9 difficulties on D1 form: A - G elements 6 min. compulsory body group 3 max. other body group difficulties(1 from each group) D2- 2 risks max	D1 - max. 6.00 D2 - max. 7.00 A - max. 3.00 E - max. 10.00 <i>D1 + D2 + A + E = 26 MAX</i>
levels 9-10	Hope: 1999 – 1998 Juniors: 1997 – 1995 Seniors: 1994 and older	4 routines: <i>FIG program 2010</i>	See FIG Code of Points	See FIG Code of Points

For complete description of technical rules (Levels 3 – 8), please refer to USAG document:
http://www.usa-gymnastics.org/PDFs/Rhythmic/Junior%20Olympics/JO_Provisional_09.pdf