

## Regulations DUO/TRIO 2014

The exercise can be performed by a duo (2 gymnasts) or a trio (3 gymnasts).

The duo/trios may choose to perform with any piece of apparatus (not free hands).

There should be only one piece of apparatus per gymnast.




All gymnasts may use the same type of apparatus, or different ones.

The length of each exercise is from 1:15 to 1:30 .

AGE: For 2014, gymnasts born 2001 and older.

### JUNIOR/SENIOR DUO/TRIO

The Technical Regulations for junior/senior duo/trio follow the FIG Code of Points for groups, with the following exceptions:

		<b>Difficulty (D): 6,00p max</b>		
<b>Difficulty D</b> Coordinated with Apparatus Technical elements Max.6 difficulties  <b>3 difficulties with exchange</b>  <b>3 difficulties without exchange (one from each group of body movements)</b>		<b>Dance Steps Combination</b>    (min 1)  Coordinated with Fundamental Technical groups specific to each apparatus and elements from the other Apparatus Technical Groups.  Value: 0,30	<b>Dynamic elements with Rotation and throw</b>    Max.1	<b>Elements with Collaboration among the gymnasts with and without body rotation</b>  Min. 3
<b>Individual difficulties</b>  Value: 0,10 0,20 0,30 0,40 0,50	<b>Difficulties with exchange</b>  			



# Norges Gymnastikk og Turnforbund

0840 OSLO

Besøksadresse: Sognsveien 73, Tlf. 21 02 90 00 www.gymogturn.no  
Bankgiro: 5134.06.05.075 Bankgiro lisenser: 5010 05 18489 Org.nr.: 970 232 796

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**NGTF**

## **Difficulty (D):**

### **Difficulties without exchange (Body difficulties):**

The duo/trio may use maximum three body difficulties, maximum one from each group of body movements (1 jump, 1 rotation, 1 balance)

### **Difficulties with exchange:**

As described in the FIG Code of Points

### **Dance Steps Combination:**

As described in the FIG Code of Points

### **Dynamic elements with Rotation and throw:**

As described in the FIG Code of Points

### **Elements with Collaboration among the gymnasts with and without Rotation:**

As described in the FIG Code of Points

Values of Collaboration elements:

Collaborations with Body Rotations

#### **CRR – 0,30**

1 (duo) or 1-2 (trio) gymnasts performing the element with rotation

#### **CRR3 – 0,40**

2 (duo) or 3 (trio) gymnasts performing the element with rotation

## **Difficulty score (D):**

The judge evaluates the Difficulty (D) of the exercise in the following way:

- Evaluate the 6 difficulties in their order of performance, verify that they are performed in a valid way
- Add, in case of necessity, the non-declared Difficulties on the official Difficulty form.
- Verify the execution of 3 Difficulties without Exchange, one from each group of body movements.
- Verify the execution of 3 Difficulties with Exchange with 3 different types of throw or catches
- Verify the execution of a minimum 1 Dance Steps Combinations
- Verify the execution of 1 maximum Dynamic element with Rotation
- Evaluate the Elements with Collaboration among the gymnasts with and without body Rotation
- Apply the corresponding score
- Deduct the penalties

## **Execution is evaluated according to the FIG code of Points for groups.**

Exception:

No minimum number of formations required – no penalty for missing formations. Use of space is controlled through the penalty for long stop in formation

**Max. 10,00 p.**