

PARTICIPATE WITH US:

DECEMBER 19-20, 2020

REGISTER: RGBDTEST.MYUVENTEX.COM

RHYTHMIC GYMNASTICS

COMPETITION OPEN WORLDWIDE
2014 YOB - SENIORS

REGISTER ONLINE
SUBMIT THE VIDEO
EVALUATION BY THE JUDGES
VIEW RESULTS & RANKING ONLINE

PARTICIPATION FEES:
15 EURO / PER GYMNAST
AGE GROUPS: 2014 YOB - SENIOR

CATEGORY A (BD VALUE 0.3 AND HIGHER)
CATEGORY B (ANY BD VALUE)
CATEGORY C (BD VALUE 0.1-0.3)

BODY DIFFICULTY (BD) ONLINE TEST

- BALANCES
- ROTATIONS
- JUMPS/LEAPS

BODY DIFFICULTIES (BD)
PLAY AN IMPORTANT
ROLE IN THE RHYTHMIC GYMNASTICS SCORE

▶ VIDEO SUBMISSION BEFORE 15 TH DECEMBER 2020

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R G Y M
ONLINE

Dear friends,

We are happy to invite you to our First Rhythmic Gymnastics Body Difficulty Online Test on 19-20 December 2020. Gymnasts are welcome to test their Body Difficulty skills and to compete with each other internationally!

We have prepared Christmas surprises for the winners in each category!

GENERAL OBJECTIVES:

Body Difficulties (BD) play an important role in the Rhythmic Gymnastics score.

The BD test will help coaches and gymnasts:

- To evaluate and confirm best BD for the gymnasts to use in their routines
- To educate the gymnasts about the importance of a clean BD execution
- To understand the BD technical faults and how they affect the score
- To motivate the gymnasts to work towards higher level of difficulty (test offers rankings)

Age groups: 2014 YOB and older. This particular test is for Body Difficulty without apparatus.

Definition :BD elements are the elements from the Difficulty Tables in the current Code of Points , FIG

! This test can be organised within a school/club/ federation, as a routine test, or as a competition; nationally or internationally, alone or as a part of a full evaluation*.

Should you wish to organise the test for your organisation only, please contact us for the assistance with an integrated registration, scoring and results for your club/organisation.

*Full evaluation includes two tests: Body Difficulty (without or with apparatus) and Apparatus Difficulty.

Apparatus Difficulty AD, will be covered in our next event, (planned for January 2021)

Warm regards,

Organizers team

www.rgymonline.com www.myuventex.com

How to participate:

- All the BD have to be performed by each gymnast only once, one BD after another, free hand (without apparatus) in the following order: Balances, Rotations, Jumps/Leaps (min one of each group, max indicated within the table below)
- Number of BD indicated per each age category.
- Choose BD that the gymnast can perform well, Level A should present BD with the value 0.3 and above, Level B should present any value of BD, Level C has a limited BD value from 0,1-0,3.
- Video recording has to be submitted and will be evaluated by the judges for the difficulty and execution(technical faults) , as per FIG RG COP 2017-2020).

Evaluation details:

- Judges evaluate technical faults: small 0.1, medium 0.2-0.3, large 0.5 or more. If there is an execution fault of 0.5 or more, BD is not counted, the fault deduction applies.
- All balances performed on a flat foot have -0.1 in value (example balance with the value 0.4 performed on a flat foot will be counted as 0.3). The final score: sum of technical deductions is subtracted from 10.00 points and Difficulty value added (an example below).

NAME	YOB	MAX BD		BALANCES			ROTATIONS			JUMPS/LEAPS			TOTAL VALUE/EXECUTION	RESULT
				1	2	3	1	2	3	1	2	3		
Gymnast 1, LEVEL A	2010	7	DIFFICULTY VALUE	0.3	0.4	0.5	0.3			0.3	0.3	0.4	(0.3+0.4+0.5+0.3+0.3+0.3) =2.1	
			EXECUTION	-0.1	0	-0.1	-0.1			-0.3	0	-0.5	-1.1	10-1.1+2.1=11.0

- **results and recommendations:** *BD performed with no deductions or small 0,1 fault proves to be a good choice for the routines, and indicates a high level of the execution by a gymnast. Deduction of 0,3 indicates that BD needs an additional work. BD with a deduction 0,5 or more should not be included in a routine at this stage and needs a lot of work before approving it for the routines.*

Video requirements:

- The recording must be in a HORIZONTAL format
- Side balances should be recorded with the gymnast facing the camera, other balances and jumps - sidewise to the camera. Rotations can start facing front or sidewise.
- No other individuals in the recording, except the gymnast. No extraneous noises, comments, effects, inscriptions and other sounds are permitted.
- Action sequence should be recorded in a single take for all the BD one after another
- No edits to the video or audio recording
- Camera must be stabilised
- High video resolution of the recording is required with clear view of the gymnast
- Recording has to be done in the area permitting the safe execution and clear view(preferably in a gym hall)
- Gymnast appearance requirements: Leotard, Half-shoes, Bun

DIRECTIVES

**Rhythmic Gymnastics Body Difficulty Online Test,
19-20 December 2020 (video submission before 15th December)**

Registration and Results

<https://rgbdtestmyuventex.com>

Assistance

for registration and fees:
support@uventex.com
for all other questions,
info what's app: +23057151115
ENG/FR/RUS

Registration fees

15 Euro/per gymnast

Registration & Video submission deadline

before 15 Th December 2020
(fees should be paid to register)

Schedule and Results

Evaluation of submitted videos 16-19
December. Results on 20th December.

Awards

1st, 2nd, 3rd places certificates in
each category/each age group
All participants receive participation
certificates by email.
Special 5 awards for the winners(1st
places only) in each division: Child,
Hope, Pre-Junior, Junior, Senior

Organisers

RGYM online and Uventex Labs
Judges: International brevet 2 and 3
RG judges

! IMPORTANT:

All participants automatically give full permission for video and photo materials for social network posting and any other purposes of event coverage, promotion.
In case the video does not meet any of the requirements, the gymnast will not be evaluated, you can contact support@uventex.com

DIRECTIVES

**Rhythmic Gymnastics Body Difficulty Online Test,
19-20 December 2020 (video submission before 15th December)**

Body Difficulties test W/A (without apparatus)

Results and Ranking within each age group/category, except the seniors

* BD value as per current RG COP FIG MIN 1 BALANCE , MIN 1 ROTATION, MIN 1 JUMP/LEAP	Age groups				
	CHILD	HOPE	PRE-JUNIOR	JUNIOR	SENIOR
A BD VALUE MUST BE 0.3 AND HIGHER					
B BD VALUE FROM 0.1 AND HIGHER	2012-2013-2014 BD: Min 3 , Max 6	2010-2011 BD: Min 3,Max 7	2008-2009 BD: Min 3 , Max 7	2005-2006-2007 BD: Min 3 , Max 7	2004 and older BD: Min 3 , Max 9
C BD VALUE 0.1-MAX 0.3					

Looking forward to see you at our event!

