

Nordic rules for Duo/Trio, 2022-2024

Version: January 10th, 2022

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

The apparatus program and age limits for Duo/Trio are described in the Technical Regulations for the Nordic championships.

The length of each exercise is min. 1:15, max. 1:30.

The scoring of junior and senior Duo/Trio follows the FIG Code of Points for groups, with the **exceptions** presented below (**bold text**).

For clarity, the below paragraphs include all the main score components, also those that are identical to the FIG CoP.

DB:

- Max 7 DB/DE:
- 3 difficulties with exchange
- 3 difficulties without exchange (one from each body difficulty group)
- 1 optional difficulty (DB or DE)
- Max 1 Combined Difficulty (as per FIG CoP)
- Max 1 R (as per FIG CoP)
- Min 2 W (as per FIG CoP)

DA:

- Max 12 DC
- Min 3 of each of the following 2 categories of formations (**CC and CL not required**):
 - CR
 - Multiple throw / multiple catch
- Max 3 CR with multiple throw / multiple catch
- Min 1 element from each specific fundamental group
- Specifications for CC:
 - There will be **no evaluation** of "construction with interrelated apparatus"
- Specifications for CR:
 - Passing: It is possible to pass **under/over** apparatus held by **ONE** gymnast and **under/over** a segment of **ONE** gymnast (not two as per FIG); **the duos/trios are encouraged to make each passing easily visible (not under fingertips, over toes, under the end of the apparatus)**
- Specifications for multiple throw:
 - It is permitted that **ONE** of the apparatuses is caught by the throwing gymnast herself
- Specifications for multiple catch:
 - It is permitted that **ONE** of the apparatuses is thrown by the catching gymnast herself

Artistry:

- Min 2 S (as per FIG CoP)
- Min 2 dynamic changes
- Min 1 body/apparatus effect
- Collective work: Min 1 of the following 3 types:
 - Synchronization
 - Rapid succession
 - Choral/contrast
- Collaborations: Min 2 of the following 3 types (**CC and CL not required**):
 - CR
 - Multiple throw
 - Multiple catch
- Formations:
 - **No evaluation** of variety in formations

The adjusted Artistry penalty table is presented on the next page. Components that are adjusted relative to FIG are **marked yellow**.

Penalties	0.30	0.50	1.00
CHARACTER of MOVEMENT	<p>Majority of the exercise:</p> <ul style="list-style-type: none"> present in most, but not all, connections missing only during some, but not all, D elements 	<p>Some parts of the exercise:</p> <ul style="list-style-type: none"> present in some connections missing during D elements 	<p>Present only in Dance steps (no connections or D elements)</p>
DANCE STEPS		<p>Missing 1 Dance Steps Combination with rhythm and character</p>	<p>Missing 2 Dance Steps Combinations with rhythm and character</p>
BODY EXPRESSION	<p>Under-developed in the exercise:</p> <p>partial participation of body segments in the movements <i>and, or</i> imbalance in the intensity in the energy amongst all 5 gymnasts as an expressive unit</p>	<p>Not developed the exercise:</p> <ul style="list-style-type: none"> insufficient participation of the body segments <i>and, or</i> lack of intensity in the energy amongst all 5 gymnasts as an expressive unit 	
DYNAMIC CHANGES		<p>1 Dynamic Change performed</p>	<p>No Dynamic changes performed</p>
BODY/APPARATUS EFFECTS		<p>No specific elements coordinated with specific accents/phrases in the music which create a visual impact, achieved through:</p> <ul style="list-style-type: none"> body and/or apparatus construction collective work relationships created in subgroups choreographic connections between Difficulties 	
COLLECTIVE WORK	<p>Less than 1 of each type of the 3 organizational structures of collective work (penalty for each missing): 1. Synchronization, 2 Cannon, 3. Contrast/choral</p>		
FORMATIONS	<p>The same formation is maintained in the same place for more than 2 Difficulties in a row</p>		
COLLABORATIONS	<p>Less than 3 types of Collaboration: minimum 2 of each</p>		
UNITY	<p>Unity/harmony/continuity of the composition is broken due to severe technical interruptions</p>		

CONNECTIONS	Penalties									
	0.10	0.20	0.30	0.40	0.50	0.60	0.70	0.80	0.90	1.00
RHYTHM	Penalties									
	0.10	0.20	0.30	0.40	0.50	0.60	0.70	0.80	0.90	1.00
	1.10	1.20	1.30	1.40	1.50	1.60	1.70	1.80	1.90	2.00
Penalties	0.30			0.50		0.70			1.00	
MUSIC Music-movement at the end of the exercise				Lack of harmony between the music and movement at the end of the exercise						
MUSIC NORMS	Music not conforming to regulations/ A musical introduction more than 4 seconds									
BODY CONSTRUCTIONS/ RAISED POSITIONS				More than 4 seconds in a raised construction and/or unauthorized construction						
CONTACT WITH GYMNASTS AND APPARATUS	One or several gymnasts are without apparatus for more than 4 seconds (compositional fault)			If one or more apparatus is not in contact with a gymnast in the start or final pose						