

Nordic rules for Duo/Trio, 2025-2028

Juniors and seniors

Approved in November 2024

Duos (2 gymnasts) and trios (3 gymnasts) compete with one exercise.

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 present all the main score components, including those that are identical to the FIG Code of Points.

DB:

- Max **6** DB/DE
- **3** difficulties with exchange
- **3** difficulties without exchange (one from each body difficulty group)
- Max 1 R (as per FIG CoP)

DA:

- Max **8** DC
- Min. **2** CC
- Min. **2** CR
- Min. **2** multiple throw / multiple catch
- Specifications for CC:
 - There will be **no evaluation** of "CC with construction"
- Specifications for CR:
 - Series: Max. 2 times per exercise (as per FIG CoP)
 - **Note:** CR must be constructed in such a way that it does not become an exchange. If all gymnasts perform a high/long throw to a partner and all gymnasts catch a high/long throw from a partner, this is only evaluated as an exchange, not as CR.
- Specifications for multiple throw:
 - It is permitted that **ONE** of the apparatus is caught by the throwing gymnast
 - It is permitted that the same partner catches **several** of the apparatus **CONSECUTIVELY**
 - These specifications do not mean that the 3rd gymnast in a trio doesn't need to participate.
- Multiple throw involving clubs:
 - A throw of a single joined construction: Minimum **4** locked Clubs
- Specifications for multiple catch:
 - It is permitted that **ONE** of the apparatuses is thrown by the catching gymnast
 - It is permitted that the same partner throws **several** of the apparatus **CONSECUTIVELY**
 - These specifications do not mean that the 3rd gymnast in a trio doesn't need to participate.

Artistry:

- Guiding idea and character: For 0.60 p. penalty, minimum **4** parts with character
- Dance steps combinations: Minimum 2 (as per FIG CoP)
- Dynamic changes and effects with music: Minimum **3** (freely distributed: 3+0 or 2+1 or 1+2 or 0+3)
- Collective work using the following **3** types:
 - Minimum 1 time synchronization
 - Minimum 1 time rapid succession/canon
 - Minimum 1 time **choral and/or contrast**
- Formations:
 - **No evaluation** of insufficient variety in design or amplitude