Rytmisk gymnastik
Tillåtna kroppssvårigheter
Sverige från och med 2025

Tidigare Bilaga 1 - Bakåtböjningar ersätts av detta dokument. Detta dokument listar tillåtna kroppssvårigheter (DB) i de olika tävlingsklasserna. Ansvaret att inte använda otillåtna DBs åligger gymnastens tränare. Om gymnasten utför en otillåten DB på en tävling godkänns den ej av domare. Överdomaren noterar otillåtna DBs och lämnar över till föreningarna efter tävling. Tränare uppmanas att alltid välja DBs efter gymnastens unika förutsättningar.

Gröna DB
Tillåtna för alla.

Gula DB
Tillåtna från juniorålder (det året gymnasten fyller 14 år).

Röda DB
Tillåtna från seniorålder (det året gymnasten fyller 17 år).

Regionala tävlingar
Dessa krav måste också följas på regionala tävlingar. Gymnaster som är yngre än ungdom tillåts endast tävla med gröna svårigheter.

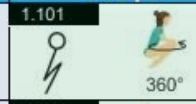
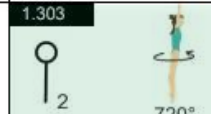
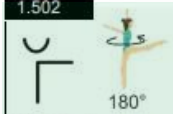
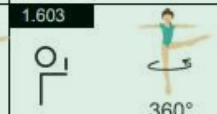
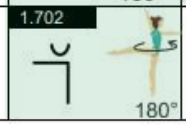
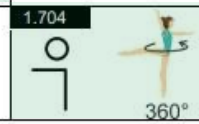
Principen som gäller generellt är:

- Svårigheter i formen ”ring” (foten nuddar huvudet) är tillåtna på tävling från juniorålder.
  Undantag är hopp i formen hjortring som är en grön svårighet.
- Svårigheter i formen ”böj bak” (huvudet mot låret) är tillåtna på tävling från seniorålder.
- Ett fåtal svårigheter är markerade med svart, vilket innebär att de inte tillåts för någon ålder.

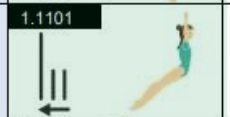
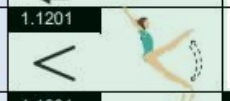
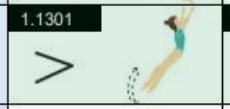
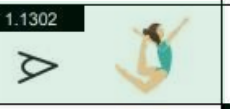
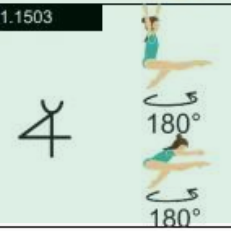
OBS! Se hela tabellen för eventuella undantag.

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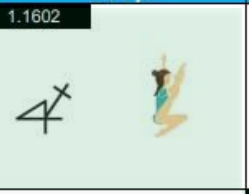
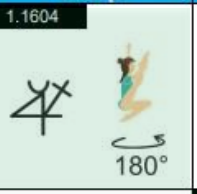
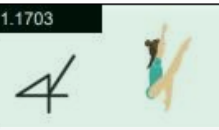
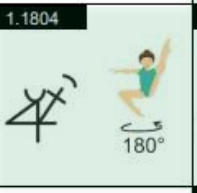
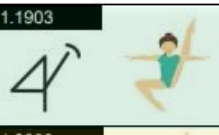
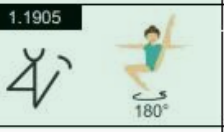
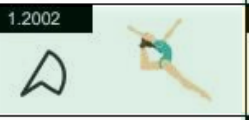
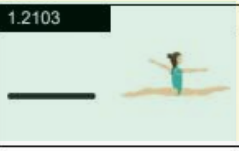
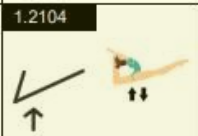
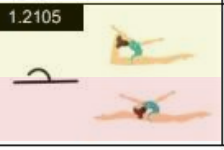
9. TABLE OF JUMP/LEAP DIFFICULTIES (△)

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
1. Tuck jump with 360° turn, take-off from 2 feet	1.101 						
2. "Scissors" forward with bent legs and 360° turn ("cat leap")	1.201 						
3. Vertical jump with straight legs and turn, take-off from 2 feet	1.301 		1.303 				
4. Vertical jump with bent leg (passé), with turn	1.401 		1.403 				
5. Vertical jump with free leg stretched forward at the horizontal, with turn		1.502 	1.503 				
6. Vertical jump with free leg stretched to the side at the horizontal, with turn		1.602 	1.603 				
7. Vertical jump with free leg stretched backward at the horizontal, with turn		1.702 		1.704 			

Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
8. Vertical jump with free leg bent backward at the horizontal (attitude), with turn		1.802 		1.804 			
9. "Cabriole" forward	1.901 						
10. "Cabriole" to the side	1.1001 						
11. "Cabriole" backward	1.1101 						
12. "Scissors" leap with switch of legs forward: Legs consecutively at the horizontal	1.1201 						
13. "Scissors" leap with switch of legs backward: At 45° or with ring	1.1301 	1.1302 					
14. Pike jump with legs together or apart, take-off from 1 or 2 feet			1.1403 				
15. "Cossack" jump: Straight leg forward at the horizontal, with or without trunk bent forward, also with turn	1.1501 		1.1503 				

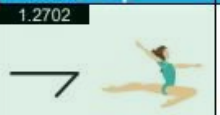
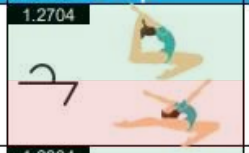
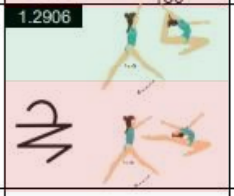
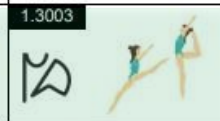
Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
16. "Cossack" jump: Straight leg forward, high up, whole foot higher than head, with help, also with turn		1.1602 		1.1604 			
17. "Cossack" jump: Straight leg forward, high up, whole foot higher than head, without help, also with turn			1.1703 		1.1705 		
18. "Cossack" jump: Straight leg to the side high up, whole foot higher than head, with help of the hand of the same side, also with turn, also "Zhukova" with help of the opposite hand and 360° turn		1.1802 		1.1804 	1.1805 		
19. "Cossack" jump: Straight leg to the side high up, whole foot higher than head, without help, also with turn			1.1903 		1.1905 		
20. Ring with 1 leg or 2 legs ("Kabaeva"), take-off from 1 or 2 feet		1.2002 	1.2003 				
21. Split leap, also with ring/back bend of the trunk, take-off from 1 or 2 feet. Zaripova: Split leap with ring, take-off and landing on the same leg			1.2103 	1.2104 	1.2105 		

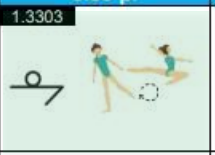
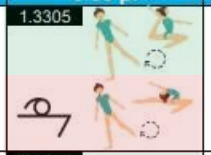
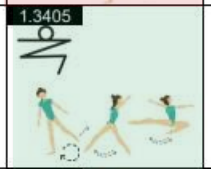
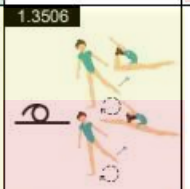
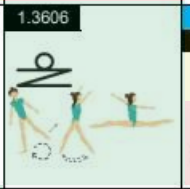
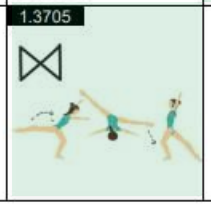
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Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
27. Stag leap, take-off from 1 or 2 feet, also with ring/back bend of the trunk		1.2702 		1.2704 			
28. Stag leap, take-off from 1 or 2 feet, with turn of the body. Also with ring/back bend of the trunk. "Bessonova" from 1 leg.				1.2804 		1.2806 	
29. Switch stag leap, passing with straight leg, also with ring/back bend of the trunk				1.2904 		1.2906 	
30. "Fouetté": Leg at the horizontal, or with greater amplitude. Also with ring/back bend of the trunk		1.3002 	1.3003 				
31. "Fouetté" with cabriole, with stag, or with ring/ back bend of the trunk		1.3102 	1.3103 		1.3105 		
32. "Entrelacé": Legs at the horizontal, or with greater amplitude. Also with ring/back bend of the trunk			1.3203 		1.3205 		

Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

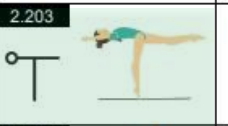
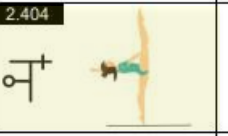
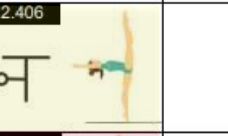
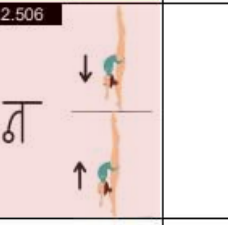
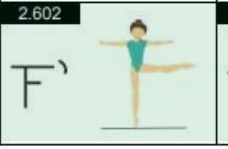
Types of jumps/leaps	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
33. Turning stag leap, also with ring/back bend of the trunk			1.3303 		1.3305 		
34. Turning stag leap with switch of straight leg, also with ring/back bend of the trunk					1.3405 		1.3407 
35. Turning split leap (jeté en tournant), also with ring/back bend of the trunk. Aqiurqiuculese: Turning split leap with ring, take-off and landing on the same leg				1.3504 	1.3505 	1.3506 	
36. Turning split leap with switch of straight legs, also with ring/back bend of the trunk						1.3606 	0.80 p. 1.3608 
37. "Butterfly" jump: With minimum 180° turn from take-off to landing					1.3705 		

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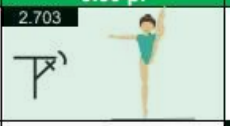
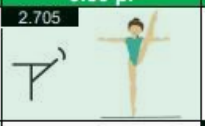
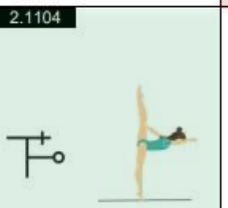
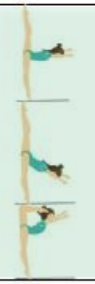
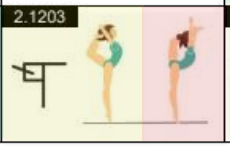
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Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

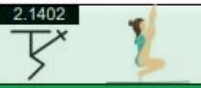
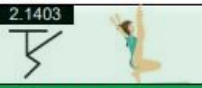
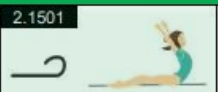
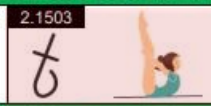
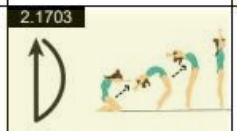
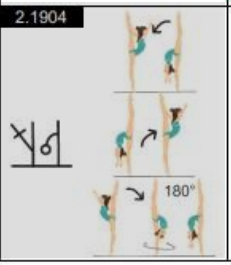
11. TABLE OF BALANCE DIFFICULTIES (T)

Types of balances	Balances executed on the foot						
	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
1 Passé forward or side (horizontal position), also with bend of the upper back and shoulders	2.101 						
2. Free leg horizontal forward: Straight or bent 30°, also with trunk backward at the horizontal	2.201 	2.202 	2.203 				
3. Front split with or without help			2.303 		2.305 		
4. Front split with or without help, trunk backward at the horizontal				2.404 		2.406 	
5. Front split, trunk backward below horizontal: From standing or seated position						2.506 	
6. Free leg horizontal to the side, also with trunk to the side at the horizontal		2.602 	2.603 				

Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

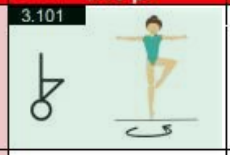
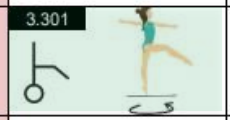
Types of balances	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
7. Side split with or without help			2.703 		2.705 		
8. Side split with or without help, with trunk to the side at the horizontal				2.804 		2.806 	
9. Arabesque: Free leg horizontal backward, also with trunk forward at the horizontal, also with back bend of the trunk		2.902 	2.903 	2.904 			
10. Back split with help, also foot above head without help			2.1003 		2.1005 		
11. Back split with or without help, trunk forward at the horizontal or below, or with ring without help				2.1104 		2.1106 	
12. Attitude, also ring with help/with the leg on the shoulder, also ring without help/attitude with back bend of the trunk		2.1202 	2.1203 	2.1204 			

Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

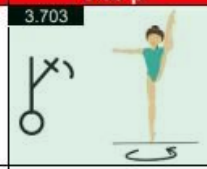
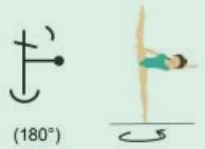
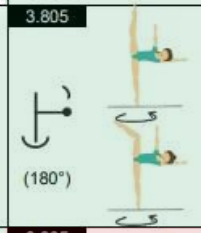
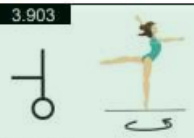
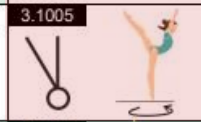
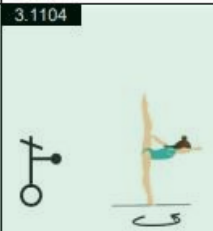
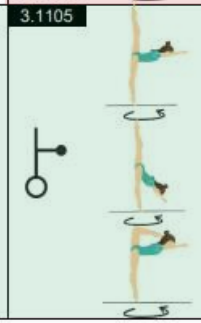
Types of balances	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
13. "Cossack": Free leg forward or side (horizontal position)	2.1301 						
14. "Cossack": Free leg forward, foot higher than head, with or without help		2.1402 	2.1403 				
Balances executed on other parts of the body							
15. Lying on the floor with the trunk lifted. Kabaeva: On the chest with or without help	2.1501 		2.1503 	2.1504 			
Balances executed in motion							
16. Passing from lying on the floor with the trunk lifted to the chest				2.1604 			
17. Dynamic balance from kneeling to standing, over the toes, with or without back bend			2.1703 				
18. Fouetté consisting of min. 3 same or different shapes (Evaluated as 1 DB)			2.1803  Leg at the horizontal for min. 2 shapes + min. 1 turn		2.1805  Leg above the horizontal for min. 2 shapes + min. 1 turn		
19. Utyascheva: 2 or 3 positions: From back split with help to front split with back bend of the trunk on the other foot, eventually also back to the initial position. Or opposite order. Eventually with 180° rotation or more, in any position(s).				2.1904 			

Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

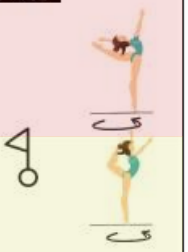
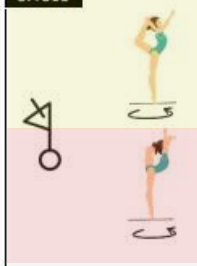
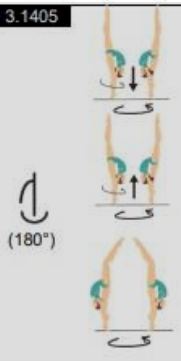
13. TABLE OF ROTATION DIFFICULTIES

Types of rotations	Rotations on 1 leg, normally on the toes on relevé Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
1. Passé forward or side (horizontal position)	3.101 						
2. Spiral turn ("Tonneau") on 1 leg			3.203 				
3. Free leg horizontal forward, straight or bent 30°	3.301 		3.303 				
4. Front split with or without help			3.403 		3.405 		
5. Elkatib: Front split with trunk backward at the horizontal (180°)					3.505  (180°)		
6. Free leg horizontal to the side, also with trunk to the side at the horizontal			3.603 	3.604 			

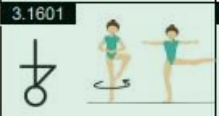
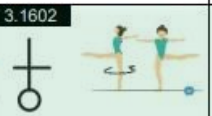
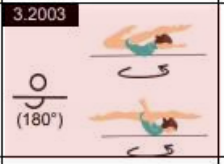
Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

Types of rotations	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
7. Side split with or without help			3.703 		3.705 		
8. Side split with or without help, with trunk to the side at the horizontal (180°), also Raffaeli with free leg bent (180°)				3.804  (180°)	3.805  (180°)		
9. Arabesque: Free leg horizontal backward, also with trunk forward at the horizontal, also with back bend of the trunk			3.903 	3.904 	3.905 		
10. Back split with help, also foot above head without help			3.1003 		3.1005 		
11. Back split with help: Trunk forward at the horizontal Back split without help: Trunk forward at the horizontal, below horizontal, or with ring (Sakura): Executed on relevé, on flat foot, or combining relevé/flat foot. +0.10 p. for each additional rotation				3.1104 	3.1105 		

Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

Types of rotations	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
12. Attitude, also ring without help/attitude with back bend			3.1203 		3.1205 		
13. Ring with help/with the leg on the shoulder			3.1303 				
14. Front split, trunk backward below horizontal, from standing or seated position (180°): With free leg straight ("Kabaeva") or bent 30° ("Kramarenko")					3.1405 		

Bilaga 1 – Rytmisk gymnastik tillåtna kroppssvårigheter

Types of rotations	Value						
	0.10 p.	0.20 p.	0.30 p.	0.40 p.	0.50 p.	0.60 p.	0.70 p.
15. "Cossack": Free leg forward or side (horizontal position)	3.1501 						
16. Fouetté: Passé, or with straight leg at the horizontal forward or to the side	3.1601 	3.1602 					
17. Illusion backward: Trunk bent backward at horizontal or below				3.1704 			
Rotations on other parts of the body							
18. Ralenkova: Rotation on the back	3.1801 						
19. Rotation on the stomach, legs close to ring		3.1902 					
20. Rotation on the stomach/chest, legs in stag position with help (Ashram) (180°) or in split position without help (Kanaeva) (180°)			3.2003  (180°)				
21. Rotation in split with help, trunk bent forward (No extra value for additional rotations)	3.2101 						
22. Rotation in split with help, trunk bent backward (No extra value for additional rotations)		3.2202 