

13 AUGUST 2024

NOTIFICATION TO ALL SCHOOLS

**NATIONAL SCHOOL GAMES (NSG) RHYTHMIC GYMNASTICS (RG) TECHNICAL PROGRAM 2025**

**1. RG Individual Event**

- Evaluation of the exercise will be as spelt out in the latest version (unless other stated) of Singapore Gymnastics' "Rhythmic Gymnastics National Program 2025 & Beyond".
- "FIG" refers to the RG Code of Points (COP) 2025-2028.

**1.1 Primary Developmental Category (Revised)**

NSG Division Category	NSG Scoring	Routine Length (min)	Apparatus (IA)	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry (see Annex C)	Execution
<b>Junior Developmental (Level 3)</b> Max. 7 pax/sch	<u>AA:</u> FH+1app  <u>TEAM:</u> 3 best scores in each app (6 scores)	1:00 – 1:15	Freehand	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves 1 fixed risk combination	NA	2 dance steps 1 dynamic change and effect	As per FIG
			Rope	Fixed 4 (2 jumps/leaps, 1 balance, 1 rotation) 2 Full body waves	4 fixed DA 1 fixed modified risk 4 fixed apparatus element	1 dance steps 2 dynamic change and effect	
<b>Senior Developmental (Level 4)</b> Max. 7 pax/sch	<u>AA:</u> 2 apps  <u>TEAM:</u> 3 best scores in each app (6 scores)	1:15 – 1:30	Hoop	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	4 Fixed DA 1 fixed modified risk 4 fixed apparatus elements	2 dance steps 2 dynamic change and effect	
			Clubs	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	4 Fixed DA 1 fixed modified risk 4 fixed apparatus elements	2 dance steps 2 dynamic change and effect	

### 1.2 Primary Elite Category (Revised)

NSG Division Category	NSG Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry	Execution
<b>Junior Elite</b> Max. 3 pax/sch	<u>AA:</u> FH+2apps	1:15 – 1:30	Freehand	Min 3, Max 5 (max value 0.5; no CBD; 1 of each BDG) 2 full body waves 1 set pre-acrobatic moves	NA	As per FIG	As per FIG
			Hoop	Min 3, Max 4 (max value 0.5; no CBD; 1 of each BDG) 2 full body waves Risk: max 2	Min 1, max 10		
			Ball				
			Clubs (N.A. for NSG)				
<b>Senior Elite</b> Max. 3 pax/sch	<u>AA:</u> 3 apps	1:15 – 1:30	Hoop	DB: Min 3, Max 6 (max value 0.6; no CBD; 1 of each BDG) 2 full body waves Risk: max 3	Min 1, max 12		
			Ball				
			Clubs				
			Ribbon (N.A. for NSG)				

### 1.3 Secondary Developmental Category (Revised)

NSG Division Category	NSG Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry (see Annex C)	Execution
<b>C Division Developmental (Level 5)</b> Max. 6 pax/sch	<u>AA:</u> 2 apps  <u>TEAM:</u> 3 best scores in each app (6 scores)	1:15 – 1:30	Ball	Fixed 5 (1 jumps/leaps, 2 balances, 2 rotations) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	As per FIG
			Clubs	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	
<b>B Division Developmental (Level 6)</b> Max. 6 pax/sch	<u>AA:</u> 2 apps  <u>TEAM:</u> 3 best scores in each app (6 scores)	1:15 – 1:30	Hoop	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	
			Ribbon	Fixed 5 (1 jump/leaps, 2 balances, 2 rotations) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	

### 1.4 Secondary Optional Category

(no change except for adoption of latest FIG Code of Points 2025-2028)

NSG Division Category	NSG Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry	Execution
<b>C Division Optional</b> <i>(FIG Junior)</i> Max. 6 pax/sch	<u>AA:</u> 4 apps	1:15 – 1:30	Hoop	As per FIG Junior	As per FIG Junior	As per FIG	As per FIG
			Ball				
			Clubs				
			Ribbon				
<b>B Division Optional</b> <i>(FIG Junior)</i> Max. 6 pax/sch	<u>AA:</u> 4 apps	1:15 – 1:30	Hoop	As per FIG Junior	As per FIG Junior	As per FIG	As per FIG
			Ball				
			Clubs				
			Ribbon				
<b>A Division Optional</b> <i>(FIG Senior)</i> Max. 6 pax/sch	<u>AA:</u> 4 apps  <u>TEAM:</u> 2 best scores in each app + 2 best scores from any app (10 scores)	1:15 – 1:30	Hoop	As per FIG Senior	As per FIG Senior	As per FIG	As per FIG
			Ball				
			Clubs				
			Ribbon				

## 2. **RG Group Event Program**

- No change to group events for all divisions.
- Evaluation of the exercise will be as spelt out in the current NSG RG Rules and Regulations (i.e., routines and criteria spelt out in the program for 2021).

### 2.1 Primary Group Events

<b>Event</b>	<b>Routine(s)</b>	<b>Apparatus</b>	<b>Max. Pax/Sch</b>	<b>To Perform</b>
<b>Junior 'Novice' Group</b>	Level 1 set (2021)	Group Freehand	7	5
<b>Junior Group</b>	Level 2 set (2021)	Group Freehand	7	5
<b>Senior Group Event</b>	Level 3 set (2021)	Group Freehand	7	5

### 2.2 Secondary Group Events

<b>Event</b>	<b>Routine(s)</b>	<b>Apparatus</b>	<b>Max. Pax/Sch</b>	<b>To Perform</b>
<b>C Division Group</b>	Level 4 set	5 Ropes	6	5
<b>B Division Group</b>	Level 5 set	3 Hoops & 2 Balls	6	5
<b>A Division Group</b>	FIG Senior	3 Hoops & 2 Balls, or 5 Same Apparatus	6	5

### 3. **Division Championship Tabulation**

- No change to group events for all divisions.
- Evaluation of the exercise will be as spelt out in the current NSG RG Rules and Regulations (i.e., routines and criteria spelt out in the program for 2021).

#### 3.1 Primary Senior Division Championship

<b>Position Ranking that derived from the scores of the following:</b>	<b>Weighting (Position Rank)</b>
Group Event	20%
Developmental Team Competition	50%
Sum of the best score of each apparatus in the Elite category	30%

#### 3.2 Secondary Division Championship

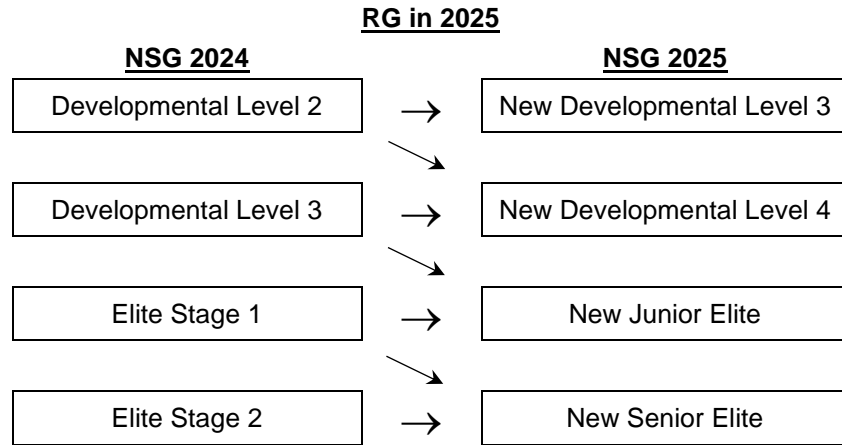
<b>Division</b>	<b>Division Championship Tabulation</b>
<b>C</b>	Sum total of the scores of the Group Event, Developmental Team Competition, and 2 best scores from any Optional category (FIG Junior) routines performed.
<b>B</b>	Sum total of the scores of the Group Event, Developmental Team Competition, and 2 best scores from any Optional category (FIG Junior) routines performed.
<b>A</b>	Sum total of the scores of 10 routines comprising 2 best scores in each apparatus and 2 best scores from any apparatus

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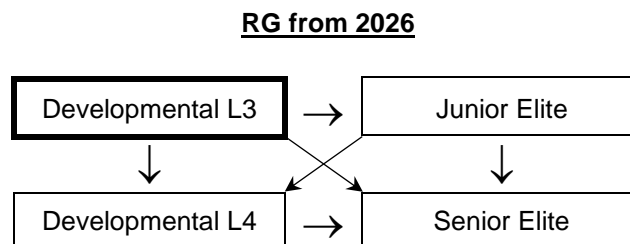
**ADDENDUM**

**4. Registration of Prize Winners of the Preceding Year**






4.1 In 2025, all medal winners of Developmental Level 2, Developmental Level 3, Elite Stage 1 and Elite Stage 2 in 2024 may compete in the new program as below:



4.2 From 2026 onwards, students who are Top 3 medal winners of Junior Developmental Level 3 of the previous year must be registered to higher level events (i.e., Senior Developmental Level 4 or Elite categories). All other medal winners may compete in the same category or higher-level categories and should not regress to lower levels (see illustration):



## 5. Apparatus

Item/Apparatus	1	2	3*	4*
	Participants with 'Age Dispensation'	Junior & Senior Divisions	B & C Divisions	A Division
<b>Performance Area</b>	1300 cm x 1300 cm			
 <b>Rope</b>	N.A.			
 <b>Hoop</b> (Min. internal diameter / min. weight)	<u>60 cm / 180 g</u>	70 cm / <u>230 g</u>	<u>70 cm / 260 g</u>	80 cm / 300 g
 <b>Ball</b> (Min. diameter / min. weight)	<u>15 cm</u>	<b>16 cm / 320 g</b>	18 cm / 400 g	
 <b>Clubs</b> (Min. length / min. weight)		<b>35 cm / 100 g</b>	40 cm / 150 g	
 <b>Ribbon</b> (Min. stick length / min. ribbon length)		50 cm / 4 m	50 cm / 5 m	50 cm / 6 m

5.1 Apparatus not according to specifications will be accorded a penalty of 0.30 points deduction from the gymnast's final score, or from the group score for Group exercises

5.2 Apparatus used by a group must all be identical (weight, dimension, and shape); only their colour might be different.

### 5.3 Replacement Apparatus

5.3.1 The NSGOC will provide a maximum of 2 replacement apparatus on the designated area on the mat, and the apparatus specifications will be according to that of Group 3\* or 4\* in the 'Apparatus' table.

5.3.2 Schools may place a maximum of 2 replacement apparatus on the designated area on the mat, and the replacement apparatus used by schools are required to meet the minimum specifications of the event, recorded/marked by the apparatus official prior to the competition and placement on the mat.

5.3.3 A gymnast may use a maximum of 2 replacement apparatus placed on the mat with all applicable penalties.