FREE ROUTINE CLARIFICATIONS

RG-Domestic Development

JUNE 2026

Body Difficulties:

PERFORMING BD ABOVE LEVEL REQUIREMENT

Question :
If a gymnast performs a body difficulty with a higher value than is allocated for her level, will it be counted?

Answer:
Yes, the element will be counted, but only up to the maximum value permitted for that gymnast's level. However, if a gymnast is consistently ready to perform higher-level difficulties, it is recommended to consider moving her to a higher category (such as Level B or C). This helps maintain balance across categories and ensures the focus remains on execution, not just difficulty value.

SUCCESSIVE SPLIT LEAPS- NON-DOMINANT LEG REQUIREMENT

Question:
If a gymnast performs two or three successive split leaps with a change of take-off foot, can one of the leaps be counted toward the **non-dominant leg BD requirement**?

Answer:
Yes, this is acceptable **as long as the first leap** is performed with the **non-dominant leg**.

FOUETTÉ PIVOT – MAXIMUM ROTATIONS

Question:
The current rule states that a gymnast can perform a maximum of **8 rotations** in a fouetté turn. Are **double rotations** allowed?

Answer:
Yes, a gymnast is allowed to perform **up to 8 heel-supported rotations** in total. **Double rotations are permitted** as long as the total of heel support does not exceed the maximum of 8.

BODY WAVES (W)

Question 1:
Will the body waves be evaluated in the **order of performance**?

Answer:
No. Similar to Body Difficulties (BDs), **any three W elements** that meet the body wave characteristics/definition according to the COP will be counted **regardless of the order** in which they appear in the routine.

Question 2:
If a gymnast performs one or more W elements (body waves) that are also DB (from the CoP), can one of those count **both as a W and as a BD**?

Answer:
No. The **same element cannot be credited twice** — once as a body wave (W, +0.1) and again as a BD (with its BD value).

DYNAMIC ELEMENTS WITH ROTATION (R)

Question 1:
Can a gymnast combine **vertical rotations** with **pre-acrobatic elements** in one series?

Answer:
Yes. In the Free Routine, at least one series must combine vertical rotations and pre-acrobatic elements with rotation. The second series may consist of any rotational elements of the gymnast's choice, provided it complies with the requirements of the COP. If a gymnast fails to perform the required combined series, only one series will be recognized and counted.