

Nordic rules for Duo/Trio, 2022-2024

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 also include the main score components 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 **15** DC
- **No requirement** of CC
- Within CC, there will be **no evaluation** of "construction with interrelated apparatus"
- Min **1** element from each specific fundamental group

Artistry:

- Min **2** S (as per FIG CoP)
- Min **2** dynamic changes
- Min **1** body/apparatus effect
- Collective work: Min **2** 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. Adjusted components are marked yellow.

Penalties	0.30	0.50	1.00
CHARACTER of MOVEMENT	Majority of the exercise: <ul style="list-style-type: none"> • present in most, but not all, connections • missing only during some, but not all, D elements 	Some parts of the exercise: <ul style="list-style-type: none"> • present in some connections • missing during D elements 	Absent in all of the exercise
DANCE STEPS		Missing 1 Dance Steps Combination with rhythm and character	Missing 2 Dance Steps Combinations with rhythm and character
BODY EXPRESSION	Under-developed in the exercise: 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	Not developed the exercise: <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		1 Dynamic Change performed	No Dynamic changes performed
BODY/APPARATUS EFFECTS		No specific elements coordinated with specific accents/phrases in the music which create a visual impact, achieved through: <ul style="list-style-type: none"> • body and/or apparatus construction • collective work • relationships created in subgroups • choreographic connections between Difficulties 	
COLLECTIVE WORK	Less than 2 of each type of the 3 organizational structures of collective work		
FORMATIONS	The same formation is maintained in the same place for more than 2 Difficulties in a row		
COLLABORATIONS	Less than 3 types of Collaboration: minimum 2 of each		
UNITY	Unity/harmony/continuity of the composition is broken due to severe technical interruptions		

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						
START and FINAL POSITIONS				If one or more apparatus is not in contact with a gymnast in the start or final pose						