

Spørgsmål og svar – december 2025

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Reglement:	Spørgsmål:	Svar og præcisering:
Rytme: Liga og DK	Can a team perform movements in and out for a difficulty and then use the movements out as movements in for a following sequence?	Yes, movements out can be used as movements in for a second sequence following.
Rytme: Liga og DK	Is there any restrictions on what elements we can use to move in and out of floor difficulty?	All elements and movements where the centre of gravity is moving across the floor can be used for movement in and out but no difficulty elements (elements listed in A1) are allowed.
Rytme: Liga, DK og Region	RS: If the RS is performed in two groups, can one group start in the corner and one on the edge of the floor? If planes are marked on the tariff and performed in the RS, does the team lose the plane and the RS or just the plane?	Different groups can start from different positions on the floor and can use different paths (see 22.2.1 g), which means that groups can travel e.g. different distance (from corner to corner or back to front). If a plane is marked inside the RS, the team will lose the value of the plane (see 22.2.2 j). Planes need to be performed separately, outside from the RS. The RS is not affected.
Rytme: Liga, DK og Region	Can you give an example of how the elements performed in planes can be counted as different?	Those three different elements counted could, for example, be chosen from running, sliding, chassés, jumping, leaping and hopping to be clearly different. For the three elements to be different it should be noted that simple steps can be used to connect the elements but these are not counted. Therefore, the three elements should differ clearly from simple steps and from each other

Rytme: Liga, DK og Region	Can you use planes as movements in and out?	Yes, it is allowed to use planes as movements in and movements out as long as requirements for both plane and movements in/out are fulfilled.
Rytme: Liga, DK	Are planes allowed in CF?	Yes, it is allowed to use planes to create a moving curved formation as long as requirements for both planes and CF are fulfilled (be aware not to turn)
Rytme: Liga, DK	If there is a D element in RS, will the element be counted towards the D-score?	Yes, if the D element meets the difficulty requirements, it will be counted. The team will lose the RS, but marked and performed D-element will be counted.
Rytme: Liga, DK	When performing movements in and out, can you change the direction?	Yes, it is allowed to change the direction when performing movements in and out, but the centre of gravity must continue moving across the floor throughout the in/out sequences. Be aware that when performing these movements, changing direction abruptly, for example, moving to the left and then suddenly switching to the right (a 180° change) will most likely cause an unintended stop.
Rytme: Liga, DK	If you try to raise the Group element value (movements in and out), can gymnasts stop when they perform the lift or throw or do they have to all move all the time without any stop when making the Group element between the choreo movements?	The difficulty element can be performed staying still on one place. During the D-element the centre of gravity must not move if the element does not require that. The requirement of centre of gravity moving is only for the movements in and out
Rytme: Liga, DK og Region	If the pirouette underrotates (more than 45°) equally by all gymnasts, will there be an E-deduction?	For E-judging the difficulty elements need to be performed as similar as possible. If the team performs the difficulty element exactly in the same way (no matter if the difficulty requirements are not fulfilled) there will be no E- deduction because the performance was "uniformed".
Rytme: Liga, DK og Region	In twisting jumps and pirouettes, must all gymnasts face the same direction to receive the DV? If one or two gymnasts face a	It is written as a requirement in D (in A1). If one or two gymnasts make a mistake, the team receives half of the difficulty value (DV)

	different direction, is the difficulty value reduced to half?	
Rytme: Liga, DK og Region	What happens if, in a standing balance, one gymnast holds the leg with both hands while the rest of the team use one hand?	When the team has chosen to perform the element with one hand and one gymnast fails by is using two hands, half of the DV is given.
Rytme: Liga, DK	What is the correct starting position when performing a gumbi (A807)?	When there is no specific definition for the element's starting position, it means that the team can choose. E.g. standing, kneeling, sideways, backwards, but needs to be performed in the same way for the whole team.
Rytme: Liga, DK	When performing movements in and out, does the hurdle step for an aerial cartwheel or a round-off count as the third element, in relation to receiving the additional 0.2 in the D score?	Yes, a hurdle step can be counted as one element before a difficulty element in movements in and out sequences
Rytme: Liga, DK og Region	About RS: Is it allowed to switch formation e.g. from three groups to two groups if the groups start and end from different places?	It is possible if the two groups travel in the same direction. For example, two groups starting from the back left and back right and finishing centrally at the front of the floor area. You must ensure that all gymnasts fulfil the RS requirements
Rytme: Liga, DK	Can planes be used as a movements in and out sequence before/after a difficulty element? Is it allowed to perform three movements e.g. sideways and then go for a difficulty element followed by three movements again?	Yes, it is allowed as long as the requirements for planes and movements in and out are fulfilled.
Rytme: Liga, DK	Is it possible to perform movements in - difficulty element - difficulty element - movements out ?	No, you need to perform movements in and out for each difficulty element, but you can combine movements out for the first element and movements in for the second difficulty element: movements in - difficulty element - movements out/in - difficulty element - movements out

Trampet: Lliga, DK, Region	Hvad er et legitimt forsøg på et plestspring?	Et legitimt forsøg på et plestspring indebærer at redskabet berøres med minimum en hånd og at der sker en rotation hen over. Berøres redskabet ikke med en eller to hænder anses springet som et gennemløb - og er dermed ikke et legitimt forsøg.
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