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Original article

## COMPARATIVE STUDY ON HOW TO CARRY OUT RHYTHMIC GYMNASTICS COMPETITIONS IN ROMANIA AND AUSTRIA - OLYMPIC CYCLE 2012-2016, 2017-2021

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### Abstract

Rhythmic gymnastics is part of the great family of Olympic sports, being a relatively new branch of gymnastics. It has evolved and developed quite rapidly, capturing the attention of more and more girls around the world.

The paper is based on the hypothesis that the differences and similarities in the way of conducting rhythmic gymnastics competitions according to the internal regulations of Romania and Austria, respectively the differences between the 2 Olympic cycles 2012-2016 and 2017-2021 may influence the results of athletes practicing this discipline.

*Objectives.* The paper aims to study the internal rules in rhythmic gymnastics of the 2 countries, Romania and Austria according to the specifics of the Olympic cycles, highlighting the strengths and weaknesses of the 2 technical training systems, presented and comparing the results obtained by athletes in the last two Olympic cycles in the two countries.

*Methods.* The proposed research methodology for conducting the study addresses methods such as the bibliographic study method, the conversation method, the observation method and the graphic method.

*Results.* The results highlighted the major differences between the two Olympic cycles in terms of international regulations FIG which are given by, the presence of competition sheets that are in the first cycle and their total absence in the second Olympic cycle.

*Conclusions.* The final conclusions demonstrated the hypothesis underlined in the introduction that two countries that have different sports activities, taking into account the history of development of this sport in that country, the forms and conditions of training, internal regulations and forms of classification differently can achieve relatively similar performance.

**Key words:** rhythmic gymnastics, internal regulations, Romania, Austria

### Introduction

Rhythmic Gymnastics is a form of gymnastics that developed as a sport and emerged in the world competition arena at a relatively recent date, respectively in the second half of the XX.1 century (Macovei, 2007)

However, it is undergoing a spectacular evolution and is rapidly transforming from a form of expression and rhythm - adapted and appropriate to female education - into an Olympic discipline.

The Olympic Games represent the most representative competitive system for ranking sports values worldwide. (Cristea, Ille, Trifa, 2004)

The first nomination on the Olympic sports list took place in 1984 at the Los Angeles Olympics and is only realized through the individual event. In 1992, the second specific competition test was admitted to Atlanta - the overall test - an event that significantly boosted the activity in the G.R.S. Thus, more and more countries become interested in

participating in world competitions, to improve their national training level and to aspire to the selection and the Olympic final. 2 (Macovei, 1999)

Due to the increase in the number of national, world and continental competitions, it is desired to initiate a program with requirements promoted by the Technical Committee of G.R. of the International Gymnastics Federation (C.T.- G.R.- F.I.G.) which was also joined by the continental and national federations which aim at the permanent improvement of the systems of regulations and competitive technical programs.

An important role in the development of activities and the achievement of sports performance has the internal regulations, the forms of classification of the categories as well as the conditions and the way of carrying out the trainings.

The internal technical regulations contain the provisions regarding the development of rhythmic gymnastics activities on the territory of the

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country. The regulations are in accordance with the Statute of the Federation, the Technical Regulations FIG, the UEG, the Rules FIG of the referees and the Scoring Code FIG in force.

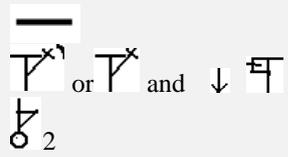
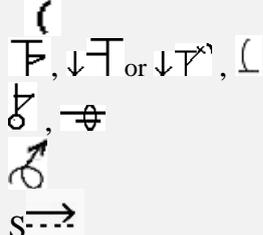
The purpose of the Technical Regulation is: to guarantee and apply the technical requirements imposed by the Federation; organizing, guiding and controlling competitive activities and other actions; promoting and ensuring the development of rhythmic gymnastics at national level as well as ensuring the international representation at the highest possible level.

Analyzing the internal regulation of Rhythmic Gymnastics in the years 2012 - 2021, we notice that it followed the regulation and the international evolution. The major differences in the conduct of competitions between the two Olympic cycles in our country, materialize in the key points, by the presence of score sheets in the first cycle and their total exclusion in the second, by introducing and accepting the musical accompaniment with voice at the beginning of an object and then at 2 objects, by introducing the elements of mastery (M) which later turns into the difficulty of the apparatus (AD) and, the obligatory introduction of the dance steps.

**The hypothesis of the paper**

**Regulation 2013 - 2016**

Table 1 „ Comparisons Little Gymnast 2013-2016"  
 LITTLE GYMNAST CATEGORY

ROMANIA		AUSTRIA	
Technical program	W.A./ without apparatus	Technical program 6-7 years	W.A./ without apparatus
Difficulty requirements	3 - 5 Minimum difficulties 1 Difficulty in each Body Group maximum 4.00 p	Difficulty requirements	Body Difficulties Maximum 5 Body Difficulties Jumps - Minimum 1 Balance - Min.1 Rotations - Min. 1 Value of Difficulties: 0.10, 0.20, 0.30 Dance step combinations Min. 1 Value: 0.30 points Pre-acrobatic elements Maximum 2, Value: 0.20 points. It is executed in isolation and with a different shape
Compulsory elements		Compulsory elements	

Highlighting the differences and similarities in the way of conducting rhythmic gymnastics competitions according to the internal regulations of Romania and Austria. Respectively the differences between the 2 Olympic cycles 2012-2016 and 2017-2020 respectively.

**Tasks of the paper**

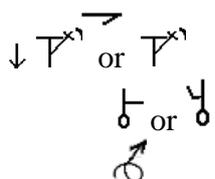
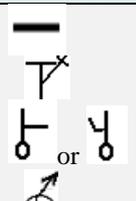
Studying the internal regulations of the 2 countries, Romania and Austria according to the specifics of the Olympic cycles, highlighting the strengths and weaknesses of the 2 technical training systems presented and comparing the results obtained by athletes in the last two Olympic cycles in the two countries.

**Methods**

The paper addresses methods such as the method of bibliographic study, the method of conversation, the method of observation and the graphic method.

**Data analysis and interpretation**

The paper aims to study the internal rules in rhythmic gymnastics of the 2 countries, Romania and Austria in accordance with the specifics of the Olympic cycles 2012-2016 and 2017-2021. Thus, the internal regulations according to the classification level of the two countries, Romania and Austria, will be presented in the tables below.

		Technical program 7-8 years	W.A. AN APPARATUS OF CHOICE Rope, Circle or Ball
		Difficulty requirements	Body Difficulties Min 5 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 1 In combination with at least one fundamental element Pre-acrobatic elements Max. 2 Value: 0.30 points It is executed in series and with different shape (the same shape cannot be repeated)
		Compulsory elements	
		Technical program 8-9 years	W.A. Rope AN OBJECT OF CHOICE Circle or Ball
		Difficulty requirements	Body Difficulties Max 6 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min.1 In combination with at least one fundamental element Dynamic rotating elements R Max. 1 Difficulty with the apparatus M without limit
		Compulsory elements	

As a first observation that emerges from this category, we distinguish the division by age categories in Austria as opposed to Romania. In Romania, the small gymnast category includes all sportswomen aged between 6 and 8 years. Also in

Romania there are no different levels of classification of female athletes in this Olympic cycle. We notice that the technical program in Romania includes only one exercise without object, unlike Austria, which from the age of 7 includes an



object of choice between rope, circle or ball, and at the age of 9 it has as mandatory exercises without object and rope plus a device of your choice between a circle or a ball. This typical introduction of the apparatus in the competition program of the gymnasts aims at getting used to the apparatus and learning the technique of early handling of the objects in order to improve the technique of the apparatus. Differences also appear among the requirements of difficulty. In Austria it is mandatory to introduce a minimum of a series of dance steps and a maximum of 2 pre-acrobatic elements. A similarity between the two countries is observed in the presence of a maximum of 5 bodily difficulties.

The obligatory elements in Romania are composed of a jump, two balances and a pirouette while in Austria it is divided into two jumps, three balances plus a body wave, two pirouettes and two acrobatic elements. In the age category 7-8 years the difficulty of the elements can reach a value of 0.50 and the dance steps must contain at least one fundamental element. Also the obligatory elements change as can be seen in the table. In the age category 8-9 years appear as mandatory requirements the introduction of the introduction of a maximum of a dynamic element with rotation and the difficulties with the object without limit

Table 2 „ Comparisons Category IV 2013-2016 ”  
 CATEGORY IV

ROMANIA		AUSTRIA	
Technical program	Rope Hoop Ribbon	Technical program 9-10 years	W.A. Rope Hoop or ball of your choice
Difficulty requirements	3 - 6 Minimum difficulties 1 – maximum 2 Difficulty from each Body Group maximum 5.00 p. 1 Minimum risk a sequence of dance steps.	Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points Dynamic rotating elements R Min. 1 with a different launch mode Difficulty with the apparatus M without limit
Compulsory elements		Compulsory elements	
		Technical program 10-11 years	W.A. Rope Hoop Bal
		Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points Dynamic rotating elements



			R Min. 1 with a different launch mode Difficulty with the apparatus M without limit
		Compulsory elements	

As can be seen in the table above, the fourth category in Romania includes gymnasts aged between 9 and 11 years, unlike Austria, which is again classified in the age category of 9-10 years and 10-11 years, respectively. The technical program includes the obligatory apparatus rope, circle, ribbon in Romania. And in Austria in the category 9-10 years without apparatus, tail, circle or ball of your choice, at 10-11 years old to compete with without apparatus, rope, circle, ball.

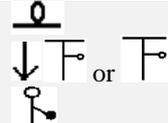
The difficulty requirements in Romania provide for 3-6 body difficulties unlike Austria which allows 7 body difficulties. Also here are differences between the minimum number of a sequence of dance steps in Romania as opposed to at

least 2 sequences of dance steps in Austria. In Romania we distinguish only one dynamic element with rotation and in Austria we notice the early introduction of at least one dynamic element with rotation. In Austria there is, as part of the difficulty requirements, the difficulty with the limitless apparatus.

In terms of mandatory elements, Romania registers a jump, a pirouette and a mandatory balance, and Austria at 9-10 years a jump, two balances, two pirouettes and an imposed element and, at 10-11 years a jump of your choice, two balances, two pirouettes and the same required element.

Table 3., Comparisons Categoria a IIIa Prejunioare 2013-2016"  
 CATEGORY III – PREJUDICIOUS

ROMANIA		AUSTRIA	
Technical program	Rope Hoop Ball Clubs	Technical program 11-12 years	W.A. Rope Ball Hoop or clubs of your choice
Difficulty requirements	4 - 7 Minimum difficulties 2 – maximum 3 Difficulty from each Body Group maximum 7.00 p. 2 Maximum risk and minimum sequence of dance steps.	Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points points coordinated with GTF and AGT Dynamic rotating elements R Min. 1-3 with a different launch mode Difficulty with the apparatus M without limit
Compulsory elements	Don't exist	Compulsory elements	

		Technical program 13 years	Rope Hoop Ball Clubs Ribbon
		Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Combinations of dance steps R Min. 1 Value: 0.30 points Dynamic rotating elements R Min. 1-3 with a different launch mode Difficulty with the apparatus M 1 without limit
		Compulsory elements	

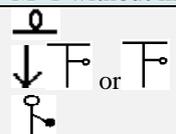
The table 3 follows the comparisons of the 3rd PREJUNIOR category, which is identified in gymnasts between 11 and 13 years old. In Romania there is only one category that includes these ages and has as technical program the apparatus rope, circle, ball clubs. Austria is again divided into 11-12 years of age with the technical program consisting of evolutions to no apparatus, rope, ball, circle or

mace of your choice and the age category 13 years, with evolutions to rope, circle, ball, maces, ribbon.

At the level of difficulty requirements we notice a difference only in the presence of difficulties with the apparatus of binding in Austria as opposed to Romania which does not impose this. Mandatory items in Romania no longer fall into this category, but they still persist in Austria.

Table 4 „ Comparisons Junior 2013-2016"  
 JUNIOR CATEGORY II

ROMANIA		AUSTRIA	
Technical program	Hoop Ball Clubs Ribbon	Technical program 13-15 years	Rope Hoop Ball Clubs Ribbon
Difficulty requirements	4 - 7 Minimum difficulties 2 – maximum 3 Difficulty from each Body Group maximum 8.00 p. 3 Maximum risk and minimum sequence of dance steps.	Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points points coordinated with GTF and AGT Dynamic rotating elements R Min. 1 with a different launch mode Difficulty with the apparatus

			M 1 without limit
Compulsory elements	Don't exist	Compulsory elements	

At the junior level we notice that both Austria and Romania include the same age class, gymnasts aged between 13 and 15 years. The

technical program in Romania includes evolutions with the objects circle, ball, clubs, ribbon while in Austria the technical program covers all five objects.

Table 5 „Comparisons Senior Category 2013-2016 " SENIOR CATEGORY

ROMANIA		AUSTRIA	
Technical program	Hoop Ball Clubs Ribbon	Technical program 16+ years	Hoop Ball Clubs Ribbon
Difficulty requirements	12 Maximum difficulties 6 – minimum 9 Difficulty from each Body Group maximum 10.00 p. 3 Maximum risk and minimum sequence of dance steps.	Difficulty requirements	Body Difficulties Max 9 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 1 Value: 0.30 points points coordinated with GTF and AGT Dynamic rotating elements R Min. 1 with a different launch mode Difficulty with the apparatus M 1 without limit
Compulsory elements	Don't exist	Compulsory elements	Don't exist

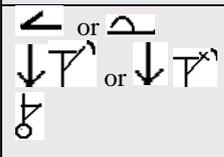
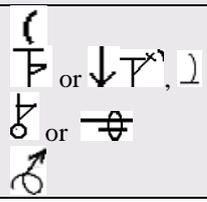
At the level of the senior category due to the participation in the international competitions of gymnasts, the internal regulations of both countries follow the international regulation FIG, so there are

no differentiations of any kind. The technical program is identical, the difficulty requirements keep the same features and the mandatory elements do not exist in any of the countries

**Regulation 2017 - 2021**

Table 6 „ Comparisons Little Gymnast 6 years 2017-2021" LITTLE GYMNAST CATEGORY

ROMANIA		AUSTRIA	
Technical program 6 years	W.A.	Technical program 6-7 years	W.A.

Difficulty requirements	Body Difficulties Min.3 - Max 6 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points Preacrobatic elements Max. 2 Value: 0.20 points Executed isolated	Difficulty requirements	Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 1 Value: 0.30 points Preacrobatic elements Max. 2 Value: 0.20 points Executed isolated with different form
Compulsory elements		Compulsory elements	

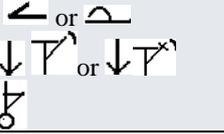
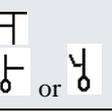
In table 16, following the evolutions of the internal regulations from 2017-2020, we notice that Romania divides the competitors by age levels in the small gymnast category. Thus we can compare the level of 6 years in our country as opposed to the one in Austria

We notice that the technical program is identical, the differences being noticed within the difficulty requirements and the obligatory elements. Romania allows the use of a maximum of 6 bodily difficulties unlike Austria which allows 7. The combinations of dance steps differ in terms of the

obligation to introduce them in the composition. Romania forcing the presence of two sequences of dance steps.

The mandatory elements register another differentiation. As we can see, in terms of jumps, in Romania we have a safe jump of your choice while in Austria there are two required jumps. In Romania there is a happy balance, in Austria there are two balances plus a body wave. At the level of pirouettes, we also observe a mandatory pirouette in Romania and two pirouettes in Austria. Austria also has the required acrobatic elements.

Table 7., Comparisons Little Gymnast 7 years 2017-2021 "

ROMANIA		AUSTRIA	
Technical program 7 years	W.A.	Technical program 7-8 years	W.A. AN OBJECT OF YOUR CHOICE Rope, Hoop or Ball
Difficulty requirements	Body Difficulties Min. 3 - Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min.2 Value: 0.30 Preacrobatic elements Max. 2 Value: 0.30 points Executed in series and with a different form (you can't repeat the same form)	Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 1 In combination with minimum a fundamental element Preacrobatic elements Max. 2 Value: 0.30 points Executed in series and with a different form (you can't repeat the same form)
Compulsory elements		Compulsory elements	

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At the level of 7 years the only difference is registered in the technical program which in Austria follows the evolution with an object of choice between rope, circle or ball in addition to the one without object. Romania remains with the same

inclusive features in terms of mandatory elements. Austria changes the binding elements at the level of pirouettes and balances and introduces the lateral overturning as a mandatory acrobatic element.

Table 8 „Comparisons Little Gymnast 8 years 2017-2021"

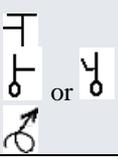
ROMANIA		AUSTRIA	
Technical program 8 years	W.A. Hoop	Technical program 8-9 years	W.A. Rope An object of your choice Hoop or Ball
Difficulty requirements	Body Difficulties Min.3 - Max 6 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min.2 Value: 0.30 point Dynamic rotating elements R Max. 1 Difficulty with the apparatus AD without limit	Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min.1 In combination with minimum a fundamental element Dynamic rotating elements R Max. 1 Difficulty with the apparatus AD without limit
Compulsory elements		Compulsory elements	

Table 9 „Comparisons IV category 2017-2021"

CATEGORY IV

ROMANIA		AUSTRIA	
Technical program cat. a IV-a	W.A. Rope Hoop Ribbon	Technical program cat. a IV-a 9-10 years	W.A. Rope Hoop Ball
Difficulty requirements	Body Difficulties Min. 3 - Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points Dynamic rotating elements R Min. 1	Difficulty requirements	Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points Dynamic rotating elements R Min. 1 Difficulty with the apparatus AD without limit



	Difficulty with the apparatus AD without limit		
Compulsory elements		Compulsory elements	
		Technical program cat. A IV-A 10-11 years	W.A. Rope Hoop Ball Clubs
		Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min. 1 Balance - Min. 1 Rotations - Min. 1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min. 2 Value: 0.30 points Dynamic rotating elements R Min. 1 wit a different launch mode Difficulty with the apparatus AD without limit
		Compulsory elements	sau  sau sau sau

As it is highlighted in the table above in Romania, the 4th category includes gymnasts with the age range 9-11 years, guided by a single regulation, and in Austria the 4th category is again structured in two categories, respectively 9-10 years and 10-11 years following two different regulations. The technical program in Romania includes the obligatory evolutions without object, rope, circle, ribbon and in Austria in the category 9-10 years

without object, rope, circle, ball, the fifth evolution will be introduced at 10-11 years. maces.

The regulation is identical in terms of difficulty requirements in both countries and in both classification categories. At the level of obligatory elements we observe the same structure, respectively the imposition of a jump, a pirouette and a balance. As a novelty in Austria, the mandatory tourplonge prirueta is being implemented.

Table 10 „, Comparisons III Pre-Junior Category 2017-2021”  
 CATEGORY III PREJUNIOR

ROMANIA		AUSTRIA	
Technical program cat. a III-a PREJUNIOR RS	Hoop Ball Clubs Ribbon	Technical program cat. A III-a 11-12 years PREJUNIOR RS	W.A. Rope Hoop Ball Clubs



<p>Difficulty requirements</p>	<p>Body Difficulties          Min.3 - Max 7 Diff. body          Jumps - Min.1          Balance - Min.1          Rotations - Min.1          Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50          Dance step combinations          Min. 2 Value: 0.30 points          Dynamic rotating elements          R Min. 1 with a different launch mode          Difficulty with the apparatus          AD without limit</p>	<p>Difficulty requirements</p>	<p>Body Difficulties          Max 7 Diff. body          Jumps - Min.1          Balance - Min.1          Rotations - Min.1          Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50          Dance step combinations          Min. 2 Value: 0.30 points coordonate with GTF and AGT          Dynamic rotating elements          R Min. 1-3 with a different launch mode          Difficulty with the apparatus          AD without limit</p>
<p>Compulsory elements</p>	<p>Don't exist</p>	<p>Compulsory elements</p>	<p>⊗                Min. 2 S          Min. 1 R          AD without limit</p>
		<p>Technical program cat. a III-a 13 years PREJUNIO RS</p>	<p>Rope          Hoop          Ball          Ribbon</p>
		<p>Difficulty requirements</p>	<p>Body Difficulties          Max 7 Diff. body          Jumps - Min.1          Balance - Min.1          Rotations - Min.1          Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50          Dance step combinations          Min. 1 Value: 0.30 points coordonated with GTF and AGT          Dynamic rotating elements          R Min. 1 with different launch mode          Min 1          Without limit</p>
		<p>Compulsory elements</p>	<p>⊗                Min.2 S          Min. 1 R          AD without limit</p>



ROMANIA		AUSTRIA	
Technical program SENIORS	Hoop Ball Clubs Ribbon	Technical program 16+ years SENIORS	Rope Ball Clubs Ribbon
Difficulty requirements	Body Difficulties Min. 3 - Max 9 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min.1 Value: 0.30 points coordinated with GTF and AGT Dynamic rotating elements Min. 1 Difficulty with the apparatus Min 1 without limit	Difficulty requirements	Body Difficulties Max 7 Diff. body Jumps - Min.1 Balance - Min.1 Rotations - Min.1 Value of Difficulties: 0.10, 0.20, 0.30, 0.40, 0.50 Dance step combinations Min.1 Value:0.30 points coordinated with GTF and AGT Dynamic rotating elements Min. 1 Difficulty with the apparatus Min 1 without limit
Compulsory elements	Don't exist	Compulsory elements	Don't exist

In the senior category, the internal technical regulations must be in accordance with the international regulations FIG, so that the gymnasts can be graded at major international competitions. Thus, as the table number is structured, we notice that the technical program includes the same evolutions to the same objects, the same requirements of difficulty and no mandatory element to create equal chances for all gymnasts.

### Conclusions

The initial study of the bachelor's thesis involved highlighting the differences and similarities between the two countries, namely Romania and Austria. The main reason why I chose to study during these two Olympic cycles is due to the fact that I collaborated with both clubs in Romania and in Austria during this period.

During the documentation it was found that the major differences between the two Olympic cycles in terms of international regulations FIG are due to the presence of competition sheets in the first cycle and their total absence in the second cycle, the lack of mandatory introduction of dance step sequences in the period 2012-2016 and their mandatory presence in the next period. Also, as a novelty, the use of voice and text songs is gradually introduced, and the difficulties with the device become mandatory, changing their name from Masters (M) to Difficulty with Apparatus (AD).

The regulatory differences between the two countries in the 2013-2016 cycle are:

- in Romania there is only one level while Austria divides gymnasts into A and B level
- in Romania the regulation is classified in the following categories: Little gymnast, cat. IV, cat. A III-A, cat. II and cat. Seniors. Respective in Austria is structured on level A of the Little Gymnast 6-7, 7-8, 8-9 years; A IV-A 9-10, 10-11 years; A III-A 11-12,13 years; A II-A 13-15 years; Seniors 16 years; and level B from Little Gymnast 6-9 years; A IV-A 10-12 years; Juniors 13-15 years; Seniors 16 years old.

- The technical program in Romania includes exercises with portable objects starting with category IV while Austria introduces objects early from the age category 7-8 years.

- In Romania, the compulsory elements are present only in the categories of small gymnast and IV, unlike Austria which, apart from the senior category, includes obligatory elements in all categories of level A.

- We also notice a similarity in the senior category due to the fact that both countries adopt the international regulation FIG in this category.

The regulatory differences between the two countries in the 2017-2020 cycle are:

- Only level A in Romania and levels A and B in Austria are kept the same classification levels.



- In Romania it appears as a novelty the classification of the category Little gymnast by age categories respectively 6 years, 7 years, 8 years, otherwise I respect the same particularities. Austria continues to classify gymnasts in the same categories as in the previous cycle.

- The technical program in Romania includes exercises with portable objects from the age of 8, and Austria introduces the object early from the age of 7.

- Regarding the obligatory elements, the same particularities are kept in both respective countries, Romania using them only in the categories of small gymnast and IV and Austria in all categories except the category of seniors.

- The category of seniors also follows in this cycle the international regulation FIG the criteria being identical in both countries.

The final conclusions demonstrated the hypothesis underlined in the introduction that two countries that have different sports activities, taking into account the history of development of this sport in that country, the forms and conditions of training, internal regulations and forms of classification differently can achieve relatively similar performance. Therefore, the increase of Austria's selection base by level B present in the competition calendar and the preparation of almost double the number of children does not guarantee a more advanced place in the international ranking.

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