2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice (as of November 30 2016)

2C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2008 2007 9 to 10	**Free** **(Script for free only)**	6 Difficulties Min 2 with Non-dominant leg 2 jumps 2 balances 2 rotations	8.0 Max Three (3) Compulsory & three (3) optional additional Choice Difficulties ————————- **NOTE: Must follow FIG Junior rules, with difference being NO MORE than 2 elements are allowed from 1 body group**	**COMPULSORY :** 1) split leap = 0.3 2) =0.1+0.1 3)passé (front or side) 360 min=0.1 4)CHOICE ———————————————————————— **Dance Steps: Min 2, No Max** 1)With large body movement; (8)0.3 2)With passing on the floor, ( )0.3 **Body Waves:** MAX 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different **Pre-acrobatic Elements:** MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chainee, turning jumps, passe turn or bum rolls allowed.	5)CHOICE 6)CHOICE *A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column.*	. 30 deduction for each: - missing compulsory element - missing element with non-dominant leg taken by the Difficulty Judge **IF a Non-dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and is considered missing.**
	Hoop Choice (Rope or Ball)	Min 3 Max 6 Difficulty	8.0 MAX	A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups. For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart		

2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice (as of November 30 2016)

3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2006 2007 2008 9 to 11	**Free** **(Script for free only)**	Min 5 Max 7	8.0 Max Five (5) Compulsory & up to two (2) optional additional Choice Difficulties ————————- **NOTE: Must follow FIG Junior rules, with difference being NO MORE than 3 elements are allowed from 1 body group**	**COMPULSORY :** 1) passé (front or side) 720 min, more is ok *Note: A compulsory skill **cannot** be devalued below the requirement (in this case 720). If an athlete performed a beautiful single turn, it would not be counted as successfully completed, and **cannot** be devalued to 360. However, the skill would still be considered attempted, so the additional deduction of 0.3 would NOT be applied.* 4) from rélève with back body wave 0.2+0.1=0.3 5) split leap = 0.3 6)CHOICE 7)CHOICE ———————————————————————— **Dance Steps: Min 2, No Max** 1)With large body movement; ( )0.3 2)With passing on the floor, ( )0.3 **Body Waves:** MAX 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different. Note: A compulsory after cannot be counted towards Body Waves requirement **Pre-acrobatic Elements:** MAX 2 series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chainee, turning jumps, passé turn or bum rolls allowed.	2) Split roll 3) attitude balance on flat foot or on releve	.30 deduction for each: - missing compulsory element - missing element with non-dominant leg taken by the Difficulty Judge **IF a Non-dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and is considered missing.**
	Hoop Ball	Min 3 Max 7 Difficulty	8.0 MAX	A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups. For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart		

2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice (as of November 30 2016)

3D Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2006 2007 2008 9 to 11	**Free** **(Script for free only)**	8 Difficulties	8.0 Max Two (2) or three (3) jumps Two (2) or three (3) balances Three (3) rotations difficulties ————————- **NOTE: Must follow FIG Junior rules, with difference being NO MORE than 3 elements are allowed from 1 body group**	**COMPULSORY :** 1) 2 split leaps 2 — 0.5 (can be counted as ND difficulty) or turning split leap (jeté en tournant) 0.4 2) balance from releve 0.3 3) PENCHE ON FLAT FOOT with back body wave 0.4 +0.1 (An athlete may perform a balance on releve for an additional 0.1) 4) min 360 = 0.2 5) 111 fouette MIN =0.3 6) CHOICE ———————————————————————— **Dance Steps: Min 2, No Max** 1)With large body movement; ( )0.3 2)With passing on the floor, ( )0.3 **Body Waves:** MAX 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different. Note: A compulsory after cannot be counted towards Body Waves requirement **Pre-acrobatic Elements:** MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chainee, turning jumps, passé turn or bum rolls allowed.	7) CHOICE 8) CHOICE *A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column.*	0.3 deduction for each: - missing compulsory element - missing element with non-dominant leg taken by the Difficulty Judge **IF a Non-dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and is considered missing.**
	Ball Ribbon Choice (Rope or Hoop)	Min 3 Max 7 Difficulties	8.0 MAX	A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups. For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart		

2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice (as of November 30 2016)

4D Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2006 2005 2004 11 to 13	**Free** **(Script for free only)**	8 Difficulties	8.0 Max Two (2) or three (3) jumps Two (2) or three (3) balances Three (3) rotation difficulties ————————- **NOTE: Must follow FIG Junior rules, with difference being NO MORE than 3 elements are allowed from 1 body group**	**COMPULSORY :** 1)Choice of jump in rotation 2) Balance **0.3** side balance 3) min 360 = 0.2 4) 111 fouette MIN =0.3 5) CHOICE 6) CHOICE ———————————————————————— **Dance Steps: Min 2, No Max** 1)With large body movement; (8)0.3 2)With passing on the floor, (═══)0.3 **Body Waves:** MAX 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different. **Pre-acrobatic Elements:** MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chainee, turning jumps, passé turn or bum rolls allowed.	7)CHOICE 8)CHOICE *A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column*	.30 deduction for each: - missing compulsory element - missing element with non - dominant leg taken by the Difficulty Judge **IF a Non-dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and is considered missing.**
	Rope Ball Clubs	Min 3 Max 7 Difficulty	8.0 MAX	A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups. For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart.		

2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice (as of November 30 2016)

NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2005 2006 2007 10 to 12	**Free** **(Script for free only)**	8 Difficulties	8.0 Max Two (2) or three (3) jumps Two (2) or three (3) balances Three (3) rotation difficulties ————————- **NOTE: Must follow FIG Junior rules, with difference being NO MORE than 3 elements are allowed from 1 body group**	**COMPULSORY :** 1) & 2) Choice of series of any identical 2 jumps 3) Choice of jump with rotation 4) Balance with back body wave 0.5 +0.1 or 0.4+0.1 5) Attitude 1 min =0.2 OR ring 1 min , =0.3 **6) 1 min,** = 0.4 ———————————————————————— **Dance Steps: Min 2, No Max** 1)With large body movement; (8)0.3 2)With passing on the floor, ( )0.3 **Body Waves:** MAX 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different Note: A compulsory after cannot be counted towards Body Waves requirement **Pre-acrobatic Elements:** MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chainee, turning jumps, passé turn or bum rolls allowed.	7)CHOICE 8)CHOICE *A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column.*	.30 deduction for each : - missing compulsory element - missing element with non dominant leg taken by the Difficulty Judge **IF a Non Dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and it is considered missing.**
	Hoop Ball Clubs	Min 3 Max 7 Difficulty	8.0 MAX	A minimum of 2 rotation difficulties 1 min and 3 max from other body groups For Apparatus Requirements please see refer to the GCG Compulsory Apparatus Chart		

2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice (as of November 30 2016)

IMPORTANT NOTES

Dominant Leg defined as: the front leg in your "favourite/best" splits

This dominant leg must be:

- The front leg in any compulsory (Dominant leg) leaps (split leaps, turning split leap/jete en tournant)
- The support leg in Dominant compulsory skills with leg raised to the back (arabesque balance/rotation, penchee balance)
- The raised leg in Dominant compulsory skills with leg raised to the front (passe rotation)
- No penalties for more advanced difficulties (i.e. going on releve)

The non-dominant (ND) leg must be:

- The front leg in the ND split roll (3C)
- The support leg in the attitude balance shapes (3C)
- Choice for levels 2C, 3D and 4D and Novice
- No penalties for more advanced/ND difficulties (i.e. going on releve)

As noted above:

- .30 deduction for each:
  - Missing compulsory element
  - Un-attempted compulsory element taken by the Difficulty Judge
- IF a Non Dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and it is considered missing