

2018 RGI Development Program (as of August 25 2017)

Apparatus Requirements - Refer to the RGI Compulsory Apparatus Chart for all levels

AGE as of Dec 31 2018	“A” New or Returning Provincial Athletes	“B” New or Returning Provincial Athletes	“C” Returning National Stream or Provincial Athletes	Code of Points Junior Requirements as per FIG			
Level 1 7, 8 Born 2011,2010		Free Rope	4-6 Body Difficulty App. 3-6 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts *GYMNASTS ARE NOT SCORED OR RANKED	<p>Free Routine Requirements</p> <p>For levels 1B ,2A,2B,2C,3A,3B,3C,4C: refer to Free Requirements Chart (Free scripts required for these levels)</p> <p>Dance Steps Combination: Min 2 series Min 8 sec each Value: 0.3 each Pre Acrobatic: Max 2 Series Min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaine, turning jumps, passé turn or bum rolls allowed. Waves (BW): Min 3 BW Value: 0.1 each No Repetition of the same isolated wave ----- Apparatus Requirements For minimum apparatus technical group requirements see GCG Compulsory Apparatus Chart</p> <p>0.3 deduction for each missing apparatus element</p> <p>The non-dominant hand must be used to perform the fundamental apparatus technical element during 2 body difficulties (Ball & Ribbon)</p> <p>Risks: Levels 1B, 2A, 2B, 2C, 3A, 4A, 5A, 6A: Min 1 rotation with apparatus</p> <p>Risk may be counted if a gymnast throws during a rotation OR completes rotation under a throw OR catches in a rotation</p> <p>All other levels – Min 1 risk as per CoP</p> <p>Apparatus Difficulty: as per Junior CoP</p>			
Level 2 9, 10 Born 2009, 2008	Free Rope	4-6 Body Difficulty App. 3-6 Body Difficulty Min 1-Max 3 of each body group Max. Difficulty 8.00 pts	Free Ball		4-6 Body Difficulty App. 3-6 Body Difficulty Min 1- Max 3 of each body group Max. Difficulty 8.00 pts	Free Rope Choice (Hoop or Ball)	4-6 Body Difficulty App. 3-6 Body Difficulty Min 1-Max 3 of each body group Max. Difficulty 8.00 pts
Level 3 9, 10, 11 Born 2009, 2008, 2007	Free Hoop	5-7 Body Difficulty App. 3-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulty 8.00 pts	Free Rope Ball		5-7 Body Difficulty App. 3-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulty 8.00 pts	Free Rope Choice (Ball or Clubs)	5-7 Body Difficulty App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts
Level 4 11, 12, 13 Born 2007, 2006, 2005	Free Ball	5-7 Body Difficulty App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts	Free Hoop Choice		5-7 Body Difficulty App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts	Free Ball Ribbon Choice	5-7 Body Difficulty App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts
Level 5 13, 14, 15 Born 2005, 2004, 2003	Free Ball Choice	5-7 Body Difficulty App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts	Ball Ribbon Choice		App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts	Hoop Clubs Choice	App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts
Level 6 15 & up Born 2003 and older	Ball Hoop Choice	App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts	Ball Clubs Choice		App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts	Hoop Ribbon Choice	App. 3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulty 8.00 pts

Additional Notes for RGI:

- Please refer to the 2018 RGI Development Program Age & Level Chart
- **Level 1: Gymnasts will not be ranked or scores publicly displayed. The same form of recognition must be given to all athletes.**
- For all levels musical accompaniment of voice with words may be used for 2 individual exercises in respect to ethics (1 point deduction for over the limit)
- Apparatus of choice (does not include “Free”): One set of awards will be given for choice apparatus. All-Around is the total of three routines.
- National Stream Individuals from the previous year, must enter Category “C”(age appropriate level: Level 3C, 4C, 5C, or 6C)
- RGI Development Levels: Refer to the GCG Compulsory Apparatus Chart
- RGI Development Levels: Gymnasts cannot challenge one age level up.
- Regional Participation: 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C

2018 GCG RGG Development Program (as of August 25 2017)				
AGE as of Dec 2018	Apparatus and # of gymnasts	Routine Length	Composition	Formations & Collaborations
Basic Developmental/ Introductory Level (Not ranked or scored) 7,8,9 Born 2011, 2010, 2009	Free 3 & 4 5	1:15 - 1:30	3 Body Difficulty Min. 1 of each body group All free requirements = same as individual. Maximum Difficulty 8.00 pts	Minimum 4 formations Minimum 4 collaborations
Level 3 9, 10, 11 Born 2009, 2008, 2007	Ball 3 & 4 5	1:45 - 2:00	2 difficulties with exchange & 3 difficulties without exchange Max. 6 difficulties (1 by choice) Min. 1 of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulty 8.00 pts	Minimum 4 formations Minimum 4 collaborations Risk Note as per Ind. risk may be counted if group throws during a rotation OR completes rotation under a throw OR catches in a rotation
Level 4 11, 12, 13 Born 2007, 2006, 2005	Rope <u>or</u> Hoop 3 & 4 5	2:15 – 2:30	2 difficulty with exchange & 3 difficulties without exchange Max. 6 difficulties (1 by choice) Min. 1 of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulty 8.00 pts	Minimum 4 formations Minimum 4 collaborations
Level 5 13, 14, 15 Born 2005, 2004, 2003	Ribbon <u>or</u> Hoop 3 & 4 5	2:15 – 2:30	3 difficulties with exchange & 3 difficulties without exchange Max. 7 difficulties (1 by choice) Min. 1 of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulty 8.00 pts	Minimum 4 formations Minimum 4 collaborations

<p>Level 6 15 & up Born 2003 & older</p>	<p><u>Choice of:</u> Single Apparatus: Ball <u>or</u> Mixed 2 & 3; 4 & 5 1 hoop & 2 clubs 2 hoops & 2 clubs 2 hoops & 4 clubs 3 hoops & 4 clubs</p>	<p>2:15 - 2:30</p>	<p>4 difficulties with exchange & 3 difficulties without exchange Max. 8 difficulties (1 by choice) Min. 1 of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulties 8.00 pts</p>	<p>Minimum 4 formations Minimum 4 collaborations</p>
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Additional Notes:

- **Basic Developmental/Introductory Group will not be ranked or scores publically displayed. The same form of recognition must be given to all Basic Developmental/Introductory Group (old Level 1)**
- For all group levels – the Fundamental Apparatus Technical Groups may be performed during the Body Difficulties, Dance Steps Combinations, Dynamic Elements with Rotation criteria, Collaborations, Exchanges or connecting elements.
- All Fundamental Apparatus Technical group are not required for group exercises.
- Minimum 1 Fundamental Apparatus Technical element is required for Dance Steps Combinations.
- Variety of choice from Fundamental Apparatus Technical group and Non-Fundamental Apparatus Technical group is required.
- Lack of variety is penalized in the Artistic component.
- 0.3 deduction for less than 1 difficulty of each body group
- 0.3 deduction for less than the required number BD
- 0.3 deduction for more than the required number of BD above 0.1
- 0.3 deduction for less than the required number of Exchange Difficulties
- Athletes may compete in a group one age level up according to the 2018 RGG Development Program Age & Level Chart
- An athlete cannot compete in both a Provincial group of 3 & 4 and a Provincial group of 5 in the same competitive season
- An athlete cannot compete in both a Provincial group and a National group of any type in the same competitive season unless they move up from a Provincial group to a National group. They cannot then move back to a Provincial group in the same season
- One National Stream gymnast may compete in an age-appropriate Provincial group of 5 or in a Provincial Level 6 group of 4 or 5 provided she is not in a National group
- An athlete may compete in one Provincial group AND one AGG group in the same year
- An athlete may compete in one National group AND one AGG group in the same year
- There is no level 2 Provincial group
- A gymnast may not move down an age group
- Musical accompaniment of voice with words may be used in respect to ethics