



2023 DEVELOPMENT PROGRAM - RGI							
AGE as of Dec 31 2023	"A" New or Returning Development Athletes		"B" Returning National Stream or Development Athletes		"C" Returning National Stream or Development Athletes		Code of Points Junior Requirements as per FIG
Level 1 7, 8 Born 2016,2015			<b>Free Rope</b>	4-6 Body Difficulty Min 1 – Max 2 of each body group <b>Max. Difficulties 8.00 pts</b>			<b>Free Routine Requirements</b> For levels 1B ,2A,2B,2C,3A,3B,3C, Novice: refer to Free Requirements Chart  <b>Combined Difficulty</b> One Combined Body Difficulty is authorized for levels: 3 and up. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.  <b>Dance Steps Combination: Min 2 series, Max 3 series</b> Min 8 sec each Value: 0.3 each  <b>Pre-acrobatic elements: MAX 3</b> 0.2 - 2 pre-acrobatic elements with rotation over sagittal or frontal axis 0.3 – 3 pre-acrobatic elements with rotation over sagittal or frontal axis <b>No vertical rotations allowed</b>  <b>Waves (BW): Min 3</b> Value: 0.3 each No repetition of the same isolated wave. Each wave performed standing to finish in releve.  ----- <b>Apparatus Requirements</b> Apparatus requirements as per Junior FIG CoP <b>Risks:</b> Levels 1B, 2A, 2B, 2C, 3A, 4A, 5A, 6A: Dynamic element with rotation, one rotation must be performed under the flight of the apparatus for a value of 0.1. Levels 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C: Dynamic element with rotation, Min 2 rotations must be performed under the flight of the apparatus as per Junior COP <b>MAX 4 risks</b>
Level 2 9, 10 Born 2014,2013	<b>Free Rope</b>	4-6 Body Difficulty Min 1-Max 2 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Free Ball</b>	4-6 Body Difficulty Min 1- Max 2 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Free Hoop Ball</b>	4-6 Body Difficulty Min 1-Max 2 of each body group <b>Max. Difficulties 8.00 pts</b>	
Level 3 9, 10, 11 Born 2014,2013, 2012	<b>Free Hoop</b>	4-7 Body Difficulty Min 1-Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Free Ball Choice (Hoop or Clubs)</b>	4-7 Body Difficulty Min 1-Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Free Clubs Choice (Hoop or Ball)</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	
Level 4 11, 12, 13 Born 2012,2011, 2010	<b>Free Ball</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Free Hoop Choice</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Free Ribbon Choice (Hoop or Clubs)</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	
Level 5 13, 14, 15 Born 2010,2009, 2008	<b>Free Hoop Choice</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Ball Ribbon Choice</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Hoop Clubs Choice</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	



<b>Level 6</b> 15 & up Born 2008 and older	<b>Ball Hoop Choice</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Ball Clubs Choice</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Hoop Ribbon Choice</b>	5-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>	<b>Apparatus difficulty:</b> For levels 1B ,2A,2B,2C,3A,3B,3C,4A,4B,4C and Novice Min1;Max:12 For levels 5A, 5B, 5C, 6A, 6B, 6C Min1, Max 15  Number of required specific fundamental and fundamental technical groups as per table in COP.
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## ADDITIONAL NOTES:

- **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 all individual exercises in respect to ethics
- 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 “B” or “C”(age appropriate level: Level 3B or 3C, 4B or 4C, 5B or 5C, 6B or 6C
- RGI Development Levels: 1B, 2A, 2B, 2C, 3A, 3B, 3C: Refer to the GymCan Compulsory Body Difficulties chart
- RGI Development Gymnasts: cannot challenge one age level up.
- Regional Participation: 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C



## 2022 DEVELOPMENT PROGRAM - RGG

AGE as of Dec 2023	Apparatus and # of gymnasts	Routine Length (minutes)	Composition	Formations & Collaborations
<b>Basic Developmental/ Introductory Level</b> <b>( This Group is not ranked)</b> <b>7,8</b> Born <b>2016,2015</b>	<b>Free</b> 3 & 4 5	1:15 - 1:30	3 body difficulties (1 each group) (3 x 0.30) 2 acrobatics (2 x 0.30) 1 dance steps (1 x 0.30) 1 body wave (1 x 0.3) 3 collaborations (3 x 0.3) (C)  <b>Total value 3.00 pts</b>	Minimum 4 formations for groups of 4&5 Minimum 3 formations for Trio
<b>Level 2</b> <b>9, 10</b> Born <b>2014, 2013</b>	<b>Ball</b> 3 & 4 5	1:45 - 2:00	3 body difficulties (1 each group) (3 x 0.30) 1 diff. with exchange (1 x 0.30) min 4 m a part 1 body wave (1 x 0.30) 3 acrobatics (3 x 0.30) 2 dance steps (2 x 0.30) 3 collaborations (3 x 0.30) (CC) 1 collaboration with rotation (1 x 0.3) {CR} or {CR2}  <b>Total value 4.2 pts</b>	Minimum 4 formations for groups of 4&5 Minimum 3 formations for Trio
<b>Level 3</b> <b>11, 12</b> Born <b>2012, 2011</b>	<b>Rope</b> 3 & 4 5	2:00 – 2:15	3 diff. without exchange (1BD from each body group) 2 difficulties with exchange {Max. 6 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max.1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el.	Minimum 4 formations for groups of 4 & 5 Minimum 3 formations for Trio
<b>Level 4</b> <b>13, 14</b> Born <b>2010, 2009</b>	<b>Ribbon</b> or <b>Hoop</b> 3 & 4 5	2:15 – 2:30	3 diff. without exchange (1BD from each body group) 3 difficulties with exchange Max. 7 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max.1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el.	Minimum 4 formations for groups of 4&5 Minimum 3 formations for Trio



<p><b>Level 5</b> <b>15 &amp; up</b> Born 2008 &amp; older</p>	<p>Choice of: Single Apparatus: <b>Ball</b> or <b>Mixed 2 &amp; 3; 4 &amp; 5</b> 1 hoop &amp; 2 clubs 2 hoops &amp; 2 clubs 2 hoops &amp; 4 clubs 3 hoops &amp; 4 clubs</p>	<p>2:15 - 2:30</p>	<p>4 diff. without exchange (1 BD from each body group) (1 BD combination is allowed) 3 difficulties with exchange Max. 8 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max. 1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el.</p>	<p>Minimum 4 formations for groups of 4 &amp; 5 Minimum 3 formations for Trio</p>
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## ADDITIONAL NOTES:

- D form is required to be submitted. The D form will be given back to the coaches for improvement analysis and feedback purposes.
- **Basic Developmental/Introductory Group will not be ranked or scores publicly displayed.** The D form will be given back to the coaches for improvement analysis and feedback purposes. The same form of recognition must be given to all Basic Developmental/Introductory Group.
- 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.
- Body difficulties, Exchanges, Dance Steps, Combinations, Dynamic Elements with rotation criteria, and Collaborations for Level 1 & 2 are valued 0.3 each, regardless of their value in the CoP. This will allow the gymnasts and coaches to focus on technical execution of the body and apparatus movements rather than the value of it. This requirement is also in line with the FIG Age Group Development Model.
- 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
- Specific to RGG development trio groups, regarding collaborations without high or long throws of the apparatus:
  - Collaborations CC include relationships performed with a minimum of 2 identificatl actions with body relationships or apparatus relationships, performed in succession:
    - 1 gymnast performing the identical action a minimum of 2 times or succession, or
    - 2 gymnasts performing an identical action in succession for a total of a minimum of 2 actions
- Athletes may compete in one level up from an athlete's current group level (excluding Level 1 or any athlete aged 8 and younger).
- An athlete cannot compete in both a Development group of 3 & 4 and a Development group of 5 in the same competitive season



- An athlete cannot compete in both a Development group and a National group of any type in the same competitive season unless they move up from a Development group to a National group. They cannot then move back to a Development group in the same season.
- One National Stream gymnast may compete in an age-appropriate Development group of 5 or in a Development Level 5 group of 4 or 5 provided she is not in a National group.
- An athlete may compete in one Development 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.
- A gymnast may not move down an age group.
- Musical accompaniment of voice with words may be used in respect to ethics.

**DRAFT JUNE 2022**



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