



2020 DEVELOPMENT PROGRAM - RGI

AGE as of Dec 31 2020	"A" New or Returning Development Athletes		"B" New or Returning Development Athletes		"C" Returning National Stream or Development Athletes		Code of Points Junior Requirements as per FIG
Level 1 7, 8 Born 2013,2012			Free Rope	4-6 Body Difficulty Min 1 – Max 2 of each body group Max. Difficulties 8.00 pts			<p>Free Routine Requirements Scripts no longer required</p> <p>For levels 1B ,2A,2B,2C,3A,3B,3C,; refer to Free Requirements Chart Level 4 C no longer has Free Requirements</p>
Level 2 9, 10 Born 2011, 2010	Free Rope	4-6 Body Difficulty Min 1- Max 2 of each body group Max. Difficulties 8.00 pts	Free Ball	4-6 Body Difficulty Min 1- Max 2 of each body group Max. Difficulties 8.00 pts	Free Rope Choice (Hoop or Ball)	4-6 Body Difficulty Min 1- Max 2 of each body group Max. Difficulties 8.00 pts	<p>Dance Steps Combination: Min 2 series Min 8 sec each Value: 0.3 each</p> <p>Pre Acrobatic: Max 2 Series Min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaineé, turning jumps, passé turn or bum rolls allowed.</p> <p>Waves (BW): Min 3 BW Value: 0.1 each No Repetition of the same isolated wave</p> <p>-----</p> <p>Apparatus Requirements As per FIG CoP</p>
Level 3 9, 10, 11 Born 2011, 2010, 2009	Free Hoop	4-7 Body Difficulty Min 1- Max 3 of each body group Max. Difficulties 8.00 pts	Free Rope Choice (Hoop or Ball)	4-7 Body Difficulty Min 1- Max 3 of each body group Max. Difficulties 8.00 pts	Free Rope Choice (Hoop or Clubs)	6-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	<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 4 11, 12, 13 Born 2009, 2008, 2007	Free Ball	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Free Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Free Ribbon Choice (Hoop or Clubs)	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
Level 5 13, 14, 15 Born 2007, 2006, 2005	Free Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Ball Ribbon Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Hoop Clubs Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	



Level 6 15 & up Born 2005 and older	Ball Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Ball Clubs Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Hoop Ribbon Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
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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 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 “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



2020 DEVELOPMENT PROGRAM - RGG

AGE as of Dec 2020	Apparatus and # of gymnasts	Routine Length (minutes)	Composition	Formations & Collaborations
Basic Developmental/ Introductory Level (This Group is not ranked) 7,8,9 Born 2013, 2012,2011	Free 3 & 4 5	1:15 - 1:30	3 Body Difficulty Min. 1 of each body group All free requirements = same as individual. Maximum Difficulties 8.00 pts	Minimum 4 formations Minimum 4 collaborations
Level 3 9, 10, 11 Born 2011 2010, 2009	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 Difficulties 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 2009, 2008, 2007	Rope or 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 Difficulties 8.00 pts	Minimum 4 formations Minimum 4 collaborations
Level 5 13, 14, 15 Born 2007, 2006, 2005	Ribbon or 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 Difficulties 8.00 pts	Minimum 4 formations Minimum 4 collaborations



<p>Level 6 15 & up Born 2005 & older</p>	<p>Choice of: Single Apparatus: Ball or 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.
- 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 from the level they compete at as individuals (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 6 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
- There is no level 2 Development group
- A gymnast may not move down an age group
- Musical accompaniment of voice with words may be used in respect to ethics

