



# 2019 RGI Development Program

(as of August 2018)

**Apparatus Requirements - Refer to the RGI Apparatus Requirements for all levels**

| AGE as of Dec 31 2019   | “A”<br>New or Returning Provincial Athletes |   | “B”<br>New or Returning Provincial or National Athletes |   | “C”<br>Returning National Stream or Provincial Athletes |   | Code of Points Junior Requirements as per FIG   |
|---|---|---|---|---|---|---|---|
| Level 1<br><br>7, 8<br>Born<br>2012,20<br>11                  |   |   | Free Rope   | 4-6 Body Difficulty<br>App. 3-6 Body Difficulty<br>Min 1 – Max 3 of each body group<br>Max. Difficulties 8.00 pts<br>*GYMNASTS ARE NOT SCORED OR RANKED |   |   | <p><b>Free Routine Requirements</b></p> <p><b>For levels 1B ,2A,2B,2C,3A,3B,3C,4C: refer to Free Requirements Chart (Free scripts required for these levels)</b></p> <p><b>Dance Steps Combination:</b><br/>Min 2 series<br/>Min 8 sec each<br/>Value: 0.3 each</p> <p><b>Pre Acrobatic:</b><br/>Max 2 Series<br/>Min 2 or 3 rotations value of 0.2 or 0.3 (CoP)<br/>No chaineé, turning jumps, passé turn or bum rolls allowed.<br/>Waves (BW):<br/>Min 3 BW<br/>Value: 0.1 each<br/>No Repetition of the same isolated wave</p> <hr/> <p><b>Apparatus Requirements</b><br/>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 &amp; Ribbon)</p> <p><b>Risks:</b><br/>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<br>9, 10<br><br>Born<br>2010,<br>2009                 | Free Rope                                   | 4-6 Body Difficulty<br>App. 3-6 Body Difficulty<br>Min 1-Max 3 of each body group<br>Max. Difficulty 8.00 pts   | Free Ball   | 4-6 Body Difficulty<br>App. 3-6 Body Difficulty<br>Min 1- Max 3 of each body group<br>Max. Difficulty 8.00 pts  | Free Rope Choice (Hoop or Ball)                         | 4-6 Body Difficulty<br>App. 3-6 Body Difficulty<br>Min 1-Max 3 of each body group<br>Max. Difficulty 8.00 pts   |   |
| Level 3<br>9, 10,<br>11<br><br>Born<br>2010,<br>2009,<br>2008 | Free Hoop                                   | 5-7 Body Difficulty<br>App. 3-7 Body Difficulty<br>Min 1-Max 3 of each body group<br>Max. Difficulty 8.00 pts   | Free Rope Ball  | 5-7 Body Difficulty<br>App. 3-7 Body Difficulty<br>Min 1-Max 3 of each body group<br>Max. Difficulty 8.00 pts   | Free Rope Choice (Ball or Clubs)                        | 5-7 Body Difficulty<br>App. 3-7 Body Difficulty<br>Min 1 – Max 3 of each body group<br>Max. Difficulty 8.00 pts |   |
| Level 4<br>11, 12, 13<br><br>Born<br>2008, 2007,<br>2006      | Free Ball                                   | 5-7 Body Difficulty<br>App. 3-7 Body Difficulty<br>Min 1 – Max 3 of each body group<br>Max. Difficulty 8.00 pts | Free Hoop Choice  | 5-7 Body Difficulty<br>App. 3-7 Body Difficulty<br>Min 1 – Max 3 of each body group<br>Max. Difficulty 8.00 pts   | Free Ball Ribbon Choice                                 | 5-7 Body Difficulty<br>App. 3-7 Body Difficulty<br>Min 1 – Max 3 of each body group<br>Max. Difficulty 8.00 pts |   |

|  |                                   |  |                                     |   |                                     |   |  |
|--|-----------------------------------|--|-------------------------------------|---|-------------------------------------|---|--|
| <b>Level 5</b><br>13, 14,<br>15<br><br>Born<br>2006,<br>2005,<br>2004    | <b>Free<br/> Ball<br/> Choice</b> | 5-7 Body Difficulty<br><b>App. 3-7 Body Difficulty</b><br>Min 1 – Max 3 of each<br>body group<br><b>Max. Difficulty 8.00 pts</b> | <b>Ball<br/> Ribbon<br/> Choice</b> | <b>App. 3-7 Body Difficulty</b><br>Min 1 – Max 3 of each body<br>group<br><b>Max. Difficulty 8.00 pts</b> | <b>Hoop<br/> Clubs<br/> Choice</b>  | <b>App. 3-7 Body Difficulty</b><br>Min 1 – Max 3 of each body<br>group<br><b>Max. Difficulty 8.00 pts</b> |  |
| <b>Level 6</b><br><br>15 & up<br>Born<br><b>2004<br/> and<br/> older</b> | <b>Ball<br/> Hoop<br/> Choice</b> | <b>App. 3-7 Body Difficulty</b><br>Min 1 – Max 3 of each<br>body group<br><b>Max. Difficulty 8.00 pts</b>                        | <b>Ball<br/> Clubs<br/> Choice</b>  | <b>App. 3-7 Body Difficulty</b><br>Min 1 – Max 3 of each body<br>group<br><b>Max. Difficulty 8.00 pts</b> | <b>Hoop<br/> Ribbon<br/> Choice</b> | <b>App. 3-7 Body Difficulty</b><br>Min 1 – Max 3 of each body<br>group<br><b>Max. Difficulty 8.00 pts</b> |  |

**Additional Notes for RGI:**

- Please refer to the 2019 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 “B” or “C” (age appropriate level: Level 3B, 3C, 4B, 4C, 5B, 5C, 6B 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



## 2019 GCG RGG Development Program (as of August 2018)

| AGE as of<br>Dec 2019  | Apparatus<br>and # of gymnasts                          | Routine<br>Length | Composition   | Formations & Collaborations   |
|--|---|-------------------|---|---|
| <b>Basic Developmental/<br/>Introductory Level</b><br>(Not ranked or scored)<br><b>7, 8, 9</b><br>Born<br>2012, 2011, 2010 | <b>Free</b><br>3 & 4<br>5                               | 1:15 - 1:30       | 3 Body Difficulty<br>Min. 1 of each body group<br>All free requirements = same as individual.<br><b>Maximum Difficulty 8.00 pts</b>   | Minimum 4 formations<br>Minimum 4 collaborations  |
| <b>Level 3</b><br><b>9, 10, 11</b><br>Born<br>2010, 2009, 2008   | <b>Ball</b><br>3 & 4<br>5                               | 1:45 - 2:00       | 2 difficulties with exchange &<br>3 difficulties without exchange<br>Max. 6 difficulties (1 by choice)<br>Min. 1 of each body group<br>Max. 1 R<br>Min. 2 Dance Steps<br><b>Maximum Difficulty 8.00 pts</b> | Minimum 4 formations<br>Minimum 4 collaborations<br><br>Risk Note as per Ind.<br>risk may be counted if group throws<br>during a rotation OR completes rotation<br>under a throw OR catches in a rotation |
| <b>Level 4</b><br><b>11, 12, 13</b><br>Born<br>2008, 2007, 2006  | <b>Rope</b><br><u>or</u><br><b>Hoop</b><br>3 & 4<br>5   | 2:15 – 2:30       | 2 difficulty with exchange &<br>3 difficulties without exchange<br>Max. 6 difficulties (1 by choice)<br>Min. 1 of each body group<br>Max. 1 R<br>Min. 2 Dance Steps<br><b>Maximum Difficulty 8.00 pts</b>   | Minimum 4 formations<br>Minimum 4 collaborations  |
| <b>Level 5</b><br><b>13, 14, 15</b><br>Born<br>2006, 2005, 2004  | <b>Ribbon</b><br><u>or</u><br><b>Hoop</b><br>3 & 4<br>5 | 2:15 – 2:30       | 3 difficulties with exchange &<br>3 difficulties without exchange<br>Max. 7 difficulties (1 by choice)<br>Min. 1 of each body group<br>Max. 1 R<br>Min. 2 Dance Steps<br><b>Maximum Difficulty 8.00 pts</b> | Minimum 4 formations<br>Minimum 4 collaborations  |

|   |   |                    |   |   |
|---|---|--------------------|---|---|
| <p><b>Level 6</b><br/> <b>15 &amp; up</b><br/> Born<br/> 2004 &amp; older</p> | <p><b>Choice of:</b><br/> Single Apparatus: <b>Ball</b><br/> <b>And/Or</b><br/> <b>Mixed Hoop/Clubs</b><br/> 2 hoops &amp; 1 pr .clubs<br/> 2 hoops &amp; 2 pr. clubs<br/> 3 hoops &amp; 2 pr clubs</p> | <p>2:15 - 2:30</p> | <p>4 difficulties with exchange &amp;<br/> 3 difficulties without exchange<br/> Max. 8 difficulties (1 by choice)<br/> Min. 1 of each body group<br/> Max.1 R<br/> Min. 2 Dance Steps<br/> <b>Maximum Difficulties 8.00 pts</b></p> | <p>Minimum 4 formations<br/> Minimum 4 collaborations</p> |
|---|---|--------------------|---|---|

#### Additional Notes:

- Please refer to the 2019 Development Program Age & Level Chart
- **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 2019 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
- **Level 6: AA Awards have the option to do Ball twice for AA; OR Mixed twice for AA; OR combination of Ball once & Mixed once for AA**
- **If a Level 6 group performs combination of one Ball & one Mixed in the same competition, musical accompaniment of voice with words may be used once.**