
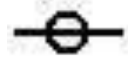











2019 GCG RGI Apparatus Requirements - ALL Provincial Levels and Novice (as of November 2018)

DEDUCTION - 0.3 FOR EACH MISSING ELEMENT

Apparatus Element	ROPE 			Additional Notes	
	A	B	C\ NOVICE		Description as per CoP
	1	1	1	Passing with the body through the open Rope or folded in 2 or more, turning forward, backward, or to the side; also with double rotation of the rope	Passing through the whole part of the body (e.g. head + trunk; arms + trunk; trunk + legs, etc.)
	1	1	1	Passing through the Rope with skips/hops Series (min. 3): Rope turning forward, backward, or to the side. Double rotation of the rope or folded rope (min 1 hop)	
	1	1	1	Catch of the Rope with one end in each hand	FOR LEVELS 1, 2 and 3, catch by the ends can be completed after medium or small throw
	1	1	1	Release and catch of one end of the rope, with or without rotation (ex: echappé) Rotations of the free end of the Rope (ex: spirals)	
	1	1	1	Figures eight or "sail" movement with ample movement of the trunk	




*For Fundamental and Non-Fundamental Apparatus requirements please refer to the Junior 2017-2020 FIG Cop rules.

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DEDUCTION - 0.3 FOR EACH MISSING ELEMENT

Apparatus Element	HOOP ○			Description as per CoP	Additional Notes
	A	B	C\NOVICE		
	1	1	1	Passing through the Hoop with the whole or part of the body	
	1	1	1	Roll of the Hoop over minimum 2 large body segments	
	1	1	1	Roll of the Hoop on the floor	
	1	1	1	Rotation (min. 1) of the Hoop around the hand OR Free rotation (min. 1) of the Hoop around a part of the body	
	1	1	1	Rotations of the Hoop around its axis: One free rotation between the fingers OR One free rotation on the part of the body	







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2019 GCG RGI Apparatus Requirements - ALL Provincial Levels and Novice (as of November 2018)
DEDUCTION - 0.3 FOR EACH MISSING ELEMENT

Apparatus Element	BALL ●				Additional Notes
	A	B	C\NOVICE	Description as per CoP	
V	1	1	1	Bounces: Series (min.3) of small bounces (below knee level) OR One high bounce (knee level and higher) OR Visible rebound from a part of the body	
	1	1	1	Roll of the Ball over minimum 2 large body segments	
	1	1	1	Roll of the Ball on the floor OR roll of the body on the Ball on the floor	
↓	1	1	1	Catch of the Ball with one hand	FOR LEVELS 1, 2 and 3, catch with one hand can be completed after medium or small throw.
	1	1	1	Figure eight of the Ball with circle movements of the arms	







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2019 GCG RGI Apparatus Requirements - ALL Provincial Levels and Novice (as of November 2018)
DEDUCTION - 0.3 FOR EACH MISSING ELEMENT

Apparatus Element	CLUBS 			Description as per COP	Additional Notes
	A	B	C\NOVICE		
	1	1	1	Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	
	1	1	1	The asymmetric movements of 2 Clubs	Must be performed with different movement for each club in shape, amplitude, work planes or direction.
	1	1	1	Throws of 2 Clubs: simultaneous OR asymmetric	Clubs can be separated or clasped/joined together
	1	1	1	Small throws of 2 Clubs together simultaneously (unclasped) or alternating with (360°) rotation and catch	
	1	1	1	Small circles with both Clubs, simultaneously or alternating, one club in each hand (min. 1)	

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2019 GCG RGI Apparatus Requirements - ALL Provincial Levels and Novice (as of November 2018)
DEDUCTION - 0.3 FOR EACH MISSING ELEMENT

Apparatus Element	RIBBON 			Description as per COP	Additional Notes
	A	B	C/D NOVICE		
	1	1	1	Passing through or over the pattern of the Ribbon	
	1	1	1	Spirals (4-5 loops), tight and the same height in the air or on the floor	
	1	1	1	Snakes (4-5 waves), tight and the same height in the air or on the floor	
	1	1	1	“Echappé”: rotation of the stick during its flight, small and medium height	
	1	1	1	“Boomerang”: release of the ribbon (the end of the ribbon is held) in the air or on the floor and catch	

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