







































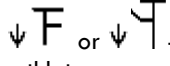






2021 RGI DEVELOPMENT PROGRAM – FREE REQUIREMENTS

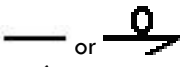









1B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2014 2013 7 -8 y.o.	Free	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional choice difficulties NOTE: min. 1, max. 2 from each body group	<p>COMPULSORY :</p> <p>1)  - Stag Leap take off from two feet = 0.1</p> <p>2)  - Front balance = 0.1 Can be performed on releve = 0.2</p> <p>3)  - Passe Rotation (front or side) 360 min=0.1</p> <p>5)CHOICE 6)CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement,  (8) 0.3</p> <p>2) With passing on the floor,  (==) 0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passe turn or bum rolls allowed.</p>	4)  - Passe Balance on releve = 0.1	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Rope	Min 3 Max 6 Difficulties	8.0 MAX	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		











2A Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011 9-10	Free	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties NOTE: min. 1, max. 2 from each body group	<p>COMPULSORY :</p> <p>1)  - Stag Leap take off from two feet = 0.1 or  jump with rotation (min 360) = 0.1</p> <p>2)  - Front balance = 0.1 Can be performed on releve = 0.2 or  - Arabesque balance = 0.1 Can be performed on releve = 0.2</p> <p>3)  - Passe Rotation (front or side) 360 min=0.1</p> <p>5)CHOICE 6)CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement,  () 0.3</p> <p>2) With passing on the floor,  () 0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chainees, turning jumps, passe turn or bum rolls allowed.</p>	4)  - Passe Balance = 0.1	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Rope	Min 3 Max 6 Difficulties	8.0 MAX	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		

2B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011 9-10	Free	4-6 Difficulties	8:0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties NOTE: min. 1, max. 2 from each body group	<p>1)  Stag jump, take off from 2 feet with 180 turn = 0.2</p> <p>2)  - Back balance = 0.1 + 0.1 = 0.2 or  - Front balance = 0.1 Can be performed on releve = 0.2 or  - Arabesque balance = 0.1 Can be performed on releve = 0.2</p> <p>3) passé  (front or side) 360 min=0.1 or  Front horizontal rotation 360 min = 0.2</p> <p>5) CHOICE 6) CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement;  (8) 0.3 2) With passing on the floor,  (==) 0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passe turn or bum rolls allowed.</p>	4)  Split roll	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Ball	Min 3 Max 6 Difficulties	8.0 Max	1 min and 3 max from each body group Apparatus Requirements as per FIG CoP		

2C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011 9-10	Free	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties NOTE: min. 1, max. 2 from each body group	<p>1)  - Split Leap = 0.3</p> <p>2)  Front or  Side split with hand support or  Ring Balance with hand support = 0.2 (An athlete may perform a balance on releve for additional 0.1)</p> <p>3)  or  - 0.2</p> <p>4) CHOICE 5) CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement;  (8) 0.3</p> <p>2) With passing on the floor,  (≡) 0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passe turn or bum rolls allowed.</p>	<p>6)  Split roll</p> <p>Or</p> <p> Front balance = 0.1 (An athlete may perform a balance on releve for an additional 0.1)</p>	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> - missing compulsory element - missing element with non dominant leg <p>(Taken by the D1-D2 Judges)</p>
	Hoop Ball	Min 3 Max 6 Difficulties	8.0 MAX	1 min and 3 max from each body groups Apparatus Requirements as per FIG CoP		













3A Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011 2010 9 -11	Free	4-7 Difficulties	8.0 Max Four (4) Compulsory & up to three (3) optional additional Choice Difficulties NOTE: No more than 3 elements can be from one body group	<p>1)  Stag jump, take off from 2 feet with 180 turn = 0.2</p> <p>2)  - Front or Attitude on flat foot = 0.1 (An athlete may perform a balance on releve for additional 0.1)</p> <p>3)  Front horizontal rotation = 0.2 or  = 0.2</p> <p>4) CHOICE 5) CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>With large body movement;  (8)0.3</p> <p>With passing on the floor,  (≡)0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passe turn or bum rolls allowed.</p>	<p>6)  Stag leap take off from two feet =0.1 OR  =0.1 Split roll</p> <p>7) CHOICE</p>	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Hoop	Min 3 Max 7 Difficulties	8.0 MAX	1 min and 3 max from each body group Apparatus Requirements as per FIG CoP		

3B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011 2010 9 -11	Free	4-7 Difficulties	8:0 Max Four (4) Compulsory & up to three (3) optional additional Choice Difficulties NOTE: No more than 3 elements can be from one body group	<p>1)  or  - Split Leap or turning stag =0.3</p> <p>2)  Front split with hand support or  Side split with hand support or  Ring Balance with hand support = 0.2 (An athlete may perform a balance on releve for additional 0.1)</p> <p>3)  Fouette rotation (min 360+360) + 0.2.</p> <p>4) CHOICE</p> <p>5) CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement,  (8)0.3</p> <p>2) With passing on the floor,  (==)0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passe turn or bum rolls allowed.</p>	<p>6)  F Front Balance =0.1</p> <p>Or</p> <p> Attitude Balance =0.1</p> <p>7) CHOICE</p>	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> - missing compulsory element - missing element with non dominant leg <p>(Taken by the D1-D2 Judges)</p>
	Ball Choice (Hoop or Clubs)	Min 3 Max 7 Difficulties	8.0 MAX	1 min and 3 max from each body group Apparatus Requirements as per FIG CoP		

3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011 2010 9 -11	Free	5-7 Difficulties	8.0 Max Five (5) Compulsory & (2) optional Choice Difficulties NOTE: No more than 3 elements can be from one body group	<p>1)  stag leap with rotation (0.3) or  split leap with rotation (0.4)</p> <p>2)  Penche with hand support with trunk at horizontal or on flat foot = 0.3 or  Penche balance on flat foot with trunk at horizontal or  below horizontal = 0.4 (An athlete may perform a balance on releve for additional 0.1)</p> <p>3)  Front split rotation (mins 360) = 0.3</p> <p>4)  Fouette rotation (min 360+360) = 0.2 (An athlete may perform additional rotations for additional 0.1 for each additional rotation)</p> <p>5) CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement;  (8)0.3</p> <p>2) With passing on the floor,  (==)0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passe turn or bum rolls allowed.</p>	<p>6)  Ring Balance on flat foot with hand support = 0.2 (An athlete may perform a balance on releve for additional 0.1)</p> <p>7) CHOICE</p>	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> - missing compulsory element - missing element with non dominant leg <p>(Taken by the D1-D2 Judges)</p>
	Clubs Choice (Hoop or Ball)	Min 3 Max 7 Difficulties	8.0 MAX	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		

4C

Level 4C no longer includes Mandatory Free Requirements

NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2011 2010 2009 10 to 12	Free	7-8 Difficulties	<u>8.0 Max</u> Four (4) Compulsory & up to four (4) optional additional Choice Difficulties <hr/> NOTE: No more than 3 elements can be from one body group	1)  split leap with rotation = 0.4 2)  or  Penche with back body wave 0.5 +0.1 or   or  Penche on flat foot 0.4+0.1 3)  Front split rotation or  Side split rotation or  ring with help rotation = 0.3 (min 360) (An athlete may perform additional rotations for additional 0.2 for each additional rotation) 4)  Fouette rotation (min 360+360+360) =0.3 (An athlete may perform additional rotations for additional 0.1 for each additional rotation) 5) CHOICE 6) CHOICE <hr/> Dance steps: Min 2, No Max 1) With large body movement,  (8)0.3 2) With passing on the floor,  (==)0.3 Body Waves: Min 2 full body waves (front, side, or on the floor) Each body wave must be different = 0.1 each Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaineé, turning jumps, passe turn or bum rolls allowed.	7) CHOICE 8) CHOICE	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Hoop Ball Clubs	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		

ADDITIONAL NOTES:

GymCan Development Program is designed to promote gradual development by age and level in line with the Long Term Athlete Development Model. The objective of the program is to identify and implement progressive skills to promote healthy development and longevity in the sport for athletes at the provincial level and those transitioning into National Level.

Dominant Leg defined as: the front leg in your “favourite/best” splits

This dominant leg must be:

- the front leg in any compulsory (Dominant leg) leaps (split leaps, turning split leap/jete en tournant)
- the support leg in Dominant compulsory skills with leg raised to the back (arabesque balance/rotation, penchee balance)
- the raised leg in Dominant compulsory skills with leg raised to the front (passe rotation)
- no penalties for more advanced difficulties (i.e. going on releve)

The non-dominant (ND) leg must be:

- **the support leg in all balance shapes (1B, 2A, 2B, 3B)**
- the front leg in the ND split roll (2C)
- the front leg in the stag jump (3A)
- all ND Choice Difficulties for levels 3A, 3B, 3C, and Novice are compulsory
- no penalties for more advanced/ND difficulties (i.e. going on releve)

0.30 deduction will apply to:

- missing compulsory element
- each missing ND compulsory and choice element
- un-attempted compulsory element taken by the Difficulty Judge

Compulsory Difficulties:

- if passe balance is performed on flat foot, no value will be given; however the difficulty will be counted as a compulsory difficulty without 0.3 penalty for missing element

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