























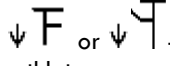







2022 RGI DEVELOPMENT PROGRAM – FREE REQUIREMENTS

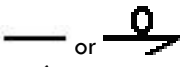









1B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2015 2014  7 -8 y.o.	Free	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional choice difficulties  <b>NOTE: min. 1, max. 2 from each body group</b>	<p><b>COMPULSORY :</b></p> <p>1)  - Stag Leap take off from two feet = 0.2</p> <p>2)  - Front balance = 0.1 Can be performed on releve = 0.2</p> <p>3)  min=0.1</p> <p>5)CHOICE 6)CHOICE</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8) 0.3</p> <p>2) With passing on the floor,  (≡) 0.3</p> <p><b>Body Waves:</b> Min 3 full BW. Each BW performed standing to finish in releve. Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> Max 2 0.2 - 2 identical over sagittal or frontal axis 0.3 - 3 identical over sagittal or frontal axis 0.3 - 2 identical over sagittal or frontal axis +1 different 0.3 - 2 different rotations 0.4 - 3 different rotations <b>No vertical rotations allowed</b></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	<p>Max 4 risks</p> <p>Apparatus difficulty: Min 1, Max 15</p> <p>Number of required specific fundamental and fundamental technical groups as per Table in COP</p>		











2A Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2013 2012  9-10	Free	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties  <b>NOTE: min. 1, max. 2 from each body group</b>	<b>COMPULSORY :</b>  1)  - Stag Leap take off from two feet = 0.2 or  jump with rotation (min 360) = 0.1 2)  - Front balance = 0.1 Can be performed on releve = 0.2 or  - Arabesque balance = 0.1 Can be performed on releve = 0.2 3)  - Passe Rotation (front or side) 360 min=0.1  5)CHOICE 6)CHOICE  <b>Dance steps: Min 2, No Max</b>  1) With large body movement;  (8) 0.3 2) With passing on the floor,  (=) 0.3  <b>Body Waves:</b> Min 3 full BW. Each BW performed standing to finish in releve. Each body wave must be different = 0.1 each  <b>Pre-acrobatic elements:</b> Max 2 0.2 - 2 identical over sagittal or frontal axis 0.3 - 3 identical over sagittal or frontal axis 0.3 - 2 identical over sagittal or frontal axis +1 different 0.3 - 2 different rotations 0.4 - 3 different rotations <b>No vertical rotations allowed</b>	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	8.0 MAX	Max 4 risks Apparatus difficulty: Min 1, Max 15 Number of required specific fundamental and fundamental technical groups as per Table in COP		














2B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
<p>2013 2012</p> <p>9-10</p>	Free	4-6 Difficulties	<p>8:0 Max Four (4) Compulsory &amp; up to two (2) optional additional Choice Difficulties</p> <p><b>NOTE: min. 1, max. 2 from each body group</b></p>	<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 <b>or</b>   - Front balance = 0.1 Can be performed on releve = 0.2 <b>or</b>   - 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 = <b>0.3</b></p> <p>5) CHOICE 6) CHOICE</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8) 0.3  2) With passing on the floor,  (==) 0.3</p> <p><b>Body Waves:</b> Min 3 full BW. <b>Each BW performed standing to finish in releve.</b> Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> <b>Max 2</b>  0.2 - 2 identical over sagittal or frontal axis  0.3 - 3 identical over sagittal or frontal axis  0.3 - 2 identical over sagittal or frontal axis +1 different  0.3 - 2 different rotations  0.4 - 3 different rotations  <b>No vertical rotations allowed .</b></p>	<p>4)  Split roll</p>	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> <li>- missing compulsory element</li> <li>- missing element with non dominant leg</li> </ul> <p>(Taken by the D1-D2 Judges )</p>
	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
<p>2013</p> <p>2012</p> <p>9-10</p>	Free	4-6 Difficulties	<p>8.0 Max</p> <p>Four (4) Compulsory &amp; up to two (2) optional additional Choice Difficulties</p> <hr/> <p><b>NOTE: min. 1, max. 2 from each body group</b></p>	<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  - 0.3</p> <p>4) CHOICE</p> <p>5) CHOICE</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8) 0.3</p> <p>2) With passing on the floor,  (==) 0.3</p> <p><b>Body Waves:</b>  Min 3 full BW. Each BW performed standing to finish in releve.  Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b>  Max 2  0.2 - 2 identical over sagittal or frontal axis  0.3 - 3 identical over sagittal or frontal axis  0.3 - 2 identical over sagittal or frontal axis +1 different  0.3 - 2 different rotations  0.4 - 3 different rotations  <b>No vertical rotations allowed</b></p>	<p>6)  Split roll</p> <p><b>Or</b></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"> <li>- missing compulsory element</li> <li>- missing element with non dominant leg</li> </ul> <p>(Taken by the D1-D2 Judges )</p>
	<b>Hoop Ball</b>	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
2013 2012 2011  9 -11	Free	4-7 Difficulties	8.0 Max Four (4) Compulsory & up to three (3) optional additional Choice Difficulties  <b>NOTE:</b> <b>No more than 3 elements can be from one body group</b>  <b>Combined Difficulty:</b> One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.	<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 = 0.3 or  = 0.3</p> <p>4) CHOICE 5) CHOICE</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>With large body movement;  (8)0.3</p> <p>With passing on the floor,  (=)0.3</p> <p><b>Body Waves:</b> Min 3 full BW. Each BW performed standing to finish in releve. Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> Max 2 0.2 - 2 identical over sagittal or frontal axis 0.3 - 3 identical over sagittal or frontal axis 0.3 - 2 identical over sagittal or frontal axis +1 different 0.3 - 2 different rotations 0.4 - 3 different rotations <b>No vertical rotations allowed</b></p>	<p>6)   Stag leap take off from two feet = 0.2 <b>OR</b>  = 0.1 Split roll</p> <p>7) CHOICE</p>	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> <li>- missing compulsory element</li> <li>- missing element with non dominant leg</li> </ul> <p>(Taken by the D1-D2 Judges)</p>
	<b>Hoop</b>	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
<p>2013 2012 2011</p> <p>9 -11</p>	Free	4-7 Difficulties	<p>8:0 Max Four (4) Compulsory &amp; up to three (3) optional additional Choice Difficulties</p> <p><b>NOTE: No more than 3 elements can be from one body group</b></p> <p><b>Combined Difficulty:</b> One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.</p>	<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><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8)0.3</p> <p>2) With passing on the floor,  (==)0.3</p> <p><b>Body Waves:</b> Min 3 full BW. Each BW performed standing to finish in releve. Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> Max 2 0.2 - 2 identical over sagittal or frontal axis 0.3 - 3 identical over sagittal or frontal axis 0.3 - 2 identical over sagittal or frontal axis +1 different 0.3 - 2 different rotations 0.4 - 3 different rotations <b>No vertical rotations allowed</b></p>	<p>6)  F Front Balance =0.1 Or  Attitude Balance =0.1</p> <p>7) CHOICE</p>	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> <li>- missing compulsory element</li> <li>- missing element with non dominant leg</li> </ul> <p>(Taken by the D1-D2 Judges)</p>
	<b>Ball Choice (Hoop or Clubs)</b>	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
2013 2012 2011  9 -11	Free	5-7 Difficulties	8.0 Max Five (5) Compulsory & (2) optional Choice Difficulties  <b>NOTE: No more than 3 elements can be from one body group</b>  <b>Combined Difficulty:</b> One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.	<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><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8)0.3</p> <p>2) With passing on the floor,  (==)0.3</p> <p><b>Body Waves:</b> Min 3 full BW. Each BW performed standing to finish in releve. Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic element:</b> Max 2 0.2 - 2 identical over sagittal or frontal axis 0.3 - 3 identical over sagittal or frontal axis 0.3 - 2 identical over sagittal or frontal axis +1 different 0.3 - 2 different rotations 0.4 - 3 different rotations <b>No vertical rotations allowed</b></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"> <li>- missing compulsory element</li> <li>- missing element with non dominant leg</li> </ul> <p>(Taken by the D1-D2 Judges)</p>
	<b>Clubs Choice (Hoop or Ball)</b>	Min 3 Max 7 Difficulties	8.0 MAX	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		

NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011 2010  10 to 12	Free	7-8 Difficulties	<p><u>8.0 Max</u></p> <p>Five (5) Compulsory &amp; up to three (3) optional additional Choice Difficulties</p> <hr/> <p><b>NOTE:</b> No more than 3 elements can be from one body group</p> <hr/> <p><b>Combined Difficulty:</b> One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.</p>	<p>1)  split leap with rotation = 0.4</p> <p>2)  or  Penche with back body wave 0.5 +0.1 or  or  Penche on flat foot 0.4+0.1</p> <p>3)  Front split on flat foot 0.3 or  Side split on flat foot 0.3 (An athlete may perform in releve for additional 0.1)</p> <p>4)  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)</p> <p>5)  Fouette rotation ( min 360+360+360) =0.3 (An athlete may perform additional rotations for additional 0.1 for each additional rotation)</p> <p>6) CHOICE</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8)0.3</p> <p>2) With passing on the floor,  (==)0.3</p> <p><b>Body Waves:</b> Min 3 full BW. Each BW performed standing to finish in releve. Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> Max 2 0.2 - 2 identical over sagittal or frontal axis 0.3 - 3 identical over sagittal or frontal axis 0.3 - 2 identical over sagittal or frontal axis +1 different 0.3 - 2 different rotations 0.4 - 3 different rotations <b>No vertical rotations allowed</b></p>	7) CHOICE 8) CHOICE	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> <li>- missing compulsory element</li> <li>- missing element with non dominant leg</li> </ul> <p>(Taken by the D1-D2 Judges)</p>



	<b>Hoop Ball Clubs</b>	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Risks: Minimum 2 rotation under the throw of the apparatus as per FIG COP		
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## 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