2027 DEVELOPMENT PROGRAM AND PRENOVICE

Level 1. Born: 2020-2019 (7-18)		
Composition Requirements	Level 1B Free	Evaluation and Penalties
Body Difficulty		**DB Panel**
Max 0.3 value of each BD Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL		Not Scored
Dynamic Elements with Rotation		**DA Panel**
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice		Not Scored
Body Waves Max 3: Definition as per pg.60 in the COP		
Dance Steps Combination (S): Min 2 series as per COP		**Artistry Panel: Not Scored**

Level 1. Born: 2020-2019 (7-18)		
Composition Requirements	Level 1B Rope or Ball	Evaluation and Penalties
Body Difficulty		**DB Panel**
Max 0.3 value of each BD Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL		Not Scored
Dynamic Elements with Rotation		**DA Panel**
Max 1 series Min one rotation under flight of apparatus		Not Scored
Difficulty of Apparatus: Max 8		

Level 2. Born: 2018-2017 (9-10)				
Composition Requirements	Level 2A Free	Level 2B Free	Level 2C Free	Evaluation and Penalties
Body Difficulty				**DB Panel**
Max Value Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL	0.3	0.4	0.5	Up to 6 BD with max value per level 0.3 penalty for missing NDL BD No Max to number of Pivot rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation				**DA Panel**
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice				Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R
Body Waves Max 3: Definition as per pg.60 in the COP				0.1 each BW

Composition Requirements	**Level 2A Rope**	**Level 2B Ball**	**Level 2C Hoop, Ball Regional**	**Evaluation and Penalties**
Body Difficulty				**DB Panel**
Max Value Min 3, Max 6 BD Min 1 of each body group	0.3	0.4	0.5	Up to 6 BD with max value per level No Max to number of Pivot rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation				
Max 2 series Min one rotation under flight of apparatus for value 0.1				Up to 2R in performance order Height of the throw as per COP
Difficulty of Apparatus				**DA Panel**
Max 8				Up to 8 DA elements in performance order
Apparatus Dimensions				
Hoop: Inner Diam 700-900 mm; Weight 200 g min				Ball: Diameter 140-200 mm; weight 270 g

Level 3. Born: 2016-2015 (11-12)

Composition Requirements	Level 3A Free	Level 3B Free	Level 3C Free (Regional)	Evaluation and Penalties
Body Difficulty				**DB Panel**
Max Value Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL	0.4	0.5	0.6	Up to 6 BD with max value per level 0.3 penalty for missing NDL BD No Max to number of Pivot rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation				**DA Panel**
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice				Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R
Body Waves Max 3: Definition as per pg.60 in the COP				0.1 each BW

Composition Requirements	**Level 3A Hoop**	**Level 3B Ball Choice: Hoop/Clubs**	**Level 3C Clubs Choice: Ball/Ribbon (Regional)**	**Evaluation and Penalties**
Body Difficulty				**DB Panel**
Max Value Min 3, Max 6 BD Min 1 of each body group	0.4	0.5	**0.6**	Up to 6 BD with max value per level No Max to number of Pivot rotations with the exception of #16, #17
Dynamic Elements with Rotation				
Max 3 R	Min 1 rotation under flight of APP.	Min 2 rotations under flight of APP.	Min 2rotations under flight of APP.	Up to 3R in performance order Height of the throw as per COP
Difficulty of Apparatus				**DA Panel**
Max 10				Up to 10 DA elements in performance order
Apparatus Dimensions				
Hoop: Inner Diam 700-900 mm; Weight 200 g min	Ball: Diameter 140-200 mm; weight 270 g	Clubs: Length 360-500m, 100 g	Ribbon:4 m	

Level 4. Born 2014-2013 (13-14); 4B, 4C – Regional **Level 5. Born 2013-2012 (14-15); 5B, 5C – Regional** **Level 6. Born 2011 and up (16+); 6B, 6C - Regional**	**Evaluations and Penalties:**
Body Difficulty: Free – Levels 4A, 4B, 5A	**DB Panel :**
Min 3, Max 6 BD Min 1 of each body group Min 1 with NDL	Up to 6 BD 0.3 penalty for missing NDL BD and/or f No Max to number of rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation	**DA Panel**
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice	Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R
Body waves: Max 3: Definition as per pg.60 in the COP	0.1 each BW

Apparatus : Levels 4A – 6C	
Body Difficulty	**DB Panel**
Min 3, Max 6 BD Min 1 of each body group	Up to 6 BD with max value per level No Max to number of Pivot rotations with the exception of #16, #17
Dynamic Elements with Rotation	
Max 3 R *Levels 4A, 5A, 6A – Min 1 rotation under the flight of Apparatus *All other levels Min 2 rotation under the flight of Apparatus	Up to 3R in performance order
Difficulty of Apparatus	**DA Panel**
Max 12	Up to 12 DA elements in performance order
Apparatus Dimensions	
Level 4&5 follow Junior Norms	**Level 6 follow Senior Norms**

PreNovice. Born 2016-2015 (11-12)	Evaluations and Penalties:
Body Difficulties: Free	**DB Panel :**
0.6 Max value of each BD Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL	Up to 6 BD 0.3 penalty for missing NDL BD No Max to number of rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation	**DA Panel**
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice	Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R
Body waves: Max 3: Definition as per pg.60 in the COP	**0.1 each BW**

Apparatus : Hoop, Ball, Clubs		
Body Difficulty	**DB Panel**	
0.6 Max Value of each BD Min 3, Max 6 BD Min 1 of each body group	Up to 6 BD at 0.6 max valu No Max to number of Pivot rotations with the exception of #16, #17	
Dynamic Elements with Rotation	**DA Panel**	
Max 3 R	Up to 3R in performance order	
Apparatus Difficulty: Max 10	Up to 10 DA in performance order	
Apparatus Dimensions		
Hoop: Inner Diam 700-900 mm; Weight 200 g min	**Ball:** Diameter 140-200 mm; weight 270 g	**Clubs:** Length 360-500m, 100 g

ADITIONAL NOTES

Incorporating maximum value elements into free routines supports gradual development at each level, aligning with the Long-Term Athlete Development Model. This approach fosters technical proficiency, reduces the risk of injury and burnout, and helps gymnasts transition smoothly from provincial to national levels, ensuring a well-rounded skill set for long-term success in the sport.

Value Adjustments:

The gymnast will receive the designated value as outlined in the chart, regardless of any increase in difficulty level — including variations of balances such as flat foot versus relevé. Exception: Rotations * Vertical rotations for R may be used in series with pre-acrobatic elements. Additional 0.1 will be added for change of Axis or level. Note: Requirement of **Min 1 Series of Vertical and Pre-acrobatic elements with rotation in Free routine**

Body Wave (W): The definition of W can be found on page 60 of the Code of Points. A gymnast may choose to perform a fourth W; however, it will not receive additional value.

***Rotations**:
The gymnast will receive the full value of the rotation element, regardless of the maximum score allowed at their level. For example, a gymnast in level 2B who performs a double attitude rotation will receive a full credit of 0.5.

Exceptions:
BD# 16(Fouetté) in the COP Rotations - A maximum of 8 heel supports is allowed. Gymnasts may perform double rotations, but must not exceed the limit of 8 heel supports
BD# 17(Illusion backward) in the COP Rotations– Maximum number of rotations (heel support) - 3
BD# 14 ("Kabaeva") or bent 30° ("Kramarenko") in the COP Rotations – Will not be evaluated
BD # 19 (Utyascheva) in the COP Balances – Will not be evaluated

Dominant Leg means the front leg in the "favorite / 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, penche balance
- the raised leg in Dominant compulsory skills with leg raised to the front or side (passe rotation)
- no penalties for more advanced difficulties (i.e., going on releve)

The non-dominant (ND) leg must be:

- the front leg in leaps
- the raised leg for all balances and pivots with the leg to the front or side
- the support leg for all balances and pivots with the leg raised to the back
- Leap Body Diff. # 22 will be counted towards Non-Dominant requirement