Rhythmic Gymnastics Manitoba

Interclub Program

Technical Manual 2027

Introduction: The Rhythmic Gymnastics Manitoba Interclub Program

The Interclub program is a pre-competitive Rhythmic Gymnastics program for gymnasts who are seven years and older. Rhythmic Gymnastics Manitoba, in collaboration with several clubs in the province, developed the Interclub program in response to the growing need for a level that fits between the recreational and competitive structure. The program follows the GymCan Long Term Athlete Development model, which focuses on the Fun, Fitness, and Fundamentals of Gymnastics. It provides gymnasts with the opportunity to participate in competitions in groups, and to experience success and challenge at an appropriate level based on their age, goals, and level of commitment to the sport.

The Interclub program is modified each year to ensure its alignment with the CanGym Recreational Program and the GymCan Development Programs for the current competitive year. The program provides a smooth transition from the Recreational Stream, and the opportunity for gymnasts to find meaning and challenge in pursuing the Interclub level. The program also allows clubs, gymnasts, and coaches to develop skills that could be transferred into the Provincial Stream program should they choose to pursue that as an option in the future.

Athletes, coaches and judges in the Interclub program are not limited to involvement in Interclub activities and are encouraged to expand their sport experience and physical literacy through participation in other types of physical activity.

Main Objectives of the Interclub Program

- To offer a program that is fun, challenging, and rewarding for all participants
- To provide an introductory competitive program accessible to all clubs in Manitoba

- To facilitate a smooth transition between Recreational Stream and Domestic Development Stream for those who wish to progress to that level
- To increase competitive membership
- To emphasize participation over performance scores
- To reward athletes for their participation and personal development

Eligibility/Registration

Clubs are responsible for determining gymnasts' eligibility for a training and competition program based on a number of factors such as age, personal goals, level of commitment, and abilities. As a general rule, registered gymnasts with Rhythmic Gymnastics Manitoba (RGM), who are seven years or older in the competitive year, are eligible to train and compete at the Interclub level.

Every club registers their athletes with RGM as part of their annual registration process. Registration with RGM is mandatory for gymnasts who train and compete at the Interclub level.

Coaching

Each participating club must have at least one coach who is trained in Gymnastics Foundations - Rhythmic. However, coaches are encouraged to pursue higher training in the NCCP as well as RIS and CRC.

Coaches are required to attend an RGM Interclub Coaching/Judging course, and are strongly encouraged to participate in RGM coaching workshops. Coaches should be familiar with the FIG Rhythmic Gymnastics Code of Points, as the Interclub Technical Rules are based on rules that govern our sport on an international scale.

Judging

- New judges are required to attend an RGM Interclub Coaching/Judging course and strongly encouraged to, at a minimum, audit the RGM Club/Provincial Level Judging Course.
- Returning judges should attend an RGM Interclub Coaching/Judging Course any time significant changes are made to the program.
- Judges are required to be at least 15 years of age in the competitive year.
- Judging honoraria is at the discretion of the competition technical director. Judges can also request from the technical director signed confirmation of volunteer hours to be used for high school credit or for other reasons.
- The head judge at an Interclub competition must have a minimum of Club Level judging certification in the current cycle.
- All judges must conduct themselves in a professional manner at all times and abide by a code of respect and fairness when adjudicating performances.

Training Recommendations

Athletes in this program should train 1 to 2 times a week for 2 to 3 hours per class but not more than 6 hours per week of training.

*Refer to the GymCan Long Term Athlete Development Model for more detailed recommendations.

Event Guidelines for Athletes, Coaches and Officials

- An appropriate gymnastic leotard/bodysuit must be worn for competition.
- RGI format – maximum 4 gymnasts from the same club will perform their compulsory routine at the same time, using ¼ of the carpet for each gymnast.
- Minimum 4 judges are required to officiate with the IC RGI, evaluating the Execution component of the routine. Each judge will be designated to evaluate 1 of the 4 gymnasts performing at the same time.
- Individual gymnasts will perform their routines once during the competition and will be awarded their score.
- RGG format - groups may be comprised of three to five or more gymnasts. The group must perform with one of the specified apparatuses for their level.
- Minimum 4 judges are required to officiate with the IC RGG, one for DB, 1 for DA one for A and one for E components.
- Groups will perform their routines once during the competition and will be awarded their score.
- A coach may stand at the edge of the competition floor but is not to enter the performance area during routine.
- There is no deduction for a coach communicating with the gymnasts.

Guidelines for Interclub Event Organizers

- Interclub athletes should be charged no more than $70.00 per gymnast for competition fees by the host club/organization.
- Competitions should have a minimum of 4 judges for the Interclub rotation.
- Judging honoraria is at the discretion of the competition technical director. Judges can also request from the technical director signed confirmation of volunteer hours to be used for high school credit or for other reasons.
- There will be no timing of routines during the competition
- Participation Awards should be presented to all Interclub Group athletes, regardless of their scores.

RGG CATEGORIES:

Level, Age, and Routine Length and Apparatus	Apparatus Option and Requirements	
Introductory Level 1 Ages 7, 8 Length of Music 1:15-1:30 Group of 3, 4, or 5 **Free**	**Free** • 3 body difficulties (1 each group) • 3CC ; 3CR or CR2 • Min.2 dance steps • Formations as per CoP	
Level 2 Ages 9, 10 Length of Music 1:45-2:00 Group of 3, 4, or 5 **Choice of Ball or Free**	**Ball** • 3 body difficulties (1 each group) • 2 diff. with exchange min 4 m a part • Max. 5 Difficulties • Min 2CC; Min 2CR or CR2; Max 4 by choice • Max 8 Collaborations • Min. 2 dance steps • Formations as per CoP	**Free** • 3 body difficulties (1 each group) • 3CC ; 3CR or CR2 • Min.2 dance steps • Formations as per CoP
Level 3 Ages 11, 12 Length of Music 2:00-2:15 Group of 3, 4, or 5 **Choice of Rope, Hoop or Free**	**Rope or Hoop** • 3 body difficulties (1 each group) • 2 diff. with exchange min 4 m a part • Max. 5 Difficulties • Min 2CC; Min 2CR or CR2; Max 4 by choice • Max 8 Collaborations • Min. 2 dance steps • Formations as per CoP	**Free** • 3 body difficulties (1 each group) • 3CC ; 3CR or CR2 • Min.2 dance steps • Formations as per CoP

Level 4 Ages 13, 14 Length of Music 2:15-2:30 Group of 3, 4, or 5 **Choice of Clubs, Hoop or Free**	**Clubs or Hoop** • 3 diff. without exchange (1BD from each body group) • 3 difficulties with exchange • Max. 6 difficulties • Min. 2 CC, Min. 2 CR, Min. 2 C// • Max.10 Collaborations • Max.1 R • Min. 2 dance steps • Formations as per CoP	**Free** • 3 body difficulties (1 each group) • 3CC ; 3CR or CR2 • Min.2 dance steps Formations as per CoP
Level 5 Ages 15 & up 2:15-2:30 Group of 3, 4, or 5 **Choice of Ball, Hoop, Clubs or Free**	**Ball, Hoop or Clubs** • 3 diff. without exchange (1BD from each body group) • 3 difficulties with exchange • Max. 6 difficulties • Min. 2 CC, Min. 2 CR, Min. 2 C// • Max.10 Collaborations • Max.1 R • Min. 2 dance steps • Formations as per CoP	**Free** • 3 body difficulties (1 each group) • 3CC ; 3CR or CR2 • Min.2 dance steps Formations as per CoP
Open Group Age 7 and older **Choice of any apparatus or Free**	**Choice of any apparatus** • 3 body difficulties (1 each group) • 3CC ; 3CR or CR2 • Min.2 dance steps • Formations as per CoP	**Free** • 3 body difficulties (1 each group) • 3CC ; 3CR or CR2 • Min.2 dance steps • Formations as per CoP

RGI CATEGORIES

Level, Age, and Routine Length and Apparatus	Apparatus Option and Requirements	
Introductory Level 1 Ages 7, 8 Length of Music 1:00-1:15 **Free**	**Free** **3-4 DB (body difficulties)** (min 1 of each group) **Pre-Acrobatic series** (min 1, max 2) **Dance series** (min 1, max 3)	
Level 2 Ages 9-10 1:00-1:30 **Free or Ball**	**Ball** **3-4 DB** (min 1 of each group) **MAX 8 DA** (difficulties with apparatus) **Dance series** (min 1, max 2)	**Free** **3-4 body difficulties** (min 1 of each group) **Pre-Acrobatic series** (min 1, max 2) **Dance series** (min 1, max 3)
Level 3 Ages 11- 12 1:00-1:30 **Free or Hoop**	**Hoop** **3-5 DB** (min 1 of each group) **MAX 8 DA** (difficulties with apparatus) **Dance series** (min 1, max 2)	**Free** **3-5 body difficulties** (min 1 of each group) **Pre-Acrobatic series** (min 1, max 2) **Dance series** (min 1, max 3)
Level 4 Ages 13-14 1:00-1:30 **Free or Clubs**	**Clubs** **3-5 DB** (min 1 of each group) **MAX 8 DA** (difficulties with apparatus) **Dance series** (min 1, max 2)	**Free** **3-5 body difficulties** (min 1 of each group) **Pre-Acrobatic series** (min 1, max 2) **Dance series** (min 1, max 3)
Level 5 Ages 15 and older 1:00-1:30 **Free or Choice**	**Choice of apparatus** **3-6 DB** (min 1 of each group) **MAX 8 DA** (difficulties with apparatus) **Dance series** (min 1, max 2)	**Free** **3-6 body difficulties** (min 1 of each group) **Pre-Acrobatic series** (min 1, max 2) **Dance series** (min 1, max 3)

RGG Specific Rules:
As per the Junior FIG current CoP unless specified otherwise.
Body difficulties, Exchange Difficulty, Dynamic Elements with Rotation (R), and Collaborations for All Levels are **valued 0.3 each**, regardless of their value in the CoP. This will allow the gymnasts and coaches to focus on technical execution of the body and apparatus movements rather than the value of it. This requirement is also in line with the FIG Age Group Development Model.

- Specific to RGG development trio groups, regarding collaborations without high or long throws of the apparatus: Collaborations CC include relationships performed with a minimum of 2 identical actions with body relationships or apparatus relationships, performed in succession: 1 gymnast performing the identical action a minimum of 2 times or succession, or 2 gymnasts performing an identical action in succession for a total of a minimum of 2 actions.

RGI Specific Rules:
Body difficulties, Apparatus Difficulty, Dynamic Elements with Rotation (R) and Artistry for All Levels are not evaluated. Execution is evaluated without posting the scores. This will allow the gymnasts and coaches to focus on technical execution of the body and apparatus movements rather than the value of it. This requirement is also in line with the FIG Age Group Development Model.

General Notes:
ALL Levels RGG and RGI will not be ranked, or scores publicly displayed. The same form of recognition must be given to all RGG and RGI Levels.
Athletes may compete in one level up from an athlete's current group level **(excluding Level 1 or any athlete aged 8 and younger).**
A gymnast may not move down an age group.
An athlete cannot compete in both an Interclub group of 3 & 4 and an Interclub group of 5 in the same competitive season.
An athlete cannot compete in an IC, Development group or National group of any type in the same competitive season unless they move up from an IC to Development group or to a National group. They cannot then move back to an IC and Development group in the same season.