



IMPORTANT RG UPDATE: as of August 1, 2025

There has been a change in the RG category names for what has been Novice and Pre Junior. The rationale is to align with the new 2026-2028 GymCan Events Strategy. See below highlighted changes. The GymCan Events Strategy will be an agenda item at the RG August & September meetings.

JWG – August 13th - 7:00 pm EST
 NTCC & PC – August 28 – 2:00 pm EST
 PTO's – Meeting Date TBC

2026-2028 GYM CAN & FIG APPARATUS DESIGNATION

LEVEL	2026	2027	2028
Novice-NEW Pre Novice RGI Age: 11 - 12 Born 2015, 2014	Free Hoop Ball Clubs	Free Hoop Ball Clubs	Free Hoop Ball Clubs
Novice-NEW Pre Novice (5) RGG Age as above Requirements as per Jr. FIG CoP	Rope	Rope	TBD
Pre-Junior (PJ) NEW Novice RGI Age: 13 Born 2013 **app norms as per Jr. CoP** Requirements as per Jr. FIG CoP	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon
Junior JR RGI 14, 15 Born 2012, 2011	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon
Junior Dev. (5) RGG 12 to 15 Born 2014, 2013, 2012, 2011 (allow one younger & one older by one year) Requirements as per Jr. FIG CoP	Ball or Ribbon	Hoop	TBD
Junior JR (5) RGG 14,15 Born 2012, 2011 Requirements as per Jr. FIG CoP	Ball Ribbon	Ball Ribbon	Hoop Rope
Senior SR RGI Age 16+ Born 2010 & before	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon	Hoop Ball Clubs Ribbon
Senior Dev. (5) RGG 14+ Born 2012 & before Requirements as per Sr. FIG CoP	Ball or 3 Hoop 2pr Club	3 Hoop 2pr Club	3 Ball 2pr Club
Senior SR (5) RGG 16+ Born 2010 & before Requirements as per Sr. FIG CoP	5 Ball 3 Hoop 2pr Club	5 Ball 3 Hoop 2pr Club	5 Ball 3 Hoop 2 pr Club

