



2022 DEVELOPMENT PROGRAM - RGI							
AGE as of Dec 31 2022	"A" New or Returning Development Athletes		"B" New or Returning Development Athletes		"C" Returning National Stream or Development Athletes		Code of Points Junior Requirements as per FIG
Level 1 7, 8 Born 2015,2014			Free Rope	4-6 Body Difficulty Min 1 – Max 2 of each body group Max. Difficulties 8.00 pts			Free Routine Requirements For levels 1B ,2A,2B,2C,3A,3B,3C, Novice: refer to Free Requirements Chart Combined Difficulty One Combined Body Difficulty is authorized for levels: 3 and up. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP. Dance Steps Combination: Min 2 series Min 8 sec each Value: 0.3 each Pre-acrobatic elements: 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 No vertical rotations allowed Waves (BW): Min 3 Value: 0.1 each No repetition of the same isolated wave. Each wave performed standing to finish in releve. ----- Apparatus Requirements Apparatus requirements as per Junior FIG CoP Risks: Levels 1B, 2A, 2B, 2C, 3A, 4A, 5A, 6A: Min 1 rotation with apparatus. Levels 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C: Min 2 rotations with apparatus.
Level 2 9, 10 Born 2013,2012	Free Rope	4-6 Body Difficulty Min 1-Max 2 of each body group Max. Difficulties 8.00 pts	Free Ball	4-6 Body Difficulty Min 1- Max 2 of each body group Max. Difficulties 8.00 pts	Free Hoop Ball	4-6 Body Difficulty Min 1-Max 2 of each body group Max. Difficulties 8.00 pts	
Level 3 9, 10, 11 Born 2013,2012, 2011	Free Hoop	4-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulties 8.00 pts	Free Ball Choice (Hoop or Clubs)	4-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulties 8.00 pts	Free Clubs Choice (Hoop or Ball)	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
Level 4 11, 12, 13 Born 2011,2010, 2009	Free Ball	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Free Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Free Ribbon Choice (Hoop or Clubs)	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
Level 5 13, 14, 15 Born 2009,2008, 2007	Free Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Ball Ribbon Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Hoop Clubs Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	



Level 6 15 & up Born 2007 and older	Ball Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Ball Clubs Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Hoop Ribbon Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Risk may be counted if a gymnast throws during a rotation OR completes rotation under a throw OR catches in a rotation MAX 4 risks Apparatus difficulty: Min 1, Max 15 Number of required specific fundamental and fundamental technical groups as per table in COP.
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ADDITIONAL NOTES:

- **Level 1: Gymnasts will not be ranked or scores publicly displayed.** The same form of recognition must be given to all athletes.
- For all levels musical accompaniment of voice with words may be used for all individual exercises in respect to ethics
- Apparatus of choice (does not include “Free”): One set of awards will be given for choice apparatus. All-Around is the total of three routines.
- National Stream Individuals from the previous year, must enter Category “B” or “C”(age appropriate level: Level 3B or 3C, 4B or 4C, 5B or 5C, 6B or 6C
- RGI Development Levels: 1B, 2A, 2B, 2C, 3A, 3B, 3C: Refer to the GymCan Compulsory Body Difficulties chart
- RGI Development Gymnasts: cannot challenge one age level up.
- Regional Participation: 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C



2022 DEVELOPMENT PROGRAM - RGG

AGE as of Dec 2022	Apparatus and # of gymnasts	Routine Length (minutes)	Composition	Formations & Collaborations
Basic Developmental/ Introductory Level (This Group is not ranked) 7,8 Born 2015,2014	Free 3 & 4 5	1:15 - 1:30	3 body difficulties (1 each group) (3 x 0.30) 2 acrobatics (2 x 0.30) 1 dance steps (1 x 0.30) 1 body wave (1 x 0.3) 3 collaborations (3 x 0.3) (C) Total value 3.00 pts	Minimum 4 formations for groups of 4&5 Minimum 3 formations for Trio
Level 2 9, 10 Born 2013, 2012	Ball 3 & 4 5	1:45 - 2:00	3 body difficulties (1 each group) (3 x 0.30) 1 diff. with exchange (1 x 0.30) min 4 m a part 1 body wave (1 x 0.30) 3 acrobatics (3 x 0.30) 2 dance steps (2 x 0.30) 3 collaborations (3 x 0.30) (CC) 1 collaboration with rotation (1 x 0.3) {CR} or {CR2} Total value 4.2 pts	Minimum 4 formations for groups of 4&5 Minimum 3 formations for Trio
Level 3 11, 12 Born 2011, 2010	Rope 3 & 4 5	2:00 – 2:15	3 diff. without exchange (1BD from each body group) 2 difficulties with exchange {Max. 6 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max.1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el.	Minimum 4 formations for groups of 4 & 5 Minimum 3 formations for Trio
Level 4 13, 14 Born 2009, 2008	Ribbon or Hoop 3 & 4 5	2:15 – 2:30	3 diff. without exchange (1BD from each body group) 3 difficulties with exchange Max. 7 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max.1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el.	Minimum 4 formations for groups of 4&5 Minimum 3 formations for Trio



<p>Level 5 15 & up Born 2007 & older</p>	<p>Choice of: Single Apparatus: Ball or Mixed 2 & 3; 4 & 5 1 hoop & 2 clubs 2 hoops & 2 clubs 2 hoops & 4 clubs 3 hoops & 4 clubs</p>	<p>2:15 - 2:30</p>	<p>4 diff. without exchange (1BD from each body group) (1 BD combination is allowed) 3 difficulties with exchange Max. 8 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max. 1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el.</p>	<p>Minimum 4 formations for groups of 4 & 5 Minimum 3 formations for Trio</p>
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ADDITIONAL NOTES:

- D form is required to be submitted. The D form will be given back to the coaches for improvement analysis and feedback purposes.
- **Basic Developmental/Introductory Group will not be ranked or scores publicly displayed.** The D form will be given back to the coaches for improvement analysis and feedback purposes. The same form of recognition must be given to all Basic Developmental/Introductory Group.
- For all group levels – the Fundamental Apparatus Technical Groups may be performed during the Body Difficulties, Dance Steps Combinations, Dynamic Elements with Rotation criteria, Collaborations, Exchanges or connecting elements.
- All Fundamental Apparatus Technical group are not required for group exercises.
- Minimum 1 Fundamental Apparatus Technical element is required for Dance Steps Combinations.
- Variety of choice from Fundamental Apparatus Technical group and Non-Fundamental Apparatus Technical group is required.
- Body difficulties, Exchanges, Dance Steps, Combinations, Dynamic Elements with rotation criteria, and Collaborations for Level 1 & 2 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.
- Lack of variety is penalized in the Artistic component.
 - 0.3 deduction for less than 1 difficulty of each body group
 - 0.3 deduction for less than the required number BD
 - 0.3 deduction for more than the required number of BD above 0.1
 - 0.3 deduction for less than the required number of Exchange Difficulties
- Athletes may compete in a group one age level up from the level they compete at as individuals (excluding Level 1 or any athlete aged 8 and younger)
- An athlete cannot compete in both a Development group of 3 & 4 and a Development group of 5 in the same competitive season
- An athlete cannot compete in both a Development group and a National group of any type in the same competitive season unless they move up from a Development group to a National group. They cannot then move back to a Development group in the same season.
- One National Stream gymnast may compete in an age-appropriate Development group of 5 or in a Development Level 5 group of 4 or 5 provided she is not in a National group.
- An athlete may compete in one Development group AND one AGG group in the same year.



- An athlete may compete in one National group AND one AGG group in the same year.
- A gymnast may not move down an age group.
- Musical accompaniment of voice with words may be used in respect to ethics.

AUGUST 2021 - FINAL



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