



2023 DEVELOPMENT PROGRAM - RGI							
AGE as of Dec 31 2023	"A" New or Returning Development Athletes		"B" Returning National Stream or Development Athletes		"C" Returning National Stream or Development Athletes		Code of Points Junior Requirements as per FIG unless specified otherwise
Level 1 7, 8 Born 2016,2015			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, Max 3 series Min 8 sec each Value: 0.3 each Pre-acrobatic elements: MAX 3 0.2 - 2 pre-acrobatic elements with rotation over sagittal or frontal axis 0.3 – 3 pre-acrobatic elements with rotation over sagittal or frontal axis No vertical rotations allowed. Pre-Acro group cannot be repeated in another series (as per COP) Waves (BW): Min 3. Value: 0.3 each. <i>(More than 3 no penalty, no evaluation)</i> Full body wave in the standing position with feet together (front, back) or slightly apart (side) starting on flat foot and finish on releve. No repetition of the same isolated wave. Cannot be combined with #28 (passing to the floor) or # 28. (From the floor to standing) ----- Apparatus Requirements Apparatus requirements as per Junior FIG CoP unless specified otherwise Risks: Levels 1B, 2A, 2B, 2C, 3A, 4A, 5A, 6A: Dynamic element with rotation, one rotation must be performed under the flight of the apparatus for a value of 0.1.
Level 2 9, 10 Born 2014,2013	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 2014,2013, 2012	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 2012,2011, 2010	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 2010,2009, 2008	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 2008 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	Levels 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C: Dynamic element with rotation, Min 2 rotations must be performed under the flight of the apparatus as per Junior COP MAX 4 risks Apparatus difficulty: For levels 1B ,2A,2B,2C,3A,3B,3C,4A,4B,4C and Novice Min1; Max:12 For levels 5A, 5B, 5C, 6A, 6B, 6C Min1, Max 15 Number of required specific fundamental technical groups as per the table in COP.
--	---------------------------------	---	----------------------------------	---	-----------------------------------	---	--

General 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



2023 DEVELOPMENT PROGRAM - RGG

AGE as of Dec 2023	Apparatus and # of gymnasts	Routine Length (minutes)	Composition	Formations
Basic Developmental/ Introductory Level (This Group is not ranked) 7,8 Born 2016,2015	Free 3 & 4 5	1:15 - 1:30	3 body difficulties (1 each group) (3 x 0.30) 2 single pre-acrobatics (2 x 0.30) out of which 1 could be in a series of 2 or 3 pre-acrobatic el. 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 2014, 2013	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 single pre-acrobatics (3 x 0.30) out of which 1 could be in a series of 2 or 3 pre-acrobatic el. 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 2012, 2011	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 2010, 2009	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 2008 & 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 (1 BD 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>
--	---	--------------------	---	---

Specific Rules:

- As per the Junior FIG current CoP unless specified otherwise
- Each Group exercise must have a minimum number of specified Fundamental apparatus technical elements performed by all gymnasts simultaneously or in very rapid succession to be valid.
- Specified Fundamental apparatus technical elements may be performed during Dance Steps Combinations (S); Difficulties without Exchange (DB); Difficulties with Exchange (DE); Difficulties with Collaborations (DC) or connecting elements between Difficulties.
- 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.
- 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

General 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.
- Athletes may compete in one level up from an athlete's current group level (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.

Updated January 2023



P: 613.748.5637 | F: 613.748.5691 | E: info@gymcan.org
120-1900 Promenade City Park Drive, Ottawa, ON K1J 1A3

WWW.GYMCAN.ORG