












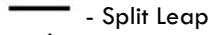

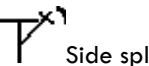




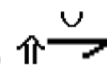
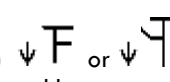


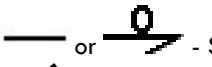
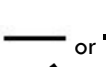

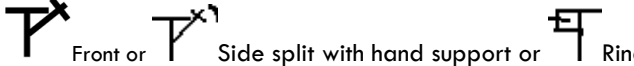

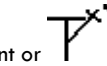

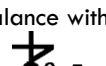
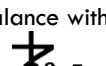
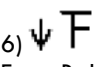
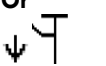












2A Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2014 2013 9-10	Free	4–6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties NOTE: min. 1, max. 2 from each body group	<p>COMPULSORY:</p> <p>1)  - Stag Leap take off from two feet = 0.2 or  jump with rotation (min 360) = 0.1</p> <p>2)  - Front balance = 0.1 Can be performed on releve = 0.2 or  - Arabesque balance = 0.1 Can be performed on releve = 0.2</p> <p>3)  - Passe Rotation (front or side) 360 min=0.1</p> <p>5)CHOICE 6)CHOICE</p> <hr/> <p>Dance Steps Combination: Min 2 series, Max 3 series Value: 0.3 each</p> <p>Waves (BW): Min 3 (more than 3 – no penalty, no evaluation) Value: 0.3 each No repetition of the same isolated wave. Each wave performed standing to finish in releve.</p> <p>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</p> <p>No vertical rotations allowed</p>	4)  - Passe Balance = 0.1	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Rope	Min 3 Max 6	8.0 MAX	Max 4 risks Apparatus difficulty: Min 1, Max 12 Number of required specific fundamental and non-fundamental technical groups as per Table in COP		













2B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2014 2013 9-10	Free	4–6 Difficulties	8:0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties ————— NOTE: min. 1, max. 2 from each body group	<p>1)  Stag jump, take off from 2 feet with 180 turn = 0.2</p> <p>2)  Front or  Side split with hand support = 0.2 or  - Arabesque balance = 0.1 Can be performed on releve = 0.2</p> <p>3)  (front or side) 360 min=0.1 or  Front horizontal rotation 360 min = 0.3</p> <p>5) CHOICE 6) CHOICE</p> <hr/> <p>Dance Steps Combination: Min 2 series, Max 3 series Value: 0.3 each</p> <p>Waves (BW): Min 3 (more than 3 – no penalty, no evaluation) Value: 0.3 each No repetition of the same isolated wave. Each wave performed standing to finish in releve.</p> <p>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</p>	4)  Front balance = 0.1 (An athlete may perform a balance on releve for an additional 0.1)	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Ball	Min 3 Max 6 Difficulties	8.0 Max	<p>No vertical rotations allowed .</p> <p>Max 4 risks Apparatus difficulty: Min 1, Max 12</p> <p>Number of required specific fundamental and non-fundamental technical groups as per Table in COP</p>		

2C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2014 2013 9-10	Free	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties NOTE: min. 1, max. 2 from each body group	1)  - Split Leap = 0.3 2)  Front or  Side split with hand support or  Ring Balance with hand support = 0.3 3)  or  = 0.3 4) CHOICE 5) CHOICE <hr/> Dance Steps Combination: Min 2 series, Max 3 series Value: 0.3 each Waves (BW): Min 3 (more than 3 – no penalty, no evaluation) Value: 0.3 each No repetition of the same isolated wave. Each wave performed standing to finish in releve. 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	6)  Front balance = 0.2	0.30 deduction for each <ul style="list-style-type: none"> - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Hoop Ball	Min 3 Max 6 Difficulties	8.0 MAX	Max 4 risks Apparatus difficulty: Min 1, Max 12 Number of required specific fundamental and non-fundamental technical groups as per Table in COP		

3A Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2014 2013 2012 9 -11	Free	4-7 Difficulties	8.0 Max Four (4) Compulsory & up to three (3) optional additional Choice Difficulties NOTE: No more than 3 elements can be from one body group Combined Difficulty: One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.	 1) Stag jump, take off from 2 feet with 180 turn = 0.2  2) Front or Attitude on flat foot = 0.1 (An athlete may perform a balance on releve for additional 0.1)  3) Front horizontal rotation = 0.3 or = 0.3 4) CHOICE 5) CHOICE <hr/> Dance Steps Combination: Min 2 series, Max 3 series Value: 0.3 each Waves (BW): Min 3 (more than 3 – no penalty, no evaluation) Value: 0.3 each No repetition of the same isolated wave. Each wave performed standing to finish in releve. 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	 6) Stag leap take off from two feet = 0.2 7) CHOICE	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Hoop	Min 3 Max 7 Difficulties	8.0 MAX	Max 4 risks Apparatus difficulty: Min 1, Max 12 Number of required specific fundamental and non-fundamental technical groups as per Table in COP		

3B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2014 2013 2012 9 -11	Free	4-7 Difficulties	8:0 Max Four (4) Compulsory & up to three (3) optional additional Choice Difficulties NOTE: No more than 3 elements can be from one body group Combined Difficulty: One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.	 1)  or  - Split Leap or turning stag =0.3  2)  Front or  Side split with hand support or  Ring Balance with hand support = 0.3  3)  Fouette rotation (min 360+360) = 0.2. Can be completed with straight leg for additional value of 0.2 (min 360+360) = 0.4 4) CHOICE 5) CHOICE <hr/> Dance Steps Combination: Min 2 series, Max 3 series Value: 0.3 each <hr/> Waves (BW): Min 3 (more than 3 – no penalty, no evaluation) Value: 0.3 each No repetition of the same isolated wave. Each wave performed standing to finish in releve. <hr/> 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	6)  Front Balance =0.1 Or  Attitude Balance =0.1 7) CHOICE	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Ball Choice (Hoop or Clubs)	Min 3 Max 7 Difficulties	8.0 MAX	Max 4 risks Apparatus difficulty: Min 1, Max 12 Number of required specific fundamental and non-fundamental technical groups as per Table in COP		

3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2014 2013 2012 9 -11	Free	5-7 Difficulties	<p>8.0 Max Five (5) Compulsory & (2) optional Choice Difficulties</p> <p>NOTE: No more than 3 elements can be from one body group</p> <p>Combined Difficulty: One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.</p> <p>8.0 MAX</p>	<p>1)  stag leap with rotation (0.3) or  split leap with rotation (0.4)</p> <p>2)  Penche with hand support with trunk at horizontal = 0.4</p> <p>  or   Penche with back body wave 0.5 +0.3</p> <p>3)  Front split rotation (mins 360) = 0.3</p> <p>4)  Fouette rotation (min 360+360) = 0.2. Can be completed with straight leg for value of 0.2 (min 360+360)=0.4 or split position for value of 0.3 (min 360+360) (An athlete may perform additional rotations for additional value)</p> <p>5) CHOICE</p> <p>Dance Steps Combination: Min 2 series, Max 3 series Value: 0.3 each</p> <p>Waves (BW): Min 3 (more than 3 – no penalty, no evaluation) Value: 0.3 each No repetition of the same isolated wave. Each wave performed standing to finish in releve. The body wave after the penche balance is counted as one of the minimum 3.</p> <p>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</p>	<p> Ring with hand support = 0.3</p> <p>7) CHOICE</p>	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> - missing compulsory element - missing element with non dominant leg <p>(Taken by the D1-D2 Judges)</p>
	Clubs Choice (Hoop or Ball)	Min 3 Max 7 Difficulties		<p>Max 4 risks Apparatus difficulty: Min 1, Max 12</p> <p>Number of required specific fundamental and non-fundamental technical groups as per Table in COP</p>		

NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2013 2012 2011 10 to 12	Free	7-8 Difficulties	<p><u>8.0 Max</u></p> <p>Five (5) Compulsory & up to three (3) optional additional Choice Difficulties</p> <p>NOTE: No more than 3 elements can be from one body group</p> <p>Combined Difficulty: One Combined Body Difficulty is authorized. A combined body difficulty can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP.</p>	<p>1)  split leap with rotation = 0.4 or  with back bend of the trunk =0.6</p> <p>2)   or   Penche with back body wave 0.5 +0.3</p> <p>3)  front split or  side split balance = 0.4</p> <p>4)  Front split rotation or  Side split rotation or  ring with help rotation = 0.3 (min 360)</p> <p>5)  Fouette rotation (min 360+360+360)=0.3. Can be completed with straight leg for additional value of 0.2 (min 360+360+360)=0.6 or split position for additional value of 0.3(min 360+360+360)=0.9</p> <p>6) CHOICE</p> <hr/> <p>Dance Steps Combination: Min 2 series, Max 3 series Value: 0.3 each</p> <p>Waves (BW): Min 3 (more than 3 – no penalty, no evaluation) Value: 0.3 each</p> <p>No repetition of the same isolated wave. Each wave performed standing to finish in releve. The body wave after the penche balance is counted as one of the minimum 3.</p> <p>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</p> <p>No vertical rotations allowed</p>	7) CHOICE 8) CHOICE	<p>0.30 deduction for each</p> <ul style="list-style-type: none"> - missing compulsory element - missing element with non dominant leg <p>(Taken by the D1-D2 Judges)</p>
	Hoop Ball Clubs	Min 3 Max 7 Difficulties	8.0 Max	<p>Max 4 risks Apparatus difficulty: Min 1, Max 12</p> <p>Number of required specific fundamental and non-fundamental technical groups as per Table in COP</p>		

ADDITIONAL NOTES:

GymCan Development Program is designed to promote gradual development by age and level in line with the Long-Term Athlete Development Model. The objective of the program is to identify and implement progressive skills to promote healthy development and longevity in the sport for athletes at the provincial level and those transitioning into National Level.

Dominant Leg defined as: the front leg in your “favourite/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, penuche balance)
- the raised leg in Dominant compulsory skills with leg raised to the front (passe rotation)
- no penalties for more advanced difficulties (i.e., going on releve)

The non-dominant (ND) leg must be:

- **the support leg in all balance shapes (1B, 2A, 2B, 3B)**
- the front leg in the ND split roll (2C)
- the front leg in the stag jump (3A)
- all ND Choice Difficulties for levels 3A, 3B, 3C, and Novice are compulsory
- no penalties for more advanced/ND difficulties (i.e., going on releve)

0.30 deduction will apply to:

- missing compulsory element
- each missing ND compulsory and choice element
- un-attempted compulsory element taken by the Difficulty Judge

Compulsory Difficulties:

- if passe balance is performed on flat foot, no value will be given; however, the difficulty will be counted as a compulsory difficulty without 0.3 penalty for missing element
- If the balances on toes are performed on flat foot, the difficulty will be devalued 0.1 as per the CoP.

Updated Mar 2023