





















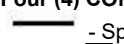
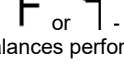
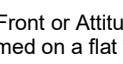

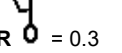



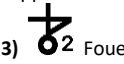


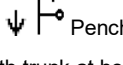
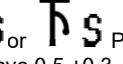

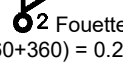


2024 DEVELOPMENT PROGRAM and Novice - RGI: Requirements & Evaluation *as at Aug 31, 2023*



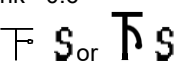







Aug 30, 2023 - Wording for waves revised for all levels. Specifics regarding evaluation / penalty for waves will be provided later

Body Difficulties, Dance Steps, Waves, Dynamic Elements			
	Level 1B Free		
	<p>4 to 6 BD a) Four (4) COMPULSORY:</p> <p>1)  - Stag Leap take off from two feet = 0.2</p> <p>2)  - Front balance = 0.1 Can be performed on releve = 0.2</p> <p>3)  - Passe Rotation (front or side) 360 min=0.1</p> <p>4) NDL CHOICE</p> <p>b) Plus up to two OPTIONAL: 5) CHOICE 6) CHOICE</p> <p>NOTE: min. 1, max. 2 from each body group</p> <p>Waves (W): Min 3 Waves performed in standing position to finish in releve. The body wave after the penche balance is counted as one of the minimum 3. No repetition of the same isolated wave. The gymnast may perform a 4th wave as a CHOICE element</p> <p>-----</p> <p>Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i></p> <p>Dance Steps Comb. (S): Min 2 series, Max 3 series</p>		Not Scored
	Level 1B Rope		
	<p>3 to 6 BD Min 1; Max 2 or each body group Min 2 W Dynamic Elements with Rotation (R): Max 4 minimum one rotation under flight of apparatus for value of .10</p> <p>-----</p> <p>Difficulty of Apparatus (DA) Min 1; Max 12</p> <p>Fundamental Apparatus Elements # of required specific fund & non-fund tech groups as per COP Table</p>		Not Scored

Body Difficulties, Dance Steps, Waves, Dynamic Elements			Evaluation & Penalties
Level 2A Free	Level 2B Free	Level 2C Free	
<p>4 to 6 BD a) Four (4) COMPULSORY: 1)  - Stag Leap take off from two feet = 0.2 OR  jump with rotation (min 360) = 0.1 2)  Front balance = 0.2 OR  Arabesque balance = 0.2 3)  Passe Rotation (front or side) 360 min=0.1 4) NDL CHOICE 5) NDL CHOICE b) Plus one OPTIONAL: 6) CHOICE</p>	<p>4 to 6 BD a) Four (4) COMPULSORY: 1)  - Split Leap .30 2)  Front or  Side split with hand support OR  - Arabesque balance = 0.1 Can be performed on releve = 0.2 3)  passé (front or side) 360 min=0.1 or  Front horizontal rotation 360 min = 0.3 4) NDL CHOICE 5) NDL CHOICE b) Plus one OPTIONAL: 6) CHOICE</p>	<p>4 to 6 BD a) Four (4) COMPULSORY: 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) NDL CHOICE 5) NDL CHOICE b) Plus one OPTIONAL: 6) CHOICE</p>	<p>DB Panel - Max Score 8.0 pts Up to 6BD with value as per FIG Penalty 0.30 for <u>each</u> missing <u>compulsory</u> body difficulty (#1 to 4)</p>
NOTE: min. 1, max. 2 from each body group			
<p>Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve. If a gymnast has more than 3 W, and has the 4 Compulsory BD, the extra may be awarded the FIG value as a CHOICE element</p>			<p>DB Panel: Each W is valued .30 Penalty 0.30 for <u>each</u> missing W</p>
<p>Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical elements allowed</i> Dance Steps Comb. (S): Min 2 series, Max 3 series</p>			<p>DA Panel R - Series of 2 = .20 R - Series of 3 = .30 more than 3 - no penalty, no evaluation A Panel S - .50 for missing 1 series; 1.0 for missing 2 or 3 series</p>
Level 2A Rope	Level 2B Ball	Level 2C Hoop, Ball	
<p>4 to 6 BD Min 1; Max 2 or each body group Min 2 W Dynamic Elements with Rotation (R): Max 4 minimum one rotation under flight of apparatus for value of .10 ----- Difficulty of Apparatus (DA) Min 1; Max 12 Fundamental Apparatus Elements # of required specific fund & non-fund tech groups as per COP Table</p>			<p>DB Panel - Max Score 8.0 pts Up to 6BD with value as per FIG Up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD ----- DA Panel Up to 12 elements in performance order Fund App Penalty .30 for each missing</p>

Body Difficulties, Dance Steps, Waves, Dynamic Elements			Evaluation & Penalties
Level 3A Free	Level 3B Free	Level 3C Free	
<p>4 to 7 BD a) Four (4) COMPULSORY: 1)  - Split Leap = 0.3 2)  or  - Front or Attitude = 0.2; or Balances performed on a flat foot 0.1) 3)  Front horizontal rotation OR  = 0.3 4) NDL CHOICE 5) NDL CHOICE 6) CHOICE 7) CHOICE</p> <p>NOTE: min. 1, max. 3 from each body group</p>	<p>4 to 7 BD a) Four (4) COMPULSORY: 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). Can be completed with straight leg = 0.2) =0.4 or split position for value of 0.3 (min 360+360) 4) NDL CHOICE 5) NDL CHOICE 6) CHOICE 7) CHOICE</p> <p>NOTE: min. 1, max. 3 from each body group</p>	<p>5 to 7 BD a) Four (4) COMPULSORY: 1)  stag leap with rotation (0.3) or  split leap with rotation (0.4) 2)  Penche with hand support with trunk at horizontal = 0.4  Penche with back body wave 0.5 +0.3 3)  Front split rotation = 0.3 4)  Fouette rotation (min 360+360) = 0.2. Can be completed with straight leg for value of 0.2 or split position for value of 0.3 (may perform additional rotations for additional value) 5) NDL CHOICE 6) NDL CHOICE 7) CHOICE</p> <p>NOTE: min. 1, max. 3 from each body group</p>	<p>DB Panel - Max Score 8.0 pts Up to 7BD with value as per FIG</p> <p>One Combined BD permitted, & may include Compulsory BD. Cannot perform same BD twice.</p> <p>Penalty 0.30 for <u>each</u> missing compulsory body difficulty</p>
<p>Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve. If a gymnast has more than 3 W, and has the 4 Compulsory BD, the extra may be awarded the FIG value as a CHOICE element</p>			<p>DB Panel: Each W is valued .30 Penalty 0.30 for <u>each</u> missing W</p>
<p>Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i> Dance Steps Comb. (S): Min 2 series, Max 3 series</p>			<p>DA Panel R - Series of 2 = .20 R - Series of 3 = .30 more than 3 - no penalty, no evaluation</p> <p>A Panel S - .50 for missing 1 series; 1.0 for missing 2 or 3</p>
Level 3A Hoop	Level 3B Ball Choice (Hoop / Clubs)	Level 3C Clubs Choice (Ball / Ribbon)	
<p>4 to 7 BD Min 1; Max 3 from each body group Min 2 W</p>	<p>4 to 7 BD Min 1; Max 3 or each body group Min 2 W</p>	<p>5 to 7 BD Min 1; Max 3 or each body group Min 2 W</p>	<p>DB Panel - Max Score 8.0 pts Up to 7BD with value as per FIG Up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD</p>
<p>(R): Max 4. minimum one rotation under flight of apparatus for value of .10</p>	<p>(R): Max 4. minimum two rotation under the flight of apparatus as per Junior COP for value .20</p>		<p>DA Panel Up to 12 elements in performance order Fund App Penalty .30 for each missing</p>
<p>Difficulty of Apparatus (DA): Min 1; Max 12 App Elements: # of required specific fund & non-fund tech groups as per COP Table</p>			

Body Difficulties, Dance Steps, Waves, Dynamic Elements	Evaluation & Penalties
Free - Levels 4A, 4B, 5A	
<p>5 to 7 BD Min 1; Max 3 or each body group Of the above, must be minimum of 1 NDL from any body group</p> <p>Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve. If a gymnast has more than 3 W, and has the 4 Compulsory BD, the extra may be awarded the FIG value as a CHOICE element</p> <p>-----</p> <p>Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i></p> <p>Dance Steps Comb. (S): Min 2 series, Max 3 series</p>	<p>DB Panel - Max Score 8.0 pts Up to 7BD with value as per FIG</p> <p>One Combined BD permitted, & may include Compulsory BD. Cannot perform same BD twice.</p> <p>Penalty 0.30 for missing <u>NDL</u> body difficulty</p> <p>Each W is awarded .30 Penalty 0.30 for <u>each</u> missing W</p> <p>-----</p> <p>DA Panel R - Series of 2 = .20 R - Series of 3 = .30 more than 3 - no penalty, no evaluation</p> <p>A Panel S -.50 for missing 1 series; 1.0 for missing 2 or 3</p>
Apparatus - Levels 4A, 4B, 4C, 5A, 5B, 5C, 6A, 6B, 6C	
<p>5 to 7 BD Min 1; Max 3 from each body group</p> <p>Minimum of 2 W</p> <p>-----</p> <p>Difficulty of Apparatus (DA) *Level 4A, 4B, 4C - Min 1; Max 12 **Levels 5A, 5B, 5C, 6A, 6B, 6c - Min 1; Max 15</p> <p>Dynamic Elements with rotation (R): Max 4 as per Junior COP</p> <p>*4A, 5A, 6A - Risk minimum one rotation under flight of apparatus for value of .10</p> <p>*All other levels - Risk minimum 2 rotation under flight of apparatus for value of .20</p> <p>App Elements # of required specific fund & non-fund tech groups as per COP Table</p>	<p>DB Panel - Max Score 8.0 pts Up to 7BD with value as per FIG Up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD</p> <p>Penalty 0.30 for <u>each</u> missing W</p> <p>-----</p> <p>DA Panel Up to 12, or 15 depending on level, elements in performance order</p> <p>Fund App Penalty .30 for each missing</p>

Novice Body Difficulties, Dance Steps, Waves, Dynamic Elements		Evaluation & Penalties						
	Free							
2014 2013 2012 10 to 12	<p>Min 7, Max 8 BD a) 5 Compulsory</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) ³ 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) NDL CHOICE 7) NDL CHOICE 8) CHOICE</p> <p><i>No more than 3 BD from one body group</i></p> <p>Waves (W): Min 3 Waves performed in standing position to finish in releve. The body wave after the penche balance is counted as one of the minimum 3. No repetition of the same isolated wave. The gymnast may perform a 4th wave as a CHOICE element which will be awarded the FIG value</p>	<p>DB Panel - Max Score 8.0 pts Up to 7BD with value as per FIG</p> <p>One Combined BD permitted, & may include Compulsory BD. Cannot perform same BD twice.</p> <p>Penalty 0.30 for <u>each</u> missing <u>compulsory</u> body difficulty</p> <p>Each W is valued .30 Penalty 0.30 for <u>each</u> missing W</p> <p>Each S is valued .30 for each S, up to 3</p>						
	<p>Dynamic Elements with Rotation (R): Max 2 pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i></p> <p>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>Dance Steps Comb. (S): Min 2 series, Max 3 series</p>	<p>DA Panel R - more than 3 - no penalty, no evaluation</p> <p>A Panel S - .50 for missing 1 series; 1.0 for missing 2 or 3</p>						
	Hoop, Ball Clubs							
	<p>3 to 7 BD; Min 1; Max 3 from each body group (DA): Min1;Max12 (R): Max 4 as per Junior COP</p> <p>App Elements # of required specific fund & non-fund tech groups as per COP Table</p> <p>Apparatus Specifications:</p> <table border="1"> <thead> <tr> <th>Hoop</th> <th>Ball</th> <th>Clubs</th> </tr> </thead> <tbody> <tr> <td>700 - 900 mm diam 200g weight</td> <td>160 - 200mm diam 300g weight</td> <td>360 - 500 mm length 100g weight</td> </tr> </tbody> </table>	Hoop	Ball	Clubs	700 - 900 mm diam 200g weight	160 - 200mm diam 300g weight	360 - 500 mm length 100g weight	<p>DB Panel - Max Score 8.0 pts Up to 7BD with value as per FIG Up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD Penalty 0.30 for <u>each</u> missing W -----</p> <p>DA Panel Up to 12 apparatus elements in performance order</p> <p>Fund App Penalty .30 for each missing</p>
Hoop	Ball	Clubs						
700 - 900 mm diam 200g weight	160 - 200mm diam 300g weight	360 - 500 mm length 100g weight						

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 means the front leg in the “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)

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.