

2019 GO RG Interclub Stream Program – INDIVIDUAL

Level & Age as of Dec. 31, 2019	Length of Routine	Requirements Apparatus 1	Requirements Apparatus 2
Level 2 Age 9 – 10 (2010, 2009)	1:00 – 1:30	Free Max. 4 Body Difficulty (1 BD with ND leg) Each BD Group must be present Max Value of each BD: 0.1 – 0.3 Max. difficulties -7 pts For Requirements – See info below.	Rope Max. 4 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.3 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max Apparatus Difficulty (ref: COP) Max. difficulties -7 pts
Level 3 Age 9 - 10 – 11 (2010, 2009, 2008)	1:00 – 1:30	Ball Max. 4 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.4 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max Apparatus Difficulty (ref: COP) Max. difficulties -7 pts	Hoop Max. 4 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.4 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max Apparatus Difficulty (ref: COP) Max. difficulties -7 pts
Level 4 Age 11 – 12 – 13 (2008, 2007, 2006)	1:00 – 1:30	Hoop Max. 5 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.4 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max Apparatus Difficulty (ref: COP) Max. difficulties -8 pts	Rope Max 5 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.4 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max Apparatus Difficulty (ref: COP) Max. difficulties -8 pts
Level 5 Age 13 – 14 – 15 (2006, 2005, 2004)	1:00 – 1:30	Ball Max 6 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.5 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 1 Apparatus Difficulty (ref: COP) Max. difficulties -8 pts	Ribbon Max 6 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.5 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 1 Apparatus Difficulty (ref: COP) Max. difficulties -8 pts
Level 5STAR Age 13 and over <i>Open to anyone, however, all former Provincial or National stream competitors age 13 and over, must be in this level</i> (2006 and older)	1:00 – 1:30	Choice of Apparatus (not free) Max 6 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.5 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max Apparatus Difficulty (ref: COP) Max. difficulties -8 pts	
Level 6 15 and up (2004 and older)	1:00 – 1:30	Choice of Apparatus (not free) Max. 6 Body Difficulty Each BD Group must be present Max Value of each BD: 0.1 – 0.5 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max Apparatus Difficulty (ref: COP) Max. difficulties -8 pts	

1.FREE ROUTINE REQUIREMENTS:

- Dance Steps Combination: Min 2 series, No Max, Min 8 sec each Value: 0.3 each
 - With large body movement; (8) 0.3
 - With passing on the floor, (=) 0.3
- Body Rotation Series: Max 2 Series. Min 2 or 3 rotations value of 0.2 or 0.3. Chainee, turning jumps, passé turn or bum roll are allowed.
- Minimum 3 full Body Waves (BW) (front, side, back, on the floor), each BW must be different, Value: 0.1 each
Can be included with Dance steps or Difficulty No Repetition of the same isolated wave
- Body Difficulties: Gymnast can perform more Body Difficulties then max for her Level but only max number will be evaluated. A higher level body difficulty, if executed correctly, will be evaluated as maximum for that level. (If Level 3 performs a 0.5 Difficulty the value awarded would be 0.4)
- Each Body Difficulty Group must be present
- 1 Body Difficulty must be performed with Non-Dominant (ND) leg. Passe position (in balance or pivot) is considered as ND leg. 0.30 deduction for missing element with ND leg taken by D1-D2 judges.

2. For Routine with Apparatus: Body Difficulty is valid if apparatus is in motion (no apparatus technical movement is required)

3. For body Difficulty Chart and Apparatus Difficulty Requirement refer to 2016- 2021 FIG Code of Points

FUNDAMENTALS APPARATUS TECHNICAL GROUPS:

Fundamental apparatus technical groups listed in the chart below must be present in each routine and can be included during Body Difficulties, Dance Steps, Apparatus Difficulty or/and connections.

For one or more missing apparatus technical groups, a maximum penalty of .10 (as per the FIG COP) will be applied

ROPE	HOOP	BALL	CLUBS	RIBBON
 Pass through the whole part of the Body (ex: head + trunk; arms + trunk; trunk + legs, etc.) through the open Rope or folded in 2 or more, turning forward, backward, or to the side; also with double rotation of the rope.	 Passing through the Hoop with the whole or part of the body.	 Bounces: Series (min.3) of small bounces (below knee level). One high bounce (knee level and higher). Visible rebound from a part of the body	 Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	 Passing through or over the pattern of the Ribbon
 Passing through the Rope with skips/hops Series (min. 3): Rope turning forward, backward, or to the side. Double rotation of the rope or folded rope (min 1 hop)	 Roll of the Hoop over minimum 2 large body segments	 Roll of the Ball over minimum 2 large body segments	 The asymmetric movements of 2 Clubs. Must be performed with different movement for each club in shape, amplitude, work planes or direction.	 Spirals (4-5 loops), tight and the same height in the air or on the floor
 Catch of the Rope with one end in each hand. Catch can be completed after medium or small throw	 Rotation (min. 1) of the Hoop around the hand. Free rotation (min. 1) of the Hoop around a part of the body.	 Figures eight of the Ball with circle movements of the arms	 Small throws of 2 Clubs together simultaneously or alternating with rotation and catch	 Snakes (4-5 waves), tight and the same height in the air or on the floor
 Release and catch of one end of the rope, with or without rotation (ex: echappé). Rotations of the free end of the Rope (ex: spirals)	 Rotations of the Hoop around its axis: One free rotation between the fingers. One free rotation on the part of the body	 Catch of the Ball with one hand. Catch can be completed after medium or small throw	 Small circles with both Clubs, simultaneously or alternating, one club in each hand (min.1)	 "Echappé": rotation of the stick during its flight, small and medium height

- In levels 5Star and 6, athletes may choose any apparatus they wish (no free routines). Regardless of which apparatus the gymnasts' chooses to compete with, they will be competing in Apparatus 1 and Apparatus 2 (which can be any apparatus). Scoring will happen accordingly (we do not rank by Apparatus but, by Routine # 1 and Routine #2).
- Athletes in levels 2 to 5 have a **CHOICE of EITHER** Apparatus 1, or Apparatus 2 routine. Athletes can perform both routines per competition however, however no overall awards will be awarded, and awards will be given separately for each routine.
- Level 2 has the choice to compete with Ball or Rope and Free (maximum two routines). There will be separately ranking for each apparatus.
- Risks with apparatus for all levels a minimum 1 rotation
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. "Club" suits are acceptable.
- Number of judges and panels for 2017 to be advised

2019 GO RG Interclub Stream Program GROUPS		
Level & Age as of Dec. 31, 2019	Length of Routine	Group Size Duo or Trio - Four or Five
Level 2 Age 9, 10, 11 (2010, 2009, 2008)	Duo/Trio 1:00 – 1:30 4/5 1:30 – 2:00	<u>HOOP</u> Max 2 Body Difficulties Max Value of each BD: 0.1 – 0.3 Max 2 Exchange Difficulties Min. 3 Formations Min. 3 Collaborations Max.1 R Min. 1 Dance Steps Max. difficulties -7 pts
Level 3 Age 11, 12, 13 (2008, 2007, 2006)	Duo/Trio 1:00 – 1:30 4/5 1:30 – 2:00	<u>ROPE</u> Max 2 Body Difficulties Max Value of each BD: 0.1 – 0.4 Max 2 Exchange Difficulties Min. 3 Formations Min. 3 Collaborations Max.1 R Min. 1 Dance Steps Max. difficulties 7 pts
Level 4 Age 13, 14, 15 (2006, 2005, 2004)	1:30 – 2:00	<u>RIBBON</u> Max 3 Body Difficulties 1 of each body group Max Value of each BD: 0.1 – 0.4 Max 3 Exchange Difficulties Min. 4 Formations Min. 4 Collaborations Max.1 R Min. 1 Dance Steps Max. difficulties -8 pts
Level 5 Age 15 & over (2004 and older)	1:30 – 2:00	<u>Choice of Apparatus</u> Max 3 Body Difficulties 1 of each body group Max Value of each BD: 0.1 – 0.5 Max 3 Exchange Difficulties Minimum 4 Formations Minimum 4 Collaborations Max.1 R Min. 1 Dance Steps Max. difficulties 8 pts

- Body Difficulties: A higher level body difficulty, if executed correctly, will be evaluated as maximum for that level. (If Level 3 performs a 0.5 Difficulty the value awarded would be 0.4)
- **Body Difficulties Exchanges: Group can perform more Body Difficulties and Exchanges then max for the Level but only max number will be evaluated.**
- **Free routine for group will follow Individual free routine.**
- All Group exchanges must be done with a distance of at least 3 meters between the gymnasts.
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. *“Club” suits are acceptable.*
- Number of judges and panels for 2017 to be advised
- ODP (former Level 1) gymnast may not move into a group one age level up.
- A gymnast may compete in a group one age level up. (Level 2 and up)
- **For body Difficulty Chart, Collaborations and Exchanges rules refer to 2016- 2021 FIG Cod of Points**