

### General Information

- The ODP was created with the Sport Canada Long Term Athlete Development principles in mind
- To improve the level of physical preparation in our gymnasts
- To improve level and quality of gymnastics being performed in this age group
- To provide a more positive introduction to competition
- To reinforce positive participation rather than competitiveness through ranking
- To provide young athletes with a good base for future development

All athletes participating in Ontario Development Program must be registered with Gymnastics Ontario as recreational athletes.

Athletes between ages 7 and 8 who wish to participate in interclub invitationals should perform ODP1 requirements and those who wish to participate in provincial level events should perform ODP2 requirements.

<b>Old Provincial / Interclub levels</b>	<b>→</b>	<b>Ontario Development Program (ODP)</b>
Interclub Level 1 Individual		ODP RGI 1
Interclub Level 1 Group		ODP RGG 1
Interclub Level 1 AGG		ODP AGG 1
Provincial Level 1B Individual		ODP RGI 2
Provincial Level 1 Group		ODP RGG 2
Provincial Child (7-8) AGG		ODP AGG 2

Athletes who are enrolled in ODP and wish to participate in interclub or provincial level events will not be scored or ranked. The same form of recognition must be given to all athletes.

A written feedback will be provided to the coaches after the event.

	ODP RGI 1	ODP RGG 1	ODP AGG 1
<b>Length of the routine</b>	1:00 – 1:30	1:00 – 1:30	Free – 1:30 – 2:00 Creative – 1:00 – 2:00
<b>Year of Birth</b>	2012 & 2011	2012 & 2011	2012 & 2011
<b>Apparatus 1 Requirements</b>	<p><b>FREE</b></p> <p><b>Max. 4 Body Difficulty (1 BD with ND leg)</b> Each BD Group must be present <b>Max Value of each BD: 0.1 – 0.3</b> For Requirements – See info below.</p>	<p><b>FREE</b></p> <p><b>Max.3 Body Difficulties</b> <b>Max Value of each BD: 0.1 – 0.3</b> <b>Min. 3 Formations</b> <b>Min. 3 Collaborations</b> All free requirements = same as individual <b>Max. difficulties -7 pts</b></p>	<p><b>FREE</b></p> <p><b>Body Movements</b> (one of each in isolation or combination with other body movements):</p> <ul style="list-style-type: none"> <li>total body wave</li> <li>total body swing</li> <li>bending</li> <li>lean or lunge</li> <li>relaxation</li> <li>1 A-body movements series (combination of 2 different body movements)</li> </ul> <p><b>Balances &amp; Pivots</b></p> <ul style="list-style-type: none"> <li>one A or B balance</li> <li>one A or B pivot or chaine turn</li> </ul> <p><b>Jumps or Leaps</b></p> <ul style="list-style-type: none"> <li>one A or B jumps</li> </ul> <p><b>Arm Movements:</b></p> <ul style="list-style-type: none"> <li>3 different arm movements</li> </ul> <p><b>Steps, Skips &amp; Hops</b></p> <ul style="list-style-type: none"> <li>one short set (4 steps)</li> <li>one long set (6 steps)</li> </ul> <p>1 Acrobatic Movements 2 Flexibility (Legs L-R-M, and or Back)</p>
<b>Apparatus 2 Requirements</b>	<p><b>Rope</b></p> <p>Max. 3 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</p>		<p><b>CREATIVE – “Disney / Cartoons ”</b></p> <p><b>Body Movements</b> (one of each in isolation or combination with other body movements):</p> <ul style="list-style-type: none"> <li>total body wave</li> <li>total body swing</li> <li>bending</li> <li>1 A-body movements series (combination of 2 different body movements)</li> </ul> <p><b>Balances &amp; Pivots</b></p> <ul style="list-style-type: none"> <li>one A or B balance</li> <li>one A or B pivot or chaine turn</li> </ul> <p><b>Jumps or Leaps</b></p> <ul style="list-style-type: none"> <li>one A or B jumps</li> </ul> <p><b>Steps, Skips &amp; Hops</b></p> <ul style="list-style-type: none"> <li>one short set (4 steps)</li> <li>one long set (6 steps)</li> </ul>

### ODP 1 FREE ROUTINE REQUIREMENTS:






- Dance Steps Combination: Min 2 series, No Max, Min 8 sec each
  - With large body movement;  $S \rightarrow$  ( 8 )
  - With passing on the floor,  $S \rightarrow$  ( == )
- Body Rotation Series: Max 2 Series. Min 2 or 3 rotations. Chaine, 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. Can be included with Dance steps or Difficulty. No Repetition of the same isolated wave
- Body Difficulties: Gymnast can perform more Body Difficulties than 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.
- 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.

**NOTES:**

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

<p><b>ROPE</b></p> 	 <p>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.</p>	 <p>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)</p>	 <p>Catch of the Rope with one end in each hand. Catch can be completed after medium or small throw</p>	 <p>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)</p>
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	ODP RGI 2	ODP RGG 2		ODP AGG 2	
Length of the routine	1:00 – 1:30	1:15 – 1:30	Group of: 2 or 3&4 or 5	1:30 – 2:00	Group of: 6+
Year of Birth	2012 & 2011	2012, 2011 & 2010		2012 & 2011	
Requirements	<p><b>FREE/ROPE</b></p> <p>4 -6 Body Difficulties App. 3-6 Body Difficulties Min 1 – Max 3 of each body group Max. Difficulties: 8.00 Pts</p> <p><b>For Free Requirements – See info below</b></p>	<p><b>FREE</b></p> <p>3 Body Difficulties Min. 1 of each body group All free requirements + same as individual Max. Difficulty 8.00pts</p> <p>Minimum 4 formations Minimum 4 collaborations</p> <p>Note: group of 2 is permitted in Ontario ONLY</p>		<p><b>Body Movements</b> (one of each in isolation or combination with other body movements):</p> <ul style="list-style-type: none"> <li>total body wave</li> <li>total body swing</li> <li>bending</li> <li>lean or lunge</li> <li>relaxation</li> <li>1 A-body movements series (combination of 2 different body movements)</li> </ul> <p><b>Balances &amp; Pivots</b></p> <ul style="list-style-type: none"> <li>1 balance</li> <li>1 balance series</li> </ul> <p><b>Jumps or Leaps</b></p> <ul style="list-style-type: none"> <li>1 jump/leap</li> <li>1 jump/leap series</li> </ul> <p><b>Arm Movements:</b></p> <ul style="list-style-type: none"> <li>3 different arm movements</li> </ul> <p><b>Steps, Skips &amp; Hops</b></p> <ul style="list-style-type: none"> <li>2 different series one of which is combined with another movement group</li> </ul> <p>1 Acrobatic Movement 3 Flexibility (Legs L-R-M, and or Back)</p>	

### ODP 2 FREE ROUTINE REQUIREMENTS:

- 3-5 Body Difficulties. Minimum 1 and Maximum 3 of each body groups
- 1 Non Dominant (ND) Leg Difficulty of Choice. IF a Non Dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and it is considered missing.
- Dance Steps Combination: Min 2 series, No Max, Min 8 sec each
  - With large body movement;  $S \rightarrow$  ( 8 )
  - With passing on the floor,  $S \rightarrow$  ( = )
- Body Waves:** Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each
- Pre-acrobatic elements:** MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passe turn or bum rolls allowed.

### ODP 2 APPARATUS REQUIREMENTS:

- For minimum apparatus technical group requirements see GCG Compulsory Apparatus Chart
- The non-dominant hand must be used to perform the fundamental apparatus technical element during 2 body difficulties (Ball & Ribbon)
- Risks:** Min 1 rotation with apparatus
- Risk may be counted if a gymnast throws during a rotation OR completes rotation under a throw OR catches in a rotation