

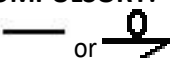











2019 Gymnastics Ontario RGI Development Program - Free Requirements -September 2018

LEVELS Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2A 2010 2009 Age 9-10	Free	4-6 Difficulties	8.0 Max <hr/> NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group	3-5 Body Difficulties Minimum 1 and Maximum 3 of each body groups <hr/> Dance steps: Min 2, No Max 1) With large body movement; $\overrightarrow{S} \rightarrow (8) 0.3$ 2) With passing on the floor, $\overrightarrow{S} \rightarrow (=) 0.3$	1 Difficulty - Choice IF a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.	.30 deduction for each - missing element with non-dominant leg (Taken by the D1-D2 Judges)
2B 2010 2009 Age 9-10				Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each		
2C 2010 2009 Age 9-10				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.		

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LEVEL Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
3A 2010 2009 2008 Ages 9-10-11	Free	5-7 Difficulties	8.0 Max	5 Body Difficulties Minimum 1 and Maximum 3 of each body groups <hr/> Dance steps: Min 2, No Max 3) With large body movement; $\overrightarrow{S} (\text{8}) 0.3$ 4) With passing on the floor, $\overrightarrow{S} (\text{=}) 0.3$ 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 chinee, turning jumps, passe turn or bum rolls allowed.	2 Difficulty - Choice If a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.	.30 deduction for each - missing element with non- dominant leg (Taken by the D1- D2 Judges)







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3B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009 2008 Ages 9-10-11	Free	5-7 Difficulties	8:0 Max Five (5) Compulsory & up to two (2) optional additional Choice Difficulties NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group	<p>COMPULSORY:</p> <p>1)  or  - Split Leap or turning stag =0.3</p> <p>2)  Side split with hand support or  Ring Balance with hand support = 0.3 (An athlete may perform a balance on releve for additional 0.1)</p> <p>3)  or  - Front or Attitude rotation (360 min) = 0.2</p> <p>6) Optional Choice 7) Optional Choice</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement;  ()0.3</p> <p>2) With passing on the floor,  () 0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>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.</p>	<p>4)  Front Balance =0.1 Or  Attitude Balance =0.1</p> <p>5) Choice</p> <p>If a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.</p>	<p>.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>
	Rope Ball	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		

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









3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009 2008 Ages 9-10-11	Free	5-7 Difficulties	8.0 Max Five (5) Compulsory & up to two (2) optional Choice Difficulties NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group	<p>COMPULSORY:</p> <p>1) Choice of any jump with rotation</p> <p>2) $\Psi \overline{T^{\circ}}$ Penche with hand support with trunk at horizontal on flat foot = 0.3 or $\overline{T^{\circ}}$ Penche balance on flat foot = 0.4 (An athlete may perform a balance on releve for additional 0.1)</p> <p>3) Choice – Rotation</p> <p>6) Optional Choice 7) Optional Choice</p> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement; $S \rightarrow$ (8) 0.3</p> <p>2) With passing on the floor, $S \rightarrow$ (=) 0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p>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.</p>	4) Choice 5) Choice	.30 deduction for each - missing compulsory element - missing element with non-dominant leg (Taken by the D1-D2 Judges)
	Rope Choice (Ball Or Clubs)	Min 3 Max 7 Difficulties	8.0 Max	A minimum of 2 jump/leap difficulties 1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		

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4C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2008 2007 2006 Ages 11-12-13	Free	5-7 Difficulties	8.0 Max Five (5) Compulsory & up to two (2) optional additional Choice Difficulties	<p>1) Choice of any jump with rotation</p> <p>2)  Split with hand support with trunk side at horizontal on flat foot 0.3</p> <p>or</p> <p> Penche with hand support with trunk at horizontal on flat foot = 0.3 (An athlete may perform a balance on releve for additional 0.1)</p> <p>3) CHOICE of Rotation</p> <p>6) Optional Choice 7) Optional Choice</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement;  ()0.3</p> <p>2) With passing on the floor,  ()0.3</p> <p>Body Waves: Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different= 0.1 each</p> <p>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.</p>	4) Choice 5) Choice	.30 deduction for each - missing compulsory element - missing element with non-dominant leg (Taken by the D1-D2 Judges)

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	Ball Ribbon Choice	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		
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NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2009 2008 2007 Age 10-11-12	Free	5-7 Difficulties	8.0 Max Five (5) Compulsory & up to two (2) optional additional Choice Difficulties NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group	<p>1) Choice of jump with rotation</p> <p>2)   Penche with back body wave 0.5 +0.1 or  Penche on flat foot 0.4+0.1</p> <p>3)  Front split rotation or  Side split rotation or  Back split rotation = 0.3 (min 360)</p> <p>6) Optional Choice 7) Optional Choice</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With large body movement;  () 0.3 2) With passing on the floor,  () 0.3</p> <p>Body Waves: Min 2 full body waves (front, side, back, or on the floor) Each body wave must be different. 0.1 each</p> <p>Pre-acrobatic elements: MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaineé, turning jumps, passe turn or bum rolls allowed.</p>	4) Choice 5) Choice	.30 deduction for each - missing compulsory element - missing element with non-dominant leg (Taken by the D1-D2 Judges)

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	Rope Ball Clubs	Min 3 Max 7 Difficulties	8.0 Max	A minimum of 2 rotation difficulties 1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		
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IMPORTANT NOTES

GCG RGI & RGG 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 growth and longevity in the sport for athletes at the development/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 (Dominant leg) leaps (split leaps, turning split leap/jete entourant)
- the support leg in Dominant Leg skills with leg raised to the back (arabesque balance/rotation, penchee balance)
- the raised leg in Dominant leg skills with leg raised to the front
- no penalties for more advanced difficulties (i.e. going on releve)

The non-dominant (ND) leg must be:

- the front leg in the ND split roll (3C)
- the support leg in the attitude balance shapes (3C)
- passe position is not considered non-dominant leg
- no penalties for more advanced/ND difficulties (i.e. going on releve)

As noted above:

.30 deduction each for:

- missing compulsory element (Level 3C, 4C)
- unattempted compulsory element (Levels 3C, 4C) taken by the Difficulty Judge

NOTE: If a Non Dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and it is considered missing.

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Compulsory Difficulties:

- balances listed on releve and performed on flat foot will be devaluated by 0.1
- no penalties for more advanced compulsory difficulties (I.e. Going on releve)

All requirements in this document will apply in Ontario ONLY. The original GCG RGI Development Program Chart was modified to serve as a progression from Interclub program offered in the province. If athletes wish to compete out of province they should refer to the original GCG RGI program for the complete list of requirements.