

2026 DEVELOPMENT PROGRAM and Pre Novice - RGI: Requirements & Evaluation as of
October 1, 2025

Body Difficulties, Dance Steps, Waves, Dynamic Elements 2019-2018 (7-8)			
	Level 1B Free		
	Minimum 4 to maximum 6 BD - 0.3 max value of each BD - Minimum 1 of each body group (jump, balance, rotation) - 1 DB with NDL Waves (W): 3 No repetition of the same isolated wave. Definition as per pg. 60 in the COP ----- Dynamic Elements with Rotation (R): Series or Combination of Pre-acrobatic elements and Vertical rotations as listed in the COP. Dance Steps Comb. (S): Min 2 series		Not Scored
	Level 1B Rope or Ball		
	Minimum 3 to maximum 6 BD - 0.3 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R) max 1 minimum one rotation under flight of apparatus for value of .10 ----- Difficulty of Apparatus (DA) Max 8		Not Scored

Body Difficulties, Dance Steps, Waves, Dynamic Elements 2017-2016 (9-10)			Evaluation & Penalties
Level 2A Free	Level 2B Free	Level 2C Free (Regional)	
Minimum 4 to maximum 6 BD - 0.3 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - 1 DB with NDL	Minimum 4 to maximum 6 BD - 0.4 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - 1 DB with NDL	Minimum 4 to maximum 6 BD - 0.5 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - 1 DB with NDL	DB Panel Up to 6BD with value as per CoP No Max to number of rotations in pivots with the exception of #16, #17 (see additional notes) Penalty 0.30 for missing <u>NDL</u> body difficulty
Dynamic Elements with Rotation (R): Max 2 Series of Pre-acrobatic elements or Combination of Pre-acrobatic elements and Vertical rotations as listed in the COP. No extra value for change of levels/axis or series.			DA panel: Max 2 R. Min 2 rotations in each series Max 0.3 per R
Body Waves (W): Max 3 : Definition as per pg. 60 in the COP			DA panel: 0.1 each
Dance Steps Comb. (S): min 2 series			Artistry panel: as per the CoP
Level 2A Rope	Level 2B Ball	Level 2C Hoop, Ball (Regional)	
3 to 6 BD - 0.3 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R): Max 2 minimum one rotation under flight of apparatus for value of 0.10.	3 to 6 BD - 0.4 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R): Max 2 minimum one rotation under flight of apparatus for value of 0.10	3 to 6 BD - 0.5 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R): Max 2 minimum one rotation under flight of apparatus for value of 0.10	DB Panel Up to 6BD with value as per CoP Up to 2 R in performance order. Height of the throw as per COP No Max to number of rotations in pivots with the exception of #16, #17 (see additional notes)
Difficulty of Apparatus (DA): Max 8			DA Panel Up to 8 elements in performance order; more than 8- no penalty, no evaluation
Hoop		Ball	
Inner Diam 700 to 900 mm Weight 200 g minimum		Diameter 140 - 200 mm Weight 270 g	

Body Difficulties, Dance Steps, Waves, Dynamic Elements 2015-2014 (11-12)			Evaluation & Penalties								
Level 3A Free	Level 3B Free (Regional)	Level 3C Free (Regional)									
Minimum 4 to maximum 6 BD - 0.4 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - 1 DB with NDL	Minimum 4 to maximum 6 BD - 0.5 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - 1 DB with NDL	Minimum 4 to maximum 6 BD - 0.6 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - 1 DB with NDL	No Max to number of rotations in pivots with the exception of #16, #17 (see additional notes)								
Dynamic Elements with Rotation (R): Max 2 Series of Pre-acrobatic elements or Combination of Pre-acrobatic elements and Vertical rotations as listed in the COP. No extra value for change of levels/axis or series.			DA Panel: Max 2 R. Min 2 rotations in each R Max 0.3 per R								
Body Waves (W): Max 3 Definition as per pg. 60 in the COP			DA panel: 0.1 each								
Dance Steps Comb. (S): Min 2 series			Artistry panel: as per the CoP								
Level 3A Hoop	Level 3B Ball Choice (Hoop / Clubs)	Level 3C Clubs Choice (Ball / Ribbon)									
3 to 6 BD - 0.4 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R): Max 3 minimum one rotation under flight of apparatus for value of 0.10	3 to 6 BD - 0.5 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R): Max 3 - value as per CoP	3 to 6 BD - 0.6 max value of each BD - Minimum 1 DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R): Max 3 – value as per CoP	DB Panel - Up to 6BD with value as per CoP Up to 3 R in performance order. Height of the throw as per COP No Max to number of rotations in pivots with the exception of #16, #17 (see additional notes)								
(DA): Max 10 Apparatus Norms: <table border="1"> <tr> <th>Hoop</th><th>Ball</th><th>Clubs</th><th>Ribbon</th></tr> <tr> <td>Inner Diam 700 to 900 mm Weight 200 g minimum</td><td>Diameter 140 - 200 mm Weight 270 g</td><td>Length 360 - 500M 100 g</td><td>4 meters</td></tr> </table>			Hoop	Ball	Clubs	Ribbon	Inner Diam 700 to 900 mm Weight 200 g minimum	Diameter 140 - 200 mm Weight 270 g	Length 360 - 500M 100 g	4 meters	DA Panel Up to 10 DA elements in performance order DA- more than 10 - no penalty, no evaluation
Hoop	Ball	Clubs	Ribbon								
Inner Diam 700 to 900 mm Weight 200 g minimum	Diameter 140 - 200 mm Weight 270 g	Length 360 - 500M 100 g	4 meters								

Body Difficulties, Dance Steps, Waves, Dynamic Elements Level 4 – 2013-2012 (13-14); 4B, 4C - Regional Level 5 – 2012-2011 (14-15); 5B, 5C - Regional Level 6 – 2010 and up (16 +); 6B, 6C - Regional	Evaluation & Penalties
Free - Levels 4A, 4B,5A	
3 to 6 BD Min 1 of each body group One of the above, must be minimum of 1NDL from any body group Body Waves (W): Max 3 Definition as per pg. 60 in the COP ----- Dynamic Elements with Rotation (R): Max 2 Series of Pre-acrobatic elements or Combination of Pre-acrobatic elements and Vertical rotations as listed in the COP. No extra value for change of levels/axis or series. Dance Steps Comb. (S): Min 2 series	Up to 6BD with value as per FIG COP No Max to number of rotations in pivots with the exception of #16, #17 (see additional notes) Penalty 0.30 for missing <u>NDL</u> body difficulty DA panel: 0.1 each DA panel: Up to 2 R. Min 2 rotations in each R Max 0.3 per R Artistry panel: as per the CoP
Apparatus - Levels 4A, 4B, 4C, 5A, 5B, 5C, 6A, 6B, 6C	
3 to 6 BD Min 1 of each body group ----- Difficulty of Apparatus (DA) *Level 4A, 4B, 4C - Max 12 **Levels 5A, 5B, 5C, 6A, 6B, 6c - Max 12 Dynamic Elements with rotation (R): Max 3 as per Junior COP *4A, 5A, 6A - Risk minimum one rotation under flight of apparatus for value of .10 *All other levels - Risk minimum 2 rotation under flight of apparatus for value of .20 Apparatus Norms: Levels 4 & 5 follow Junior apparatus norms requirements; Level 6 follows Senior apparatus norms requirements	DB Panel Up to 6BD with value as per FIG Up to 3 R in performance order Penalty 0.30 for <u>each</u> missing BD ----- DA Panel Up to 12 elements in performance order DA- more than 12 - no penalty, no evaluation

Pre Novice Body Difficulties, Dance Steps, Waves, Dynamic Elements			Evaluation & Penalties		
2015-2014 (11-12)					
	Free				
	Minimum 4 to maximum 6 BD - 0.6 max value of each BD - Minimum 1 of each body group (jump, balance, rotation) - 1 DB with NDL			DB Panel Up to 6BD with value as per CoP No Max to number of rotations in pivots with the exception of #16, #17 (see additional notes)	
	Dynamic Elements with Rotation (R): Max 2 Series or Combination of Pre-acrobatic elements and Vertical rotations as listed in the COP. No extra value for change of levels/axis or series			DA panel: Up to 2 R. MIn 2 rotations in each R Max 0.3 per R	
	Body Waves (W): Max 3 Definition as per pg. 60 in the COP			DA panel: 0.1 each	
	Dance Steps Comb. (S): Min 2 series			Artistry panel: as per the CoP	
	Hoop, Ball Clubs				
	3 to 6 BD - 0.6 max value of each BD - Minimum 1DB of each body group (jump, balance, rotation) - Dynamic Elements with Rotation (R): Max 3 – value as per CoP ----- ----- (DA): Max 10 Note:			DB Panel Up to 6BD with value as per FIG Up to 3 R in performance order No Max to number of rotations in pivots with the exception of #16, #17 (see additional notes)	
	Hoop	Ball	Clubs	DA Panel Up to 10 DA elements in performance order DA- more than 10 - no penalty, no evaluation	
	700 - 900 mm diam 200g weight	160 - 200mm diam 300g weight	360 - 500 mm length 100g weight		

ADDITIONAL NOTES:

Incorporating maximum value elements into free routines supports gradual development at each level, aligning with the Long-Term Athlete Development Model. This approach fosters technical proficiency, reduces the risk of injury and burnout, and helps gymnasts transition smoothly from provincial to national levels, ensuring a well-rounded skill set for long-term success in the sport.

Value Adjustments:

- The gymnast will receive the designated value as outlined in the chart, regardless of any increase in difficulty level — including variations of balances such as flat foot versus relevé. Exception: Rotations *
- The values for S (Dance Steps) have been removed to align more closely with the COP. Body Wave value has been decreased to 0.1
- Vertical rotations for R may be used in series with pre-acrobatic elements.

Body Wave (W): The definition of W can be found on page 60 of the Code of Points. A gymnast may choose to perform a fourth W; however, it will not receive additional value.

***Rotations:**

- The gymnast will receive the full value of the rotation element, regardless of the maximum score allowed at their level. For example, a gymnast in level 2B who performs a double attitude rotation will receive a full credit of 0.5.

Exceptions:

- **BD# 16(Fouetté) in the COP Rotations - A maximum of 8 heel supports is allowed. Gymnasts may perform double rotations, but must not exceed the limit of 8 heel supports**
- **BD# 17(Illusion backward) in the COP Rotations—** Maximum number of rotations (heel support) - 3
- **BD# 14 (“Kabaeva”) or bent 30° (“Kramarenko”) in the COP Rotations –** Will not be evaluated
- **BD # 19 (Utyascheva) in the COP Balances –** Will not be evaluated

Dominant Leg means the front leg in the “favorite / 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, penche balance)
- the raised leg in Dominant compulsory skills with leg raised to the front or side (passe rotation)
- no penalties for more advanced difficulties (i.e., going on releve)

The non-dominant (ND) leg must be:

- the front leg in leaps
- the raised leg for all balances and pivots with the leg to the front or side
- the support leg for all balances and pivots with the leg raised to the back
- Leap Body Diff. # 22 will be counted towards Non-Dominant requirement