

















2021 Gymnastics Ontario RGI Development Program - Free Requirements

LEVELS Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2A 2012 2011 Age 9-10	Free	4-6 Difficulties	8.0 Max	3-5 Body Difficulties Minimum 1 and Maximum 2 of each body groups	1 Difficulty - Choice	.30 deduction for each - missing element with non- dominant leg (Taken by the D1- D2 Judges)
2B 2012 2011 Age 9-10			NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group	Dance steps: Min 2, No Max 1) With large body movement; $\overrightarrow{S} \rightarrow (8) 0.3$ 2) With passing on the floor, $\overrightarrow{S} \rightarrow (=) 0.3$	IF a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.	
2C 2012 2011 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 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.			





2021 Gymnastics Ontario RGI Development Program - Free Requirements

LEVEL Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
3A 2012 2011 2010 Ages 9-10-11	Free	4-7 Difficulties	8.0 Max NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group	5 Body Difficulties Minimum 1 and Maximum 3 of each body groups Dance steps: Min 2, No Max 3) With large body movement;  ()0.3 4) With passing on the floor,  ()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 chainees, 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)
	Hoop	Min 3 Max 7 Difficultis	8.0 Max	1 min and 3 max from each body group Apparatus Requirements as per FIG CoP		

2021 Gymnastics Ontario RGI Development Program - Free Requirements

Level Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
3B 2012 2011 2010 Ages 9-10- 11	Free	4-7 Difficulties	8:0 Max Five (5) Compulsory & up to two (2) optional additional Choice Difficulties <hr/> NOTE: No more than 3 elements can be from one body group	COMPULSORY: 1)  or  - Split Leap or turning stag =0.3 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) 3)  or  - Front or Attitude rotation (360 min) = 0.2 6) Optional Choice 7) Optional Choice <hr/> Dance steps: Min 2, No Max 1) With large body movement;  () 0.3 2) With passing on the floor,  () 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 chaine, turning jumps, passe turn or bum rolls allowed.	4)  Front Balance =0.1 Or  Attitude Balance =0.1 5) 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 compulsory element - missing element with non dominant leg (Taken by the D1- D2 Judges)
	Ball Hoop or Clubs	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		













2021 Gymnastics Ontario RGI Development Program - Free Requirements

3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2011 2010 2009 Ages 9-10-11	Free	5-7 Difficulties	8.0 Max Five (5)	COMPULSORY: 1) Choice of any jump with rotation 2)  Penche with hand support with trunk at horizontal on flat foot = 0.3 or  Penche balance on flat foot = 0.4 (An athlete may perform a balance on releve for additional 0.1) 3) Choice – Rotation	4) Choice 5) Choice	.30 deduction for each - missing compulsory element - missing element with non-dominant leg (Taken by the D1-D2 Judges)
			Compulsory & up to two (2) optional Choice Difficulties NOTE: No more than 3 elements can be from one body group	6) Optional Choice 7) Optional Choice Dance steps: Min 2, No Max 1) With large body movement; )0.3 2) With passing on the floor,  ()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 chaine, turning jumps, passe turn or bum rolls allowed.		
	Clubs Choice (Hoop Or Ball)	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		

2021 Gymnastics Ontario RGI Development Program - Free Requirements

4C no longer includes Mandatory Free Requirements

2021 Gymnastics Ontario RGI Development Program - Free Requirements

NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2011 2010 2009 10 to 12	Free	7-8	8.0 Max Three (3) Compulsory & up to four (4) optional additional Choice Difficulties NOTE: No more than 3 elements can be from one body group	<p>1)  split leap with rotation = 0.4</p> <p>2)  or  Penche with back body wave 0.5 +0.1 or   or  Penche on flat foot 0.4+0.1</p> <p>3)  Front split rotation or  Side split rotation or  ring with help rotation = 0.3 (min 360) (An athlete may perform additional rotations for additional 0.2 for each additional rotation)</p> <p>4) ³ Fouette rotation (min 360+360+360) =0.3 (An athlete may perform additional rotations for additional 0.1 for each additional rotation)</p> <p>5) CHOICE 6) CHOICE</p> <hr/> <p>Dance steps: Min 2, No Max</p> <p>1) With largebody movement;  (8)0.3 2) With passing on the floor,  (≡)0.3</p> <p>Body Waves: Min 2 full body waves (front, side, 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>	7) CHOICE 8) CHOICE	0.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges)
	Rope Hoop Clubs	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements as per FIG CoP		

2021 Gymnastics Ontario RGI Development Program - Free Requirements

IMPORTANT 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 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:

0.30 deduction each for:

- missing compulsory element (Level 3C)
- unattempted compulsory element (Levels 3C) 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.

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.