

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 ODPI requirements and those who wish to participate in provincial level events should perform ODPP requirements.

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

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 I	ODP RGG I	ODP AGG I
Length of the routine	1:00 – 1:30	1:00 – 1:30	Free – 1:30 – 2:00 Creative – 1:00 – 2:00
Year of Birth	2016 & 2017	2016 & 2017	2016 & 2017
Apparatus 1 Requirements	<p>FREE</p> <p>Max. 4 Body Difficulty (1 BD with ND leg) Each BD Group must be present Max Value of each BD: 0.1 – 0.3 For Requirements – See info below.</p>	<p>FREE</p> <p>Max.3 Body Difficulties Max Value of each BD: 0.1 – 0.3 Min. 3 Formations Min. 3 Collaborations All free requirements = same as individual Max. difficulties -7 pts</p>	<p>FREE</p> <p>Body Movements (one of each in isolation or combination with other body movements):</p> <ul style="list-style-type: none"> total body wave total body swing bending lean or lunge relaxation 1 A-body movements series (combination of 2 different body movements) <p>Balances & Pivots</p> <ul style="list-style-type: none"> one A or B balance one A or B pivot or chaine turn <p>Jumps or Leaps</p> <ul style="list-style-type: none"> one A or B jumps <p>Arm Movements:</p> <ul style="list-style-type: none"> 3 different arm movements <p>Steps, Skips & Hops</p> <ul style="list-style-type: none"> one short set (4 steps) one long set (6 steps) <p>1 Acrobatic Movements 2 Flexibility (Legs L-R-M, and or Back)</p>
Apparatus 2 Requirements	<p>ROPE</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>		

ODP I FREE ROUTINE REQUIREMENTS:

- Dance Steps Combination: Min 2 series, No Max, Min 8 sec each
- 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 with fundamental or non-fundamental movement of apparatus.
- MAX 3 Risk For all levels: Minimum one rotation must be performed under the flight of the apparatus for a value of 0.1
- Number of required specific fundamental and fundamental technical groups as per table in COP.
- For body Difficulty Chart and Apparatus Difficulty Requirement refer to 2022- 2024 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.

ROPE 	 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 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)	 Catch of the Rope with one end in each hand. Catch can be completed after medium or small throw	 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)
--	---	---	--	--

	ODP RGI P	ODP RGG P		ODP AGG P	
Length of the routine	1:00 – 1:30	1:15 – 1:30	Group of: 3 or 4 or 5	1:30 – 2:00	Group of: 5-10
Year of Birth	2016 & 2017	2016 & 2017		2016 & 2017	
Requirements	<p><u>FREE</u></p> <p>4 -6 Body Difficulties App. 3-6 Body Difficulties Min 1 – Max 2 of each body group Max. Difficulties: 8.00 Pts</p> <p>For Free Requirements – See info below</p> <p><u>CHOICE (rope, hoop, ball)</u></p> <p>3-6 Body Difficulties Min 1; Max 2 of each body group Min 2 W Dynamic Elements with Rotation (R): Max 4 minimum one rotation under flight of apparatus for value of .10</p> <p>-----</p> <p>Difficulty of Apparatus (DA) Min 1; Max 12</p> <p>Fundamental Apparatus Elements # of required specific fund & non-fund tech groups as per COP Table</p>	<p><u>FREE</u></p> <p>3 body difficulties (1 each group) (3 x 0.30) 2 acrobatics (2 x 0.30) 1 dance steps (1 x 0.30) 1 body wave (1 x 0.3) 5 collaborations (3 x 0.3) (C) Total value 3.00 pts</p> <p>Min 4 formations for groups of 4&5 Minimum 3 formations for Trio</p>		<p>Body Movements (one of each in isolation or combination with other body movements):</p> <ul style="list-style-type: none">total body wavetotal body swingbendinglean or lungerelaxation1 A-body movements series (combination of 2 different body movements) <p>Balances & Pivots</p> <ul style="list-style-type: none">1 balance1 balance series <p>Jumps or Leaps</p> <ul style="list-style-type: none">1 jump/leap1 jump/leap series <p>Arm Movements:</p> <ul style="list-style-type: none">3 different arm movements <p>Steps, Skips & Hops</p> <ul style="list-style-type: none">2 different series one of which is combined with another movement group <p>1 Acrobatic Movement 3 Flexibility (Legs L-R-M, and or Back)</p>	

ODP P FREE ROUTINE REQUIREMENTS:

- **4-6** 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
- **Body Waves:** Min 3 full body waves (front, side, back, or on the floor) Each body wave must be different
- **Pre-acrobatic elements:** MAX 2 Series of pre-acrobatic elements (2 or 3 rotations). No chaine, turning jumps, passe turn or bum rolls allowed.

ODP P 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 under the flight of apparatus