



*COMPETITION RULES*

*OF AESTHETICS GROUP*  
*GYMNASTICS*

**INTERCLUB LEVEL**

**Revised: September 2019**



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Rules for Gymnastics Ontario competitions have been adapted slightly from the IFAGG rules, primarily with the addition of a younger category.

Gymnastics Ontario InterClub AGG competitions offer a Free Routine, similar to that in the International AGG rules (IFAGG). In addition, Gymnastics Ontario offers a Creative Routine that allows participants to demonstrate their creativity in use of varied apparatus and costumes.

## 1.0 INTRODUCTION

### **Goals of the Program:**

- Assist clubs in maintaining and growing athlete membership.
- Competitive opportunities for all athletes at all levels.
- Targeted at the “part-time” AGG athlete – who doesn’t have the time, desire or commitment for a full time training schedule to accomplish the Provincial or National stream programs however, enjoys the sport and wishes to participate and challenge themselves.
- Fun, participation, club driven
- More relaxed competition atmosphere

### **Designed for:**

- One or two day athlete within your club program.
- The “adult” athlete that wishes a competitive challenge.
- Retired athletes who wish to return to the sport
- The largely recreational based clubs.
- Smaller venues with lower ceiling heights that are not suitable for the Provincial or National stream programs

### **Eligibility and Mobility:**

- All gymnasts must be members in good standing of Gymnastics Ontario in order to participate in a Gymnastics Ontario sanctioned event
- Athletes participating in the InterClub stream program **MUST** be registered with Gymnastics Ontario as InterClub level Aesthetic Group athletes. Registrations should be received to Gymnastics Ontario by October 15th of the current competitive season. The Program Manager for Rhythmic Gymnastics must be informed of any late registrations or upgrades after the October 15th registration deadline.
- Level changes of gymnasts will be accepted without Technical Committee approval until December 31st of the current competitive season. After December 31<sup>st</sup>, all level changes will require approval from Gymnastics Ontario Rhythmic Technical Committee.
- Upgrades from Recreational registration to InterClub category will only be accepted by the committee up to **one month** before Invitational Competition registration deadline.
- The AGG competition season is from January 1<sup>st</sup> to December 31<sup>st</sup>. Age eligibility of athlete level is in accordance with the year of birth of the athlete. (January 01<sup>st</sup> – December 31<sup>st</sup>)
- InterClub stream eligible gymnasts may participate/compete in any or all of the InterClub Programs offered by Gymnastics Ontario (Individual, Group and/or Aesthetic Group competition). No additional membership fee is required, **BUT** gymnasts **MUST** be registered in each category they wish to compete.
- A gymnast leaving a member club and joining another member club during the remainder of the current competitive season must complete the athlete transfer form. A minimum of 15 days is necessary to process an athlete transfer. A gymnast cannot officially represent their new club within that 15-day period, but can still compete as an independent during the 15-day period. The transfer must be confirmed by Gymnastics Ontario and **no exception will be made to this requirement.**



## AGG InterClub Coaches

Coaches must have a **minimum of NCCP Level 2 (completed)** to coach InterClub Stream athletes in their gymnasiums, or to gain access to the competition floor at any Gymnastics Ontario sanctioned InterClub Stream competition, training camp or other activity.

Coaches must also have completed **both Part “A” and Part “B” of the online Risk Management and Respect In Sport** courses, and must renew these courses as required – expired certifications will not be accepted as valid.

Coaches must be registered with Gymnastics Ontario as **“Coach of Athlete”** to be able to gain access to the competition floor at any Gymnastics Ontario sanctioned InterClub Stream competition.

## InterClub Competitions

### Open Competitions to InterClub Program gymnasts

- Invitational competitions sanctioned by Gymnastics Ontario offering any or all of the InterClub Rhythmic and/or Aesthetic Group Gymnastics Programs.
- Ontario AGG **“Red Ribbon Invitational”**, offering InterClub and Provincial stream AGG.

### Competition Hosting

- All clubs wishing to host an Interclub Invitational are required to go through the same process as with Provincial and National Stream Invitationals.
- Request for sanction approval to host an AGG competition **MUST** be submitted to Gymnastics Ontario. The competition will then be posted on the website with all important information attached.

### Awards

- Participant certificates or ribbons are highly recommended.
- Colourful Ribbons, small medals or stickers are recommended
- Hosting clubs are urged to create their own awards, e.g., Most Graceful, Most Unified, Most Original, Most Spirited, Youngest Team, Club with Most Gymnasts Registered, etc.
- Participation Ribbons may be presented to all gymnasts. It is recommended that groups placing 9<sup>th</sup> and up should receive participation certificates/ribbons.





## 2.0 GENERALITIES

### 2.1 Competition Category (Refer to section 3.0 Technical Value)

### 2.2 Competing Group

A group consists of 4-10 gymnasts and reserve gymnast belongs to the group.

- Up to 2 gymnasts from any lower or higher age group are permitted to compete on a team in an age category to make up the required minimum group numbers (e.g., 4 gymnasts):
  - One or two gymnasts may be 1 year older than the official maximum age for the category;
  - One or two gymnasts may be 1 year younger than the minimum age for the category.
- **Gymnasts are permitted to participate in more than one age level in order to make up the required minimum group numbers.**
- All groups must perform both Free and Creative Routines with the same gymnasts in order to be eligible for any Overall or Grand Prize awards. However, groups may still compete in only one routine and be eligible for the applicable award.
- To encourage participation, groups of 3 participants or groups of more than 10 are permitted to compete. With the exception of Adult Groups (no group maximum), smaller groups will be evaluated but not eligible for awards.
- Out of bounds penalties will be applied if a gymnast steps out in the Free Routine, or steps out in an obvious error during the Creative routine. Gymnasts may step out in the Creative routine for a costume change or to pick up or put down apparatus or other obviously choreographed parts of the routine.

### 2.3 Competition Program

#### 2.3.1 The Length of the Competition Program

The permitted length of the competition program is :

**Free routine**

Level - 1 & 2: 1 min 30 sec - 2 min

Level - 3,4,5,6: 2 min – 2 min 30 sec

**Creative routine 1 min 30 sec - 2 min (all Levels)**

Timing will start from the beginning of the first movement after the group has taken the starting position on the competition area. Timing will stop as soon as all gymnasts are totally motionless.

The group's entrance to the starting position may not be accompanied by music or any extra movements.

#### 2.3.2 Music

The choice of the music is free. There must be only one piece of music on a CD. The club name, competition category and the possible name of the group as well as the length of the music must be clearly marked in English on the CD.

The organizer of the competition is responsible for arranging the sound system.

#### 2.3.3 Dress of Gymnasts

**Free Routine.** The competition dress of a group must be a leotard with aesthetic appeal appreciating a spirit of competitive sport. Leotards must be identical (material and style) and the same color for the gymnasts of the group. However, if the leotard is made of a patterned material some slight differences due to the cut may be tolerated.

The dress may not prevent seeing the movements clearly.

A correct gymnastics leotard must be in nontransparent material. Arms, back and chest (décolleté) can be transparent. The neckline of the dress may not be too low on the chest or back. The cut of the dress at the top of the legs must not go beyond the top of the crotch in front (maximum) or beyond glutei in back.

A short skirt is permitted (covering the hips but not covering the legs). The suit/skirt may have small decoration (such as ribbons, rhinestones, rosettes) that however may not prevent seeing the movements clearly.

Small hair decorations and make up is a part of competition dress and must be characteristic for the age group.

Separate decorations in wrists, ankles or neck are not allowed. Gymnastics slippers and tights are permitted.

**Creative routine.** The creative routine dress of a group should be in line with the theme or idea of the routine story. Groups can use any type of gymnastics leotards or costumes, accessories should not interfere with the team performance.

The group is allowed to use hand apparatus like the ones used in RG, or any other type of apparatus (i.e.: umbrellas, boxes, scarfs, etc) to enhance the theme of the routine.

## 3.0 TECHNICAL VALUE (TV)

### 3.1. Technical Requirements and Evaluation of the Technical Value

- The total body movements used in the series can be applied to the requirements for the individual body waves or swings. For example if an A Series and a B Series that contain 2 different total body waves and 2 different total body swings are completed successfully then all requirements for the body movements are met.
- Must use 2 different jumps in a jump series. All jumps (in isolation or in combination) have to be different.
- Group members are not all required to do the same balance or jump for a jump or balance requirement, but it will be scored at the lowest level.
- Only one step is allowed between a jump series.
- The required element repeated several times in an exercise will count only one time.  
However, the required body waves and swings may be included in body movement A or B series.

#### The value of Combine Series

- The combine series must be combined to a series of two different movement groups (body series, jumps and balances).
- In a series one step between the movement groups is allowed.
- The combination between different movement groups inside combine series will be counted only once.

#### Examples of combination:

- Jump/leap + balance
- Balance + jump/leap
- Jump/leap + body movement series
- Body movement series + jump/leap
- Balance + body movement series
- Body movement series + balance



**3.1.1 Free Routine**

<b>Interclub Free Level - 1 (ages 7-8)</b>	
<b>Body Movements</b>	<b>Max</b>
1 total body wave	0.2
1 total body swing	0.2
1 bending	0.2
1 lean or lunge	0.2
1 relaxation	0.2
1 A-body movement series	0.3
<b>Balances &amp; Pivots</b>	
1 A or B balance	0.2
1 A or B pivot or chaine turn	0.2
<b>Jumps &amp; Leaps</b>	
1 A or B jump	0.2
<b>Arm Movements</b>	
3 different arm movements (0.1 each)	0-0.3
<b>Steps, Skips &amp; Hops</b>	
1 short set (4 steps)	0.2
1 long set (6 steps)	0.3
<b>Acrobatic Movements</b>	
1 acrobatic movement	0.1
<b>Flexibility Movements</b>	
2 flexibilities (legs L-R-M or back) (0.1 each)	0-0.2
<b>Total</b>	<b>3.0</b>

<b>Interclub Free Level - 2 ( ages 9-11)</b>	
<b>Body Movements</b>	<b>Max</b>
1 total body wave	0.2
1 total body swing	0.2
1 bending	0.2
1 twisting	0.2
1 lean or lunge	0.2
1 relaxation	0.2
1 A-body movements series	0.3
1 B-body movements series	0.4
<b>Balances &amp; Pivots</b>	
1 A or B balance	0.2
1 A or B pivot	0.2
1 balance series	0.3
<b>Jumps &amp; Leaps</b>	
1 A or B jump	0.2
1 jump series	0.3
<b>Arm Movements</b>	
3 different arm movements series (0.2 each)	0-0.6
<b>Steps, Skips &amp; Hops</b>	
1 short set (4 steps)	0.2
1 long set (6 steps)	0.3
<b>Acrobatic movements</b>	
2 acrobatic movements (0.1 each)	0-0.2
<b>Flexibility movements</b>	
3 flexibilities (legs L-R-M or back) (0.1 each)	0-0.3
<b>Combined Series</b>	
1 series combined of different movements group	0.3
<b>Total</b>	<b>5.0</b>



<b>Interclub Free Level - 3 ( ages 12-14)</b>	
<b>Body Movements</b>	<b>Max</b>
1 total body wave	0.2
1 total body swing	0.2
1 bending	0.2
1 twisting	0.2
1 lean or lunge	0.2
1 relaxation	0.2
1 A-body movements series	0.3
1 B-body movements series	0.4
<b>Balances &amp; Pivots</b>	
1 A or B balance	0.2
1 A or B pivot	0.2
1 balance series	0.3
<b>Jumps &amp; Leaps</b>	
1 A or B jump	0.2
1 jump series	0.3
<b>Arm Movements</b>	
3 different arm movements series (0.2 each)	0-0.6
<b>Steps, Skips &amp; Hops</b>	
1 short set (4 steps)	0.2
1 long set (6 steps)	0.3
<b>Acrobatic movements</b>	
2 acrobatic movements (0.1 each)	0-0.2
<b>Flexibility movements</b>	
3 flexibilities (legs L-R-M or back) (0.1 each)	0-0.3
<b>Combined Series</b>	
1 series combined of different movements group	0.3
<b>Total</b>	<b>5.0</b>

<b>Interclub Free Level - 4 ( ages 14-16)</b>	
<b>Body Movements</b>	<b>Max</b>
2 total body waves (0.2 each)	0-0.4
2 total body swings (0.2 each)	0-0.4
1 twisting	0.2
1 lean or lunge	0.2
1 A-body movements series	0.3
1 B-body movements series	0.4
<b>Balances &amp; Pivots</b>	
1 A or B balance	0.2
1 A or B pivot	0.2
1 balance series	0.3
<b>Jumps &amp; Leaps</b>	
1 A or B jumps	0.2
1 jump series	0.3
<b>Arm Movements</b>	
3 different arm movements series (0.2 each)	0-0.6
<b>Steps, Skips &amp; Hops</b>	
1 short set (4 steps)	0.2
1 long set (6 steps)	0.3
<b>Acrobatic movements</b>	
2 acrobatic movements (0.1 each)	0-0.2
<b>Flexibility movements</b>	
3 flexibilities (legs L-R-M or back) (0.1 each)	0-0.3
<b>Combined Series</b>	
1 series combined of different movements group	0.3
<b>Total</b>	<b>5.0</b>





<b>Interclub Free Level - 5 ( ages 16+)</b>		
<b>Body Movements</b>		<b>Max</b>
2 total body waves (0.2 each)		0-0.4
2 total body swings (0.2 each)		0-0.4
1 twisting		0.2
1 lean or lunge		0.2
1 A-body movements series		0.3
1 B-body movements series		0.4
<b>Balances &amp; Pivots</b>		
1 A or B balance		0.2
1 A or B pivot		0.2
1 balance series		0.3
<b>Jumps &amp; Leaps</b>		
1 A or B jumps		0.2
1 jump series		0.3
<b>Arm Movements</b>		
3 different arm movements series (0.2 each)		0-0.6
<b>Steps, Skips &amp; Hops</b>		
1 short set (4 steps)		0.2
1 long set (6 steps)		0.3
<b>Acrobatic movements</b>		
2 acrobatic movements (0.1 each)		0-0.2
<b>Flexibility movements</b>		
3 flexibilities (legs L-R-M or back) (0.1 each)		0-0.3
<b>Combined Series</b>		
1 series combined of different movements group		0.3
<b>Total</b>		<b>5.0</b>

<b>Interclub Free Level - 6 ( ages 30+)</b>		
<b>Body Movements</b>		<b>Max</b>
2 total body waves (0.2 each)		0-0.4
2 total body swings (0.2 each)		0-0.4
1 lean or lunge		0.2
2 A-body movements series (0.3 each)		0-0.6
2 B-body movements series (0.4 each)		0-0.8
<b>Balances &amp; Pivots</b>		
1 A or B balance		0.2
1 A or B pivot		0.2
1 balance series		0.3
<b>Jumps &amp; Leaps</b>		
1 A or B jump		0.2
1 jump series		0.3
<b>Arm Movements</b>		
3 different arm movements series (0.2 each)		0-0.6
<b>Steps, Skips &amp; Hops</b>		
1 short set (4 steps)		0.2
1 long set (6 steps)		0.3
<b>Combined Series</b>		
1 series combined of different movements group		0.3
<b>Total</b>		<b>5.0</b>



**3.1.2 Creative Routine**

<b>Level - 1 (ages 7-8)</b> <i>"Children's Storybooks"</i> <i>1:30-2:00 minutes</i>		<b>Level - 2 (ages 9-11)</b> <i>"Cirque / The Big Top"</i> <i>1:30-2:00 minutes</i>		<b>Level - 3 (ages 12-14)</b> <i>"Carnival / Party"</i> <i>1:30-2:00 minutes</i>	
<b>Body Movements</b>	<b>Max</b>	<b>Body Movements</b>	<b>Max</b>	<b>Body Movements</b>	<b>Max</b>
1 total body wave	0.2	1 total body wave	0.2	1 total body wave	0.2
1 total body swing	0.2	1 total body swing	0.2	1 total body swing	0.2
1 bending	0.2	1 bending	0.2	1 bending	0.2
		1 lean or lunge	0.2	1 lean or lunge	0.2
1 BM - A series	0.3	1 BM - A series	0.3	1 BM - A series	0.3
<b>Balances &amp; Pivots</b>	<b>0.2</b>	<b>Balances &amp; Pivots</b>		<b>Balances &amp; Pivots</b>	
1 A or B balance	0.2	1 A or B balance	0.2	1 A or B balance	0.2
1 A or B pivot or chaine turn		1 A or B pivot	0.2	1 A or B pivot	0.2
	0.2	1 balance series	0.3	1 balance series	0.3
<b>Jumps &amp; Leaps</b>		<b>Jumps &amp; Leaps</b>		<b>Jumps &amp; Leaps</b>	
1 A or B jump	0.2	1 A or B jump	0.2	1 A or B jump	0.2
	0.3	1 jump series	0.3	1 jump series	0.3
<b>Steps, Skips &amp; Hops</b>		<b>Steps, Skips &amp; Hops</b>		<b>Steps, Skips &amp; Hops</b>	
1 short set (4 steps)	0.2	1 short set (4 steps)	0.2	1 short set (4 steps)	0.2
1 long set (6 steps)	0.3	1 long set (6 steps)	0.3	1 long set (6 steps)	0.3
		<b>Acrobatic movements</b>		<b>Acrobatic movements</b>	
		2 acrobatic movements (0.1 each)	0-0.2	2 acrobatic movements (0.1 each)	0-0.2
<b>Total</b>	<b>2.0</b>	<b>Total</b>	<b>3.0</b>	<b>Total</b>	<b>3.0</b>

<b>Level - 4 (ages 14-16)</b> <i>"Retro / Blast from the Past"</i> <i>1:30-2:00 minutes</i>		<b>Level - 5 (ages 16+)</b> <i>"Fantasy / Fantasy Creatures"</i> <i>1:30-2:00 minutes</i>		<b>Level-6 (ages 30+)</b> <i>"Open Theme"</i> <i>1:30-2:00 minutes</i>	
<b>Body Movements</b>	<b>Max</b>	<b>Body Movements</b>	<b>Max</b>	<b>Body Movements</b>	<b>Max</b>
1 total body wave	0.2	1 total body wave	0.2	1 total body wave	0.2
1 total body swing	0.2	1 total body swing	0.2	1 total body swing	0.2
1 bending	0.2	1 bending	0.2	1 bending	0.2
1 lean or lunge	0.2	1 lean or lunge	0.2	1 lean or lunge	0.2
1 BM - A series	0.3	1 BM - A series	0.3	1 BM - A series	0.3
1 BM - B series	0.4	1 BM - B series	0.4	1 BM - B series	0.4
<b>Balances &amp; Pivots</b>		<b>Balances &amp; Pivots</b>		<b>Balances &amp; Pivots</b>	
1 A or B balance	0.2	1 A or B balance	0.2	1 A or B balance	0.2
1 A or B pivot	0.2	1 A or B pivot	0.2	1 A or B pivot	0.2
1 balance series	0.3	1 balance series	0.3	1 balance series	0.3
<b>Jumps &amp; Leaps</b>		<b>Jumps &amp; Leaps</b>		<b>Jumps &amp; Leaps</b>	
1 A or B jumps	0.2	1 A or B jumps	0.2	1 A or B jumps	0.2
1 jump series	0.3	1 jump series	0.3		
<b>Steps, Skips &amp; Hops</b>		<b>Steps, Skips &amp; Hops</b>		<b>Steps, Skips &amp; Hops</b>	0-0.6
1 short set (4 steps)	0.2	1 short set (4 steps)	0.2	2 long set (6 steps) (0.3 each)	0-0.6
<b>Acrobatic movements</b>		<b>Acrobatic movements</b>			
1 acrobatic	0.1	1 acrobatic	0.1		
<b>Total</b>	<b>3.0</b>	<b>Total</b>	<b>3.0</b>	<b>Total</b>	<b>3.0</b>

**4.0 ARTISTIC VALUE (AV)**

**4.1. Artistic Value - Free Routine As per CAGG Rules for Children.**

**4.3. Artistic Value - Creative Routine**

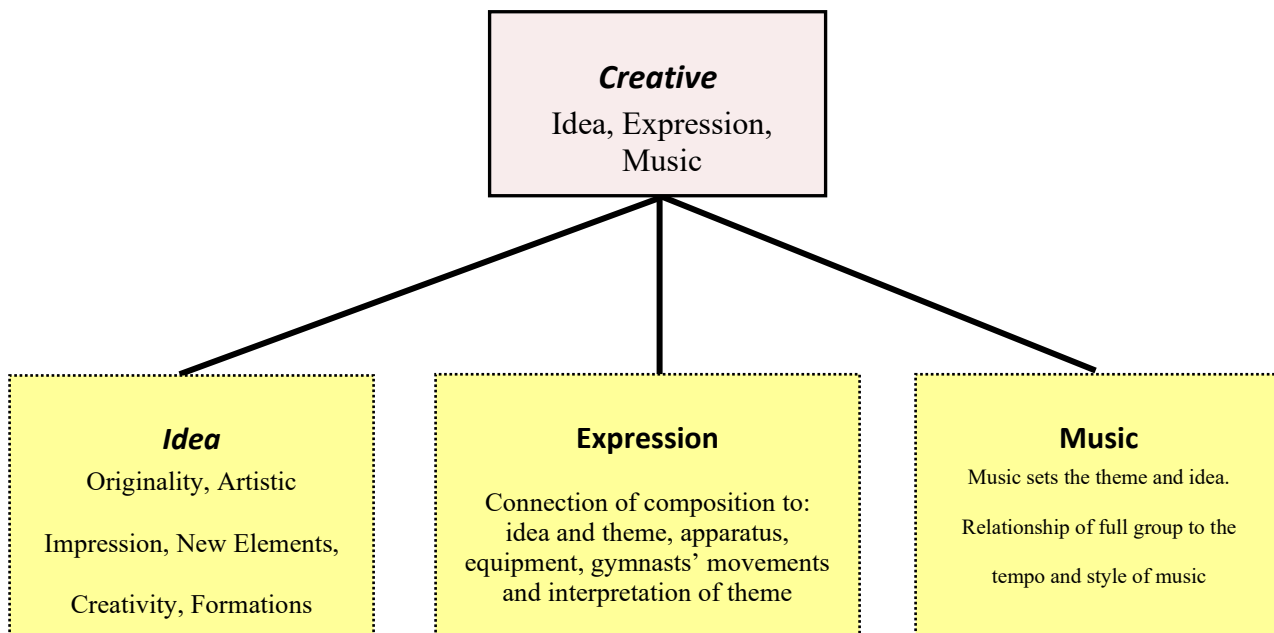
**CREATIVE ROUTINE**

The Artistic Value is scored out of a maximum of 5 points – with three components:

- **Idea** – originality, artistic impression, new elements, creativity and formations .....Maximum value = 2.0
- **Expression** – connection of composition to: idea and theme, apparatus, equipment, gymnasts movements and interpretation of theme.....Maximum value = 1.5
- **Music**- Music sets the theme and idea. Relationship of full group to tempo and style of music .....Maximum value = 1.5

**Unity** (working together as a team) of the group is predominant. Different kinds of solos or canons give nuance for the composition, but they must not be predominating. Each routine is allowed three (3) solo movements in which movement cannot last more than three (3) seconds.

***Creative Routine Scoring***





**5.0 EXECUTION (EXE) As per CAGG Rules for Children.**

**6.0 SCORING SUMMARY**

**FREE ROUTINE**

**CREATIVE ROUTINE**

**Level 1**

TV = 3.0  
AV = 4.0  
EXE = 10.0

TV = 2.0  
AV = 5.0  
EXE = 10.0 / 2

**TOTAL 17.0**

**TOTAL 12.0**

**Level 2**

TV = 5.0  
AV = 4.0  
EXE = 10.0

TV = 3.0  
AV = 5.0  
EXE = 10.0 / 2

**TOTAL 19.0**

**TOTAL 13.0**

**Level 3**

TV = 5.0  
AV = 4.0  
EXE = 10.0

TV = 3.0  
AV = 5.0  
EXE = 10.0 / 2

**TOTAL 19.0**

**TOTAL 13.0**

**Level 4**

TV = 5.0  
AV = 4.0  
EXE = 10.0

TV = 3.0  
AV = 5.0  
EXE = 10.0 / 2

**TOTAL 19.0**

**TOTAL 13.0**

**Level 5**

TV = 5.0  
AV = 4.0  
EXE = 10.0

TV = 3.0  
AV = 5.0  
EXE = 10.0 / 2

**TOTAL 19.0**

**TOTAL 13.0**

**Level 6**

**ADULT**

TV = 5.0  
AV = 4.0  
EXE = 10.0

TV = 3.0  
AV = 5.0  
EXE = 10.0 / 2

**TOTAL 19.0**

**TOTAL 13.0**