



CAGG MODIFICATION TO IFAGG RULES FOR CHILDREN

1. GENERALITIES

1.1. Competition Categories (Page 3)

7-8 years (Child): gymnasts aged 7 & 8 years old, only.

A group consists of 5-10 gymnasts and a reserve gymnast belongs to the group.

- No younger or older gymnasts is allowed to compete in this category.
- Gymnasts will not be ranked or scores publicly displayed
- All gymnasts will be awarded the same “participation medals or ribbons” with no statement of ranking
- The judge chits for the routine will be returned to the coach with comments to provide feedback to the coach.

9 -10 years (Child): gymnasts aged 9 and 10 during the competition year compete in this category.

Two members of the group may be one year older than the given maximum ages.

- *Gymnasts younger than 9 years old are not allowed to compete in this category.*

10 - 12 years (Pre-Novice): gymnasts aged 10, 11 and 12 during the competition season compete in this category.

Two members of the group may be one year younger or one year older than the given minimum and maximum ages.

12 - 14 years (Novice): gymnasts aged 12, 13 and 14 during the competition season compete in this category.

Two members of the group may be one year younger or one year older than the given minimum and maximum ages.

The age of a gymnast is determined based on the year of birth, not the actual date of birth.

2. TECHNICAL VALUE:

2.3.1. Technical Elements

Competition Category 7-8

Required Elements

- **Body Movements** (0.2 each)
 - 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 BM A-series 0.3
 - **Max 1.3**
- **Balances**
 - 1 balance 0.2
 - 1 balance series 0.3
 - **Max 0.5**
- **Jumps/Leaps**
 - 1 jump/leap 0.2
 - 1 jump/leap series 0.3
 - **Max 0.5**
- **Arm Movements** (0.2 each)
 - 3 different series
 - **Max 0.6**
- **Series of Steps, Skips or Hops** (0.3 each)
 - 2 different series
one of which is
combined with
another
movement group
 - **Max 0.6**
- **1 Acrobatic Movements**
 - **Max 0.2**
- **3 Flexibility Movements** (0.1 each)
 - legs L-R-M or back

IFAGG: Competition Category 10-12

CAGG: Competition Category 9-10 & 10-12

(Child, Pre-Novice)

Required Elements the same as IFAGG: 10-12

Competition Category 9-10 & (Child)

- Follows IFAGG Rules: Competition Category 10-12

3. ARTISTIC VALUE

(page 22, 3.2 *Deductions and Penalties*)

Penalty from forbidden movement or lift:

Exception (Canada for all categories): One (1) lift without losing contact is allowed during the routine. The lifted gymnast has to be active (has to help with their own power when the other gymnast lift) and is not allowed to lose contact with the gymnast/gymnasts.