


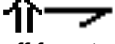













































2024 DEVELOPMENT PROGRAM and Novice - RGI: Requirements & Evaluation *as at July 28, 2023*

Body Difficulties, Dance Steps, Waves, Dynamic Elements			
	Level 1B Free		
	<p>4 to 6 BD a) Four (4) COMPULSORY:</p> <p>1)  - Stag Leap take off from two feet = 0.2</p> <p>2)  - Front balance = 0.1 Can be performed on releve = 0.2</p> <p>3)  - Passe Rotation (front or side) 360 min=0.1</p> <p>4) CHOICE with Non Dominant Leg</p> <p>b) Plus up to two OPTIONAL: 5) CHOICE 6) CHOICE</p> <p>NOTE: min. 1, max. 2 from each body group</p> <p>Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve.</p> <p>Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i></p> <p>Dance Steps Comb. (S): Min 2 series, Max 3 series</p>		Not Scored
	Level 1B Rope		
	<p>3 to 6 BD Min 1; Max 2 or each body group Min 2 W</p> <p>Dynamic Elements with Rotation (R): Max 4 dynamic elements with rotation over sagittal or frontal axis – one of which must be under flight of apparatus with value of .10 <i>Cannot be repeated in another series</i></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>		Not Scored

Body Difficulties, Dance Steps, Waves, Dynamic Elements			Evaluation & Penalties
Level 2A Free	Level 2B Free	Level 2C Free	
4 to 6 BD a) Four (4) COMPULSORY: 1)  - Stag Leap take off from two feet = 0.2 OR  jump with rotation (min 360) = 0.1 2)  Front balance = 0.2 OR  Arabesque balance = 0.2 3)  Passe Rotation (front or side) 360 min=0.1 4) CHOICE with Non Dominant Leg b) Plus up to two OPTIONAL: 5) CHOICE 6) CHOICE	4 to 6 BD a) Four (4) COMPULSORY: 1)  - Split Leap .30 2)  Front or  Side split with hand support OR  - Arabesque balance = 0.1 Can be performed on releve = 0.2 3)  passé (front or side) 360 min=0.1 or  Front horizontal rotation 360 min = 0.3 4) CHOICE with Non Dominant Leg b) Plus up to two OPTIONAL: 5) CHOICE 6) CHOICE	4 to 6 BD a) Four (4) COMPULSORY: 1)  - Split Leap = 0.3 2)  Front or  Side split with hand support or  Ring Balance with hand support = 0.3 3)  or  = 0.3 4) CHOICE with Non Dominant Leg b) Plus up to two OPTIONAL: 5) CHOICE 6) CHOICE	DB Panel - Max Score 8.0 pts Award values as per FIG up to 6 BD Penalty 0.30 for <u>each</u> missing <u>compulsory</u> body difficulty (#1 to 4)
NOTE: min. 1, max. 2 from each body group			
Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve. If a gymnast has more than 3 W, and has the 4 Compulsory BD, the extra may be awarded the FIG value as a CHOICE element			DB Panel: Each W is awarded .30 Penalty 0.30 for <u>each</u> missing W
Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical elements allowed</i> Dance Steps Comb. (S): Min 2 series, Max 3 series			DA Panel R - Series of 2 = .20 R - Series of 3 = .30 more than 3 - no penalty, no evaluation A Panel S -.50 for missing 1 series; 1.0 for missing 2 or 3 series
Level 2A Rope	Level 2B Ball	Level 2C Hoop, Ball	
4 to 6 BD Min 1; Max 2 or each body group Min 2 W Dynamic Elements with Rotation (R): Max 4 dynamic elements with rotation over sagittal or frontal axis – one of which must be under flight of apparatus with value of .10 <i>Cannot be repeated in another series</i> ----- Difficulty of Apparatus (DA) Min 1; Max 12 Fundamental Apparatus Elements # of required specific fund & non-fund tech groups as per COP Table			DB Panel - Max Score 8.0 pts Award values of highest 6 per FIG up to 6 BD Award value of up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD ----- DA Panel Award values as per FIG up to 12 elements in performance order Fund App Penalty .30 for each missing

Body Difficulties, Dance Steps, Waves, Dynamic Elements			Evaluation & Penalties
Level 3A Free	Level 3B Free	Level 3C Free	
4 to 7 BD a) Four (4) COMPULSORY: 1)  - Split Leap = 0.3 2)  or  - Front or Attitude = 0.2; or Balances performed on a flat foot 0.1) 3)  Front horizontal rotation OR  = 0.3 4) NDL CHOICE 5) NDL CHOICE 6) CHOICE 7) CHOICE NOTE: min. 1, max. 3 from each body group	4 to 7 BD a) Four (4) COMPULSORY: 1)  or  - Split Leap or turning stag = 0.3 2)  Front or  Side split with hand support or Ring Balance with hand support = 0.3 3)  Fouette rotation (min 360+360). Can be completed with straight leg = 0.2) = 0.4 or split position for value of 0.3 (min 360+360) 4) NDL CHOICE 5) NDL CHOICE 6) CHOICE 7) CHOICE NOTE: min. 1, max. 3 from each body group	5 to 7 BD a) Four (4) COMPULSORY: 1)  stag leap with rotation (0.3) or  split leap with rotation (0.4) 2)  Penche with hand support with trunk at horizontal = 0.4  or  Penche with back body wave 0.5 + 0.3 3)  Front split rotation = 0.3 4)  Fouette rotation (min 360+360) = 0.2. Can be completed with straight leg for value of 0.2 or split position for value of 0.3 (may perform additional rotations for additional value) 5) NDL CHOICE 6) CHOICE 7) CHOICE NOTE: min. 1, max. 3 from each body group	DB Panel - Max Score 8.0 pts Award values as per FIG up to 7 BD One Combined BD permitted, & may include Compulsory BD. Cannot perform same BD twice. Penalty 0.30 for <u>each</u> missing <u>compulsory</u> body difficulty
Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve. If a gymnast has more than 3 W, and has the 4 Compulsory BD, the extra may be awarded the FIG value as a CHOICE element			DB Panel: Each W is awarded .30 Penalty 0.30 for <u>each</u> missing W
Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i> Dance Steps Comb. (S): Min 2 series, Max 3 series			DA Panel DA Panel R - Series of 2 = .20 R - Series of 3 = .30 more than 3 - no penalty, no evaluation A Panel S -.50 for missing 1 series; 1.0 for missing 2 or 3
Level 3A Hoop	Level 3B Ball Choice (Hoop / Clubs)	Level 3C Clubs Choice (Ball / Ribbon)	
4 to 7 BD Min 1; Max 3 from each body group Min 2 W	4 to 7 BD Min 1; Max 3 or each body group Min 2 W	5 to 7 BD Min 1; Max 3 or each body group Min 2 W	DB Panel - Max Score 8.0 pts Award values of highest 7BD Award value of up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD
R: Max 4 dynamic elements with rotation over sagittal or frontal axis – one of which must be under flight of apparatus with value of .10 <i>Cannot be repeated in another series</i>			
Difficulty of Apparatus (DA) Min 1; Max 12 App Elements # of required specific fund & non-fund tech groups as per COP Table			DA Panel Award values up to 12 elements in performance order Fund App Penalty .30 for each missing

Body Difficulties, Dance Steps, Waves, Dynamic Elements	Evaluation & Penalties
Free - Levels 4A, 4B, 4C, 5A	
<p>5 to 7 BD Min 1; Max 3 or each body group Of the above, must be minimum of 1 NDL from any body group</p> <p>Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve. If a gymnast has more than 3 W, and has the 4 Compulsory BD, the extra may be awarded the FIG value as a CHOICE element</p> <p>-----</p> <p>Dynamic Elements with Rotation (R): Max 2 series (of 2 or 3) pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i></p> <p>Dance Steps Comb. (S): Min 2 series, Max 3 series</p>	<p>DB Panel - Max Score 8.0 pts Award values as per FIG up to 7 BD</p> <p>One Combined BD permitted, & may include Compulsory BD. Cannot perform same BD twice.</p> <p>Penalty 0.30 for <u>each</u> missing <u>compulsory</u> body difficulty</p> <p>Each W is awarded .30 Penalty 0.30 for <u>each</u> missing W</p> <p>-----</p> <p>DA Panel R - Series of 2 = .20 R - Series of 3 = .30 more than 3 - no penalty, no evaluation</p> <p>A Panel S -.50 for missing 1 series; 1.0 for missing 2 or 3</p>
Apparatus - Levels 4A, 4B, 4C, 5A, 5B, 5C, 6A, 6B, 6C	
<p>5 to 7 BD Min 1; Max 3 from each body group</p> <p>Minimum of 2 W</p> <p>-----</p> <p>Difficulty of Apparatus (DA) *Level 4A, 4B, 4C - Min 1; Max 12 **Levels 5A, 5B, 5C, 6A, 6B, 6c - Min 1; Max 15</p> <p>Dynamic Elements with Rotation (R): Max 3 dynamic elements with rotation over sagittal or frontal axis - Two of which must be under flight of apparatus with value of .10</p> <p>*4A, 5A, 6A - Risk minimum one rotation under flight of apparatus for value of .10</p> <p>**All other levels - Risk minimum one rotation under flight of apparatus for value of .10</p> <p>App Elements # of required specific fund & non-fund tech groups as per COP Table</p>	<p>DB Panel - Max Score 8.0 pts Award values of highest 7BD Award value of up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD</p> <p>Penalty 0.30 for <u>each</u> missing W</p> <p>-----</p> <p>DA Panel Award values up to 12, or 15 depending on level, elements in performance order</p> <p>Fund App Penalty .30 for each missing</p>

Novice Body Difficulties, Dance Steps, Waves, Dynamic Elements		Evaluation & Penalties						
	Free							
2014 2013 2012 10 to 12	<p>Min 7, Max 8 BD a) 5 Compulsory</p> <p>1)  split leap with rotation = 0.4 or  with back bend of the trunk = 0.6</p> <p>2)  or  Penche with back body wave 0.5 +0.3</p> <p>3)  front split or  side split balance = 0.4</p> <p>4)  Front split rotation or  Side split rotation or  ring with help rotation = 0.3 (min 360)</p> <p>5)  Fouette rotation (min 360+360+360)=0.3. Can be completed with straight leg for additional value of 0.2 (min 360+360+360)=0.6 or split position for additional value of 0.3(min 360+360+360)=0.9</p> <p>6) CHOICE 7) CHOICE 8) CHOICE</p> <p><i>No more than 3 BD from one body group</i></p> <p>Waves (W): Min 3 No repetition of the same isolated wave. Each wave performed standing to finish in releve. The body wave after the penche balance is counted as one of the minimum 3. If a gymnast has more than 3 W, and has the 4 Compulsory BD, the extra may be awarded the FIG value as a CHOICE element</p>	<p>DB Panel - Max Score 8.0 pts Award values as per FIG up to 7 BD</p> <p>One Combined BD permitted, & may include Compulsory BD. Cannot perform same BD twice.</p> <p>Penalty 0.30 for <u>each</u> missing <u>compulsory</u> body difficulty</p> <p>Each W is awarded .30 Penalty 0.30 for <u>each</u> missing W</p> <p>S Award .30 for each S, up to 3</p>						
	<p>Dynamic Elements with Rotation (R): Max 3 pre-acrobatic elements with rotation over sagittal or frontal axis <i>No vertical rotations allowed</i></p> <p>0.2 - 2 pre-acrobatic elements with rotation over sagittal or frontal axis 0.3 – 3 pre-acrobatic elements with rotation over sagittal or frontal axis</p> <p>Dance Steps Comb. (S): Min 2 series, Max 3 series</p>	<p>DA Panel R - more than 3 - no penalty, no evaluation</p> <p>A Panel S - .50 for missing 1 series; 1.0 for missing 2 or 3</p>						
	Hoop, Ball Clubs							
	<p>3 to 7 BD Min 1; Max from each body group</p> <p>App Elements # of required specific fund & non-fund tech groups as per COP Table -----</p> <table border="1"> <thead> <tr> <th>Hoop</th><th>Ball</th><th>Clubs</th></tr> </thead> <tbody> <tr> <td>700 - 900 mm diam 200g weight</td><td>160 - 200mm diam 300g weight</td><td>360 - 500 mm length 100g weight</td></tr> </tbody> </table>	Hoop	Ball	Clubs	700 - 900 mm diam 200g weight	160 - 200mm diam 300g weight	360 - 500 mm length 100g weight	<p>DB Panel - Max Score 8.0 pts Award values of highest 7BD Award value of up to 4 R in performance order Penalty 0.30 for <u>each</u> missing BD Penalty 0.30 for <u>each</u> missing W -----</p> <p>DA Panel Award values up to 12 apparatus elements in performance order</p> <p>Fund App Penalty .30 for each missing</p>
Hoop	Ball	Clubs						
700 - 900 mm diam 200g weight	160 - 200mm diam 300g weight	360 - 500 mm length 100g weight						

ADDITIONAL 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 Development 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 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, penuche balance)
- the raised leg in Dominant compulsory skills with leg raised to the front (passe rotation)
- no penalties for more advanced difficulties (i.e., going on releve)

The non-dominant (ND) leg must be:

- **the support leg in all balance shapes (1B, 2A, 2B, 3B)**
- the front leg in the ND split roll (2C)
- the front leg in the stag jump (3A)
- all ND Choice Difficulties for levels 3A, 3B, 3C, and Novice are compulsory
- no penalties for more advanced/ND difficulties (i.e., going on releve)

Compulsory Difficulties:

- if passe balance is performed on flat foot, no value will be given; however, the difficulty will be counted as a compulsory difficulty without 0.3 penalty for missing element
- If the balances on toes are performed on flat foot, the difficulty will be devalued 0.1 as per the CoP.