

2024 GO RG Interclub Stream Program

2024 GO RG Interclub Stream Program - INDIVIDUAL

Level & Age As of Dec 31, 2024	Routine 1		Routine 2		Routine 3	
	Category A BD 0.1 – 0.3	Category B BD 0.3 and higher	Category A BD 0.1 – 0.3	Category B BD 0.3 and higher	Category A BD 0.1 – 0.3	Category B BD 0.3 and higher
Level 2 Age 9 – 10 (2014, 2015) Length of routine: 1:00 – 1:30	FREE		ROPE		BALL	
	Max. 4 BD (1 BD with ND leg) Each BD Group must be present For Requirements – See info below	Max. 4 BD (1 BD with ND leg) Each BD Group must be present For Requirements – See info below	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk
Level 3 Age 11 - 12 (2013, 2012) Length of routine: 1:00 – 1:30	FREE		HOOP		BALL	
	Max. 4 BD (1 BD with ND leg) Each BD Group must be present For Requirements – See info below	Max. 4 BD (1 BD with ND leg) Each BD Group must be present For Requirements – See info below	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 4 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk
Level 4 Age 13 - 14 (2011, 2010) Length of routine: 1:00 – 1:30	FREE		ROPE		HOOP	
	Max. 5 BD (1 BD with ND leg) Each BD Group must be present Max. difficulties -7 pts For Requirements – See info below	Max. 5 BD (1 BD with ND leg) Each BD Group must be present Max. difficulties -7 pts For Requirements – See info below	Max. 5 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 5 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 5 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 5 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk
Level 5 Age 14 – 15 (2010, 2009) Length of routine: 1:00 – 1:30	FREE		BALL		RIBBON	
	Max. 6 BD (1 BD with ND leg) Each BD Group must be present For Requirements – See info below	Max. 6 BD (1 BD with ND leg) Each BD Group must be present For Requirements – See info below	Max. 6 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 6 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 6 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	Max. 6 BD Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk
Level 6 16 and up (2008 and older) Length of routine: 1:00 – 1:30	FREE		CHOICE of 2 APPARATUSES			
	Max. 6 BD No max value BD elements (1 BD with ND leg) Each BD Group must be present For Requirements – See info below		Max. 6 BD No max value BD elements Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk		Max. 6 BD No max value BD elements Each BD Group must be present 1 of each Apparatus Fundamental Technical Group– See chart below No Min/Max 12 AD elements in performance order No Min/Max 3 Risk	

1. FREE ROUTINE REQUIREMENTS:

- **Dance Steps Combination:** Min 2 series, Max 3 series, Min 8 sec each
 - **Deduction by A Panel S** - 0.50 for missing 1 series; 1.0 for missing 2 or 3 series
- **Combined Difficulty** One Combined Body Difficulty is authorized for levels: 5 and up. However, an athlete cannot perform the same difficulty twice as per FIG COP.
- **Body Rotation Series: Pre-acrobatic elements: MAX 2 No vertical rotations** (Chaine, turning jumps, passé turn or bum roll) **allowed.**
 - 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
 - **More than 3 - no penalty, no evaluation**
 - **By the DA panel judges**
- **Minimum 3 full Body Waves (W)** Value: 0.3. 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 less BD than required in her level, the extra W may be awarded the FIG value as a BD element.
 - **Penalty 0.10 for each missing W** by DB panel judges.
- **Body Difficulties:** Gymnast can perform more Body Difficulties then max for her Level but only max number will be evaluated.
 - Category A: only elements 0.1-0.3 may be performed in this category, any element of 0.4 or higher value will not be evaluated.
 - Category B: at least 1 element performed must be 0.4 or higher value.
 - **Interclub level 6 will not have a category division (A/B) and will have no limit on BD value.**
 - 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.
 - 0.30 deduction for missing element with ND leg taken by D1-D2 judges.






2. For Routine with Apparatus:

- **Body Difficulty is valid if apparatus is in motion (no apparatus technical movement is required)**
 - **Risk MAX 3 risks** 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.**
2. For body Difficulty Chart and Apparatus Difficulty Requirement refer to 2022- 2024 FIG Code of Points
3. DA Panel Award values as per FIG up to 12 elements in performance order.

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.

For one or more missing apparatus technical groups, a maximum penalty of 0.10 will be applied.

ROPE 	HOOP 	BALL 	CLUBS 	RIBBON 
2 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.	1 Passing through the Hoop with the whole or part of the body.	1 Bounces: Series (min.3) of small bounces (below knee level). One high bounce (knee level and higher). Visible rebound from a part of the body	2 Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	1 "Boomerang": release, pull back of the stick by holding the end of the Ribbon, and catch of the stick
1 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)	2 Rolls of the Hoop over minimum 2 large body segments	2 Roll of the Ball over minimum 2 large body segments	1 The asymmetric movements of 2 Clubs. Must be performed with different movement for each club in shape, amplitude, work planes or direction.	2 Spirals (4-5 loops), tight and the same height in the air or on the floor
1 Catch of the Rope with one end in each hand. Catch can be completed after medium or small throw	1 Rotation (min. 1) of the Hoop around the hand. Free rotation (min. 1) of the Hoop around a part of the body.	2 Figures eight of the Ball with circle movements of the arms	2 Small throws of 2 Clubs together simultaneously or alternating with rotation and catch	2 Snakes (4-5 waves), tight and the same height in the air or on the floor
2 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)	2 Rotations of the Hoop around its axis: One free rotation between the fingers. One free rotation on the part of the body	1 Catch of the Ball with one hand. Catch can be completed after medium or small throw	1 Small circles with both Clubs, simultaneously or alternating, one club in each hand (min.1)	1 "Echappé": rotation of the stick during its flight, small and medium height

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- Athletes in all levels have a **CHOICE of EITHER** Routine 1, Routine 2, or Routine 3. Athletes can perform up to 2 routines per competition however, no overall awards will be awarded, and awards will be given separately for each routine.
- In level 6 athletes may choose any 2 apparatuses they wish, or choose a combination of a Free routine and a choice of 1 apparatus. Regardless of which apparatus the gymnast chooses to compete with, they will be competing in Routine 2 and Routine 3 (which can be any apparatus). Scoring will happen accordingly (we do not rank by Apparatus but, by a Routine).
- Risks with apparatus for all levels a minimum 1 rotation
- An athlete who previously competed in provincial/national stream and entered Interclub stream in the current season must enter age-appropriate category B
- An athlete may choose Category A or B for each routine and is allowed to move up a category through the season. A special exemption may be given due to injury to compete in lower category.
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. "Club" suits are acceptable. 2023-2024 season will require leotards to fully follow FIG requirements.
- Please refer to Section G: Judges Rules and Regulations for number of judges and panels for 2024

2024 GO RG Interclub Stream Program GROUPS		
Level & Age as of Dec. 31, 2024	Length of Routine	Group Size Trio - Four - Five
Level 2 Age 9, 10 (2015, 2014)	Group of 3 1:00 – 1:30 Group of 4 Group of 5 1:30 – 2:00	HOOP or Ball Max 2 Body Difficulties Max Value of each BD: 0.1 – 0.3 Max 2 Exchange Difficulties Min. 3 Formations Min. 3 Collaborations Max.1 R Min. 1 Dance Steps Min. 2 body waves Max. difficulties -7 pts
Level 3 Age 11,12 (2013, 2012)	Group of 3 1:00 – 1:30 Group of 4 Group of 5 1:30 – 2:00	ROPE or HOOP Max 2 Body Difficulties Max Value of each BD: 0.1 – 0.4 Max 2 Exchange Difficulties Min. 3 Formations Min. 3 Collaborations Max.1 R Min. 1 Dance Steps Min. 2 body waves Max. difficulties 7 pts
Level 4 Age 13, 14 (2011, 2010)	Group of 3 Group of 4 Group of 5 1:30 – 2:00	RIBBON or HOOP Max 3 Body Difficulties 1 of each body group Max Value of each BD: 0.1 – 0.4 Max 3 Exchange Difficulties Min. 4 Formations Min. 4 Collaborations Max.1 R Min. 1 Dance Steps Min. 2 body waves Max. difficulties -8 pts
Level 5 Age 14 & over (2010 and older)	Group of 3 Group of 4 Group of 5 1:30 – 2:00	Choice of Apparatus Max 3 Body Difficulties 1 of each body group Max Value of each BD: 0.1 – 0.5 Max 3 Exchange Difficulties Minimum 4 Formations Minimum 4 Collaborations Max.1 R Min. 1 Dance Steps Min. 2 body waves Max. difficulties 8 pts

- Body Difficulties: A higher level body difficulty, if executed correctly, will be evaluated as maximum for that level. (If Level 3 performs a 0.5 Difficulty the value awarded would be 0.4)
- Body Difficulties Exchanges: Group can perform more Body Difficulties and Exchanges then max for the Level but only max number will be evaluated.
- All Group exchanges must be done with a distance of at least 3 meters between the gymnasts.
- **Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. "Club" suits are acceptable. 2023-2024 season will require leotards to fully follow FIG requirements.**
- ODP (former Level 1) gymnast may not move into a group one age level up.
- A gymnast may compete in a group one age level up. (Level 2 and higher)
- For body Difficulty Chart, Collaborations and Exchanges rules refer to 2022- 2024 FIG Code of Points
- No specific fundamental apparatus elements are required.
- All duos are now removed from the Interclub RGG program
- Separate sets of awards must be presented to Groups of 3, Groups of 4 and Groups of 5 in each level