

## 2024 DEVELOPMENT PROGRAM - RGI as at September 2023

AGE as of Dec 31/24	“A” New or Returning Development Athletes		“B” Returning National Stream or Development Athletes		“C” Returning National Stream or Development Athletes		Code of Points Junior Requirements as per FIG unless specified otherwise
<del>Level 1</del> ODP P  7, 8 Born 2017, 2016			Free*  Choice (Rope, Hoop, Ball)	See Free Req Chart  Body Diff: 3 to 6  Max. Difficulties 8.00 pts			*Free Routine Requirements  <del>Level 1</del> ODP P is not scored  For levels <del>1B, ODP P, 2A, 2B, 2C, 3A,</del> 3B, 3C: refer to Free Requirements Chart  For details on all other levels and routines, refer to the 2024 Development Program Tables  <u>Difficulty of Apparatus &amp; Artistry Requirements</u> Apparatus requirements as per Junior FIG CoP unless specified otherwise  General Notes: <ul style="list-style-type: none"> <li>For all levels musical accompaniment of voice with words may be used for all individual exercises in respect to ethics</li> <li>Apparatus of choice does not include “Free”. One set of awards will be given for choice apparatus. All-Around is the total of three routines.</li> <li>National Stream Individuals from the previous year must enter Category “B” or “C” (age-appropriate level: Level 3B or 3C, 4B or 4C, 5B or 5C, 6B or 6C)</li> <li>RGI Development Gymnasts: <u>cannot</u> challenge one age level up.</li> <li>Regional Participation: 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C</li> </ul>
Level 2  9, 10 Born 2015, 2014	Free Rope	4-6 Body Difficulty Min 1-Max 2 of each body group Max. Difficulties 8.00 pts	Free Ball	4-6 Body Difficulty Min 1- Max 2 of each body group Max. Difficulties 8.00 pts	Free Hoop Ball	4-6 Body Difficulty Min 1-Max 2 of each body group Max. Difficulties 8.00 pts	
Level 3  11, 12 Born 2013-2012	Free Hoop	4-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulties 8.00 pts	Free Ball Choice (Hoop or Clubs)	4-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulties 8.00 pts	Free Clubs Choice (Ball or Ribbon)	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
Level 4  13, 14 Born 2011-2010	Free Ball	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Free Clubs Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Clubs Ribbon Choice (Hoop or Ball)	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
Level 5  14, 15 Born 2010-2009	Free Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Ball Ribbon Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Hoop Clubs Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
Level 6  16 & up Born 2008 & older	Ball Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Ball Clubs Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Hoop Ribbon Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	

Apparatus Norms: Development Levels 4 & 5 follow Junior apparatus norms requirements; Development Level 6 follows Senior apparatus norms requirements

	Hoop	Ball	Clubs	Ribbon
Level 2 & 3	Inner Diam 700 to 900 mm Weight 200 g minimum	Diameter 140 - 200 mm Weight 270 g	Length 360 - 500M 100 g	4 meters

## 2024 DEVELOPMENT PROGRAM - RGG as September 2023

AGE as of Dec 2024	Apparatus and # of gymnasts	Routine Length (minutes)	Composition	Formations
<b>Basic Developmental/ Introductory Level</b> <b>( This Group is not ranked)</b> <b>ODP P</b> <b>7,8</b> Born 2017,2016	<b>Free</b> 3 & 4 5	1:15 - 1:30	3 body difficulties (1 each group) (3 x 0.30) 1 dance steps (1 x 0.30) 1 body wave (1 x 0.3) 5 collaborations (5 x 0.3)  <b>Total value 3.00 pts</b>	Minimum 4 formations for groups of 4& 5 Minimum 3 formations for Trio
<b>Level 2</b>  9, 10  Born 2015, 2014	<b>Ball</b> 3 & 4 5	1:45 - 2:00	3 body difficulties (1 each group) (3 x 0.30) 1 diff. with exchange (2 x 0.30) min 4 m a part 1 body wave (1 x 0.30) 1 dance steps (1 x 0.30) 5 collaborations (3 x 0.30) (CC) 2 collaboration with rotation (2 x 0.3) {CR} or {CR2}  <b>Total value 3.5 pts</b>	Minimum 4 formations for groups of 4& 5 Minimum 3 formations for Trio
<b>Level 3</b>  11, 12  Born 2012-2013	<b>Rope OR Hoop</b> 3 & 4 5	2:00 – 2:15	3 diff. without exchange (1BD from each body group) 2 difficulties with exchange {Max. 6 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max.1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el. As per Junior COP	Minimum 4 formations for groups of 4 & 5 Minimum 3 formations for Trio
<b>Level 4</b>  13, 14  Born 2011-2010	<b>Ribbon or Hoop</b> 3 & 4 5	2:15 – 2:30	3 diff. without exchange (1BD from each body group) 3 difficulties with exchange Max. 7 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max.1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el. As per Junior COP	Minimum 4 formations for groups of 4& 5 Minimum 3 formations for Trio
<b>Level 5</b> <b>14 &amp; up</b> Born 2010 & older	<u>Choice of:</u> Single Apparatus: <b>Ball, or</b> <b>Mixed</b> 3 & 4; or 5 2 hoops & 2 clubs 2 hoops & 4 clubs 3 hoops & 4 clubs	2:15 - 2:30	4 diff. without exchange (1BD from each body group) (1 BD combination is allowed) 3 difficulties with exchange Max. 8 difficulties (1 by choice) Min. 4 collaborations (Min. 3 CC) Max.1 R Min. 2 dance steps Min. 2 body waves Min. 2 of each specific fundamental app. el.	Minimum 4 formations for groups of 4& 5 Minimum 3 formations for Trio

### **RGG Specific Rules:**

- As per the Junior FIG current CoP unless specified otherwise
- Each Group exercise must have a minimum number of specified Fundamental apparatus technical elements performed by all gymnasts simultaneously, or in very rapid succession, to be valid.
- Specified Fundamental apparatus technical elements may be performed during Dance Steps Combinations (S); Difficulties without Exchange (DB); Difficulties with Exchange (DE); Difficulties with Collaborations (DC) or connecting elements between Difficulties.
- Body difficulties, Exchanges, Dance Steps, Combinations, Dynamic Elements with rotation criteria, and Collaborations for Level 1 & 2 are valued 0.3 each, regardless of their value in the CoP. This will allow the gymnasts and coaches to focus on technical execution of the body and apparatus movements rather than the value of it. This requirement is also in line with the FIG Age Group Development Model.
- Specific to RGG development trio groups, regarding collaborations without high or long throws of the apparatus:
  - Collaborations CC include relationships performed with a minimum of 2 identical actions with body relationships or apparatus relationships, performed in succession:
    - 1 gymnast performing the identical action a minimum of 2 times or succession, or
    - 2 gymnasts performing an identical action in succession for a total of a minimum of 2 actions

### **General Notes:**

- **Basic Developmental / Introductory Group (ODP P Group) will not be ranked, or scores publicly displayed. The same form of recognition must be given to all Basic Developmental/Introductory Group.**
- Athletes may compete in one level up from an athlete's current group level (excluding ~~Level 1~~ ODP P or any athlete aged 8 and younger).
- An athlete cannot compete in both a Development group of 3 & 4 and a Development group of 5 in the same competitive season
- An athlete cannot compete in both a Development group and a National group of any type in the same competitive season unless they move up from a Development group to a National group. They cannot then move back to a Development group in the same season.
- One National Stream gymnast may compete in an age-appropriate Development group of 5 or in a Development Level 5 group of 4 or 5 provided she is not in a National group.
- An athlete may compete in one Development group AND one AGG group in the same year.
- An athlete may compete in one National group AND one AGG group in the same year.
- A gymnast may not move down an age group.
- Musical accompaniment of voice with words may be used as per FIG rules.

### **Ontario Modifications:**

- Free routine for
  - 2A, 2B, 2C – 6 difficulties including 1 non dominant
  - 3A – 7 difficulties including 1 non dominant
- 1 non dominant leg difficulty must be a part of the 6 or 7 difficulties as stated above
- Please note that above Free Routine requirement is applied to events in Ontario ONLY. If an athlete plans to take part in a competition outside of the province, they MUST check routine requirements with LOC to make sure their routine meets the standard.