

BC Provincial Level Program Adjustments for 2009:

1. All Categories (except for Interclub) will be required to use scripts for the 2009 season (FIG scripts).
2. No additional difficulties will be allowed. Therefore, for D1, Pre Level 1's and Level 1's will have 6 difficulties Max, Level 2, 7 difficulties Max and Level 3, 8 difficulties Max.
3. All Categories will remain the same from Interclub to Level 3 with the exception of the following:
 - Interclub Category will be expanded to include 13-15 age category (Ball and Ribbon) and 16+ age category (Choice). In addition the words "train 1 x per week" will be eliminated.
 - We will add a "Level One Advanced" Category for 2 age categories only (8-10 and 10-12). This is seen as a category for girls who quite obviously are destined for jumping from Level 1 to National Novice or Pre-Novice the following year. We hope this additional category will serve to assist athletes and coaches who are interested in this developmental path. The athletes in this category will do 6 Difficulties (D1), valued at A, B, C or D for a maximum score of 2.4.
 - Level 2 and 3 will now be allowed to perform D level difficulties for credit, therefore the maximum score for Level 2 athletes in D1 is now 2.8 and for Level 3 athletes in D1 is now 3.2.
4. We are working on a list of possible difficulties for our Interclub to Level 3 athletes. This list will be ready prior to the next CDC Meeting and will include some options (especially in the Flexibility Group) which are not included in the newest version (2009-2012) of the COP, but were included in the last version. We feel that for our own developmental purposes this list will help guide our young athletes towards mastering the shape of certain difficulties without pushing them to do elements which they are not yet ready to perform.

Notes for Provincial Pre-Level 1-Level 3 Scripts:

1. In order for D1 to count the gymnast must:
 - a) Have the apparatus in motion (not static)Or
 - b) Use an element of mastery, which can be listed as D2 next to it's corresponding D1 on the chart.
2. If D1 is executed properly and if apparatus is in motion and/or used with D2, the difficulty will count regardless of any execution faults with D2.
3. If D2 is not executed properly, the value of D2 will be lost and associated execution errors will be applied.
4. It is not mandatory to use D2 in conjunction with D1, however it is encouraged for development purposes.
5. It is not mandatory to have a throw/catch and an element of risk (D2), however it is encouraged for development purposes.