

BC AGG Program 2016-2017

General Info:

Age*	Follow Rules	Music	# of Gymnast	Competitions
6-8	BC AGG	1:30-2:00	4-14	Invitationals, Zone, June Provincials
8-10	CAGG	2:00-2:30	6-14	Invitationals, Zone, June Provincials, Across Canada
10-12	CAGG	2:00-2:30	6-14	Invitationals, Zone, June Provincials, Across Canada
12-14	CAGG	2:00-2:30	6-14	Invitationals, Zone, June Provincials, Across Canada
14-16	IFAGG	2:15-2:45	6-12	Invitational, Zone, April Provincials, Across Canada, International Invitationals
16 +	IFAGG	2:15-2:45	6-12	Invitational, Zone, April Provincials, Across Canada, International Invitationals

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

BC AGG (ages 6-8)		Max
Body Movements		
1 total body wave		0.2
1 total body swing		0.2
1 bending		0.2
1 twisting		0.2
1 lean or lunge		0.2
1 relaxation		0.2
Balances & Pivots		
1 A or B balance		0.2
1 A or B pivot		0.2
Jumps & Leaps		
1 A or B jump		0.2
1 A or B jump		0.2
Arm Movements		
2 different arm movements series	(0.2 each)	0.4
Steps, Skips & Hops		
2 different series	(0.3 each)	0.6
Acrobatic movements		
2 acrobatic movements	(0.2 each)	0.4
Flexibility movements		
2 flexibilities (legs L-R-M or back)	(0.1 each)	0.2
Total		3.6

CAGG (ages 8-10 and 10-12)		Max
Body Movements		
1 total body wave		0.2
1 total body swing		0.2
1 bending		0.2
1 twisting		0.2
1 lean or lunge		0.2
1 relaxation		0.2
2 A-body movements series	(0.3 each)	0.6
1 B-body movements series		0.4
Balances & Pivots		
1 A or B balance		0.2
1 balance series		0.3
Jumps & Leaps		
1 A or B jump		0.2
1 jump series		0.3
Arm Movements		
2 different arm movements series	(0.2 each)	0.4
Steps, Skips & Hops		
2 different series	(0.3 each)	0.6
1 series combined with another movement group		0.3
Acrobatic movements		
2 acrobatic movements	(0.2 each)	0.4
Flexibility movements		
4 flexibilities (legs L-R-M or back)	(0.1 each)	0.4
Combined Series		
2 series combined of different movements group		0.6
Total		5.9

CAGG (ages 12-14)		Max
Body Movements		
1 total body wave		0.2
1 total body swing		0.2
1 bending		0.2
1 twisting		0.2
1 contraction		0.2
1 lean or lunge		0.2
1 relaxation		0.2
2 A-body movements series	(0.3 each)	0.6
2 B-body movements series	(0.4 each)	0.8
Balances & Pivots		
2 A or B balance		0.4
1 balance series		0.3
Jumps & Leaps		
2 A or B jump		0.4
1 jump series		0.3
Steps, Skips & Hops		
1 series combined with another movement group		0.3
Acrobatic movements		
1 acrobatic movement	(0.2 each)	0.2
Flexibility movements		
3 flexibilities (legs L-R-M or back)	(0.1 each)	0.3
Combined Series		
3 series combined of different movements group		0.9
Total		5.9