

BCRSGF INTERCLUB PROGRAM 2018-2019

The BCRSG Interclub Program is designed for participants training 2.0 hrs /week at the Beginner Level up to 4.0 hrs/week at the Advanced

Y.O.B.	LEVEL	PROGRAM	APPARATUS REQUIREMENTS	FREE ROUTINE REQUIREMENTS	Max Score	MUSIC
2009-2013	Beginner	FREE		3-6 Body difficulties Max 2 from each grp	2.3 Points	1:00 - 1:30
	Beginner	1/2 carpet		Max. Value each - 0.2, Max Tot: Total 1.2		
				1 series 8 sec Dance steps 0.3		
2001-2008	Beginner	FREE		2 isolated or 1 series Pre Acro 0.2		
		1/2 or full carpet		2 different isolated body waves 0.2 ea		
2008&07	Intermediate	CHOICE	4-6 Body Diff, min 1 from ea group		3.0 Points	1:15-30
2006&05	Intermediate	OF APPARATUS	(1 Max Value each - 0.3, Max Total 1.8			
2004&03	Intermediate	full carpet	2 series 8 sec dance steps w/app in motion 0.3 ea			
			1 Pre Acrobatic 0.2; 1 medium throw 0.1			
			3 Fundamental apparatus movements specific to apparatus use 0.1 each			
2006&05	Advanced	CHOICE	4-7 Body Diff, min 1 from ea group		5.0 Points	1:15-30
2004&03	Advanced	OF APPARATUS	(1 Max Value each - 0.5, Max Total 3.5			
2002&01	Advanced	full carpet	2 series 8 sec dance steps w/app in motion 0.3 ea			
			4 Fundamental apparatus movements specific to apparatus 0.1 each			
			1 Risk 0.2 1 med throw 0.1; 1large throw 0.2			

Judging will be according to the routine requirements and awards will be given by dividing as equally as possible each age group and level into Gold / Silver / Bronze

