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| **2019 BCRSGF Provincial Stream Individual Program** |
| **Ages as of Dec 31, 2018** | **Levels & Categories** | **“A”****New or Returning****Provincial Athletes** | **“B”****New or Returning****Provincial Athletes** | **Code of Points Junior Requirements** |
|  |  |  |  |  | Code of Points Junior Requirements as per FIG**Free Routine Requirements****Dance Steps Combinations**: Min 2 series Min 8Sec each Value: 0.3 each**Pre Acrobatic:**Max 2 SeriesMin 2 or 3 rotationsValue of 0.2 or 0.3 (COP)No chainee, turning jumps, passe turn or bum Rolls allowed as Pre-Acro**Waves: BW**2 full BW Value: 0.2 eachCan be included withDance steps or DifficultyNo Repetition of the same isolated wave**Risks:**For Provincial Levels Min 1 rotation with apparatusFor Provincial Levels R may be counted if gymnast throws during a rotation OR completes rotation under a throw OR catches in a rotation Min 1**Apparatus Requirements:**for minimum apparatus requirements see GCG Provincial Compulsory Apparatus chart.Note 0.3 Deduction for each missing apparatus element**Apparatus Difficulty:**Pre Junior COP |
| 2012, 20112010, 20092008, 20072006, 2005, 20042003 & earlier  | Level 1Child 7/8 yrs.Pre Nov 9/10Novice 11/12Junior 13/15yrsSenior 16+ | **Free****Only** | Same Technical requirements as listed next for IB | **Free****Rope** | **4-6 Body Difficulties**App – 3-6 Body difficulties Min 1-Max 3 of each body group. Max. Difficulty 8.0 ptsGYMNASTST ARE NOT SCORED OR RANKED |
| 20012, 20112010, 20092008, 20072006, 2005, 20042003 & earlierLv 2CPrenovice must follow GCG program and does not attend Westerns and will attend June Prov’sNo scripts for free required | Level 2Child 7/8 yrs.Pre Nov 9/10Novice 11/12Junior 13/15yrsSenior 16+ | **Free****Rope** | 3-6 Body DifficultyMin 1 – Max 2 each body group**Max. Difficulties**8.00 pts.For Fundamental Requirements See Charts | **Free** **Ball** | 3-6 Body Difficulty Min 1 – Max 2 of each body group Max. Difficulties8.00 pts.For Fundamental Chart |
| 2012, 20112010, 20092008, 20072006, 2005, 20042003 & earlier Lv 3A & Lv 3B PreNov must declare at time of reg if they are doing GCG level or BC level. They will compete separately at all competitions and GCG level 3B ONLY, will compete at BC Prov in April and BC level 3A, GCG level 3A & BC level 3B will compete at BC Prov in June all in separate categories. \*Note: BC level 3A & 3B is only 2009 & 2010.. | Level 3Child 7/8 yrs.Pre Nov 9/10 \*Novice 11/12Junior 13/15yrsSenior 16+\*GCG Lv 3A & Lv 3B(2010, 2009, 2008) | **Free Hoop** | 3-7 Body DifficultyMin 1 – Max 3 of eachbody group**Max. Difficulties**8.00 pts.For Fundamental Requirements See Charts | **Free****Rope****Ball** | 3-7 Body Difficulty Min 1 – Max 3 ofEach body groupMax. Difficulties8.00 pts.For FundamentalRequirementsSee Chart |
|  |  |  |  |  |
| **Music – Length of Routines Provincial Level (1:15-1:30)** |  |
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* **Provincial Level 1: Gymnasts will be ONLY ranked in groupings of GOLD, SILVER, BRONZE for each routine they compete (Free Only for Lv 1A and Free & Rope for Lv 1B). No ALL AROUND GROUPINGS AND AWARD WILL BE GIVEN or Champion declared. Individual rankings or scores will NOT be publicly displayed. 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.**
* All Provincial Levels can use up to 2 routines with words as per current COP
* All‐Around is the total of two, three routines.
* National Stream Individuals from the previous year, may enter Category “B orC” (see GCG Provincial program for those levels and details)
* Provincial Stream Program Levels: Refer to the Min Fundamental and Other group Apparatus Technical Group Requirements Chart
* For apparatus difficulty(AD) refer to the most recent official FIG COP rules pertaining to Apparatus Difficulty (AD) with the exception of non‐ordinary or original
* Individual Provincial Stream Gymnasts cannot challenge one age level up.
* All “A” categories are part of the BC Provincials in June.
* Gymnasts competing at any of these BC Provincial Levels must compete at an invitational in order to be eligible to compete at the BC Level 1-3 Provincials in June.
* NOTE: Any other Gymnasts competing the GCG Provincial Program (Level 3B, 3C, Pre Novice and higher) must compete at an invitational event prior to competing at BC’s Provincial Championship in April & must compete at BC Provincials in order to attend Westerns.

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| **2018 BCRSGF Provincial Stream Group Program** |
| **AGEas of**  **Dec 31/2019** | **Apparatus and # of gymnasts** | **Routine Length** | **Composition** | **Formations & Collaborations** |
| **Level 1/2** | **Free** | 1:00 ‐ 1:30 | 3 Body Difficulty | Minimum 4 formations |
| **Child 7, 8, 9**Pre Novice 9-10 | 3 & 4 |  | Min. 1, of each body group | Minimum 4 Collaborations |
|  Pre Nov 9-11; Novice prenovice 9-11, novice  | 5 & 6 |  | All free requirements same as individual. |  |
| 11-13; Jr 13-15; Sr 16+ |  |  | **Maximum Difficulties 8.00 pts** |  |
| **Level 3** | **Ball** |  | 2 difficulties with exchange | Minimum 4 formations |
| **Pre Nov 9, 10, 11****No** | 3 & 4 | 1:45 – 2:00 |  3 difficulties without exchange | Minimum 4 collaborations |
| Novice 11,12,13 | 5 |  |  Max. 6 difficulties (1 by choice) Max 3 |  Risk Note as per Ind. |
| Junior 13,14,15  |  |  | Min. 1, of each body group |  Risk may be counted if group   |
|  Senior 16+ |  |  | Max.1 R |  Throws during a rotation OR |
|  |  |  | Min. 2 Dance Steps | Completes rotation under a throw |
|  |  |  | **Maximum Difficulties 8.00 pts** | OR catches in a rotation |
| **Level 4** | **Rope** |  |  2 difficulty with exchange & | Minimum 4 formations |
| **11, 12, 13** | **Or** |  2:15 – 2:30 | 3 difficulties without exchange | Minimum 4 collaborations |
|  | **Hoop** |  | Max. 6 difficulties (1 by choice) |  |
|  | 3 & 4 |  | Min. 1, of each body group |  |
|  | 5 |  |  |  |
|  |  |  | Max.1 R |  |
|  |  |  | Min. 2 Dance Steps |  |
|  |  |  | **Maximum Difficulties 8.00 pts** |  |
| **Level 5****13, 14, 15** | **Ribbon Or Hoop** | 2:15 – 2:30 |  3difficulty with exchange & 3 difficulties without exchange Max. 7 difficulties (1 by choice) | Minimum 4 formationsMinimum 4 collaborations |
|  | 3 & 4 |  | Min. 1 of each body group |  |
|  | 5 |  | Max.1 R |  |
|  |  |  | Min. 2 Dance Steps |  |
|  |  |  | **Maximum Difficulties 8.00 pts** |  |
| **Level 6****15 & up** | Choice of single apparatus ball and or mixed hoop/clubs**Ball and or or** **Or** | 2:15 to 2:30 | 4 diff with exchange & 3 diff without exchange. Max 8 diff (1 by choice) Min 1 of each body group. Max 1R, Min 2 dance steps Max | Minimum 4 formationsMinimum 4 collaborations |
|  | **Mixed**  |  |  |  |
|  | 2 hoops &1 pr clubs2 hoops &2 clubs |  | **Maximum Difficulties 8.00 pts** |  |
|  | 2 hoops &4clubs |  |  |  |
|  | 3 hoops &4clubs |  |  |  |

Additional Notes:

* + Level 1/2 Groups will not be ranked or scores publically displayed. 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
	+ For all group levels – the Fundamental App Technical Groups may be performed during the Body Difficulites, Dance Steps Combinations, dynamic Elements with Rotation criteria, Collaborations, Exchanges or connecting elements.
	+ All Fundamental Apparatus Technical groups are not required for group exercises.
	+ Minimum 1 Fundamental Apparatus Technical element is required for Dance Steps Combinations.
	+ Variety of choice from Fundamental Apparatus Technical group and Non-Fundamental Apparatus Technical group is required.
	+ Lack of variety is penalized in the Artistic component.
	+ 0.3 deduction for less than 1 difficulty of each body group
	+ 0.3 deduction for less than the required number BD
	+ 0.3 deduction for more than the required number of BD above 0.1
	+ 0.3 deduction for less than the required number of Exchange Difficulties
	+ Athletes may compete in a group one age level up from the level they compete at as individuals (excluding Level 1 or any athlete aged 8 and younger)
	+ An athlete cannot compete in both a Provincial group of 3 & 4 and a Provincial Group of 5 in the same competitive season
	+ An athlete cannot compete in both a Provincial group and a National group of any type in the same competitive season unless they move up from a Provincial group to a National group. They cannot then move back to a Provincial group in the same season
	+ One National Stream gymnast may compete in an age-appropriate Provincial group of 5 or in a Provincial Level 6 group of 4 or 5 provided she is not in a National group
	+ An athlete may compete in one Provincial 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 in respect to ethics