



FROM HERE, WE SOAR D'ICI, ON S'ENVOLE

BRITISH COLUMBIA & GYMNASTICS CANADA COMBINED RGI DEVELOPMENT PROGRAM 2021-2022

AGE as of Dec 31 2022	"A" New or Returning Development Athletes		"B" New or Returning National or Development Athletes		"C" Returning National Stream or Development Athletes		Code of Points Junior Requirements as per FIG
BC Interclub 2016 up by YOB	Free Age 6+ yrs	3-6 Body Diff Min 1 of each body group. Max. Difficulties 8.00 pts	Choice Age 9+ yrs	3-6 Body Diff Min 1 of each body group. Max. Difficulties 8.00 pts			
BC Level 1 All Age Levels Check Notes	Free	4-6 Body Difficulty Min 1-Max 2 of each body group Max. Difficulties 8.00	Free Rope	4-6 Body Difficulty Min 1 – Max 2 of each body group Max. Difficulties 8.00			Free Routine Requirements For levels 1B ,2A,2B,2C,3A,3B,3C, Novice: refer to Free Requirements Chart Combined Difficulty: One Combined BD is authorized for levels 3 and up. A combined BD can include a compulsory difficulty. However, an athlete cannot perform the same difficulty twice as per FIG CoP Dance Steps Combinations: Min 2 series Min 8 sec each Value: 0.3 each. Pre Acrobatic elements: Max 2 0.2 - 2 identical over sagittal or frontal axis 0.3 - 3 identical over sagittal or frontal axis 0.3 - 2 identical over sagittal or frontal axis + 1 different 0.3 - 2 different rotations 0.4 - 3 different rotations No vertical rotations allowed Waves (BW): Min 3 Value: 0.1 each No repetition of the same isolated wave. Each wave performed standing to finish on releve Value: 0.1 each No repetition of the same isolated wave ----- Apparatus Requirements
BC Level 2 All Age Levels Check Notes	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 Born 2012-2013	4-6 Body Difficulty Min 1-Max 2 of each body group Max. Difficulties 8.00 pts	
BC Level 3 All Age Levels Check Notes	Free Hoop	4-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulties 8.00 pts	Free Ball Choice	4-7 Body Difficulty Min 1-Max 3 of each body group Max. Difficulties 8.00 pts			
Level 3 9, 10, 11 Born 2013, 2012, 2011	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 (Hoop or Ball)	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	
Level 4 11, 12, 13 Born 2011, 2010, 2009	Free Ball	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Free Hoop Choice	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Free Ribbon Choice (Hoop or Clubs)	5-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts	Risks: Levels 1B, 2A, 2B, 2C, 3A, 4A, 5A, 6A - Min 1 rotation with apparatus Levels 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C - Min 2 rotations with apparatus Risk may be counted if a gymnast throws during a rotation OR completes rotation under a throw OR catches in a rotation
Level 5 13, 14, 15 Born 2009, 2008, 2007	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	Max 4 Risks Apparatus difficulty: Min 1, max 15 Number of required specific fundamental and fundamental technical groups as per table in CoP
Level 6 15 & up Born 2007 and 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	

ADDITIONAL NOTES:

- BC Interclub Level: Gymnasts will not be ranked or scores publicly displayed.** The same form of recognition must be given to all athletes.
- BC Level 1:** Gymnasts will be only ranked in grouping of Gold/Silver/Bronze for each routine. No All Around Awards
- BC Age Categories:** Pre-Child (2016) for InterClub and Level 1 Only; Child 2014-2015; Pre-Novice 2012-2013; Novice 2010-2011; Junior 2007-2009; Senior 2006+
- Levels shaded in Pink will participate at June BC Provincials. Levels shaded in Blue will participate at April BC Provincials
- For all levels musical accompaniment of voice with words may be used for 4 individual exercises in respect to ethics
- Apparatus of choice (does not include "Free"): One set of awards will be given for choice apparatus. All-Around is the total of two or three routines
- 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
- RGI Development Levels: 1B, 2A, 2B, 2C, 3A, 3B, 3C: Refer to the GymCan Compulsory Body Difficulties chart. RGI Development Gymnasts: cannot challenge one age level up.
- Regional Participation: 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C

2021-2022 Group				
AGE as of Dec 2022	Apparatus and # of gymnasts	Routine Length (minutes)	Composition	Formations & Collaborations
Basic Developmental/ Introductory Level BC - All Age Levels Check Notes GCG age 7,8 Born 2015, 2014	Free 3 & 4 5	1:15 - 1:30	3 Body Difficulties (1 each group) (3 x 0.3) 2 acrobatics (2 x 0.3) 1 dance steps (1 x 0.3) 1 body wave (1 x 0.3) 1 body wave (1 x 0.3) Total value 3.00 pts	Minimum 4 formations for groups of 4 & 5 Minimum 3 formations for Trio
Level 2 BC-All Age levels Check Notes GCG age 9, 10 Born 2012, 2013	Ball 3 & 4 5	1:45 - 2:00	3 body difficulties (1 each group) (3 x 0.3) 1 diff. with exchange (1 x 0.1) min 4 m apart 1 body wave (1 x 0.3) 3 acrobatics (3 x 0.3) 2 dance steps (2 x 0.20). 3 collaborations (3 x 0.3) (CC) 1 collaboration with rotation (1 x 0.3) {CR} or {CR2} Total value 4.2 pts	Minimum 4 formations for groups of 4 & 5 Minimum 3 formations for Trio
Level 3 11, 12 Born 2011, 2010	Rope 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 1R; 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
Level 4 13, 14 Born 2009, 2008	Ribbon or Hoop 3 & 4 5	2:15 – 2:30	3 diff. without exchange (1BD from each body group) 2 difficulties with exchange Max 7 difficulties (1 by choice) Min 4 collaborations (Min 3 CC) Max 1R; 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
Level 5 15 & up Born 2007 & older	Choice of: Single Apparatus: Ball or Mixed 2 & 3; 4 & 5 1 hoop & 2 clubs 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) (1BD combination is allowed) 3 difficulties with exchange Max 8 difficulties (1 by choice) Min 4 collaborations (Min 3 CC) Max 1R 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

ADDITIONAL NOTES:

D Form is required to be submitted. The D form will be given back to the coaches for improvement analysis and feedback purposes.

Basic Developmental/Introductory group will not be ranked or scores publically displayed. The D form will be given back to the coaches for improvement analysis and feedback purposes. The same form of recognition must be given to all Basic Developmental/Introductory Group.

BC Provincial Group program - All Age Levels. **BC Age Categories:** Child 2014-2015; Pre-Novice 2012-2013; Novice 2010-2011; Junior 2007-2009; Senior 2006+

Levels shaded in Pink will participate at June BC Provincials. Levels shaded in Blue will participate at April BC Provincials

For all group levels – the Fundamental Apparatus Technical Groups may be performed during the Body Difficulties, Dance Steps Combinations, Dynamic Elements with Rotation criteria, Collaborations, Exchanges or connecting elements

All Fundamental Apparatus Technical group 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 Body difficulties, Exchanges, Dance Steps, Combinations, Dynamic Elements with rotation criteria and Collaborations for Levels 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.

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 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 6 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

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
