

LEVEL	2017	2018	2019	2020	2021	2022	2023	2024
Novice	Free	Free	Free	Free	Free	Free	Free	
	Hoop	Rope	Rope	Rope	Rope	Rope	Rope	
	Ball	Ball	Ball	Hoop	Hoop	Hoop	Hoop	
	Clubs	Clubs	Clubs	Clubs	Clubs	Ball	Ball	
Novice Group	Rope	Hoop	Hoop	Ball	Ball	Rope	Rope	
Junior	Hoop	Hoop	Rope	Rope	Rope	Rope	Rope	Rope
	Ball	Ball	Ball	Ball	Hoop	Hoop	Hoop	Hoop
	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs	Ball	Ball
	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon
Junior Group	Rope	Rope	Hoop	Hoop	Ball	Ball	Clubs	Clubs
	Clubs	Clubs	Ribbon	Ribbon	Ribbon	Ribbon	Rope	Rope
Junior Dev't.	5 pr. Clubs	5 Ribbons	5 Ribbons					
Open Group	4 or 5 Hoops	4 or 5 Hoops	4 or 5 Ribbons					
Senior	Hoop	Hoop	Hoop	Hoop	Hoop	Hoop	Hoop	Hoop
	Ball	Ball	Ball	Ball	Ball	Ball	Ball	Ball
	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs	Clubs
	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon	Ribbon
Senior Group	Hoop	Hoop	Ball	Ball	Clubs	Clubs	Ribbon	Ribbon
	3 Balls & 2 Ropes	3 Balls & 2 Ropes	3 Hoops & 2 pr. Clubs	3 Hoops & 2 pr. Clubs	3 Hoops & 2 Ribbons	3 Hoops & 2 Ribbons	3 Ball & 2 pr. Clubs	3 Ball & 2 pr. Clubs
Senior Dev't	3 Balls & 2 Ropes	3 Hoops & 2 pr. Clubs	3 Hoops & 2 pr. Clubs	3 Hoops & 2 Ribbons	3 Hoops & 2 Ribbons	3 Ball & 2 pr. Clubs	3 Ball & 2 pr. Clubs	
Routine Length for National Stream Groups 2:15 - 2:30								

Novice Group Age: 10 - 12 (Born 2009 - 2008 - 2007)

Novice Group Requirements: Jr. Group Difficulty as per FIG CoP (pg. 80)

Novice	Group of 3 or 4	Hoop
Novice	Group of 5	Hoop

Junior Group Age: 13 - 15 (Born 2006 - 2005 - 2004) - Junior Difficulty

Junior	Group of 3 or 4	Ribbon
Junior FIG	Group of 5	Hoop Ribbon

Junior Development Group Age: 12 - 15 (Born 2007 - 2006 - 2005 - 2004) - Junior Difficulty

Jr. Dev't	Group of 5	Ribbon
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Open Group: (Novice-Junior-Senior Mix) - Junior Difficulty

Open Grp	Group 4 or 5	Ribbon
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Senior Group Age: 16 and older (Born 2003 and before) - Senior Difficulty

Senior	Group 3 or 4	Hoop & Clubs (2 Hoops & 1pr Clubs) OR (2 Hoops & 2 pr Clubs)
Senior FIG	Group of 5	5 Balls
	Group of 5	3 Hoops & 2 pr. Clubs

Senior Development: (Junior-Senior Mix) - Senior Difficulty

Sr. Dev't	Group of 5	3 Hoops & 2 pr. Clubs
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Athletes can compete in a group one age level up from the level they compete as individuals.

NOTE: FIG groups must be FIG age, Canadian citizens & not have an ACTIVE FIG LICENSE with another Federation to be eligible for selection to FIG International Events.