
























## 2019 RGI Development Program - Free Requirements – (as of August 2018)

1B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2012 2011  Age 7-8	<b>Free</b>	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional additional choice  ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	<p><b>COMPULSORY :</b></p> <p>1)  - Stag Leap take off from one or two feet = 0.1</p> <p>2)  - Passe Balance = 0.1</p> <p>3)  - Passe Rotation (front or side) 360 min=0.1</p> <hr/> <p>5) Optional Choice 6) Optional Choice</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8)0.3</p> <p>2) With passing on the floor,  (==)0.3</p> <p><b>Body Waves:</b> Min 3 full body waves ( front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaine, turning jumps, passe turn or bum rolls allowed.</p>	4)  - Passe Balance = 0.1	.30 deduction for each - missing compulsory element - missing element with non-dominant leg  (Taken by the D1-D2 Judges )
	<b>Rope</b>	Min 3 Max 6 Difficulties	8.0 Max	A minimum of 2 jump/leap difficulties 1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		











## 2019 RGI Development Program - Free Requirements – (as of August 2018)

2A Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009  Age 9-10	<b>Free</b>	4 – 6 Difficulties	8.0 Max  Four (4) Compulsory & up to two (2) optional additional Choice Difficulties ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	<p><b>COMPULSORY :</b></p> <p>1)  - Stag Leap take off from one or two feet = 0.1</p> <p>2)  - Passe Balance = 0.1</p> <p>3)  - Passe Rotation (front or side) 360 min=0.1</p> <p>5) Optional Choice 6) Optional Choice</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>1) With large body movement;  (8)0.3</p> <p>2) With passing on the floor,  (==)0.3</p> <p><b>Body Waves:</b> Min 3 full body waves ( front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaine, turning jumps, passe turn or bum rolls allowed.</p>	4)  - Passe Balance = 0.1	.30 deduction for each  - missing compulsory element  - missing element with non- dominant leg  (Taken by the D1-D2 Judges )
	<b>Rope</b>	Min 3 Max 6 Difficulties	8.0 Max	A minimum of 2 jump/ leap difficulties 1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		


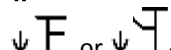





## 2019 RGI Development Program - Free Requirements – (as of August 2018)

2B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009  Age 9-10	<b>Free</b>	4-6 Difficulties	8.0 Max Four (4) Compulsory & up to two (2) optional additional Choice Difficulties  ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	 1)  Stag jump, take off from 2 feet with 180 turn = 0.2  2)  - Back balance = 0.1 + 0.1 = 0.2 <b>or</b>   - Front balance = 0.1 Can be performed on releve = 0.2 <b>or</b>   - Arabesque balance = 0.1 Can be performed on releve = 0.2   3)  (front or side) 360 min=0.1 5) Optional Choice 6) Optional Choice	4)   Front balance = 0.1	.30 deduction for each  - missing compulsory element  - missing element with non-dominant leg  (Taken by the D1- D2 Judges )
	<b>Ball</b>	Min 3 Max 6 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		

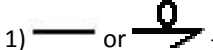
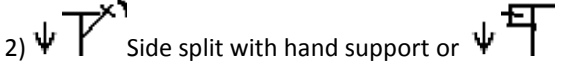

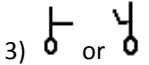



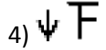

## 2019 RGI Development Program - Free Requirements – (as of August 2018)

2C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009  Age 9-10	<b>Free</b>	4-6 Difficulties	8.0 Max  Four (4) Compulsory & up to two (2) optional additional Choice Difficulties  ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	1)  - Split Leap = 0.3 2)  - Front Balance = 0.2 ( on releve) or  - Attitude slow Turn = 0.2 3)  or  - 0.2 5) Optional Choice 6) Optional Choice  <b>Dance steps: Min 2, No Max</b> With large body movement:  (  ) 0.3 With passing on the floor,  (  ) 0.3  <b>Body Waves:</b> Min 3 full body waves ( front, side, back, or on the floor) Each body wave must be different = 0.1 each  <b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaine, turning jumps, passe turn or bum rolls allowed.	4)  Split roll  IF a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.	.30 deduction for each  -missing compulsory element -missing element with non- dominant leg  (Taken by the D1-D2 Judges)
	<b>Rope Choice (Hoop or Ball)</b>	Min 3 Max 6 Difficulties	8.0 Max.	1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		





## 2019 RGI Development Program - Free Requirements – (as of August 2018)

3A Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009 2008  Ages 9-10-11	<b>Free</b>	5-7 Difficulties	8.0 Max  Five (5) Compulsory & up to two (2) optional Choice Difficulties  ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	<p><b>COMPULSORY :</b></p> <p>1)  Stag jump, take off from 2 feet with 180 turn = 0.2</p> <p>2)  - Front or Attitude on flat foot = 0.1 ( An athlete may perform a balance on releve for additional 0.1)</p> <p>3) Passé  (front or side) 720 min=0.2</p> <hr/> <p>6) Optional Choice 7) Optional Choice</p> <p><b>Dance steps: Min 2, No Max</b> With large body movement;  (8)0.3 With passing on the floor,  (==)0.3</p> <p><b>Body Waves:</b> Min 3 full body waves ( front, side, back, or on the floor) Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaineé, turning jumps, passe turn or bum rolls allowed.</p>	<p>4)  Stag leap take off from one or two feet =0.1</p> <p>5)  =0.1 Or <b>Choice</b></p> <p>If a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.</p>	<p>.30 deduction for each</p> <ul style="list-style-type: none"> <li>- missing compulsory element</li> <li>- missing element with non-dominant leg</li> </ul> <p>(Taken by the D1-D2 Judges )</p>
	<b>Hoop</b>	<b>Min3 Max 7</b> Difficulties	8.0 Max	<p>1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart</p>		





## 2019 RGI Development Program - Free Requirements – (as of August 2018)

3B Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009 2008  Ages 9-10-11	<b>Free</b>	5-7 Difficulties	8.0 Max Five (5) Compulsory & up to two (2) optional additional Choice Difficulties ----- <b>NOTE: Must            follow FIG Junior            rules, no more than            3 elements can be            from one body            group</b>	<b>COMPULSORY :</b> 1)  - Split Leap or turning stag =0.3 2)  Side split with hand support or  Ring Balance with hand support = 0.3 ( An athlete may perform a balance on releve for additional 0.1) 3)  or  - Front or Attitude rotation (360 min) = 0.2 6)Optional Choice 7)Optional Choice <hr/> <b>Dance steps: Min 2, No Max</b> 1) With large body movement;  (8)0.3 2) With passing on the floor,  (==)0.3 <b>Body Waves:</b> Min 3 full body waves (front, side, back, or on the floor ) Each body wave must be different.= 0.1 each <b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0,2 or 0,3 (CoP) No chaine, turning jumps, passe turn or bum rolls allowed.	4)  F Front Balance =0.1 <b>Or</b>  Attitude Balance =0.1 5)Choice  If a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.	.30 deduction for each - missing compulsory element - missing element with non dominant leg (Taken by the D1-D2 Judges )
	<b>Rope Ball</b>	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		

## 2019 RGI Development Program - Free Requirements – (as of August 2018)








3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2010 2009 2008  Ages 9-10-11	<b>Free</b>	5-7 Difficulties	8.0 Max Five (5) Compulsory & up to two (2) optional Choice Difficulties  ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	<p><b>COMPULSORY :</b></p> <p>1) Choice of any jump with rotation</p> <p>2)  Penche with hand support with trunk at horizontal on flat foot = 0.3 <b>or</b>  Penche balance on flat foot = 0.4 ( An athlete may perform a balance on releve for additional 0.1)</p> <p>3) Choice – Rotation</p> <hr/> <p>6) Optional Choice 7) Optional Choice</p> <hr/> <p><b>Dance steps: Min 2, No Max</b></p> <p>3) With large body movement;  (8)0.3</p> <p>4) With passing on the floor,  (==)0.3</p> <p><b>Body Waves:</b> Min 3 full body waves ( front, side, back, or on the floor ) Each body wave must be different = 0.1 each</p> <p><b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0,2 or 0,3 (CoP) No chaineé, turning jumps, passe turn or bum rolls allowed.</p>	4) Choice 5) Choice	.30 deduction for each - missing compulsory element - missing element with non-dominant leg  (Taken by the D1-D2 Judges )
	<b>Rope Choice (Ball or Clubs)</b>	<b>Min 3 Max 7</b> Difficulties	8.0 Max	A minimum of 2 jump/leap difficulties 1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		

## 2019 RGI Development Program - Free Requirements – (as of August 2018)

4C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2008 2007 2006  Ages 11-12-13	<b>Free</b>	5-7 Difficulties	8:0 Max Five (5) Compulsory & up to two (2) optional additional Choice Difficulties ----- <b>NOTE: Must            follow FIG Junior            rules, no more            than 3 elements            can be from one            body group</b>	1) Choice of any jump with rotation 2)  Split with hand support with trunk side at horizontal on flat foot 0.3 <b>or</b> 3)  Penche with hand support with trunk at horizontal on flat foot = 0.3 ( An athlete may perform a balance on releve for additional 0.1) 3) CHOICE of Rotation  6) Optional Choice 7) Optional Choice  <hr/> <b>Dance steps: Min 2, No Max</b> 6) With large body movement;  (8)0.3 7) With passing on the floor,  (==)0.3  <b>Body Waves:</b> Min 3 full body waves (front, side, back, or on the floor ) Each body wave must be different= 0.1 each  <b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0,2 or 0,3 (CoP) No chaine, turning jumps, passe turn or bum rolls allowed.	4) Choice 5) Choice	.30 deduction for each - missing compulsory element - missing element with non-dominant leg  (Taken by the D1-D2 Judges )
	<b>Ball Ribbon Choice</b>	Min 3 Max 7 Difficulties	8.0 Max	1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		



## 2019 RGI Development Program - Free Requirements – (as of August 2018)

NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2009 2008 2007  Age 10-11-12	<b>Free</b>	5-7 Difficulties	8.0 Max  Five (5) Compulsory & up to two (2) optional additional Choice Difficulties  ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	1) Choice of jump with rotation 2)  Penche with back body wave 0.5 +0.1 or  Penche on flat foot 0.4+0.1 3)  Front split rotation or  Side split rotation or  Back split rotation = 0.3 ( min 360)  6) Optional Choice 7) Optional Choice  <b>Dance steps: Min 2, No Max</b>  1) With large body movement;  (8)0.3 2) With passing on the floor,  (≡)0.3  <b>Body Waves:</b> Min 2 full body waves (front, side, back, or on the floor) Each body wave must be different. 0.1 each  <b>Pre-acrobatic elements:</b> MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaine, turning jumps, passe turn or bum rolls allowed.	4)Choice 5)Choice	.30 deduction for each  - missing compulsory element  - missing element with non-dominant leg  (Taken by the D1-D2 Judges )
	<b>Rope Ball Clubs</b>	Min 3 Max 7 Difficulties	8.0 Max	A minimum of 2 rotation difficulties 1 min and 3 max from other body groups Apparatus Requirements: Refer to RGI Compulsory Apparatus Requirements chart		

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### IMPORTANT NOTES

GCG RGI & RGG Development Program is designed to promote gradual development by age and level in line with the Long Term Athlete Development Model. The objective of the program is to identify and implement progressive skills to promote healthy growth and longevity in the sport for athletes at the development/provincial level and those transitioning into National Level.

**Dominant Leg defined as: the front leg in your “favourite/best” splits**

**This dominant leg must be:**

- the front leg in any compulsory (Dominant leg) leaps (split leaps, turning split leap/jete en tournant)
- the support leg in Dominant compulsory skills with leg raised to the back (arabesque balance/rotation, penchee balance)
- the raised leg in Dominant compulsory skills with leg raised to the front (passe rotation)
- No penalties for more advanced difficulties (i.e. going on releve)

**The non-dominant (ND) leg must be:**

- the front leg in the ND split roll (3C)
- the support leg in the attitude balance shapes (3C)
- Choice for levels 2C, 3D and 4D and Novice
- No penalties for more advanced/ND difficulties (i.e. going on releve)

**As noted above:**

.30 deduction each for:

- missing compulsory element
- unattempted compulsory element taken by the Difficulty Judge

NOTE: If a Non Dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and it is considered missing.

**Compulsory Difficulties:**

- If Passe Balance is performed on flat foot, no value will be given; however the difficulty will be counted as a compulsory difficulty without 0.3 penalty for missing element
- Balances listed on releve and performed on flat foot will be devaluated by 0.1