

2017 BCRSGF Provincial Stream Individual Program

Levels /Age Categories And Ages as of Dec 31, 2017		"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	
2009, 2010 2007, 2008 2005,2006 2002,2003, 2004	<u>Level 1</u> Child 7/8 yrs Pre Nov 9/10 Novice 11/12 Junior 13/15 yrs	Free Only	Same Technical requirements as listed next for 1B	Free Rope	3-6 Body Difficulty Min 1 – Max 2 of each body group Max. Difficulties 8.00 pts For Fundamental
2009, 2010 2007, 2008 2005,2006 2002,2003, and 2004	<u>Level 2</u> Child 7/8 yrs Pre Nov 9/10 Novice 11/12 Junior 13/15 yrs	Free Rope	3-6 Body Difficulty Min 1 – Max 2 of each body group Max. Difficulties 8.00 pts For Fundamental Requirements – Chart	Free Ball	3-6 Body Difficulty Min 1 – Max 2 of each body group Max. Difficulties 8.00 pts For Fundamental Chart
2009, 2010 2007, 2008 2005,2006 2002,2003,04 2001 & earlier GCG Lv 3A/3B PreNov compete separately Zones and BC Provin.	<u>Level 3</u> Child 7/8 yrs Pre Nov 9/10 * Novice 11/12 Junior 13/15 yrs Senior 16+ *GCG Lv 3A & Lv 3B (2008, 2007,2006)	Free Hoop	3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts For Fundamental Requirements – See Chart	Free Rope Ball	3-7 Body Difficulty Min 1 – Max 3 of each body group Max. Difficulties 8.00 pts For Fundamental Requirements – See Chart
					Dance steps or Difficulty No Repetition of the same isolated wave
					Risks: For Provincial Levels Min 1 rotation with apparatus. For Provincial Levels R may be counted if a gymnast throws during a rotation OR completes rotation under a throw OR catches in a rotation Min 1.
					Apparatus Requirements: for minimum apparatus technical group requirements see GCG Provincial Compulsory Apparatus chart. Note 0.3 Deduction for each missing apparatus element.
					Apparatus Difficulty: Per Junior COP

Music - Length of Routines Provincial Levels (1:15 - 1:30)



- **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.** The same form of recognition must be given to allathletes.
- 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, must enter Category “C” or “D” (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.
- Gymnasts competing at any of these BC Provincial Levels must compete at their Zones 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 2C, 3B, 3C, 3D Pre Novice and higher) compete at their Zones prior to competing at BC’s Provincial Championship in April.

2017 BCRSGF Provincial Stream Group Program				
AGE as of Dec 31/2017	Apparatus and # of gymnasts	Routine Length	Composition	Formations & Collaborations
Level 1 Child 7, 8; Pre Nov 9-11; Novice 11-13; Junior 13-15	Free 3 & 4 5 & 6	1:00 - 1:30	3 Body Difficulty Min. 1, of each body group All free requirements same as individual. Maximum Difficulties 8.00 pts	Minimum 4 formations Minimum 4 Collaborations
Level 3 Pre Nov 9, 10, 11 Novice 11,12,13 Junior 13,14,15	Ball 3 & 4 5	1:00 - 1:30	3difficulty with exchange & 3 difficulties without exchange Min. 1, of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulties 8.00 pts	Minimum 4 formations Minimum 4 collaborations
Level 4 11, 12, 13 Born 2006, 2005, 2004	Rope Or Ribbon 3 & 4 5	1:30 - 2:00	3difficulty with exchange & 3 difficulties without exchange Min. 1, of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulties 8.00 pts	Minimum 4 formations Minimum 4 collaborations
Level 5 13, 14, 15 Born 2004, 2003, 2002	Ribbon Or Ball 3 & 4 5	2:15 - 2:30	3difficulty with exchange & 3 difficulties without exchange Min. 1, of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulties 8.00 pts	Minimum 4 formations Minimum 4 collaborations
Level 6 15 & up Born 2002 & older	<u>Choice of:</u> Single Apparatus: Ribbon Or Mixed 2 & 3; 4 & 5 2 clubs & 1 hoop 4 clubs & 1 hoop 4 clubs & 2 hoops 6 clubs & 2 hoops	2:15 to 2:30	3difficulty with exchange & 3 difficulties without exchange Min. 1, of each body group Max.1 R Min. 2 Dance Steps Maximum Difficulties 8.00 pts	Minimum 4 formations Minimum 4 collaborations

- **Level 1 Groups will not be ranked or scores publically displayed.** The same form of recognition must be given to all Level 1 groups.
- **All Groups follow the Junior Group Fundamental Requirements outlined in the FIG COP**
- Provincial Groups 3,4,5,6 will have a maximum of 4AD
- All groups allowed one element of rotation for .20
- Athletes may compete in a group one age level up from the level they compete as individuals (excludes Level 1 or any athlete aged 8 or younger)
- An athlete cannot compete in both 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.
- An athlete may compete in one Provincial or National Group, AND one AGG Group in the same year.
- There is no level 2 Provincial group
- A gymnast may not move down an age group
- **One National Stream gymnast may compete in an age appropriate Provincial Stream group of 5 provided she is not in a National group.**

Body Difficulties: Balanced use of body groups

Senior Groups: Senior group routines may either be single apparatus or mixed apparatus routines.

Regional Participation: Provincial 3, 4, 5 and 6.

Awards:

Groups compete & awards are given as groups of 3 and 4 as one competition & set of awards, & groups of 5 as another competition and set of awards, regardless of the apparatus chosen

Senior Group: Senior provincial groups will be awarded as groups of 2 and 3 as one competition and set of awards, & groups of 4 and 5 as another competition and set of awards, regardless of the apparatus chosen

3C Program 2017 & 2018: Free-Rope-Ball

3C Program 2019 & 2020: Free-Rope-Hoop