











2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice

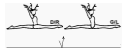








2C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2008 2007 9 to 10	Free	6 Difficulties Min 2 with Non-dominant leg  2 jumps 2 balances 2 rotations	8.0 Max Three (3) Compulsory & three (3) optional additional Choice Difficulties  ----- <b>NOTE: Must follow FIG Junior rules</b>	<p><b>COMPULSORY :</b></p> <p>1)  split leap = 0.3</p> <p>2)  =0.1+0.1</p> <p>3) passé  (front or side) 360 min=0.1</p> <p>4) CHOICE</p> <p>-----</p> <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 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different</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> <p>A minimum of 2 rotation difficulties 1 min and 3 max from other body groups</p>	5) CHOICE 6) CHOICE  <i>A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column.</i>	. 30 deduction for each: - missing compulsory element - missing element with non-dominant leg taken by the Difficulty Judge  <b>IF a Non-dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and is considered missing.</b>
	<b>Hoop Choice (Rope or Ball)</b>	Min 3 Max 7 Difficulty	8.0 MAX	<p>A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups.</p> <p>For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart</p>		

## 2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice

3C Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2006 2007 2008  9 to 11	Free	Min 5 Max 7	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>	<p><b>COMPULSORY :</b></p> <p>1) passé  (front or side) 720 min, more is ok</p> <p><i>Note: A compulsory skill <b>cannot</b> be devalued below the requirement (in this case 720). If an athlete performed a beautiful single turn, it would not be counted as successfully completed, and <b>cannot</b> be devalued to 360. However, the skill would still be considered attempted, so the additional deduction of 0.3 would NOT be applied.</i></p> <p>4)  from r�leve with back body wave 0.2+0.1=0.3</p> <p>5)  split leap = 0.3</p> <p>6)CHOICE</p> <p>7)CHOICE</p> <p>-----</p> <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 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different.</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, pass� turn or bum rolls allowed.</p>	<p>2) Split roll </p> <p>3) attitude balance on flat foot  or on releve </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 taken by the Difficulty Judge</li> </ul> <p><b>IF a Non-dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and is considered missing.</b></p>
	<b>Hoop Ball</b>	Min 3 Max 7 Difficulty	8.0 MAX	<p>A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups. For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart</p>		








**2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice**

3D Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2006 2007 2008  9 to 11	Free	8 Difficulties	8.0 Max <u>Two (2) or three (3) jumps</u> <u>Two (2) or three (3) balances</u> Three (3) rotations difficulties ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	<b>COMPULSORY :</b> 1) 2 split leaps  <b>2</b> — 0.5 ( can be counted as ND difficulty) or turning split leap (jeté en tournant )  0.4 2) balance  from releve 0.3 3)   <b>PENCHE ON FLAT FOOT</b> with back body wave 0.4 +0.1 ( An athlete may perform a balance on releve for an additional 0.1) 4)  min 360 = 0.2 5)  111 fouette MIN =0.3 6) CHOICE ----- <b>Dance Steps: Min 2, No Max</b> 1)With large body movement;  (O)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) and can be included with Dance Steps or isolated. Each body wave must be different.  <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, passé turn or bum rolls allowed.	7) CHOICE 8) CHOICE  <i>A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column.</i>	0.3 deduction for each: - missing compulsory element - missing element with non-dominant leg  taken by the Difficulty Judge  <b>IF a Non-dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and is considered missing.</b>
	<b>Ball Ribbon Choice (Rope or Ball)</b>	Min 3 Max 7 Difficulties	8.0 MAX	A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups.  For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart		






## 2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice

4D Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2006 2005 2004  11 to 13	<b>Free</b>	8 Difficulties	<u>8.0 Max</u> <u>Two (2) or three (3) jumps</u> <u>Two (2) or three (3) balances</u> Three (3) rotation difficulties ----- <b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b>	<b>COMPULSORY :</b> 1)Choice of jump in rotation 2) Balance  <b>0.3</b> side balance 3)  min 360 = 0.2 4)  111 fouette MIN =0.3 5) CHOICE 6) 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) and can be included with Dance Steps or isolated. Each body wave must be different.  <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, passé turn or bum rolls allowed.	7)CHOICE 8)CHOICE  <i>A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column</i>	.30 deduction for each: - missing compulsory element - missing element with non-dominant leg taken by the Difficulty Judge  <b>IF a Non-dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and is considered missing.</b>
	<b>Rope Ball Clubs</b>	Min 3 Max 7 Difficulty	8.0 MAX	A minimum of 2 rotation difficulties. 1 min and 3 max from other body groups.  For Apparatus Requirements please refer to the GCG Compulsory Apparatus Chart.		



**2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice**

NOVICE Year of Birth	Ind. App.	Body Elements	D	Difficulties	Non Dominant (ND) Leg	Penalty
2005 2006 2007  10 to 12	Free	8 Difficulties	<p>8.0 Max</p> <p><u>Two (2) or three (3) jumps</u></p> <p><u>Two (2) or three (3) balances</u></p> <p>Three (3) rotation difficulties</p> <p>-----</p> <p><b>NOTE: Must follow FIG Junior rules, no more than 3 elements can be from one body group</b></p>	<p><b>COMPULSORY :</b></p> <p>1) &amp; 2) Choice of series of any identical 2 jumps</p> <p>3) Choice of jump with rotation</p> <p>4) Balance <math>\overline{F}</math> <math>S</math> with back body wave 0.5 +0.1 or <math>\Psi</math> <math>\overline{F}</math> <math>S</math> 0.4+0.1</p> <p>5) Attitude  1 min =0.2</p> <p>OR ring  1 min , =0.3</p> <p>6)  1 min, = 0.4</p> <p>-----</p> <p><b>Dance Steps: Min 2, No Max</b></p> <p>1)With large body movement; <math>S \rightarrow</math> (8)0.3</p> <p>2)With passing on the floor, <math>S \rightarrow</math> (==)0.3</p> <p><b>Body Waves:</b></p> <p>Min 2 full body waves (front, side, back, or on the floor) and can be included with Dance Steps or isolated. Each body wave must be different</p> <p><b>Pre-acrobatic Elements:</b></p> <p>MAX 2 Series of pre-acrobatic elements min 2 or 3 rotations value of 0.2 or 0.3 (CoP). No chaine, turning jumps, passé turn or bum rolls allowed.</p>	<p>7)CHOICE</p> <p>8)CHOICE</p> <p><i>A coach can choose any 2 difficulties with non-dominant leg including compulsory listed in the difficulties column.</i></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 taken by the Difficulty Judge</li> </ul> <p><b>IF a Non Dominant leg (ND) skill is done on the Dominant leg, it <u>cannot</u> be counted and it is considered missing.</b></p>
	<b>Hoop Ball Clubs</b>	Min 3 Max 7 Difficulty	8.0 MAX	<p>A minimum of 2 rotation difficulties</p> <p>1 min and 3 max from other body groups</p> <p>For Apparatus Requirements please see refer to the GCG Compulsory Apparatus Chart</p>		



## 2017 GCG Free Requirements - Level 2C, 3C, 3D, 4D and Novice

### IMPORTANT NOTES

**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 for each:
  - Missing compulsory element
  - Un-attempted compulsory element taken by the Difficulty Judge
- **IF a Non Dominant leg (ND) skill is done on the Dominant leg, it cannot be counted and it is considered missing.**